

Merrimack Valley 50+

March
2026

Active Life

**Boston's
Revolutionary
Evacuation**

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

Free

www.merrimackvalleyactivelife.com

Merrimack Valley 50+ Active Life

March 2026

Columns & Departments

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Merrimack Valley 50+ **Active Life**

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NEWBURYPORT ART OFFERS
 March - June, Classes & Workshops
 March 8 - June 13, 2026

Newburyport Art (NAA) is excited to offer new classes and workshops for the months of March through June at 65 Water Street. The NAA welcomes beginners and professionals. In most cases, there is no age requirement. More details can be found at Newburyportart.org/classes-and-workshops as well as reminders and updates via the Newburyport Art weekly emailed newsletter.

Workshop Introductions - Instructor Demonstration Day: Sunday, March 8th, 11am-1pm
 Trace Monotype with Chris Robinson: Saturday, March 21st, 9am-12pm
 Lino Block Printing with Susan Stranc: Saturday, March 28th, 10am-4pm
 Art Talk - The Power of Art to Heal, w/Corinne McKeown: Thursday, April 2nd, 6:30-7:30pm
 Intro to Book Arts with Hayden Maltese: (4) Thursdays, April 9th-30th, 6-8:30pm
 Intro to Spoon Carving with Eric Goodson: Saturday, April 11th, 10am-4pm
 Gelli Plate Painting with Maria Malatesta: Sunday, April 19th, 10am-3pm
 Draw, Paint and Collage with Maria Malatesta: Saturday, April 25th, 9am-2pm
 Landscape Essentials with Todd Bonita: Saturday, May 2nd, 9am-3pm
 Color Theory with Jessica Murr: Thursday, May 7th, 6-8:30pm
 Mournings Alters with Johanna Topitizer Finnegan: Saturday, May 9th, 10am-1pm
 Plein Air Painting with Todd Bonita: Saturday, June 13th, 9am-3pm

New Hours: Wednesday through Sunday from 11:00am-5:00pm. The gallery is handicap accessible. More information, as well as an online gallery is available at newburyportart.org.

Founded in 1948, Newburyport Art is dedicated to promoting and exhibiting members' work and to providing art education and access to the visual arts for the entire community. The gallery and events are free and open to the public. All artwork is for sale.

THE NEW MOON COFFEEHOUSE
 Universalist Unitarian Church
 16 Ashland St. (rtes 110 and 125)
 Haverhill MA. 01830
 (617) 327-0542
 Pamela Means

Powerhouse passionate performer Pamela Means is at the New Moon Coffeehouse on Saturday March 21st at 7:30pm. The coffeehouse is in the Universalist Unitarian Church, 16 Ashland St, Haverhill MA. Admission to the show is \$25; \$10 for those aged 21 and under.

Armed with the razor wit of a stand-up comic, engaging presence, elegant poetry, and irresistible charm, Pamela's music sets the stage afire. She's an out(spoken), biracial independent songwriter who brings the truth of social justice and human dignity to the forefront. She's toured throughout the world and shared stages with Pete Seeger, Neil Young, Shawn Colvin, Joan Baez, Richie Havens, Gil Scott-Heron, Adrian Belew, Violent Femmes, Holly Near and more. In her own words Pamela says "Within the music industry, I've been compared to both Tracy Chapman and Ani DiFranco. I've also been described as a cross between Suzanne Vega and Jimi Hendrix. And, heir to the legacy of Nina Simone. But, really, I'm just me." Don't miss your chance to see her live.

Reserve tickets for the show on the New Moon website; www.newmooncoffeehouse.org. Tickets are available on show day at the door, cash only. The box office opens around 6:30pm; doors open at 7:00pm. Please bring cash with you to pay for gate tickets and extras, like desserts and musician products.

The New Moon Coffeehouse is a nonprofit, an all-volunteer organization dedicated to supporting and enjoying the creative talents of acoustic performers. We strive to bring you the best performers in a relaxing, friendly, smoke and alcohol-free environment, where you can enjoy a great show, and awesome desserts.

The listening room 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 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.

