

Tewksbury Senior Center

Senior Moments

2026

Volume 18 Issue 1



NORMAL BUSINESS HOURS

Mon-Wed-Thurs 7:30am - 4:30pm

Tues 7:30am - 6:00pm

Fri 7:30am - 12:30pm

Open for Special Events

175 Chandler Street
Tewksbury, MA 01876
Phone: 978-640-4480

INSIDE THIS ISSUE:

- Pg. 2... Activities/Events
TPL Movie Showings
What's New?
Monthly Dances
- Pg. 3... Meet the Staff
Our Support Groups
New Grandparents Support
Counseling Services
Welcome New Staff Member
Winter Community Markets
Shop-portunities
- Pg. 4... Weekly Schedule
Class Cost/Payment Schedule
FREE Weekly BP Checks
Foot Care Clinic
FREE Reiki Sessions Available
- Pg. 5... GAC News
Friends News
It's Cold and Flu Season
Veterans Office Update
State Rep Office Hours
- Pg. 6... Calendar of Monthly Events
- Pg. 7... Lunch Menu/Meals on Wheels
Food Pantry Distribution Dates
- Pg. 8.... Word Search
Sudoku
Contests for our Readers
- Pg. 9... SHINE News
2026 AARP Tax Prep Update
COA Transportation Update
- Pg.10-11... Our Sponsors
- Pg.12... Subscription Form
Important Contacts

A Message from Jan Conole, Director

Happy New Year! I hope 2026 brings you all the wonderful experiences and adventures you're hoping for. The start of a new year is a great time to reassess goals and look ahead with optimism. Even small changes or trying one new activity can be a meaningful way to refresh your outlook.

December was a festive month at the Senior Center, with three Christmas parties and a special performance by the Swinging Seniors Chorus. Thank you to everyone who donated toys to local children at the Golden Age Club party. We partnered with the Tewksbury Fire Department to collect and distribute the toys—your generosity truly made a difference.

As winter settles in, the Senior Center remains a welcoming place to connect. We are pleased to welcome our new BHOAP Case Worker, Yecel Rodriguez, who brings four years of outreach experience from AgeSpan and is available to help with resources and support.

Looking ahead to 2026, we offer a full calendar of programs, social activities, and community resources. Transportation remains free through June 2026 thanks to an LRTA grant.

January can feel like a long month, but staying engaged can help. We offer a wide variety of activities and support groups, including a new group for grandparents raising grandchildren, meeting every second Friday at 10:00 a.m. (see page 3).

Beginning **January 5th**, we will start accepting names for AARP tax preparation appointments. **Names cannot be added to the list before January 5th.** To be placed on the list, please call **978-640-4480, extension 301, on or after January 5th**, and leave a message. Tammy will maintain the list and return calls with appointment times as they become available.

We look forward to seeing you at the Center and wish you a healthy, joyful start to the new year!

"You are never too old to set another goal or dream a new dream."

– C.S. Lewis



Everyone is
Welcome Here

The Tewksbury Council on Aging values the diversity of our participants, staff, volunteers, and Community. We strive to model and promote a welcoming and respectful environment for all.

Activities and Events, Submitted by Diane Dunlevy, Activities Coordinator



WHAT'S HAPPENING at the SENIOR CENTER...

FRIDAY MORNING MOVIE SHOWING AT THE SENIOR CENTER The Tewksbury Public Library (TPL) hosts Friday morning film screenings in the Senior Center's Library/Media Room. Registration is required. Sign up online at myactivecenter.com or in person at the senior center or by calling the senior center reception desk at 978-640-4480. Space is limited to 25 seats. Snack & water is included. Co-sponsored by the Friends of the Tewksbury Public Library and the Tewksbury Lions Club. A \$1 donation is suggested.

January 9, 9:45am, Movie Title: The Senior Nearly four decades after being kicked off his team, Mike returns to his alma mater to take the hit that changed everything. Bruised, doubted, and nearly broken, he fights for one last shot at the ending he still believes is possible. The film stars Lowell native Michael Chiklis. Drama. Rated PG. 1 Hour, 30 Minutes.

CRAFT CLASS, January 14, 10am, \$20/class Monthly craft classes take place the second Wednesday of the month. Advanced sign up is required with payment. Cost includes step-by-step instructions and all the supplies necessary to complete your project. There will be a creative and new project each month. Class size is limited to 10. Classes fill up quickly. Early registration is suggested. Sign up at our reception desk. We would like to thank Ricci, Dolores and Anita for sharing their time and creativity running these monthly classes.

NEW! Veterans Book Club Tuesdays, 11am-12pm, Facilitated by Bob Hawes

Bob, who is a fellow veteran and Master of Social Work Intern at the senior center, leads the group. Beginning this month, the Book Club will meet every 2nd and 4th Tuesday of the month.

Join fellow veterans as we explore our first book, Following Atticus: Forty-eight High Peaks, One Little Dog, and an Extraordinary Friendship by Tom Ryan. This heartfelt memoir follows the journey of a man and his miniature schnauzer as they scale New Hampshire's White Mountains, discovering healing, courage, and companionship along the way. There is no cost to participate and a book will be provided to all participants. To join the book club, contact Bob at 339-234-9382. Space is limited, sign up today!

