

Merrimack Valley 50+

October
2024

Active Life

Stay Ahead
of Medicare
Fraudsters

**Prepare
for Cooler
Weather**

Things to Do:
Merrimack Valley
Community
Calendar

Free

www.merrimackvalleyactivelife.com

Merrimack Valley 50+ Active Life

October 2024

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Merrimack Valley 50+ **Active Life**

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Stay Ahead of Medicare Fraudsters

(Family Features) Every day, criminals target older Americans with one goal – to steal their Medicare numbers and other protected health information. To fraudsters, this information is just as valuable as credit card information. These criminals steal Medicare numbers and unlawfully bill Medicare for medical services that were never provided to the patient or overbill for provided services.

When criminals commit fraud, and falsely bill Medicare, people’s medical records may become inaccurate and they can suffer delayed or even be denied care. In the end, Medicare fraud costs taxpayers billions of dollars every year. Each dollar lost to fraud takes away resources intended for people with Medicare.

Protect Yourself
 Fraudsters are getting creative and new scams are continually emerging. The best thing you can do is beware of people who contact you for your Medicare number or other personal information. You may be contacted by phone, text or email by someone posing as a Medicare representative, a health care provider or even a medical equipment company. If someone you don’t know asks for your Medicare number, hang up or delete the message – this is a scam.

Consider these tips to help protect yourself against Medicare fraud and stay one step ahead of fraudsters:

- Guard your Medicare card just like your Social Security card and credit card.
- Only share your Medicare information with your trusted health care providers.
- Be skeptical of free gifts, free medical services, discount packages or any offer that sounds too good to be true.
- Always check your Medicare claims statements to make sure they are accurate. Call 1-800-MEDICARE if you suspect you or Medicare has been billed for a service you did not receive.

Watch Out for Medicare Hospice Fraud
 Beware of scammers offering older Americans in-home perks, like free cooking, cleaning and home health services, while they are unknowingly being signed up for hospice services. The scammers then unlawfully bill Medicare for these services in your name.

Criminals are using every avenue they can to sign you up including door-to-door visits, false advertising, phone, text and email. Hospice care is for people who are terminally ill and only you and your doctor can make this serious decision if you need end-of-life care.

Remember this advice to avoid hospice scams:

- Your doctor is the only one who can certify you’re terminally ill (with a life expectancy of 6 months or less). If you are not terminally ill, you should not receive hospice care.
- Never accept perks or gifts in return for signing up for hospice services.
- Medicare will never provide “free” services like housekeeping.
- Be suspicious if someone offers you free services like housekeeping or cooking in return for your Medicare number.
- Medicare will never come to your home.

Report Medicare Fraud
 Reporting Medicare fraud protects you and millions of other people with Medicare and those with disabilities. If you or someone you know has experienced Medicare fraud or suspect an offer you’ve received is a scam, report it as soon as possible. You will never be in trouble for reporting fraud.

To learn more, visit Medicare.gov/fraud. To report potential fraud, call 1-800-MEDICARE (1-800-633-4227).

Information provided by the U.S. Department of Health & Human Services.

ADDISON GALLERY OF AMERICAN ART Andover, MA

This fall, the Addison, located on the campus of Phillips Academy, in Andover, MA, will present Americans in Paris: Artists Working in Postwar France, 1946–1962, Kay WalkingStick / Hudson River School, and Figure/Ground. Featuring works of various time periods, artists, and subject matter, these exhibitions explore the American experience—past, present, and future.

Americans in Paris: Artists Working in Postwar France, 1946–1962 September 3, 2024–January 5, 2025

Comprising some 135 artworks by approximately 70 artists, including Ellsworth Kelly, Kenneth Noland, Jack Youngerman, Carmen Herrera, Joan Mitchell, and Mark Tobey, this exhibition delves into the various circles of American artists who made France their home during the post-World War II era, and investigates the academies where many studied, the spaces where their work was exhibited, their interactions with European artists, and the overarching issue of what it meant to be an American abroad.

Kay WalkingStick / Hudson River School September 14, 2024–February 2, 2025

This exhibition places landscape paintings by the renowned contemporary Cherokee artist Kay WalkingStick in conversation with 19th-century Hudson River School paintings from the New-York Historical Society’s and the Addison Gallery’s collections. Celebrating a shared reverence for nature while engaging crucial questions about land dispossession and its reclamation by Indigenous peoples and nations, Kay WalkingStick / Hudson River School explores the relationship between Indigenous art and American art history.

