



Lowell Senior Center

HERITAGE

September Back to School Season



*Before students hit the books,
Seniors have hit the Keyboards!*

Senior Computer Class, Page 3
Volunteer of the Month, Page 3
Movies, Page 7
Menu, Page 12



LOWELL SENIOR CENTER

**276 Broadway St
Lowell, MA 01854
978-674-4131**

~~~~~  
Monday–Friday:  
**7 am to 3 pm**

Saturday–Sunday:  
**Open for meals only**

Breakfast:  
**Weekdays 7 - 8 am  
Dine in or take-out**

Daily Lunch:  
**11 - 11:30 am  
Dine in or take-out**

~~~~~  
Director: Kimberly Gagnon
kimberlygagnon@lowellma.gov

Receptionist: Tara Donnelly

Programs: Aurora Erickson
aerickson@lowellma.gov

Chef: Joe Wilkins

~~~~~  
**Outreach Team  
Tel: 978-674-1166  
Fax: 978-970-4134**

Jenny Khweiss (Spanish, Arabic)  
Amy Leal (Portuguese, Spanish)  
Glady Dieppa (Spanish)

## Lowell Health and Human Services

Lowell Health Department  
978-674-4010  
Lisa Golden, Director

## COUNCIL ON AGING

### BOARD OF DIRECTORS

*Andrew Hostetler, Chair*

*Frank Baskin*

*Joyce E. Dastou*

*Richard Demers*

*Maxine Farkas*

*Beverly Gonsalves*

*Judith Huber*

*Gilda James*

*Molyka Tieng*

~~~~~  
Next Meeting:
9/9/24

City of Lowell Veterans Services

Director / Agent
Eric Lamarche
ELamarche@lowellma.gov

Office Hours:
8:00 A.M. - 3:00 P.M.
Monday - Friday

Tel: 978-674-4066

ELECTION DAY

TUESDAY SEP 3RD

The Senior Center is open as normal, we have classes, meals, and groups as we usually would.

We'll also be open for voting 7am-8pm

VOTE

Have a question about voting?
Call the Elections Office:

978-674-4046

The Friends are now on Facebook! Join the Facebook group "Friends of the Lowell Senior Center" for updates, pictures, and announcements.



Prefer reading
The Heritage Newsletter
online?

Visit: www.lowellma.gov/seniors

Don't just love the Senior Center, "Like" the Senior Center! Find us on Facebook for announcements, events, and photos all through the month. Type in: www.facebook.com/LowellSeniorCenter.

Note: our official page will have the City Seal and is called "City of Lowell Senior Center".



Senior Center News

Senior Computer Class

From the cover...

Interested in learning more about computers? The Senior Center is the place for you! We actually have a couple of options. The library is offering small classes and one on one sessions, turn the page for more info. We've also been partnering with UMass Lowell to offer a multi-week training course designed for beginners, you can see the graduates of the most recent class on the front page. Want to sign up for the next session? Check in with us at the front desk!

Volunteers of the Month:

JoAnn

What do they do at the Senior Center?



For years JoAnn has been volunteering through the Lions Club to help with eyeglasses donation. She's used a machine to determine glasses prescription so they could go on to be donated. Sadly, the Lions Club program is coming to an end, but we thank her for all of the work she did to help people over the years. Luckily, there's always more to do here at the Senior Center, so we'll keep her busy!!

Staff say:

"Her willingness to give freely of her time and talent is greatly appreciated, and her efforts are making a difference in the community and especially in all of us here at the Lowell Senior Center "

"JoAnn is always ready to help when we need an extra hand or good ideas. She's always fun to work with and has a great attitude with life's ups and downs."

Thank You JoAnn!

Thanks to Rose the Intern!

August was the end of our time with our dedicated intern Rose, who always helped us with Brown Bag. Behind the scenes Rose also helped us with data entry, fixing problems in the database, and putting together reports. Rose graduates and is moving on to start her career. Thank you so much, Rose!

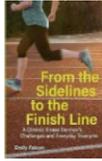


Community News

September 2024



Pollard Memorial Library

<p>Thursday, 9/3 & 17 10:45am</p> <p>NEW! Computer Basics at Senior Center –A basic introduction to computers. Se proporcionan servicios de traducción al español para la clase.</p>	<p>Tuesday, 9/3, 10, 17, 24, 5:30pm</p> <p>Chess Club - The Chess Club meets every Tuesday.</p> 	<p>Wednesday, 9/4, 11, 18, 25, 4pm & 5pm</p> <p>One-on-One Tech Help – Register online for one-on-one help with your tech questions.</p> 	<p>Thursday, 9/5, 12, 19, 26, 6pm</p>  <p>Weekly Fiber Arts Group - Bring your latest work in progress and join in conversation.</p>	<p>Saturday, 9/7, 1pm-3pm Fiber Arts Swap! Bring your unwanted fiber arts-related items to swap.</p> 
<p>Monday, 9/9, 6pm</p> <p>Creative Writing Group</p> 	<p>Wednesday, 9/9, 7pm Virtual Author Evan Friss –Friss discusses his history of the American Bookstore.</p> 	<p>Tuesday, 9/10 & 24 11am Computer and Internet Skills Class - Join a small group to learn about various computer topics.</p> 	<p>Thursday, 9/12, 26 11am</p> <p>Cell Phone Help at Senior Center – Register online for help with your cell phone.</p> 	<p>Thursday, 9/12, 6:30pm</p> <p>Craft Night For Adults – Card Making with Creativebug</p> 
<p>Saturday, 9/14, 10am</p> <p>Virtual Body Positive in Romance Books: Olivia Dade, Julie Murphy, & Sierra Simo.</p>	<p>Lowell Reads 2024 Sept. 16 – Nov. 2 <i>The Language of Food: Community, Belonging and the Stories We Tell</i> Book selections and programming on our webpage: </p>	<p>Lowell Reads 2024 Sept. 16 – Nov. 2 Food Drive to benefit the Merrimack Valley Food Bank Colburn St. Entrance Prefer to make a monetary donation? Scan here! </p>	<p>Wednesday, 9/18, 6:30pm</p> <p>Hybrid Author Emily Falcon Discusses Her Memoir <i>From the Sidelines to the Finish Line</i>.</p> 	<p>Thursday, 9/19, 6:30pm Author Barbara Rodriguez discusses <i>The Quintessential Woman</i>.</p> 
<p>Wednesday, 9/25, 6pm FREE MOVIE- La Bamba (PG-13)</p> 	<p>Monday, 9/23, 7pm Virtual Author Talk: Heather Wolf discusses <i>Find & Identify More Birds: How to Pick a Patch</i>.</p> 	<p>Monday, 9/30, 7pm Virtual Great Boston Fires with Author and Historian David Kruh.</p> 		

