

# Lynnfield Senior Center Trips

Senior Center Trips are open to all independent seniors, age 60 and older. Trips require walking, stairs/elevators and transfers from the bus. You must be able to travel without assistance. If you have concerns or questions, feel free to discuss them with our staff. For trip procedures and details, pick up a Trip Fact Sheet outside the Trip Office. **Payment for all trips must be by check. Please park in upper lot on trip day.**

## 2020 Trips

### LOADS OF NEW TRIPS ADDED TO OUR CALENDAR! NEW TRIPS ARE HIGHLIGHTED.

- March 4 Our Annual Event! Day of Beauty at Northeast Tech High School, hair, manicure and facial all for \$10  
Lunch on your own! Yum
- March 11 New England Flower Show \$21
- March 12 Emmet Cahill's Ireland, Super Star of Celtic Thunder, lunch and show at Venus De Milo \$92
- March 18 New AMAZON STORE! Natick, Ma. \$5
- March 25 Special Tour of Boston PBS studio and cooking demo! Christopher Kimball's Milk St. \$25
- April 1 April Fool's Day, try your luck at ENCORE CASINO \$5
- April 8 Boston on your own, Quincy Market, North End \$5
- April 15 Made in Massachusetts - Old Mill Restaurant and Vaillencourt Folk Museum \$97
- April 15 Tax Day! Shop in tax-free Tilton NH Outlets \$5
- April 22 Isabelle Stewart Gardner Museum \$17
- April 26 Newport Playhouse \$108
- April 29 Newburyport \$5
- May 2 Sunny Portugal, Estoril Coast, Alentejo and Algarve \$3,499
- May 6 John F. Kennedy Museum \$15
- May 11 Mother's Day Monday, brunch with Tom Jones and Engelbert Humperdinck Tribute \$101
- May 13 Annual Trip to the Arnold Arboretum for Lilac Days! \$12
- May 20 Tour of the Massachusetts State House \$5
- May 27 Ogunquit Maine, 1st trip of the season! \$5
- May 30 Lobster Roll Cruise - Dennisport and Sandwich \$98
- New Wacky Wednesday trips added for June. Residents may sign up on March 2nd, non-residents on March 10th**
- June 3 **Your Tours Boston, Mary Margaret Griffin - A new series of trips! Exploring the history and glory of Boston's "Green Spaces" The Boston Public Garden More information will follow!**
- June 10 **Tour of magnificent Long Hill and Sedwick Garden in Beverly \$10**
- June 14-15 Berkshires overnight, tour the Mount, Shaker Village with a Shaker Supper, Chesterwood and the Red Lion \$384 double
- June 17 **Rockport \$5**
- June 18 **New Trip! Little Italy Providence RI Lunch and Tour \$85**
- June 25 **Kennebunkport \$5**
- June Maritime Festival in Plymouth, the 400th Anniversary details to follow
- July 11 **New Trip! Native American Museum at Foxwoods, guided tour, free time to explore, lunch served at the museum and some time at casino \$95**
- July 18 Beauport Princess Lobster Cruise \$115
- July 22 **New Trip! Your Tours Boston, Mary Margaret Griffin - Exploring the history and glory of Boston's Green Space Rose Kennedy Greenway - More information will follow**
- July 28 **New Trip! - Isle of Shoals, Lighthouses and Harbor Cruise, Lunch \$129**
- Aug 4 Billy Joel Tribute with twin lobsters \$112
- Aug 13 **New Trip! Essex Steam Train and Riverboat, CT Lunch \$99**
- August 19 **New Trip! Your Tours Boston, Mary Margaret Griffin - Exploring the history and glory of Boston's Green Space - The Seaport, with a tour and lunch at Harpoon Ale - More information will follow!**
- Aug 29 Mainely at Sea, Bailey's Island Maine, Cooks Lobster Roll Luncheon \$123
- Sept 10 **New Trip! RI Lighthouse Cruise and lunch \$100**
- Sept 13-14 Martha's Vineyard and the Cape - \$368 double
- Sept 16 **New Trip! Your Tours Boston, Mary Margaret Griffin - Exploring the history and glory of Boston's Green Space - The Harborwalk, tour the Custom's House - More information to follow!**
- Sept 17 **New Trip! - Tribute to CHICAGO at Daversport \$72**
- Sept 26 Charles River Boat Cruise and lunch at the S&S Deli \$93
- October 7 **New Trip! Your Tours Boston, Mary Margaret Griffin - By special request!**
- Oct 8 **Tour of the "Little Women's" Alcott home and tour of Concord. More information will follow**
- October 11-15 British Invasion Lunch and Show at Lake Pearl, Sunday Brunch \$92
- October 29 **PennDutch and Gettysburg- itinerary in the trip office \$1100 double**
- Oct 26 British Landscapes, England, Scotland and Wales \$3,499
- Nov 10-12 Halloween Party at Indian Head Resort - \$96
- Nov 22 Turning Stone Resort, 2nights \$279.00
- Nov 29 Christmas at the Castle in the Clouds and brunch \$107
- Dec 1 Newport Playhouse Holiday Show - \$108
- Dec 1 Michael Buble Tribute at Danversport \$72
- Dec 3 **New Trip! Blithwold Mansion Holiday Tour, Bristol, RI-includes a luncheon teal \$95**
- Dec. 6-7 White Mt. Inn - our annual holiday adventure \$389



