

Merrimack Valley 50+

February
2025

Active *Life*

**"Hope Springs
Eternal"**

**6 Doctor
Approved New
Year's Resolutions**

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

Free

www.merrimackvalleyactivelife.com

Merrimack Valley 50+ Active Life

February 2025

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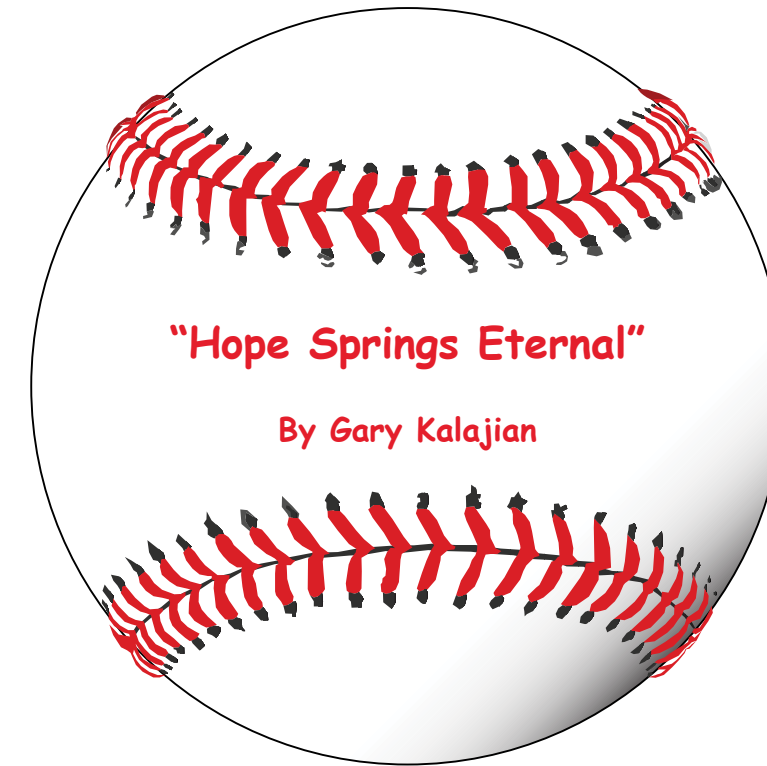
Merrimack Valley 50+
Active Life

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"Hope springs eternal." That saying is often equated with hoping for what you wish for, no matter what the circumstances or the situation. It might also be used when we start thinking spring thoughts, while we are inundated with snow and the adversity of winter. And taking it one step further, some of us, like me, are projecting ahead for the start of baseball season. Invariably we connect hope with the Red Sox because of the long history of this team and the length of time we waited for a championship. Most will recall the eighty-six-year gap in between championships when the Sox finally won it in 2004. After all, they beat the mighty New York Yankees after being down three games to none and then went on to seal the deal in the World Series. Wow! Does it get any better than that?

What does it mean to be a Red Sox fan in Boston? Our expectations are always high because we are Sox fans. We expect the team to go out and acquire championship caliber players. We are vocal when the team wins and when it loses. We voice our opinion at the ticket box office and in the stands, win or lose. As long as we know that the owners and the general managers have a plan and are willing to trade for quality players and acquire free agents, we will be happy. If we know that the

team is not doing enough to keep up with the Yankees, we will strongly voice our opinions. Being a Boston Red Sox fan carries a certain distinction. You must be all in and give everything you have for this team. It is a badge of honor that we do not take lightly because we have history in Boston that demands it.

What will this team do this year after a dry spell of being out of the playoffs for several years? Quality pitching depth is always first and foremost the recipe for winning games and getting to the playoffs. Did we do enough in the off-season is typically the question being asked prior to the season opener. Craig Breslow, the general manager, made some trades and free agent signings to strengthen the pitching staff. The biggest trade was acquiring left-handed pitcher Garrett Crochet from the Chicago White Sox in exchange for Red Sox minor league prospects. Crochet is projected to be a strong addition to the starting pitching staff and he is only twenty-five years old. The Sox gave up potential young minor leaguers, but that is the risk you have to take when you need to strengthen the staff. Breslow made some additional moves to acquire more pitching, including obtaining starter Walker Buehler from the World Champion Los Angeles Dodgers. I

think that is a good move. You can never have enough pitching. We are still waiting for the big right-handed bat that is needed in the line-up. Take note Craig. Free-agent Alex Bregman is still out there and available to acquire.

