



Lowell Senior Center

# HERITAGE

*February*



**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**

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

**Receptionist:** Tara Donnelly

**Programs:** Aurora Erickson  
aerickson@lowellma.gov

**Chef:** Joe Wilkins  
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**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*  
*Erin Gendron*  
*Beverly Gonsalves*  
*Andrew Hostetler*  
*Judith Huber*  
*Gilda James*  
*Molyka Tieng*

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**Next Meeting**  
**February 9th**

**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.**

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](http://www.facebook.com/LowellSeniorCenter)**

LOWELL SENIOR CENTER  
**MONTHLY VETERANS RESOURCE BREAKFAST**

**First Tuesdays**  
**Back on Tuesday by popular demand!**  
**8am**

**THE SENIOR CENTER WILL BE CLOSED MONDAY FEBRUARY 16**

**HAPPY PRESIDENTS' DAY**

Prefer reading *The Heritage Newsletter* online?  
Visit: [www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)  
And check out our new video!



# Senior Center News

## New at the Senior Center

I hope everyone is dealing with winter okay! Here's hoping we might be nearer the end than the beginning. For the next couple months at the Senior Center we're hosting the AARP tax program, so things upstairs get a little cozy, and some things take a break or move to a different room. We appreciate everyone's patience and flexibility during this time, the program really helps a lot of people.

Have you ever noticed a mistake or a typo in the newsletter or on a flyer? While we are very very close to perfect here at the Senior Center, we do occasionally leave in an error just to see if you're paying attention. If you do notice one, come check in at the front desk for your typo prize.

—Aurora, Director of Programs



## VALENTINES WORD SEARCH

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

- LOVE            VALENTINES            CUPID            SMILE
- HEART            KIND            KISSES            LETTER
- SWEET            FEBRUARY            HUGS            FLOWERS

### Energy Bill Check-Ups (EBCUs) February 12, 17 & 24 | 10:00 – 11:30 AM

All In Energy is offering free **Energy Bill Check-Ups** to help you better understand your gas and electric bills and see if you're paying more than you should. An Energy Guide will review your bill and share available options and resources.

**This is a no-cost service.**  
Just bring a **digital or printed copy of your gas and/or electric bill.**

### Revisión de Facturas de Energía 12, 17 y 24 de febrero | 10:00 – 11:30 a. m.

All In Energy estará ofreciendo **Revisiones de Facturas de Energía gratuitas** para ayudarle a entender mejor sus facturas de gas y electricidad y verificar si está pagando de más. Una Guía de Energía revisará su factura y compartirá opciones y recursos disponibles.

**Este es un servicio sin costo.**  
Solo traiga una **copia digital o impresa de su factura de gas y/o electricidad.**

## 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](http://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 Wednesdays at 4PM & 5PM  
Senior Center Computer Lab on Tuesdays at 11AM  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays: Beginner Computer Class  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays: Beginner Cell Phone Class.

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!

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## Notes from the Second Floor

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Because we have to write our articles for the newsletter by the 10th of the month I don't really have much to say about the newest exhibit in the gallery which is going to hang a couple of days before you see this edition of the newsletter. Nor can I comment on the Dollar Bill Challenge that was issued in the January newsletter since no one will let me in on what they are planning to do!

So I thought I would share a call for artists that I received from one of the Western Avenue artists, I think it is kind of fun and finished work isn't due until the end of March. So here goes . . .

—Maxine, Lead Art Volunteer



### CALL FOR ARTISTS

#### The Things We Carry: What's in Your Suitcase?

Every one of us has traveled a path—sometimes across continents, sometimes through experiences that changed the course of our lives. Maybe your family journeyed far so you could begin your story here. Maybe your own path shifted through new work, new homes, or new challenges. Maybe the journey has been inward, from illness to resilience, from childhood into adulthood, or from uncertainty into clarity.

We all carry something that has shaped who we are today.

You're invited to tell your story by creating a personal, miniature suitcase. Each participant will receive a small wooden suitcase (approximately 3.5" x 5.5" x 2") as a base for your artwork. You can paint, write, collage, stitch, sculpt, weave, or combine materials in any way that expresses your journey. All mediums are welcome. Optional mounting structures or frames may not exceed 12" x 12" x 12" (including suitcase).

Everyone who lives, works, or studies in Lowell is encouraged to apply. Adults, teens, and children ages 10 and up may participate. Teachers and Group Leaders are encouraged to enroll your cohort.

There are 75 suitcases available. Come add your voice. Your story matters. Someone may recognize a piece of their own journey in yours.