# LYNNFIELD GOLDEN OUTLOOK

525 SALEM ST., LYNNFIELD, MA 01940

Senior Center (781) 598-1078 • Fax (781) 599-9877

Senior Center Hours: Monday thru Thursday • 8:00 a.m. - 3:00 p.m.  
Friday • 8:00 - 12:30

## MARCH 2020

### COUNCIL ON AGING STAFF

**DIRECTOR**  
Linda Naccara

**ASSISTANT DIRECTOR/  
OUTREACH**  
Debby Triffletti

**TRIP  
COORDINATOR**  
Sue Lagorio

**RECEPTIONIST**  
Janine Bennett

**ACTIVITIES**  
Elaine Moorman

**TRANSPORTATION**  
Claire Foustoukos

### BOARD MEMBERS

Fred Santangelo  
Chairman  
Nancy Lane  
Jack Bittner  
Gloria Lemieux  
Steve Galante  
Rich Sjoberg  
Anita Migliori

### A Message From Linda:

Who should have a Medical Alert System? After working with the senior population for well over 25 years, I have come to believe that most of us should consider a Medical Alert System. Just within our little senior center community, we have learned of people who fell in their homes and sadly laid there for hours, days and in one case, over 4 days before anyone found them. Several years ago, my mother in law, who lived with her son, fell in her kitchen and broke her hip. Her son had just gone into the yard to mow and so she laid on the floor for an hour and then she remembered she had her LIFELINE on so she pressed the button. Within minutes help was on the way. Boy was my brother in law surprised as he saw the EMT's pull up as he was working in the yard. He had gotten the LIFELINE for her because he was at work all day.

Medical Alert Systems are monitored 24 hours a day, seven days a week. You can wear a lanyard around your neck or a wristband and with one push of a button, help is on the way. Did you know that if you receive medical care within one hour of an emergency, there is a 90 percent chance that you will maintain your independence.....that's reason enough right there.

For seniors, medical alert systems are a link to help when they need it the most. With the confidence gained from knowing help is always available, many seniors are able to remain in their own homes longer.

Of course the secret to this system is to **wear it!** Don't leave it on your bedside table.

If you would like more info on medical alert systems, please see Debby in the outreach office.

### Thank you, Thank you, Thank you...

We have the best team of volunteers who whip up the most delicious breakfasts every Friday morning. These loyal cooks set their alarms early and drive to the center in the dark during the winter months to make sure a big, bountiful breakfast is ready for you at 8am when our doors open! For \$3.00 you will enjoy pancakes, eggs, bacon, fresh fruit cup, Danish and more. This is the best deal in town, and we have the following volunteers to thank for this special morning in our center each week: Virginia Doocy, Pat Foley, Barbara Arsnow, Debby Huard, Barbara Iovine, Anne Leskiw, Marcia Kane, Anne Mucci, Helen McLaren, Gloria Lemieux, Jack Bittner, Jean Andrews, Venita Armstrong, Janice Coles, Rodney Hopkins, Bill Arsenault and Joe Polcaro.

# LOOK WHAT'S HAPPENING IN MARCH

**Please be on time for the following programs; latecomers will not be admitted**

**Parkinson's Exercise:** Sally Zagnoli from Parkinson's Fitness will lead you through a variety of customized exercises designed to improve balance and stability, cognitive awareness and strength-training. Friday's at 10am. Free to those with Parkinson's. Companions are welcome. Sign up.

**St Patrick's Day Party:** Put on your green and help us celebrate St Patrick's Day. We will be serving a traditional corn beef dinner followed by entertainment by the Glenshane Irish Folk Duo, featuring popular songs, storytelling and more! Tuesday, March 3<sup>rd</sup> at 11:30. Tickets on sale now. \$8.00. Join us for a wee bit O' fun!

