

Merrimack Valley 50+

March
2024

Active *Life*

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

**Four Questions
To Ask About
Electric Cars**

Free


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Merrimack Valley 50+ *Active Life*

March 2024


Columns & Departments

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EXHAUSTED YOUR TREATMENT OPTIONS?**

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St. Patrick's Day Concert With Killeeshil

Enjoy singing along



Have fun tapping
your toes



Please Register on
Eventbrite



Space is limited, so
arrive early.
Doors open at 6 PM.

A magical evening
with Traditional Irish Music!

Friday, March 22, 2024, at 6:30 PM
Merrimac Public Library
86 WEST MAIN ST., MERRIMAC MA

**Enjoy an evening of free music for all ages
and complimentary refreshments.**

4 Questions To Ask Before Going Electric



(BPT) - The “electric vehicle (EV) boom” is upon us. Americans purchased nearly 300,000 EVs in the second quarter of this year, over 48% more than in 2022. To drive the trend even further, new data from Hankook Tire’s Gauge Index survey suggests that more than 1 in 3 drivers (34%) plan to own or lease a hybrid or EV in the future.

But purchasing an EV is an entirely different ballgame compared to purchasing a traditional gas-powered or internal combustion engine (ICE) vehicle. The unique characteristics of EV ownership mean that first-time buyers should ask specific questions of their car dealers and of themselves before making the switch.

If you are thinking about purchasing an EV for the first time, here are some questions to consider to make a smart purchasing decision:

1. What is the long-term cost?

The initial price on the sticker doesn’t cover everything for any vehicle, and the same is true for EVs. Drivers must consider the cost of maintenance, insurance and, of course, fueling up. However, the cost difference to charge an EV is an incentive for many car shoppers. Hankook found that 24% of drivers are most likely to switch to an EV for a lower cost to charge rather than pumping gas.

2. What type of maintenance will my EV need?

The general consensus among drivers is that EVs require less maintenance than their ICE counterparts, but understanding what is needed to keep the vehicle running at peak performance is still key. While there’s no oil to change in your EV, brakes, fluids and various air filters will still need to be maintained over the course of your vehicle’s life. As a new EV owner, it is important to be aware of the maintenance needs.

3. What tires come on my EV?

Did you know that there are tires specifically made for EVs? EV tires are created with the change in road noise and increased weight of the vehicle in mind. If the tires on your vehicle are not EV-specific, consider purchasing new ones through rebates and other tire sale opportunities. And don’t forget to consider tire qualities that are important to both yourself and your driving habits. The Gauge identified performance (14%), safety (14%) and longevity (14%) as the top considerations for EV drivers when purchasing a new set of tires.

4. What does my local charging infrastructure look like?

Charging stations continue to pop up across the U.S., but is there a charging

station convenient to your daily life? Hankook found that 30% of drivers are more likely to consider driving an EV if there were more charging stations near where they work or live. Knowing where the most convenient stations are will make the transition to charging even easier.

There are many questions that new EV buyers should ask before making

the shift, but thinking strategically and asking questions about factors that may impact you in the long run will set you up well for an electrified future.

Merrimack Valley Calendar of Events

March

Friday, March 1

FRIDAY FLICKS

FRIDAY, MARCH 1 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! In honor of Women’s History Month, this month we are showing movies featuring impressive women! Today we watch A League of Their Own (1992), starring Geena Davis. No Registration Required

FIBER ARTS GROUP

WEDNESDAY, MARCH 6 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

Wednesday, March 6

Community of Stitchers

WEDNESDAY, MARCH 6 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, crotchet 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!

NEXT CHAPTER BOOK GROUP (IN PERSON)

WEDNESDAY, MARCH 6 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 Woman With the Cure by Lynn Cullen.

“In 1940s and ‘50s America, polio is as dreaded as the atomic bomb. No one’s life is untouched by this disease that kills or paralyzes its victims, particularly children. Outbreaks of the virus across the country regularly put American cities in lockdown. Some of the world’s best minds are engaged in the race to find a vaccine. The man who succeeds will be a god.

But Dorothy Horstmann is not focused on beating her colleagues to the vaccine. She just wants the world to have a cure. Applying the same determination that lifted her from a humble background as the daughter of immigrants, to becoming a doctor—often the only woman in the room—she hunts down the monster where it lurks: in the blood.

