



Lowell Senior Center

HERITAGE

HAPPY
NEW YEAR
2026

FROM THE LOWELL SENIOR CENTER

LOWELL
SENIOR CENTER
276 Broadway St
Lowell, MA 01854
978-674-4131

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Monday-Friday:  
**7 am to 3 pm**

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

Breakfast:  
**7 - 8 am**

Daily Lunch:  
**10:30 - 11:30 am**

~~~~~

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**

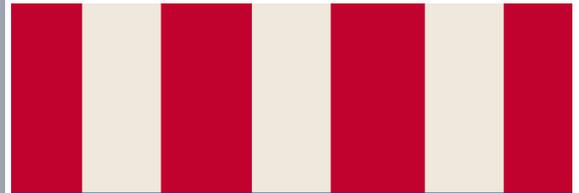
**BOARD OF DIRECTORS**

*Richard Demers, Chair*  
*Frank Baskin*  
*Maxine Farkas*  
*Beverly Gonsalves*  
*Andrew Hostetler*  
*Judith Huber*  
*Gilda James*  
*Molyka Tieng*  
 ~~~~~  
Next Meeting
January 12th

City of Lowell
Veterans Services

Director / Agent
Eric Lamarche
978-674-4066
ELamarche@lowellma.gov

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



★ ★ ★
LOWELL SENIOR CENTER
MONTHLY VETERANS RESOURCE BREAKFAST

First Tuesdays
Back on Tuesday by popular demand!
8am

MARTIN LUTHER KING JR DAY



MONDAY 1/19
SENIOR CENTER
CLOSED

Prefer reading
The Heritage Newsletter
 online?
 Visit: www.lowellma.gov/seniors
 And check out our new video!

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



New at the Senior Center

Happy New Year!

I always think it's kind of funny we try to start all these resolutions and good intentions at the worst time of the year! The fun of the holidays is over, and all we have to be excited about is gray January. I'm personally never less excited to be my best self. But maybe the timing is on purpose, it's the most glum time of the year so it's a good time to try to find new goals and new things to get excited about.

Whatever new goals you set for yourself, the Senior Center is a great place to work on them! Whether you want to make new friends, try new hobbies, work on getting moving, put your art on display, or learn a new skill, we have something here to help! If your resolution is to join the Senior Center, that's an easy one. Just walk up to the front desk any time we're open and we'll get you signed up to participate in about 5 minutes. We're always happy to have new members!

—Aurora, Director of Programs



Club Eterna Juventud poses at their Holiday party. Esther is in blue at the center.



Left: Gladys and Kim table at our Health Fair
Right: Senior Center Staff pose in their "ugly" Christmas sweaters.



Community News

Pollard Memorial Library Connect & Learn

The Library offers a variety of free adult programs and groups—from knitting, crochet, and crafts to genealogy and tech help. Many programs are held right here at the Senior Center, with additional offerings at the library. All are welcome!



**POLLARD MEMORIAL
LIBRARY**

— LOWELL —

978-674-4120

lowelllibrary.org



We come to you! The Bookmobile visits the Senior Center every first and third Thursday, 9:30 AM to 11:00 AM in the Great Room!

Chess Club



Library Ground Floor Meeting Room every Tuesday at 5:30PM

Want to learn how to play chess or are you an expert who's looking for others who enjoying playing? All levels welcome. Bring a chess set if you have one, and we have spare sets.

Tech Help



Library First Floor on the second and fourth Tuesdays at 11AM & Wednesdays at 4PM & 5PM
Senior Center Computer Lab on the first and third Tuesdays at 10:45am

Need some help navigating all the technology today? The Pollard Memorial Library IT Specialist is here to help you troubleshoot all your tech related issues. Whether you are new to tech in general or just new to a device or platform, we can help you figure it out!

Fiber Arts Group



Library First Floor Alcove on Thursdays at 6PM

Calling all fiber artists - bring your latest work in progress and join us for conversation! Crafters are welcome to stay longer than 7:30, but please note the library closes at 9PM.

Armchair Genealogy Group



Library Ground Floor Meeting Room on the first and third Friday

Are you looking to fill out your family tree? Team up with local armchair genealogists and a librarian to learn how to use genealogy databases, records, directories, and maps to fill out your family story. All are welcome to this casual group meeting!

