



Tewksbury Senior Center

Senior Moments

2026

NORMAL BUSINESS HOURS

Volume 18 Issue 3

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

March is a month that reminds us of fresh starts, brighter days, and the importance of staying connected. As we look ahead to spring, we have many wonderful programs and activities planned to keep you engaged, informed, and active.

This month is especially bittersweet as we say goodbye to Diane Dunlevy. Diane will be retiring after 10 years of dedicated service. Diane has been the heart behind so many of our trips, events, and daily activities. From booking memorable excursions to carefully planning programs that brought fun and connection to our members, her hard work has touched countless lives. Many friendships and wonderful memories began because of her efforts. Diane will truly be missed, and we wish her nothing but happiness and adventure in this next chapter.

We are also pleased to offer an important and timely program on March 4th, in collaboration with the Jacob Saad of the Tewksbury Police Department and Gracia Gosselin of the Tewksbury Federal Credit Union. This presentation will focus on current scams targeting older adults and provide practical tips on how to protect yourself and your finances. Staying informed is one of the best ways to stay safe, and we encourage everyone to attend.

And who says Friday the 13th is a day to be wary? Turn superstition into fun by joining us for the Friends of the Elderly Music Trivia Event! Gather your friends, test your musical knowledge, and enjoy a lively and entertaining time. More information can be found on page 5. We promise this is one Friday the 13th you won't want to miss!

The Golden Age Club will be hosting a Corned Beef and Cabbage Dinner on March 18th. If you haven't had your fill on St. Patrick's Day, stop by the Senior Center and enjoy another delicious meal with friends. There can never be enough corned beef this time of year! *Erin Go Bragh!*

In celebration of the first day of spring, we will host our Second Annual Speed Dating Event on March 20th at 9:00 AM. Additional information can be found on page 3. We are happy to share that we had a success story from last year's event and hope to build on that again this year. So, to all of our shy gentlemen—this is your gentle nudge to pick up the phone and sign up! You may just find companionship in your future. After all, spring is in the air!

Looking ahead, we will once again collaborate with the Town Health Department to host our Annual Health Fair on April 2nd. This is always a wonderful opportunity to learn more about your health, connect with local resources, and take advantage of valuable screenings and information.

As always, we continue to offer a full calendar of fitness classes, social opportunities, educational workshops, trips, and support groups. There is truly something for everyone. We hope you will try something new, reconnect with friends, and make new ones along the way. We look forward to seeing you this month!

"You are beautiful when you are happy" – Oscar Wilde



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.



A Message from Diane Dunlevy, *From my heart to yours, with appreciation and warm wishes...*

After ten wonderful and fulfilling years of serving the Tewksbury Senior Center community, I am writing to share the news of my upcoming retirement. As I prepare for this next chapter, I want to take a moment to say thank you to the many wonderful people who have made my time at the Tewksbury Senior Center so truly special.

It has truly been a privilege to serve the Tewksbury community and get to know so many incredible people along the way. The friendships, conversations, laughter, and shared moments are what I will treasure most. You have all made coming to work a joy, and I am deeply grateful for the kindness, trust, and support you have shown me over the years.

Providing activities that supported overall well-being and enjoyment has been both meaningful and fulfilling. It has been a privilege to contribute to programs that enrich the lives of our seniors and help foster such a strong sense of connection and community. All of these experiences will leave a positive and indelible mark on me that I will cherish always.

While I'm excited to begin this next chapter, and feel thankful for the opportunity to spend time on interests I've been wanting to explore, leaving such a special community is bittersweet. Please know that I will carry many fond memories with me and I will always hold the Tewksbury Senior Center close to my heart.

My final day at the Center will be March 20th and I look forward to spending these remaining weeks connecting with you." Thank you for allowing me to be a part of your lives. I wish you all continued health, happiness, and the warmth of community and belonging we've shared at the Tewksbury Senior Center.

With Warmest Wishes and Heartfelt Thanks,

Diane Dunlevy

"Life is like riding a bicycle. To keep your balance, you must keep moving."



~ Albert Einstein

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. **Tickets are available to the general public now at our Reception Desk.**

CRAFT CLASS, March 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.

