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February

Bethany Community Services
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2022

FEBRUARY

Happy Valentine's Day



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Did you know? Bethany Communities offers assistance through our

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- Housekeeping
- Grocery Shopping
- Medication Reminders
- 1-3 Meals per Day
- Personal Assistance

If you need a little extra help, call our Wellness Department at 978.374.2170, or your RSC - Amy Hanson at 978.374.2178; Linda Maxwell at 978.374.2164 – and learn more about our Supportive Services!

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This is Jered

...and You've Got Mail

**I'm sharing an article this month I had written a few years ago. I hope you enjoy it.*

I like basketball. Some of you may not know that basketball is a big deal in Maine. On nearly every cold wintry Friday night in the far reaches of northern Maine I guarantee there will be a packed gym in a small town with locals cheering on their high school team. And every February there is "The Tournament" where young kids dream of making the trip to Bangor. I remember the smell of popcorn and the band playing the school fight song and friends and neighbors getting ready for a night of action. And the game was played pretty well I might add. Now that I'm older I get to enjoy watching my children play and have even had the chance to coach a few of them. Basketball has been a part of my life for a long time. I just wish I could still dunk. But the good news is that my oldest son can, and he now reminds me of it whenever he can.

I know that not everyone likes basketball, and of course that's ok. "It's just millionaires playing a game," some would say. That may be true on one level, but I think basketball can teach us a lot about life.

When I played, I was more concerned with winning and tallying how many points I scored than any "life lessons". Now when I watch my kids play, I'm more concerned with their effort and attitude, and whether they are a good teammate or not. When they make a mistake, I watch closely to see how they respond, and I love it when I see them hustle back and not give up. That's when I think they've actually won.

To me that may be one of the most important lessons that sports can teach us. How do we respond when we mess up? Do we lower our head and jog back feeling sorry for ourselves? Or do we immediately forget about it and move on so that we don't compound the mistake? In life are we quick to apologize when we offend someone, and do we make amends for our wrongs? Or do we choose to be prideful and not show weakness and pretend that we were right all along? Life is about choices, and sometimes making a choice in an instant. You just missed your fifth shot in a row, you turned it over, so what are you going to do next?

What will you do the next time you make a mistake? And don't say it won't happen, we all know it will. If I were you I'd turn and sprint, get back on defense, and keep playing.

"Making shots counts, but not as much as the people who make them."

Mike Krzyzewski

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BCS Wellness Staff Hours :

[Jeanette Martinez](#), RN, Director of Wellness (978) 374-2170
Monday - Friday, 7am - 3pm | Merrivista

[Denise Huminick](#), RN, Wellness Nurse (978) 519-2520
Monday, Wednesday, Thursday, 8.30am - 1.30pm | Mission Towers
Tuesday, 8.30am - 1.30pm | Phoenix Row
All residents are welcomed to visit Denise on Thursdays from 9am-12noon and have your blood pressure taken.

[Linda Maxwell](#), Resident Service Coordinator (978) 519-2525
Monday - Friday, 7:30am - 11:30am | Phoenix Row
Monday - Friday, 12:30pm to 3:30pm | Mission Towers

[Amy Hanson](#), Resident Service Coordinator (978) 519-2532
Monday - Friday, 8am - 4pm | Merrivista

**FOR MEDICAL EMERGENCIES
PLEASE DIAL 911**

Maintenance Tool Box: Luke Malbon, Merrivista

What is a Work Order?



A Work Order is created when a Bethany resident or employee notices something in their dwelling, common space, or work area that should be addressed by the maintenance staff. Perhaps your kitchen faucet drips, or your toilet runs, your smoke detector chirps, maybe your tub drains slowly, or you notice a loose handrail in a hallway. These are all good reasons to call or stop by the office in your building and submit a work order. Office staff will be glad to take your information, prioritize the work, and pass it on to maintenance. Upon completing the work, maintenance staff will inform the office that the work order is complete. It is always best to report work orders to the office rather than stop a maintenance man in the hall. His mind is occupied with his work, and he may forget your important request.