Ladies Only Pool Room Hours in the Billiards Room, Mondays, 1:30-4:30pm Participants range from first-timers to seasoned players to those brushing up after having not played for many years. There are two tables, pool balls, and sticks provided. Enjoy playing some pool and socialize in a relaxed, supportive setting. Grab a friend or come solo and join the fun.

Scrabble Games every Friday at 10am. This is a true classic board game! Scrabble can be entertaining while exercising memory and can help build your vocabulary. Since it's a game for at least two people, it's a social game too! No sign up necessary, just drop in! Games take place every Friday at 10am in our craft room. We would like to thank Rose for volunteering, providing the boards, and organizing the games.

WINTER COMMUNITY MARKET DATES: Thursdays, January 8, and February 12

You may have enjoyed visiting some of the Community Markets that take place during the summer months on Livingston Street. We have opened the senior center doors to assist the town Community Economic/Development Planner, Alex Lowder, to continue offering these markets for the community throughout the winter months. These Winter Community Markets will be taking place in-doors at the Senior Center. Each month the Market will feature a variety of 30+ vendors plus a couple of really great food trucks. Food trucks will be conveniently located outside the senior center. Both the senior center shops will be open during the markets. Everyone is welcome!

MONTHLY DANCES

TRAVELING CHEF LUNCH & DJ DANCE; Mon., January 26, Doors Open at 11:30am, SIGN UP & COST: \$8pp Price includes lunch & dance ticket. Tickets can be purchased in advanced at our reception desk. Tickets may be purchased "at the door" but may not include lunch. There is no discount for tickets purchased without lunch. Early sign up is recommended as the monthly dances sell out quickly. Doors **do not** open before 11:30am. Lunch is served between 11:30am-Noon. Dance begins at 12:00 and concludes at 2:00pm. Lunch is provided by AgeSpan's Traveling Chef. This month's menu: Rice Bowls; Chicken and Beef, Rice, Asian Blend Vegetables, Pineapple, with your choice of Teriyaki or Sweet Chili Sauce, and Tapioca Pudding for dessert, Water, Coffee/Tea.



Ring in the New Year with The SILVERTONES Live Swing Band, Friday evening, January 16, 7-10pm The Silvertones perform the third Friday of each month from September through June! Come listen/dance to the sounds of the Silvertones... Waltz, Latin, Jitterbug, Foxtrot, Big Band, Line Dances and more... Doors open at 6:30pm and the band plays from 7-10pm. This is not a BYOB event. Door prize this month; 2 tickets to a future Silvertones Dance. Soda & bottled water available for purchase (\$1). Coffee/tea available all evening with cake served during the 2nd break which is included in the price of admission. **Ticket price is \$10pp and can be purchased at the door.**

Meet the Staff

Jan Conole
Director

Tammy Duggan
Secretary

Diane Dunlevy
Activities Coordinator,
Newsletter Editor

Christina Hess, LICSW
Outreach Coordinator/
Behavioral Health Outreach
for Aging Populations
Program Manager

Yeccel Rodriguez
Behavioral Health Outreach
for Aging Populations
Case Worker

Greg Corcoran
Maintenance

Gail Deackoff
Van Driver/
Transportation Coordinator

 **Ralph Natola**
Jim Sasso
Van Drivers

A special thank you to the
**Executive Office of
Aging & Independence**
for supporting our newsletter!

**Council on Aging
Board Members**

Chair
Donna Bell

Vice Chair
Virginia Desmond, NP, BC

Treasurer
Jeffrey Dufour

Clerk
Tracy Skahan

Joanne Aldrich, Ed. D, GNP-BC

Sandy Creamer, NP

Mike McDermott

Mary-Ann Nichols, LPN

Robert Herrick

Joan Unger, GRI

Kathy Walsh, MA

OUR SUPPORT GROUPS We offer a variety of support groups which allows the opportunity to connect with others who may be experiencing similar challenges. For more information on any of our support groups, please contact Christina Hess, LICSW, x290. See page 6 for the schedule.

**Caregivers Support Group . Anxiety Support Group . Bereavement Support Group
LGBTQIA+ Support Group . Veterans Peer Support Group . LGBT+ Rainbow Social
Parkinson's Support Group . MS Support Group . Grandparent's Support Group**

NEW! Grandparents Support Group Are you a grandparent raising a grandchild? Join us on the second Friday of the month at 10am. No sign up necessary, just drop in!

There are unique joys and challenges that come with raising grandchildren. This group is designed to provide a safe and welcoming space to connect, share, and support one another. This group provides an opportunity to meet other grandparents who share similar experiences, access helpful community resources and programs, learn strategies for managing stress and family dynamics, and explore topics around parenting, self-care, and emotional well-being. You don't have to do this alone. Together, we can build a community of understanding, strength, and support.