GROVELAND COUNCIL ON AGING
 UPCOMING ACTIVITIES

Circuit Breaker Tax Credit Presentation – Thursday, March 5 at 1:30 PM Presented with Senator Bruce Tarr's office, this session explains eligibility, how the credit is calculated, and how to apply for the Massachusetts Senior Circuit Breaker Tax Credit. Time for questions included. Updated handouts provided. Center Meeting Room, Town Hall • Free • RSVP encouraged

Family Conversations About Money — Thursday, March 26 at 11:00 AM Bri Santos, from TD Bank, offers practical strategies for having clear, respectful family conversations about finances across generations. Helpful whether you're planning ahead or supporting a loved one. Center Meeting Room, Town Hall • Free • RSVP encouraged

Five Wishes: A Conversation About What Matters Most — Monday, April 13 at 11:00 AM An accessible, supportive discussion about planning ahead using the Five Wishes document. Informational (not legal advice) with no pressure to complete anything. Attend for yourself or to support a loved one. Center Meeting Room, Town Hall • Free • RSVP encouraged.

Men's Group – Thursdays, March 19 & April 16 at 1:30 PM. Drop-in coffee, conversation, and connection in a relaxed setting .RSVP encouraged.



Boston's Revolutionary Evacuation

by Gary Kalajian

This year we are commemorating the 250th year of the creation of the Declaration of Independence, when the then thirteen American colonies shocked the world and broke ties with Great Britain and King George III. Several consequential events led up to our break from English rule, many of which we are familiar with. They include The Boston Tea Party, The Boston Massacre, The Battle of Bunker Hill, The Battle of Lexington and Concord, The Stamp Act, Taxation without Representation, and many more. However, a lesser known but equally significant event occurred right here in Boston in and around March 17, 1776 and it might have made the difference between victory and defeat of the American Cause. It is known as Evacuation Day in Boston and we celebrate it every year in March.

Evacuation Day in Boston commemorates the significant event when British forces under the leadership of General William Howe, evacuated the city on March 17, 1776 with his huge armada of ships and forces and sailed to Halifax, Nov Scotia. Prior to that evacuation, the American Revolution could very well have ended right there and then if some key events had not occurred. General George Washington's plan was to fortify Dorchester Heights with earthworks/entrenchments and canons to attempt to counteract Howe's naval and armed British troops who were threatening an imminent attack. Washington was badly outnumbered and faced what could have been the end of the American Revolution. The canons were hundreds of miles away in the recently captured Fort Ticonderoga and they would have to be transported in the middle of winter to Boston.

This is where Henry Knox steps in to the story. Knox, a large, (he would

eventually weigh in at 250 pounds) loyal to the Cause local resident and young bookseller, went to General Washington after gaining his trust, and convinced him that he would lead an expedition to Fort Ticonderoga and bring back the captured heavy canons and artillery to Boston. This expedition might have meant the difference between victory and defeat, given the circumstances facing Washington and his fledgling army at this point in the conflict. The transport feat would be unlike anything else Knox or anyone else had ever done and would require extreme luck, fortitude and timing.

Knox was fascinated with military strategy and was self-educated. He worked for a local bookbindery when he was nine years old to help support his family when his father left his family. He later opened his own bookstore, The London Bookstore on Cornhill Street in Boston (what is now Washington Street) which likely catered to both local Boston residents and British troops and loyalists. Knox learned military strategy on his own while at his bookstore and likely came in frequent contact with British troops and ranking officials, who frequented his bookstore. Another key member of the Revolutionary heroes, John Adams, also frequented Knox' bookstore, so we can only imagine the conversations that went on between these two patriots of the Cause.

Knox began his journey in December of 1775 and he covered 300 miles in 56 days. He and his transport team traveled over snow, ice, rivers, lakes and mountains with ox driven sleds. It was a huge feat. The team was called the "Noble Train of Artillery" and it faced perilous and insurmountable odds that could have upended the expedition at any point along the way. While I won't go into all of the details, Knox and his team were able

to miraculously transport this heavy artillery throughout a journey that traversed snow covered trails, hills and waterways through Massachusetts and New York. The improbable success of this feat was due in large part to Knox's courage, hutzpah and leadership for the Cause. Washington must have seen something in Knox to convince him to lead this journey. Or maybe Washington had no other choices available to him while staring down at an occupied Boston by overwhelming British forces under General Howe. In any event, this improbable journey was completed with the transport of over 60 tons of artillery, howitzers, canons, mortars in January 1776.