Look familiar? Do you remember who was pitching this product and what the product was?

Answer to follow in the March Newsletter

FEBRUARY PROGRAMS AND ACTIVITIES

Bethany Internet Café

All your technology questions answered by our friends from FHM!
2nd & 4th Monday (February 14th and 28th), 3:00pm at Merrivista.
Free to BCS residents. Transportation available.

Stretch & Breathe

Join instructor Mary Corsetto for gently guided and supported chair yoga.
Monday, 10:00am at Phoenix + Friday, 2:00pm at Mission Towers.
Free transportation available to BCS residents.

Tai Chi

Join Barbara Maffeo for relaxation and gentle movement.
**Thursday, 10:00am at Phoenix, Tuesday, 10:00am at Mission Towers and
Tuesday, 11:00am at Merrivista. Free to BCS residents.**

Bethany Craft Corner

Join our group and explore your creativity through crafty creations!
Wednesday, 2:00pm at the Phoenix Row Activity Room. Free Transportation.

Weekday Lunch Rides

Enjoy an afternoon lunch trip with friends. This month's destinations include:
Celebrate the Chinese New Year! China Buffet/Methuen - February 1st
The Olive Garden - February 15th
Red's Kitchen + Tavern - February 28th
EZ Van pick up at 11:30am. \$4.00 for bus + cost of lunch.

Wellness Workshop

Learn the benefits of Physical Therapy with Pro Physical Therapy
TBD (See Flyer), Merrivista. Free Transportation.

New Hampshire Shopping Trips

Enjoy tax free shopping in New Hampshire.
Salem, NH - February 18th | Plaistow, NH—February 25th
.Fridays at 9:00am. \$6.00 for Salem & \$4 for Plaistow

Move & Groove with Tippy

Enjoy moving and grooving from the comfort of your chair.
Tuesday, 2:00pm at Phoenix + Thursday, 11:00am at Merrivista. Free Transportation.

The Men's Group

Get together with the guys for men's topics, games, featured speakers, road trips and more!
Friday, February 4th, 10:00am—11:00am, Phoenix Dining Room. Free Transportation.

Michelle Burchell, Property Mgr. & Linda Call, Asst Property Mgr. - Merrivista

We hope everyone enjoyed their holidays and hope you continue doing all you can to stay healthy. Especially wearing your masks and not socializing too close to one another. You know that it is up to all of us to take care of ourselves and get vaccinated if you haven't already. As you know we can expect some of that cold, and white fluffy stuff in the next couple of months so please be prepared. Our maintenance staff work hard during the snowstorms to keep our properties safe, and we appreciate all they do. Please remember to wait until everything is cleared from our walks and driveway before you venture out. The day after the storm we post signs around the building, and we will call you also to remind you to move your vehicle so that maintenance may plow. A big thank you to Thomas Bailey for providing our residents with a movie and refreshments on a Saturday night. We hear his movie selections are great and free.

Wishing you a month of Love, Peace and Joy.

Deanna Ruth, Property Manager - Mission Towers

Welcome to February the third month of winter which can be the coldest month of the year. Speaking of cold if you find that you are not getting enough heat, please put in a work order to have it checked. Also keep in mind that space heaters are prohibited and please do not use your stove to give yourself extra heat. We are still asking & requiring visitors to sign in when they come into the building. Please remind anyone that comes in the building to see you that they must sign in. We are also still requiring all visitors to wear a mask into the building and to keep it on at all times. We may be able to start using the Dining Room again for activities in the evening. These will be limited to small activities and masks will be required. Keep an eye on the bulletin board in the lobby for any upcoming activities. Just think when we get through February, the days will bring us more sunlight & hopefully warmer days!

Wishing you all a Happy Valentine's Day!