Figure/Ground September 14, 2024–March 2, 2025

Featuring works from the Addison’s collection, Figure/Ground explores the connection between individuals and their environments, illustrating how human experience is shaped by the spaces we inhabit. Some figures seem at ease within their settings, while others appear constrained by or disconnected from them. Some figures find harmony with nature, while others struggle against it. These varied scenes invite narrative and prompt reflection on the ways we relate to our own environments.



Be Prepared for Cooler Weather

FAMILY FEATURES

Although cold weather isn't directly to blame when you get sick, it creates an environment that makes it easier for germs and illnesses to thrive. In fact, understanding how cooler temperatures affect your chances of getting sick may be your best approach for preventive care.

Despite the old adage that "you'll catch your death of cold," the cold itself doesn't cause illness. More accurately, the cold is more hospitable to viruses, making it easier for them to spread. While you can't control Mother Nature, you can take steps to protect your health when temperatures drop.

Protect Your Immune System

A weakened immune system makes it harder for your body to ward off intrusive germs. If you're otherwise healthy, protecting your immune system can be

as simple as stepping up typical healthy habits, like eating plenty of nutrient-rich produce, getting enough sleep and exercising. Managing stress and limiting alcohol consumption are also helpful in managing your body's immune response.

If your immune system is compromised by an underlying condition, it's a good idea to talk with your doctor about what you can do to add an extra layer of protection during the cooler months, including any vaccines that may help boost immunity.

Combat Congestion

Cool, dry conditions can wreak havoc on your nasal passages, drying them out and reducing the protective layer of mucus that helps fight infection. Sinus pressure and congestion are often some of the first warning signs you're coming down with something.

To treat your congestion symptoms, you can use a non-medicated option

like saline nasal spray. This is the first-ever saline product with a nozzle that lets you switch between two spray pressures. The "gentle mist" helps clear everyday congestion and soothes the nose while the "power jet" helps clear tough nasal congestion often associated with colds. An added benefit is that the product can be used for children 2 years of age and older on the gentle mist setting and children 6 years of age and older on the power jet mode.

Spend Time Outdoors

People naturally spend more time indoors when temperatures drop, but there are some benefits to getting outdoors. One is the natural exposure to vitamin D. Sunlight is a natural source of this important vitamin, which plays a pivotal role in immunity. Sunlight also triggers the body to produce serotonin, which boosts your mood, and multiple studies show a strong correlation between mental and physical health.

Fresh air and exercise are also good for your overall health, and exposure to daylight can help keep your circadian rhythms regulated, which in turn promotes better sleep. What's more, acute exposure to cold can trigger your body to produce infection-fighting cells, so you're less prone to illness.

Practice Good Hygiene

It may seem overly simple, but the everyday act of washing your hands can play a big role in preventing illness, especially after you spend time in public places. While out and about, you likely come in contact with many surfaces others may have touched, including door handles, shopping carts, touch screens and menus.

Washing your hands frequently can help prevent you from transferring germs to your body when you touch your eyes, mouth or nose. Also make a habit of wiping down surfaces you touch frequently, such as your keyboard and phone, with disinfectant wipes.

Stay Hydrated

Keeping your body well-hydrated throughout the day can help ensure

all your body's systems are functioning as they should. If you're dehydrated, your body can't use the nutrients you consume properly, which affects your immunity. In addition, drinking plenty of water helps flush toxins out of the body before they can cause an infection.

Find more practical tips and products to help manage your health during the colder months at Mucinex.com

How to Relieve Nasal Congestion

Normally your sinuses are empty except for a thin layer of mucus. When you're exposed to irritating triggers, like bacteria, a cold or flu virus, allergies or environmental triggers like tobacco smoke and dry air, your body responds by mounting an immune response.

The delicate tissues lining your sinuses start to swell, and this, in turn, puts pressure on the underlying tissues in your face, causing painful sinus pressure.

