

Merrimack Valley 50+

March
2025

Active *Life*

Uncovering
Winter's
Serenity

Things to Do:
Merrimack Valley
Community
Calendar

Free

www.merrimackvalleyactivelife.com

Merrimack Valley 50+ Active Life

March 2025

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Merrimack Valley 50+
Active Life

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Uncovering Winter's Serenity

By Gary Kalajian

American writer John Steinbeck once said, "What good is the warm of summer without the cold of winter to give it sweetness." Those are good words to remember as I am writing this column, given that a blanket of 3-4 inches fresh snow has just descended upon us. A good reminder that it is good not to look ahead too far. We are not done yet with old man winter, but that does not mean we can't find ways to enjoy the best that winter has to offer. Beyond the inconveniences of shoveling and driving on snow covered roads, there are hidden beauties to explore and plenty of opportunities to take in the wonder of winter.

I was out this morning after the snow had stopped and was driving on Route 113 through West Newbury and Newburyport. Freshly fallen snow covered the fields and trees, which afforded me a perfect winter wonderland. I made it a point to stop and capture the landscape with some photos of the snow-covered landscape. It made me truly appreciate this time of year, especially right after a snowfall. The Merrimack Valley has its own unique beauty throughout the winter and you do not have to go far to be surrounded by its glory.

I experienced the beauty of the season just by driving outside and viewing the surrounding landscape. But winter

provides plenty of other chances to get out and explore. We still have some time left before the spring equinox to take advantage of this gift of nature. This year the equinox is on Thursday, March 20 when we officially welcome spring. So, think of some ways you can get outside and experience the beauty of the season before it is gone for the year.

The Valley has no shortage of open space for hiking, jogging or just meandering around parks, ocean paths or walking on trails. You can view outdoor scenic spots as I did this morning after a fresh blanket of snow. The Parker River National Wildlife Refuge accessible via Plum Island is one such scenic spot to view and enjoy the wonders of the season. An open area such as this provides an opportunity to just appreciate the view from the comfort of your car. You might even spot a snow-white owl in your travels or see some exotic birds if you are into birdwatching. The Refuge is a place to just get away from it all and take in all that nature has to offer. Other activities you can experience include walking, snowshoeing, cross country skiing or biking. If an all-consuming nature experience is what you are seeking, then look no further than the Refuge to enjoy this season.

Another park/walking trail to explore is the Maudslay State Park, which offers approximately sixteen miles of trails with which to enjoy. You can access it from Storey Avenue in Newburyport and there is parking right across the road from the entrance to the park. Check out the signs in the parking area, as there might be fees depending upon the season. It is a wonderful off the beaten trail to experience, with trees, plants and some Merrimack River views available along the route. It is a good way to get in some walking or snow shoeing, all while being amongst nature and its beautiful surroundings. Another convenient trail which runs along the Merrimack is the Merrimack River Trail in Andover, Ma. It is approximately twelve miles in length and is popular for walking/hiking, biking, bird-watching or running. The trail is some welcome relief from urban areas, but the feel is close to nature while surrounded by trees and the scenic delights of the Merrimack River.

If you appreciate nature and want to experience outdoor trails as I like to do, then the above examples will provide some good opportunities to enjoy the remainder of the winter season and welcome in spring when that arrives. You don't have to go to a formal trail to enjoy the winter surroundings. Just stepping outside your home or apartment during good

walking/hiking weather will provide plenty of opportunities to experience the winter wonderland that surrounds us. A good walk within or near your neighborhood can make the difference in overcoming cabin fever and all that comes with being stuck inside during this season.

Steinbeck certainly had it right when he said that there is a "sweetness" of winter which we have an opportunity to enjoy. I hope that some of the above ideas presented in the article will provide an incentive for you to pause and appreciate everything that winter has to offer. It may not seem that way as you are shoveling the remains of a winter storm. But in its aftermath, there will undoubtedly be plenty of chances to explore nature in the Valley and capture the beauty and essence of the winter season. I uncovered it in the calm after the storm, and the calm won out!

Photo by Gary Kalajian

When searching for a surgeon, look for the letters F-A-C-S



(BPT) - By Patricia L. Turner, MD, MBA, FACS

Executive Director & CEO, American College of Surgeons

When you or a loved one is scheduled to undergo a surgical procedure, you desire confidence that your surgeon is highly skilled, well-trained and prepared to deliver the highest quality care.

