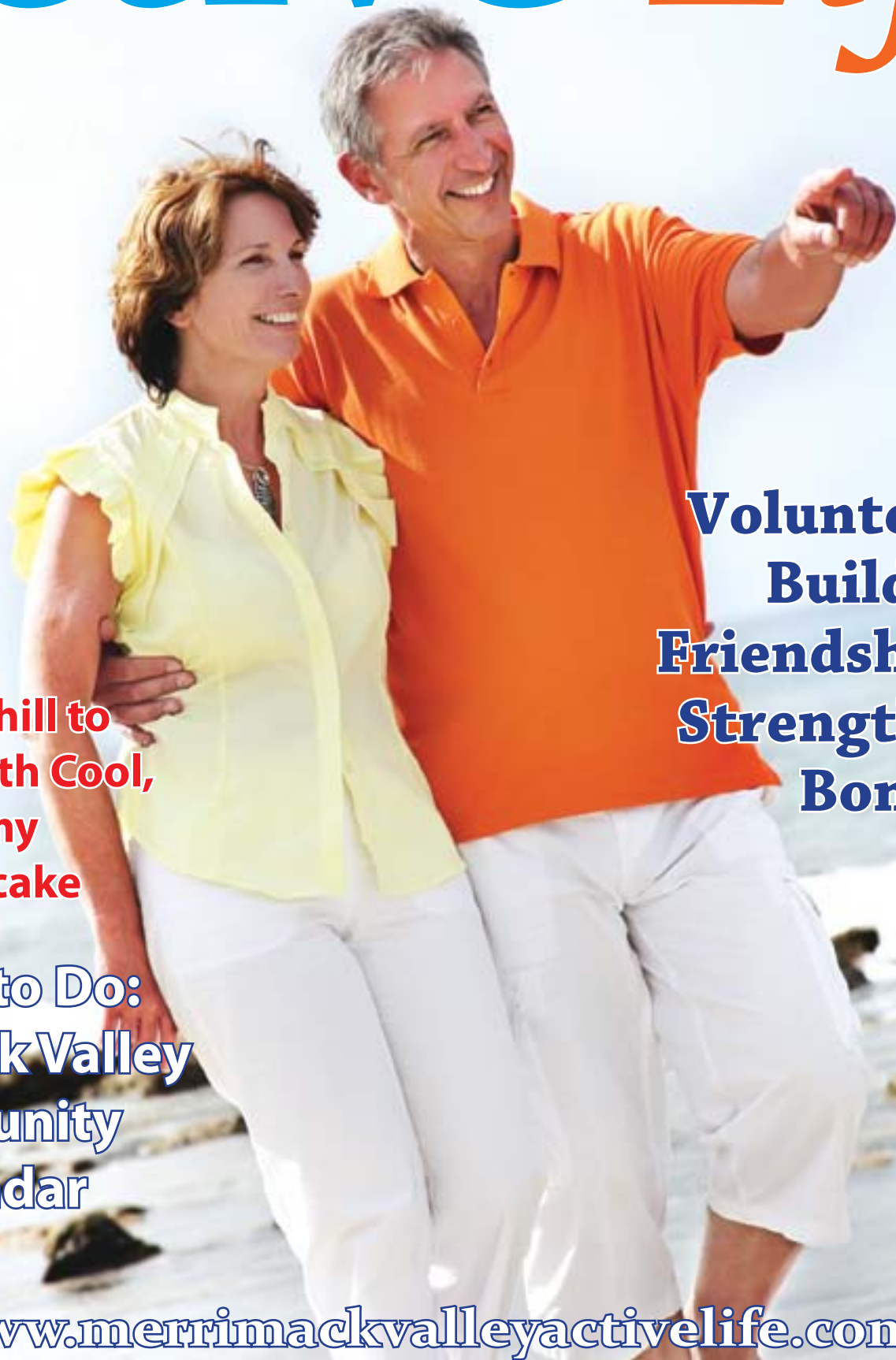


Merrimack Valley 50+

August
2024

Active *Life*



**Bring a Chill to
Summer with Cool,
Creamy
Cheesecake**

**Things to Do:
Merrimack Valley
Community
Calendar**

**Volunteering:
Building
Friendships and
Strengthening
Bonds**

Free

www.merrimackvalleyactivelife.com

Merrimack Valley 50+ Active Life

August 2024

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Merrimack Valley 50+ Active Life

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To Submit Calendar Events:
Editor@merrimackvalleyactivelife.com

To Advertise:
Mike@merrimackvalleyactivelife.com

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Bring a Chill to Summer with Cool, Creamy Cheesecake



(Family Features) When it's hot but you crave something sweet, turn to a delicious dessert that's cool and creamy. French Style Cheesecake with Vanilla Wafer Crust offers the best of both worlds as a fresh, no-bake, refrigerated favorite you can top with chocolate, fruit or vanilla wafer crumbs. Find more summer dessert ideas at Culinary.net.