Art at the Senior Center

Call for Entries

Tell Us Your Story

In 1826 the town of Lowell was born . . . so this year we will be looking at Lowell and all the ways living here has had an impact on our lives and our artwork. We are looking for 2 and 3D work. All fiber work must be prepared to hang, 3D work that is too large or heavy for our new pedestals will require the artist to provide suitable supports. All work must be family friendly, non-political, not overtly religious and not contain language that is not suitable for polite discourse.

Deadline for submissions is January 23rd and work must be available for delivery between January 26th and January 28th and we will hang work on January 29th. The show will hang until April 23rd.

Please complete the following and return this form with images of submitted work and artist statements by January 23rd. Submissions may be dropped off at the front desk of the center or emailed to Maxine Farkas, seniorctrart@gmail.com.

Name:	
Phone:	Email:
Address:	
We need the following info for all work:	
Piece 1: Title	
Medium: Price:	Size:
Piece 2: Title	
Medium: Price:	Size:
Piece 3: Title:	
Medium: Price:	Size:

Notes from the 2nd Floor

Phew! The holidays are behind us and it's a new year, and one that we will be celebrating all year in recognition of Lowell's Bicentennial.

It would be wonderful if we could pull together stories from Lowellians about this place we all call home. We will be putting together a calendar of themes for this year's art shows by the next Heritage . . . too hard to plan that much during the holidays as I write this!

In December folks who come to Thursday Project Days came to Western Avenue Lofts for a field trip to see an exhibit of my work and to talk about what they would like to see happen in the coming year. One suggestion was that folks would like to have challenges occasionally. So, in that vein I am issuing the first of what might turn out to be a series of challenges. These are open to anyone who wants to play, you don't have to be a regular on Thursdays and you don't have to be an artist, you just have to enjoy trying something new.

The First Ever Senior Center Challenge also known as the Dollar Bill Challenge

We are inviting everyone to see what they can do working in a space the size of a dollar, no smaller, no larger . . . a space 2 1/2 x 6 inches. You can draw, paint, doodle, collage, fold . . . whatever and where ever your imagination takes you.

We will hang all entries in the Spring show on January 29th. And we will invite viewers to vote on their favorites . . . by April we should be able to figure out appropriate prizes for most favorite and whatever other categories we can come up with.

If you have an idea for future challenges, please let me know!

Maxine Farkas
Lead Art Volunteer

January Movies

This month's theme is "Set in Paris"

Julie and Julia 2009

Thursday, Jan 8

In two parallel stories, famous chef Julia Child struggles to find her way, and a modern day New Yorker sets out to cook everything in her iconic cookbook. Meryl Streep and Amy Adams star.

Moulin Rouge! 2001

Thursday, Jan 15

Nicole Kidman and Ewan McGregor are star-crossed lovers in this unusual take on a musical that features mashups of contemporary songs.

Charade 1963

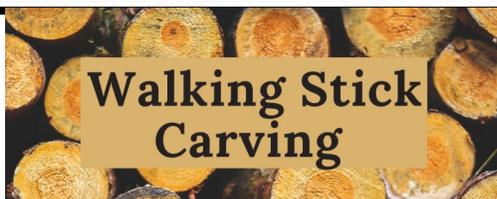
Thursday, Jan 22

Audrey Hepburn and Cary Grant get tangled up in a scheme to steal gold bars in this exciting and funny screwball caper.

Les Miserables 1983

Thursday, Jan 29

Get ready to storm the barricades with Hugh Jackman and Russell Crowe in this adaptation of the epic Broadway musical.



Walking Stick Carving

Carve and decorate your own walking stick with local artist Jim Sarantakis

**Fridays 12-2pm
Starting January 16th**



Free Classes for 60+!

Lowell Senior Center 276 Broadway
(978)674-4131 to sign up.

UML Computer classes are back!

Classes start at the end of January, sign up at the front desk.



Need help with your taxes?



AARP Volunteer Tax Prep Program

To make an appointment: Telephone: 978-710-8607 (must leave a message) starting Jan 1st. Website will host signups starting Jan 15th <https://tinyurl.com/LowellTax>. Participants will need to have last year's taxes and their current documents ready, and prepare some paperwork in advance.

¿Necesita ayuda con sus impuestos?



Voluntarios de AARP Programa de preparación de impuestos

Para concertar una cita Teléfono: 978-710-8607 (debe dejar un mensaje) <https://tinyurl.com/LowellTax>. Los participantes deberán tener a mano los impuestos del año pasado y sus documentos actuales, y preparar algunos trámites con anticipación.