Please check the website for more information about all programs.

Sign up for all events online: LowellLibrary.org/events

Notes from the Second Floor

The Quilt Basics class finished up their first 'semester' at the end of August and will resume as Quilting 102 in mid-September. If there are folks interested in taking Quilt Basics please let Tara know, we have a wait list but need a few more folks to sign up before we can run the class.

The art program is **reimagining Thursdays as project days**. Project days are kind of an open studio opportunity for folks who want to do a project but don't have the ability or materials to set up at home. The classroom will be open and available from 9:30 to 2:30 if you have something to work on. We can accommodate sewing projects, painting, collage, some printmaking to name a few. We are limited to 10 tables so we ask that you let Tara know by Wednesday if you want to come in and work on a Thursday. (The collage group will continue to meet on Thursday morning, but there will be plenty

of room for other projects!) This is a new idea and we would love your feedback!

The call for entries for the Fall Art Show A Long Night's Journey Into Day will be out in mid-September with an entry deadline of October 10th. Entry forms will be available at reception or via email me at (maxinefarkas@gmail.com). The theme is about as open ended as we could make it so please, feel free to go wild on this one!

If you have any questions about Project Days or the next art show I am usually to be found around the 2nd floor on Monday, Wednesday or Thursdays.

The Reception for the current Art Show will be on **Saturday September 14 from noon until 3pm**. Everyone is invited to come meet the artists and check out the show.

-Maxine Farkas



Left, Henry Cluff congratulates Epifanio Melendez with a trophy. Henry told Epifanio it could be his if he beat him at pool 5 times, and he did it! Above, some of the usual crew in the poolroom goofing around.

**Lowell Veterans
Services**

Food Drive

**September 1st
to 30th**

we are creating a food pantry for
needy veterans

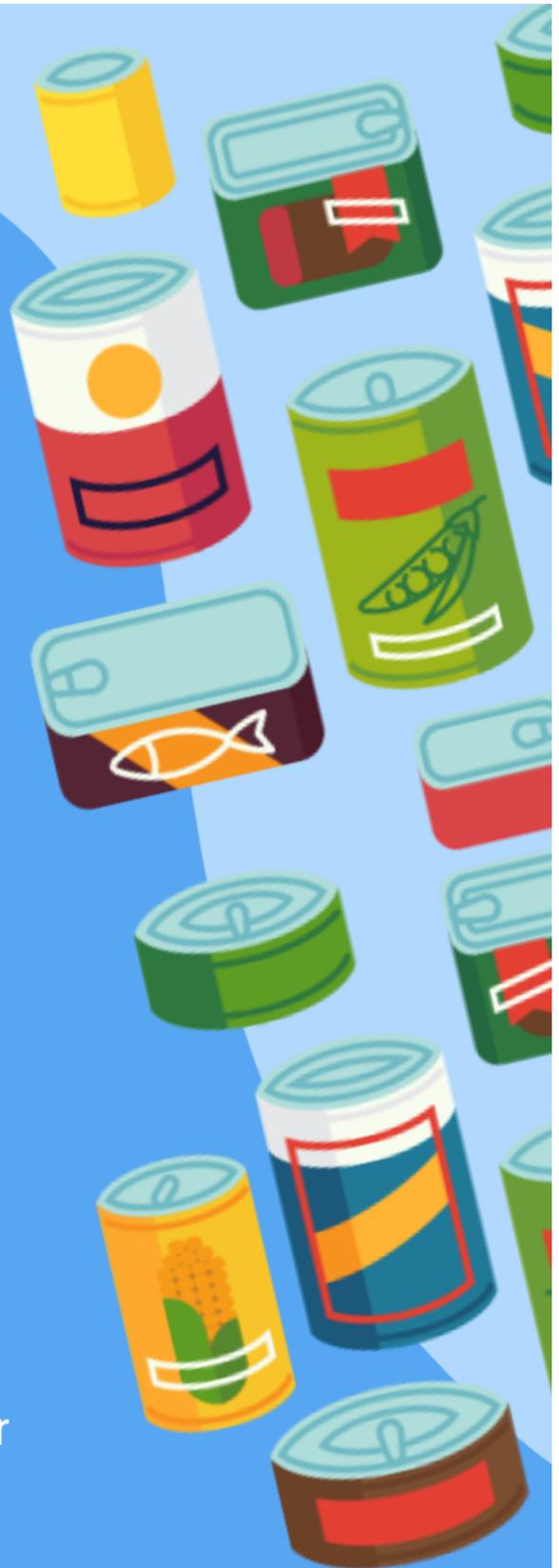
Donations Needed

- Pasta
- Rice
- Flour
- Canned Food
- Nuts
- Cereal
- Jam
- Preserves
- Pickles
- Peanut Butter

Collection Point

276 Broadway Street, Veterans
Office 978-674-1596
elamarche@lowellma.gov

All non-perishable food accepted



Fun at the Senior Center

September Movies Theme: Boats!