French Style Cheesecake with Vanilla Wafer Crust
 Recipe courtesy of "Cookin' Savvy"
 Total time: 25 minutes, plus 3 hours refrigeration
 Servings: 8

Crust:
 2 cups vanilla wafers, crushed
 1 stick butter, melted
 1/4 cup brown sugar

Whipped Cream:
 1 cup heavy cream
 3 tablespoons sugar
 1 teaspoon vanilla

Cheesecake:
 8 ounces cream cheese, softened
 1 teaspoon vanilla
 1/2 cup powdered sugar

To make crust: Mix crushed vanilla wafers, melted butter and sugar; press into pie pan or individual pudding cups.

To make whipped cream: In large bowl, using electric mixer, mix heavy cream, sugar and vanilla until thickened into whipped cream.

To make cheesecake: Add softened cream cheese, vanilla and powdered sugar to whipped cream bowl. Using electric mixer, mix until smooth. Pour over vanilla wafer crust and chill 3 hours.

August 7 - Joonho Park - "European Organ Masters"
 Compositions by Duruflé, Vierne, Bach, and Liszt
 Sponsored by William H. Drury and Law Office of Arthur J. Broadhurst

August 14 - Jan Kraybill - "Unity in Diversity"
 Compositions by Bonnet, Gabrieli, Bach, Holst, Gounod, Widor, Larsen, Michel, Idenstam, Simpson, Stanford, and Sowerby
 Sponsored by Rosalind Mohnsen and John Davis

August 21 - Tyler Boehmer - "An Evening of Prayer"
 Compositions by Campbell, Franck, Mendelssohn, Bach, Morel, and Vierne
 In Memory of Roger Berube

August 28 - Dana Robinson
 Compositions by Schumann and Widor
 In Memory of Lee. W. Malone

These concerts are held at Methuen Memorial Music Hall, 192 Broadway (Rt. 28) in Methuen. Concerts begin at 7:30 pm; Doors open at 7:00 pm
 Tickets are available at the door or online at Tix - Ticket Sales

September 15, 3:00 pm - Paul Jacobs
 Grammy Award Winner; Chair of the Organ Department at Juilliard
 Fall Scholarship Fund Concert
 Sponsored by Leon-Diego Fernández
 Reserved Seating: \$25 and \$35

Newburyport Art presents
 En Plein Air
 Friday, August 8, 2024 – August 25, 2024

The Newburyport Art Association (NAA) is excited to announce the opening of our upcoming exhibition "En Plein Air," on view August 8th - 25th in our Sargent, Hartson, Hills and small gallery spaces. Please join us at the opening reception on August 10th from 4:00 p.m. – 6:00 p.m., which will be held free and open to the public at our 65 Water Street building!

Most closely associated with the sunlit paths and dreamy harbors of the Impressionists, en plein air is a French phrase meaning "in the open air," used to classify artwork created outdoors. Working with the demands of time and the elements, artists working en plein air are defined by their loose brushwork and attention to immortalizing the ephemeral effects of light as snapshots in time.

Nature in its quiet or dramatic gestures, people captured in private moments in public places, street scenes rendering the interplay of buildings, sun, shadows and textures, humanity in movement — all this and more can be found in this showcase of pastel, photography, oil, acrylic and watercolor painting and more. Landscape lovers and nature appreciators are sure to enjoy it!

Members of Band of Brushes and the Newburyport Ten who submit will receive a special highlight in the first-floor Hills Gallery. The Band of Brushes is an Emeritus Featured Interest Group at the NAA, made up of artists who share their love of nature by painting together outdoors. The Newburyport Ten, formerly the NAA's Plein Air Interest Group, exhibits together and meets outdoors once a week to work in a variety of mediums.

In the Sargent studio space, the show will also include a memorial exhibition dedicated to the late Susan Luca, a member of the Newburyport Ten whose lifelong dedication to plein-air epitomized a marriage between a love for art and the outdoors.

The galleries are free and open to the public Tuesday through Saturday from 11:00 a.m. – 5:00 p.m. and Sunday from 1:00p.m. – 5:00 p.m.. For more information, please visit us at newburyportart.org.

Volunteering: Building Friendships and Strengthening Bonds

FAMILY FEATURES

Volunteering has always been a big part of Shelley Brosnan's life, whether she was serving in her children's school or in their Fairfax, Va., community. When Brosnan retired, increasing her volunteer efforts was a natural next step. Serving with Volunteer Fairfax, an AmeriCorps Seniors RSVP program, she spends about 10 hours a week teaching new volunteers about helping older adults age in place, providing food for those in need and extending the capacity of local nonprofits.

"There's so much to love about volunteering," Brosnan said. "Providing purpose and serving the community are obvious reasons, but the connections I make with others are one of the greatest benefits. I just really love helping people and I've made friends through volunteering."