Fast forward to Boston and Dorchester Heights and the probability of a British attack at any time facing Washington and his meager forces. Washington and his generals hatched a scheme whereby they would fortify the hills of Dorchester Heights during the dead of night of March 4, 1776 with the canons and artillery that Knox and his team brought back from Ticonderoga. Any noise or alert that this fortification was being assembled would have resulted in catastrophe for Washington and his forces before the it was completed. Everything had to be perfect for this to work. Washington and his forces miraculously carried the artillery pieces and fortified the hills around Dorchester Heights in the dark as quietly as humanly possible. By the time the next morning came around, Dorchester Heights looked formidable with fortifications, including ramparts, trenches and heavy artillery overlooking Howe's ships and forces in the harbor. You can only imagine the look on Howe's face when he looked up and saw this heavily fortified and what appeared to be impregnable military fortifications.

The rest is history as they say. Howe hesitated in attacking Washington

after this fortification took place. It is probable that the British forces could still have overwhelmed Washington and his outnumbered army, despite the position of the transported artillery on the Heights. We will never know. However, some fortuitous events also helped Washington and his forces. Howe was planning an attack on Washington and his forces on March 5th. A severe snowstorm however forced Howe to change his plans and also gave Washington more time to fortify his defenses on Dorchester Heights. Howe's further hesitation might have likely saved Washington's army and the American Revolution cause. On March 17th, 1776, Howe's and his massive army, loyalists and fleet of ships sailed out of Boston and avoided what might have been the end of the Revolutionary War. There was an agreement between Howe and Washington that if Washington allowed the British forces to leave the harbor unmolested, the British would not bombard the city upon evacuation.

So, there ends the story of Evacuation Day in Boston. A little-known bookseller, Henry Knox, would play a huge role in these events. Knox went on to become one of Washington's most trusted advisors and generals. He became President George Washington's first Secretary of War in Washington's cabinet. Knox also proposed the formation and building of West Point and he was the Commander in Chief of American Military forces when Washington resigned. Knox also met his future wife, Lucy Flucker, in his bookstore. He was quite the figure in American Revolutionary history and his heroics likely changed the course of the war. It all happened right here in Boston, the hub of the American Revolution and the courageous actions of a local bookseller.

Photo by Gary Kalajian

Merrimack Valley Calendar of Events



March



Sunday, March 1

COLLAGE CLUB (TEENS & ADULTS)
SUNDAY, MARCH 1 1:30—3:00 PM Mil-
händler Room Haverhill Public Library 99
Main Street, Haverhill, MA, 01830
This program is for adults ages 18+
Join us on the 1st Sunday of every month
for Collage Club! Spend afternoons this fall
and winter crafting and chatting with your
community!

All materials are provided, but feel free to
bring any of your own.
No Registration Required

Monday, March 2

ENGLISH (ESL) CONVERSATION CIRCLE
MONDAY, MARCH 2:00—7:30 PM Mil-
händler Room Haverhill Public Library 99
Main Street, Haverhill, MA, 01830
English (ESL) Conversation Group
Would you like to practice your English
with native speakers in a relaxed and in-
formal environment? Join us for a friendly
chat—Monday evenings at 6 PM.

No Registration Required

ADULT WINTER READING CHALLENGE
CONTINUES!
MONDAY, MARCH 2 ALL DAY Newburyport
Public Library, 94 State Street, Newbury-
port, MA, 01950
Celebrate winter with the Newburyport
Public Library's Adult Winter Reading Chal-
lenge! It's simple and easy to enter:
Fill out the online form for each bingo
category you complete between 01/12/26
- 03/14/26.

A book may be credited to only one
category.

Each entry (even if you do not make Bingo)
counts towards the Grand Prize drawings!

Fill out the online form HERE!
Three individuals will win a \$30 gift card to
Jabberwocky Bookshop! All submissions
must be entered by March 14th, 2026.

No Registration Required

Tuesday, March 3

CLASSIC MATINEES: 80S ACTION MOVIES
TUESDAY, MARCH 3 10:00 AM—12:15 PM
Johnson Auditorium Haverhill Public Li-
brary 99 Main Street, Haverhill, MA, 01830
Join us in watching some of the best action
films from the 1980s. Today we watch Pred-
ator, rated R for language and violence.