Crimson Tide (1995)

Thursday, Sept 5th
12 pm (Noon)

Denzel Washington and Gene Hackman face off in this tense cold war submarine drama. Always fun to see two great actors together.

Showboat (1951)

Thursday, Sept 19th
12 pm (Noon)

In this classic technicolor musical, we see the lives and loves of a theater troupe that travels up and down the Mississippi putting on shows.

Overboard (1987)

Thursday, Sept 12th
12 pm (Noon)

Goldie Hawn is a insufferable rich lady who falls off her yacht and gets amnesia. Kurt Russell is a single dad who has the bright idea to pretend she's his wife. In this over the top screwball comedy.

Pirates of the Caribbean (2003)

Thursday, Sept 26th
12 pm (Noon)

Johnny Depp, Orlando Bloom, Kiera Knightly, and Geoffry Rush swordfight, hunt for treasure, and face off against ghost pirates in this fun action comedy.

PLEASE JOIN THE 'SILVER CYCLISTS' BIKE RODEO
PRESENTED BY THE BIKE CONNECTOR OF LOWELL AND AARP!

WE ARE LOOKING FOR 10 *NEW* RIDERS AND UP TO 15 *EXPERIENCED* RIDERS
50 YEARS OLD AND UP

TO 'LEARN TO RIDE' AND 'LEARN SAFE AND SMART CYCLING SKILLS' AT THE
SENIOR CENTER ON

TUESDAY SEPTEMBER 17TH AT 1 PM – 3 PM (RAIN DATE THURSDAY SEPTEMBER 19)

THE BIKE CONNECTOR WILL BE DISTRIBUTING FREE BIKES, HELMETS, BIKE
LOCKS AND SAFETY LIGHTS FOR THOSE WHO NEED THEM COME ON DOWN!



Want to
sign up?

Check in
with us at
the front
desk!

For Your Health

FREE Fitness Room



Monday to Friday,
7 am to 2:45 pm

Required:

- Lowell residents age 60+
- Sneakers
- Annual doctor's release

Meditation

Mondays
11:30 am
Class Provided
by NiLP



Bone Builders

Mondays and Wednesdays,
8:30
Tuesdays and Fridays 10:00
am

FREE with application
process to participate, ask at
fro



Kripalu Meditation

with Christine Connolly

Wednesdays 1:45-2:45
\$3 per class

This class is designed for both those who are new to meditation and regular practitioners. While chairs will be available, you are encouraged to bring your own yoga mat, beach towel, blanket or cushion to sit/lay on.

Yoga

with Christine Connolly

Chair Kripalu Yoga

Tuesdays 12 - 1pm
or

Gentle Kripalu Yoga

Fridays, 12 - 1pm

\$5 per class

Calm breathing, stretching, and yoga poses to help improve flexibility and balance and reduce stress.



Meet with Nava

Fridays
8 am to 2:30 pm

Call 978-674-1166 to
make an
appointment.

Nava is a licensed clinical social worker who is available to talk with seniors who need support.

"On the Move"

Mondays, Wednesdays, and
Fridays,
9:00 am, \$3 per class

Aerobics and stretching, with weights, balls and resistance bands with Marian Silk



Coming Soon:

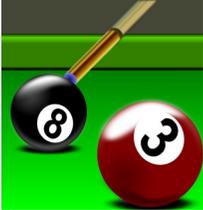
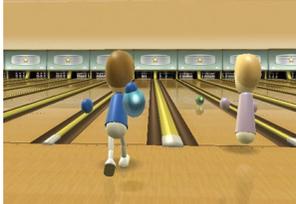
Cheryl Wall of Senior Footwise will be offering monthly pedicure appointments with a podiatry nurse. Call 978-674-4131 to make an appointment. \$75 due at time of appointment.