Brosnan's experience with volunteering is backed by science. According to the Mayo Clinic, having a solid social network improves both physical and mental health as it can boost happiness, increase your sense of belonging and improve self-confidence. As people age, many social avenues from earlier phases of life, such as school and work, no longer exist and making friends can be difficult. The Mayo Clinic suggests volunteering as a beneficial way to make friends and improve social well-being.

"Volunteering fosters more connected and less isolated older adults," said Atalaya Sergi, director at AmeriCorps Seniors. "Our research, focused on the impact of our programs, finds volunteering can provide positive health and well-being outcomes. In our study, 84% of participants reported stable or improving health and 88% had lower feelings of isolation within one year of volunteering. Each year, we match more than 143,000 Americans with volunteer opportunities, helping build connections and address societal issues, nurturing real relationships that help people become both happier and more fulfilled."

Adults ages 55 and up, like Brosnan, can be matched with local volunteer

organizations fitting their interests, skills and availability through AmeriCorps Seniors, the nation's largest national service program for older adults, which offers three signature programs. Brosnan and other volunteers nationwide play crucial roles in community resilience and connectedness.

"RSVP volunteers, such as Shelley, take on diverse activities based on community need such as delivering meals, supporting veterans and military families, cleaning parks or helping with tax prep and financial literacy," Sergi said. "Our Foster Grandparent Program pairs volunteers with youth, in mentoring and tutoring relationships. Lastly, the Senior Companion Program is a way to give a helping hand to other older adults and those with disabilities, assisting them with day-to-day tasks, such as grocery shopping and transportation to appointments. They also support caregivers through respite services."

The time commitment for all programs is flexible, ranging from a few hours to 40 hours per week.

Research studies like the Harvard University Study of Adult Development, found that older adults who invest in, care for and develop the next generation are three times as likely to be happy as those who did not. Volunteers Francois Mwabi and Jerome Menyo, based in Kentwood, Mich., are two more examples of the difference it can make to serve.

Mwabi and Menyo attest to the joy of impacting youth by passing on their wisdom and sharing their culture and language with students, many of whom are refugees from different parts of Africa just as Mwabi and Menyo themselves were several years ago. The two volunteers are so popular among the students and staff that teachers had to work out a schedule for all their students to be able to spend time with them.

One of the reasons the program has such a positive impact is the intergenerational connections it helps establish. Benefits abound not only for the young, but particularly for the volunteers.

"We love being here because of the environment and the students who study here," Menyo said. "The teachers like us. I help students who speak my language. I enjoy it and they enjoy it, too."

Intragenerational pairings are fruitful and fulfilling, as well.

Masa Hunley of Philadelphia eagerly anticipates the time she spends with Deborah Washington, a Senior Companion Program volunteer. Washington, a retired mail carrier with the U.S. Postal Service, was active before retirement and saw no reason to slow down after leaving full-time work. She was paired with Hunley three years ago.

Washington thinks of Hunley warmly, "almost as a grandma." She spends a few hours twice a week with Hunley,

helping her with meal prep, getting to appointments, watching television or playing cards together.

Serving as a companion to Hunley is "just something that I enjoy doing, as if it was my mom or my grandmom, who have both passed," Washington said. "It's like serving them and praying that, if it was my mom or my grandmom, someone would be doing the same thing. It has to be in your heart."

Washington is also thankful for the opportunity Hunley provides for "loving up on her" and feels fortunate to be able to soak up the wisdom that Hunley has learned and earned.

To be matched to rewarding volunteer opportunities near you, visit AmeriCorps.gov/YourMoment.

Merrimack Valley Calendar of Events August

Monday, August 5
GENTLE FLOW YOGA
MONDAY, AUGUST 5 9:30—10:30 AM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
This slow and thoughtful practice at room temperature will include yogic breathing, meditation, standing, seated, supine and balancing postures, ending with a deep relaxation. This is a safe practice to help increase flexibility. Options will be offered to help you personalize the practice to support your health and well-being. All levels welcomed, no experience necessary. A yoga mat is required and if you have any props (yoga blocks, towel), feel free to bring them.
This program involves some physical activity that could result in injury and by participating in this program you are acknowledging these risks and releasing HPL from liability.
Registration Required

Tuesday, August 6
MAH JONGG
TUESDAY, AUGUST 6 1:00—3:00 PM
Great Hall Nevins Library 305 Broadway, Methuen, MA, 01844
Let's play Mah Jongg! We're bringing this popular game back to the library, on the first Tuesday of the month at 1pm. Not sure how to play? Maybe it has been awhile? Don't worry! This is a friendly game, and we'll do our best to match up people with similar skill levels. The library will provide a few scoring cards, but it would be best if players had their own. They can be purchased HERE from the National Mah Jongg League. Cards usually become available in March for the year.
No Registration Required

CLASSIC MATINEES: ANGELA LANSBURY BEFORE CABOT COVE
TUESDAY, AUGUST 6 10:00 AM—12:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Every Tuesday in August we watch a classic featuring Angela Lansbury long before her days solving mysteries in Cabot Cove. Today we watch The Manchurian Candidate (1962)
No Registration Required