This discovery of hers, and an error by a competitor, catapults her closest colleague to a lead in the race. When his chance to win comes on a worldwide scale, she is asked to sink or validate his vaccine—and to decide what is forgivable, and how much should be sacrificed, in pursuit of the cure.”

Books are available for request via the library catalog. Email programs@newburyportpl.org or call 978-465-4428 x242 if you have any questions, or to have a librarian put the book on hold for you.
No Registration Required

MOVIE MATINEE: “THE MARVELS” (IN-PERSON)

WEDNESDAY, MARCH 6 2:30—4:30 PM
Program Room Newburyport Public Library
94 State Street, Newburyport, MA
Movie Matinee: “The Marvels” (IN-PERSON)
Join us for our Movie Matinees on Wednesday afternoons.

This week we will be screening “The Marvels” (PG-13) starring Brie Larson, Teyonah Parris, and Iman Vellani at 2:30 pm.

Run time 1 hour 45 minutes.
“Carol Danvers AKA Captain Marvel has reclaimed her identity from the tyrannical Kree and taken revenge on the Supreme Intelligence. But unintended consequences see Carol shouldering the burden of a destabilized universe. When her duties send her to an anomalous wormhole linked to a

Kree revolutionary, her powers become entangled with that of Jersey City super-fan Kamala Khan, aka Ms. Marvel, and Carol’s estranged niece, now S.A.B.E.R. astronaut Captain Monica Rambeau.”

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

Friday, March 8

FRIDAY FLICKS

FRIDAY, MARCH 8 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! In honor of Women’s History Month, this month we are showing movies featuring impressive women! Today we watch Hidden Figures (2016), starring Taraji P. Henson, Octavia Spencer, and Janelle Monáe. No Registration Required

SAORI WEAVING

FRIDAY, MARCH 8 10:00—10:30 AM
Milhendler Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
SAORI Weaving

NOTE: This is the 10:00 - 10:30 timeslot. You can register for other timeslots at haverhillpl.org.

Registration required as space is limited to 5 people per session. 1 timeslot per patron. SAORI weaving is a contemporary improvisational weaving from Japan. It is based on Zen principle of spontaneity and simplicity. There are no mistakes in SAORI. We embrace any accidental issues as “Happy Accidents.” Mihoko Wakabayashi, a Japan native and an owner of SAORI Worcester, the first SAORI studio in the U.S., has taught many people of all ages and abilities in her studio and at a variety of organizations and festivals for over 20 years.

In this 30 min. workshop, you will learn how to weave weft (horizontal thread) with a shuttle on pre-set warp on a floor loom. You may make a small placemat, a table centerpiece, or wall art. No experience necessary. Bring your curiosity, play with your creativity, and enjoy the moment!

If you are not able to use pedals, don’t worry! We have a hand switcher to change a shed. Just let us know when you sign up. Registration for this event opens Friday, March 1 at 9:00 AM.

Sunday, March 10

Asian Art Series: The Goddess: Images of Power

SUNDAY, MARCH 10 2:30—4:00 PM
Spend your Sunday afternoon learning about the arts of Asia from experts at the Asian Art Museum in San Francisco! Each month will focus on a unique topic from this vast, diverse, and ever-evolving continent.

Registration is required; This program will NOT be recorded. This program is presented in conjunction with Groton Public Library.

This month: Explore various cultural and religious manifestations of female deities. STAFF CONTACT: Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148x607

Tuesday, March 12

ART HISTORY GROUP

TUESDAY, MARCH 12 3:00—4:00 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA
Join the monthly Art History Group!
No prior knowledge of art history or the artist of the month is necessary. This group meets in-person on the 2nd Tuesday of the month at 3 PM.

