



2026

Volume 18 Issue 2



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

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A Message from Jan Conole, Director

♡ **Happy Heart Health Month!**

February is American Heart Health Month, and we're celebrating with fun, friendship, and a few delicious treats! Taking care of your heart doesn't have to feel like work, it can be social, educational, and even a little sweet.

We have several events coming up in February beginning with a Fraud/Scam Awareness Presentation with Gracia Gosselin from the Tewksbury Federal Credit Union and Officer Jacob Saad of the TPD. Keeping your heart healthy includes protecting your peace of mind! Join us on February 4th to learn how to spot scams and keep your information and (wallet) safe. More details can be found on page 3.

The Friends of the Elderly will be having a Valentine's Luncheon on February 13th. Celebrate love and friendship at the senior center where couples who have been married for 50 years or more will be recognized for this special milestone. More information can be found on page 5.

We will have a special treat on February 20th when Office Jacob Saad of the TPD and K9's Waffles and Pancakes will be at the senior center to enjoy a fun intergenerational breakfast during school vacation week. It's a paws-itively great way to start the day! More information on this event can be found on page 3.

And while you're enjoying all the fun, remember a few **heart-healthy tips:**

- Get moving in ways you enjoy
- Make smart food choices most of the time (yes, balance is key!)
- Stay connected, friendship is good for the heart
- Laugh often... it's great medicine

This February, show your heart some love by joining us for programs that feed both the body and the soul. We can't wait to see you!

"Write it on your heart that every day is the best day in the year"

~ Ralph Waldo Emerson



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

FIRST DAY TRIP of 2026!

Viva Las Elvis, Thursday, April 16, Castleton Banquet Center, Windham, NH, \$130pp

Now's your chance to see this live performance with the National Touring Show—Viva Las Elvis featuring Dan Fontaine! Dan is a National Award Winning Tribute Artist, recreating the look and sound of Elvis Presley. Price includes motor coach bus transportation with restroom on-board, plated luncheon, and performance. The menu includes your entrée choice of either chicken parmesan or vegetable lasagna accompanied with a garden salad, potato, vegetable, dinner rolls, dessert, coffee/tea. The Castleton Banquet & Conference Center is nestled in Windham, NH on Cobbetts Pond. Sign up on our Interest List at the senior center reception desk. **Tickets sales will begin on February 17 through February 27 for Tewksbury Residents on the Interest List.** If there is availability, then February 23 tickets sales will be open on a first-come, first-served basis, regardless of residency. Please review our 2026 Trips Policy below.

Tewksbury Senior Center 2026 Day Trip Ticket Sales & Policy, Submitted by Director, Jan Conole

The Tewksbury Senior Center is excited to continue offering a wide variety of popular day trips in 2026. Due to the growing demand for our trips, we have implemented a new **Day Trip Policy**, effective January 2026, to ensure fairness, transparency, and access for interested participants.

Ticket Sales & Residency Priority: Each trip will begin with an interest list. Anyone wishing to participate will have the first two weeks after said trip is advertised to be put on the list. Sign up on the interest list by calling or visiting our reception desk (x 283).

Priority Ticket Sales for Tewksbury Residents: Ticket sales will begin after the two weeks of collecting an interest list and will be open exclusively to the Tewksbury residents who are on the interest list. If you are a Tewksbury resident and you signed up on said interest list, you must come in during the following two week period to purchase your ticket. **After this two week period, ticket purchase will open to non-residents who are on the interest list.**

Tickets Sales Open to the Public: If tickets remain available after this time, tickets sales will open to anyone interested, including out of town residents.

All participants must be members of the Tewksbury Senior Center in order to participate in the trips program. Membership is free and open to both residents and non-residents.

Where and How to Purchase Trip Tickets: Tickets are sold in-person only at the Tewksbury Senior Center reception desk. No phone or online reservations are accepted and payment is required at the time of purchase. No spots will be held for any reason.