You can relieve sinus pressure symptoms in several different ways, including:

- Using a humidifier or vaporizer.
- Taking a long, hot shower; it may have the same effect as using a humidifier if one is not available.
- Drinking plenty of fluids.
- Using a warm compress on your face; resting a warm towel over your sinuses may provide relief.
- Irrigating your sinuses. Using a neti pot; saline nasal spray, such as Mucinex Sinus Saline Nasal Spray; or syringe with salt water may help flush debris from your sinuses to relieve sinus congestion.
- Sleeping with your head elevated.

If these steps don't work, the next approach is typically over-the-counter medicine. When trying to relieve sinus pressure and nasal congestion, look for a decongestant. A decongestant can help shrink mucus membranes that have swollen in your sinuses, allowing the trapped mucus to drain.

Grow Up FARM CAMP
at East Hill Farm

Lodging,
Dining,
Crafts, Games,
Activities,
Indoor Pool,
& more!

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October 20 - 25, 2024 & April 27 - May 2, 2025

THE INN
at East Hill Farm
Troy, New Hampshire 03465
1-800-242-6495
www.east-hill-farm.com

Merrimack Valley Calendar of Events

October

Tuesday, October 1
A DRAMATIC RECITAL OF THE RAVEN WITH JEFF ZYGMONT (IN-PERSON)
TUESDAY, OCTOBER 1 6:00—7:00 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA
A Dramatic Recital of The Raven with Jeff Zygmont (IN-PERSON)

Enrich your Halloween season by experiencing a dramatic recital of "The Raven" by poet Jeffrey Zygmont.

More than 175 years after its first publication, the poem "The Raven" by Edgar Allan Poe remains both a masterwork of American literature and an entertaining adventure in horror. Jeff brings the 18 stanzas of "The Raven" to life by emphasizing Poe's inventive and ingenious language that draws listeners to the poem's chilling conclusion – aided by a few choice props that enhance your enjoyment. Jeff also gives a brief review of the life and works of Edgar Allan Poe. And he provides some background and commentary on the poem that makes your understanding, appreciation and enjoyment of "The Raven" more complete.

Jeffrey Zygmont is a New England writer and poet who has also published numerous poetry, fiction and non-fiction books (including some children's books), and short stories. Working as a journalist, he has published articles in a long list of magazines and newspapers. He speaks regularly about poetry and art – especially to promote the works of American poets Edgar Allan Poe and Robert Frost – at venues around New England.

Wednesday, October 2
NEXT CHAPTER BOOK GROUP (IN PERSON)
WEDNESDAY, OCTOBER 2 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 "Lady Tan's Circle of Women" by Lisa See.
"An immersive historical novel inspired

by the true story of a woman physician in 15th-century China.

According to Confucius, "an educated woman is a worthless woman," but Tan Yunxian—born into an elite family, yet haunted by death, separations, and loneliness—is being raised by her grandparents to be of use. Her grandmother is one of only a handful of female doctors in China, and she teaches Yunxian the pillars of Chinese medicine, the Four Examinations—looking, listening, touching, and asking—something a man can never do with a female patient.

From a young age, Yunxian learns about women's illnesses, many of which relate to childbearing, alongside a young midwife-in-training, Meiling. The two girls find fast friendship and a mutual purpose—despite the prohibition that a doctor should never touch blood while a midwife comes in frequent contact with it—and they vow to be forever friends, sharing in each other's joys and struggles. No mud, no lotus, they tell from adversity beauty can bloom. But when Yunxian is sent into an arranged marriage, her mother-in-law forbids her from seeing Meiling and from helping the women and girls in the household. Yunxian is to act like a proper wife—embroider bound-foot slippers, recite poetry, give birth to sons, and stay forever within the walls of the family compound, the Garden of Fragrant Delights.

How might a woman like Yunxian break free of these traditions and lead a life of such importance that many of her remedies are still used five centuries later? How might the power of friendship support or complicate these efforts? A captivating story of women helping each other, Lady Tan's Circle of Women is a triumphant reimagining of the life of one person who was remarkable in the Ming dynasty and would be considered remarkable today."

--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

MOVIE MATINEE: "FALL GUY" (IN-PERSON)
WEDNESDAY, OCTOBER 2 2:30—4:30 PM
Program Room Newburyport Public Li-

brary, 94 State Street, Newburyport, MA
Movie Matinee: "Fall Guy" (IN-PERSON)
Join us for our Movie Matinees on Wednesday afternoons.