Addiction Recovery Meeting

Thursdays in the
Board Room
9am

Offered by the Bridge
Club of Lowell

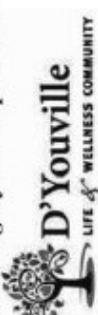
Weekly Activities

<p style="text-align: center;"><u>Mahjong</u></p> <p style="text-align: center;">Mondays 11:30 - 2:45 pm Board Room</p>	<p style="text-align: center;"><u>Senior Center Singers</u></p> <p style="text-align: center;">Mondays at 1pm</p>	<p style="text-align: center;"><u>Bingo</u></p> <p style="text-align: center;">Wednesdays, 11:45-2:45 pm</p> <p style="text-align: center;">Prizes vary based on attendance.</p>
<p style="text-align: center;"><u>Quilting Group</u></p> <p style="text-align: center;">Wednesdays 11 - 2:45 pm 2nd Floor Classroom</p> 	<p style="text-align: center;"><u>Knit & Crochet Group</u></p> <p style="text-align: center;">Tuesdays 12:00 - 2:45 pm Classroom</p> 	<p style="text-align: center;"><u>Cards</u></p> <p style="text-align: center;"><u>Poker</u> Wednesdays and Fridays 8 am - 11 am</p> <p style="text-align: center;"><u>Cribbage</u> Tuesdays 11:30 am - 2:45 pm</p> <p style="text-align: center;"><u>45's</u> Mondays 11:30- 2:45 Thursdays 11:30 am - 2:45 pm</p> 
<p style="text-align: center;"><u>Grandparents Raising Grandchildren Support Group</u></p> <p style="text-align: center;">4th Wednesday of Every Month at 11am</p>	<p style="text-align: center;"><u>Billiard Room</u></p> <p style="text-align: center;">Open Monday - Friday 7 am - 2:45pm</p> 	<p style="text-align: center;"><u>NEW! Rummikub and Tripoli</u></p> <p>We're trying out a Rummikub game on Wednesdays at noon, and Tripoli on Fridays at noon. We're still working on getting a group going, so check in with us at the front desk to see if we have spots available.</p>
<p style="text-align: center;"><u>Friday Socials</u></p> <p style="text-align: center;">Fridays 12 - 2:45 pm Great Hall</p> <p>Line dancing, couples dancing, friendly conversation.</p>	<p style="text-align: center;"><u>Project Day in the Classroom</u></p> <p style="text-align: center;">Thursdays 9 am-2:30</p> <p>The classroom will be open and available from 9:30 to 2:30. We can accommodate sewing projects, painting, collage, printmaking. Sign up with Tara at the front desk.</p>	<p style="text-align: center;"><u>Wii Bowling</u></p> <p style="text-align: center;">Tuesdays and Fridays 9:00 am - 11:00 am Board Room</p> 

Sunday	Monday	Tuesday	Wednesday
<p>1.</p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p>2.</p> <p>Labor Day</p> <p>Senior Center Closed</p>	<p>3.</p> <p>PRIMARY ELECTION 7am-8pm</p> <p>9:00-11:00 Wii Bowling 10:00 Bone Builders 10:45 Computer Basics Class 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet</p>	<p>4.</p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 11-2:45 Quilting 11:45-3 Bingo 12 Rummikub 1:45-2:45 Kripalu Meditation</p>
<p>8.</p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p>9.</p> <p>8:30 Bone Builders 9:00 On the Move 9:00 COA Meeting 9:30 My Ombudsman 11-2:45 Quilting 102 11:30-2:45 Cards: 45's 11:30 Mah Jong 11:30 Meditation 1:00 Senior Center Singers</p>	<p>10.</p> <p>8:30 CTI Americorps Seniors Meeting 9:00-11:00 Wii Bowling 10:00 Bone Builders 11:30 Info Session: Tax Exemptions 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet</p>	<p>11.</p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 11-2:45 Quilting 11:45-3 Bingo 12 Rummikub 1:45-2:45 Kripalu Meditation</p>
<p>15.</p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p>16.</p> <p>8:30 Bone Builders 9:00 On the Move 11-2:45 Quilting 102 11:30-2:45 Cards: 45's 11:30 Mah Jong 11:30 Meditation 1:00 Senior Center Singers</p>	<p>17.</p> <p>9:00-11:00 Wii Bowling 9:30 Health Dept Info 10:45 Computer Basics Class 10:00 Bone Builders 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet</p> <p>1pm-3pm Bike Rodeo</p>	<p>18.</p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 Video On the Move 11-2:45 Quilting 11:45-3 Bingo 12 Rummikub 1:45-2:45 Kripalu Meditation</p>
<p>22.</p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p>23.</p> <p>8:30 Bone Builders 9:00 On the Move 11-2:45 Quilting 102 11:30-2:45 Cards: 45's 11:30 Mah Jong 11:30 Meditation 1:00 Senior Center Singers</p>	<p>24.</p> <p>9:00-11:00 Wii Bowling 10:00 Bone Builders 11:30-2:45 Cribbage 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet</p>	<p>25.</p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 11-2:45 Quilting 11 Grandparents Raising Grandchildren 11:45-3 Bingo 12 Rummikub 1:45-2:45 Kripalu Meditation</p>
<p>29.</p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p>30.</p> <p>8:30 Bone Builders 9:00 On the Move 9:30 My Ombudsman 11-2:45 Quilting 102 11:30-2:45 Cards: 45's 11:30 Mah Jong 11:30 Meditation 1:00 Senior Center Singers</p>		