PARKINSON'S DISEASE SUPPORT GROUP On January 26th, join the Parkinson's Support Group to learn about physical therapy and exercise for Parkinson's with physical therapist Louis Coiro from Bay State Physical Therapy. Louis has more than 40 years of experience as a physical therapist, and has opened his own clinics in both Tewksbury and Chelmsford. To learn more or sign up, contact Meghan Donahue, Clinical Social Work Intern at (339) 234-9790.

COUNSELING SERVICES for older adults age 60+ Nurturing Minds, Healing Hearts... Master level Social Work Interns will be available for individual counseling services. Appointments are free of charge due to grant funding. Appointments can be held at the senior center, over the phone, or in your own home. For more information or to book an appointment, contact Christina at 978-640-4480 x 290. 

WELCOME NEW STAFF MEMBER Please join us in welcoming our new BHOAP Case Worker, Yeccel Rodriguez, who brings four years of outreach experience and is available to help with resources and support.

A MESSAGE FROM YECCEL Hi, my name is Yeccel Rodriguez and I will be your new BHOAP Outreach Worker! I am so excited to be joining such a busy and vibrant community. A little bit about me, I received my bachelor's degree in public health at the University of Massachusetts in Amherst. Before making my way here, I previously worked as a Community Outreach Worker at AgeSpan for just shy of four years. Some fun facts about me, I am in the process of becoming a Pilates instructor and enjoy yoga in my free time. I look forward to meeting you all and cannot imagine a better way to end this year and start the new one!

Best,
Yeccel

 **Winter Community Markets at the Senior Center!**
Thursdays, January 8 & February 12, 4-7pm

This month's Market will feature a variety of vendors plus food trucks with delicious offerings! Both the senior center's Gift Shop and Upscale Consignment Boutique will be open during the markets. Cash and cards can be used for payment at the markets. Cash and personal checks can be used for payment in our shops. We do not have the ability to process credit cards in our shops.

The Shops at the Tewksbury Senior Center
Open During Normal Business Hours and Community Winter Markets

Stop by for all of your shopping needs... Quality greeting cards, Tewksbury Honey, baby gifts, jewelry, cozy socks, men's & woman's winter hats & gloves, woman's apparel, Handbags, and so much more! We have loads of unique gifts and a selection of gifts with heart and sentiment.

Shop us first for the best prices!
Every purchase benefits the senior center's programming! Gift bag with tissue paper included with purchase! Forms of payment accepted at the shops: cash or personal check.



WEEKLY SCHEDULE
Special Events See Page 7

MONDAY

AM 9:00- 9:45 Forever Fit 9:45-10:30 Tap Dance 10:30-11:15 Men's Stretch & Strengthen 11:00-12:00 Light Yoga/Seniors 11:30 -1:30 Yarnaholics	PM 12:30 Bone Builders # 2 2:00 Bone Builders # 1 1:30 Ladies Only Billiards to 4:30 (Pool Room) 3:30 Gentle Yoga 4:30 Cardio Drumming
--	--

TUESDAY

AM 8:15 Bone Builders # 4 8:45 Healthy Living Weight Loss Support 9:30 Wood Carving 11:00 Piecemakers Quilters for Charity	PM 12:45 Zingo 1:00 Independent Painting 4:30 Fit for All
---	---

WEDNESDAY

AM 8:15 Bone Builders # 3 9:00 Quilting 9:30 Men's Stretch & Strengthen 10:30 Bone Builders # 2 11:30 Line Dancing	PM 11:30-1:30 Reiki 12:30 Cribbage 12:30 Mah Jong 1:00 Chair Yoga 3:30 Shuffleboard
--	---

THURSDAY

AM 9:30 Wii Bowling League 9:30 Belly Dancing 10:00-12:00 Piecemakers Quilters 10:25 Body Works 11:25 Fit for All	PM 12:30 Light Yoga for Seniors 12:30 Whist 2:00 Bone Builders # 1 3:30 Chair Yoga 4:30 Cardio Drumming
--	---

FRIDAY

AM 8:15 Bone Builders # 4 8:30 Walking Club 9:30 Bone Builders # 3 10:00 Scrabble Games 11:00 Meditation	
---	---

Class Costs and Payment Schedule All fitness/wellness class fees are paid either by the month **OR** by purchasing a punch card. Punch cards are \$35 for 10 classes of your choice. Cards can be purchased in the office. Punch cards exclude Meditation on Friday mornings. Meditation is a 30 minute class for \$1.50 per class and the fee is also collected monthly.

Classes, excluding Cardio Drumming and Bone Builders, offer a drop in, free trial class. This is a great way to check out classes to see if it's a good fit for you before committing to monthly attendance.

CARDIO DRUMMING Due to the popularity of our Cardio Drumming classes, advance registration is required. Registration opens up the first day of each month for classes in the following month. Registration for this class is done on-line at: www.myactivecenter.com Instructions for using this on-line sign up are available in the senior center office. If you need assistance with registering we are happy to help you.

BONE BUILDERS This program is run through a CTI grant with no cost to participants. These classes also require advance registration to participate. If you are interested in signing up for Bone Builders, please see Tammy in the office.