This week we will be screening "Fall Guy" (2024, PG-13) starring Ryan Gosling, Emily Blunt, and Aaron Taylor-Johnson at 2:30
Run time 2 hours 6 minutes.

"A stuntman, fresh off an almost career-ending accident, has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right?" Come and enjoy the theater-like screen and sound system with fellow film buffs. This free event will be held in the Program Room and all are welcome!

*Please note that movie showings are subject to change with short notice. For the most current movie schedule, we recommend checking with the library directly.
No Registration Required

COMMUNITY OF STITCHERS
WEDNESDAY, OCTOBER 2 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

FIT N TRIM
WEDNESDAY, OCTOBER 2 12:00—1:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Fit N Trim
Come join us for a new adult fitness class called Fit N Trim! You can improve your balance, strength and flexibility in this class. Wednesdays, September 4th through October 30th from 12-1 with instructor Sandra Bernat.
Adding weight training 1-2x a week will improve your balance, develop stronger

bones and improve mobility and endurance so that you can walk/stand longer. Weight training will preserve and enhance muscle mass and reduce the involuntary loss of muscle that occurs as we age. Sponsored by the City of Haverhill Public Health Department.
No Registration Required

Thursday, October 3
GAME NIGHT
THURSDAY, OCTOBER 3 5:30—8:30 PM
Millendler Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Game Night
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, October 4
FRIDAY FLICKS
FRIDAY, OCTOBER 4 10:00 AM—12:00 PM
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Friday Flicks
Join us Friday mornings for a movie! To celebrate Halloween, this month our films feature dazzling disguises. Today we watch Superman (1978).

No Registration Required

METHUEN FARMER'S MARKET
FRIDAY, OCTOBER 4 10:00 AM—4:00 PM
Front Porch Nevins Library 305 Broadway, Methuen, MA, 01844

Farmers Market 2024 crop
The Nevins Library is the proud host of the Methuen Farmer's Market again this summer! Come and shop fresh produce from local farmers, right on the front lawn! All the farmers accept SNAP/EBT/food stamps as well as debit, credit, and cash; GWL market coupons, WIC, and senior farmers market coupons are also welcome. This year, thanks to a grant from the Mass Cultural Council, everyone is invited to enjoy Music at the Market as well!

On the schedule this week:
Kirk Baker - Acoustic guitar and voice playing original songs and popular favorites.
11am-1pm
No Registration Required

Saturday, October 5

WATERCOLOR PAINTING WITH ALAN BULL
SATURDAY, OCTOBER 5 2:30—4:30 PM
Side Lawn Amesbury Public Library 149
Main St., Amesbury, MA, 01913
Adults: tap into your creative side! Join
local artist Alan Bull for a watercolor class
held on the library's side lawn.
Registration is required. Please do not
register if you were able to attend the
September watercolor program; we are of-
fering this again to give as many people as
possible the opportunity to attend.
This class is held outside and will be can-
celled in the case of inclement weather.
Funded by the Friends of the Amesbury
Public Library.

QUESTIONS ABOUT REGISTRATION?
Contact the Reference Desk, 978-388-8148,
option 2 / reference@amesburylibrary.org
QUESTIONS ABOUT THE PROGRAM? Con-
tact Stephanie Smith, [ssmith@amesburyli-
brary.org](mailto:ssmith@amesburyli-
brary.org), 978-388-8148 x607

Tuesday, October 8

OCTOBER MOVIE SHOWING: "1408"
(IN-PERSON)

TUESDAY, OCTOBER 8 6:00—8:00 PM
Program Room Newburyport Public Li-
brary, 94 State Street, Newburyport, MA
Join us for a special **October Movie!**
We will be showing three evening movies
based off of Stephen King novels.
Tonight's selection is "1408" (PG-13, 2007),
starring John Cusack, Samuel L. Jackson
and Mary McCormack.
Run time: 1 hr 44 mins.