Wednesday, August 7
FREE BLOOD PRESSURE SCREENING WITH

LAWRENCE GENERAL HOSPITAL
WEDNESDAY, AUGUST 7 6:00—8:00 PM
Main Floor Nevins Library 305 Broadway, Methuen, MA, 01844
Lawrence General Hospital Staff from Lawrence General Hospital will be here to help with:
Blood Pressure Screening, including follow up if needed
Connecting you to Insurance Plans
Connecting you to a Primary Care Doctor
No need to register; just stop by when they are here!
No Registration Required

50+ JOBSEEKERS NETWORKING GROUP: SELF-ASSESSMENT ("FINDING YOUR WHY")
WEDNESDAY, AUGUST 7 9:00 AM—12:00 PM
Zoom
Debbi Hope
The Massachusetts Library Collaborative's 50+ Job Seekers Group meets via Zoom on the 1st and 3rd Wednesdays of the month, from 9:30am to 11:30am. Informal networking takes place from 9am to 9:30am and 11:30am to noon. If you are unemployed and actively looking, under-employed, seeking a new career direction, re-entering the job market after a long employment gap, or recently retired and looking for your "Encore Career," this networking group program is perfect for you! Remember, 85% of jobs are found through networking! This week's topic (August 7) is Self-Assessment.
Registration is required

This group is sponsored in part by the Friends of the Amesbury Public Library and is presented in conjunction with approximately 50 Massachusetts public libraries. RECORDING NOTE: This program will be recorded. All registrants will receive the recording via email within 48 hours of the program.
Join us in a professional forum for networking with peers in a safe and comfortable environment conducive to developing new relationships and developing skills and strategies to help in your career transition. Each meeting features a new topic. Meetings include a presentation and interactive workshop on topics relevant to career transition, guest speakers, access to hiring managers, small group breakout rooms to network, and 1-on-1 coaching guidance. Participating on a regular basis will give job seekers the many tools and strategies needed for a successful job search.

Each biweekly meeting is facilitated by Deborah Hope, MBA, PCIC, an experienced executive career coach. Deborah is a former Fortune 500 executive, investment banker and entrepreneur. She transitioned to executive coaching over 12 years ago. Deborah has coached with Harvard Business School Executive Education programs and the Massachusetts Conference for Women. She has been trained or certified in a variety of coaching models and assessment tools. Deborah has facilitated 50+ job seekers networking groups since 2016. STAFF CONTACT: Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607
Sign up for our e-newsletter and be among the first to learn about all of our programs and events for adults.

MOVIE MATINEE: "THE LONG GAME" (IN-PERSON)
WEDNESDAY, AUGUST 7 2:30—4:30 PM
Program Room Newburyport Public Library Newburyport Public Library, 94 State Street, Newburyport, MA, 01950
Movie Matinee: "The Long Game" (IN-PERSON)
Join us for our Movie Matinees on Wednesday afternoons.

This week we will be screening "The Long Game" (PG) starring Jay Hernandez, Dennis Quaid, and Cheech Marin at 2:30 pm. Run time 1 hour 52 minutes.
"Based on the critically acclaimed self-published book by Author Humberto G. Garcia. In 1955, five young Mexican-American caddies, out of the love for the game, were determined to learn how to play, so they created their own golf course in the middle of the South Texas desert. Despite having outdated and inferior equipment, and no professional instruction to begin with, they would go on to compete against wealthy all-white teams and win the 1957 Texas State High School Golf Championship. The film is "A Field of Dreams" set in the world of Golf. Their inspiring triumph overcame prejudice and broke barriers for many Latino PGA Golfers to follow."
Come and enjoy the theater-like screen and sound system with fellow film buffs. This free event will be held in the Program Room and all are welcome!
*Please note that movie showings are subject to change with short notice. For the most current movie schedule, we recommend checking with the library directly.
No Registration Required

COMMUNITY OF STITCHERS
WEDNESDAY, AUGUST 7 6:30—7:45 PM
Amesbury Room Amesbury Public Library 149 Main St., Amesbury, MA, 01913
COMMUNITY OF STITCHERS
Do you have a sewing, cross-stitch, knitting, crochet or other craft project you are working on? Bring it to a meeting of our Community of Stitchers where you can work on your project, get advice from your fellow creators, and show off your work! Our local stitching enthusiast and advanced knitter, Sarah Chapman, will be on hand at each meeting to help attendees with their projects. All experience levels are welcome - come enjoy a creative evening with us!
No advanced registration required - walk-ins welcome!