File & Smile Event, Friday, March 27, 9-11am The Tewksbury Senior Center is partnering with Greater Lawrence Technical School to offer discounted manicures for our seniors! This is a wonderful opportunity to enjoy a little pampering while supporting students as they fine-tune their skills in a professional setting. You'll receive a relaxing manicure (at a reduced cost) and help students gain valuable hands-on experience at the same time. Manicure with gel polish is \$15 and a basic manicure is \$8. Treat yourself and support the next generation of professionals — it's a win-win! For more information or to reserve your spot, please contact Yecel Rodriguez at (978) 640-4480 ext. 303.

MONTHLY DANCES

TRAVELING CHEF LUNCH & DJ DANCE; Mon., March 30, Doors Open at 11:30am, SIGN UP & COST: \$8pp Price includes lunch & dance ticket. Tickets can be purchased in advance 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: Soup in a Bread Bowl; Corn Chowder served in a bread bowl with a Garden Salad and a Chocolate Pudding Parfait for dessert! Beverages; Water, Coffee/Tea.

The SILVERTONES Live Swing Band, Friday evening, March 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.**

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!

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Kathy Walsh, MA

Senior Speed Dating Event! Friday March 20th from 9am–11am

Looking for a few good men! Spring is the season of new beginnings—and what better time to meet someone new? 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. 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! After the event, we'll reach out if there's a mutual match. And good news—more than two-thirds of participants make at least one connection! Light refreshments will be served upon arrival.

The women's list is currently full. We are actively seeking single men ages 65+ to participate. To register call **Yeccel Rodriguez** at the senior center, **978-640-4480 ext. 303**. Join us and come see who you might be *waiting at the next table!*

FRAUD/SCAM AWARENESS PRESENTATION, March 4, 10am

Everyone is welcome! Light refreshments will be served.

Join us for an informative and helpful presentation on fraud and scam prevention designed especially with older adults in mind. Community Services Officer **Jacob Saad** and Financial Education Specialist **Gratia Gosselin** from **Tewksbury Federal Credit Union** will discuss common scams, safety concerns, and financial challenges—along with practical tips to help you spot fraud, avoid scams, and know where to turn for support. Sign-up is suggested, but walk-ins are welcome. Register by phone or stop by our reception desk in person. **Protect yourself and stay informed—we hope to see you there!**



Annual Community Health Fair
Thursday, April 2, 2-4pm

Join us at the Tewksbury Senior Center for our Annual Health Fair! Stop by to meet local health and wellness vendors, gather helpful information, and learn about programs and services available right here in the community. There will be resources, screenings, giveaways, and plenty of opportunities to ask questions and make connections. It's a great way to stay informed and focus on your well-being. Everyone is welcome. We hope you'll join us! No sign up necessary, just drop in!

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!

 **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

No clinic on Tues. March 20 & 17 or Wed., March 4

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

**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.

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.

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.

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! Whist 15 week ending winners: 1st Charles Murphy, 2nd Roland Yandow, 3rd Mike Coyle.

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, March 20, Doors open at 11:45am with lunch at 12:30pm, 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 and includes a bottled water, pizza, and a dessert. 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.

St. Patrick's Day Luncheon, 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 are available now at the reception desk until March 11.



GAC Scholarship Program The GAC offers scholarships to graduating high school students who will be attending college in the fall of 2026. Students must have a relative that is a GAC member and be graduating from either Tewksbury Memorial High School or Shawsheen Valley Technical High School. Deadline for applications is April 17, 2026. Applicants must include their college acceptance letter with their scholarship application. Applications are available at the senior center. Students need to return their application to the GAC at the senior center. GAC Scholarships will be awarded at the TMHS Scholarship Award Night in May. All TMHS students receiving scholarship awards will receive an invitation from TMHS to the Award Night. Shawsheen Tech Students will receive their award through their associated GAC member.

Friends of the Elderly, Inc. News, 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.

A wonderful time was had by all at our Valentine Luncheon. It was truly special to honor our friends who have shared 50+ years of marriage. Thank you to everyone who attended and helped make the afternoon so meaningful and memorable. It was a beautiful reminder that love only grows stronger with time.