Now that we have analyzed the off-season moves, what's next? One of the traditions associated with Red Sox spring training is the equipment truck being loaded with baseball gear, all set to depart to Fort Myers, Florida for the start of spring training. It's like a religious experience in Boston as we dream of warm weather to come and the beginning of baseball. The sportscasters on television news programs make a big deal about this event as can only happen in this town. It is clearly a rite of passage to connect all of these baseball events with the start of spring. Go ahead and dream, it's perfectly okay. After all, we are still in the middle of winter and we need a diversion. There is indeed history with our beloved Sox and this is a good time to look ahead and feel great about the season.

How crazy are we in Boston? We wait for an equipment truck filled with baseball gear to depart Fenway Park and head to Florida. We are glued to the sports news for the latest announcements on Red Sox free agent

signings and trades. Discussions abound and arguments invariably ensue all around Boston and beyond. Did the management do enough and is there still time to improve the team? All this takes place while snow is still falling and we are shoveling our driveways and sidewalks. Yes, call us crazy, but we are Red Sox fans after all. This is what we do. Rational descriptions cannot describe our behavior.

Alexander Pope, essayist and poet, wrote that "Hope springs eternal in the human breast." We can only wonder if Pope were around today, would he have equated his famous lines of poetry to the Boston Red Sox? Whether he would or not, this line goes a long way to describe Boston Red Sox fans and our long history of disappointment, finally culminating in winning it all. It was well worth the wait and always will be!

Photo by Gary Kalajian

6 Doctor-Approved New Year's Resolutions for Better Health in 2025

(BPT) - As we turn the page to a new year, many of us are writing our list of resolutions. While grand goals like "lose weight" or "eat healthier" often take center stage, these can quickly feel like a mountain too steep to climb, leaving many of us overwhelmed before we even begin. This year, it's time to flip the script on those common lofty resolutions and, instead, prioritize small, purposeful changes that can offer real and tangible health benefits.

Dr. Vontrelle Roundtree, family practitioner and Associate Chief Medical Officer from MD Live by Evernorth, weighed in with six health resolutions for the new year, designed to be simple, actionable tips that can make a meaningful impact on your well-being.

1. Take your sick days seriously

We've all been there—pushing through

work or errands despite feeling under the weather. However, ignoring your body's signals can backfire, prolonging recovery and increasing the risk of health complications. In fact, studies have found that a lack of rest can affect how fast you recover when you get sick. So, in 2025, take the time to prioritize healing over hustle.

Doctor's orders: "Resting when you're ill helps your immune system work more effectively and reduces the spread of infections to colleagues or loved ones," says Dr. Vontrelle Roundtree. "Taking sick days is essential to protecting your health and those around you."

2. Schedule (and keep) your annual checkup

Your yearly checkup is a key part of preventive health, yet many people

skip it unless they're feeling sick. Routine exams can identify potential health problems early, leading to better outcomes in the long run.

Doctor's orders: "An annual physical isn't just a box to check," explains Dr. Roundtree. "It's an opportunity for your doctor to spot potential issues in your health, like rising blood pressure or early signs of chronic conditions, that might otherwise go unnoticed."

3. Trust your 'ill-tuition'

Your body has a way of signaling when something's off with your health - also known as your "ill-tuition" - but all too often people ignore those early signs and delay seeking care.

Doctor's orders: "Many patients dismiss symptoms until they become unmanageable," Dr. Roundtree explains. "However, delaying care can lead to a worsening of symptoms. Trusting your ill-tuition and acting on it early can make all the difference for a timely diagnosis and treatment."