Surgery may feel overwhelming, regardless of age or health status. With so many factors to consider, one reliable method to inspire confidence is to select a surgeon with the letters F-A-C-S after their name. This designation means that the surgeon is a Fellow of the American College of Surgeons, the largest surgical organization in the world. The ACS has, for more than one hundred years, set the standards for high-quality surgical care.

What does FACS mean?

Earning the FACS designation involves a rigorous application process, verification of credentials, review of a surgical case log, recommendations by colleagues, and interviews conducted by a panel of experts. These steps ensure that surgeons meet and uphold the highest standards of surgical care and ethics.

By choosing a Fellow of the ACS, you are selecting a surgeon who meets and exceeds standard qualifications, such as board certification. The FACS designation is a higher bar.

Who are the Fellows of the ACS?

The ACS currently has more than 93,000 members worldwide. Fellows provide care in settings ranging from small rural clinics to large academic medical centers. Fellows of the ACS are also represented throughout all of the surgical specialties.

Fellows have reached many milestones in surgery, both past and present, and been at the forefront of medical breakthroughs for more than 100 years. In 1935, Columbia University surgeon Allen Whipple, MD, FACS, was the first American to perform a complex operation for treating pancreatic cancer - a procedure that bears his name today. Alton Ochsner, MD, FACS, made the first link between tobacco and lung cancer - in 1939. Cardiac surgeon Bartley P. Griffith, MD, FACS, performed the first successful pig-to-human heart transplant in the world in 2022. The bottom line is that Fellows of the Col-

lege make it a point to stay at the head of the class so that they can provide their patients with the best possible care.

Why does the FACS designation matter?

Providing high-quality surgical care for our patients has been the focus of the American College of Surgeons since our founding in 1913, and this prioritization continues today. From surgical education and research to patient access, hospital standardization and clinical care, the ACS has remained a global leader in advancing the field of surgery.

When you see FACS after a surgeon's name, those four letters represent the gold standard in surgical quality. FACS indicates that the surgeon's education and training, professional qualifications, surgical competence and ethical conduct meet the high standards established by the American College of Surgeons.

When you prepare for surgery, one of your questions should be "Is my surgeon a Fellow of the American College of Surgeons?"

Visit www.facs.org to find a Fellow the next time you need surgical care.

Patricia L. Turner is the Executive Director & CEO of the American College of Surgeons, the largest professional association of surgeons in the world, founded in 1913.

Merrimack Valley Calendar of Events



March



Saturday, March 1
SPANISH CONVERSATION PRACTICE
SATURDAY, MARCH 1 11:00 AM—12:00 PM
Milhendler Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
Are you looking to improve your conversational Spanish in a supportive and friendly environment? Join us the 1st and 3rd Saturdays of each month from 11 AM-12 PM. Come practice your Spanish speaking and learn some vocab!
No registration required.

WATERCOLOR HOUR
SATURDAY, MARCH 1 2:00—3:00 PM
Milhendler Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
Want to try watercoloring but don't know where to start? Practice with our watercolor supplies to create your own designs of cards or prints at your own pace!
Led by HPL staff.
There will be two sessions of this program for adults: Saturday, March 1 OR Wednesday, March 5. Please only register for one session.
Registration for this event opens Saturday, February 22 at 9:00 AM.

SKETCH INTO SPRING - A TWO WEEK DRAWING CHALLENGE FOR ADULTS!
SATURDAY, MARCH 1 ALL DAY
Pick-Up in Library Amesbury Public Library 149 Main St., Amesbury, MA, 01913
A hand drawing with a marker
Sketch Into Spring - A two week drawing challenge for adults!
How it Works:
Register for the program. When notified your theme packet is ready, come to the library to pick it up.
Starting on March 1st, create drawings daily the 14 provided themes as inspiration.

Share your drawings online with other participants using Padlet (instructions/links will be provided).
Prizes will be awarded for the most creative application of themes and best use of color. Winning drawings will be displayed in the library for the month of April!
Registration will open February 10th @ 9:30am For questions, contact Jodie: jbloquin@amesburylibrary.org
For assistance in registering, contact the reference desk @ 978-388-8148 x 619

Monday, March 3
READ ACROSS AMERICA READ IN (IN-PERSON)
MONDAY, MARCH 3 6:00—8:00 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA
Read In
Join the Newburyport Public Library and the Read Across America Movement for an evening of quiet literary enjoyment. You may have heard of a Sit In but now you can join the Newburyport Public Library for it's first Read In in honor of books and the important role they play in our lives. Gather in our program room to enjoy reading in the company of fellow library users. Bring your own books or select one from our curated cart of staff picks. Curl up with a warm drink or try your hand at our puzzle and game tables.
Warm drinks will be available while supplies last and are limited to the program room unless they have a lid. We respectfully ask that participants do not bring in snacks or food of any kind.

