



# Senior Centers



## **Andover Senior Center**

36 Bartlet St, Andover, MA  
(978) 623-8321

- MOW                      -Equipment closet
- Exercise Groups
- Classes on nutrition, managing chronic conditions, blood pressure monitoring & pain management
- Support groups
- Massage Therapy – 20 min chair massages on Mondays at a reduced rate

## **Billerica Senior Center**

### **Buzzell Senior Citizen's Center**

15 School St, Wilmington, MA  
Terri Marciello – Director  
(978) 657-7595

## **Danvers Senior Center**

25 Stone St, Danvers, MA  
(978) 762-0208

- Breakfast Club                      -Dine Around
- Craft Classes                      -Computer Classes
- Entertainment
- Support Groups:
  - The Challenges of Living Alone Network meets monthly on the third Fri at 10:30am.
  - The Low Vision Support Group meets monthly on the first Weds at 12:30pm
  - Bereavement, Loss & Change Support Groups— every Weds, 2:30-4pm

## **Haverhill Senior Center**

### **Lawrence Senior Center**

155 Haverhill St, Lawrence, MA  
(978) 794-5886

-exercise groups M-Th 8:30am-9:30am

### **Lynnfield Senior Citizens**

525 Salem St, Lynnfield, MA  
(781) 599-9877

### **Methuen Senior Activity Center**

77 Lowell St., Methuen, MA  
(978) 983-8825

## **Nashua, NH Senior Center**

70 Temple St, Nashua, NH  
(603) 889-6155

## **North Andover Council on Aging Senior Center**

120 Rear Main St, N Andover, MA  
Director: Irene O'Brian  
(978) 688-9560

## **Nutfield Heights Senior Citizens**

3 Hood Rd, Derry, NH  
(603) 432-7557

## **Salem, NH Senior Center**

(603) 890-2190

## **Wakefield Council on Aging**

30 Converse Street, Wakefield, MA  
(781) 245-3312

## **Woburn Senior Center**

144 School St, Woburn, MA  
T - (781) 937-7899                      F - (781) 937-8259

## **Woburn Council on Aging**

144 School St, Woburn, MA  
(781) 937-7899