**Lowell Senior Center
276 Broadway st**



**Centro de Mayores de Lowell
276 Broadway st**



Notes from the COA November Board Meeting

1. It has been too warm on the 2nd floor. Staff is trying to determine how to heat both floors equitably, the heat will be adjusted appropriately.
2. We talked about the latest steps about the move to use the now vacant site formerly used by Walgreens. It is our goal to expand the current senior center by using the ground floor formerly occupied by the drugstore. Lowell City Council is meeting in Executive session and discussing this issue. We do not have any information about its status.
3. There is now a video about this Senior Center which can be available and used.
4. We do now have 16 cameras but only 5 are in working order. The question is how to fix this challenge. The cameras are being worked on.
5. This facility will be available for Open Doors on the Saturday Date in spring, 2026. We will be on the list of bus stops and a person will be available for tours.
6. We do not know who at the Senior Center is on Snap -a federal government plan which provides food for those with low income. It was not available for a time but there are new rules which could make it difficult to be eligible.
7. Age Friendly (Age Action)- The Bench Sign is now in three languages (English, Khmer, and Spanish). We have to see what the cost will be. It is likely that the sign will be employed in the spring. We will plan a program for a day in the Spring.

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 front desk.



Kripalu Meditation

with Christine Connolly

Wednesdays 1:30-2:30
\$3 per class

This class is designed for both those who are new to meditation and regular practitioners.

Kripalu Yoga
with Christine Connolly

Chair Kripalu Yoga
Tuesdays 12 - 1pm
or

Gentle Kripalu Yoga
Fridays, 12 - 1 pm
\$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



Grandparents Raising Grandchildren Support Group

4th Wednesday of Every Month 11:00 am

Join us in a judgement free zone, a time and place to share feelings, experiences, and resources. Facilitated by Crystal Polizzotti, Director of the Family Caregiver Program at AgeSpan.

Not Meeting in December

Club Eterna Juventud Hispana

Martes, 11:30

Reunión semanal de actividades en español, ¡no te la pierdas!

Weekly Activities

Mahjong Group

Mondays
11:30 - 2:45 pm

Mahjong Group

Thursdays
9am

Senior Center Singers

Mondays
1pm

Bingo

Wednesdays
11:45-2:45 pm

Prizes vary based on attendance.

Quilting Group

Wednesdays
11 -2:45 pm
2nd Floor Classroom



Knit & Crochet Group

Tuesdays
12:00 - 2:45 pm
Classroom



Cards

Poker
Wednesdays and Fridays
8 am - 11 am

Cribbage
Tuesdays
11:30 am - 2:45 pm

45's
Mondays
11:30-2:45
Thursdays
11:30 am -
2:45 pm



Quilting Classes

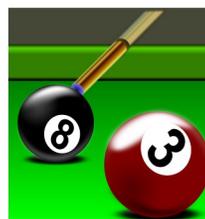
Mondays
Quilting 101
10-11

Quilting 102
11-2:45

Sign up at front desk to see if space is available.

Billiard Room

Open Monday - Friday
8 am - 2:45pm



Tripoli

Fridays at Noon



Friday Socials

Fridays
12 - 2:45 pm
Great Hall

Line dancing, couples dancing, friendly conversation.

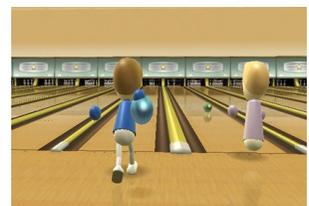
Project Time in the Classroom

Thursdays
Classroom
9:30-2:45

Want to work on an art or craft project? On Thursdays, we open the classroom and its equipment for anyone who wants to use it. Sign up at front desk!

Wii Bowling

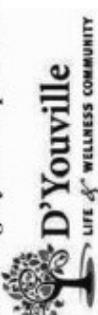
Wii Bowling is on hiatus at time of printing.