"Author Michael Enslin specializes in de-
bunking paranormal occurrences, checks
into the fabled room 1408 in the Dolphin
Hotel in New York City, settles in, and soon
confronts genuine terror."
Come and enjoy the theater-like screen
and sound system with fellow film buffs.
This free event will be held in the Program
Room. Note: these movies may contain
graphic or frightening images. These show-
ings are intended for adults.
No Registration Required

CLASSIC MATINEES HALLOWEEN HORROR
TUESDAY, OCTOBER 8 10:00 AM—12:00 PM
Johnson Auditorium Haverhill Public Li-
brary 99 Main Street, Haverhill, MA, 01830

Join us Tuesday mornings in October for
classic horror films. Today we feature *The
Thing* (1982) starring Kurt Russell and Keith
David. Rated R
No Registration Required

Wednesday, October 9

SECOND EDITIONS BOOK CLUB
WEDNESDAY, OCTOBER 9 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 p.m. at the
Senior Center. New members are always
welcome! Please call the COA Reception
Desk at 978-388-8138 to register.

This month, we will discuss *Black Sun* by
Rebecca Roanhorse. When an eclipse
falls on the winter solstice, a priest who's
risen from poverty to the highest ranks, a
disgraced ship's captain, and a mysterious
foreigner's stories will become entwined
in a tale of celestial prophecies, political
intrigue, and forbidden magic inspired by
the civilizations of the Pre-Columbian
Americas. We will also have copies of the
next month's book in regular print and
large print available to borrow using your
library card. Copies of the book will also be
available for pickup at the Amesbury Public
Library. Registration Requested: Call COA
@ 978-688-8138

Friday, October 11

FRIDAY FLICKS
FRIDAY, OCTOBER 11 10:00 AM—12:00 PM
Johnson Auditorium Haverhill Public Li-
brary 99 Main Street, Haverhill, MA, 01830
Join us Friday mornings for a movie! To
celebrate Halloween, this month our films
feature dazzling disguises. Today we watch
Mission Impossible: Fallout (2018).
No Registration Required

Wednesday, October 16

PAGE TURNERS BOOK CLUB - PM SESSION
WEDNESDAY, OCTOBER 16 6:30—7:45 PM
Amesbury Room Amesbury Public Li-
brary 149 Main St., Amesbury, MA, 01913
Page Turners Book Club - PM Session
Page Turners Book Club.

Join us For An In-Person Discussion of *I
Have Some Questions For You* by Rebecca
Makkai. In the riveting new novel from the
author of the Pulitzer Prize and National
Book Award finalist *The Great Believers*, a
woman must reckon with her past when
new details surface about a tragedy at her
elite New England boarding school
Pre-registration is required. Registration
will open on the morning of September 19.
Waitlist will be available.

To allow maximum participation - If you
register for this event, please DO NOT also
register for the event on October 17th.
NOTE: Participants will be notified when
the book is available at the library to check
out upon completion of registration.

**A SALEM WITCH: THE TRIAL, EXECUTION,
AND EXONERATION OF REBECCA NURSE**
WEDNESDAY, OCTOBER 16 7:00—8:00 PM
Johnson Auditorium Haverhill Public Li-
brary 99 Main Street, Haverhill, MA, 01830
A Salem Witch: The Trial, Execution, and
Exoneration of Rebecca Nurse
Join local author Daniel Gagnon for a
discussion of his book *A Salem Witch: The
Trial, Execution, and Exoneration of Re-
becca Nurse*. Gagnon will shine a spotlight
on Nurse's life and the 1692 witch hunt in
general. A Salem Witch reveals a remark-
able woman whose legacy has transformed
how the witch hunt has been remembered
and memorialized. Please Register

ADULT SCRABBLE CLUB

WEDNESDAY, OCTOBER 16 6:30—8:30 PM
Trustees' Room Nevins Library 305 Broad-
way, 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, October 17

ALL ABOUT BATS WITH MASSWILDLIFE
THURSDAY, OCTOBER 17 7:00—8:00 PM
Zoom

Discover the critical role bats play in
maintaining a healthy ecosystem and learn
about the pressing threats they face in this
virtual program presented in conjunction
with Andover's Memorial Hall Library.
Registration is required; click. The program
will be recorded. A link to the recording
will be shared with everyone who registers
and will be available for 2 weeks after the
program.