**GUIDELINES:** Each submission must include a completed submission form and a 200–300 word story or description that shares the meaning behind your suitcase.

Blank suitcases may be picked up by appointment and at scheduled times at Studio #325, Western Avenue Studios, 122 Western Ave, Lowell.

Scheduled Pickup Times: Saturday, January 10, 12 - 4 PM

Saturday, February 7, 2026, 12 - 4 PM

The submission deadline for completed artwork is **March 31, 2026**. Submissions will be on public display at times and venues TBA

*This project is sponsored by Creative Adventures (studio #325). For information and to pick up wooden suitcases, contact [Jan@GetCreativeAdventures.com](mailto:Jan@GetCreativeAdventures.com).*

# February Movies

This month's theme is Black History Month

## **To Kill a Mockingbird** **1962**

***Thursday, February 5***

In this classic coming of age story, a small child in the South is witness to injustice.

## **Red Tails** **2012**

***Thursday, February 19***

Cuba Gooding Jr and Terrance Howard star in this story of the Tuskegee Airmen.

## **The Help** **2011**

***Thursday, February 12***

Viola Davis, and Octavia Spencer star in this story about women who work as maids in the 1960s South.

## **Selma** **2014**

***Thursday, February 26***

Events at a crucial turning point American History in inspire bravery, community, and resilience in the Civil Rights movement .

## **Notes from the December Council on Aging Meeting**

1. Kim reported that the temperature in this building is more even thru the building. She also reported that folks from Age Span have been dealing with the latest changes about SPAN - they are familiar with it.
2. Dick has been looking at the cameras and their effectiveness, Evidently, we can see activity inside the building but not in the parking lot.
3. Maxine reports that from 2027 Lowell Council Grants will be direct grants rather than reimbursements. She continues to apply for grants.
4. The Age Friendly (Age Action) group is focused on a sign at a bench in front of the garage on Market St. It is hoped that the traveling senior center will be in place at more housing authority places.
5. There is no further update from the Lowell City Council about the issue extending this Senior Center to the vacant Walgreen space.

The Monarch Day Care is a separate space and does not include the coop which the Senior Center is a part. The rehab is a part of the coop-complex.

## 2026 Bus Trip Survey

Bus trips are scheduled for Tuesdays and/or Thursdays. **Please note the bus must return to Lowell by 3PM.**

### What type of trips are you most interested in?

- |              |            |         |            |
|--------------|------------|---------|------------|
| Beaches      | Shopping   | Museums | Casinos    |
| Cities/towns | Restaurant | Lunches | Fall Fairs |

### Where are you interested in going in 2026?

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### Comments or Suggestions:

**Please return this survey to 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 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

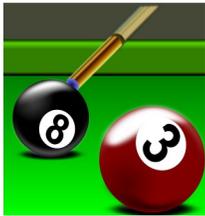
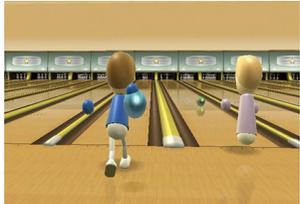
Join us in a judgement free zone, a time and place to share feelings, experiences, and resources. Facilitated by Crystal Polizzotti, Director of the Family Caregiver Program at AgeSpan.

#### Club Eterna Juventud Hispana

**Martes, 11:30**

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

## Weekly Activities

<p style="text-align: center;"><b>Mahjong Group</b>  <b>Mondays</b>                  11:30 - 2:45 pm                  Thursdays</p>	<p style="text-align: center;"><b>Senior Center Singers</b></p> <p style="text-align: center;"><b>Mondays</b>                  1pm</p>	<p style="text-align: center;"><b>Bingo</b></p> <p style="text-align: center;"><b>Wednesdays</b>                  11:45-2:45 pm</p> <p style="text-align: center;">Prizes vary based on attendance.</p>
<p style="text-align: center;"><b>Quilting Group</b></p> <p style="text-align: center;"><b>Wednesdays</b>                  11 -2:45 pm                  2nd Floor Classroom</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b>Knit &amp; Crochet Group</b></p> <p style="text-align: center;"><b>Tuesdays</b>                  12:00 - 2:45 pm                  Classroom</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b>Cards</b></p> <p style="text-align: center;"><b>Poker</b>                  Wednesdays and Fridays                  8 am - 11 am</p> <p style="text-align: center;"><b>Cribbage</b>                  Tuesdays                  11:30 am - 2:45 pm</p> <p style="text-align: center;"><b>45's</b>                  Mondays                  11:30-2:45                  Thursdays                  11:30 am - 2:45 pm</p> <div style="text-align: right;">  </div>
<p style="text-align: center;"><b>Quilting Classes</b></p> <p style="text-align: center;"><b>Mondays</b>                  Quilting 101                  10-11</p> <p style="text-align: center;">Quilting 102                  11-2:45</p> <p style="text-align: center;">Sign up at front desk to see if space is available.</p>	<p style="text-align: center;"><b>Billiard Room</b></p> <p style="text-align: center;"><b>Open Monday - Friday</b>                  8 am - 2:45pm</p> <div style="text-align: center;">  </div>	<p style="text-align: center;"><b>Tripoli</b></p> <p style="text-align: center;">Fridays at Noon</p> <div style="text-align: center;">  </div>
<p style="text-align: center;"><b>Friday Socials</b></p> <p style="text-align: center;"><b>Fridays</b>                  12 - 2:45 pm                  Great Hall</p> <p style="text-align: center;">Line dancing, couples dancing, friendly conversation.</p>	<p style="text-align: center;"><b>Project Time in the Classroom</b></p> <p style="text-align: center;"><b>Thursdays</b>                  Classroom                  9:30-2:45</p> <p style="text-align: center;">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!</p>	<p style="text-align: center;"><b>Wii Bowling</b></p> <p style="text-align: center;">Wii Bowling is on hiatus at time of printing.</p> <div style="text-align: center;">  </div>