By the month; Cost per class averages \$3. The monthly fee varies depending on the number of weeks in the month. Punch Card cost is \$35.00/10 classes.

Free Blood Pressure Checks

No appointment necessary, just drop in.

Tuesdays, 10am-11:30am

Wednesdays, 9am-11am

Please note: There will be no clinics on:

Tuesday, January 6 & 20

Wednesday, January 7

BP checks Clinic Office by Town Nurse, Ashley.
Thank you Ashley for providing this valuable service.



FOOT CARE CLINIC

WHO: Diane Stanley, RN, MSM
WHEN: By appointment
WHERE: Senior Center Clinic Office
COST: \$35 accepted at time of appointment

Call 978-640-4480 to make an appointment.

Your appointment will include a total foot care assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to help maintain self-care, and a relaxing foot massage.

FREE 15 MINUTE REIKI SESSIONS FOR OLDER ADULTS Offered by Breathe 'n Believe

Wednesdays 11:30am-1:30pm in our clinic office
APPOINTMENTS ARE AVAILABLE NOW!

Appointments can be made at our reception desk either in-person or by phone.

We wish to thank Jeanine of Breathe 'n Believe for offering these free sessions.

FOOT CARE CLINIC UPDATE: Beginning in January, the cost for appointments will increase to \$35. .

Golden Age Club (GAC) News, Submitted by Midge Byrne

GAC Who We Are The GAC is a non-profit, lively and active group who are fortunate to run activities and events at the Tewksbury Senior Center. In addition, our organization focuses on philanthropy such as providing assistance to individuals in need and a yearly college scholarship award for local graduating high school students. Read below for some of our upcoming events and activities.

CRIBBAGE & WHIST Cribbage is played on Wednesdays at 12:30pm and Whist is played on Thursdays at 12:30pm. You do not need to sign up, just drop in to play. Arrive around 12:15pm. Thank you to all the volunteers who keep these games running each week. Are you interested in joining in for cribbage or whist but have never played or need a refresher on the game? No problem. Drop in and we will be happy to teach you!

ZINGO, Tuesdays at 12:45pm Arrive anytime between 11:30am-12:20pm. You may bring your lunch or snacks, socialize with friends and be ready for a 12:45pm game start time. Thanks to all the volunteers who help to make this fun event run each week. Don't forget to sign in when coming into the center! Please note: **There will be no Zingo on December 9th.**

LCR, Left-Center-Right Games UPDATE: We will not be holding LCR Games in January.

Friends of the Elderly, Inc. News, Submitted by Donna Gill & Ginny Desmond

The Friends of the Elderly is a nonprofit organization. We are volunteers who work hard to bring our seniors and the Tewksbury community together. Providing social activities is our number one objective and fundraising is a big part in accomplishing that goal.

Thank you to everyone who contributed to the success of our Christmas Dinner. From the volunteers who gave their time, to those who donated, attended, and supported the event in so many ways, your generosity and community spirit made the evening truly special.

Join us on **February 13 from 2-5pm** for a special **Valentine Dinner** celebrating love, commitment, and community. This heartfelt event will include dinner and **special recognition of couples celebrating 50 years of marriage**—a beautiful milestone worth honoring. Come enjoy good food, good company, and an afternoon dedicated to lasting love. Please contact Ginny at 978-851-3297 if you are celebrating your 50th anniversary in 2026 and would like to be so honored. Cost of this event is \$20 and tickets will be on sale starting January 5th at the front desk. All are welcome to come and celebrate with your friends and neighbors.

Be sure to save the date of **March 13**. We have scheduled another exciting and fun filled afternoon of Trivia & Tunes with Vin Pisacreta. Watch for details and start getting your teams together!

Welcome the New Year with Us!

A bright new year is here, and with it, many exciting events! Please join us as we celebrate and make unforgettable memories together.

Tree of Life This beautiful art piece adorns an entire wall in the café area inside the Senior Center. The leaves on the tree are created with a variety of three different metals. Each leaf is added to the tree with your personal engraved message. The Tree of Life is not a fundraiser, but an opportunity to make a lasting impression. You can find more information about the Tree of Life, as well as order forms and pricing, at the senior center reception desk.

If you are interested in becoming a part of the "Friends Team", contact Donna at 978-851-6494. We would love to have your help planning fundraisers and events! Everyone is welcome to attend our events.

IT'S COLD & FLU SEASON

Did you know local honey is good for you especially during cold and flu season because it's a natural immune booster with antioxidants, antibacterial properties, and phytonutrients that help fight infections and soothe coughs, plus the local pollen *might* help with seasonal allergies by desensitizing you, but the main benefits are symptom relief (cough/throat) and general immune support, not necessarily *preventing* colds and flu although some studies show antiviral effects.

Tewksbury Honey is available right in the senior center gift shop! We carry both spring and autumn honey in two sizes as well as mini gift packs. As always, if you are feeling unwell, please refrain from coming into the senior center. Stay home and prioritize rest and hydration.