This program will explore the impor-
tance of bat conservation, the impact of
declining bat populations, and the efforts
underway by MassWildlife to protect these
remarkable mammals. Throughout the
program learn about some myths and facts
about bats, while gaining a deeper under-
standing of why bats matter and how we
can contribute to their preservation.
This program is presented by Jennifer
Longsdorf, the Bat Conservation Program
Coordinator for MassWildlife.

This event is sponsored by the Friends of
Memorial Hall Library.
QUESTIONS ABOUT REGISTRATION?
Contact the Reference Desk, 978-388-8148,
option 2 / reference@amesburylibrary.org
QUESTIONS ABOUT THE PROGRAM? Con-
tact Stephanie Smith, [ssmith@amesburyli-
brary.org](mailto:ssmith@amesburyli-
brary.org), 978-388-8148 x607

Monday, October 21

PAPERCRAFTING AND CARD Making
MONDAY, OCTOBER 21 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 stamp-
ing, die cutting, and embossing.
Workshop led by Ruth Tinkham.
Registration for this event opens Tuesday,
October 1 at 9:00 AM.

Wednesday, October 23

COOKBOOK CLUB
WEDNESDAY, OCTOBER 23 6:30—7:30 PM
Milhendler Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830
Cookbook Club

Join us for our cookbook club!
We'll all cook a different recipe from one
cookbook and then bring the dishes in
to share and discuss, potluck-style, every
OTHER 4th Wednesday of the month (our
next meeting will be 1/22 as we will be
closed 12/25)!
Register as usual.

Pick up and check out a copy of the cook-
book 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 ex-
cept 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.

October 2024 Details
We'll meet Wednesday, October 23rd from
6:30-7:30pm.
Our cookbook will be *I Dream of Dinner (So
You Don't Have To)* by Ali Slagle.
Registration for this event opens Tuesday,
October 1 at 9:00 AM.

Thursday, October 24

GREAT OLD BOOK SALE IS HERE!
(IN-PERSON)
THURSDAY, OCTOBER 24 9:30 AM—7:30 PM
Program Room Newburyport Public Li-
brary, 94 State Street, Newburyport, MA
Book Sale Donations

Saturday, October 19: 9:30 am-4:30 pm
Monday, October 21: 9:30 am-7:30 pm
Tuesday, October 22: 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 maga-
zines will be accepted. Please, 8 box limit.
Friends of the Library Members' Sale
Wednesday, October 23: 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, October 24, 9:30 am-7:30 pm
Friday, October 25, 9:30 am-4:30 pm
Saturday, October 26, 9:30 am-2:30 pm
Volunteers are always welcome. A vol-
unteer sign-up book can be found in the
library lobby next to the Book Sale poster
or you can sign up online using Signup
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

**COUNCIL ON AGING OUTREACH SERVICES
DROP-IN HOURS**

THURSDAY, OCTOBER 24 12:30—1:30 PM
Reference Desk 2nd Floor Newburyport
Public Library, 94 State Street,
Newburyport, MA, 01950
Council on Aging Outreach Services Drop-
In Hours

Outreach Specialist from the Council on
Aging, Ann Freeman, will be available at
the Newburyport Public Library.
Stop by to get connected to services and
information, including information on
housing, home care, food, transportation,
finance, health, and family issues. Consul-
tations and referrals are confidential and
free to all. Residents will be helped on a
first-come first-served basis. See Reference
staff for directions.
No Registration Required

Saturday, October 26

SONGWRITING SERIES FOR ADULTS
(6 WEEKS)
SATURDAY, OCTOBER 26 10:00—11:30 AM
Amesbury Room Amesbury Public Li-
brary 149 Main St., Amesbury, MA, 01913
Adults, learn about songwriting and work

**NEWBURYPORT ART'S NEW POET IN RESIDENCE -
JOHN BURCIAGA****Newburyport Art Excited to Announce our Poet in Residence
Program and Inaugural Poet!**

Inspired by the joining of poetry and the visual arts in our galleries, as recent-
ly and beautifully rendered by poet John Burciaga, working with John we are
launching our own Poet in Residence program to continue this partnership
of inspiration and imagery across media.

John is native to Cape Girardeau, Missouri, with Bachelor and Masters de-
grees and studies in English, History, Humanities and Theology.