**Lunch and a Movie- The Lion King:** Simba idolizes his father, King Mufasa, and takes to heart his own royal destiny. But not everyone in the kingdom is happy. Scar, Mufasa's brother – and former heir to the throne – has plans of his own. The battle for Pride Rock is soon ravaged with betrayal, tragedy and ultimately Simba's exile. Now, Simba must figure out how to grow up and take back what is rightfully his. Mon., 3/9 and Thur., 3/12 at 11:30 for \$2.00/\$3.00. Sign up.

**Peabody Essex Museum -- Shoes: Pleasure and Pain:** Roberta Newman, docent, explores the creative potential and cultural significance of footwear. Thurs, 3/12 at 12:30. Free. Sign up

**Hobbies with Bob—Boston Harbor Islands:** Made up of 34 islands, 13 of which you can walk, tour a Civil War-era fort or historic lighthouse, picnic, and more. Learn more about the history of these islands on Wed., March 18<sup>th</sup> at 9:30. Free. Please sign up.

**Sherlock Holmes-** Sherlock Holmes has been fascinating audiences for 130 years. Join Sherlock aficionado, Robert Fritsch, as he explores "All Things Sherlock". The story of Sherlock is much more than the literary works, which have not been out of print since they were first published! This is a fun, fast-paced, interactive program and audience participation is welcomed. Bring your questions. Thurs., March 19 at 12:30. Free. Sign up

**Lunch and a Movie- A Beautiful Day in the Neighborhood:** Lloyd Vogel is an investigative journalist who receives an assignment to profile Fred Rogers, aka Mr. Rogers. He approaches the interview with skepticism, as he finds it hard to believe that anyone can have such a good nature. But Roger's empathy, kindness and decency soon chips away at Vogel's jaded outlook on life, forcing the reporter to reconcile with his own painful past. Mon., 3/23 and Thur., 3/26 at 11:30 for \$2.00/\$3.00. Sign up. Stars Tom Hanks.

**Cooking Demo--Chocolate Truffles:** Tabitha from Sunrise Assisted living will be making her delicious chocolate truffles. Thursday, March 26<sup>th</sup> at 12:30. Free. Sign up. Samples.

\*\*\*\*\*

**Walking Club - Two Groups- Two Days!** Join us every Wed. and Thursday at 9am for a walk around the neighborhood. Elaine will lead the beginners and Richard Bardet will walk with the more experienced walkers. Enjoy a cup of coffee and conversation when you return.

**Veteran's Coffee Social:** Join Tom Moran, Veteran's Liaison from Compassionate Care Hospice, on the first Thurs. of each month for coffee & conversation. March 5th at 12:30. All Vets & spouses welcome.

**Parkinson's Support Group:** Join us monthly to discuss coping mechanisms for those living with Parkinson's. Presented by Kim Arouth from Additional Care. Thurs., Mar. 5<sup>th</sup> at 10am.

**Genealogy- Who do you think that you are?** Join our Genealogy group the 2<sup>nd</sup> Tuesday of each month. Share what you have learned and get ideas to help you further your family tree search. Thursday, March 12<sup>th</sup> at 9:30am. Free.

## Support Groups

**Low Vision Support Group – Tuesday, March 17 at 10:00 a.m.** Show and Tell. Adaptive devices that assist those with low vision. Sign up with Debby.

**Hard of Hearing Support Group – Wednesday, March 18 at 10:00 a.m.** Hearing Aids: Everything you wanted to know. Sign up with Debby.

**Successful Single Living – Tuesday, March 3 at 1:00 p.m.** Safety first, safety always. Overview of ways to stay safe during our senior years. Sign up with Debby.

**Reminiscence – Tuesday, March 24 at 12:30 p.m.** High-School Days: Were there bullies? How about drugs, gangs, nerds, peer pressure, rock & roll, cars? Sign up with Debby.

**Care Givers Support Group – Monday, March 23 at 12:00 p.m.** Facilitator – Taylor Lamberta, LSW. Anyone providing care to a loved one or coordinating care at a facility is welcome. Anyone needing assistance can see Debby at any time.

**Sunday Dinner Out - Sunday, March 1,** The Village, Essex. The van will leave at 12:30 pm. Next month, Sunday, April 5, The Blue Marlin, Essex. The van will leave at 12:30 pm. If you are single, please join us for a nice meal out with friends. Lynnfield residents can sign up from the first of the month to the fifth of month, all others from the sixth of the month.

## **Want to lower your Medicare costs?**

On January 1, 2020, the income and asset limits for the Medicare Savings Programs increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays. .