2026 CASINO DAY TRIPS Encore will be our first casino trip scheduled for Monday April 20th. Sign up at the front desk. The cost is \$40 p/p. The schedule for this year's Casino Trips will be available soon.

TRIVIA & TUNES, MARCH 13 Don't forget, get your team ready for the **Trivia & Tunes on Friday, March 13th 1-3pm**. Last year was a big success and you don't want to miss out. Games are played with teams of 4-5 players. Light refreshments provided or bring your own. There is **NO COST** for this event thanks to a grant from the Mass Cultural Council, but sign up is required at the front desk before 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, a state agency.

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.

MARCH

Meals on Wheels Lunch Menu Provided by AgeSpan



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-



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Stuffed Chicken <i>Broccoli & Cheese Supreme Sauce</i> Orzo & Peas, Beets MG Bread Mandarin Orange Cup</p>	<p>3 Vegetable Frittata <i>Spinach & Feta</i> Roasted Potatoes Capri Blend Vegetables Fruit Loaf Yogurt Juice (no milk)</p>	<p>4 Cold Deli Turkey & Swiss Cheese Three Bean Salad <i>Congregate: Carrot Ginger Soup instead of Bean Salad</i> Garden Salad w/Dressing Wheat Pita Fruit Cup</p>	<p>5 American Chop Suey Beef, Pasta, Tomato Sauce Cauliflower WW Garlic Roll Fresh Fruit</p>	<p>6 Lentils & Vegetarian Gravy Carrots Mashed Potato Biscuit (HDM) Cookie</p>
<p>9 Meatloaf w/Gravy <i>Beef & Turkey</i> Gravy Mashed Potatoes Green Beans Oat Bread Gelatin Cup</p>	<p>10 Baked Pollock Garlic & Dill Sauce Brown Rice Beets WW Bread Mandarin Orange Cup</p>	<p>11 Hot Dog (LS Beef/Pork) Hot Dog Bun Baked Beans Coleslaw Warm Cinnamon Pears</p>	<p>12 Birthday Breaded Chicken Marry Me Sauce Quinoa Mixed Vegetables LS WW Bread Cupcake</p>	<p>13 Cheese Ravioli Alfredo & Mushroom Sauce Garlic Spinach <i>Congregate: Tomato/Spinach Soup instead of Garlic Spinach</i> MG Bread Fruit Cup</p>
<p>16 Chicken & Sausage Gumbo White Rice Biscuit Fruit Cup</p>	<p>17 Special Corned Beef with Au Jus Cabbage Wedge Cubed Carrot & Turnip Steamed Potatoes Marble Rye Mint Brownie </p>	<p>18 Chicken Meatballs Sweet n' Sour Sauce Fried Rice, Broccoli <i>Congregate: Chinese Veg soup instead of Broccoli</i> WW Dinner Roll Fresh Fruit</p>	<p>19 Turkey Chili <i>Tomatoes, beans, vegetables</i> Green Beans Corn Bread Chocolate Pudding</p>	<p>20 Breaded Eggplant Parmesan Pasta California Vegetable Blend LS WW Bread Mandarin Orange Cup</p>
<p>23 Sliced Turkey w/Gravy Mashed Potato Green Beans LS Wheat Bread Fruit Cup</p>	<p>24 Grilled Chicken Indian Butter Sauce White Rice Peas & Pearl Onions Pita Bread Mandarin Orange Cup</p>	<p>25 Potato Crunch Fish Lemon & Herb Couscous Capri Blend Vegetables <i>Congregate: Minestrone Soup instead of Capri Blend Veg</i> MG Bread Cookie</p>	<p>26 Red Sox Opening Day Pork Sausage with Peppers and Onions Corn Warm Fruit Crisp Sub Roll Garden Salad w/Dressing</p>	<p>27 Broccoli Egg Bake Roasted Potatoes Beets Fruit Loaf Yogurt Juice (no milk)</p>
<p>30 Sliced Beef Burgundy Sauce with Carrots & Onions Egg noodles MG Bread Pineapple Cup</p>	<p>31 Pork w/Orange Sauce Broccoli Vegetable Rice Dinner Roll Fruit Cup</p>			

Tewksbury Community Food Pantry, 999 Whipple Road, Distribution Dates:
 Sunday, March 8, 9-11am - Monday, March 9, 7-8pm - Saturday, March 14, 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.