No Registration Required

JUST THE FACTS - NONFICTION BOOK
GROUP (VIRTUAL) (RESCHEDULED)
TUESDAY, MARCH 3 5:00—6:00 PM Virtual
Program Newburyport Public Library, 94
State Street, Newburyport, MA, 01950
Join us for NPL's Just the Facts Book Group!
This group selects and discusses nonfiction
books. All are welcome.

PLEASE NOTE, THIS MONTH'S MEETING IS
VIRTUAL.

This event will be held on Zoom. Regis-
ter online by clicking here or by calling
978-465-4428 x 2. A link will be emailed to
participants automatically. If you do not
receive a link, please email info@newbury-
portpl.org or call 978-465-4428 x 2.
This month's pick is The Secret History
of Food: Strange But True Stories About
the Origins of Everything We Eat by Matt
Siegel.

Exploring cultural, scientific, sexual, and
culinary substructures, this essential read
for all foodies, at turns both funny and fas-
cinating, looks at the little-known history
surrounding food.

(Description summarized from catalog
record.)

In the case of inclement weather, please
check our website banner for possible
weather closures.

Please register online by clicking on the
link above or by calling 978-465-4428 x 2.

ARTIFICIAL INTELLIGENCE: WHAT, WHERE,
WHY, AND WHEN (IN PERSON)

TUESDAY, MARCH 3 5:30—7:00 PM Pro-
gram Room Newburyport Public Library, 94
State Street, Newburyport, MA, 01950
Artificial intelligence (AI) is all over the
news, with people saying it will destroy the
world, cure cancer, or both. Please join us
for a free presentation by UNH Professor
of Computer Science Wheeler Ruml, who
has been doing research on AI since 1992.
He'll talk about the history of field, how
it has evolved over time, and some of its
milestones and applications. There will be
lots of time for questions, discussion, and
speculations about the future.

About the Presenter:

Wheeler Ruml is a Professor of Computer
Science at the University of New Hamp-
shire, co-founder of the International Sym-
posium on Combinatorial Search, a Fellow
of the National Academy of Inventors, a
Senior Member of the Association for the
Advancement of Artificial Intelligence, and

a former Associate Editor of the Journal of
Artificial Intelligence Research. His research
papers have been cited more than 7,000
times. He received his PhD from Harvard in
2002 and the UNH Outstanding Assistant
Professor Award in 2012. Before joining
UNH, he led a team at Xerox's PARC lab that
used AI planning techniques to build the
world's fastest printer.

The Library has assistive listening technol-
ogy 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.

In the case of inclement weather, please
check our website banner for possible
weather closures.

No Registration Required.

Wednesday, March 4

FIBER ARTS GROUP
WEDNESDAY, MARCH 4 6:30—8:00 PM
Milhändler Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
Calling all fiber artists! Bring your current
project(s) of knitting, crocheting, hand
stitching, hand quilting, and embroi-
dery, 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 4 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, knit-
ting, 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!

NEXT CHAPTER BOOK GROUP
(IN PERSON)

WEDNESDAY, MARCH 4 2:00—3:00 PM
Senior Community Center 331 High Street,
Newburyport, MA, 01950

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.

This month's title is "The Stolen Queen" by
Fiona Davis.

"Egypt, 1936: When anthropology student
Charlotte Cross is offered a coveted spot
on an archaeological dig in Egypt's Valley
of the Kings, she leaps at the opportunity.
But after an unbearable tragedy strikes,
Charlotte knows her future will never be
the same.

New York City, 1978: Eighteen-year-old
Annie Jenkins is thrilled when she lands
an opportunity to work for iconic former
Vogue fashion editor Diana Vreeland, who's
in the midst of organizing the famous Met
Gala, hosted at the museum and known
across the city as the "party of the year."
Though Annie soon realizes she'll have her
work cut out for her, scrambling to meet
Diana's capricious demands and exacting
standards.

Meanwhile, Charlotte, now leading a quiet
life as the associate curator of the Met's ce-
lebrated Department of Egyptian Art, wants
little to do with the upcoming gala. She's
consumed with her research on Hathor-
are—a rare female pharaoh dismissed by
most other Egyptologists as unimportant.
That is, until the night of the gala. When
one of the Egyptian art collection's most
valuable artifacts goes missing . . . and
there are signs Hathor-are's legendary
curse might be reawakening.

As Annie and Charlotte team up to search
for the missing antiquity, a desperate
hunch leads the unlikely duo to one place
Charlotte swore she'd never return: Egypt.
But if they're to have any hope of finding
the artifact, Charlotte will need to confront
the demons of her past—which may mean
leading them both directly into danger!"