Income and asset limits effective 1-1-20

	Income / month	Assets
Individual	\$1,738	\$15,720
Married couple	\$2,346	\$23,600

Prescription drug co-payments with Extra Help effective 1-1-20 - Per 30-Day supply – Generic \$3.60 Brand Name \$8.95

To learn more and to request an application, contact MassHealth at 1-800-841-2900 or

TTY at: 1-800-497-4648. SHINE can also assist you with the application process. Call us to make an appointment.

Available to all seniors: Notifying the Fire or Police department if you or a family have a special need that would be important to know in an emergency, blind or low vision, deaf or hard of hearing, wheelchair or bed bound, require oxygen.

Also- **Pocket-talker-** a personal amplification unit for the hearing impaired available for use at the center or it can be signed out.

**Used Eyeglasses–** Please donate your used eyeglasses to the center. All eyeglasses will be given to the Lions International for their work helping people in need receive the gift of better vision. Thanks for participating.

**Transportation –** The center has van service for residents traveling to doctor's appointments, grocery shopping or the senior center. Call Debby at 781-598-1078 at least 48 hours ahead to schedule a ride.

**Books on Tape and Large print books** are in our lending library. See Debby.

Please help the Shriners' and donate **pull-tabs**. Proceeds go to the transportation fund.

**Resource Library – Visit our resource library for information on Alzheimer's, Caregiving, Vision and Hearing Loss.**

# LOOK WHAT'S COMING IN APRIL

Please be on time for the following programs; latecomers will not be admitted

**Friends and Foes:** Dr. Beverly Dolinsky, Professor at Endicott College, returns with a discussion on friendship. Why do we have the friends we do? How do I keep valuable friendships? How do I end others? This talk will explore the theory behind the development and sustainability of friendship. Wed. starting 4/1 for 4 wks. Come to one or all four. Free. Sign up.  
**Easter Craft:** Join Elaine in making a Peep bunny tree. Adorable on your Easter table. Monday, April 6<sup>th</sup> at 10am. \$1.00 at sign up. Space is limited!

**Help the Veterans play Bingo:** Have lunch here or arrive by 12:30, and we will board our bus to help the Veterans play Bingo. Let's honor these men and women with an hour of our time, friendship and assistance in helping them hear and see the numbers on their bingo cards. Tues., April 7<sup>th</sup>. Sign up. Bingo starts at 1:30. Trip may return after the center closes -- around 3:30.

**Vertigo and Fall Prevention:** There are many causes for dizziness, but it's often due to a problem with the vestibular system (located in the inner ear) which is responsible for helping you balance. Dizziness from inner ear problems can be treated successfully with Vestibular Physical therapy. This lecture will highlight the different types of dizziness and treatment for dizziness and imbalance. Presented by Heather Popp. PT,DPT,NCS, Clinical Manager, FYZICAL Dizziness & Fall Prevention Center. Tuesday, April 7<sup>th</sup> at 10am. Free. Sign up.

**EEE, West Nile Virus, Lyme Disease:** Join Dr. Gross from Beverly Hospital in a discussion about these three illnesses often in the news during the Spring and Summer seasons. What are they, how do we get it, what are the symptoms, how do they differ and what are the cures. Thursday, April 9<sup>th</sup> at 12:30. Free. Please sign up.

**Lunch and a Movie- Grace Unplugged:** Musically gifted, Grace wants to do more than perform in her father's church band. She longs for stardom, but her father, a former music idol, warns her that fame often comes with a high price. The more successful she becomes, the more she feels pressure to compromise her values. 4/13 & 4/16 at 11:30 for \$2.00/\$3.00. Sign up.

**Hobbies with Bob—GE, Edison, Tesla:** Join Bob Mackendrick in a discussion about the electric companies of the past and those of the future. Wed, April 15<sup>th</sup> at 9:30. Free. Sign up  
**Talk --57 Balloons- The True Story of A High-flying Adventure:** On January 1<sup>st</sup>, 1984, Kevin Walsh, Author, tied himself to 57 Helium Balloons and went for a ride over Boston. He then disengaged and parachuted to safety. Hear Kevin's story on Thurs., 4/23 at 12:30. Free. Sign up.

**Lunch and a Movie--Little Woman:** The beloved story of four young women each determined to live life on her own terms. In the years after the Civil War, Jo March lives in New York and makes her living as a writer, her sister Amy studies painting in Paris. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together. Mon, 4/27 & Thurs, 4/30 at 11:30 for \$2.00/\$3.00. Sign up.

**Walking Club - Two Groups- Two Days!** Join us every Wed. and Thursday at 9am for a walk around the neighborhood. Elaine will lead the beginners and Richard Bardet will walk with the more experienced walkers. Enjoy a cup of coffee and conversation when you return.