Thursday	Friday	Saturday
<p>5. 9:00-2:30 Project Day in the Classroom 9:00 Addiction Recovery Meeting 10-2pm Mill City Grows 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Crimson Tide</p>	<p>6. 9:00 On the Move 8:00-11 Poker 9:00-11:00 Wii Bowling 10:00 Bone Builders 12:00 Gentle Yoga 12:00 Tripoli 12-2:45 Friday Social</p>	<p>7. 7-8 am Breakfast 11-11:30 Lunch</p>
<p>12. 9:00-2:30 Project Day in the Classroom 9:00 Addiction Recovery Meeting 10-2pm Mill City Grows 11:00 Cell Phone Class 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Overboard</p>	<p>13. 9:00 On the Move 8:00-11 Poker 9:00-11:00 Wii Bowling 10:00 Bone Builders 12:00 Gentle Yoga 12:00 Tripoli 12-2:45 Friday Social</p>	<p>14. 7-8 am Breakfast 11-11:30 Lunch 12-3pm Art Show Reception</p>
<p>19. 9:00-2:30 Project Day in the Classroom 9:00 Addiction Recovery Meeting 10-2pm Mill City Grows 11-12 Move and Groove 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Showboat</p>	<p>20. 9:00 Video On the Move 8:00-11 Poker 9:00-11:00 Wii Bowling 10:00 Bone Builders 12:00 Gentle Yoga 12:00 Tripoli 12-2:45 Friday Social</p>	<p>21. 7-8 am Breakfast 11-11:30 Lunch</p>
<p>26. 9:00-2:30 Project Day in the Classroom 9:00 Addiction Recovery Meeting 10-2pm Mill City Grows 11:00 Cell Phone Class 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Pirates of the Caribbean</p>	<p>27. 9:00 On the Move 8:00-11 Poker 9:00-11:00 Wii Bowling 9:00 Friends Meeting 10:00 Bone Builders 12:00 Gentle Yoga 12:00 Tripoli 12-2:45 Friday Social</p>	<p>28. 7-8 am Breakfast 11-11:30 Lunch</p>

A commitment to care. A legacy of compassion. This is D'Youville.



Short-term Rehabilitation • Long-term Care • Independent Senior Apartments
Adult Day Health • Alzheimer's and Dementia Care • Hospice
 Most insurance plans accepted
 981 Varnum Ave. • Lowell, MA
 (978) 569-1000
 www.dyouville.org

First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com




September Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Cheesburger Pasta Salad 	2 Labor Day Senior Center Closed	3 Teriyaki Chicken w/Rice 	4 Cavatappi Pasta w/ pasta sauce 	5 Chicken Brea st 	6 Turkey Florentine 	7 Hotdogs & Beans  
8 Mac N Cheese 	9 Chicken Supreme 	10 Boiled Ham Dinner 	11 Chicken Cutlet w/ Spaghetti 	12 Pot Roast 	13 Traveling Chef	14 Chicken Caesar Salad 
15 Salisbury Steak 	16 BBQ Chicken 	17 Sliced Beef 	18 Fried Chicken 	19 Stuffed Peppers 	20 Seafood Stew over Rice 	21 Tortalini Salad w/diced chicken breast 
22 Beef Stew 	23 Pulled Pork 	24 Lemon Pepper Chicken 	25 American Chop Suey 	26 Turkey w/ Stuffing 	27 Battered Cod 	28 Chicken Salad Sandwich 
29 Frittata w/zucchini 	30 Vegetable Lasagna 					

Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
1 Ensalada de pasta con Hamburgues a 	2 Dia del Trabajo Cerado	3 Pollo Teriyaki con Arroz 	4 Guisado con Pasta de Coditos 	5 Pechiga de Pollo Asado 	6 Pavo a la Florentina 	7 Perros Calientes  
8 Macarrones con queso 	9 Pollo Supremo 	10 Cena Jamon Cocido 	11 Chuleta de pollo con spaguetti 	12 Estofado de Carne 	13 Chef Viajero en Casa	14 Ensalada Cesar de Pollo 
15 Filete de Res 	16 Pollo a la Barbacoa 	17 Rodajas de carne en salsa 	18 Pollo Frito 	19 Pimientos Rellenos 	20 Guisado de Mariscos con Arroz 	21 Ensalada Tortalini con trozos de pechuga de pollo 
22 Estofado de Ternera 	23 Cerdo Desmenuzad o 	24 Pollo ala Limon 	25 Macarrones con Carne 	26 Pavo Relleno 	27 Bacalao Rebozado 	28 Sandwien de Ensalada de pollo 
29 Frittata de calabacines 	30 Lasaña Vegetariana 					

BREAKFAST

WEEKDAYS 7AM-8AM

LUNCH

11AM-11:30AM

- Meals are **subject to change** based on supply availability.
- **Bread and milk** are served with all lunches.

Welcome back Ed!

We're excited to have Weekend Chef Ed back at work after some time away.
We missed you, Ed!

City of Lowell
Assessor's Office
Information session
on Senior Exemptions

Tuesday September 10th

11:30

Health Dept
Presentation:
Preparing for a Safe
Winter

Tuesday September 17th

9:30

Please Sign Up at the Front Desk



Mill City Grows
Mobile Market
Thursdays
10am — 2pm
Lowell Senior Center

Friends of the Lowell Council on Aging

Here we are in the last month of Summer. For many the summer ends Labor Day, but the good weather, plus the daylight, usually stay around until the official ending of the summer season, Saturday, September 21. Places are not as crowded because most people have to get started on their post summer schedules. So, get out and enjoy these bonus days. And speaking of post summer schedules, The Friends of the Lowell Council on Aging will resume having their monthly meetings on the last Friday of the month at 9AM in the upstairs Board Room of the Senior Center. The only exception will be the last Friday in November as it is the day after Thanksgiving. That month the meeting will be the fourth Friday, November 22, 2024. As always, all are welcome.

Last month's annual picnic was not as well attended as in past years but still a successful time. The weeks before the picnic were so humid that many of us were zapped of energy. For some it was even an effort to go to an air conditioned location. The Committee worked hard to make it fun for all who came. Joe did an amazing job with the food, as usual, and this year in addition to Ray Trembley, door prizes, and the favorite 50/50 raffle, Thank You Nancy Judge, Carol Lannan, Beverly Gonsalves, Rita Mercia, Kenny Ashley and William Jeffrey for the decorations and serving. Also to Tara and Ester who kept track of the number purchasing tickets to the picnic and distributing the door prize chances.