Jen Cantwell—Director of Operations - Phoenix

Happy New Year! We're looking forward to 2022 and all that is to come! As a gentle reminder, please be mindful of snow and ice. We're in the middle of the winter season, and while our Maintenance team is committed to making our walkways and parking lot as safe as possible, please be careful when walking outside and driving. Just as we're careful about icy conditions, please keep your health as a top priority! COVID is making a real presence in our community, mask wearing, sanitizing, and distancing is more important than ever. During February and March, are undergoing construction in unit 101. This will include some noise and debris, although we will do our best to keep the surrounding area as clean as possible. Work will be conducted between 8:00 am and 4:00 pm during weekdays. During this time, the women's restroom by the lobby will be closed. The functioning restroom will be available to all staff and residents. The Post Office will relocate the resident mailbox so that it is accessible. On a fun note, did you check out the fish tank? Senior Maintenance Technician Tim Croteau introduced a few new friends to the aquarium! Watching them swim and interact with one another can be enjoyable, and even relaxing! Be sure to stop by and say hello to the newest additions to Phoenix Row!

The Phoenix team wish all of our residents a fabulous February! Stay warm and healthy!

Amy Hanson - Resident Service Coordinator

Finding Compassion in Trying Times

The last couple of years has certainly been a challenge for some of us to find compassion for others and other people's viewpoints. Our emotions have often run the gamut from angry to scared to joy. We have all been there, wanting to immediately disagree with others who don't share our same opinions. Although it may not always be easy, we can try to listen carefully and try to understand where they may be coming from. Most of us have all had different life experiences, and you know that old saying "Walk a mile in someone else's shoes." You never know what someone may be struggling with. You've probably heard this many times, that we certainly can't control other people's actions, but we can control how we respond to them. It often is easy to get angry first and to not listen mindfully when others speak. We don't have to agree with it or even like it. Everyone has their own opinions even if they may differ from our own. With this month honoring Valentine's Day I thought these tips may be helpful to us all to practice becoming more compassionate towards others as well as ourselves.

- Smile at someone.
- Compliment a friend or neighbor. This simple act of kindness can brighten someone's day.
- Remember to listen carefully.
- Show yourself some compassion (no one is perfect, forgive yourself).

Jeanette Martinez, RN - Director of Wellness

American Heart Month

Welcome to February! As we enter the second month of 2022, let's keep the momentum going as many of us continue to try our best to fulfill those new year resolutions from January. If one of your resolutions this year involved taking care of your heart health, then here are some tips that may help you move towards your goals.

Self-care is heart-health care: Practicing self-care can keep our hearts healthy. Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease. And, when we take care of our hearts, we set an example for those around us to do the same. Below are some examples to stay physically active:

Physical Activity- Aerobic exercise benefits your lungs the most. This is any exercise in which your heart beats faster and you use more oxygen than usual. There are many indoor exercises such as yoga and tai-chi (classes are held at Bethany-see calendar), walking, doing chores, and balance exercises. Prioritizing your heart can help you avoid severe illness. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19. Please protect yourself and others by washing your hands and following up with your doctor when you are not feeling well.

Celebrate National Wear Red Day®- National Wear Red Day® is the first Friday in February (2/4/2022). Wear red and encourage others to do the same to help raise awareness.

February Fun Fact: On average, February is the United States' snowiest month, according to data from the National Weather Service. There is a folklore that states, "If February give much snow, A fine summer it doth foreshow." Keep an eye out for Ground Hog Day on February 2nd.