**Veteran's Coffee Social:** Join Tom Moran, Veteran's Liaison from Compassionate Care Hospice, on the first Thurs. of each month for coffee & conversation. April 2nd at 12:30. All Vets & spouses welcome.

**Parkinson's Support Group:** Join us monthly to discuss coping mechanisms for those living with Parkinson's. Presented by Kim Arouth from Additional Care. Thurs., April 2nd at 10am.

**Genealogy- Who do you think that you are?** Join our Genealogy group the 2<sup>nd</sup> Tuesday of each month. Share what you have learned and get ideas to help you further your family tree search. Thursday, April 9<sup>th</sup> at 9:30am. Free.

## HELP SUPPORT FRIENDS OF THE LYNNFIELD SENIORS

With a tax deductible contribution

\_\_\_ \$50 SILVER BENEFACTOR      \_\_\_ \$500 PLATINUM BENEFACTOR  
\_\_\_ \$100 GOLD BENEFACTOR      \_\_\_ OTHER DONATIONS

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Please make checks payable and MAIL CONTRIBUTIONS TO:  
**FRIENDS OF THE LYNNFIELD SENIOR CITIZENS, INC.**  
525 SALEM STREET, LYNNFIELD, MA 01940  
THANK YOU FOR YOUR SUPPORT

*Donations of \$50 or more are acknowledged on a plaque in our lobby at the end of each year and all donations are included in our monthly newsletter.*

\_\_\_ I would like my donation to remain anonymous. Do not print my name on the plaque

\_\_\_ I would like my name to appear on the plaque as \_\_\_\_\_

\_\_\_ I would like to make a donation in memory of \_\_\_\_\_

\_\_\_ I would like to make a donation in honor of \_\_\_\_\_

\_\_\_ Please notify family of deceased or honoree: Name \_\_\_\_\_

Address \_\_\_\_\_

Please support the Friends of the Lynnfield Seniors. Your donations help to fund programs, speakers, the computer lab, hair salon, exercise room, socials, furnishings and so much more each month at our center.

Perhaps you would like to donate in memory of a loved one or in honor of someone.

**GE MATCHING GIFT PROGRAM:** If you are a current or retired GE employee, please make a notation on your check "Eligible for GE Foundation Match". Then call 1-800-305-0669, the GE Matching Gift Center, and give them your social security number along with our zip code, 01940, the amount and date of your gift and they will match your donation!! Please take a moment to help our program grow.