Tuesday, July 23 Owen and Ollies sponsored a Friends of the Lowell Council on Aging Day. 20% Coupons were printed in the July Heritage to use when the bill was paid. Anyone could use these coupons. they were not restricted to Friends members only. \$341.30 was spent and we received a check for \$68.26 from Owen and

Ollies. When we have this month's meeting, we will discuss another raffle that will take place at the December dinner dance. Chances will be available before the drawing that day. Details will become available when the committee finalizes them. Saturday, September 14 there will be an Art reception on the second floor of the Senior Center. There is a quilt on display on a wall upstairs that will be raffled off in December. Tickets will be sold at the reception and from then on until the drawing in December.

We only have two more months to make our goal of 400 members for 2024. We are nearly there having at this time 385. As previously mentioned, we will start accepting memberships for 2025 Monday, December 2, 2024. More information will follow in the upcoming newsletters. 2025 is also an election year for the Friends of the Lowell Council on Aging. Two years ago we welcomed new board members as well as existing board members who ran for different positions on the board. Think about nominating someone or running for office yourselves. We are always looking for new ideas and suggestions.

Labor Day, this month's only holiday, is early. September 2. September 11 is nine days later. Although this is not a national holiday, I hope you will all fly your flags in remembrance of that tragic day. God Bless America.