February 2022 BETHANY KITCHEN MEALS

Sunday	Monday	Tuesday	Wednesday
<p>PLEASE LEAVE DISHES FROM THE MV KITCHEN READY FOR PICK UP BY STAFF ON NEXT SHIFT. THANK YOU!</p>	<p>Ask Amy Hanson or Linda Maxwell about Free or Reduced Priced Meals!</p> <p>Call Courtney and Kitchen staff for Alternate Meals 978-374-2169</p>	<p>1 LUNCH: Warmed Rueben, Chips, Fresh Fruit</p> <p>DINNER: Cheese Ravioli, Garden Salad, Garlic Bread, Butterscotch Pudding</p>	<p>2 LUNCH: Stuffed soup, Grilled Chicken</p> <p>DINNER: American Suet, Dinner Roll, Apple Pie</p>
<p>6 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Apricot Glazed Pork, Mashed Potato, Peas, Oreo Crumb Pudding</p>	<p>7 LUNCH: Minestrone, Turkey w/ Lettuce & Tomato on Pita, Peaches</p> <p>DINNER: Baked Chicken Breast, White Rice, Broccoli, Chocolate Pudding</p>	<p>8 LUNCH: 2 Taco Tuesday, Spanish Rice, Cookie</p> <p>DINNER: Apple Stuffed Pork Chops, Mashed Potatoes, Carrots, Brownie</p>	<p>9 LUNCH: Buttered Soup, Hamburgers</p> <p>DINNER: Chicken Bleu, Red Potatoes, Ices, Ice cream</p>
<p>13 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Corn Beef and Cabbage, Potatoes, Carrots, Oreo Crumb Pudding</p>	<p>14 LUNCH: Chicken Tenders, Fries, Cookie</p> <p>DINNER: Chicken Turnovers, Roasted Brussel Sprouts, Jello</p>	<p>15 LUNCH: Turkey Club, Chips, Pudding</p> <p>DINNER: Shepards Pie, Green Beans, Dessert Waffle</p>	<p>16 LUNCH: Veggie Salad, Fruit</p> <p>DINNER: Chicken Spaghetti, Broccoli, Cake</p>
<p>21 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Apricot Pork, Mashed Potato, Green Beans, Ice Cream</p>	<p>21 LUNCH: Chicken Noodle Soup, Hot Meatloaf Sandwich, Fresh Fruit</p> <p>DINNER: Baked Ham, Roasted Potato, Green Beans, Ice Cream</p>	<p>22 LUNCH: Split Pea Soup, Roast Beef, Cookie</p> <p>DINNER: Eggplant Parmesan over Ziti, Tossed Salad, Pumpkin Pie</p>	<p>23 LUNCH: Open Turkey w/ Stuffing Sauce, Fresh Fruit</p> <p>DINNER: Salisbury Red Potato, Broccoli, cake</p>
<p>27 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Turkey, Stuffing, Mashed Potatoes, Carrots, Pumpkin Pie</p>	<p>28 LUNCH: Pizza, Curly Fries, Cookie</p> <p>DINNER: Spaghetti and Meatballs, Broccoli, Breadstick, Sherbet</p>		

NU CALL TO ORDER @ 978-374-2169

Wednesday	Thursday	Friday	Saturday
<p>and Pepper Cheese, Brownie</p> <p>can Chop l with Butter,</p>	<p>3 LUNCH: Turkey and Rice Soup, Turkey stuffing and Cranberry Wrap, Cookie</p> <p>DINNER: Sweet and Sour Chicken, Parsley Potato, Green Beans, Ice Cream</p>	<p>4 LUNCH: Vegetable Soup, Chicken Salad Sandwich, Fruit</p> <p>DINNER: Baked Salmon, Baked Potato, Honey Carrots, Banana Cream Pie</p>	<p>5 LUNCH: Quiche Lorraine, Salad, Vanilla</p> <p>DINNER: Hamburger, Fries, Coleslaw, Chocolate Cake</p>
<p>nut Squash er, Fresh Fruit</p> <p>n Cordon o, Mixed Veg-</p>	<p>10 LUNCH: Italian Wedding Soup, Sliced Chicken Sandwich</p> <p>DINNER: Meat Lovers Lasagna, Tossed Salad, Jello</p>	<p>11 LUNCH: Corn Chowder, Ham and Cheese, Fruit</p> <p>DINNER: Baked Haddock, Baked Potato, Asparagus, Boston Cream Pie</p>	<p>12 LUNCH: Tomato Soup, Turkey Melt, Cookie</p> <p>DINNER: Baked Ham, Mashed Potatoes, Peas, Brownie</p>
<p>gie Soup, Ham</p> <p>n Parmesan, coli, Carrot</p>	<p>17 LUNCH: Tomato Soup, Seafood Salad, Cookie</p> <p>DINNER: Pork Chops, Scallop Potato, Carrots, Ice Cream</p>	<p>18 LUNCH: Tortellini Soup, Fish Patty, Tapioca</p> <p>DINNER: Baked Salmon, Baked Potato, Honey Carrots, Banana cream Pie</p>	<p>19 LUNCH: BBQ Pulled pork, Onion Rings, Fruit</p> <p>DINNER: Roasted Veggie Calzone, Side Salad</p>
<p>n Faced g, Cranberry it</p> <p>y Steak, Baby ccoli, Cheese-</p>	<p>24 LUNCH: Corn Chowder, Ham Salad, Sliced Apples</p> <p>DINNER: Pork Chops, Scallop Potato, Peas and Carrots, Marble Cake</p>	<p>25 LUNCH: Stuffed Manicotti, Tossed Salad, Garlic Bread, Cookie</p> <p>DINNER: Baked Haddock, Rice Pilaf, Asparagus, Vanilla Pudding</p>	<p>26 LUNCH: Turkey Rice Soup, Tuna Melt, Pears</p> <p>DINNER: Franks and Beans, Coleslaw, Ice Cream</p>