Ticket Limit: Each individual may purchase a maximum of **two (2) tickets per trip**; 1 ticket for yourself, 1 ticket for a guest of your choice. The guest may be an out-of-town resident and their name and contact phone number must be provided as well.

We appreciate your understanding and cooperation as we continue to grow and improve our travel program. We look forward to another exciting year of trips in 2026!

CRAFT CLASS, February 11, 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.

MONTHLY DANCES

TRAVELING CHEF LUNCH & DJ DANCE; Mon., February 23, 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: Enchiladas; choice of shredded chicken or beef, lettuce & tomato, seasoned rice, Tres leche cake (a Latin American inspired sponge cake dessert), Water, Coffee/Tea.

The SILVERTONES Live Swing Band, Friday evening, February 20, 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.**

Senior Speed Dating Event! Spring brings fresh starts, brighter days, and maybe... a little romance! Join us for a fun, friendly, and FREE Speed Dating event just for **single seniors ages 65 and up**. The event will take place on **Friday March 20th from 9:00am – 11:00am**. You'll chat with up to 12 local single seniors during a series of easygoing 6-minute "pre-dates." We take care of everything—so you can relax, laugh, and enjoy the moment. No pressure, no awkwardness, just great conversations and smiling faces! Enjoy some light refreshments upon arrival. After the event, we'll reach out to let you know if there's a mutual match. *Good news—more than two-thirds of participants make at least one connection!* **Space is limited—don't wait! To register call Yeccel Rodriguez at the senior center, 978-640-4480 ext. 303. Come see who you might meet—because this spring, love just might be waiting at the next table!**

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

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**

Grandparents Support Group Are you a grandparent raising a grandchild? Join us every **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.

FRAUD/SCAM PRESENTATION, February 4, 10am Community Services Officer Jacob Saad and Financial Education Specialist Gratia Gosselin from the Tewksbury Federal Credit Union will be presenting information about common scams, safety issues, and financial challenges often faced by older adults. This includes information and practical tips for identifying fraud and avoiding scams as well as offering resources *for support*. Everyone is welcome to attend. Sign up is suggested and walk ins are welcome. Sign up by phone or in-person at our reception desk.

Community Breakfast with Pancakes & Waffles Join us on **Friday, February 20th** for *Pancakes & Waffles*, a **free community event** you won’t want to miss! We’re excited to partner with **Officer Sadd from the Tewksbury Police Department**, who will be bringing along the department’s beloved **comfort pups, Pancakes and Waffles**. Come enjoy a warm, welcoming atmosphere, enjoy breakfast, meet the pups, and connect with your community. **Everyone is welcome! Sign-up is requested**—please call or stop by our **reception desk** to register.

A special thank you to the
**Executive Office of
Aging & Independence**

**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

FEBRUARY IS HEART HEALTH AWARENESS MONTH

Submitted by Diane Dunlevy, Activities Coordinator

Heart Health Awareness Month is a great time to focus on your heart health and the many ways staying active can support your overall well-being. At our Senior Center, we offer a variety of activities designed to help you keep your heart strong while staying connected and engaged. Participating in programs such as group exercise classes, walking clubs, dance sessions, and chair fitness can help improve circulation, strength, and balance. Social activities like games, classes, and group outings also support heart health by reducing stress and keeping you mentally active. Even light movement and regular participation can make a meaningful difference.

This Month, we encourage you to join in, try something new, and make heart-healthy habits part of your routine. Check out our weekly activities calendar, free blood pressure clinic schedule, and free Reiki sessions on page 4. The calendar of our monthly activities can be found on page 7. Staying active at the Senior Center is not just good for your heart, it’s a great way to stay independent,

Last Winter Community Market at the Senior Center!

February 12, 4-7pm A variety of vendors plus food trucks with delicious offerings will be at this month’s market and the senior center’s Gift Shop and Boutique will be open. Cash and cards can be used for payment at the markets. Cash & personal checks can be used for payment in our shops.