Sunday

Monday

Tuesday

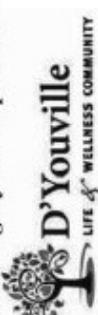
Wednesday

# February

<p><b>1.</b></p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p><b>2.</b></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>Lunch today is supported by a donation in memory of Joanne Deschenes</p>	<p><b>3.</b></p> <p><b>Veterans Breakfast</b> 9:30 My Ombudsman 10:00 Bone Builders 11:30-2:45 Cribbage 11:30 Club Eterna Juventud 12:00-1:00 Chair Yoga 12-2:45 Knit &amp; Crochet <b>Special State Primary</b></p>	<p><b>4.</b></p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 11-2:45 Quilting 11:45-3 Bingo 1:30-2:30 Kripalu Meditation</p>
<p><b>8.</b></p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p><b>9.</b></p> <p>8:30 Bone Builders 9:00 On the Move <b>9:00 COA Meeting</b> 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><b>10.</b></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 &amp; Crochet</p>	<p><b>11.</b></p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 11-2:45 Quilting 11:45-3 Bingo 1:30-2:30 Kripalu Meditation</p>
<p><b>15.</b></p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p><b>16.</b></p> <p>President's Day  Senior Center Closed</p>	<p><b>17.</b></p> <p>10:00 Bone Builders <b>10:00 Health Dept Blood Pressure Clinic</b> <b>10:00 Registrar of Deeds Tabling</b> <b>10:00 Energy Bill Checkup</b> 11:30-2:45 Cribbage 11:30 Club Eterna Juventud 12:00-1:00 Chair Yoga 12-2:45 Knit &amp; Crochet <b>Bingo With Your Grandparents</b></p>	<p><b>18.</b></p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 11-2:45 Quilting 11:45-3 Bingo 1:30-2:30 Kripalu Meditation</p>
<p><b>22.</b></p> <p>7-8 am Breakfast 11-11:30 Lunch</p>	<p><b>23.</b></p> <p>8:30 Bone Builders 9:00 On the Move 10-2:45 Quilting Classes 10:00 Age Action Meeting 11:30 Mahjong 11:30-2:45 Cards: 45's 11:30 Meditation 1:00 Senior Center Singers</p>	<p><b>24.</b></p> <p><b>Brown Bag</b> 10:00 Bone Builders <b>10:00 Energy Bill Checkup</b> 11:30-2:45 Cribbage 11:30 Club Eterna Juventud 12:00-1:00 Chair Yoga 12-2:45 Knit &amp; Crochet</p>	<p><b>25.</b></p> <p>8:00-11 Poker 8:30 Bone Builders 9:00 On the Move 11 Grandparents Raising Grandchildren 11-2:45 Quilting 11:45-3 Bingo 1:30-2:30 Kripalu Meditation</p>