Tuesday, March 4
MAH JONGG
TUESDAY, MARCH 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: WOMEN IN THE SPOTLIGHT
TUESDAY, MARCH 4 10:00 AM—12:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
To celebrate Women's History Month, we will be watching classics with great performances by leading ladies. Today we watch All About Eve (1950) starring Bette Davis.
No Registration Required

Wednesday, March 5
Adult Scrabble Club

WEDNESDAY, MARCH 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

FIBER ARTS GROUP
WEDNESDAY, MARCH 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

COMMUNITY OF STITCHERS
WEDNESDAY, MARCH 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

Thursday, March 6
THURSDAY EVENING BOOK DISCUSSION GROUP
THURSDAY, MARCH 6 7:00—9:00 PM
Garden Room Nevins Library 305 Broad-

way, Methuen, MA, 01844
Empire Falls by Richard Russo
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.

March's book is: 2000 Pulitzer Prize: Empire Falls by Richard Russo

Welcome to Empire Falls, a blue-collar town full of abandoned mills whose citizens surround themselves with the comforts and feuds provided by lifelong friends and neighbors and who find humor and hope in the most unlikely places. 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

Friday, March 7
FRIDAY FLICKS
FRIDAY, MARCH 7 10:00 AM—12:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Movie cover for Back to the Future. During March, we are featuring time travel movies! Today we watch Back to the Future (1985). Rated PG.
No Registration Required

Saturday, March 8
ON SCREEN: IT ENDS WITH US (2024)
SATURDAY, MARCH 8 2:00—4:15 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
It Ends With Us, the first Colleen Hoover novel adapted for the big screen, tells the compelling story of Lily Bloom (Blake Lively), a woman who overcomes a traumatic childhood to embark on a new life in Boston and chase a lifelong dream of opening her own business. A chance meeting with charming neurosurgeon Ryle Kincaid (Justin Baldoni) sparks an intense connec-

tion, but as the two fall deeply in love, Lily begins to see sides of Ryle that remind her of her parents' relationship. When Lily's first love, Atlas Corrigan (Brandon Sklenar), suddenly reenters her life, her relationship with Ryle is upended, and Lily realizes she must learn to rely on her own strength to make an impossible choice for her future. Rated PG-13. No Registration Required

Sunday, March 9

SPEED PUZZLE: LIBRARY TAKEOVER EDITION! (SUNDAY PROGRAM)
SUNDAY, MARCH 9 2:00—5:00 PM
Amesbury Public Library Amesbury Public Library 149 Main St., Amesbury, MA, 01913
Speed Puzzle: Library Takeover Edition! (Sunday Program)

Gather your friends and family for a fun afternoon of jigsaw puzzling! Designate one team member to register your team of 4-6 people for this after-hours Sunday event.

Come to the library on competition day and take over one of ten designated puzzling spots throughout the building. Using a puzzle provided by the library, compete against other teams and the clock to see who can put together an identical 500 piece Ravensburger puzzle the fastest. All members of the winning team will receive a prize!

NOTE: Ten team limit -- waitlist is available if registration reaches capacity.
LIBRARY CONTACT: Jodie Blouin, jblouin@amesburylibrary.org or 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.

Monday, March 10

STRANGER THAN FICTION BOOK GROUP
MONDAY, MARCH 10 7:00—9:00 PM
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844

Agatha Christie by Lucy Worsley
Stranger than Fiction is a book club specifically for those who enjoy reading Non-Fiction. New members are always welcome!! March's Book is Agatha Christie: An Elusive Woman by Lucy Worsley

She went surfing in Hawaii, she loved fast cars, and she was intrigued by the new science of psychology, which helped her through devastating mental illness. So why—despite all the evidence to the contrary—did Agatha present herself as a retiring Edwardian lady of leisure? A new, fascinating account of the life of Agatha Christie from celebrated literary and cultural historian Lucy Worsley.

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

BOSTON LIGHT: THREE CENTURIES OF HISTORY (VIRTUAL)

MONDAY, MARCH 10 7:00—8:15 PM
Virtual Program Newburyport Public Library, 94 State Street, Newburyport, MA Boston Light

Based on Jeremy's book, Boston Light: Three Centuries of History, this talk focuses on Boston Light Station, the site of the first lighthouse on the North American continent. Jeremy will trace its history through three centuries of tragedy, rescues, and colorful human interest stories of keepers and their families. As you may know, Jeremy D'Entremont is one of our very favorite speakers so we hope you'll join us for another great discussion!

