

DRACUT SENIOR CENTER

951 MAMMOTH ROAD DRACUT, MA 01826 978-957-2611

OPEN MONDAY, WEDNESDAY, THURSDAY 8AM - 4PM TUESDAYS 8AM - 7PM & FRIDAY 8AM - 12PM

OCTOBER 2025

UPCOMING EVENTS



The Senior Center is closed on Monday, October 13 in observance of Columbus Day we reopen at 8A Tuesday



HEALTH FAIR WEDNESDAY, OCTOBER 22nd 9A - 12P

Join us for the annual health fair. Vendors from all over the Merrimack Valley will be here to share their knowledge, services and opportunities with you.

Each vendor will have a gift basket that will be raffled off at the conclusion of the event! Don't miss your chance to win something amazing!

CALLING ALL VOLUNTEERS!



Friday Oct 24th @ 9A

We know there are many of you with countless talents that can help in a variety of ways throughout the center. If you are interested in volunteering we want to hear from you.



Karaoke & Costumes Spooktacular Halloween Luncheon

Tuesday, October 14th @ 11:30A

Wear your halloween costume and get your singing voice ready as we enjoy lunch and some favorite Halloween

Menu includes: Maple Roasted Chicken, roasted fall vegetable blend, rice pilaf, dinner roll, bread pudding, & water

Prizes for costumes & karaoke performance will be drawn at the conclusion of the luncheon.



TICKETS ARE \$5.00 PER PERSON - EXACT CHANGE REQUESTED-SPACE IS LIMITED - TICKETS ARE NON-TRANSFERRABLE, PLEASE SEE STAFF IF YOU ARE UNABLE TO ATTEND AND WISH TO TRANSFER YOUR TICKET

TRANSPORTATION

TRANSPORTATION FEES & GUIDELINES

Effective July 1, 2024

The new fare structure is as follows:

Bus Fare (round trip):

Dracut/Lowell/Tyngsboro	\$5
Chelmsford/Billerica/Tewksbury	\$10

Passengers **must** have exact change as drivers **do not** carry change.

FARE PUNCH CARDS are available for sale at the Senior Center and on each bus. Each card is \$20 and valued at \$25.



RESERVATIONS 978-957-2611 X1301

Appointments are on a first come, first served basis.

Booked no more than 30 days in advance.

Medical rides take priority.

Please be aware you may be riding with others. No ride is guaranteed a single passenger ride.

LOCAL MEDICAL RIDES

Mon - Thurs 8:30am - 2pm

Local medical rides are available by appointment

GROCERY SHOPPING

Grocery shopping is available to Bridge Street Market Basket on Tuesdays

Morning & Afternoon trips are available.

3 bag limit per person

Driver cannot assist with bags

Advance reservations required, waitlist added as needed.

COMMUNITY SPOTLIGHT

Thrift Store Donations

2 bag/box maximum per week, all donated items must be in good condition and able to be resold for another to enjoy. Seasonal items & men's/women's clothing are welcomed and appreciated.



Please note: we are unable to accept electronics, shoes, bed linens, rugs, furniture, clothing with rips or stains, dishware, trinkets (other than seasonal).

Please drop items off with a staff member or front desk volunteer.

Cooling & Warming Station

Did you know the COA is a cooling & warming station? During a heat wave come by and enjoy the ac. In the middle of a cold freeze - stop by and warm yourself with some of our activites.

Other locations in town include: Parker Memorial Library & Dracut Police Station Community Room

Please call 978-957-2611 with any questions



EXTRA VEGETABLES FROM YOUR GARDEN?

Did your garden over produce something amazing? Any "extra" produce is always appreciated by our seniors. Dropoff in the dining hall during business hours!



Medical Equipment Loan Program

Available during our business hours. Please call to check availability of items needed.



All donations must be sanitized and in good working condition.

Wheelchairs, transport chairs, walkers, rollators, shower benches, commodes, canes, and limited availability of other items. *We are unable to hold items*



COUNCIL ON AGING BOARD

October 28th AT 10AM

The COA Board provides guidance to the Senior Center and Staff. Board meetings are open to the public, all are welcome and encouraged to attend.

ON-SITE OPTICAL SERVICES

Local optician, Larry Griffin, is back to help with replacement or repair of lenses/frames. Tightning or fitting of your current frames!



Friends of the Dracut Elderly

October 15th @ 9A

The Friends assist the center with fundraising, trips, senior assistance and a variety of other ways. Come to the next meeting to learn more about how you can help.

FEATURED EVENTS

Oct 10th @ 10A

MONTHLY CRAFT CLASS

Join Ashley & Stephanie as we create adorable pinecone owls.



