

# DRACUT SENIOR CENTER

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

OPEN MONDAY, WEDNESDAY, THURSDAY 8AM - 4PM TUESDAYS 8AM - 6PM & FRIDAY 8AM - 12PM

**JANUARY 2026**

**NEW FOR JANUARY**

**THE SENIOR  
CENTER WILL BE  
CLOSED ON:**

**NEW YEAR'S DAY  
JANUARY 1<sup>ST</sup> &  
JANUARY 2<sup>ND</sup>**

**MARTIN LUTHER  
KING JR. DAY  
JANUARY 19<sup>TH</sup>**

**WE OPEN AT 8AM THE  
FOLLOWING DAY**

**AARP TAX  
APPOINTMENTS  
JANUARY 12<sup>TH</sup>  
@ 9AM**

**we will begin  
taking phone calls  
for appointments  
978-957-2611**

Appointments are first  
come, first served.

**\*no appointments will  
be made prior to 9AM on  
1/12/26\***

**Tuesday, January 20<sup>th</sup> @ 11:30A**

**Take me back to the 50's, 60's & 70's!  
Join Stephen Caruso from Brightstar Home Care as he  
takes us on a journey back to the "good ole days."  
Enjoy music, laughter and an afternoon with friends.**

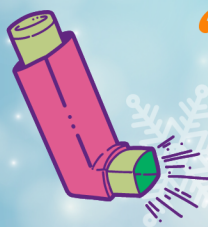


**Stephen is a local musician, Musical Director  
and Brightstar Home Care Director! Join us in  
welcoming 2026 with Stephen**



**MENU: RICE BOWLS WITH A CHOICE OF CHICKEN OR BEEF, ASIAN  
BLEND VEGGIES, PEA PODS, PINEAPPLE, TERIYAKI SAUCE OR  
PINEAPPLE SAUCE, WHITE RICE, DINNER ROLL & TAPIOCA PUDDING**

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



**"Better Breathers"  
by Cedar View  
Tuesday, Jan 6<sup>th</sup>  
@ 10AM**



**COME LEARN WITH CEDAR VIEW- A RESPIRATORY  
THERAPIST FROM THEIR TEAM WILL BE HERE TO  
DISCUSS HOW TO MANAGE CHRONIC LUNG  
CONDITIONS, BREATHING TECHNIQUES, WINTER  
RESPIRATORY WELLNESS, OFFER STRATEGIES TO  
REDUCE FLARE-UPS DURING THE WINTER MONTHS!**

**To register call  
978-957-2611**



**Cedar View**  
Rehabilitation & Healthcare Center

# 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.

**LRTA'S Free Fare has been extended through June 2026**

## 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-do not leave in lobby.

## COUNCIL ON AGING BOARD January 27<sup>th</sup> @ 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.

**For \$12 per year you can receive the newsletter in the mail monthly!**  
**Call or come in to talk with staff to sign up or get your questions answered.**  
**978-957-2611**



## Cooling & Warming Station

Did you know the COA is a warming station? In the middle of a cold freeze - stop by and warm yourself with some of our activities.



Other locations in town include: Parker Memorial Library & Dracut Police Station Community Room  
Please call 978-957-2611 with any questions

## Dracut Senior Citizen's Club Meeting Monday, January 5<sup>th</sup> @ 10A @ the Dracut Council on Aging

The club hosts monthly dances at Lenzi's and makes contributions to various charities throughout the year.

**Wednesday, January 21<sup>st</sup> 1AM - 3PM**

Lenzi's Senior Club Dance  
Call for tickets and information  
Barbara: 978-884-5448  
Arleen: 978-204-6954



## Winter Weather Announcement:

if Dracut Public Schools are closed the Senior Center will be closed for all events/activities, including transportation. The office will be OPEN, unless town hall is closed.

If Dracut Public Schools have a delay, all classes/activities before 11AM will be cancelled - including transportation. All classes/activities/transportation after 11AM will be honored.

