

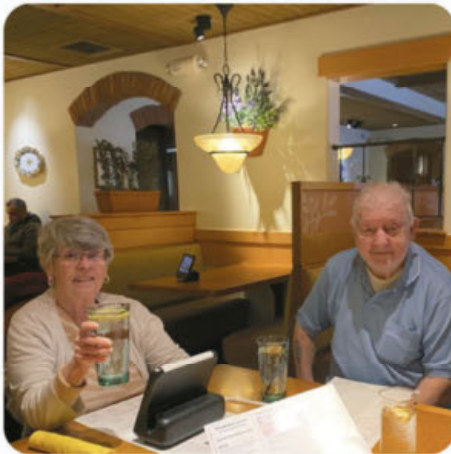


the **flag**

March

Bethany Community Services
www.bethanycommunities.org

2022



"A good friend is like a four leaf clover,
hard to find and lucky to have."

Irish Proverb

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Did you know? Bethany Communities offers assistance through our

SUPPORTIVE SERVICES

- 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; Laura Murray at 978.374.2164 – and learn more about our Supportive Services!

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This is Jered

...and You've Got Mail

I remember my first grade classroom. Mrs. Fowler was my teacher, and we had a calendar on the wall for the month of March. I remember it had lions and lambs on it, and each day we would put one up depending on the weather. And across the top was the saying, “in like a lion, and out like a lamb.” I’m not sure if I understood that when I was only 6, but it made sense sometime later in life. Of course, growing up in northern Maine I think March came in like a lion and went out like a... well, lion. I don’t think we had “lamb” weather in March that I remember. Spring doesn’t come until April (or May) most of the time up there. That’s why I eventually moved south to sunny New Hampshire. It’s tropical here in comparison. But I still love the “County”, and it will always be home.

March can be a difficult month, and in recent years it has become one of the more snowy months. I wonder if St. Patrick’s Day was added to the calendar in mid-March to help us get through this month. I’m not sure another excuse to drink was needed, but I don’t believe in coincidences either.

I’m fortunate that my daughter was born in March, so we have a good reason to celebrate. I feel a little badly for her because she doesn’t get to have a summertime birthday party at the pool or the beach, but I think she’s spoiled enough already and I’m sure we make up for it.

While March can be tough, there are a few things to look forward to. Spring begins in March (we hope for real), daylight savings time begins so we “spring ahead” and it stays light out a little later. If you like basketball then March Madness is on the way. I’m getting ready to fill out my brackets. And also, did you know that March is Women’s History Month? Have you thought about the women of history that have made a huge difference for humankind, like Rosa Parks, Mother Teresa, Harriet Tubman, Amelia Earhart, Marie Curie, and Maya Angelou, to name only a few? And what about the women in your life that made an impact, like our mothers, aunts, grandmothers, sisters, and daughters?

I don’t often celebrate these types of months. But this year I’m thinking of those women in my life that have made a difference, like my wife, my mother, my grandmothers, my aunts, and my teachers, like Mrs. Fowler, Mrs. Ivey, Mrs. Floyd, Mrs. Adams, Mrs. Gricus, Mrs. Dunphy, and Mrs. Stewart... yes I had my mother as a teacher. Thank you to the women of my life who made an impact, hopefully your efforts were not wasted. Maybe this month we can think of and thank the women in our lives who helped us become who we are today.

“Do not think that love, in order to be genuine, has to be extraordinary.”
Mother Teresa

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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.

[Laura Murray](#), 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

Maintenance Emergency Basics



To serve you better, Bethany has made changes to our Maintenance Emergency Response process. 24 hours a day, 7 days a week, and holidays the Bethany Maintenance Team is available to respond to maintenance emergencies. Examples of legitimate emergencies could be no heat, locked out, clogged toilets, loss of power and water damage, to name a few. The best way to report a maintenance emergency is to call the phone number of the building you live in.

Phoenix..... (978) 374-3164
Mission Towers (978) 374-2173
Merrivista (978) 374-2168

After regular business hours these numbers are answered by our auto attendant. When prompted that you have a maintenance emergency, an operator at our answering service will pick up your call. Be sure to provide the nature of your emergency, which building you live in, your apartment number, and your phone number. They will immediately contact the staff person on call who will in turn call you back. Together you will decide if he should come in immediately to care for the maintenance issue or if the problem can wait until regular business hours. For all medical emergencies, please call 911.

MARCH PROGRAMS AND ACTIVITIES

Bethany Internet Café

All your technology questions answered by our friends from FHM!

2nd & 4th Monday (March 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 Free to BCS residents.

**** Merrivista and Phoenix Row classes have been consolidated. Transportation is available.**

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:

The Irish Cottage - March 7th

China Buffet/Methuen - March 29th

EZ Van pick up at 11:30am. \$4.00 for bus + cost of lunch.