STAFF CONTACT: Jodie Blouin, jblouin@amesburylibrary.org, 978-388-8148
Did you know? We have a summer reading program for adults as well as for kids. Visit our summer reading page for more details. Sign up for our e-newsletter, and be among the first to learn about all of our programs and events for adults.
No Registration Required

Thursday, August 8
SUMMER CONCERT SERIES: THE JAZZ DISCIPLES
THURSDAY, AUGUST 8 6:00—8:00 PM
Outside - Lawn Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Summer Concert Series: The Jazz Disciples Does Traditional Jazz make your toes tap? Do you melt when you hear a soft ballad backed by a smooth rhythm section? How about pre-1925 dance hall jazz tunes? Does Gospel music warm your soul? Love a great sultry vocal backed by a horn section? Enjoy creative arrangements of popular music hits from the 1960's through to today? Oh yes, we forgot to ask - do you like to dance?
The Jazz Disciples have you covered. Just one word of warning - you are going to want to dance.
All ages welcome.
This concert will be outside on the library lawn. Feel free to bring your own chairs, blankets, etc.!

WHOLE-BODY ANATOMICAL DONATION DISCUSSION
THURSDAY, AUGUST 8 7:00—8:00 PM
Zoom
Join Robert Bouchie, Director of the Boston

University School of Medicine's Anatomical Lab, for an informative talk regarding the history, practice, ethics, and legalities of whole-body anatomical donation. This program is presented in conjunction with Andover's Memorial Hall Library.

Registration is required. This program will be recorded. A link to the recording will be shared with everyone who registers.

Historically, acquisition of bodies for research, education, and more nefarious purposes has had a troubling, if not outright, illegal and immoral past. There was a time, when the trade of stolen bodies was a thriving and lucrative business, powered by a demand from some of the most respected individuals in society. Body snatchers, or resurrectionists, as they were also known, were commonly employed by medical schools and anatomists to advance their knowledge. Bodies were snatched regularly and without consideration and the epidemic resulted in about 500 stolen bodies per school year in some cities.

Times have changed and, today, whole body anatomical donation is a well regulated, respectful, ethical practice, supplying medical schools and researchers with the means to teach, learn, and further medical knowledge.

As part of our quarterly series 'You've Been Dying To Know About ...' Robert Bouchie, Boston University's School of Medicine's Anatomical Lab director, will give an informative talk regarding the history, practice, ethics, legalities, and more of whole body anatomical donation. Learn about the reasons, methods, needs, generosity, and more behind this crucial service.

Robert Bouchie has been the Director for Anatomical Donation and Neurobiology Laboratory at BU's School of Medicine for the past 23 years. After witnessing an open heart surgery and the patient's subsequent death, Robert was inspired to return to school for an education in Pathology and Thanatology. He was hired at Children's Hospital Boston as the Morgue director for Autopsy and subsequently as director at Boston University's School of Medicine. STAFF CONTACT: Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607

Friday, August 9

METHUEN FARMER'S MARKET
FRIDAY, AUGUST 9 10:00 AM—4:00 PM
Front Porch Nevins Library 305 Broadway, Methuen, MA, 01844
Farmers Market 2024 crop

The Nevins Library is the proud host of the Methuen Farmer's Market again this summer! Come and shop fresh produce from local farmers, right on the front lawn! All the farmers accept SNAP/EBT/food stamps as well as debit, credit, and cash; GWL market coupons, WIC, and senior farmers market coupons are also welcome.

This year, thanks to a grant from the Mass Cultural Council, everyone is invited to enjoy Music at the Market as well!

On the schedule this week:
Allspice - Swing, be-bop, Latin tunes with sax, vocals, guitar, and bass. 11am-1pm
No Registration Required

FRIDAY FLICKS

FRIDAY, AUGUST 9 10:00 AM—12:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Friday Flicks

Join us Friday mornings for a movie! To mark our August summer concert series (Thursdays 8/8, 8/15, & 8/22), this month we are featuring movies that celebrate the joy of music! Today we watch Dreamgirls (2006).

No Registration Required

Monday, August 12

ART ON THE LAWN: NAUTICAL CRAFTING WITH BOOK PAGES

MONDAY, AUGUST 12 5:30—7:00 PM
Side Lawn Amesbury Public Library 149 Main St., Amesbury, MA, 01913

Adults, tap into your creative side and make an origami boat from repurposed book pages! This program part of our Art on the Lawn: Crafts & Community for Adults summer series.

This program will be held outdoors on the library's side lawn and is therefore weather dependent. In the case of inclement weather, the program will be re-scheduled to Monday, August 19, from 5:30-7:00 p.m.

REGISTRATION NOTE: Registration is required. Registration opens July 15 and closes August 12 at 5:00 p.m.

STAFF CONTACT: Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607
FUNDING CREDIT: This program is supported in part by a grant from the Amesbury Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Tuesday, August 13

WORDS BOOK GROUP
TUESDAY, AUGUST 13 7:00—8:30 PM
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844

The Pretty One by Keah Brown
This book group focuses on authors and stories that explore diverse and underrepresented voices and experiences.