### February Donations

Dr. Jason & Fran Freshman

James McGovern

Rose M. Keefe

Frank D. Scott

### Donations Made in Honor of

Debbie Triffletti by Jane Tecce

The Senior Center Staff by Virginia Doocy

# MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>8:00 Zumba Gold w/Alice 8:00 ENHANCED FITNESS 8:00 Exer. Rm/Hairdresser 9:30 Gentle Pilates 9:00 Walmart Shopping 9:00 Tax Prep By Appointment 9:30 Broadway Jazz Dance Class <b>10:00</b> Line Dancing 10:00 Creative Writing 10:00 Topic's w/Ann 10:00 NEW! Chair Yoga Video 10:15 Tap Dance Class 11:00 YOGA FOR STRENGTH 11:30 <b>Lunch: Pizza</b> 12:00 Bowling 12:30 Mah Jongg 12:00 Oil Painting 12:00 <b>PHOTO CLUB</b> 12:30 Computer (sign up) 12:30 Mexican Train</p>	<p><b>3</b></p> <p>Hairdresser 8:00 Exercise Room 8:45 Exer Under The Belt 9:30 Intern. Italian 9:15 Bingo---cancelled 8:30 Grocery Shopping 9:00 <b>Blood Pressure Challenges</b> 10:00 <b>Intermittent Life</b> 10:00 Tai Chi 10:30 Scrabble 11:30 <b>St. Patrick's Day Luncheon</b> <b>1:15 ELDER ACT</b> 12:30 Computer Class-sign up 12:30 Bridge 12:30 Watercolor 1:00 Successful Singles</p>	<p><b>4</b> 8:15-9:10 ZUMBA 8:00 ENHANCED FITNESS 8:30 Grocery Shop 9:00 Hairdresser 9:00 <b>Walking Club</b> 9:00 Artist Drop In 9:00 Manicurist 9:00 Tripoley 9:30 <b>Alterations w/Anita</b> 9:30 <b>Aerobic's Video</b> 9:20-10:15 Chair Yoga 10:00 Embroidery 10:00 Welcome Coffee 10:15 Beg. Italian 10:30-11:15 Aerobics w/Alice 11:30 <b>Lunch: Lemon Chicken</b> 12:15-2:30 Canasta 12:15 Pokeno 12:30 Bridge 12:30 Art Class <b>1:00 Aging Backwards</b> <b>TRIP: Day of Beauty at Northeast Tech</b></p>	<p><b>5</b></p> <p>8:00 Hair dresser/Exer. Room 9:00 <b>Manicurist</b> 9:00 <b>Walking Club</b> 8:30-9:15 Zumba Gold 8:45 Drumming w/Jill 9:15 Sit &amp; Tone w/Jill 9:00 Stitch &amp; Chat 10:00 <b>Parkinson's Support Group</b> 10:00 Yoga 10:00 <b>Mah Jong</b> 10:30 <b>Lunch Bunch</b> 11:30 <b>Lunch: Roast Pork</b> 12:30 <b>Veteran's Coffee Social</b></p>	<p><b>6</b></p> <p>8:00 Exercise Room 8:00 <b>FRIEND's Sponsored FRIDAY BREAKFAST</b> 9:00 Blood Pressure &amp; File Of Life 9:00 <b>LET's BUILD LEGO's!</b> 9:00 Hairdresser 9:15 Bingo 9:00 Acrylic Painting 9:30-10:15 TAI CHI 10:00 <b>NEW! Chair Yoga Video</b> 10:00 <b>Parkinson's Exercise</b> 10:30 ZUMBA 11:15 <b>Lunch:Grilled Cheese and Tomato Soup</b></p>
<p><b>9</b></p> <p>8:00 Zumba Gold w/Alice 8:00 <b>ENHANCED FITNESS</b> 8:00 Exercise Room 8:00 Hairdresser 9:30 Gentle Pilates 9:00 Walmart Shopping 9:00 <b>Tax Prep by Appointment</b> 9:30 Broadway Jazz Dance Class 10:00 Creative Writing 10:00 Line Dance 10:00 NEW! Chair Yoga Video 10:15 Tap Dance Class 10:00 Sit &amp; Tone 11:00 YOGA FOR STRENGTH 11:30 <b>Lunch: Fettuccine Alfredo</b> 11:30 <b>Lunch and Movie: The Lion King</b> 12:00 Bowling 12:00 Oil Painting 12:30 Mah Jong 12:30 Mexican Train 12:30 Computer (sign up)</p>	<p><b>10</b></p> <p>Hairdresser 8:00 Exer. Room 8:30 Food Shopping 8:45 Exer. Under The Belt 9:00 Blood Pressure 9:15 Bingo 9:30 <b>FRIEND'S BIG BAND</b> 10:00 Intern. Italian 10:00 TAI CHI 10:30 Scrabble 11:30 <b>Lunch: Mac &amp; Cheese</b> 12:30 Computer Class-sign up 12:30 Bridge 12:30 Watercolor Class <b>12:30 Book Club</b> <b>12:30 Sing-a-long</b></p>	<p><b>11</b> 9:00 Exer Room/Hair dresser 8:00 ENHANCED FITNESS 8:15-9:10 ZUMBA 9:30 