4. Make mental health non-negotiable

Mental health often takes a backseat to physical wellness, but the two are deeply interconnected. Research suggests that untreated mental health issues, such as anxiety or depression, can lead to physical symptoms like chronic fatigue, digestive problems, and even an increased risk of heart disease.

Doctor's orders: "Unaddressed mental health issues can have a ripple effect on your overall well-being," says Dr. Roundtree. "Simple practices like mindfulness, journaling, or regular therapy sessions can significantly improve your resilience and reduce stress levels."

5. Expand your social circle

Loneliness doesn't just take an emotional toll; it's a documented health risk. According to recent studies,

chronic loneliness can increase the risk of heart disease, stroke, and dementia, among other health concerns. A robust social network, on the other hand, can reduce stress, promote healthier behaviors and even increase lifespan.

Doctor's orders: "Humans thrive on connection," Dr. Roundtree expressed. "Joining a group, reconnecting with old friends, or simply scheduling regular social activities can provide a meaningful boost to your health."

6. Learn your family's medical history

Taking the time to understand your family's health history can offer critical insights into your own health. These insights can help your doctor take proactive measures if necessary, such as earlier screenings for potential hereditary conditions.

Doctor's orders: "Start the conversation at your next family gathering," suggests Dr. Roundtree. "Knowing whether conditions like diabetes, heart disease, or certain cancers run in your family can help make a powerful difference for early detection and prevention."

Prioritizing your health in 2025 doesn't require a complete overhaul of your lifestyle. And, when you find yourself in need of care or other support from a healthcare provider, virtual care can make it easier and more convenient to get help. Many consumers already have access to virtual care services like MD Live by Evernorth through their health insurance. As your new health benefits take effect this year, check with your health insurance provider to see what virtual care services are available to support your 2025 health resolutions.



February



Saturday, February 1
SEARCH FOR IT! GETTING THE MOST OUT OF GOOGLE
SATURDAY, FEBRUARY 1 2:00—3:00 PM
Great Hall Nevins Library 305 Broadway, Methuen, MA, 01844
Search For It
Join us in person to learn how to use some of the advanced search tools that Google and other search engines have. By the end of the session you'll be able to find what you're looking for even when you think it can't be found.
Please Register

LET'S GET REAL: A YEARLONG NON-FICTION READING CHALLENGE FOR ADULTS
SATURDAY, FEBRUARY 1 ALL DAY
Adults, explore the library's non-fiction collection throughout the year and earn prizes! Join anytime, January-December 2025.
How it works:
Register in Beanstack (online or in their app).
Log the minutes you spend reading or listening to any non-fiction book or audiobook.

Earn badges and virtual raffle tickets for every 4 hours of non-fiction reading/listening you log and for completing related activities.
For each month of the challenge in which you earn at least one badge, you'll be notified to come to the library to select a small reward.

We'll also have a quarterly prize basket that you can enter your virtual raffle tickets for.
QUESTIONS ABOUT REGISTRATION?
Contact the Reference Desk, 978-388-8148, option 2 / reference@amesburylibrary.org
QUESTIONS ABOUT THE PROGRAM? Contact Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607
FUNDING CREDIT: Thank you to the Friends of the Amesbury Public Library, Mel's Records, Tropical Smoothie Cafe, and Heav'nly Donuts for donating prizes for this reading challenge!
Sign up for our e-newsletter and be among the first to learn about all of our programs and events.
Register in Beanstack

Tuesday, February 4
MAH JONGG
TUESDAY, FEBRUARY 4 1:00—3:00 PM

Garden Room 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. Scoring cards can be purchased HERE from the National Mah Jongg League.
No Registration Required

CLASSIC MATINEES
TUESDAY, FEBRUARY 4 10:00 AM—12:45
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Classic Matinees: Black History Month
Join us every Tuesday morning in February for a movie showing the Black experience in the US. Today we watch *Amistad* (1997) starring Djimon Hounsou and Matthew McConaughey. Rated R
No Registration Required