## 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\*





# FEATURED EVENTS

**Jan 7<sup>th</sup> & 21<sup>st</sup>**

## **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 by appointment only.  
10A - 12P**

Call to register  
978-957-2611

**Jan 8<sup>th</sup> @ 11AM**

Cards with Colleen



There is nothing like a handmade card! Come join Colleen Gary and make a card to share with someone special  
Register at 978-957-2611



## **Home Modification Loan Program Wednesday, January 28<sup>th</sup> @ 11:30A**

What is a home modification loan? Why would my family and I need to consider this option? I rent, is this program still available for me? Come join Cathi and learn about what the program could do for you and your family.

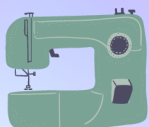


**CALL 978-957-2611 TO REGISTER**

**January 6<sup>th</sup> 12P - 6P**

## **LONG SEWING DAY!**

Bring your current project and join the group for a leisurely afternoon behind your machine!



Call to register 978-957-2611

**Jan 7<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> @ 2:45**

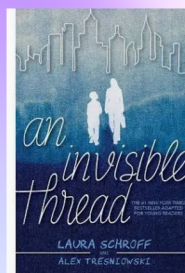
## **CHAIR YOGA**



Join Marcelle and learn how chair yoga can benefit the body and mind! \$5.00 per class paid to instructor

**January 8<sup>th</sup> @ 10A**

join us to discuss  
this month's novel



**An Invisible Thread**  
by: Laura L. Schroff and  
Alex Tresniowski

**Copies available at the library  
\*2026 list of books available  
at the senior center\***

# FEATURED EVENTS

**PLEASE CALL 978-957-2611 TO REGISTER**

**January 6<sup>th</sup> @ 9A**

## **Veteran's Breakfast**

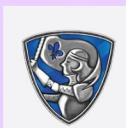
Join us for a delicious breakfast prepared by Jeanne D'Arc staff members



Dracut's Centralville Sportsman's Club sponsored our January breakfast!



**Menu:** Scrambled eggs, beans, homefries, fruit, juice and coffee



**Call to register 978-957-2611**

**January 23<sup>rd</sup> @ 10A**

## **Crafting Friday**



This month we are taking old puzzle pieces and creating a bowl for keepsakes, keys, candy, etc!

\*due to drying time needed bowls will not be taken home day of craft\*

**Call to register 978-957-2611**

**Thurs Jan 15<sup>th</sup> 11A - 2P**

## **PAINT & SIP**



**Join us to paint a scenic winter stream at dusk**

Easy step-by-step instruction. All materials provided, bring a smock/apron.

\$20 in advance

\$25 class day

Call to register

978-957-2611



**Jan 22<sup>nd</sup> & 29<sup>th</sup> 10A-12P**

## **Mr. Fix-It**



We all have that item we would like fixed but don't know how to do it ourselves! Bring it in and our "Mr. Fix-It" will try and bring it back to life. Please call to let us know what you are bringing in. if parts are needed it is owner's responsibility to purchase.

**Call for info 978-957-2611**

**January 26<sup>th</sup> @ 10A**

## **KevTech presents:**

**Notes: Your iPhone's built-in Notepad**

Learn how to use the Notes app to jot down ideas, make checklists, scan documents, and keep your thoughts organized. This class covers everything from creating simple notes to sharing and collaborating with others using iCloud.



**Call to register  
978-957-2611**

**Wednesdays @ 10A**

## **Tai-Chi**

Join us on Wednesday mornings for tai-chi with Marc. The art of tai-chi helps with balance, stress, flexibility and cognition!

Each class is \$5.00, paid directly to instructor.