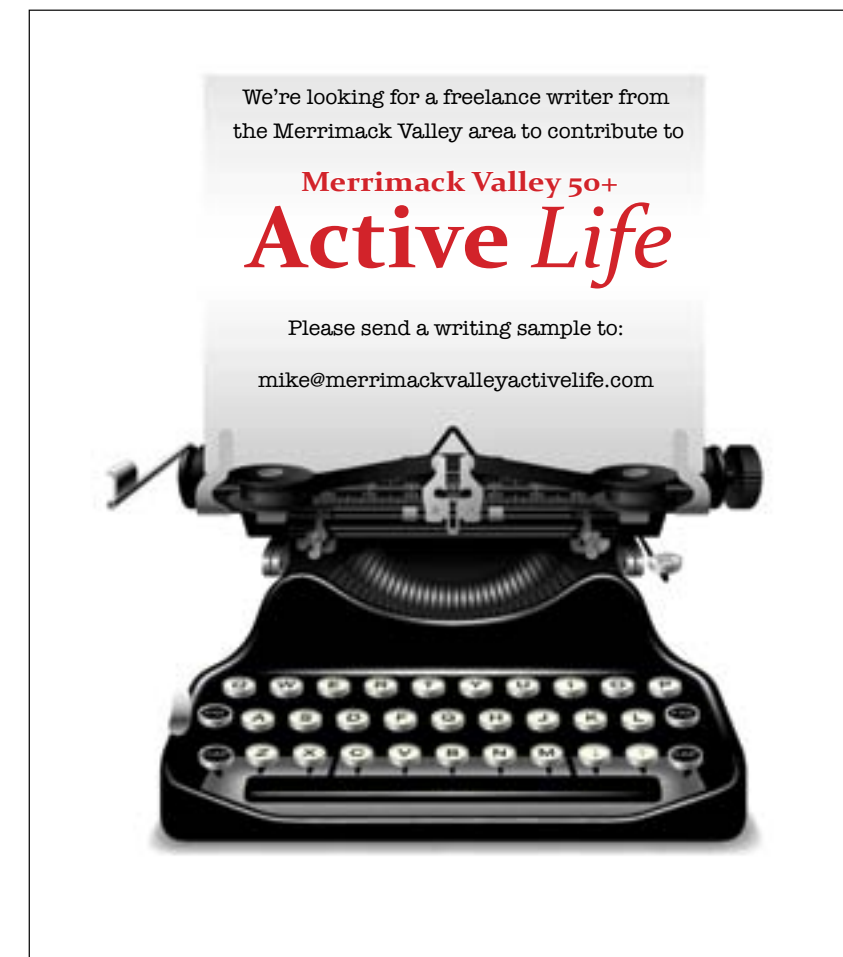
He has had careers as clergy and a journalist and was the former managing
and senior Editor for Eason Publications, Inc. in Atlanta, GA and Tampa, FL.

In Newburyport, John founded the Poetry In Public Places initiative where
he has created four NAA visual art themes, multiple poetic interpretations
of Greek myths at the Firehouse Center for the Arts during its staging of
Eurydice and is leader of a popular Poetry group at the Newburyport Council
on Aging and Community Center.

In addition, John displays his poetry in local businesses, and stages poetry
readings throughout the region. Solo exhibits include annual installations for
April's National Poetry Month and his poems are also found in the visual art
gallery space at Newburyport's NU Kitchen restaurant.

Going forward, the Poet in Residence role will be a biannual (2-year) posi-
tion, chosen from a pool applicants who have demonstrated a dedication to
poetry's ability to express the emotional power of our world and our role as
creators to give it voice.

The Poet in Residence will create a work for display at the Newburyport Art
gallery that reflects the theme chosen for that particular exhibition. More
details will be available over the coming weeks.



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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Registration is required.

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!

HPL READ ANYTHING CLUB

SATURDAY, OCTOBER 26 10:00—11:30 AM
Milhender Room Haverhill Public Library
99 Main Street, Haverhill, MA, 01830

HPL Read Anything Club

Join the HPL Read Anything Club!