Wednesday, February 5
ADULT SCRABBLE CLUB
WEDNESDAY, FEBRUARY 5 6:30—8:30 PM
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844
Attention wordsmiths! The Nevins Library Adult Scrabble Club is back for another round of wordplay. Join us for a fun night of scrabble. All competition levels are welcome.
The Adult Scrabble Club will meet every other Wednesday in the Trustees Room from 6:30-8:30pm.
Let the Games begin!
No Registration Required

COMMUNITY OF STITCHERS
WEDNESDAY, FEBRUARY 5 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!
No Registration Required

FIBER ARTS GROUP
WEDNESDAY, FEBRUARY 5 6:30—8:00 PM
Milhendler Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Fiber Arts Group
Calling all fiber artists! Bring your current project(s) of knitting, crocheting, hand stitching, hand quilting, and embroidery, or whatever else, to work on in the company of other fiber arts enthusiasts! Instruction is not offered at this event but fellow attendees are always happy to offer advice when they can.
No registration needed. Drop in at any point during the 90-minute block!
No Registration Required

NEXT CHAPTER BOOK GROUP (IN PERSON)
WEDNESDAY, FEBRUARY 5 2:00—3:00 PM
Senior Community Center 331 High Street, Newburyport, MA, 01950
Next Chapter Book Group (IN PERSON)
The Next Chapter Book Group invites you to join our monthly book discussion on the first Wednesday of the month at 2pm. We will be meeting at the Senior Community Center. This meeting will be held in the Boardroom. Registration is not required, and masks are optional.
This month's title is "The Henna Artist" by Alka Joshi.

"Escaping from an abusive marriage, seventeen-year-old Lakshmi makes her way alone to the vibrant 1950s pink city of Jaipur. There she becomes the most highly requested henna artist—and confidante—to the wealthy women of the upper class. But trusted with the secrets of the wealthy, she can never reveal her own...
Known for her original designs and sage advice, Lakshmi must tread carefully to avoid the jealous gossips who could ruin her reputation and her livelihood. As she pursues her dream of an independent life, she is startled one day when she is confronted by her husband, who has tracked her down these many years later with a high-spirited young girl in tow—a sister Lakshmi never knew she had. Suddenly the

caution that she has carefully cultivated as protection is threatened. Still she perseveres, applying her talents and lifting up those that surround her as she does."
—Goodreads
The Henna Artist
Books are available for request via the library catalog. Click [HERE](#) to put a copy on hold. Email programs@newburyportpl.org or call 978-465-4428 x2 if you have any questions, or to have a librarian put the book on hold for you.
No Registration Required

MOVIE MATINEE "VENOM: THE LAST DANCE" (IN PERSON)
WEDNESDAY, FEBRUARY 5 2:30—4:30 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA
Venom the Last Dance
Join us for our Movie Matinees on Wednesday afternoons.
This week we will be screening "Venom: The Last Dance" (2024, PG-13) starring Tom Hardy, Chiwetel Ejiofor, and Juno Temple at 2:30 pm.

Run time 1 hour 50 minutes.
"Eddie Brock and Venom must make a devastating decision as they're pursued by a mysterious military man and alien monsters from Venom's home world."
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. The Library has assistive listening technology for individuals with reduced ranges of hearing that sends sound directly to a hearing device. Contact the library at 978-465-4428 ext. 2 before the program to learn more about this and other assistive technology options. 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!
No Registration Required

Thursday, February 6
THURSDAY EVENING BOOK DISCUSSION GROUP
THURSDAY, FEBRUARY 6 7:00—9:00 PM
Garden Room Nevins Library 305 Broadway, Methuen, MA, 01844

The Stone Diaries by Carol Shields
Fall Series: A Hundred Years of the Pulitzer Prize: Part Two

Let's explore some of the most lauded American books. The Pulitzer Prizes were established just after the First World War, and while our tastes have changed, and the prizes have evolved, do the prize winners stand the test of time? We will read one title from each decade of the 20th and early 21st centuries. This series will conclude in Fall 2024.