About this book:
From the disability rights advocate and creator of the #DisabledAndCute viral campaign, a thoughtful, inspiring, and charming collection of essays exploring what it means to be black and disabled in a mostly able-bodied white America. New members are always welcome. No Registration Required

HOW TO IMPROVE YOUR RECYCLING EFFORTS (VIRTUAL)

Julia Greene, Municipal Assistance Coordinator from the Massachusetts Department of Environmental Protection, will discuss how to cut down on waste and how to recycle correctly. Julia will give practical advice on how you can improve your efforts to reduce, re-use and recycle in your day-to-day life in order to make a positive impact on our environment. Bring your questions as there will be time for Q&A too. Register directly on Zoom here.

Sponsored by the Friends of the Tewksbury Library.

RECORDING NOTE: This program will be recorded. All registrants will receive the recording via email within 48 hours of the program.

Wednesday, August 14

CIVIL WAR ROUNDTABLE OF THE MERRIMACK AUGUST MEETING
7:30-9:30 PM

Wednesday, August 14
Hilton Senior Center
43 Lafayette Road, Salisbury, MA

Please join us at our August meeting for a presentation by Michael Schroeder Phd on "Female Spies in Blue and Gray." Dr. Schroeder will share his research on the activities of women spies behind the scenes on both sides during the American Civil War. This event is free and open to the public

FIT N TRIM

WEDNESDAY, AUGUST 14 12:00—1:00 PM
Milhender Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Fit N Trim
Come join us for a new adult fitness class called Fit N Trim! You can improve your balance, strength and flexibility in this class. Wednesdays, July 10th through August 28th from 12-1 with instructor Sandra Bernat.

Adding weight training 1-2x a week will improve your balance, develop stronger bones and improve mobility and endurance so that you can walk/stand longer. Weight training will preserve and enhance muscle mass and reduce the involuntary loss of muscle that occurs as we age. Sponsored by the City of Haverhill Public Health Department. No Registration Required

SECOND EDITIONS BOOK CLUB

WEDNESDAY, AUGUST 14 2:30—3:30 PM
Costello Center 68 Elm St., Amesbury, MA
robin's egg blue background with graphic/styled image of a white woman's face with brown bangs, part

In cooperation with the Amesbury Council on Aging, join Assistant Library Director Stephanie Smith for a book group geared toward older adults that will meet 2nd Wednesdays from 2:30-3:30 p.m. at the Senior Center. New members are always welcome! Please call the COA Reception Desk at 978-388-8138 to register.

This month, we will be discussing Where'd You Go, Bernadette? by Maria Semple. When her notorious, hilarious, volatile, talented, troubled, and agoraphobic mother goes missing, teenage Bee compiles e-mail messages, official documents, and secret correspondence, to discover where she's gone. We will also have copies of the next month's book in regular print and large print available to borrow using your library card. Copies of the book will also be available for pickup at the Amesbury Public Library. Registration Requested: Call COA @ 978-688-8138

Thursday, August 15

SUMMER CONCERT SERIES: WINDHAM SWING BAND
THURSDAY, AUGUST 15 6:00—8:00 PM
Outside - Lawn Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

An 18-piece big band with saxophones, trombones, trumpets, bass, percussion and vocalist. The Windham Swing Band plays music from the Big Band Era to the present, featuring many familiar standards such as "Sing, Sing, Sing," and "In the Mood." Its ballroom dance repertoire ranges from swing, waltz, and foxtrot to cha-cha, mambo, samba, rumba, and hustle. All ages welcome.

This concert will be outside on the library lawn. Feel free to bring your own chairs, blankets, etc.!

Friday, August 16

END-OF-SUMMER CARNIVAL (ALL AGES)
FRIDAY, AUGUST 16 10:00 AM—12:00 PM
Children's Garden Nevins Library 305 Broadway, Methuen, MA, 01844
End-of-Summer Carnival (All ages)

As the summer winds down and we wrap up our roster of summer programs, we'd like to celebrate with you! Bring your kids to enjoy games, treats, and all sorts of fun. No registration required.

Parking: The library's parking lot might be crowded for this event, so carpooling is a good idea if possible. If our lot is full, please use the parking area in front of the police department (across the street from the library) or park on High Street. You can also take MEVA bus #10, which can drop you off at the library. No Registration Required

Saturday, August 17

ON SCREEN: THE FALL GUY
SATURDAY, AUGUST 17 2:00—4:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
On Screen: The Fall Guy

Come enjoy a screening of "The Fall Guy" starring Ryan Gosling and Emily Blunt. Rated PG-13.

After leaving the business one year earlier, battle-scarred stuntman Colt Seavers springs back into action when the star of a

big studio movie suddenly disappears. As the mystery surrounding the missing actor deepens, Colt soon finds himself ensnared in a sinister plot that pushes him to the edge of a fall more dangerous than any stunt. No Registration Required

Tuesday, August 20

CLASSIC MATINEES: ANGELA LANSBURY BEFORE CABOT COVE
TUESDAY, AUGUST 20 10:00 AM—12:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Every Tuesday in August we watch a classic featuring Angela Lansbury long before her days solving mysteries in Cabot Cove. Today we watch Blue Hawaii (1961). No Registration Required

ALL TOGETHER NOW: THE MUSIC OF LENNON/MCCARTNEY (IN-PERSON)
TUESDAY, AUGUST 20 6:00—7:00 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA

All Together Now: The Music of Lennon/McCartney (IN-PERSON)
togethernowThe Beatles' John Lennon and Paul McCartney's strongest songs most of-

ten came when working together instead of apart. Join Melodious Zach on a musical journey from their earliest collaborations to their final teamwork in 1969.