For the month of March, we will review the defining characteristics of Cubism with a focus on the Irish painter, Mainie Jellett (1897–1944). Jellett studied at Dublin Metropolitan School of Art and the Westminster Art School in London, before obtaining apprenticeships in Paris along with fellow Irish artist, Evie Hone. When the two friends returned to Ireland, they experienced considerable push-back against their modernist compositions, as this was a time when Ireland was looking to rekindle its traditions and old heritage. Today, Jellett is widely known as the woman who brought modern art to Ireland.
No Registration Required

Wednesday, March 13

SECOND EDITIONS BOOK CLUB

WEDNESDAY, MARCH 13 2:30—3:30 PM
Costello Center 68 Elm St., Amesbury, MA
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 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 discuss Harlem Shuffle

by Colson Whitehead. Ray Carney is a furniture salesman trying to make a life for himself with only a little grift to help cover costs—until he gets caught up in a cousin's heist scheme. Can Ray avoid getting killed, save his cousin, and grab his share of the big score, all while maintaining his reputation as the go-to source for all your quality home furniture needs?

Need to borrow a copy of the book? Stop by the library to borrow one! 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 next book will also be available for pickup at the Amesbury Public Library after the meeting.

STAFF CONTACT: Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607
Registration Requested: Call COA @ 978-688-8138

MOVIE MATINEE: "WONKA" (IN-PERSON)
WEDNESDAY, MARCH 13 2:30—4:30 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA
Movie Matinee: "Wonka" (IN-PERSON)
Join us for our Movie Matinees on Wednesday afternoons.

This week we will be screening "Wonka" (PG) starring Timothee Chalamet, Gustave Die, and Murray McArthur at 2:30 pm.
Run time 1 hour 56 minutes.

"With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers." 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, March 14
FICTION BOOK GROUP
THURSDAY, MARCH 14 2:00—3:00 PM
Virtual Program Newburyport Public Library, 94 State Street, Newburyport, MA
Fiction Book Group
All are welcome to join NPL's fiction book group! We read a different fiction title every month and meet to discuss it. This month's selection is "The Sympathizer" by Viet Thanh Nguyen.

"A gripping spy novel, an astute exploration of extreme politics, and a moving love story, The Sympathizer explores a life between two worlds and examines the legacy of the Vietnam War in literature, film, and the wars we fight today."
The Sympathizer

Please email info@newburyportpl.org to get your Zoom link.
No Registration Required

Monday, March 18
PAPERCRAFTING AND CARD MAKING
MONDAY, MARCH 18 6:00—7:30 PM
Milhendler Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830

Papercrafting and Card Making
A card making and paper crafting class for beginners as well as those with stamping and papercrafting experience.

We will be creating projects such as multi layered cards, bookmarks and 3-D items, using several techniques including stamping, die cutting, and embossing.
Workshop led by Ruth Tinkham.

Registration for this event opens Friday, March 1 at 9:00 AM

Tuesday, March 19
HISTORY OF WOMEN IN AVIATION AND AEROSPACE (VIRTUAL)
TUESDAY, MARCH 19 6:00—7:00 PM
Virtual Program Newburyport Public Library, 94 State Street, Newburyport, MA
History of Women in Aviation and Aerospace (VIRTUAL)

Join the International Women's Air & Space Museum as we explore the role of women in aviation and aerospace. Participants will learn about their accomplishments, obstacles, and their enduring legacy in all areas of aviation and aerospace. From the first woman to solo a balloon in the 18th century to Bessie Coleman's dream to establish a flight school to the women who briefly called the International Space Station home, this program provides a glimpse into lesser known histories. Sara Fisher is the Executive Director at the International Women's Air & Space Museum. Before coming to the museum, she ran one of only two history-focused AmeriCorps programs in the country. Since 2013, she's worked with more than 40 local history museums in Ohio to better serve their communities, care for their historic collections, develop interactive programming, establish strategic planning, and more. Sara is actively engaged with the Ohio Local History Alliance, American Association for State & Local History (AASLH), and National Council on Public History. In 2018, she served as Impact, Relevance and Engagement Co-Team Lead for the StEPs Enhancement Project, which brought together professionals from across the country to update the StEPs (Standards of Excellence Program) workbook for small to medium size history organizations.

She earned a B.A. in History with a Women & Gender Studies Certificate from Ohio University, and a M.A. in History concentrating in Public History from Wright State University.
Please Register
This program is funded by the Friends of the Newburyport Library.

Wednesday, March 20
Adult Scrabble Club
WEDNESDAY, MARCH 20 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

Thursday, March 21
FOREVER YOUNGISH BOOK CLUB
THURSDAY, MARCH 21 7:00—8:30 PM
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844
Forever Youngish Book Club
This book group is for adults who enjoy reading and talking about young adult literature.