About Jeremy:

Jeremy D'Entremont is the president and historian of the American Lighthouse Foundation, historian for the U.S. Lighthouse Society, and the author of more than 20 books and hundreds of articles on lighthouses and maritime history. He's the producer and host of the U.S. Lighthouse Society's podcast, Light Hearted. He has appeared on the popular Ghost Hunters TV show, as well as Haunted Lighthouses of America on the Travel Channel. He has also appeared on the History Channel, Public Television, and National Public Radio speaking about lighthouses.

This program is brought to you in collaboration with the Tewksbury Public Library. We are also thrilled to be partnering with a multitude of additional MA & NH Libraries to bring this program to our communities. Virtual registration required.

Tuesday, March 11

WORDS BOOK GROUP
TUESDAY, MARCH 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 "The Stone Home" by Crystal Hana Kim.

A little about the book:

A hauntingly poetic family drama and coming-of-age story that reveals a dark corner of South Korean history through the eyes of a small community living in a reformatory center—a stunning work of great emotional power from the critically acclaimed author of "If You Leave Me". New members are always welcome. Books are available at the Main Desk for one month before the meeting.
No Registration Required

CLASSIC MATINEES: WOMEN IN THE SPOTLIGHT
TUESDAY, MARCH 11 10:00 AM—12:00 PM

Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
To celebrate Women's History Month, we will be watching classics with great performances by leading ladies. Today we watch

Gentlemen Prefer Blondes (1953) starring Marilyn Monroe and Jane Russell.
No Registration Required

SOCIALISTS OF SHOE CITY FILM SCREENING & BOOK SIGNING

TUESDAY, MARCH 11 6:00—7:30 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Haverhill public historian, E. Philip Brown, will be screening his new documentary film The Socialists of Shoe City: The Socialist Movement in Haverhill, Massachusetts. The award-winning film is narrated by Haverhill native, Tom Bergeron. Mr. Brown will also be signing books that will be available for sale at the event.

Wednesday, March 12

NPL ART HIVE
WEDNESDAY, MARCH 12 5:30—7:00 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA
NPL Art Hive logo

Join the Newburyport Public Library Art Hive! The NPL Art Hive is held on the 2nd Wednesday of every month in the Program Room.*

What is an Art Hive? Art Hives are community art spaces where participants bring in their own arts and crafts projects to meet, exchange ideas, and socialize with fellow artists in an inclusive and respectful environment. They are often held at an art studio, a local venue, or a public library. All skill levels are welcome. Please bring in your own supplies and projects to work on. The Library will also provide coloring pages, color pencils, and origami. Suggested art hive projects include knitting and crocheting, collaging, small-scale watercolors and/or drawings.

Adults only. Please call 978-465-4428 x2 with any questions. No Registration Required

Saturday, March 15

GOOGLE DOCS 101
SATURDAY, MARCH 15 2:00—3:00 PM
Garden Room Nevins Library 305 Broadway, Methuen, MA, 01844

Join us in person to learn the power of the Google Docs Platform!

Learn how to create basic documents as well as how to share and collaborate with others on those documents.

Have a laptop? Feel free to bring it so that you can follow along during the class!
Please Register

SPECIAL COLLECTIONS - SATURDAY OPEN HOURS, MARCH 2025

SATURDAY, MARCH 15 11:00 AM—1:00 PM
Special Collections Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Haverhill Stadium, American Bicentennial celebration, fireworks, Haverhill.

The Special Collections team is happy to announce that we will have limited open hours on one Saturday per month! The first

Saturday we are open is March 15th, from 11:00 AM to 1:00 PM. Researchers are welcome to drop in during this time without an appointment, though we recommend calling ahead if you are traveling a distance to visit. Please join us and get a little research done on the weekend!
No Registration Required

Monday, March 17

HAPPY ST. PATRICK'S DAY

MAKER MONDAY: COMMUNITY SEED SWAP AND SEED LIBRARY LAUNCH! (IN PERSON)

MONDAY, MARCH 17 6:00—7:30 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA
Seed Swap

Join the Newburyport Public Library for some creative fun with Maker Mondays. We are officially launching our Seed Library on Monday, March 17! Come by the Library between 6 - 7:30 PM to check out the seeds available in our Seed Library and bring your own to share. Stop in at our Seed Starting Station where you can get planting right away or get creative at our Craft Station and make your own plant markers for your garden.