Sunday	Monday	Tuesday	Wednesday
<p>4.</p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p>5.</p> <p>8:30 Bone Builders 9:00 On the Move 9:00 COA Meeting 10-2:45 Quilting Classes 11:30 Mahjong 11:30-2:45 Cards: 45's 11:30 Meditation 1:00 Senior Center Singers</p>	<p>6.</p> <p>Veterans Breakfast 10:00 Bone Builders 11:30-2:45 Cribbage 11:30 Club Eterna Juventud 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet</p>	<p>7.</p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 9:00 Tai Chi Group 11-2:45 Quilting 11:45-3 Bingo 1:30-2:30 Kripalu Meditation</p>
<p>11.</p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p>12.</p> <p>8:30 Bone Builders 9:00 On the Move 9:00 My Ombudsman 10-2:45 Quilting Classes 11:30 Mahjong 11:30-2:45 Cards: 45's 11:30 Meditation 12 Yankee Swap 1:00 Senior Center Singers</p>	<p>13.</p> <p>10:00 Bone Builders 11:30-2:45 Cribbage 11:30 Club Eterna Juventud 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet</p>	<p>14.</p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 9:00 Tai Chi Group 11-2:45 Quilting 11:45-3 Bingo 1:30-2:30 Kripalu Meditation</p>
<p>18.</p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p>19.</p> <p>Martin Luther King Jr Day Senior Center Closed</p>	<p>20.</p> <p>10:00 Bone Builders 11:30-2:45 Cribbage 11:30 Club Eterna Juventud 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet</p>	<p>21.</p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 9:00 Tai Chi Group 11-2:45 Quilting 11:45-3 Bingo 1:30-2:30 Kripalu Meditation</p>
<p>25.</p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p>26.</p> <p>8:30 Bone Builders 9:00 On the Move 10-2:45 Quilting Classes 11:30 Mahjong 11:30-2:45 Cards: 45's 11:30 Meditation 1:00 Senior Center Singers</p>	<p>27.</p> <p>Brown Bag 10:00 Bone Builders 11:30-2:45 Cribbage 11:30 Club Eterna Juventud 12:00-1:00 Chair Yoga 12-2:45 Knit & Crochet</p>	<p>28.</p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 9:00 Tai Chi Group 11:00 Grandparents Raising Grandchildren 11-2:45 Quilting 11:45-3 Bingo 1:30-2:30 Kripalu Meditation</p>

Thursday		Friday	Saturday
1. Happy New Year! Senior Center Closed	2. 8:00-11 Poker 9:00 On the Move 10:00 Bone Builders 12:00 Gentle Yoga 12:00 Tripoli 12-2:45 Friday Social	3. 7-8 am Breakfast 11-11:30 Lunch	
8. 9:00 Mahjong 9:30-2:45 Project Time 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Julie and Julia	9. 8:00-11 Poker 9:00 On the Move 10:00 Bone Builders 12:00 Gentle Yoga 12:00 Tripoli 12-2:45 Friday Social	10. 7-8 am Breakfast 11-11:30 Lunch	
15. 10-12 Farmer's Market 9:00 Mahjong 9:30-2:45 Project Time 9:30 Bookmobile Visit 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Moulin Rouge!	16. 8:00-11 Poker 9:00 On the Move 10:00 Bone Builders 12:00 Gentle Yoga 12:00 Walking Stick Classes 12:00 Tripoli 12-2:45 Friday Social	17. 7-8 am Breakfast 11-11:30 Lunch	
22. 9:00 Mahjong 9:30-2:45 Project Time 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Charade	23. 8:00-11 Poker 9:00 On the Move 10:00 Bone Builders 12:00 Gentle Yoga 12:00 Walking Stick Classes 12:00 Tripoli 12-2:45 Friday Social	24. 7-8 am Breakfast 11-11:30 Lunch	
29. 10-12 Farmer's Market 9:00 Mahjong 9:30-2:45 Project Time 11:30-2:45 Cards: 45's 12:00 Thursday Movie: Les Miserables	30. 8:00-11 Poker 9:00 On the Move 10:00 Bone Builders 12:00 Gentle Yoga 12:00 Walking Stick Classes 12:00 Tripoli 12-2:45 Friday Social	31. 7-8 am Breakfast 11-11:30 Lunch	

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
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 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




January Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Center Closed	2 Tuna  Sandwich	3 Spaghetti & Meatballs 
4 Pierogi & Kielbasa/ kapusta 	5 Herb Chicken w/ rice 	6 Stuffed Peppers 	7 Meatloaf w/ mashed potatoes 	8 Roast Pork Loin  w/rice	9 Baked Cod 	10 Hotdogs & Beans  
11 Chicken Ala King 	12 Teriyaki Chicken w/ egg noodles 	13 Beef Stew 	14 Fried Chicken w/roasted potatoes 	15 Turkey Dinner w/ mashed 	16 Meat  Lasagna w/ gardensala	17 Chicken  Broccoli & Zit alfredo
18 Beef Chili w/rice 	19 Center Closed	20 Pot Roast w/ sweet potatoes 	21 American Chop suey w/ Greenbeans 	22 BBQ Chicken w/rice 	23 Shrimp and Chicken 	24 Chicken Salad Sandwich w soup 
25 Salisbury Steak 	26 Stuffed Cabbage 	27 Pulled Pork 	28 Spanish Chicken 	29 Mac & Cheese 	30 Traveling chef	31 Spanish Pork Shoulder 
Domingo	Lunes	Martes	Miercoles	Jueves	Viernes	Sábado
				1 Centro Cerrado	2 Sándwich de atún 	3 Espaguetis con 
4 Pirogi y Kielbasa con repollo 	5 Pollo a las Hierbas con arroz 	6 Pimientos Rellenos 	7 Pastel de carne con puré de papas 	8 Lomo de cerdo asado con arroz 	9 Bacalao al Horno 	10 Perritos Calientes y Frijoles  
11 Pollo Ala Rey 	12 Pollo Teriyaki c/fideos de huevo 	13 Estofado de carne 	14 Pollo frito con papas asadas 	15 Cena de pavo con puré de papas 	16 Lasaña de carne con ensalada 	17 Pollo con Brócoli y Alfredo Zit 
18 Chili de carne con arroz 	19 Centro Cerrado	20 Asado en olla con batatas 	21 Macarrones con carne 	22 Pollo a la barbacoa con arroz 	23 Camarones y Pollo con salsa 	24 Sándwich de ensalada de pollo con sopa caliente 
25 Filete Salisbury 	26 Repollo Relleno 	27 Cerdo Desmenuzad 	28 Pollo a la española 	29 Macarrones con queso 	30 Chef viajero	31 Paleta de Cerdo española 

Meals and Food

Meals at the Senior Center

Breakfast and Lunch at the Senior Center are Free to Everyone Over 60!

We do suggest a donation of \$1 for breakfast and \$2 for lunch to help us keep this program running.

Breakfast:

7 - 8 am

Daily Lunch:

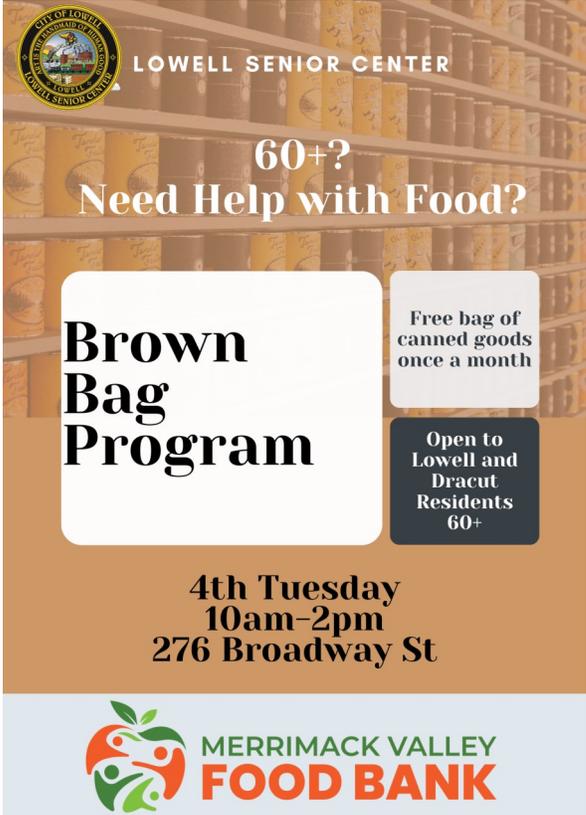
10:30 - 11:30 am

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

Mill City Grows Farmer's Market

Thu January 15th and 29th
Thu February 12th and 26th
Thu March 12th and 26th
Thu April 9th and 23rd

10am - 12pm



The poster features a background of shelves stocked with canned goods. At the top left is the City of Lowell seal. The text reads: 'LOWELL SENIOR CENTER', '60+? Need Help with Food?', 'Brown Bag Program', 'Free bag of canned goods once a month', 'Open to Lowell and Dracut Residents 60+', '4th Tuesday 10am-2pm 276 Broadway St', and the Merrimack Valley Food Bank logo at the bottom.