Space is limited, call to reserve your spot
978-957-2611

Oct 8th & 29th



REIKI with JANE BREAULT

Reiki is a relaxing alternative healing method working with energy to help bring the body into balance and promote health and healing.

Sessions are available by appointment only
10am - 12pm

Call to register 978-957-2611

Oct 28th @ 4:30PM

PIZZA & BINGO



\$5 for PIZZA

\$5 for BINGO

CARDS



TOWN MANAGER TUESDAYS

Kate Hodges, Town Manager,
Tuesday, Oct 14th @ 9AM

and

Katharine Foster, Asst Town Manager/Finance Director

Tuesday, Oct 21st @ 9AM

Have a question about what's happening in town? Come and let your voice be heard and get answers directly from our town administrators.

Call to register 978-957-2611

Thurs Oct 9th @ 9AM

Coffee with a Cop

Join Chief Bartlett and other Dracut PD officers for some coffee & pastries

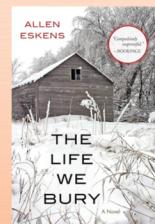


Call 978-957-2611
to register

Oct 9th @ 10AM

BOOK CLUB

Join us and discuss this months sclection



The Life we Bury
by Allen Eskens

Copies available at the library



FEATURED EVENTS

PLEASE CALL 978-957-2611 TO REGISTER

TUES Oct 7th @ 9AM

Veteran's Breakfast

Join us for a delicious breakfast prepared by Jeanne D'Arc staff members



Menu features: Scrambled eggs, sausages, beans, potatoes, fruit and coffee

Thank you to Jeanne D'Arc Credit Union for sponsoring this event



Please call to register
978-957-2611

TUESDAYS @ 3PM

Do you enjoy quilting & sewing?



Join Jenn and begin to make something beautiful!



Tuesdays @ 3P sewing machine will be available for use.

Please call to register
978-957-2611

Oct 23rd @ 11AM

PAINT & SIP

Join Joan Turner, art instructor, to paint this cozy fall gnome



Easy step-by-step instruction. All materials provided, bring a smock/apron.
\$20 in advance
\$25 class day
Call to register



TUES Oct 7th @ 930AM

A Place at Home

join Michelle Taranto, Community Liason A Place at Home (a Veterans Affairs approved in-home care agency), to talk about the differences between in-home care vs. assisted living. If you or a loved one needs assistance or just some companionship, this informative presentation will help navigate the process.



Call 978-957-2611 to RSVP

Oct 27th @ 10AM



KevTech presents:
A deep dive into...Photos App on iPhone

Come explore all the available features on the iPhone's Photos app, including using Favorites and albums to organize photos, sharing photos with friends & family and creating short compilations of photos & videos!

Call to register 978-957-2611

Oct 9th @ 11AM

Cards with Colleen



Create something to share with someone special.



Please call to register
978-957-2611

OCTOBER

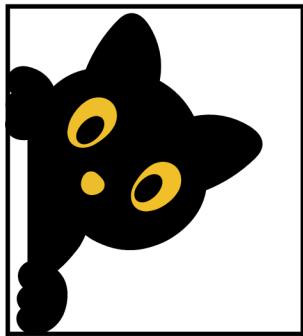
Monday

Tuesday

Wednesday

Thursday

Friday

		11AM Blood Pressure Clinic 12P Art Class 12:30P Cribbage 2:45P Chair Yoga	1 12P BINGO	2 9A SCAT/31 9A WAL-MART
12P BINGO 10A Senior Citizens Club Meeting 1P Movie	9A Veterans Breakfast w/A Place @ Home 10A Bereavement 11:30A Ukulele 1P Chat & Stitch 3P Quilting 3:30P Pizza & A Movie	8 Reiki-by appointment 10A Tai-Chi 11AM Blood Pressure Clinic 12P Art Class 12:30P Cribbage	9 9A Coffee w/a Cop 10A Book Club 11A Cards with Colleen 12P BINGO	10 9A SCAT/31 10A Craft Class
Center Closed	9A Town Manager Tues 10A Bereavement 11:30A Traveling Chef 11:30A Ukulele 1P Chat & Stitch 3P Quilting 4:30P Health & Wellness	14 9A Friends Meeting 10A Tai-Chi 11AM Blood Pressure Clinic 12P Art Class 12:30P Cribbage 2:45P Chair Yoga	15 Footcare-by appointment 12P BINGO	16 9A SCAT/31 9A Breakfast Club- 
Hearing Specialist-by appointment only 12P BINGO 1P Movie	9A Asst. Town Manager 10A Bereavement 1P Chat & Stitch 3P Quilting	21 HEALTH FAIR 9A - 12P 1P Art Class 2:45P Chair Yoga	22 11A Paint & Sip 12P BINGO	23 9A SCAT/31
10AM KevTech Class 12P BINGO 1P Movie	10A COA Board Meeting 10A Bereavement 1P Chat & Stitch 3P Quilting 4:30P Pizza & Bingo	27 Reiki-by appointment 10A Tai-Chi 11AM Blood Pressure Clinic 12P Art Class 12:30P Cribbage 2:45P Chair Yoga	28 12P BINGO	29 30 HALLOWEEN 9A SCAT/31

