

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 1ST &
JANUARY 2ND

MARTIN LUTHER
KING JR. DAY
JANUARY 19TH

WE OPEN AT 8AM THE
FOLLOWING DAY

AARP TAX
APPOINTMENTS
JANUARY 12TH
@ 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 20th @ 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 6th @ 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.

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 activites.



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

Please call 978-957-2611 with any questions

COUNCIL ON AGING BOARD January 27th @ 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



Dracut Senior Citizen's Club Meeting Monday, January 5th @ 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 21st 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/activites before 11AM will be cancelled - including transportation. All classes/activites/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 7th & 21st

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 8th @ 11AM

Cards with Colleen

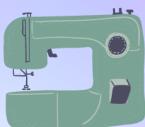


There is nothing like a handmade card! Come join Colleen Gary and make a card to share with someone special
Register at 978-957-2611

January 6th 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



Home Modification Loan Program Wednesday, January 28th @ 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

Jan 7th, 21st & 28th @ 2:45

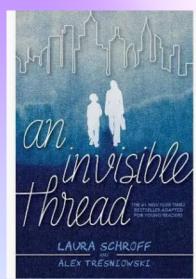
CHAIR YOGA



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

January 8th @ 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 6th @ 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 23rd @ 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 15th 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 22nd & 29th 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 26th @ 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

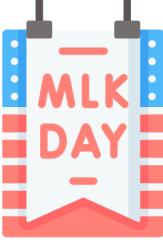
Monday

Tuesday

Wednesday

Thursday

Friday

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

JANUARY MENU

LUNCH MENU SERVED DAILY

Please call in advance to reserve your meal

Monday	Tuesday	Wednesday	Thursday	Friday
			Senior Center & AgeSpan closed No meals served	1 AgeSpan closed No meals served
Sliced beef w/burgundy sauce, carrots & onions, egg noodles, bread & pineapple	5 Sweet & sour chicken strips w/ brocoli, white rice, roll & gelatin	6 Egg salad on a sandwich roll, garden salad, potato chips & freshfruit	7 HOT DOG, baked beans, coleslaw & cinnamon pears	8 Stuffed shells w/ marinara, cauliflower, oat bread & a cookie
12 BBQ Pulled Pork w/ bun, roasted sweet potatoes, brussel sprouts & applesauce	13 Beef stew (celery, carrots, beef), mashed potatoes, biscuit & a cookie	14 Sliced turkey w/ gravy, mashed potatoes, butternut soup, wheat bread, canned fruit	15 Shrimp cacciatore, penne, green beans, roll & strawberry parfait w/van pudding	9 16 Breaded pollock, mixed veggies, parmesan risotto, bread & canned fruit
19 Senior Center & AgeSpan closed No meals served	20 Traveling Chef No meal served	21 Stuffed Chicken (brocoli & cheese), supreme sauce, orzo & peas, beets, bread & orange	22  American Chop Suey, cauliflower, garden salad, garlic roll & a cupcake!	23 Vegetarian Sheppard's Pie (lentils, carrots, mashed potato, veggie gravy), bread & fruit
26 Meatloaf (beef & turkey), gravy, mashed potatoes, green beans, bread, & cookie brownie	27 Baked Pollock w/ garlic dill sauce, brown rice, beets, veggie soup, bread & mandarins	28 Pork w/ orange sauce, lo mein, asian blend veggies, dinner roll & pineapple	29 Marry Me Chicken, quinoa, mixed veggies, vienna bread & gelatin	30 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,
COGNITION 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 PIZZA + A MOVIE
3:30 PM \$5

Non-Stop
Jan 6th

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

A missile is launched at the U.S., how does the government and military grapple with the crisis.

NOW SHOWING

A retired manager and comedian return for a comeback tour by way of road trip

NOW SHOWING

Martin Luther King Jr. Day

NOW SHOWING

A documentary on Martha Stewart, from her early career to her rise as a media mogul, her prison sentence, and as an "original influencer"

Jan 5 A House of Dynamite	Jan 12 Last Laugh	Jan 19 CLOSED	Jan 26 MARTHA
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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



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!**



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 13th @ 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 21st @ 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 9th @ 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

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

FRIDAY JANUARY 16th @ 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



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.