February's book is: 1995 Pulitzer Prize: The Stone Diaries by Carol Shields
One of the most successful and acclaimed novels of our time, this fictionalized autobiography of Daisy Goodwill Flett is a subtle but affecting portrait of an everywoman reflecting on an unconventional life. You may pick up books at the Main Desk (one month prior to their discussion) any time the Library is open. Some books are available as downloadable e-books, or in Large Print or Audio. If you wish to join this Book Group you may attend any meeting. To confirm dates, book selections, or for more information call the Library at 978-

686-4080 ext. 10.
No Registration Required

GAME NIGHT
THURSDAY, FEBRUARY 6 5:30—8:30 PM
Milhender Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
Game Night

Join us Thursdays for a night of board games at the Haverhill Public Library! Strategy games, abstract games, filler games, complex and non complex alike, come and try out whatever you like. Feel free to bring your own games! All experience levels are welcome.
No Registration Required

HOW TO START SEEDS WITH THE HAVERHILL GARDEN CLUB!
THURSDAY, FEBRUARY 6 6:30—8:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Informational seed starting program with the Haverhill Garden Club.

Want to get an early start on gardening? Join the Haverhill Garden Club for this informational presentation! Gardening ex-

perts Jane Langlais and Dustin MacIver will demonstrate best techniques for starting plants from seed indoors!
No Registration Required

Saturday, February 8
ON SCREEN: AMERICAN FICTION (2023)
SATURDAY, FEBRUARY 8 2:00—4:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Movie cover of American Fiction.

Jeffrey Wright stars as Monk, a novelist who is frustrated with the publishing industry profiting from "Black" entertainment that relies on tired and offensive stereotypes. To prove his point, Monk crafts an outlandish "Black" book of his own, a book that takes him on hilarious and thought-provoking journey he did not foresee. Starring Sterling K. Brown, Issa Rae, Erika Alexander, and Adam Brody.
Rated R.
No Registration Required

Monday, February 10
STRANGER THAN FICTION BOOK GROUP
MONDAY, FEBRUARY 10 7:00—9:00 PM
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844
Zoom
UFO by Garrett M. Graff

Stranger than Fiction is a book club specifically for those who enjoy reading Non-Fiction. New members are always welcome!! February's Book is UFO: The Inside Story of the US Government's Search For Alien Life Here—and Out There by Garrett M. Graff
This thrilling story of science, the Cold War, Nazi research, atomic anxieties, secret spy planes and the space race draws on original archival research, declassified documents and interviews to present a narrative history of humanity's hunt for alien life, including the military and CIA's secret, decades-long quest to study UFOs. Books will be available for pick-up at the Main Desk by the middle of the previous month.

If you have any questions please call Tatjana Saccio at 978-686-4080 x12 or email her at tsaccio@nevinslibrary.org
No Registration Required

Tuesday, February 11
WORDS BOOK GROUP
TUESDAY, FEBRUARY 11 7:00—8:30 PM
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844
This book group focuses on authors and stories that explore diverse and underrepresented voices and experiences.

This month we are discussing "Knife River" by Justine Champine.
A little about the book:
When Jess was thirteen her mother went for a walk and never returned. Jess and her older sister Liz never found out what happened. Instead, they did what they hoped their mother would do: survive. As soon as she was old enough, Jess fled their

small town of Knife River, wandering from girlfriend to girlfriend like a ghost in her own life, aimless in her attempts to outrun grief and confusion. But one morning fifteen years later she gets the call she's been bracing herself for: Her mother's remains have been found.

New members are always welcome. Books are available at the Main Desk for one month before the meeting.
No Registration Required

CLASSIC MATINEES
TUESDAY, FEBRUARY 11 11:00 AM—1:30 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Classic Matinees: Black History Month
Join us every Tuesday morning in February for a movie showing the Black experience in the US. Today we watch Malcolm X (1992) starring Denzel Washington and Angela Bassett.
No Registration Required

6-WEEK WRITING GROUP: WRITING TOWARDS SPRING
TUESDAY, FEBRUARY 11 11:00 AM—12:00 PM
Amesbury Room Amesbury Public Library 149 Main St., Amesbury, MA, 01913
Adults, join instructor Kathy Nollet for this 6-week series to write essays and stories inspired by new perspectives and the natural world as we anticipate spring. Whatever your ability and previous experience, there is a place for you in this group.