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

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

Our October book will be *Good Omens* by Terry Pratchett & Neil Gaiman.
No Registration Required

Monday, October 28

AUTHOR TALK: EVEN MORE HAUNTED
LIGHTHOUSES OF NEW ENGLAND
(VIRTUAL)

MONDAY, OCTOBER 28 7:00—8:15 PM
Zoom

Author Talk: Even More Haunted Lighthouses of New England (VIRTUAL)

We had such a blast with Jeremy these last two years that we just had to do it again. He's working on a 3.0 program just for us! Even more stories, even more ghosts, even more sightings - just more!

Lighthouses and ghost stories often seem to go hand in hand. In the past, Jeremy has discussed the lovelorn spirit known as Ernie at Connecticut's New London Ledge Light and the piano playing ghost of Maine's Seguin Light, among others as well as about the mysterious Woman in White in the Isles of Shoals and the spirit of a drowned lighthouse keeper at Penfield Reef in Connecticut. This time, who knows what fascinating and haunting tales Jeremy will come up with - we do know he's using the suggestions from our 2.0 session to create the 3.0 one (we love crowd-sourcing!). Please contact Haverhill Public Library to register
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.

NOTE: This program will be recorded and available to view on the Ashland Library's YouTube Channel.

Please register for this event and you'll receive the link in the confirmation and reminder emails - make sure to check your spam folder for them. The email will be coming from Zoom.

This program is brought to you in collaboration with the Chelmsford, Groton, and Tewksbury Libraries. We're also thrilled to be partnering with a multitude of additional MA & NH Libraries to bring this program to our communities.

This program is sponsored by the Friends of the Ashland Public Library.

Tuesday, October 29

MAKE A HALLOWEEN CRAFT! (IN-PERSON)
TUESDAY, OCTOBER 29 6:30—7:30 PM
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA
Make a Halloween Craft! (IN-PERSON)

Come stop by the program room and make some Halloween crafts!

There will be two (2) crafts available: Pumpkin Weaving Mats and Ghost & Pumpkin Foam Door Hangers.

Each participant will get one (1) of the two crafts while supplies last.

This is a drop-in event intended for adults.
No registration necessary.
No Registration Required

JUST THE FACTS - NONFICTION BOOK
GROUP - VIRTUAL

TUESDAY, OCTOBER 29 5:00—6:00 PM
Virtual Program Newburyport Public Library, 94 State Street, Newburyport, MA
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. Register 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@newburyportpl.org or call 978-465-4428 x 2.

This month's pick is *The Story of Russia*, by Orlando Figes.

The Story of Russia is a fresh approach to the thousand years of Russia's history, concerned as much with the ideas that have shaped how Russians think about their past as it is with the events and personalities comprising it. No other country

has reimagined its own story so often, in a perpetual effort to stay in step with the shifts of ruling ideologies.

(Description summarized from catalog record.)

Please register online by clicking on the link above or by calling 978-465-4428 x242.

Wednesday, October 30

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

This week we will be screening "Dracula" (1931) starring Bela Lugosi, Helen Chandler, and David Manners at 2:30 pm.

Run time 1 hour 13 minutes.

"Transylvanian vampire Count Dracula bends a naive real estate agent to his will, then takes up residence at a London estate

where he sleeps in his coffin by day and searches for potential victims by night." Come and enjoy the theater-like screen and sound system with fellow film buffs. This free event will be held in the Program Room and all are welcome!

*Please note that movie showings are subject to change with short notice. For the most current movie schedule, we recommend checking with the library directly.
No Registration Required

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

METHUEN MEMORIAL MUSIC HALL FALL VARIETY SERIES.

All concerts are held at
Methuen Memorial Music Hall,
192 Broadway (Rt. 28) in Methuen

Tickets are available online at Tix - Ticket Sales or at the door.

Doors open 30 minutes before the performance.

Sunday, October 6, 3:00 pm

Tony! Tony! Tony!

Songs from Broadway's Tony Award-winning
Best Musicals

Performed by a talented group of local singers
Appropriate for the whole family!

Friday, October 25, 8:00 pm

Bach in Space

Pairing Bach's Organ Works with ISS Astronauts' Photography
Brian Hoffman, Organist Dan Barstow, Earth Movies
Reserved Seating: \$20 and \$30 Student Discount Available

Sunday, October 27, 3:00 pm

A Folk at Methuen Concert

Kemp Harris, singer, songwriter, award-winning educator
Woodshed, trio performing down home country folk music
at its finest