Bethany's Community Life & Transport Department



Melissa Seavey, Community Life Coordinator

Office Telephone: (978) 519-2456

Email: mseavey@bethanycommunities.org

If you have any suggestions, questions, comments, concerns or would just like to say hello, please drop by the office, give me a call or send me an email. I'd like to hear from you!



Nunan's Greenhouse Scavenger Hunt

Join us in the heated greenhouse...it will feel like a winter escape with tropical plants, waterfall vignettes and a chatty Macaw. Participants will seek out different plants and everyone will go home with a prize.

Date: February 22, 2022 at 1:00 PM

FREE Event and Transportation



Let's Go Bowling!

Join us for Candlepin bowling at Academy Lanes. For just \$12 enjoy an afternoon with friends. The cost includes \$4 for transportation, \$4.50 for two (2) strings of bowling and \$2.50 for shoes.

Date: Thursday, February 17th, 2022 at 1:00 PM



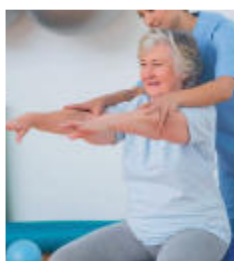
Bible Study/Seven Signs of Jesus

This seven week study examines the 7 miraculous signs from the Gospel of John with a review of the scripture and informal discussion.

Date: January 13—February 17, 2022 at 2:00 PM

Location: Merrivista Library

FREE Transportation



Learn About the Benefits of Physical Therapy

Physical therapy can help seniors maintain a higher quality of life by reducing pain, improving overall strength, and reducing the risk of injuries.

Date: TBD (See Flyer)

Location: Merrivista Activities Room

FREE Transportation

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3 THINGS TO REMEMBER

1. TRANSPORTATION FOR THE FOLLOWING DAY MUST BE MADE BY 3:00 PM
2. MONDAY APPOINTMENTS MUST BE BOOKED FRIDAY BY 3:00 PM
3. THE LATEST RETURN PICK UP TIME FROM AN EARLIER DROP OFF IS 3:00 PM



*****PLEASE NOTE THAT THE BETHANY EZ VAN CANNOT BE BOOKED FOR DRIVE-THRU COVID-19 TESTING.**

**ALL TRANSPORTATION MUST BE BOOKED
ACCORDING TO FIRST COME, FIRST SERVE;
DON'T WAIT UNTIL THE LAST MINUTE
MONDAYS - FRIDAY | 8:00AM - 3:00PM**


**VALID TRAVEL VOUCHERS MAY ALSO BE USED
EXPIRED VOUCHERS WILL NOT BE ACCEPTED—PLEASE CHECK THE DATE!**

**Please observe social distancing and disinfecting best practices when using BCS transport:
MASKS MUST BE WORN AT ALL TIMES WHILE ON THE BUS.
PLEASE continue to self-monitor and stay home if you are not feeling well!**