The Shops at the Tewksbury Senior Center are open during normal business hours and Community Winter Market

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!

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	

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! You can sign up in advance or 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.

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, February 17

Wednesday, February 18

**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 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.



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! Cribbage Winners—15 Weeks Ending Results: 1st Place-Jim Starling, 2nd Place-Paul Madeiros & Paul Muse, and 3rd Place-Charles Murphy.

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!

LCR, Left-Center-Right Game, February 20, Doors open at 11:45am and game start time is 1:00pm. Please do not arrive before noon as there are other events happening prior to that time. Cost to play the game is \$5pp. You will also need \$3.00 in quarters to play the game. Advance sign up is required so we can plan accordingly for the lunch count. Be sure to purchase your ticket on or before the Wednesday before the event. Tickets can be purchased on Tues & Wed 12-4pm at the reception desk. **Lunch will not be included this month in the event we have inclement weather and need to cancel. Feel free to bring your own lunch to enjoy prior to game start time.**

MARK YOUR CALENDAR! Wednesday, March 18th, 11:30am—2:30pm, "Get Your Green On - A Lucky Lunch Awaits!" We will be having a traditional corned beef and cabbage luncheon buffet catered by French's Catering. Cost is \$20pp. Tickets will be available beginning February 10 at the reception desk. Please be sure to purchase tickets by March 11.

Friends of the Elderly, Inc. News Bringing Community and Celebration Together Submitted by Donna Gill & Ginny Desmond

The Friends of the Elderly is a nonprofit organization made up of dedicated volunteers who work hard to bring our seniors and the Tewksbury community together. Providing meaningful social activities is our number one objective, and fundraising plays an important role in helping us achieve that goal.

We are excited to announce a **Roast Beef Luncheon** that will include special recognition of couples celebrating **50 years of marriage in 2026**. Join us for good food, great company, and an afternoon dedicated to honoring lasting love and commitment. If you or someone you know will be celebrating this golden anniversary and would like to be recognized, please contact **Ginny at 978-851-3297**. The cost of the luncheon is **\$20**, and tickets are on sale now at the **reception desk**. Tickets must be purchased by **February 10**. All are welcome to attend and help celebrate friends and neighbors on this beautiful milestone.

Calling all music fans—get your teams ready! Our popular **Trivia & Tunes** event returns on **Friday, March 13, from 1:00–3:00pm**. Last year was a big success, and you won't want to miss the fun. Games are played in teams of **4–5 players**. Light refreshments will be provided, or feel free to bring your own. There is **no cost** for this event thanks to a grant from the Tewksbury Cultural Council. **Sign-up is required** at the front desk by **Tuesday, March 10**.



This program is supported in part by a grant from the Tewksbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

We look forward to seeing you at these wonderful events as we continue to build connections, celebrate milestones, and strengthen our community together.

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.

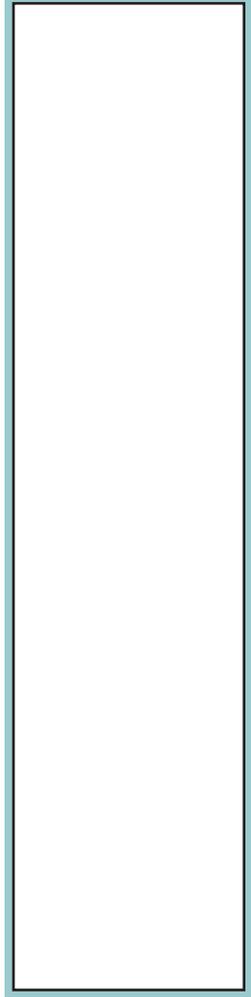
Meals are served daily at the Senior Center from 11:30 to 11:45am. Sign up with Jenn in the kitchen in advance at the Senior Center weekday mornings. To arrange for home delivery please call AgeSpan at 1-800-892-0890.