OCTOBER MENU

LUNCH MENU SERVED DAILY

Please call in advance to reserve your meal

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheese Omelette w/turkey sausage roasted potatoes, ratatouille, bread, & pineapple dole whip	2 Chicken salad, quinoa salad, carrot slaw, bread & a cookie	3 Yankee pot roast w/au jus, beets, mashed butternut, biscuit & fresh fruit
6 Grilled lemon pepper chicken, white bean pasta, bread & a cookie	7 Meatloaf w/gravy mashed potatoes, mixed veg, bread & fruit	8 Hot Dog, baked beans, latin slaw, cinnamon apples	9 Potato crunch fish sandwich, mashed sweet potato, cauliflower soup & chocolate pudding	10 Stuffed shells w/ marinara sauce, capri blend, bread & mandarin oranges
13 Closed No meals served	14 Stuffed broccoli & cheese chicken w/ supreme sauce, rice pilaf, beets, bread & mandarins	15 Beef stew w/ celery, carrots, and onions, mashed potatoes, cornbread & fruit	16  Ravioli w/ turkey bolognese, broccoli, caesar roll & cake	17 Cheese omelette w/ turkey sausage, polenta, green beans & tomato, yogurt & fruit load
20 Sliced turkey w/ gravy, mashed potato, green beans, cranberry sauce, & applesauce	21 Garlic & lemon butter pollock, brown rice, creamed spinach, bread & gelatin	22 Pork w/apples, mashed butternut squash, brussel sprouts, salad, & pumpkin dessert	23 Shepard's Pie (ground beef, gravy, corn, mashed potatos), biscuit & canned fruit	24 Chicken parmesan w/marinara, cheese & pasta, broccoli, bread & canned fruit
27 Fajita sliced beef, red & green peppers & onion, rice & black beans, tortilla, & canned fruit	28 Chicken coq au vin, wine sauce w/bacon, onions, carrots & mushrooms, steamed potatoes & orange	29 Turkey waldorf salad (turkey, celery, mayo & grapes) veggie soup, pita bread, yogurt & juice	30 Crab cake w/sauce, corn, tomato & cuke salad, roll & peach cobbler	31  Butternut squash mac & cheese, peas, bread, pineapple & chocolate candy

Lunch is served M-Th 11:30am Fri 11:00am Prior reservations are required.
Call Maritsa to reserve your lunch 978-957-2611 X1306 \$2.00 per meal

WEEKLY ACTIVITIES



BONE BUILDERS



DAILY CLASSES TIMES VARY

PRE-REGISTRATION & PHYSICIAN AUTHORIZATION IS REQUIRED. CLASSES MEET 2X PER WEEK. ASK ABOUT CLASS AVAILABILITY

SCAT



FRIDAYS 9:00AM

JOIN US FOR THIS FUN AND SIMPLE DRAW AND DISCARD CARD GAME.

ADAPTIVE YOGA



MONDAYS 2:00PM

CALM BODY, MIND & SPIRIT IN THIS ADAPTIVE YOGA CLASS, MODIFIED FOR ALL ABILITIES.

\$3 PER CLASS PAID TO INSTRUCTOR

BILLIARDS/POOL



DAILY 1PM - 3PM

DROP-IN PLAY DAILY ALL LEVELS ARE WELCOME

ENERGETICS



TUESDAYS 10:15 AM

UPBEAT CLASS WITH A MIX OF CARDIO & STRENGTH TRAINING
\$3 PER CLASS paid at front desk



WEEKLY WALKING



TUESDAYS 8:30AM

NO COST (WALKING SHOES, SUNSCREEN & WATER NEEDED)
PLEASE CALL BARRY TO JOIN: 978-483-1025

CHAT & STITCH



TUESDAYS 1:00 PM

BRING YOUR KNITTING, CROCHETING OR NEEDLE CRAFTING TO STITCH WITH FRIENDS. ALL ARE WELCOME.