If you'd like us to put each month's books on hold for you, please fill out this form: <https://forms.gle/dSRdcBNw1sBM1MAB7>. This month we will be reading Queen of the Tiles by Hanna Alkaf.

Fifteen-year-old Najwa Bakri is forced to investigate the mysterious death of her best friend and Scrabble Queen, Trina, a year after the fact when her Instagram comes back to life with cryptic posts and messages.

No Registration Required

Saturday, March 23
FRIENDS' SPRING BOOK SALE
SATURDAY, MARCH 23 9:00 AM—5:00 PM
Great Hall Nevins Library 305 Broadway, Methuen, MA, 01844
The Friends' Spring Book Sale is back this

March! Come see all the great books and more that we have!

No Registration Required

Wednesday, March 27
LEARN HOW TO PLAY THE UKULELE (ADULTS)
WEDNESDAY, MARCH 27 2:00—3:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Learn How To Play The Ukulele (Adults)
Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing. No experience necessary. Ukuleles provided.

Please note-- if you have your own ukulele, please feel free to drop in! No registration required.

24 ukuleles will be provided for those without instruments and registration is required to reserve an instrument. *Can't make this time? We have another session scheduled Wednesday April 10th from 6-7pm!*
Registration for this event opens Friday, March 1 at 9:00 AM.

VIRTUAL ART TALK: FIERCE FEMALES: WOMEN IN ART, PART II
WEDNESDAY, MARCH 27 7:00—8:00 PM
Zoom

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

Please note that this month's talk is on a

GRIEF CARE BREAKFAST

Grief Care Breakfast is for those dealing with death of a loved one and will be held on Saturday, March 16 from 9:30 – 11:00 am hosted by the Market Street Baptist Church, 37 Market Street, Amesbury. The program is free and includes speaker: Rev. Thomas and his wife Katie Oliver from New Life Baptist Church in Stratham NH, who will share their personal experience with grief. All are welcome. Come to meet and connect with others. Parking is available behind the church and in the BankProv lot next door.

Please RSVP:
Dianne at 978-388-0930
msbcsec@verizon.net

WEDNESDAY instead of the usual Thursday.
Registration is required

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.

March's Talk: Women have been barred from meaningful participation in the arts for centuries. This program celebrates the stories of an array of women artists (from the 1500s to today) who have overcome obstacles to achieve recognition and success. This program can be appreciated without having seen Fierce Females, Part I. Image: Dorothea Lange. Migrant Mother, 1936. Museum of Modern Art.

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.

Thursday, March 28
HOW TO FOCUS ON THE POSITIVE IN YOUR LIFE & THRIVE IN 2024
THURSDAY, MARCH 28 6:30—7:30 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
How To Focus On The Positive In Your Life & Thrive In 2024

Motivational speaker and interactive storyteller Scott Maloney will deliver his keynote presentation, "I Am." Those two little words are the preamble to the most powerful phrase in the world. Scott will share methods to maintaining focus on positive energy and avoiding negative thoughts in difficult situations, while learning from the

past and preventing future mistakes. Scott is the author of Lean on Me: A Story of Hope, Healing and Holding On. A survivor of a near fatal traumatic brain injury, Scott was declared brain dead and endured a 23-day coma, a craniectomy and repeated surgeries, and years of physical and speech therapy. His inspiring story promises to leave an impact on you.

About Scott: Scott's been a comedian, teacher, television reporter and for almost 20 years, he's been a motivational speaker, sharing stories throughout the country. Sponsored by the Haverhill Cultural Council and Massachusetts Cultural Council.
Registration Required

PAINT YOUR OWN FLOWER POT
THURSDAY, MARCH 28 10:00—11:00 AM
Milhendler Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Paint Your Own Flower Pot
Celebrate the arrival of Spring by painting your own teeny flower pot!
Because they are so cute and teeny, everyone will get two pots to paint. You'll

have the option of taking your pots home unsealed, or we can seal them for you with an acrylic sealer after the paint dries (you can pick up your pot in a day or two).
Led by HPL Staff.


Registration for this event opens Friday, March 1 at 9:00 AM.

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

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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