Friends of the COA Application

Solicitud de los Amigos del COA

Name

Address _____

City _____ State _____

Zip Code _____

Phone Number

Email

Nombre

Dirección _____

Ciudad _____ estado _____

código postal _____

Numero de teléfono

Correo electrónico

The Friends fee is \$5 per calendar year. Any additional donations are gratefully accepted.

La cuota de los Amigos es de \$5 por año. Se aceptan con gratitud donaciones adicionales.

I want a copy of the newsletter mailed to me.

Quiero que me envíen por correo una revista.

I prefer to pick up at the Senior Center or receive a digital copy, so that the postage costs can be used for other Senior Center needs.

Prefiero recoger en el Centro de Mayores o recibir una copia digital, para poder destinar los gastos de envío a otras necesidades del Centro de Mayores .

I am enclosing an additional donation of _____

Incluyo una donación adicional de _____

Friends of the Lowell Council on Aging

Jacquie's column is on hiatus this month as she recovers from knee surgery.

Get well soon, Jacquie!



WINTER WORD SEARCH

Circle words in the puzzle below

S	N	O	W	S	U	I	T	H
H	O	L	I	D	A	Y	L	O
O	S	K	A	T	E	L	O	C
C	O	C	O	E	A	S	K	K
K	H	Y	O	B	W	L	I	E
S	N	I	W	L	U	E	C	Y
N	F	O	L	H	D	D	E	H
S	N	O	W	L	S	B	O	W
S	L	E	D	D	I	N	G	W

- | | | | |
|----------|----------|--------|---------|
| snow | coco | ice | holiday |
| sled | snowball | skate | cold |
| sledding | snowsuit | hockey | chill |

BOARD OF DIRECTORS

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- TREASURER**
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William Jeffrey
Nancy Judge
Carol Lannan



Next Meeting:
January

Services and Support

Senior Abuse Hotline	DTA Hotline
Number	(SNAP/Food Stamps)
To report suspected elder abuse, call: 1-800-922-2275	Direct line for seniors: 1-833-712-8027
Legal Services	MassHealth
Assistance & Referrals	1-800-408-1253
1-800-342-5297	Social Security Administration
Fuel Assistance	1-800-772-1213
978-459-6161	Medicare
	1-800-633-4227



(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, transport chairs, disposable underwear, commodes, shower chairs, and canes available FREE. Donations gratefully accepted, please call 978-674-4131 first to confirm what is needed and available.

What can SHINE do for you?
Need assistance with Medicare?
SHINE (Serving Health Insurance Needs of Everyone...on or eligible for Medicare) can help!
Certified SHINE counselors offer confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare, with your best interest in mind.
SHINE counselors will also assist to help you understand Medicare and your options and will help you find any possible cost savings. If you find yourself enrolled in a plan that is not in your best interest, a SHINE counselor will review your coverage and help to determine if you are qualified and will assist with the process.
978-946-1374

Podiatry Nurse

Cheryl Wall of Senior Footwise will be offering monthly pedicure appointments with a podiatry nurse. Call 978-674-4131 to make an appointment. \$50 for 15 minute nail trim, \$75 for more involved procedures. Cheryl Wall is an RN BSN, Wound and Footcare certifications.



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.

MARKET MILL APARTMENTS

SECTION 8 ELDERLY HOUSING WINNER OF RHA
COMMUNITY EXCELLENCE AWARD

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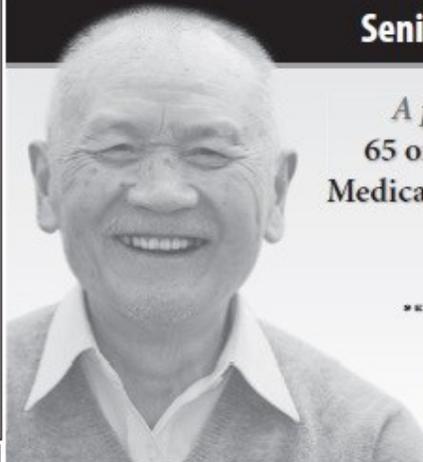
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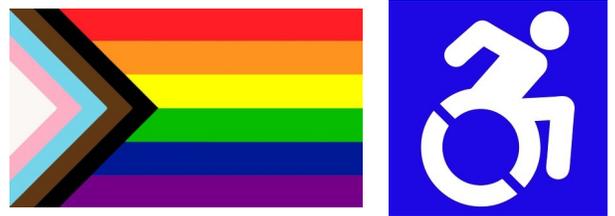
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