FEBRUARY
Meals on Wheels Lunch Menu
Provided by AgeSpan

Monday	Tuesday	Wednesday	Thursday	Friday
2 Gumbo <i>Chicken Sausage</i> White Rice Biscuit Fruit Cup	3 Pot Roast Brown Gravy Carrots Mashed Potatoes WW Bread Cookie	4 Chicken Meatballs Honey & Garlic Sauce Rice Noodles Broccoli WW Dinner Roll Fresh Fruit	5 Chili-Ground Turkey, <i>chickpeas, corn & Sweet Potato</i> Green Beans Corn Bread Fruit Cup	6 Broccoli Egg Bake Roasted Potatoes Beets <i>Congregate: Beet Soup</i> WW Bread Yogurt
9 Chicken Pot Pie Peas & Carrots Mashed Potato Biscuit (HDM) <i>Congregate-Pastry Puff & Dinner Roll</i> Fruit Cup	10 Sloppy Joe <i>Ground Beef w/ Tomato Sauce</i> W Burger Bun Sweet Tater Tots Corn Fruit Cup	11 Hot Dog (LS Beef/Pork) Hot Dog Bun Baked Beans Latin Slaw Warm Cinnamon Pears	12 Potato Crunch Fish Lemon & Herb Couscous Capri Blend Vegetables <i>Congregate: Vegetable Soup not Capri Blend</i> MG Bread Chocolate Pudding	13 Valentine's Special Eggplant Parmesan <i>Marinara Sauce, Cheese, Pasta</i> California Blend Veg LS Bread Red Velvet Cupcake
16 Holiday No Meals President's Day	17 Sliced Beef with Burgundy Sauce Carrots & Onions Egg noodles MG Bread Pineapple Cup	18 Cold Meal Egg Salad Garden Salad w/Dressing Potato Chips <i>Congregate: Potato Leek Soup instead of Chips</i> Sandwich Roll Fresh Orange	19 Chinese New Year Special Chicken Dumplings Asian Blend Vegetables Bok Choy Vegetable Fried Rice Dinner Roll Upside Down Cake	20 Stuffed Shells Marinara Sauce Cauliflower Oat Bread Gelatin Cup
23 Beef Stew <i>Beef, Celery, Carrots, Gravy</i> Mashed Potatoes Biscuit Fruit Cup	24 BBQ Pulled Pork WW Burger Bun Mashed Sweet Potato Brussels Sprouts <i>Congregate: Corn Chowder not Brussels Sprouts</i> Applesauce Cup	25 Chicken Strips Sweet and Sour Sauce Broccoli White Rice WW Dinner Roll Pudding Cup	26 Birthday Special Sliced Turkey Gravy Mashed Potato Green Beans LS Wheat Bread Cupcake	27 Unbreaded Pollock Tuscan Sauce Carrots Parmesan Risotto MG Bread Fruit Cup

FEBRUARY – CALENDAR OF MONTHLY EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 2-5pm Consignment Boutique Intake	3	4 10am Fraud/Scam Presentation 2pm Anxiety Peer Support Group	5 12:30 Rainbow Social	6	7
8	9 10am Bereavement Support Group	10 10am Caregivers Support Group 11am Veterans Book Club	11 10am Craft Class	12 9am Men's Group 4-7pm Community Winter Market	13 1-4pm Friends Valentines Dinner Party 10am Grandparents Support Group	14 
15	16 HOLIDAY President's Day	17 3pm COA Board Meeting	18 2pm Anxiety Peer Support Group	19 10am MS Peer Support Group	20 9-11am Breakfast with the TPD 10am Veteran's Peer Support Group 11am LGBT SG 7pm Silvertones Dance	21
22	23 10am Parkinson's Support Group 11:30am-2pm DJ Dance/Lunch	24 10-12pm Mobile Market Bag Pick Up 10am Caregivers Support Group 11am Veterans Book Club	25	26 9am Men's Group	27	28