Veteran's Services News, Submitted by Lisa Downey

Veterans Coffee Social, Tuesdays at 10:00am The first Tuesday each month the coffee is held at Bayberry, 2000 Emerald Court in Tewksbury and the remaining Tuesdays each month it is held at the Tewksbury Senior Center in Hall B. No sign up necessary, just drop in.

State Representative Office Hours:

State Rep. Tram Nguyen continues to hold virtual office hours on the first Friday of the month, 10-11am, and the third Tuesday, 5-6pm, via Zoom. Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>. As always, you can reach out to Rep. Nguyen's office at any time to discuss an issue. Simply email her Staff Director Tobin Abraham at: Tobin.Abraham@mahouse.gov, or call 617-722-2370 x3.

State Rep. Vanna Howard District office hours are every fourth Friday of the month at 10:00am to 11:30am at 25 Central Street in Lowell by appointment only. To make an appointment you can email Vanna.Howard@MAhouse.gov or call 617-722-2060 x7.

Tewksbury Community Food Pantry, 999 Whipple Road, Distribution Dates:

Sunday, Jan. 11, 9-11am - Monday, Jan. 12, 7-8pm - Saturday, Jan. 17, 10-11am

Applications to participate in this program can be obtained at the Food Pantry on distribution days.

Applications are also available at the senior center.



Meals are served daily at the Senior Center from 11:30 to 11:45am. Sign up with Jenn in the kitchen in advance at the Senior Center weekday mornings. To arrange for home delivery please call AgeSpan at 1-800-892-0890.

JANUARY - Meals on Wheels Lunch Menu - Provided by AgeSpan

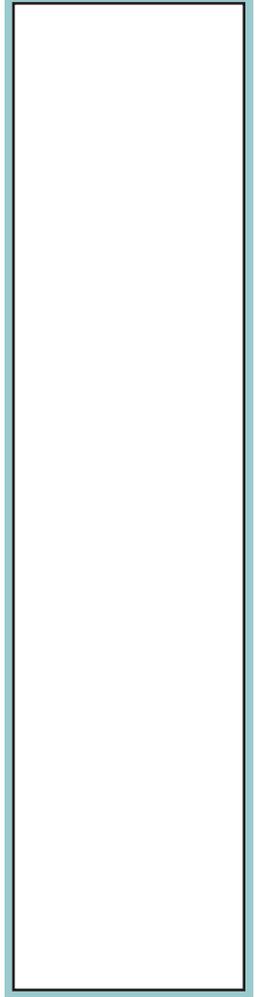
Monday	Tuesday	Wednesday	Thursday	Friday
			1 HOLIDAY No Meals Today Happy New Year	2 No Meals Today
5 Sliced Beef Burgundy Sauce Carrots & Onions Egg noodles MG Bread Pineapple Cup	6 Chicken Strips Sweet and Sour Sauce Broccoli White Rice WW Dinner Roll Gelatin Cup	7 Cold Egg Salad Garden Salad w/Dressing Potato Chips Sandwich Roll Fresh Orange	8 Hot Dog (LS Beef/Pork) Baked Beans Coleslaw Hot Dog Bun Warm Cinnamon Pears	9 Stuffed Shells Marinara Sauce Cauliflower Oat Bread Cookie
12 BBQ Pulled Pork Roasted Sweet Potato Brussels Sprouts Burger Bun Applesauce Cup	13 Beef Stew <i>Beef, Celery, Carrots</i> Mashed Potatoes Biscuit Cookie	14 Sliced Turkey Gravy Mashed Potato Roasted Butternut Squash <i>Cong: Butternut soup</i> LS Wheat Bread Fruit Cup	15 Special HDM: Chicken Cacciatore Cong: Shrimp Cacciatore Penne & Parsley Roasted Green Beans Strawberry Parfait WW Dinner Roll	16 Breaded Pollock Mixed Vegetables Parmesan Risotto Tartar Sauce MG Bread Fruit Cup
19 HOLIDAY No Meals Today Martin Luther King Day	20 Vegetable Frittata <i>Spinach & Feta</i> Roasted Potatoes Capri Blend Vegetables Fruit Loaf Yogurt	21 Stuffed Chicken <i>Broccoli & Cheese</i> Supreme Sauce Orzo & Peas Beets MG bread Fresh Orange	22 BirthDay Special American Chop Suey <i>Beef, Pasta, Tomato Sauce</i> Cauliflower Cong: Garden Salad / Dressing WW Garlic Roll Cupcake	23 Vegetarian Shepards Pie Carrots Mashed Potato Oat Bread Fruit Cup
26 Meatloaf w/Gravy <i>Beef & Turkey</i> Mashed Potatoes Green Beans Oat Bread Cookie Brownie	27 Baked Pollock Garlic & Dill Sauce Brown Rice Beets <i>Cong: Vegetable Soup</i> <i>WW Bread</i> Mandarin Orange Cup	28 Pork w/Orange Sauce Lo Mein Noodles Asian Blend Vegetables Dinner Roll Pineapple Cup	29 Breaded Chicken Marry Me Sauce Quinoa Mixed Vegetables Vienna Bread Gelatin Cup	30 Cheese Ravioli Alfredo/Mushroom Sauce Garlic Spinach MG Bread Fruit Cup