Aerobic's Video--free 9:00 Artist Drop In 9:00 <b>Walking Club</b> 9:00 <b>Alterations w/Anita</b> 9:00 Tripoley 9:00 <b>Manicurist</b> 9:20-10:15 Chair YOGA 10:00 Embroidery 10:15 Beg. Italian 10:30-11:15 Aerobics w/Alice 11:30 <b>Lunch: Cheeseburger</b> 12:15 Pokeno 12:15-2:30 Canasta 12:30 Bridge 12:30 Art Class 1:00 <b>Aging Backward</b> <b>TRIP: New England Flower Show</b></p>	<p><b>12</b></p> <p>8:00 Hair dresser/Exer. Room 9:00 <b>Manicurist</b> 8:30-9:15 Zumba Gold 9:20-10:05 Gentle Pilates 8:45 Drumming w/Jill 9:15 Sit &amp; Tone w/Jill 9:00 Stitch &amp; Chat 9:30 Geneology 9:30 Oriental Rug 10:00 Yoga 10:00 <b>Mah Jong</b> 10:30 <b>Lunch Bunch</b> 11:30 <b>Lunch: Linguine w/Clam Sauce</b> 11:30 <b>Lunch and Movie: The Lion King</b> 12:30 <b>Peabody Essex Museum: Shoes---Pleasure and Pain</b> <b>TRIP: Venus De Milo: Emmet Cahill's Ireland</b></p>	<p><b>13</b></p> <p>8:00 Exercise Room 8:00 <b>FRIEND's Sponsored FRIDAY BREAKFAST</b> 9:00 Blood Pressure &amp; File Of Life 9:00 <b>LET's BUILD LEGO's!</b> 9:00 Hairdresser 9:15 Bingo 9:00 Acrylic Painting 9:30-10:15 TAI CHI 10:00 <b>NEW! Chair Yoga Video</b> 10:00 <b>Parkinson's Exercise</b> 10:30 ZUMBA 11:15 <b>Lunch: Reuben</b></p>
<p><b>16</b></p> <p>8:00 Zumba Gold w/Alice 8:00 <b>ENHANCED FITNESS</b> 9:30 Gentle Pilates 8:00 Exercise Rm. 9:00 Hairdresser 9:00 Walmart Shopping 9:00 <b>Tax Prep By Appointment</b> 9:30 Broadway Jazz Dance Class 10:00 Creative Writing 10:00 Line Dance 10:00 NEW! Chair Yoga Video 10:15 Tap Dance Class 10:00 Sit &amp; Tone 11:00 YOGA FOR STRENGTH 11:30 <b>Lunch: Baked Fish</b> 12:00 Bowling 12:00 Oil Painting 12:30 Mah Jong 12:30 Mexican Train 12:30 Computer (sign up)</p>	<p><b>17</b></p> <p>Hairdresser 8:00 Exer. Room 8:45 Exer. Under The Belt 9:15 Bingo 9:30 Intern. Italian 9:00 <b>Blood Pressure</b> 10:00 TAI CHI 10:00 <b>Low Vision Support</b> 10:30 Scrabble 11:30 <b>Lunch: Beef Stew</b> 12:15 <b>ELDER ACT</b> 12:30 Computer Class-sign up 12:30 Bridge 12:30 Watercolor Class</p>	<p><b>18</b> 9:00 Exercise Room 8:15-9:10 ZUMBA 8:00 ENHANCED FITNESS 8:30 Hairdresser 9:00 Manicurist 9:00 <b>Walking Club</b> 9:00 Tripoley 9:00 Artist Drop In 9:00 <b>Alterations w/Anita</b> 9:30 <b>Aerobic's Video---free</b> 9:30 <b>Hobbies w/Bob: Boston Harbor Islands</b> 9:20-10:15 Chair YOGA 10:00 Embroidery 10:00 <b>Hearing Support</b> 10:15 Beginner Italian 10:30-11:15 Aerobics w/Alice 11:30 <b>Lunch: Baked Ham</b> 12:15 Pokeno 12:15 Canasta 12:30 Bridge <b>12:30 Art Class</b> 1:00 <b>Aging Backwards</b> <b>TRIP: NEW Amazon Store</b></p>	<p><b>19</b></p> <p>8:00 Hair Dresser 8:3 Exercise Room 8:30-9:15 Zumba Gold 9:20-10:05 Gentle Pilates 9:00 <b>Manicurist</b> 9:00 <b>Walking Club</b> 8:45 Drumming w/Jill 9:15 Sit and Tone w/Jill 9:00 Stitch and Chat 10:00 Yoga 10:00 <b>Mah Jong</b> 11:30 <b>Lunch: Pot Roast</b> 12:30 <b>Sherlock Holmes---All Things Sherlock</b></p>	<p><b>20</b></p> <p>8:00 Exercise Room 8:00 <b>FRIEND's Sponsored Friday Breakfast</b> 9:00 Blood Pressure &amp; File of Life 9:00 Hairdresser 9:00 <b>Let's Build LEGO's!</b> 9:15 Bingo 9:00 Acrylic Painting 9:30-10:15 Tai Chi 10:00 <b>NEW! Chair Yoga Video</b> 10:00 <b>Art Guild</b> 10:00 <b>Parkinson's Exercise Class</b> 10:30 ZUMBA 11:15 <b>Lunch: Fish Sandwich</b></p>