GENTLE STRETCH



MON & WED 9:00 AM

SEATED AND/OR STANDING HEAD TO TOE GENTLE STRETCHING.
NO COST.



WEEKLY ACTIVITIES

LINE DANCING



WEDNESDAYS
9:00AM

ALL ARE WELCOME.
COST \$3 PER CLASS
PAID DIRECTLY TO
THE INSTRUCTOR

TAI CHI



WEDNESDAYS
10:00AM

IMPROVE BALANCE,
RANGE OF MOTION,
COGNITION AND
STRENGTH.

6 WEEK SESSIONS
no class 10/1 or 10/22

ART CLASS



WEDNESDAYS
12:00 PM

BRING YOUR
SUPPLIES AND
INSPIRATION.
INSTRUCTION BY
JOAN TURNER (\$10)



GET MOVING



MONDAY/WEDNESDAY
1:00-2:00 PM

LOW IMPACT
CARDIO - FOCUS
ON BALANCE,
STRETCHING,
CORE STRENGTH,
AND WEIGHT
RESISTANCE. (\$3
paid to instructor)

CRIBBAGE



WEDNESDAYS
12:30 PM

OPEN TO ALL.
PLEASE CALL TO
SCHEDULE
INSTRUCTION PRIOR
TO PLAY, IF NEEDED.
GAMES BEGIN
PROMPTLY AT
12:45PM.

MAHJONG



THURSDAYS
1:00 PM

MAHJONG IS A
TILE-BASED
GAME OF SKILL,
STRATEGY AND
LUCK.

RUMMIKUB



FRIDAYS
10:00 AM

A TILE-BASED GAME
COMBINING
ELEMENTS OF
RUMMY AND
MAHJONG

BINGO



MON. & THURS.
12:45 PM

OPEN TO ALL
SHEET SALES
BEGIN AT NOON.
GAMES START
AT 12:45 PM

CINEMA AT THE CENTER

PLEASE CALL 978-957-2611 TO REGISTER



**TUESDAY
PIZZA + A MOVIE
3:30 PM \$5**



**The Glass
Onion
OCT 7th**

TRANSPORTATION IS AVAILABLE 

Friends attend a murder mystery party on a private Greek island estate only for the game to turn into a real-life murder.

Monday Movie Matinee – 1:00 PM

NOW SHOWING



Julie & Julia

Julie Powell is determined to emulate Julia Child's cooking techniques. Sparred by time, the two women share a passion for food that intertwines their lives.

NOW SHOWING



CLOSED FOR COLUMBUS DAY

NOW SHOWING



MAMMA MIA!

A feel-good romance musical about a bride who invites three men from her mother's past to find her real father.

NOW SHOWING



The Thursday MURDER Club

Four retirees spend their time solving cold case murders for fun, but their sleuthing takes a turn when they find themselves with a real whodunit on their hands.

OCT 6
Julie & Julia

OCT 13

OCT 20
Mamma Mia!

OCT 27
Thursday Murder Club



TV TUESDAY – 1PM

THE GLASS DOME

When her friend's daughter goes missing, criminologist Lejla joins the search — and must confront the haunting trauma of her own childhood abduction.

NUTRITION RESOURCES

BROWN BAG PROGRAM



OCT 28th
10:00AM

ELIGIBILITY

- 60+ years of age or an adult with a disability living independently in elderly/disabled housing.
- You must be receiving one or more of the following: SSI, Veterans Aid, Food Stamps, Fuel Assistance.
- Your gross household income is at or below \$23,107 for single person or \$31,284 for a couple.

COFFEE BAR

The Coffee Bar is open to all COA patrons Monday thru Thursday 9AM - 1:30PM.
(Limited availability on Fridays.)



LUNCH PUNCH CARD

Lunches are \$2 each. Lunch cards are available for \$20 each. See staff to get yours. Lunch is served daily.

Reservations required.

978-957-2611 X1306



LUNCH SERVICES

**M-TH 11:30AM - 12:00PM
FRIDAYS 11:00AM - 11:30AM**

Lunch is served M-Th 11:30am - 12:00pm
Fridays 11:00am - 11:30am

Prior reservations are required

Call Maritsa for reservations 978-957-2611 X1306

\$2.00 per meal

See page 7 for menu



MEALS ON WHEELS

**AVAILABLE
MONDAY - FRIDAY**

CONTACT AGESPA
1-800-892-0890
TO ARRANGE FOR
DELIVERY



FUEL ASSISTANCE

**CALL FOR AN APPOINTMENT
978-957-2611 XT 1303**

APPOINTMENTS
AVAILABLE FOR NEW
APPLICATIONS AND
RENEWALS

2025/2026 income limits:

1 in household \$51,777

2 in household \$67,709

**call for more
details!**



SOCIAL SERVICES

OCTOBER 14TH @ 4:30P KAYLA RODRIGUES, CMHC

**FROM THE DRACUT POLICE DEPARTMENT JOINS US TO DISCUSS
GENERAL HEALTH & WELLNESS. AS WE AGE OUR BODIES AND
MINDS CHANGE, COME LEARN AND GET YOUR QUESTIONS
ANSWERED FROM KAYLA.**

PLEASE CALL TO REGISTER 978-957-2611



FOOT CARE SPECIALIST

Appointments are available for clipping, filing and foot health assessments.

Fee \$40 payable at time of service.
Call 978-957-2611

HEARING SPECIALIST

Appointments are available with Affordable Hearing to have your hearing checked or hearing aids cleaned.
Call 978-957-2611

BLOOD PRESSURE SCREENINGS

Drop-In blood pressure screenings with the town nurse are every Wednesday at 11:00AM unless otherwise posted.

SHINE

Serving Health Insurance Needs of Everyone

Your health insurance costs are an important part of your budget and Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan, or to learn about all options that may be most cost-effective for you. You may also benefit from cost-savings programs which a SHINE counselor will explain to you.

OPEN ENROLLMENT October 15 - December 7



**APPOINTMENTS ARE AVAILABLE AT THE SENIOR CENTER - CALL FOR A TIME: 978-957-2611
PHONE APPOINTMENTS AVAILABLE THROUGH SHINE - CALL 978-946-1374**

AROUND THE SENIOR CENTER



PLEASE CALL TO REGISTER 978-957-2611

Volunteer meeting Friday Oct 24th @ 9A

If you're interested in volunteering at the Senior Center please join us for an informal meeting. We hope to gather information to ensure everyone enjoys their volunteer time and our center is full of even more events and activites for all to enjoy!



Friends of the Dracut Elderly

Wednesday, October 29th

The Cher Show @ North Shore Music Theatre
Bus leaves Dillon McAnespie Park promptly
at 10:15A



SHOW & DINNER
Sat Nov 29th, doors open @ 12P

LoKai Restaurant, 1655 Lakeview Ave, Dracut
12p - 4p tickets \$20 per person



Includes buffet luncheon and coffee, dessert & food gratuities. Soda and alcoholic beverages are available for purchase

Buffet served 12:30p-1:45p, show begins approx 2p

Tickets on sale 10/6 @ 9:30A
at the Senior Center

T-shirts for sale \$15 each
see a board member to purchase



Thursday, Dec 4th
White Christmas @ Portsmouth
Music Hall

Ticket sales begin 10/06/25 @ 9:30A at
the Senior Center
\$98 per person



FEATURED TRIPS AND EVENTS

FRIDAY OCT 3rd @ 9AM



First Friday's at WalMart

Meet at the Senior Center for the monthly WalMart trip

Bus leaves the center at 9AM
(no pick ups for this trip)

Please call to reserve your spot
978-957-2611

OCTOBER 6TH @ 10A

Senior Citizens Club Meeting

The Senior Citizen's Club of Dracut is returning to the center for their monthly meetings. The club hosts monthly dances at Lenzi's and makes contributions to various charities throughout the year. Come and learn about how you can participate!

Find the candy!

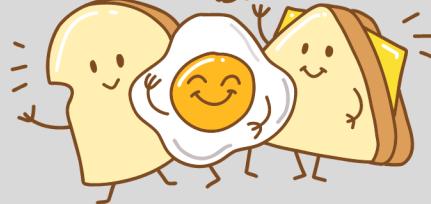
Try and locate the candy on each page of the newsletter this month!



FRIDAY OCT 17th @ 9AM

Breakfast Club heads to the OWL DINER

LET'S BREAKFAST



Meet at the Senior Center
(no pick ups for this trip)

Please call to reserve your spot
978-957-2611

LENZI'S SENIOR CLUB DANCE

**Join the Senior Club
at Lenzi's**

WEDNESDAY OCT 15^h

11AM - 3PM



**Call for tickets and
information**

Barbara: 978-884-5448

Arleen: 978-204-6954

REMINDER: TRIP POLICIES

- Trips will be posted for one week on a first come, first serve basis to Dracut residents only. After (7) days any remaining spots will become available to the general population.
- A cancellation penalty will be instituted for anyone booking a trip and cancelling within 48 hours of the trip, three separate times in a calendar year. Those who cancel 3x in a calendar year will not be permitted to book any other trips for a period of 3 consecutive months.