MARCH – CALENDAR OF MONTHLY EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 2-5pm Consignment Boutique Intake	3	4 10-11am iPhone/iPad Tech Class (1) Support Group	5 12:30 Rainbow Social	6	7
8 	9	10 10am Caregivers Support Group	11 10-11am iPhone/iPad Tech Class (2) 10am Craft Class	12 9am Men's Group	13 10am Grandparents Support Group 1-3pm Friends Trivia & Tunes Event	14
15	16 10am Bereavement Support Group	17 3pm COA Board Meeting 	18 10-11am iPhone/iPad Tech Class (3) 11:30am GAC Corned Beef Luncheon	19 10am MS Support Group	20 10am Veteran's Peer Support Group 11am LGBT SG 11:45am GAC LCR 7pm Silvertones Dance	21
22	23 10am Parkinson's Support Group	24 10-12pm Mobile Market Bag Pick Up 10am Caregivers Support Group	25 10-11am iPhone/iPad Tech Class (4)	26 9am Men's Group	27	28
29	30 11:30am-2pm DJ Dance/Lunch	31				



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MARCH
WORD SEARCH



S	H	I	L	L	E	L	A	G	H	L	K	C	U	L	Y
G	U	I	N	E	S	S	P	S	E	P	I	P	G	A	B
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- AWAK-ENING
- BAG-PIPES
- BLARNEY
- BLESSINGS
- BLOOMING
- CELEBRATE
- CELTIC DAYLIGHT
- JIG KILT
- LEPRECHAUN MARCH
- POT OF GOLD RAINBOW
- SHAMROCK SHENANIGANS
- SHILLELAGH SLAINTE
- SODA BREAD SPRING
- STEP DANCING
- ST PATRICKS DAY TRADITION



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.

Hello March: A Season of Change March brings a welcome change in New England, even if the weather keeps us guessing! The days grow longer, the sunlight a bit brighter, and we start to see small signs that spring is on its way. So savor the extra daylight and those early hints of spring—just keep your coat handy!

March Word of the Month: *Luck*

Celebrating the Luck of the Irish and wishing everyone a little extra luck this month!

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



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

GUESS HOW MANY?

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

WORD SEARCH BONUS WORD

How many times can you find the word

Luck

LAST MONTH'S ANSWERS & WINNERS!

February Clip Art Winner: Gene Leary
Answer: Heart = 53

February Word Search Bonus Word

Winner: Gene Leary Answer: 14

It's not a mistake, Gene Leary won both!

BONUS PRIZE: Cardinal in February Issue page number and where it is on that page to

February Winner: Dot Sampson

Answer: 1st page next newsletter title

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 At this time, the appointment list and wait list are both **full**. We are **no longer** taking any names for tax prep. **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.

Is lunch available at the senior center? Yes! Meals are provided through AgeSpan and are available Monday through Friday at the senior center. How do I sign up? Place your name on the sign up sheet located in the center's kitchen or call and leave Jen a message at 978640-4480 x 300. Please place your order a week in advance if possible but at least 2 days prior so Jenn has enough lunches for everyone. How much does it cost and who do I pay? Cost is a \$2 donation per meal and you make your payment when you pick up your lunch. Lunch is served between 11:30am and 11:45am. The monthly menu can be found on page 6 of this newsletter.

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 **Tammy at 978-640-4480 x294** for more information. Thank you to all our amazing volunteers—you make everything possible!

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

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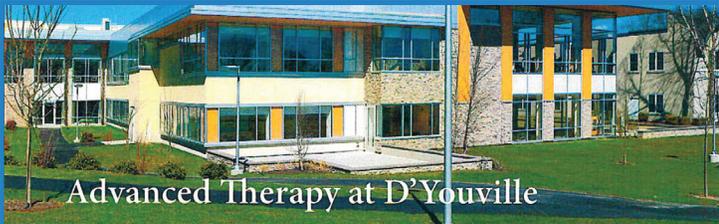
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Ambulance	911
Alzheimer's Association 24/7 Hotline	1-800-272-3900
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275
Food Pantry	978-858-2273
MA Office 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***

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