Thursday	Friday	Saturday
<p><b>5.</b></p> <p>9:00-11:00 Mahjong                      9:30-2:45 Project Time                      9:30 Bookmobile Visit                      11:30-2:45 Cards: 45's                      12:00 Thursday Movie:                      To Kill a Mockingbird</p>	<p><b>6.</b></p> <p>8:00-11 Poker                      9:00 On the Move                      9:00 My Ombudsman                      10:00 Bone Builders                      12:00 Gentle Yoga                      12:00 Tripoli                      12-2:45 Friday Social</p>	<p><b>7.</b></p> <p>7-8 am Breakfast                      11-11:30 Lunch</p>
<p><b>12.</b></p> <p><b>10-12 Farmer's Market</b>  <b>10:00 Energy Bill Checkup</b>                      9:30-2:45 Project Time                      11:30-2:45 Cards: 45's                      12:00 Thursday Movie:                      The Help</p>	<p><b>13.</b></p> <p>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</p>	<p><b>14.</b></p> <p>7-8 am Breakfast                      11-11:30 Lunch</p> 
<p><b>19.</b></p> <p>9:30-2:45 Project Time                      9:30 Bookmobile Visit                      11:30-2:45 Cards: 45's                      12:00 Thursday Movie:                      Red Tails</p>	<p><b>20.</b></p> <p>8:00-11 Poker                      9:00 On the Move                      10:00 Bone Builders                      12:00 Gentle Yoga                      12:00 Tripoli  <b>12-2 YMCA Dance Party</b></p>	<p><b>21.</b></p> <p>7-8 am Breakfast                      11-11:30 Lunch</p>
<p><b>26.</b></p> <p><b>10-12 Farmer's Market</b>                      9:30-2:45 Project Time                      11:30-2:45 Cards: 45's                      12:00 Thursday Movie:                      Selma</p>	<p><b>27.</b></p> <p>8:00-11 Poker                      9:00 On the Move                      9:00 My Ombudsman  <b>9:00 Friends Meeting</b>                      10:00 Bone Builders                      12:00 Gentle Yoga                      12:00 Tripoli                      12-2:45 Friday Social</p>	<p><b>28.</b></p> <p>7-8 am Breakfast                      11-11:30 Lunch</p>

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



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 (978) 569-1000  
 www.dyouville.org

**First Lowell Rehab Apartments**

Effective July 1<sup>st</sup>, 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




# February Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Chicken Salad Sandwich w/ Soup 	2 Sausage Pepper & Onion In memory of Joanne Deschenes	3 Chicken Pie w/Mashed Potatoes 	4 Chicken Parm w/Spaghetti 	5 Asian Sliced Beef w/Rice 	6 Tuna Sandwich w/ clam chowder 	7 Chicken Marsala 
8 Meatballs w/Pasta 	9 Sweet-Sour Chicken Strips w/ white rice 	10 Stuffed Peppers 	11 Beef Stew w/Egg Noodles 	12 Roast Pork Loin 	13 Shrimp Cacciatore w/Penne Pasta 	14 Shepards Pie 
15 BBQ Pulled Pork 	16 Center Closed	17 Herb Chicken Breast 	18 Stuffed Shell 	19 Turkey 	20 Baked Cod 	21 Hotdogs & Beans  
22 Meatloaf 	23 Teriyaki Chicken w/ Rice 	24 Beef Chili w/pasta &garden salad 	25 Spanish Chicken w/ Rice 	26 Stuffed Cabbage 	27 Fish Sandwich w/pasta salad and colesw 	28 Salisbury Steak 

Domingo	Lunes	Martes	Miercoles	Jueves	Viernes	Sábado
1 Sándwich de ensalada de pollo 	2 Salchicha ala pimienta	3 Pastel de pollo 	4 Pollo Parmesano 	5 Salteados de res con arroz 	6 Sándwich de atún 	7 Pollo Marsala 
8 Espaguetis con albóndigas 	9 Tiras de pollo agridulces 	10 Pimientos Rellenos 	11 Estofado de Carne 	12 Lomo de Cerdo Asado 	13 Estofado rustico de Camarón 	14 Pastel de papa c/ carne 
15 Cerdo de Barbacoa 	16 Centro Cerado	17 Pollo a las Hierbas 	18 Conchas de pasta 	19 Pavo 	20 Bacalao al Horno 	21 Perritos Calientes y Frijoles  
22 Pastel de Carne 	23 Pollo Teriyaki 	24 Chili de carne 	25 Pollo a la española 	26 Repollo Relleno 	27 Sándwich de pescado 	28 Filete Salisbury 

# 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 February 12th and 26th

Thu March 12th and 26th

Thu April 9th and 23rd

10am - 12pm

**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**

**MERRIMACK VALLEY FOOD BANK**

## Friends of the COA Application

Name

\_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip Code \_\_\_\_\_

Phone Number

\_\_\_\_\_

Email

\_\_\_\_\_

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

I want a copy of the newsletter mailed to me.

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.