Melodious Zach has been performing music professionally since 2004. In 2015, he received the ASCAP Plus award for songwriters and independent recording artists. His music video "Hum It" was featured on NH Chronicle, followed up by NH Magazine's featuring his "20 Greatest Hits!" which was a #1 album on Amazon's new Bubblegum CD chart.

Wednesday, August 21

THE MONUMENTS MEN: SAVING ART DURING WWII
WEDNESDAY, AUGUST 21 7:00—8:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
The Monuments Men: Saving Art During WWII

The Monuments Men were a group of approximately 345 men and women from fourteen nations who served in the newly created Monuments, Fine Arts, and Archives (MFAA) Section during World War II. From museum directors to art histori-

ans and artists, they all shared a common goal: to save cultural treasures from the destructiveness of war, and theft by Adolf Hitler and the Nazis. We'll explore several of the great art treasures that were saved by these valiant soldiers.

Bio for Martha Chiarchiaro
Martha Chiarchiaro has brought history to life through the art of the times for more than 30 years. She received her Masters' degree in the History of Art from Williams College and provides a variety of art history presentations at the Worcester Art Museum, for WISE (the Worcester Institute for Senior Education), libraries, senior centers, and a variety of garden clubs. As noted on her Seeing History website, Martha's specialty presentations related to specific periods, artists, and activities provide an in-depth look at the life and times of people through their art.

PAGE TURNERS BOOK CLUB
WEDNESDAY, AUGUST 21 6:30—7:45 PM
Amesbury Room Amesbury Public Library 149 Main St., Amesbury, MA, 01913
Book Cover of The Gown by Jennifer Robson

Page Turners Book Club.
Join us For An In-Person Discussion of The Gown by Jennifer Robson.

London, 1947: Besieged by the harshest winter in living memory, burdened by onerous shortages and rationing, the people of postwar Britain are enduring lives of quiet desperation in spite of their nation's recent victory. Among them are Ann Hughes and Miriam Dassin, embroiderers in the famed Mayfair fashion house of Norman Hartnell. Together they forge an unlikely friendship, but their bond, along with their nascent hopes for a brighter future, are tested when they are chosen for a once-in-a-lifetime honor: taking part in the creation of Princess Elizabeth's wedding gown. Toronto, 2011: More than half a century later, Heather Mackenzie seeks to unravel the mystery of a set of embroidered flowers, a legacy from her late grandmother. How did her beloved Nan, a woman who never spoke of her old life in Britain, come to possess the priceless embroideries, so similar to the exquisite motifs that embellished the stunning gown worn by Queen Elizabeth II at her wedding more than sixty years before? And what

We're looking for a freelance writer from the Merrimack Valley area to contribute to

Merrimack Valley 50+ Active Life

Please send a writing sample to:
mike@merrimackvalleyactivelife.com




Breakfast & Lunch

Carleen's

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was her Nan's connection to the celebrated textile artist Miriam Dassin? The Gown takes us inside the workrooms where one of the most famous wedding gowns in history was created, balancing behind-the-scenes details with a sweeping portrait of a society left reeling by the calamitous costs of victory. Its heroines, whose points of view alternate and intersect throughout its pages, are connected by threads of loss and love, suffering and survival, regret and redemption

Pre-registration is required. Registration will open on the morning of July 18th.

Waitlist will be available.

NOTE: Participants will be notified when the book is available at the library to check out upon completion of registration

Friday, August 23

FRIDAY FLICKS

FRIDAY, AUGUST 23 10:00 AM—12:15 PM
Johnson Auditorium Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
Friday Flicks

Join us Friday mornings for a movie! To mark our August summer concert series (Thursdays 8/8, 8/15, & 8/22), this month we are featuring movies that celebrate the joy of music! Today we watch The Blues Brothers (1980, Rated R).
No Registration Required

Saturday, August 24

ADVENTUROUS READERS CLUB

SATURDAY, AUGUST 24 10:00—11:30 AM
Milhender Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
Adventurous Readers Club

Join the HPL Adventurous Readers Club! You choose the books and lead the discussions!

This group of anyone 18 or older will feature books across the literary spectrum - whatever genre piques your interest!

We will meet the 4th Saturday of each month. No registration necessary - you can simply pick up a book (limited copies, first come, first served) on the holds shelf in the front of the library.

Our August book will be The Martian, by Andy Weir.