Registration is required and is for all six weeks of the program. Attendance at all sessions is strongly encouraged but later registrations are welcome.
Kathleen M. Nollet, PhD, is an educator and writer who has taught writing to adults for over 20 years.

QUESTIONS ABOUT REGISTRATION?
Contact the Reference Desk, 978-388-8148, option 2 / reference@amesburylibrary.org
QUESTIONS ABOUT THE PROGRAM? Contact Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607

FUNDING CREDIT: Thank you to the Friends of the Amesbury Public Library for funding this series!
Sign up for our e-newsletter and be among the first to learn about all of our programs and events.

Wednesday, February 12
CIVIL WAR ROUNDTABLE OF THE MERRIMACK, FEBRUARY MEETING
Wednesday, February 12 7:30 PM
Hilton Senior Center, 43 Lafayette Road, Salisbury, MA

This month's meeting will feature two brief talks by Roundtable members.
"How Joshua Chamberlain Faced Down an Insurrection at the Maine State Capitol in 1880" and
"The Role of the U.S. Marines in the Civil War"
Joshua Chamberlain is most remembered for his heroic actions at Little Round Top

during the Battle of Gettysburg, but his leadership during twelve days in January of 1880 calming all factions in a disputed election may have been an even greater example of courage.

The February meeting will also include the annual election of officers and collection of dues. All are welcome to attend free of charge, but only members may vote in the election.

Friday, February 14
HAPPY VALENTINE'S DAY!

Saturday, February 15
ADULT COLORING CLUB
SATURDAY, FEBRUARY 15 2:00—3:30 PM
Milhender Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Relax, have some snacks, and color away the day with some coloring sheets. You are also welcome to bring your own drawing and coloring projects! This program is for adults.
No Registration Required

Tuesday, February 18
READERS ROUNDTABLE
TUESDAY, FEBRUARY 18 5:30—6:30 PM
Program Room Newburyport Public Li-

brary, 94 State Street, Newburyport, MA
Readers Roundtable
Join us for a casual and fun conversation to find your next great read! The library will offer book suggestions and teach you how to use some of our favorite recommendation tools. We would love to hear about your favorite books too! No need to prepare a review in advance of this informal discussion. We hope to see you there!
February's theme is...
Romance!

What are some of your favorite romance novels? Your favorite romance tropes? Or even just your favorite romances within a novel. We want to hear your thoughts!
No Registration Required

Wednesday, February 19
PAGE TURNERS BOOK CLUB - PM SESSION
WEDNESDAY, FEBRUARY 19 6:30—7:45 PM
Amesbury Room Amesbury Public Library 149 Main St., Amesbury, MA, 01913
Page Turners Book Club.
Join us For An In-Person Discussion of Nickel Boys by Colson Whitehead. In this bravura follow-up to the Pulitzer Prize, and National Book Award-winning The Underground Railroad, Colson Whitehead brilliantly dramatizes another strand of

American history through the story of two boys sentenced to a hellish reform school in Jim Crow-era Florida.

Pre-registration is required. Registration will open on the morning of January 16.
Waitlist will be available.
NOTE: Participants will be notified when the book is available at the library to check out upon completion of registration
LIBRARY CONTACT: Jodie Blouin (jblouin@amesburylibrary.org or 978-388-8148 extension 610)

Thursday, February 20
FOREVER YOUNGISH BOOK CLUB
THURSDAY, FEBRUARY 20 7:00—9:00 PM
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844
She is a Haunting by Trang Thanh Tran
This book group is for adults who enjoy reading and talking about young adult literature.

This month we will be reading She is a Haunting by Trang Thanh Tran
Seventeen-year-old bisexual Jade Nguyen is spending the summer in Vietnam at the French colonial house her estranged father is fixing up as a vacation rental, but unbeknownst to her family, the house and its ghosts have other plans.