JANUARY – CALENDAR OF MONTHLY EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HOLIDAY	3
4	5 2-5pm Consignment Boutique Intake	6	7 10-11am Drop-in Tech Help 2pm Anxiety Peer Support Group	8 9am Men's Group 4-7pm Community Winter Market	9 9:45am Movie 10am Grandparents Support Group	10
11	12 10am Bereavement Support Group	13 10am Caregivers Support Group 11am Veterans Book Club	14 10am Craft Class 10-11am Drop-in Tech Help	15 10am MS Support Group	16 10am Veteran's Peer Support Group 11am LGBT SG 7pm Silvertones Dance	17
18	19 HOLIDAY	20 3pm COA Board Meeting	21 10-11am Drop-in Tech Help 2pm Anxiety Peer Support Group	22 9am Men's Group	23	24
25	26 10am Parkinson's Support Group 11:30am-2pm DJ Dance/Lunch	27 10-12pm Mobile Market Bag Pick Up 10am Caregivers Support Group 11am Veterans	28	29	30	31



COMPETITIVEedge
REAL ESTATE SERVICES
Diane LeBoeuf - Broker/Owner
1120 Main St, Tewksbury, MA 01876
978.851.5580
www.compedgeres.com



**STAY COZY!
JANUARY WORD SEARCH**

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

- CUDDLE UP
- FIRE PLACE
- FLANNEL
- FLEECE
- FUZZY BLANKET
- GOOD BOOK
- HOME
- HOMEMADE SOUP
- HOT CHOCOLATE
- MITTENS
- SKI LODGE
- SLIPPERS
- SNOW DAY
- SUNDAY ROAST
- SWEATER
- THERMALS
- THICK SOCKS
- TOASTY
- TURTLE NECK
- WARMTH



Japanese Proverb

"One kind word can warm three winter months."



1			6					
2		6	8					
	7					1		
			7	3			5	
4	7						8	
			2	8		1	4	9
			3			2		
		5				7		

9	5	7	1	6	3	2	4	8
1	6	8	2	4	5	7	3	9
3	4	2	8	7	9	5	6	1
2	7	9	3	1	8	6	5	4
8	3	4	6	5	2	1	9	7
6	1	5	7	9	4	3	8	2
4	9	1	5	2	6	8	7	3
5	2	3	4	8	7	9	1	6
7	8	6	9	3	1	4	2	5

Answers to last month's Sudoku

Sudoku The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

Sudoku puzzles;
www.puzzles.ca/sudoku.html

Prizes for our Readers

Guess correctly and be entered to win a prize!

Drop entries in the jar at the help desk or email: ddunlevy@tewksbury-ma.gov
Come into the office for prize pick up.

GUESS HOW MANY?

Can you find all the *Snowman* clip art in this newsletter?

WORD SEARCH BONUS WORD

How many times can you find the word

COZY

LAST MONTH'S ANSWERS & WINNERS!

December Clip Art Winner: Barbara Flanagan

Answer: Trees = 29

December Word Search Bonus Word

Winner: Jodi Shaffer Answer: Believe

BONUS PRIZE: There is one (1) cardinal in this newsletter. Can you find it? Submit your answer with... page number and where it is on that page to be entered to win!

SHINE News, Submitted by Patty Sasso



Want to save money on your Medicare Coverage?

If you are a Massachusetts resident on Medicare with limited income, you may qualify for help paying your Medicare costs through Medicare Savings Programs (formerly MassHealth Buy-In). If you are on Medicare and your income is less than or equal to **\$2,935 per month as an individual or \$3,966 per month as a couple**, you are eligible for the Medicare Savings Programs.

As of March 1, 2024, there is no asset limit which means your home and savings will not be considered when you apply. The Medicare Savings Program application is an easy to complete one page document. Copies of the application and explanation are available at the Tewksbury Senior Center, or you can drop by the MassHealth Enrollment Center at Tewksbury State Hospital in person to apply.

If you have questions about the MassHealth Savings Programs, please contact Patty Sasso, SHINE Counselor, at 978.640.4480 x305.

AARP Tax Prep Volunteer Program at the Senior Center We are fortunate to have AARP Tax prep volunteers to help again with this year's tax returns. We will begin taking names beginning on January 5th for those interested in making an appointment. **NO** names will be taken before that date. We will do our best to accommodate those interested in this service but please note that this is an interest list only and does not guarantee a tax prep appointment. It is important to note that you will not be contacted regarding appointment scheduling until sometime in February when appointments become available.



To have your name placed on the interest list, please call 978-640-4480 ext. 301 your name and the best phone number to reach you. Tammy in our office will call you back about scheduling an appointment.

Social Security begins mailing SSA-1099 forms in January. Social Security needs your correct address to mail your SSA-1099 form for taxes. If you've moved recently, update your official mailing address by visiting ssa.gov/myaccount/ to set up or access your My Social Security account, or call 1-800-772-1213.