BOARD OF DIRECTORS
PRESIDENT
Rita M. Mercier
VICE PRESIDENT
Ken Ashley
SECRETARY
Beverly Gonsalves
TREASURER
Jacqueline Denison
DIRECTORS
Richard Demers
William Jeffrey
Nancy Judge
Carol Lannan
John McDonough
~~~~~
<b>Next Meeting:</b>
<b>September 27th</b>

—Jacquie, Treasurer

# Services and Support

**Senior Abuse Hotline  
Number**

To report suspected elder abuse, call:  
1-800-922-2275

**Legal Services  
Assistance &  
Referrals**

1-800-342-5297

**Fuel Assistance**

978-459-6161

**DTA Hotline  
(SNAP/Food Stamps)**

Direct line for seniors:  
1-833-712-8027

**MassHealth**

1-800-408-1253

**Social Security  
Administration**

1-800-772-1213

**Medicare**

1-800-633-4227

What can SHINE do for you?

SHINE is an acronym: Serving the Health Insurance Needs of Everyone...on or eligible for Medicare. SHINE counselors are highly trained volunteers (and some who counsel as part of their jobs) who will assist you with learning about Medicare and Medicare Savings Programs, whether you are exploring Medicare or are already enrolled.

Medicare Savings Programs (MSPs), formerly known as the MassHealth Senior Buy-In and Buy-In Programs can help with your Medicare costs, such as Part A and/or Part B premiums, deductibles, copays and co-insurance. In Massachusetts, MSPs are managed by MassHealth and there are three different types of MSPs, with different levels of coverage assistance.

A SHINE counselor will help you determine eligibility, based on income and/or assets for ALL potential cost saving programs, including MassHealth Standard and other programs associated with it. The recent elimination of asset guidelines for MSPs may mean that you are eligible now, when you may not have been eligible before.

If you are not eligible, a SHINE counselor can review your Medicare coverage to help determine if you are in the most cost-effective plan and will help determine opportunity for change if so.

Call for an appointment with a certified SHINE Counselor: 978-946-1374

SHINE is a federally funded program helping you navigate Medicare.



## **AgeSpan (formerly Elder Services)**

Meals on Wheels, Assistance with Home Care, Case Management, Support for Seniors and Caregivers, Prescription Advantage  
1-800-892-0890



### The Syringe Collection Program

Senior Center syringe drop-off accepted on weekdays at the front desk. Free disposal containers are available while supplies last.

### Medical Loan Program

Walkers, disposable underwear, fall prevention bars, and canes and available FREE. Donations gratefully accepted, please call 978-674-4131 first to confirm what is needed and available.

### LRTA Road Runner

ADA Paratransit curb-to-curb service is available for people with a disability that prevents them from using a fixed route bus—for all trip types.

Senior Dial-a-Ride is available for all Lowell residents age 60+ for medical rides only. Call Road Runner at 978-459-0152 to sign up.

**BACK  
TO  
SCHOOL**

# Word Search

S	H	C	O	M	P	U	T	E	R	S	M	G	K
D	O	I	G	N	I	D	A	E	R	M	Q	N	E
N	M	M	S	T	C	E	J	B	U	S	A	I	F
E	E	E	Z	X	B	F	Y	Z	W	O	V	H	O
I	W	D	I	C	T	I	O	N	A	R	Y	C	B
R	O	A	S	S	I	G	N	M	E	N	T	A	O
F	R	C	P	K	R	G	L	D	T	X	C	E	L
P	K	A	H	A	N	A	U	R	R	K	B	T	Z
H	T	A	M	I	N	C	O	P	P	A	P	E	R
W	I	M	T	G	A	P	G	A	I	I	F	F	O
X	A	I	U	T	P	V	C	L	A	S	S	E	S
R	R	A	I	U	G	K	L	U	S	H	W	C	D
W	G	O	S	T	U	D	E	N	T	S	W	J	X
E	N	U	M	B	E	R	S	N	Z	R	S	J	E

ACADEMIC

DICTIONARY

LANGUAGE

READING

ASSIGNMENT

EDUCATION

MATH

SUBJECTS

BACKPACK

FRIENDS

NUMBERS

SUPPORT

CLASSES

GRAMMAR

PAPER

TEACHING

COMPUTERS

HOMEWORK

STUDENTS

WRITING

## MARKET MILL APARTMENTS

SECTION 8 ELDERLY HOUSING WINNER OF RHA  
COMMUNITY EXCELLENCE AWARD

We are accepting applications for elderly and mobility impaired persons for 1 and 2 bedroom apartments. You must be at least 62 years of age to be eligible. All rents are based upon your income.

We offer:

- Laundry & Community Room • Resident Activities
- Computer Learning Center • Computer Program

Please call for application to be mailed to you or please apply at our office: 246 Market St., Lowell, MA

Managed by: Peabody Properties, Inc. TDD# 1-800-439-2370



978-454-8030



## Centennial Island Apartments

Accepting applications for the waitlist for 1-2 bedroom Section 8 housing in Lowell.

Must income qualify.

Equal Housing Opportunity.

We do not discriminate on the basis of disability



For info contact

978-454-5581

tty 800-439-2370



## Merrimack Valley's Finest Affordable Housing

### The Wentworth A Place to Call Home

NOW ACCEPTING APPLICATIONS

Privately owned building in historic section of downtown Lowell.

Studio & one bedroom apartments.

Specially designed for people 62 years old and over and for handicapped/disabled individuals who are 18 years old and over.

Income requirements, please call for more info.

1 Shattuck Street Lowell, MA

(978) 454-4830

TDD: 1-800-439-2370

A Boston Land Company Community



## Washington SAVINGS BANK

Lowell • Dracut

(978) 458-7999

washingtonsavings.com

MEMBER FDIC  
MEMBER DIF



## Commonwealth NURSING SERVICES

- Registered & Licensed Nurses
- Home Health Aides • Homemakers

Affordable 7 days per week 2 hours to 24 hours

847 Rogers Street, Lowell, MA

978-459-7771

Angela Callahan RN, Administrator



(978) 441-0911

www.pridestarems.com

Greater Lowell

## AMBULANCE AND CHAIRCAR TRANSPORT

"People, Passion, Performance."

Compare our rates with the competition

Request PRIDEStar for all your medical transportation needs



Wingate Management Company, LLC

16 Middle Street • Lowell, MA 01852

978-459-3631



**Cox Fuel**

316 Plain St  
Lowell, Me.  
01852  
978-454-7887

Fuel Oil  
Premium Wood Pellets  
Heating Equipment Installations

"Serving Greater Lowell Since 1927"  
316 Plain St., Lowell, MA 01852  
Office 978-454-7887  
(www.coxfuel.com)  
FREE ESTIMATES

## Congdon Law Offices

Jerry S. Congdon, ESQ

Wills • Trusts • Probate  
Real Estate • Elder Law

978.500.5978

WILL VISIT YOU  
IN YOUR HOME