No Registration Required

Tuesday, August 27

HISTORY OF SILENT MOVIES (IN-PERSON)
TUESDAY, AUGUST 27 6:30—8:00 PM
Program RoomN ewburyport Public Library,
94 State Street, Newburyport, MA
History of Silent Movies (IN-PERSON)

The Golden Age Of Silent Movies
Come take a look at newsreels, cartoons, early comedy, historical drama, serial thrillers, slap-stick comedy featuring Harold Lloyd and Charlie Chaplin plus sight gags and chase scenes done by the king of sight gags, Buster Keaton ... all presented with

narration and musical accompaniment by pianist Richard Hughes. Plus - animation devices and sound effects for audience members to synchronize to a melodrama from 1913!

Wednesday, August 28

WILDFLOWERS & INSECTS WITH MASS
AUDUBON
WEDNESDAY, AUGUST 28 10:30—11:30 AM
Zoom

Drumlin Farm Wildlife Sanctuary
From fields and field edges filled with milkweed, asters, and goldenrods to wetlands with carnivorous pitcher plants and cardinal flowers. Learn virtually how these organisms interact and their importance in the ecosystems we live in.

Register for Wildflowers & Insects at the Zoom link here

Led by Tia Pinney, a Biologist, Lead Naturalist, and educator at Mass Audubon's Drumlin Farm Wildlife Sanctuary in Lincoln. Since 1994, when she first started working at the farm, Tia has overseen efforts to maintain New England's wildlife on our 206-acre property, managing staff and volunteers in planting projects and citizen science.

Put on in conjunction with Tewksbury Public Library.

COOKBOOK CLUB

WEDNESDAY, AUGUST 28 6:30—7:30 PM
Milhender Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
Cookbook Club

Join us for our cookbook club!

We'll all cook a different recipe from one cookbook and then bring the dishes in to share and discuss, potluck-style, every OTHER 4th Wednesday of the month (our next meeting will be in October)!

Register as usual.

Pick up and check out a copy of the cookbook from the Holds shelf.

Reserve the recipe you'd like to cook by emailing programming@haverhillpl.org.

Reserved recipes will be listed here.

You can cook anything from the book except alcoholic recipes (beverages, etc.).

Space is limited.

We will provide plates, eating utensils, and napkins (feel free to bring as well). Please bring serving utensils.

We cannot reheat or warm anything at the library.

August 2024 Details

We'll meet Wednesday, August 28th from 6:30-7:30pm.

Our cookbook will be Ottolenghi Test Kitchen Shelf Love by Noor Murad.

Reserved Recipes

Charred Tomatoes, Onions, and Peppers with Feta and Harissa Pine Nuts, p. 128

Thursday, August 29

VIRTUAL ART TALK: DOWNEAST CONNEC-

TIONS: ARTISTS INSPIRED BY MAINE
THURSDAY, AUGUST 29 7:00—8:00 PM
Zoom

Join us each month to explore and appreciate different artists or artistic movements with Jane Oneail!

Registration is required; register via Zoom by clicking here.

This program is presented in conjunction with the public libraries of Chelmsford, Groton, and Tewksbury and funded in part by the Friends of the Amesbury Public Library.

August's Talk: Maine's remote, rocky shoreline has been a beacon to American artists for generations. This program will survey the work of some of the most celebrated artists inspired by the state's distinct landscape and way of life. The program features work by artists including Winslow Homer, Andrew Wyeth, and Ashley Bryan.

Image: Frank Weston Benson, Calm Morning, 1904. Museum of Fine Arts, Boston.

About the Presenter: Jane Oneail (pronounced OH-neel) is the founder of Culturally Curious, a company that curates and presents art appreciation programs for audiences worldwide. Jane holds a master's in Art History from Boston University and a master's in Education from Harvard University. Born and raised in NH, she has worked at some of the state's most esteemed

cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator. Jane has also taught at the college level for more than a decade, most recently at Southern New Hampshire University. For more information visit the Culturally Curious website.

Friday, August 30

FRIDAY FLICKS

FRIDAY, AUGUST 30 10:00 AM—12:00 PM
Johnson Auditorium Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
Friday Flicks

Join us Friday mornings for a movie! To mark our August summer concert series (Thursdays 8/8, 8/15, & 8/22), this month we are featuring movies that celebrate the joy of music! Today we watch Coco (2017).
No Registration Required

Please send any events you would like considered for the Calendar of Events to Editor@merrimackvalleyactivelife.com

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Present ...

HYE KEF S
A Five Hour Dance featuring

BRUCE GHARIBIAN JOHN BERBERIAN LEVIN JANIGIAN BOB RAPHAELIAN JAMUN NARAYAN

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6:30PM - MIDNIGHT

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Ticket Price of \$55. Includes Dance and Individual Mezze Platters
Coffee & Dessert to Follow + Cash Bar
Tables of 8 - \$425.00 (Single Check, Please).

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St. Gregory Armenian Apostolic Church of N. Andover
The Armenian Apostolic Church at Hye Pointe, Haverhill
Sts. Vartanants Armenian Apostolic Church of Chelmsford
Ararat Armenian Congregational Church of Salem, NH

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