--Goodreads

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

EMBODIED CALM: A GENTLE INTRODUCTION TO SOMATIC YOGA (IN PERSON)
WEDNESDAY, MARCH 47:00—8:15 PM Program Room Newburyport Public Library, 94 State Street, Newburyport, MA, 01950
This isn't about touching your toes—it's about feeling at home in your body. In this beginner-friendly class you'll experience Somatic Yoga: slow, mindful movement designed to release stored tension, improve awareness, and restore balance to your nervous system.

No yoga experience necessary. Just bring your curiosity and a willingness to slow down. You are also welcome to bring a yoga mat.

About the Presenter:

Mardi Chadwick-Balcom is an attorney, certified yoga teacher and somatic wellness coach, and founder of Anchor + Rise Yoga in Amesbury, MA. Drawing on more than 25 years of experience in law, mediation, and holistic healing, Mardi integrates nervous-system-informed yoga, breathwork, and somatic practices to help people find calm, balance, and resilience—both on and off the mat.

Her approach bridges the mind and body, combining modern neuroscience with ancient wisdom to support true, lasting transformation. Whether she's guiding clients through mindful movement or peaceful resolution, Mardi helps people return to themselves with clarity and strength. Learn more and explore upcoming classes at mardichadwickbalcom.com.

In the case of inclement weather, please check our website banner for possible weather closures.

No Registration Required.

Thursday, March 5 GAME NIGHT

THURSDAY, MARCH 5 5:30—8:30 PM Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Join us Thursdays for a night of board games at 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

Friday, March 6 FRIDAY FLICKS

FRIDAY, MARCH 6 10:00 AM—12:15 PM Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
In March, we're watching adaptations of Jane Austen's books! Today we are watching *Pride & Prejudice* (2005). Rated PG.

No Registration Required

MOVIE MATINEE: PREDATOR BADLANDS (IN PERSON)

FRIDAY, MARCH 6 2:00—4:30 PM Program Room Newburyport Public Library, 94 State Street, Newburyport, MA, 01950

Join us for our Movie Matinees on Friday afternoons.

This week we will be screening "Predator: Badlands" (2025) starring Patrick Aison, Dan Trachtenberg, and Jim Thomas at 2:00 pm. This movie is rated PG-13.

Run time 1 hour 47 minutes.

"A young Predator outcast from his clan finds an unlikely ally on his journey in search of the ultimate adversary."

Come and enjoy the theater-like screen and sound system with fellow film buffs. Free pre-packaged snacks available, while supplies last. 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

Saturday, March 7

SPANISH CONVERSATION PRACTICE
SATURDAY, MARCH 7 11:00 AM—12:00 PM Milhender 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.

Sunday, March 8 MAT PILATES

SUNDAY, MARCH 8 1:30—2:30 PM Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Curious about mat Pilates?

Join Ngoc Tran for a special introductory class and discover what mat Pilates is all about! Whether you're new to Pilates or looking to reconnect with your practice, this is a welcoming space to explore movement, breath, and strength. Mat Pilates is a low impact exercise, building strength, flexibility, and body awareness—all using just a mat and your own body weight.

What to expect in class:

-A gentle warm-up

-A series of floor exercises targeting different muscle groups

-A cool-down with stretching and breathwork

***Please bring your own mat!

About Ngoc

Ngoc is a Comprehensive Certified Pilates Instructor whose journey began in the early 2000s with Mari Winsor's iconic Pilates DVDs. What started as home practice grew into a deep passion—leading her to Reformer Pilates and eventually to instructor training.

INTERNATIONAL WOMEN'S DAY — WOMEN, CLIMATE, AND COMMUNITY —
Sunday, March 8, 2026 at 2:00 PM Celebrate the leadership of women in our region working at the intersection of climate and community. Featuring Paula Estey (The PEG Center) and Vanessa Lopez (Veasey Memorial Park), the program will include time for conversation and audience questions — a chance to share ideas, listen, and connect together. Great Hall at Veasey Park (201 Washington St, Groveland, MA 01834)
• Free • RSVP encouraged

Monday, March 9 DROP-IN TECH TIME

MONDAY, MARCH 9 2:30—3:30 PM Reference Desk 2nd Floor Newburyport Public Library, 94 State Street, Newburyport, MA, 01950

Bring your simple technology questions for a drop in session. We can help with the basics for your phones, laptops, computers, and e-readers. Stop by the 2nd floor reference desk for help.