TYPES OF CHOCOLATE
FEBRUARY WORD SEARCH

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

Just for fun,
we sprinkled in a few words
of positivity into the word search

- BITTERSWEET
- BLONDE
- CACAO NIBS
- CADBURY
- CARING
- COUVERTURE
- DARK
- DOVE
- FERRERO ROCHER
- GHIRARDELLI
- GIANDUJA
- GODIVA
- HERSHEY
- HOPE
- INSPIRE
- JOY
- KINDNESS
- LINDT
- LOVE
- MILK
- RUBY
- RUSSELL STOVER
- SEMISWEET
- SMILE
- THRIVE
- TRUFFLES
- WARMTH
- WELL BEING
- WHITE



Word of the Month: Heart Valentine’s Day, Heart Health Awareness... February is all about heart!

This February, let’s lead with **heart**—sparking small joys, kindling connections, and letting kindness show in everything we do. Finding ways to connect, thrive, and kindle warmth in our lives and in our community, making even the coldest days feel full of warmth. Spreading joy and kindness not only lifts others, it supports your own health and happiness. Small acts make a big difference.

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

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

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 *Heart* clip art in this newsletter?

WORD SEARCH BONUS WORD

How many times can you find the word

Heart

LAST MONTH’S ANSWERS & WINNERS!

December Clip Art Winner: Karen Doyle
Answer: Snowmen = 24

December Word Search Bonus Word

Winner: Wayne Weichel Answer: 15/Cozy

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!

December Winner: Yvonne Fink, pg 12

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 began taking names on **January 5** for those interested in scheduling a tax preparation appointment at the Senior Center. At this time, the appointment list and wait list are both **full**. We are **no longer** taking any names for tax prep.

Tammy in our office will be reaching out to make appointments for individuals on the list and our AARP Tax Prep Volunteers will do their best to accommodate as many as possible from the wait list.

For those on the wait list... Tammy will reach out to you directly if space should become available. However, it is important to understand that the wait list is **an interest list only**, and **being placed on the wait list does not guarantee a tax preparation appointment**.

Other Free Tax Preparation Resource If you prefer not to wait or would like to explore another option, Community Teamwork, Inc. (CTI) in Lowell also offers free tax preparation services. Appointments are required. To learn more or schedule an appointment, please call 978-459-0551. You may also try contacting other local senior centers for availability.

Thank you for your patience and understanding as we work to serve as many residents as possible through these valuable community tax preparation programs.

Lend a Hand, Share a Smile! Volunteer at the Senior Center

Looking for a rewarding way to spend your time and make a difference? Join us at the Senior Center! We currently have openings in our **Gift Shop** and for our **Consignment Boutique monthly Intake Events**. Volunteering is a wonderful way to meet people, give back to the community, and help keep our center running smoothly.



Interested? Contact **Diane at 978-640-4480 x294** for more information.

NO FEES ON TRANSPORTATION SERVICES CONTINUES INTO 2026! The Lowell Regional Transit Authority has announced that the Fare Free Pilot Program has been extended through 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

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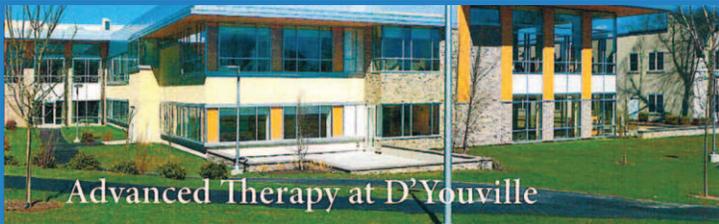


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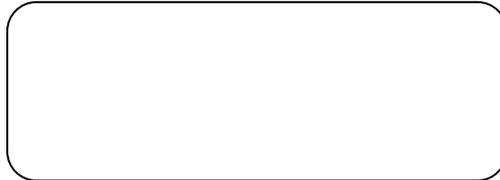
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Important Telephone Numbers for Seniors:

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.

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