Merrivista Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <i>Chinese New Year</i> 9AM -12PM - HAIRDRESSER 11AM - TAI CHI 11:30 AM- CHINA BUFFET 2PM-POKENO	2 2PM - CRAFT CORNER (PH)	3 MOVE & GROOVE— 11:00AM 2:00 PM BIBLE STUDY (MV LIBRARY)	4 <i>National Wear Red Day</i> 10:00 AM THE MEN'S GROUP (PH)	5
6	7 6PM-BINGO	8 9AM -12PM - HAIRDRESSER 11AM - TAI CHI 2PM-POKENO	9 2PM - CRAFT CORNER (PH)	10 MOVE & GROOVE— 11:00AM 2:00 PM BIBLE STUDY (MV LIBRARY)	11	12
13	 3.00PM-INTERNET CAFÉ (MV) 6PM-BINGO	15 9AM -12PM - HAIRDRESSER 11:30AM—THE OLIVE GARDEN 11AM - TAI CHI 2PM-POKENO	16 2PM - CRAFT CORNER (PH)	17 MOVE & GROOVE— 11:00AM 1:00 PM BOWLING 2:00 PM BIBLE STUDY (MV LIBRARY)	18 9.00AM - NH SHOPPING TRIP—SALEM	19
20	 6PM-BINGO OFFICE CLOSED	22 9AM -12PM - HAIRDRESSER 11AM - TAI CHI 1:00PM GREENHOUSE SCAVENGER HUNT 2PM-POKENO	23 2PM - CRAFT CORNER (PH)	24 MOVE & GROOVE— 11:00AM	25 9.00AM - NH SHOPPING TRIP— PLAISTOW	26
27	28 11:30 AM RED'S KITCHEN + TAVERN 3.00PM-INTERNET CAFÉ (MV) 6PM-BINGO					

Mission Towers Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 <i>Chinese New Year</i></p> <p>10AM - TAI CHI 11:30 AM- CHINA BUFFET</p>	<p>2 2PM - CRAFT CORNER (PH)</p>	<p>3 2PM - BIBLE STUDY (MT LIBRARY)</p>	<p>4 <i>National Wear Red Day</i></p> <p>10:00 AM THE MEN'S GROUP (PH)</p> <p>2PM -STRETCH & BREATHE</p>	5
6	7	<p>8 10AM - TAI CHI</p>	<p>9 2PM - CRAFT CORNER (PH)</p>	<p>10 2PM - BIBLE STUDY (MT LIBRARY)</p>	<p>11 2PM - STRETCH & BREATHE</p>	12
13	<p>14 </p> <p>3.00PM-INTERNET CAFÉ (MV)</p>	<p>15 10AM - TAI CHI</p> <p>11:30AM—THE OLIVE GARDEN</p>	<p>16 2PM - CRAFT CORNER (PH)</p>	<p>17 1:00 PM BOWLING</p> <p>2PM - BIBLE STUDY (MT LIBRARY)</p>	<p>18 9.00AM - NH SHOPPING TRIP—SALEM</p> <p>2PM - STRETCH & BREATHE</p>	19
20	<p>21 </p> <p>OFFICE CLOSED</p>	<p>22 10AM - TAI CHI</p> <p>1:00PM GREENHOUSE SCAVENGER HUNT</p>	<p>23 2PM - CRAFT CORNER (PH)</p>	<p>24 2PM - BIBLE STUDY (MT LIBRARY)</p>	<p>25 9.00AM - NH SHOPPING TRIP—PLAISTOW</p> <p>2PM - STRETCH & BREATHE</p>	26
27	<p>28 11:30 AM RED'S KITCHEN + TAVERN</p> <p>3.00PM-INTERNET CAFÉ (MV)</p>					