Please bring your chargers & pertinent usernames & passwords.

Sessions can last up to 30 minutes and will be run with available staff on a first come, first served basis. Contact info@newburyportpl.org or call us at 978-465-4428 x 2 with questions.

In the case of inclement weather, please check our website banner for possible weather closures.

No Registration Required

Tuesday, March 10

Classic Matinees: 80s Action Movies
TUESDAY, MARCH 10 10:00 AM—12:15 PM Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Join us in watching some of the best action films from the 1980s. Today we watch *Aliens*, rated R for violence.

No Registration Required

WHIMSICAL WEAVINGS (IN-PERSON)
TUESDAY, MARCH 10 6:00—8:00 PM Program Room Newburyport Public Library, 94 State Street, Newburyport, MA, 01950

This weaving program invites community members to explore this centuries-old textile art using a vibrant array of yarns and fibers. We will experiment with natural, recycled, and synthetic materials—thick and thin—to create expressive woven artworks full of color and texture. In a relaxed,

welcoming setting, you'll learn a range of weaving techniques while cultivating mindfulness through the rhythmic, meditative process of warping the loom and weaving row by row. Whether new to the craft or expanding skills, you'll slow down, embrace creativity and imperfection, and engage with weaving traditions practiced worldwide and by contemporary artists locally and beyond.

About the Presenter:

Second Nature Arts is a Massachusetts-based arts organization dedicated to nurturing creativity, curiosity, and confidence through hands-on art experiences.

Founded by artist and educator Susan Lynn Smith, the organization offers playful, process-focused workshops for children, teens, and adults that emphasize exploration, experimentation, and creative expression in a welcoming, inclusive environment for all skill levels. Learn more at www.secondnaturearts.org. Registration is required.

In the case of inclement weather, please check our website banner for possible weather closures.

This program is supported in part by a grant from the Newburyport Cultural Council, a local agency which is supported by the Mass Cultural Council.

Wednesday, March 11

MORE THAN VITAMIN D! THE HEALTH BENEFITS OF NATURE

WEDNESDAY, MARCH 11 6:00—7:00 PM Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

It may come as no surprise that nature is good for your health, but just how important is it? Scientific research continues to show that contact with nature is vital for human wellbeing beyond access to clean air and water, supporting positive mental, physical, and social health. At the same time, studies also show a downward trend in time spent outdoors, with today's children spending significantly less time outdoors compared to previous generations. We will explore the variety of health benefits provided by nature, recent trends in the human connection to nature, and ways to reconnect and fit in more time with nature.

This presentation will engage the audience with discussion around unique and meaningful ways one can experience Haverhill's great outdoors!

Presented by Haverhill's Conservation Department, Recreation Department, and Council on Aging. Learn about the City's services and resources here.

SECOND EDITIONS BOOK CLUB
WEDNESDAY, MARCH 11 2:30—3:30 PM Amesbury Room Amesbury Public Library 149 Main St., Amesbury, MA, 01913

In cooperation with the Amesbury Council on Aging, join Assistant Library Director Stephanie Smith for a book group geared

toward older adults that will meet 2nd Wednesdays from 2:30-3:30 p.m. at the library. New members are always welcome! Please use the form below to register so we know how many copies of the next month's book to bring.

This month we will discuss *The Cemetery of Untold Stories* by Julia Alvarez. We will also have copies of the next month's book in regular print and large print available to borrow using your library card. Copies of the book will also be available for pickup at the Amesbury Public Library.

About the book: When celebrated writer Alma Cruz inherits a small plot of land in the Dominican Republic, she turns it into a place to bury her untold stories—literally. She creates a graveyard for manuscript drafts and revisions and the characters whose lives she tried and failed to bring to life and who still haunt her. Alma wants her characters to rest in peace, but they have other ideas, and the cemetery becomes a mysterious sanctuary for their true narratives.

LIBRARY CONTACT: Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607

COA CONTACT: front desk, 978-388-8138
Sign up for our e-newsletter and be among the first to learn about all of our programs and events.