Do you have leftover medications you need to get rid of? We've got the solution!

Deterra System Pouches are available to help you safely dispose of your medications. It's important to note that proper disposal of leftover medications reduces the risk of misuse and environmental harm.

How to Use It: It's safe and it's easy to use in just three simple steps, (1) Place medication(s) into the Deterra Pouch, (2) Add water & wait 30 seconds, (3) Seal and gently shake the pouch and throw it away.

How it Works: The Deterra System is powered by proprietary activated carbon, which permanently deactivates prescription and over the counter drugs. Developed under federal contract awarded by the National Institute on Drug Abuse (NIDA), this patented technology is independently lab-tested and scientifically proven to deactivate drugs, rendering them unavailable for misuse and safe for disposal. The contents are deactivated and safe to throw away in your normal household trash.

NO FEES ON TRANSPORTATION SERVICES CONTINUES INTO 2026! The Lowell Regional Transit Authority has announced that the Fare Free Pilot Program has been extended though JUNE 30, 2026! This program was expected to end on September 30th. However, through the efforts of Governor Healey and Lt. Governor Driscoll and the Massachusetts State Legislature, the funding for this program has been extended through June 30, 2026. Thanks to this state funded program, there will be NO FEE charged for our transportation services during this timeframe. See below for details on our COA Transportation Program.



COA TRANSPORTATION PROGRAM TRANSPORTATION RUNS Monday through Thursday from 8-4pm and Fridays from 8-12pm. All Transportation requests require a 48 hour/2 business day notice. Call the Transportation Line to schedule your trip at 978-640-4480, extension 292. Leave a detailed message and someone will call you back to schedule your ride, pending availability. *Transportation service is "curb-to-curb", meaning riders must be mobile and have the ability to get to/from and into the van. The driver cannot offer "hands-on" assistance, however, a personal assistant may accompany a rider should he/she require help. Companions ride free of charge.*

OUR TRANSPORTATION PROGRAM PROVIDES RIDES TO: In-town transportation within Tewksbury and transportation to the following towns: Andover, North Andover, Billerica, Chelmsford and Lowell. Please note that requests for rides to medical appointments take priority. Rides book up quickly. Planning in advance gives you the best chance to book transportation with us. We offer weekly Tewksbury Market Basket trips on Fridays. We go to both the Stadium Plaza and Oakdale Plaza locations and you will be scheduled to go the closest Market Basket to your home address. There is a strict 2 bag limit and you must be able to carry your own groceries.

TRANSPORTATION COST: No cost due to a state funded, temporary Fare Free Pilot Program that will continue through June 30, 2026. Fares may resume after this time, subject to state funding.

Douglas W. Sears Esq.

Counselor & Attorney-at-Law

How Can I Help You? Home Visits by Request

Wills • Trusts • Elder Law • Probate
Estate Planning • Confidential Mediator

978-376-7390

1445 MAIN STREET, TEWKSBURY
doug@dougsearslaw.com



4 REPUBLIC ROAD
BILLERICA, MA
(781) 519-6052
537 GREAT ROAD
LITTLETON, MA
(978) 506-5350

We are your neighborhood dispensary, providing guidance on the more commonly used cannabis for better sleep, stress management, and overall well-being. Our mission is to help you explore the benefits of cannabis with confidence and safety.



Our Website
www.Collective-Cannabis.com

Open 7 days a week.
21+ with Valid ID

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Artie Ciullo

aciullo@4LPi.com
or (800) 477-4574 x9914



Independent Living • Assisted Living
Avita Memory Care

Call us today for more information:
978.640.0194

We're located at:
2000 Emerald Court, Tewksbury, MA

Visit us online: bayberryatemeraldcourt.com

REHABILITATION TO HOME

OUR CARE TAKES YOU THERE


LIFE CARE CENTER
of MERRIMACK VALLEY

978.667.2166
80 Boston Road
North Billerica, MA 01862

LifeCareCenterOfMerrimackValley.com

INSPIRING MEMORY CARE




BY EPOCH

MEMORY CARE ASSISTED LIVING
AT ANDOVER

Bridges® offers expert care and a truly enriching lifestyle for those in all stages of memory loss.

978.775.3358
MemoryCareAndover.com

254 Lowell Street | Andover

RELAY 711 

Circle Health Tewksbury

1574 Main Street, Tewksbury, MA



This facility offers key services including:

- Circle Health Urgent Care
- Lowell General Hospital Patient Service Center
- Primary Care Services

For more information visit
circle-health.org/Tewksbury



PRIORITY LAW

WILLS, TRUSTS, ELDER LAW

A Division of the Haroutunian Law Office

- Masshealth Applications
- Probate
- Estate Planning for:
 - Nursing Home Protection
 - Probate Avoidance
 - Special Needs



www.prioritylaw.com • 978-935-2000
790 Boston Road, Billerica

Since 1878

FARMER & DEE FUNERAL SERVICE

978-851-7411
16 Lee Street, Tewksbury

Donald J. Dee (1924-1998) • Bradford J. Dee

Need Help with Medicare Plans?