**Call 978-957-2611 to register**



# january

Monday

Tuesday

Wednesday

Thursday

Friday

				
5 10A Senior Citizen's Club Meeting 12P BINGO 1P Movie	6 9A Veterans Breakfast 10A Better Breathers 10A Bereavement 12P Quilting 1P Chat & Stitch 3:30P Pizza & A Movie sponsored by RegalCare	7 Reiki-by appointment 10A Sing-A-Long 10A Tai-Chi 11AM Blood Pressure 12P Art Class 12:30P Cribbage 1:30P Tech Drop-in Help 2:45P Chair Yoga	8 10A Book Club 11A Cards with Colleen 12P BINGO	9 9A SCAT/31 9A WAL-MART
12 9A Call for Tax Appointments Hearing Specialist-by appointment only 12P BINGO 1P Movie	13 9A Town Management Series -Library 10A Bereavement 1P Chat & Stitch 3P Quilting	14 10A Sing-A-Long 10A Tai-Chi 11AM Blood Pressure 12P Art Class 12:30P Cribbage 1:30P Tech Drop-in Help	15 Footcare-by appointment 11A Paint & Sip 12P BINGO	16 9A SCAT/31 9A Breakfast Club
19  CENTER CLOSED	20 10A Bereavement 11:30A Traveling Chef 1P Chat & Stitch 3P Quilting	21 9A Friends Meeting 10A Tai-Chi 10A Sing-A-Long 11AM Blood Pressure 12P Art Class 12:30P Cribbage 1:30P Tech Drop-in Help 2:45P Chair Yoga	22 10A Mr. Fix-It 12P BINGO	23 9A SCAT/31 10A Craft Class
26 10AM KevTech Class 12P BINGO 1P Movie	27 Brown Bag 10A Bereavement 10A COA Board Meeting 1P Chat & Stitch 3P Quilting	28 10A Tai-Chi 10A Sing-A-Long 1030A Caregiver Support 11AM Blood Pressure 12P Art Class 12:30P Cribbage 2:45P Chair Yoga 1:30P Tech Drop-in Help	29 10A Mr. Fix-It 12P BINGO	30 9A SCAT/31

# JANUARY MENU

## LUNCH MENU SERVED DAILY

Please call in advance to reserve your meal

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Senior Center &amp; AgeSpan closed</b> <b>No meals served</b>	<b>AgeSpan closed</b> <b>No meals served</b>
Sliced beef w/burgundy sauce, carrots & onions, egg noodles, bread & pineapple	Sweet & sour chicken strips w/ broccoli, white rice, roll & gelatin	Egg salad on a sandwich roll, garden salad, potato chips & freshfruit	HOT DOG, baked beans, coleslaw & cinnamon pears	Stuffed shells w/ marinara, cauliflower, oat bread & a cookie
BBQ Pulled Pork w/ bun, roasted sweet potatoes, brussel sprouts & applesauce	Beef stew (celery, carrots, beef), mashed potatoes, biscuit & a cookie	Sliced turkey w/ gravy, mashed potatoes, butternut soup, wheat bread, canned fruit	Shrimp cacciatore, penne, green beans, roll & strawberry parfait w/van pudding	Breaded pollock, mixed veggies, parmesan risotto, bread & canned fruit
<b>Senior Center &amp; AgeSpan closed</b> <b>No meals served</b>	<b>Traveling Chef</b> <b>No meal served</b>	Stuffed Chicken (broccoli & cheese), supreme sauce, orzo & peas, beets, bread & orange	 American Chop Suey, cauliflower, garden salad, garlic roll & a cupcake!	Vegetarian Sheppard's Pie (lentils, carrots, mashed potato, veggie gravy), bread & fruit
Meatloaf (beef & turkey), gravy, mashed potatoes, green beans, bread, & cookie brownie	Baked Pollock w/ garlic dill sauce, brown rice, beets, veggie soup, bread & mandarins	Pork w/ orange sauce, lo mein, asian blend veggies, dinner roll & pineapple	Marry Me Chicken, quinoa, mixed veggies, vienna bread & gelatin	Cheese Ravioli w/ alfredo & mushroom sauce, garlic spinach, bread & fruit

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,  
CONGNITION AND  
STRENGTH.

ALL LEVELS  
WELCOME

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



**Non-Stop**  
**Jan 6<sup>th</sup>**

TRANSPORTATION IS AVAILABLE 

An air marshal receives a deadly threat during a flight: a passenger will be killed on board every 20 minutes until they receive \$150 million dollars.