Friday, March 13 FRIDAY FLICKS

FRIDAY, MARCH 13 10:00 AM—12:15 PM Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
In March, we're watching adaptations of Jane Austen's books! Today we are watching *Sense and Sensibility* (1995). Rated PG.

No Registration Required

MOVIE MATINEE: SONG SUNG BLUE (IN PERSON)

FRIDAY, MARCH 13 2:00—4:30 PM Program Room Newburyport Public Library, 94 State Street, Newburyport, MA, 01950

Join us for our Movie Matinees on Friday afternoons.

This week we will be screening "Song Sung Blue" (2025) starring Hugh Jackman, Kate Hudson, and Ella Anderson at 2:00 pm. This movie is rated PG-13.

Run time 2 hour 12 minutes.

"Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together."

Come and enjoy the theater-like screen and sound system with fellow film buffs. Free pre-packaged snacks available, while supplies last. 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 technol-

ogy 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

Sunday, March 15

On Screen: *Hamnet* (2025)

SUNDAY, MARCH 15 2:00—4:00 PM Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Based on the novel by Maggie O'Farrell, *Hamnet* follows the story of Agnes and William Shakespeare and the tragic events that led to Shakespeare's writing of *Hamlet*. Directed by Chloé Zhao and starring Jessie Buckley, Paul Mescal, Emily Watson, and Joe Alwyn.

Rated PG-13.

No Registration Required

Tuesday, March 17 HAPPY ST. PATRICK'S DAY

CLASSIC MATINEES: 80S ACTION MOVIES
TUESDAY, MARCH 17 10:00 AM—12:15 PM Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Join us in watching some of the best action films from the 1980s. Today we watch *The Terminator*, rated R for violence.

No Registration Required

COMMUNITY SEED SWAP (IN PERSON)
TUESDAY, MARCH 17 6:00—7:30 PM Program Room Newburyport Public Library, 94 State Street, Newburyport, MA, 01950

Join the Newburyport Public Library for a Community Seed Swap and celebrate the launch of this year's Seed Library!

Come by the Library between 6 - 7:30 PM to check out the many new seeds available in this year's Seed Library and bring your own extra seeds 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 that staff may be able to clean up on time.

In the case of inclement weather, please check our website banner for possible weather closures.

No Registration Required

Wednesday, March 18

HOW TO START SEEDS WITH THE HAVERHILL GARDEN CLUB!
WEDNESDAY, MARCH 18 6:30—8:00 PM

Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830
Want to get an early start on gardening? Join the Haverhill Garden Club for this informational presentation! Gardening experts Jane Langlais and Dustin MacIver will demonstrate techniques such as seed blocking and how to use helpful tools such as heat mats and grow lights.

No Registration Required

PAGE TURNERS BOOK CLUB - PM SESSION
WEDNESDAY, MARCH 18 6:30—7:45 PM Amesbury Room Amesbury Public Library 149 Main St., Amesbury, MA, 01913

Page Turners Book Club - PM Session. Join us For An In-Person Discussion of *The Measure* by Nikki Erlick.

It seems like any other day: You wake up, pour a cup of coffee, and head out. But today when you open your front door, waiting for you is a small wooden box. This box holds your fate inside: the answer to the exact number of years you will live. From suburban

doorsteps to desert tents, every person on every continent receives the same box. In an instant, the world is thrust into a collective frenzy. As society comes together and pulls apart, everyone faces the same shocking choice: Do they wish to know how long they'll live? And, if so, what will they do with that knowledge?

Pre-registration is required. Registration will open on the morning of February 19th.

Waitlist will be available.

Please do not register for this event if you

have already registered for the book club meeting on March 19th.

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

Friday, March 20 FRIDAY FLICKS

FRIDAY, MARCH 20 10:00 AM—12:00 PM Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

In March, we're watching adaptations of Jane Austen's books! Today we are watching *Mansfield Park* (1999). Rated PG-13.

No Registration Required

Tuesday, March 24

TECH CLASS: EXCEL BASICS
TUESDAY, MARCH 24 6:00—7:30 PM Computer Lab Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Excel spreadsheets allow you to easily store, organize and modify data. In this class, you will learn the basics of Excel (such as inserting text, basic formulas, AutoFill and more) by creating a personal budget.

Wednesday, March 25

COOKBOOK CLUB
WEDNESDAY, MARCH 25 6:30—7:30 PM Milhender Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Join us for our cookbook club. We'll all cook a different recipe from one cookbook and then bring the dishes in

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Amesbury Public Library Family Favorite 2024

to share and discuss, potluck-style, every OTHER 4th Wednesday of the month!