Due to limited supplies, crafters will be limited to no more than five plant markers. This program will not have a limit on the number of seed starts per attendee, but please be respectful of the time limit set for the program so staff will be able to clean up on time.

No Registration Required

Tuesday, March 18

DROP-IN TECH HELP
TUESDAY, MARCH 18 6:00—7:00 PM
Garden Room Nevins Library 305 Broadway, Methuen, MA, 01844

Need help with your laptop, phone, tablet, e-reader, or have another technology-related question?

Bring your devices and your questions! We'll do our best to answer them, and if we can't, we'll look for answers and learn alongside you. No registration is required.

Troubleshooting computer hardware problems and running virus scans are beyond the scope of the library's tech help. The library reserves the right to determine whether a patron's request for tech help is beyond the scope of service.

No Registration Required

CLASSIC MATINEES: WOMEN IN THE SPOTLIGHT

TUESDAY, MARCH 18 10:00 AM—12:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
To celebrate Women's History Month, we will be watching classics with great performances by leading ladies. Today we watch Mildred Pierce (1945) starring Joan Crawford.
No Registration Required

Wednesday, March 19

PAGE TURNERS BOOK CLUB - PM SESSION
WEDNESDAY, MARCH 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 The Island of Sea Women by Lisa See. Mi-ja and Young-sook, two girls living on the Korean island of Jeju, are best friends that come from very different backgrounds. When they are old enough, they begin working in the sea with their village's all-female diving collective, led by Young-sook's mother. As the girls take up their positions as baby divers, they know they are beginning a life of excitement and responsibility but also danger. Despite their love for each other, Mi-ja and Young-sook's differences are impossible to ignore.

Pre-registration is required. Registration will open on the morning of February 20.

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, March 20

FOREVER YOUNGISH BOOK CLUB
THURSDAY, MARCH 20 7:00—9:00 PM
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844

The Spirit Bares its Teeth by Andrew Joseph White

This book group is for adults who enjoy reading and talking about young adult literature.

This month we will be reading The Spirit Bares its Teeth by Andrew Joseph White Set in an alternate Victorian England where mediums control the dead, sixteen-year-old autistic transgender boy Silas must expose a power-hungry secret society while confined to a cruel finishing school designed to turn him into the perfect wife. The book can be picked up at the Main Desk.
No Registration Required

CLASSICS BOOK GROUP (IN PERSON)
THURSDAY, MARCH 20 3:00—4:00 PM
Director's Room Newburyport Public Library, 94 State Street, Newburyport, MA
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 March, we will be discussing "Jane Eyre" by Charlotte Brontë. "Orphaned Jane Eyre endures an unhappy childhood, hated by her aunt and cousins and then sent to comfortless Lowood School. But life there improves and Jane stays on as a teacher, though she still longs for love and friendship. At Mr. Rochester's house, where she goes to work as a governess, she hopes she might have found them—until she learns the terrible secret of the attic."
--Penguin Random House

Saturday, March 22

FRIENDS' SPRING BOOK SALE
SATURDAY, MARCH 22 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

CRAFT SUPPLY SWAP
SATURDAY, MARCH 22 1:00—4:00 PM

Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Are you looking to start a new craft but don't want to spend money on all the supplies you need? Did you buy a bunch of craft supplies you never used? Or maybe it's just time for you to clean out your craft closet! Whatever your crafting needs, join us for our Craft Supply Swap!

Help us divert usable craft supplies from landfills and make crafting more accessible to our community! Any remaining items may be used for library programs, potential future programs, or donated to local organizations.
HOW IT WORKS

Donations dates: March 16-22 during open hours. Day of event (3/22) collection ends at 3 PM.


Donation drop-off: up to two (2) bags accepted at Reference Desk. DO NOT leave donations in any other location inside or outside of the building.

Who can participate: Don't have any supplies to donate? You are still welcome to attend! All participants can fill up to two (2) bags while supplies last; if you are seeking more items, you must wait until after 3PM. After 3 PM, you can take as much as you like! Please bring reuseable bags to

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

Thirty years serving
the Merrimack valley
*Great food & friendly staff
*Open 7 days a week



Breakfast all day
Lunch Monday thru Friday

978-682-3466. carleens.com
209 South Broadway, Lawrence, Massachusetts 01843

take items with you!
DONATION RULES

Only art & craft supplies allowed. Suggested items: yarn, paper, paint, craft kits, pastels, markers, blank canvasses, fake flowers, paint brushes, stencils, and supplies for scrapbooks, knitting, sewing, crocheting, and embroidering.