The book can be picked up at the Main Desk.
No Registration Required

FRAUD PREVENTION WITH THE METHUEN POLICE DEPARTMENT
THURSDAY, FEBRUARY 20 6:30—7:30 PM
Garden Room Nevins Library 305 Broadway, Methuen, MA, 01844
Fraud Prevention with the MPD
Join us as Officer May from the Methuen Police Department discusses different types of fraud and the best ways to prevent yourself from being a victim.
Protect yourself, educate yourself, don't become a victim!
Please Register

Presented in collaboration with the Methuen Police Department and NESCCredit Union.
PAGE TURNERS BOOK CLUB - AM SESSION
THURSDAY, FEBRUARY 20 10:00—11:15 AM
Amesbury Room Amesbury Public Library 149 Main St., Amesbury, MA, 01913
Page Turners Book Club.
Join us For An In-Person Discussion of Nickel Boys by Colson Whitehead. In this bravura follow-up to the Pulitzer Prize, and National Book Award-winning The

THE NEW MOON COFFEEHOUSE
Universalist Unitarian Church
16 Ashland St. (rtes 110 and 125)
Haverhill MA. 01830

REVEREND ROBERT B. JONES, SR.

A pastor, a songwriter, a storyteller, a multi-instrumentalist, an award-winning educator with an encyclopedic knowledge of the history of African American folk music; that is the Reverend Robert B. Jones, Sr. He performs at the New Moon Coffeehouse on Saturday February 15th at 7:30 pm. The coffeehouse is in the Universalist Unitarian Church back door, 16 Ashland St, Haverhill MA. Admission to the show is \$25; \$15 for those ages 21 and under. Cash only. Tickets for this show are available at the door starting around 6:30; doors open at 7:00. Tickets may be reserved prior to the show by visiting www.newmooncoffeehouse.org.


Jones is a champion of American Roots music. He hails from Detroit bringing his famous mix of blues, personal stories and even a bit of music history "As much as I love this music for the way that it sounds, I love, even more, what this music can do. At its best, Roots music tells the truth, and it gives a voice to those who struggle to be heard otherwise. I am an activist, and I try to use my stories and music, not just for entertainment, but in service to my calling and my community and to connect the generations that I am blessed to live between," says Jones.

The New Moon Coffeehouse is a nonprofit, an all-volunteer organization dedicated to supporting and enjoying the creative talents of acoustic performers. The venue is handicap accessible. And there is plenty of free parking around the church. Before the show, and during the intermission, delicious homemade desserts and hot and cold non-alcohol beverages are available for sale. Audience members also can buy merchandise from the artists and usually meet them in person. For more info, go to the NM website or call 617-327-0542. Do not call the church.

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




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209 South Broadway, Lawrence, Massachusetts 01843

Underground Railroad, Colson Whitehead brilliantly dramatizes another strand of American history through the story of two boys sentenced to a hellish reform school in Jim Crow-era Florida.

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LIBRARY CONTACT: Jodie Blouin (jblouin@amesburylibrary.org or 978-388-8148 extension 610)

CLASSICS BOOK GROUP (IN PERSON)
THURSDAY, FEBRUARY 20 3:00—4:00 PM
Director's Room Newburyport Public Library, 94 State Street, Newburyport, MA
Classics Book Group Logo

Join NPL's newly formed Classics Book Group! This group meets in-person from 3-4 PM on the third Thursday of every month in the Director's Room. Please call 978-465-4428 x2 if you have any questions or would like to have a librarian put the book on hold for you.

For the month of February, we will be discussing "The Rise of Silas Lapham" by William Dean Howells.

"William Dean Howells' richly humorous characterization of a self-made millionaire in Boston society provides a paradigm of American culture in the Gilded Age. After establishing a fortune in the paint business, Silas Lapham moves his family from their Vermont farm to the city of Boston, where they awkwardly attempt to break into Brahmin society." --Goodreads

Please Register

Saturday, February 22

HPL READ ANYTHING CLUB
SATURDAY, FEBRUARY 22 10:00—11:30 AM
Milhendler Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
HPL Read Anything Club

Join the HPL Read Anything Club!
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 February book will be "America the Beautiful?" by Blythe Roberson.