Phoenix Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 Chinese New Year 10AM - POUNDS AWAY 11:30 AM- CHINA BUFFET 2PM—MOVE & GROOVE	2 2PM - CRAFT CORNER (PH)	3 10AM - TAI CHI 2:00 PM BIBLE STUDY (MV LIBRARY) 6PM-POKENO	4 National Wear Red Day 10:00 AM THE MEN'S GROUP (PH) 6PM-BINGO	5
6	7 6:30-8AM COFFEE 10AM - STRETCH & BREATHE	8 10AM - POUNDS AWAY 2PM—MOVE & GROOVE	9 2PM - CRAFT CORNER	10 10AM - TAI CHI 2:00 PM BIBLE STUDY (MV LIBRARY) 6PM-POKENO	11 6:30-8AM DONUT DAY 6PM-BINGO	12
13	 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 3.00PM-INTERNET CAFÉ (MV)	15 10AM - POUNDS AWAY 11:30AM—THE OLIVE GARDEN 2PM—MOVE & GROOVE	16 2PM - CRAFT CORNER	17 10AM - TAI CHI 1:00 PM BOWLING 2:00 PM BIBLE STUDY (MV LIBRARY) 6PM-POKENO	18 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING TRIP—SALEM 6PM-BINGO	19
20	 6:30-8AM COFFEE OFFICE CLOSED	22 10AM - POUNDS AWAY 1:00PM GREENHOUSE SCAVENGER HUNT 2PM—MOVE & GROOVE	23 2PM - CRAFT CORNER	24 10AM - TAI CHI 6PM-POKENO	25 9.00AM - NH SHOPPING — PLAISTOW 6PM-BINGO	26
27 6PM—GERONIMO	28 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 11:30 AM RED'S KITCHEN + 3:00PM-INTERNET CAFÉ (MV)					

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GET TO KNOW A NEIGHBOR!



**Denise Bastoni
Merrivista**

How long have you lived at Bethany? I have been living at Merrivista since July 2021.

Where did you grow up? I grew up in Arlington. I have a son Michael and grandson Jordan whom I visit regularly.

What did you do before moving here? I was a bus driver for over 20 years for the Minuteman School in Lexington. I was also a Peer Counselor for the Brookline Center for the Disabled. I am a pet lover and Loved my Greyhound Jordan, my dog Tiny, and my cat Sammy.

What do you like most about living at Bethany? I like meeting my neighbors and I especially like the comfort and the safety here at Merrivista.

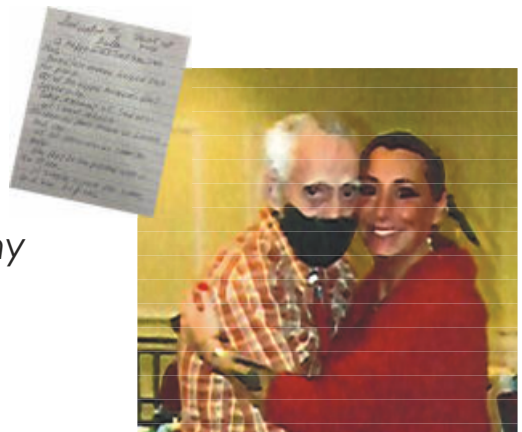
What else would you like to tell us? My hobbies include bike riding at various trails and state parks, both locally and as far away as Chelmsford and Boston. I also enjoy photography and have many pictures from my trail rides. I also enjoy shopping and listening to oldies Motown music.

Something Special to Share FROM YOUR NEIGHBOR

Dedication to Bubba

*A happy heart, and smiling face,
Boundless energy helped set the pace.
Of all the happy moments that passed us by,
Today, a moment of sadness, we cannot deny
His dancing feet made us laugh and cry
Of his presence, we came to rely.
Now that he has passed and is no more,
It simply is not the same, as it was before.*

Submitted by MV Resident



**Ronald D. Eaton
1939 - 2021**

If you have something special you would like to share in The Flag, share with Melissa at mseavey@bethanycommunities.org or call (978) 519-2456.