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 2026 Details

We'll meet Wednesday, March 25th from 6:30-7:30pm.

Our cookbook will be *Arabiyya* by Reem Assil.

Reserved Recipes:

Muhammara (Roasted Red Pepper-Walnut Spread), p. 145

Thursday, March 26

FIERCE FEMALES: WOMEN IN ART, PART IV (ART TALK SERIES)

THURSDAY, MARCH 26 7:00—8:15 PM
Zoom

Join us each month to explore and appreciate different artists or artistic movements with Jane Oneail. This month, learn about a variety of women in art across history and the globe. While this is part IV, you do not need to have seen parts I-III from previous years to appreciate this lecture.

Registration is required; register via Zoom by clicking here.

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

This month's topic: The revolutionary spirit of women artists continues to transform our understanding of what art can be and who gets to create it, from the neoclassical elegance of Angelica Kauffman's mythological scenes to Yayoi Kusama's mesmerizing infinity rooms that challenge our perception of space itself. This program celebrates the fearless creativity and determination of women who refused to be confined by expectations. Through exploring the diverse voices and groundbreaking techniques of these visionary women, we witness the ongoing revolution that refuses to let talent be silenced by tradition, helping to ensure that future generations inherit

a more complete and inspiring vision of artistic greatness.

Hesitating Between Painting and Music, (detail) 1794. Nostell Priory, West Yorkshire.

About the Presenter: Jane Oneail (pronounced OH-nee!) 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.

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.

GREAT OLD BOOK SALE IS HERE!
(IN-PERSON)

THURSDAY, MARCH 26 9:30 AM—7:30 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA, 01950

Book Sale Donations

Saturday, March 21: 9:30 am-4:30 pm

Monday, March 23: 9:30 am-7:30 pm

Tuesday, March 24: 9:30 am-2:30 pm

All donations must be brought in through the front door.

Hardcover, paperback, and audio books only.

No other media, textbooks or magazines will be accepted. No donations will be accepted after 2:30 pm Tuesday Please, 8 box limit.

Friends of the Library Members' Sale
Wednesday, March 25: 2:00 pm-8:00 pm
FOL Members Only. Membership can be purchased at the library.

Entry numbers are available in the lobby starting at 12:00 pm Wednesday.

General Sale

Thursday, March 26, 9:30 am-7:30 pm

Friday, March 27, 9:30 am-4:30 pm

Saturday, March 28, 9:30 am-2:30 pm

Volunteers are always welcome. A volunteer sign-up book can be found in the library lobby or you can sign up online using Sign up Genius HERE.

This event is sponsored by the Friends of the Newburyport Public Library. Proceeds will benefit the Newburyport Public Library collections and programs.

No Registration Required

SPANISH CONVERSATION GROUP
(IN PERSON)

THURSDAY, MARCH 26 5:15—6:15 PM
Director's Room Newburyport Public Library, 94 State Street, Newburyport, MA, 01950
Join our in-person Spanish Conversation Group!

All levels are welcome! However, it may be best suited for those who have a basic knowledge of Spanish or above. Please note, this is not a class but it can be a great way to practice your Spanish conversational skills and connect with others who have an interest in the language. The group is led by a Spanish-speaking librarian and will meet every other Thursday at 5:15 PM for 1 hour.

Registration is highly requested as space is limited in the Library's Director's Room. In the case of inclement weather, please check our website banner for possible weather closures.

Please contact the reference desk if you have any questions!

Saturday, March 28

HPL READ ANYTHING CLUB

SATURDAY, MARCH 28 10:00—11:00 AM
Milhendler Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830

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 March book will be *Maus I & II* by Art Spiegelman.

No Registration Required

Tuesday, March 31

CLASSIC MATINEES: 80S ACTION MOVIES

TUESDAY, MARCH 31 10:00 AM—12:15 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Join us in watching some of the best action films from the 1980s. Today we watch *Nighthawks*, rated R for violence.

No Registration Required

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



Breakfast & Lunch

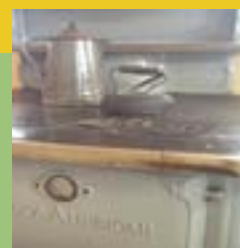
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