No Registration Required

Tuesday, February 25

CLASSIC MATINEES
TUESDAY, FEBRUARY 25 10:00 AM—12:00
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Classic Matinees: Black History Month
Join us every Tuesday morning in February

for a movie showing the Black experience in the US. Today we watch Judas and the Black Messiah (2021) starring Lakeith Stanfield and Daniel Kaluuya. Rated R
No Registration Required

NEVER FORGET A NAME

TUESDAY, FEBRUARY 25 6:00—8:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Remembering names no longer needs to be left to chance. It is a skill you can learn. You will have surprising results, right in the training, and with additional practice, you may never again forget a name. Learn from Neil Kutzen, the most prominent and successful memory trainer in New England for the last decade. Neil will use two principles to help you learn: 1. pictures are easier to remember than words, and 2. silly pictures are easier to remember than serious ones. Visit memorizebest.com to learn more about Neil and see a portion of the actual training. Registration for this event opens Saturday, February 1 at 9:00 AM.

Wednesday, February 26

MOVIE MATINEE "FROM EMBERS"
(IN PERSON)
WEDNESDAY, FEBRUARY 26 2:30—4:30 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA
From Embers

Join us for our Movie Matinees on Wednesday afternoons.

This week we will be screening "From Embers" (2024) starring Kara Wang, Matthew Morrison, Kayla Bohan at 2:30 pm.

Run time 1 hour 39 minutes.

"After her husband dies in a lab fire, a widowed mother of an autistic son must try to piece her life together while uncovering what really happened on that fateful night."

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. The Library has assistive listening technology for individuals with reduced ranges of hearing that sends sound directly to a hearing device. Contact the library at 978 465-4428 ext. 2 before the program to learn more about this and other assistive technology options. 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!

No Registration Required

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

SIGN UP BY FEBRUARY 21 FOR HOSPICE VOLUNTEER TRAINING

Care Dimensions is accepting applications for its next online hospice volunteer training classes until February 21.

Options for volunteering with patients include:

- Engaging in a shared interest or hobby
- Helping with letter-writing or life review
- Visiting with your approved dog
- Reading to the patient
- Listening and by providing a supportive, comforting presence

If patient visits are not the right fit, you can volunteer in other ways, such as providing administrative office support or making check-in phone calls to current patients or bereaved family members.

Training will be held via Zoom on Mondays and Wednesdays, 9 – 11 a.m., March 3 – 26 (register by February 21). For more information or to register, please go to www.CareDimensions.org/Volunteers, or email Volunteer-Info@CareDimensions.org.

Please visit www.CareDimensions.org to learn more about Care Dimensions.

AGING MATTERS FOR SENIORS

The Salem Council on Aging is pleased to announce its new informational series to address 'Aging Matters' affecting Seniors.

The premiere session, General Health Awareness, will discuss such topics as how to identify and react to signs of a stroke, cardiac arrest or influenza. Presented by Doug Devine, Director of Salem Fire Department's Emergency Medical Services, this forum will be conducted in an informal coffee and conversation format.

Aging Matters will be held Thursday, February 13, 2025 from 10-11:30am at Millville Arms Community Center, 44 Millville St, Salem, NH. The event is free to attend, with coffee, pastry, and socializing to be enjoyed. It is open to the public to attend. Please RSVP by calling (603) 898-2850.

The Salem Council on Aging (SCOA) is proud to sponsor this event. SCOA's mission is to promote, develop and reinforce programs and facilities which support and enhance the health, well-being, dignity and independence of our Senior Citizens of Salem, NH. If you need information or help, please email us at admin@salemnhcoa.org

Watch for the future topics of this monthly forum to be held the 2nd Thursday of every month or to learn more about the Salem Council on Aging visit our website: www.salemnhcoa.org