Special or Open Enrollment Period? Retiring/Turning 65?

Let's review health & prescription drug plans costs & benefits together
How do you choose? Which plan is a good fit for your health needs and budget?
Medicare Advantage, Medigap Supplement & PDP plans
Please call or email to schedule an appointment
Call 978-314-3760 | debhaleyinsurance@gmail.com



Deb Haley

NO FEE FOR SERVICES

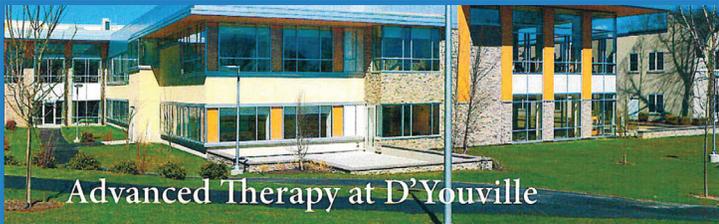
Certified Enrollment Broker/Agent
MA, NH, ME, VT, CT, RI, NJ, NC, SC, TN, FL, AZ
Licensed Health Insurance Broker - NPN#18509337
I do not offer every plan available in your area. Currently I represent 18 organizations that offer 45 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.

Elegant Independent and Assisted Living, with Exceptional Alzheimer's Care.

W
WINDSOR PLACE
OF WILMINGTON
Assisted Living, Independent Living, and Memory Care
92 West Street, Wilmington, MA
Just off I-93 at Exit 38



Call 978-988-2300 • WindsorPlaceOfWilmington.com



Advanced Therapy at D'Youville

Getting you home safely is the ultimate goal of our rehab programs.

We offer spacious patient rooms and 3,800 square feet of rehab space and equipment. Our skilled team will match our care options to your unique physical, occupational and speech therapy needs, working closely with you, your family and your physician. Most insurances accepted.



For more information about rehab at D'Youville or our long-term care, independent low income housing, and assisted living programs:

Call us at 978-569-1000 or Visit our website, dyouville.org

SUPPORT OUR ADVERTISERS!

LG LUZ GRANITE CORP
Artistry in Granite
1208 Gorham St Lowell, Ma.
978-459-9799
luzgranite.com

ELECTROLOGY/ESTHETICS INSTITUTE OF NE

Since 1987, we have had a student clinic. Treatments we offer:
ELECTROLYSIS | LASER/IPL | ESTHETICS
△ PERMANENT HAIR REMOVAL & FACIALS \$20 | LASER CONSULTATION REQUIRED
Call to schedule your appointment today!!

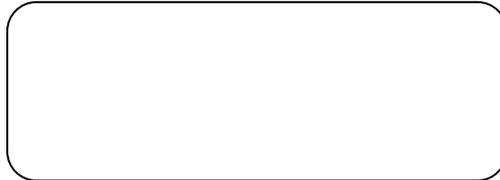
(978) 851-4444 or (978) 851-4040

www.electrologyinstitute.com - www.skin-care-schools.com
1501 Main Street (route 38), Suite 50, Tewksbury, MA 01876



1 Dewey Street - Tewksbury, MA 01876
www.TewksburyFuneralHome.com
978-851-2061 - TewksburyFH@gmail.com
Family Owned & Operated Since 1957

Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876



Important Telephone Numbers for Seniors:

Ambulance	911
Alzheimer's Association 24/7 Hotline	1-800-272-3900
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275
Food Pantry	978-858-2273
MA Office of Elder Affairs	1-800-882-2003
MA Senior Legal Helpline	1-800-342-5297
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
Tewksbury Police Department	978-640-4385

State Representatives

Vanna Howard
617-722-2060 x7
Vanna.Howard@mahouse.gov

Tram Nguyen
617-722-2060
Tram.Nguyen@mahouse.gov

David Robertson
617-722-2210
David.Robertson@mahouse.gov

Age Span

Email: info@agespan.org
Phone: 800-892-0890
Phone: 978-683-7747

We would be happy to acknowledge those who have experienced injury, illness, hardship or loss. If you know of anyone who would appreciate receiving a card, you can email Kathy at: kwbraelyn@verizon.net or call Jan at the Senior Center 978-640-4480.

IT'S IMPORTANT TO KEEP IN TOUCH! We would be happy to mail you a copy of our newsletter each month for only the cost of postage! Return this portion of the newsletter with a check or money order in the amount of \$8.00, which covers the postage and handling for a 12-month subscription. Check the *expiration date* on the label to see if it is time to renew your subscription. Make check payable to: *Town of Tewksbury* ***Please do not mail cash***

Check here for renewal

Mail to: TEWKSBURY SENIOR CENTER, 175 Chandler Street, Tewksbury, MA 01876

NAME: _____ DATE: _____

PHONE: _____ EMAIL: _____

MAILING ADDRESS: _____

TOWN/STATE/ZIP: _____

PLEASE PRINT