1310 Main St., Tewksbury, MA 01876



## Join us for worship...

- Warm and welcoming church
- Solid, Bible-based teaching
- Traditional Methodist service
- Classic hymns
- Elevator to sanctuary level
- Ample parking

Lawrence Street Church • 1199 Lawrence St., Lowell  
978-453-2052 • www.lawrencestreetchurch.org

*The complete care you've come to expect from the area's most trusted hospital.*

**LOWELL GENERAL HOSPITAL**  
 Main Number: 978-937-6000  
 Physician Referral Line: 1-877-LGH-WELL (1-877-544-9355)

Lowell General Hospital

- ✓ 24-Hour Emergency Service with Primary Stroke Service
- ✓ Diagnostic Imaging (Mammography, CT, MRI, Ultrasound and X-ray)
- ✓ Ambulatory (Day) and Inpatient Surgery
- ✓ Complete Cardiac Care
- ✓ Physical and Occupational Therapy
- ✓ Laboratory Services
- ✓ Health Education and Wellness Classes
- ✓ Pain Management and more!

*Expertise. Service. Integrity. We get it.*

295 VARNUM AVENUE, LOWELL, MA 01854  
 TEL: 978-937-6000 ~ TTY: 978-937-6889 ~ WWW.LOWELLGENERAL.ORG

**Audio Hearing Center**

30 Years of Service

**Audiologist & Hearing Instrument Specialist**

**We can help you HEAR better**

77 East Merrimack Street  
**978-454-1966**  
 www.audiohearingcenter.com

100% Financing Available

**Congdon Law Offices**  
 Jerry S. Congdon, ESQ  
 Wills • Trusts • Probate  
 Real Estate • Elder Law

**978.500.5978** WILL VISIT YOU IN YOUR HOME

1310 Main St., Tewksbury, MA 01876

**Personal-Touch**  
 HOME HEALTH SERVICES

**CHRP**

*The People with a Heart for Over 35 Years™*  
**1-800-224-0594**  
 • Skilled Home Care • Private Service  
 CHAP Accredited  
 RN/MSRN, Home Health, Aides, HMA/PCA  
 Skilled Nursing, Rehab, Infusion, Cardiac Rehab  
 Medical/Medical Certified, Private Insurance  
 24 Hours a Day, 7 Days a Week  
 15 Tyngsboro Rd., N. Chelmsford  
 www.pthomecare.com

**Life Care Center** of Merrimack Valley

- Alzheimer's Specialty Care
- Short-Term Rehabilitation
- Adult Enrichment Programs
- Hospice
- Beautifully Landscaped Courtyards

*Exceptional care in a quiet country setting*  
 The only skilled nursing in Billerica

80 Boston Road  
 North Billerica, MA  
**978-667-2166**

**Blaire House of Tewksbury**  
 A SENIOR LIVING COMMUNITY

*Caring & Compassion*

Occupied with high standards of healthcare delivery make **Blaire House of Tewksbury** a perfect choice when deciding on a Senior Living Community.

Adult Day Health Care • 24-hour Nursing Care  
 Assisted Living Residence • Respite Care  
 Transportation

**TAKE A TOUR TODAY!**

10 Erlin Terrace, Tewksbury, MA 01876  
 For more information contact:  
 Sarah Coletti at 978.382.8741 or scoletti@egmcare.com  
 www.elderservices.com • Family Owned & Operated

We have special AD space for you **TODAY!**  
 978-392-1302

**LOWELL SUN APARTMENTS**  
**FATHER JOHN'S APARTMENTS**

Rent is based on 30% of adjusted gross income. Elderly age 62 and over or those requiring a mobility accessible unit. Near-Elderly Families ages 50-61 with a disability. All applicants must meet income and eligibility requirements.

Hours: M-F 9am-2pm  
 Management Office:  
 73 Market Street, Lowell, MA 01852  
 TTY: 711 National Voice Relay

**978-454-0229**

Equal Housing Opportunity  
 Handicap Accessible Units

**Northwood**  
 Rehabilitation & Health Care Center

- Short-Term Rehabilitation
- Long-Term Care
- Memory Care in a Secure Unit
- Hospice Care
- Respite Care

**Come tour our beautiful facility.**

Northwood Rehabilitation & Health Care Center • 1010 Varnum Avenue, Lowell, MA 01854  
**978-458-8773**  
 athenanh.com/northwood  
 Managed by Athena Health Care Systems

# MAZUR PARK APARTMENTS

227 Fayette Street • Lowell • 453-5380

Call for application  
30% of income is your rent



**QUALITY ELDERLY HOUSING**

## First Lowell Rehab Apartments

Effective July 1st, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail [Lowell@wingatecompanies.com](mailto:Lowell@wingatecompanies.com)



# SHOW YOUR SUPPORT

sponsor your  
local newsletter

Call: 978-392-1302

## Pro Rehab, Inc.

Outpatient Physical Therapy Clinic

- ❖ TOTAL KNEE AND HIP REPLACEMENT
- ❖ BALANCE & COORDINATION
- ❖ FALL PREVENTION
- ❖ MUSCLE WEAKNESS
- ❖ BACK AND NECK PAIN
- ❖ SURGERY REHAB
- ❖ SPORTS INJURIES
- ❖ AND MANY MORE!



[WWW.PROREHABINC.COM](http://WWW.PROREHABINC.COM)

Lowell Office  
Across the Senior Center  
978-452-6633

Chelmsford Office  
227 Chelmsford Street  
978-256-3300

*MOST INSURANCES ACCEPTED- EVENING HOURS AVAILABLE*

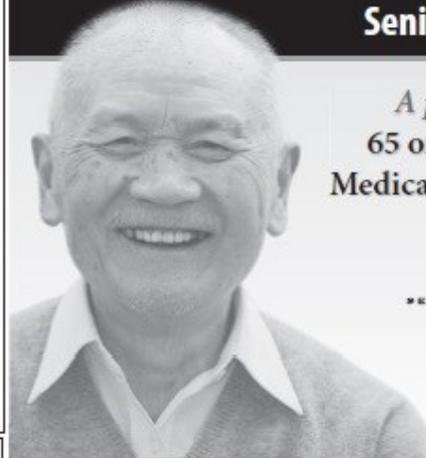
## LUZ GRANITE CORP.

Beautifully Crafted memorials  
Free Pre-Need Consultations

Adrian Luz, Jr.  
978-459-9799

1208 Gorham St. Lowell, MA  
[www.luzgranite.com](http://www.luzgranite.com)

## Senior Whole Health



*A plan for seniors  
65 or older with both  
Medicare and MassHealth.*



*We can help*

1-888-566-3526 (Toll-free) • TTY/TDD: 711 • [www.seniorwholehealth.com](http://www.seniorwholehealth.com)

## TIRED OF CLIMBING STAIRS?



- New, Rental, Reverb Stairlifts
- Indoor, Outdoor, Custom Curve
- In Stock, FAST installations
- Wheelchair Ramps & More!



**Free  
Info Kit  
by Mail**  
**Free  
Home Evalua-  
tion**

866-321-4442 [www.HudsonAccess.com](http://www.HudsonAccess.com)

## O'Donnell Funeral Home

DISCOVER THE DIFFERENCE

**FREE PRE-NEED  
PLANNING**

**978-458-8768**

John W. Crane • James F. O'Donnell, Jr.

[www.odonnellfuneralhome.com](http://www.odonnellfuneralhome.com)

Friends of the Lowell Council on Aging, Inc.  
276 Broadway St  
Lowell, MA 01854

NON-PROFIT ORG  
U.S. POSTAGE PAID  
LOWELL MA  
PERMIT NO. 107

[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)  
[www.facebook.com/LowellSeniorCenter](https://www.facebook.com/LowellSeniorCenter)



## These aren't school lunch bags!

Lowell Senior Center partners with AgeSpan every week to provide a bag of healthy food for anyone over 60. This is critical for many older families and individuals! Thank you to all the volunteers who help.