No tools/items that are broken/expired. All supplies must be clean and gently used. No dirty, moldy, or musty items, please! Items that are less than half full (example: paint, glue)

No registration required!

Please call us at (978) 373-1586 x608 with any questions.

Haverhill Public Library cannot guarantee the condition of any items donated and attendees are selecting & using items at their own risk

No Registration Required

Wednesday, March 26
COOKBOOK CLUB

WEDNESDAY, MARCH 26 6:30—7:30 PM
Milhendler Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
Cookbook Club

Join us for our first 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 5/28)!

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.

Per Massachusetts state law we need to let you know that neither the food nor the facilities have been inspected by the state or by a local public health agency. We cannot guarantee that food served at library programs does not contain tree nuts, soy, or other allergens.

March 2025 Details

We'll meet Wednesday, March 26th from 6:30-7:30pm.

Our cookbook will be Cook As You Are, by Ruby Tandoh.

Reserved Recipes:

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

Thursday, March 27

100 YEARS OF BOSTON COMEDY
THURSDAY, MARCH 27 6:00—7:30 PM

Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
100 Years of Boston Comedy flyer.

Arts journalist Nick Zaino explores Boston's long history of comedy, from vaudeville to YouTube, highlighting some of the personalities that have defined laughter in America for 100 years.

Fred Allen found inspiration at the Boston Public Library to start his vaudeville career.

Bob and Ray started their radio run in Gloucester at WHDH. Rusty Warren and Tom Lehrer shocked crowds in song. Norm Crosby and Bill Dana played the swinging supper clubs. Jay Leno, Paula Poundstone, Steven Wright, Conan O'Brien, Bill Burr, Bo Burnham, Mike Birbiglia, Ziwe – all are part of the fabric of Boston comedy lore. Their history is a mirror of the history of American entertainment. This is a 1 hour presentation with time allotted afterward for a lively Q&A and discussion with Nick, where you can dive deeper into the fascinating history of Boston's comedy legends.

About Nick

Nick Zaino is a veteran arts journalist who has covered comedy for The Boston Globe since 2001, and also written for The Los Angeles Times, WBUR's ARTery blog, The Boston Phoenix, The Buffalo News, and other outlets. He is currently writing a book as a companion piece to the 100 Years of Boston Comedy presentation, and will launch Boston Comedy Radio, a streaming station dedicated to recorded comedy by Boston-related artists, in 2024. To learn more, visit Nick's website.

No Registration Required

Friday, March 28

GATHERING ABOUT BOOKS
FRIDAY, MARCH 28 1:00—2:30 PM
Garden Room Nevins Library 305 Broadway, Methuen, MA, 01844
Gathering About Books GAB

This is not your average book group! We are still sociable, but you don't have to be a senior to join us. (You do have to be an adult).

Read whatever interests you. Then come to a meeting and share your thoughts with the group. We also talk about any activities, trips, concerts, etc. that we have taken part in or planning to do. Guaranteed laughs at every meeting!

Join us on the last Friday of the month at 1pm. (Barring holidays).

Any questions, feel free to contact Tracy 978-686-4080 x19 or tpekarski@nevinslibrary.org

Formerly known as Sociable Seniors.

No Registration Required

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

GRIEFSHARE SUPPORT GROUP CLASSES


GriefShare Support Group Classes is for those who have lost a loved one through death and will be held on Thursdays at 6:30 pm from February 20 thru May 1 at the Market Street Baptist Church, 37 Market Street, Amesbury. There is a notebook that goes along with a video series at the cost of \$20 donation if able. All are welcome. Parking is available behind the church and in the BankProv lot. To register: <https://www.griefshare.org/groups/246171>

GriefShare is a 13-week program led by people who understand what you are going through and want to help as well as encourage you after the death of a loved one. You'll gain access to resources to help you recover from your loss and look forward to rebuilding your life. www.Griefshare.org

MYSTERY AUTHOR EVENT, SATURDAY, MARCH 22

Love mysteries? Join the Friends of the Merrimac Public Library for an exciting mystery author event, "We're Not Making This Up", sponsored by Sisters in Crime, on Saturday, March 22 at 1:00 p.m. at the Merrimac Public Library. Crime fiction authors BJ Magnani, Edith Maxwell and Matt Cost will discuss how they use real-life murders and other events to write compelling stories. Space is limited, so register now by signing up at the library or visiting facebook.com/friendmpl for more information.

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