## Monday Movie Matinee – 1:00 PM

NOW SHOWING	NOW SHOWING	NOW SHOWING	NOW SHOWING
 <p>A missile is launched at the U.S., how does the government and military grapple with the crisis.</p>	 <p>A retired manager and comedian return for a comeback tour by way of road trip</p>	 <p>Martin Luther King Jr. Day</p>	 <p>A documentary on Martha Stewart, from her early career to her rise as a media mogul, her prison sentence, and an "original influencer"</p>
<b>Jan 5</b> A House of Dynamite	<b>Jan 12</b> Last Laugh	<b>Jan 19</b> CLOSED	<b>Jan 26</b> MARTHA



## TV TUESDAY – 1PM

Poldark -Season 2

Ross Poldark, a redcoat returning to Cornwall after the American Revolutionary War, to find his father dead and his true love about to marry someone else.

# NUTRITION RESOURCES

## BROWN BAG PROGRAM



**JAN 27th  
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**

1	2	3	4	5
Nutrition Program Lunch Punch Card 10 lunches for \$20				
Card Holder _____				Card # _____
6	7	8	9	10

## 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 AGESPAN  
1-800-892-0890  
TO ARRANGE FOR  
DELIVERY



## FUEL ASSISTANCE

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

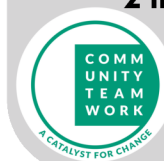
APPOINTMENTS  
AVAILABLE FOR NEW  
APPLICATIONS AND  
RENEWALS

**2025/2026 income limits:**

**1 in household \$51,777**

**2 in household \$67,709**

**call for more  
details!**





## SENIOR SERVICES

### Town of Dracut Senior Property Tax Work Off Program

Are you retired as of Jan 1, 2025? Over age 60? A home owner in Dracut? Pay property taxes? You could be eligible to participate in the town's tax work off program. Applications available at the front desk or with staff.

Call 978-957-2611 for more information

\*income eligibility requirements - call or stop by for more information\*

#### FOOT CARE SPECIALIST

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

Fee \$55 payable at appointment.  
Call 978-957-2611

#### HEARING SPECIALIST

**\*Free hearing evaluation/testing\***

Appointments 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.

Our SHINE counselor will be available for appointments during the months of January and February.

**LIMITED APPOINTMENTS AVAILABLE AT THE SENIOR CENTER - CALL FOR A TIME: 978-957-2611**  
**1-800-MEDICARE (633-4227) IS ALSO AVAILABLE**

# AROUND THE SENIOR CENTER

## Town Management Tuesdays!

Tuesday, January 13<sup>th</sup> @ 9A Christine Muir  
from the Dracut Public Library

Come speak with our Town Management and learn about your town! Each month we will have a Department Head here to explain what's happening in their department and answer questions you may have.

Call 978-957-2611 to RSVP



## Friends of the Dracut Elderly

President - Carol Gavriel

Vice President - Dawn Levesque

Treasurer - Linda Tamvaklis

Secretary - Claire Maloney

Board Member - Theresa Beauregard

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



Next meeting:

**January 21<sup>st</sup> @ 9AM**

**@ The Dracut Council on Aging**

For more information on the Friends of the Dracut Elderly please join us at our next meeting

**ANNUAL DUES OF  
\$5.00 BEGINS FOR  
2026 - PLEASE**

**SEE A BOARD MEMBER  
TO PURCHASE**

# FEATURED TRIPS AND EVENTS

**FRIDAY JANUARY 9<sup>th</sup> @ 9AM**



## 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

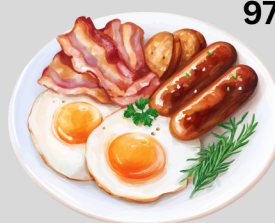
**FRIDAY JANUARY 16<sup>th</sup> @ 9AM**

Breakfast Club heads to



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

Please call to reserve your spot  
978-957-2611



## SEASONAL AFFECTIVE DISORDER AWARENESS MONTH

A form of depression, SAD (seasonal affective disorder), is linked to seasonal changes, often beginning in fall/winter. It can affect mood, energy, and motivation, it's more than just the "winter blues."

- Light exposure
- Gentle movement
- Maintaining routines
- Staying connected
- Reaching out for mental health support



**MA Behavioral Health Helpline: 833-773-2445**

## FOOD PANTRY



In these uncertain times we have come together to organize a food pantry at the Senior Center.

Transportation is available to visit the pantry, please call staff with any questions or to schedule a visit!

## 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.