I am enclosing an additional donation of \_\_\_\_\_

## Solicitud de los Amigos del COA

Nombre

\_\_\_\_\_

Dirección \_\_\_\_\_

Ciudad \_\_\_\_\_ estado \_\_\_\_\_

código postal \_\_\_\_\_

Numero de teléfono

\_\_\_\_\_

Correo electrónico

\_\_\_\_\_

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

Quiero que me envíen por correo una revista.

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 .

Incluyo una donación adicional de \_\_\_\_\_

## Friends of the Lowell Council on Aging

Happy Valentine's Day Month.

Our membership drive is in full swing, As usual in the first two months of applying is when we receive 80% of our applications. All of them have been processed and cards issued. If you have not received yours, please see Jacqueline Denison, Treasurer, FLCOA. This year we are keeping all of the applications. The primary reason is to make sure we have an accurate address.

Unfortunately people are still not legibly making out the application. We try our best to read them, but this not only takes valuable time but usually ends up as an act of futility. There is no rush to submit an application. You have until October 31, 2026 to become a member. If you take the application home, you can perhaps find those printed address labels that you have received from some charity and put them on the application. They make it so much easier for us to process. Also please do not staple or tape your cash or check to the application. A paper clip is perfect. These may seem like petty requests, however when over 400 applications are received, it makes the process go much smoother and faster. As a reminder there is no age limit, residency requirement, conflict of interest, or anything else to prevent anyone from becoming a member. We are a volunteer organization not connected to the city. We raise funds to supplement the Council on Aging budget. We have no say in the running of the Senior Center or city matters.

This is rather a slow news month. However, at the December meeting of the FLCOA, Kim Gagnon reported that she observed someone removing a package from the Senior Center lobby. Our updated camera system allows the director to monitor parts of the center from wherever she may be. This is for everyone's protection and safety. This is an expense that the FLCOA covers. Another Senior Center activity we sponsor is the weekly Bingo. We make no income from the Bingo games. All the money taken in is given back in prize money. We buy all the supplies necessary to keep the games going.

A few months ago, there were additional outlets installed in the craft room. This was another project we paid for. We are pleased to help with anything to help the Center run better and smoother. In past years we have bought new banquet tables, paid for carpet installation, provided a break room for the staff plus provide a petty cash fund for unforeseen

expenses. This is our function. We have no control over the bus trips, lunch and breakfast menus, or the temperature of the building. We are happy to help anyone with questions, but please do not be discouraged if we direct you to the Council on Aging, which is a city Board that has control over the concerns you may have with the Center.

Even though the days seem a little brighter and the projected weather is above normal temperatures, remember that winter is barely half over. Keep wearing your hats, mittens, and boots. Stay warm and safe. Be careful.

President's Day is Monday, February 19. Federal and Municipal buildings are closed. That means the Senior Center, City Hall and Post Office. Most all other businesses are open. Make sure you check before going anywhere. Remember to fly your flag.

~Jacquie,

Treasurer

### BOARD OF DIRECTORS

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~~~~~  
**Next Meeting:**

**February 27**

# Services and Support

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

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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.  
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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.

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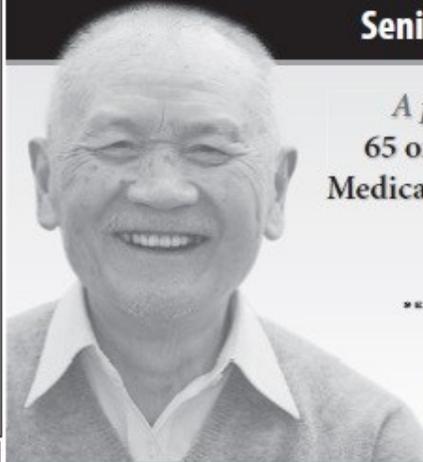
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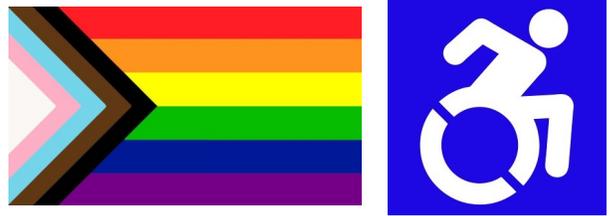
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# BINGO WITH YOUR GRANDPARENTS!

Tuesday, February 17th from 12-2:30pm  
At Council on Aging (276 Broadway St.)

FREE EVENT for kids ages 3-12 and their families  
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Registration is recommended.



Any questions please contact the Recreation Office at  
978-674-4175.



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and prizes!

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12-2pm

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For more information, please contact Ashley at [agoroski@lowellymca.org](mailto:agoroski@lowellymca.org)  
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