<p><b>23</b></p> <p>8:00 Zumba Gold w/Alice 8:00 ENHANCED FITNESS 8:00 Exer. Rm/Hairdresser 9:30 Gentle Pilates 9:00 Walmart Shopping 9:00 Tax Prep By Appointment 9:30 Broadway Jazz Dance Class 10:00 Line Dancing 10:00 Creative Writing 10:00 Sit &amp; Tone 10:00 NEW! Chair Yoga Video 10:15 Tap Dance Class 11:00 YOGA FOR STRENGTH 11:30 <b>Lunch: Baked Spaghetti</b> 11:30 <b>Lunch and Movie: A Beautiful Day in the Neighborhood</b> 12:00 Bowling 12:00 Caregivers Support 12:30 Mah Jongg 12:00 Oil Painting 12:30 Computer (sign up) 12:30 Mexican Train</p>	<p><b>24</b></p> <p>Hairdresser 8:00 Exercise Room 8:45 Exer Under The Belt 9:30 Intern. Italian 9:15 Bingo 8:30 Grocery Shopping 9:00 <b>Blood Pressure</b> 10:00 Tai Chi 10:30 Scrabble 11:30 <b>Lunch: Chicken, Broccoli &amp; Ziti</b> 12:30 Computer Class-sign up 12:30 Bridge 12:30 Watercolor 12:30 Reminisc</p>	<p><b>25</b></p> <p>8:15-9:10 ZUMBA 8:00 ENHANCED FITNESS 8:30 Grocery Shop 9:00 Hairdresser 9:00 <b>Walking Club</b> 9:00 Artist Drop In 9:00 Manicurist 9:00 Tripoley 9:00 <b>Alterations w/Anita</b> 9:30 <b>Aerobic's Video</b> 9:20-10:15 Chair Yoga 10:00 Embroidery 10:15 Beg. Italian 10:30-11:15 Aerobics w/Alice 11:30 <b>Lunch: Beef Burrito</b> 12:15-2:30 Canasta 12:30 Bridge 12:30 Art Class 1:00 <b>Aging Backwards</b> <b>TRIP: PBS Studio Tour</b></p>	<p><b>26</b></p> <p><b>8:00 Hair Dresser</b> 8:00 <b>Exercise Room</b> 9:00 <b>Manicurist</b> 8:30-9:15 Zumba Gold 9:20-10:05 Gentle Pilates 8:45 Drumming w/Jill 9:00 <b>Stitch and Chat</b> 9:15 Sit &amp; Tone w/Jill 10:00 Yoga 10:00 <b>Mah Jong</b> 11:30 <b>Lunch: Pot Roast</b> 12:30 <b>Sherlock Holmes---All Things Sherlock</b></p>	<p><b>27</b></p> <p>8:00 Exercise Room 8:00 <b>Friends Sponsored Friday Breakfast</b> 9:00-10 Blood Pressure 9:00 <b>Let's Build LEGO's!</b> 9:00-12 Hairdresser 9:00 Acrylic Painting 9:15: Bingo 9:30 Tai Chi 10:00 <b>NEW! Chair Yoga Video</b> 10:00 <b>Parkinson's Exercise Class</b> 10:30 ZUMBA 11:15 <b>Lunch: Pepper &amp; Egg Sandwich</b></p>
<p><b>30</b></p> <p>8am Zumba Gold w/Alice 8:00 Exer. Rm/Hairdresser 8:00 <b>ENHANCED FITNESS</b> 9:30 Gentle Pilates 9:00 <b>Walmart Shopping</b> 9:00 <b>Tax Prep By Appointment</b> 9:30 Broadway Jazz Dance Class 10:00 Line Dancing/Creative Write 10:00 Sit &amp; Tone 10:00 NEW! Chair Yoga Video 10:15 Tap Dance Class 11:00 <b>YOGA FOR STRENGTH</b> 11:30 <b>Lunch: BBQ Chicken</b> 12:00 Oil Painting 12:00 Bowling 12:30 Mexican Train 12:30: Computer 12:30 Mah Jongg</p>	<p><b>31</b></p> <p>Hairdresser 8:00 Exercise Room 8:45 Exer Under The Belt 9:30 Intern. Italian 9:15 Bingo 8:30 Grocery Shopping 9:00 <b>Blood Pressure</b> 10:00 Tai Chi 10:30 Scrabble 11:30 <b>Lunch: Spaghetti Bolognese</b> 12:30 Computer Class-sign up 12:30 Bridge 12:30 Watercolor</p>	<p><b>LUNCH BUNCHES</b> (Lynnfield residents sign up on first of month for the following month...non-Lynnfield sign up on 6<sup>th</sup>) Mar 5: Technical School Mar 12: Bunratti's Mar 19: The Anchor Mar 26: Causeway Apr 2: Technical School Apr 9: Jack's Restaurant Apr 16: Blue Marlin Apr 23: Seaglass Apr 30: Outback</p>	<p><b>THRIFT SHOP</b> <b>Mon-Thurs: 10-12:30</b> <b>Fridays: 8am-9:30am</b> <b>Please bring us your new or gently used items</b></p>	<p><b>SUNDAY DINNER OUT</b> Sunday, March 1, 2020  The Village (Essex)  Van will leave the Senior Center at 12:30pm  Sign up with Debby</p>