New Hampshire Shopping Trips

Salem, NH - March 11th | Plaistow, NH—March 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, March 4th, 10:00am—11:00am, Phoenix Dining Room. Free Transportation.

Laptops for Leisure

No computer experience necessary. We provide the laptop and guide you through an hour of various online games, videos, music and more!

Monday, March 21st, 2:00pm—3:00pm, 10 Phoenix Row. Free Transportation.



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

Happy St. Patrick's Day to everyone. We have had such a cold and icy February so moving forward we hope that March will warm up and the sun will be out more. At least the days are getting longer.

Construction has been on going and we are doing our best to keep up with the notices to everyone about dates when a project will start. We apologize that sometimes construction dates change on us before we have a chance to get a new notice out. Everyone has been so understanding in this matter and we thank you all for that.

Deanna Ruth, Property Manager - Mission Towers

Welcome to March the month that brings promise of longer and warmer days, we shall see if it comes in like a lion and out like a lamb. Hopefully we say goodbye to the snow and look forward to new growth coming from the ground. We made it through the winter with a minimum of snow, thanks to all of you who cooperated by clearing the lot and to David & Walter who did an excellent job shoveling and plowing. For those of you who own a car you soon will be getting our annual reminder of the Bethany Communities Parking policy and Resident Parking Form. You will need to review the policy and then provide your current license, registration, inspection and proof of insurance. Please keep in mind all vehicles need to be registered in Massachusetts and you must have a valid Massachusetts license.

We have been having quite a problem with some of the trashrooms, trash is being left in recycle bins. **Please only put things that can be recycled in the appropriate containers.** We ask that you bag up all trash and throw it down the chute, if you have an aide or family member do this for you please inform them of this. Happy St. Patrick's Day! " May the road rise to

Jen Cantwell—Director of Operations - Phoenix

Sláinte (Cheers), Phoenix Row Residents! The luck of the Irish is here, and a pot of gold is at the end of the rainbow! March is an exciting month for Phoenix Row: We've welcomed our new Property Manager, Abe Soto, and our Resident Service Coordinator, Laura Murray. In addition to new staff, we've welcomed several new residents. We welcome those who are new to Phoenix Row Apartments and we are excited you've chosen to join this very special community! As we grow closer to spring, the weather is turning and we're thinking about warmer days! There's much to look forward to in the days and months ahead!

As a reminder to all, safety is incredibly important. We should keep this in mind when welcoming visitors into the building. When welcoming a guest, please use the Entraguard system, or meet your guest at the front door. We kindly remind all of our residents not to open the front door for unknown visitors and to report anything of concern to the property manager's office.

In the spirit of St. Patrick's Day, we leave you with an Irish blessing:

*May love and laughter light your days,
and warm your heart and home.*

*May good and faithful friends be yours,
wherever you may roam.*

*May peace and plenty bless your world
with joy that long endures.*

May all life's passing seasons

Welcome to Bethany!



Abraham Soto | Property Manager, Phoenix Row Apartments

Abraham Soto joins us as our new Property Manager at Phoenix Row. Abe's prior professional experience includes maintenance supervision at a large multi-family complex, so he is knowledgeable about the many intricacies of community living. He also worked as a teacher and is bilingual. Abe has enjoyed working with both youth and seniors and strives to provide resources and support to the population we serve. Abe is a loving father and husband and he's excited to join the Bethany community.



Laura Murray | Resident Service Coordinator, Phoenix Row & Mission Towers

Laura Murray has joined us as our new Resident Service Coordinator (RSC) at Phoenix Row and Mission Towers. Laura has previously worked as an RSC at another senior community and in the past served clients in all of our buildings when she worked as an occupational therapist. Outside of work, Laura enjoys spending time with her husband and daughters. Laura loves helping, listening to, and empowering others and is excited to get to know the residents of Bethany Communities.

Jeanette Martinez, RN - Director of Wellness

As Spring approaches, some of you may be thinking about spring cleaning which may mean getting rid of old items you may no longer need. Do you have any hazardous materials that you may need to dispose of? Here are some helpful tid bits to help guide you on what you should do to safely dispose of these items. It is important to remember that **hazard materials** include items that may infect other people who come in contact with trash, such as our maintenance team.



It is important that you safely dispose of unwanted or expired medicine or pharmaceuticals that could be harmful to children or adults. Antibiotics should not be thrown in the drain as these medications can kill beneficial microbes and bacteria in septic systems and may adversely affect fish and other marine organisms. If you are unsure whether your medication is an antibiotic, please visit the wellness office at Phoenix row, Mission Towers, and Merrivista for more guidance. To dispose of unused medications properly come and visit the wellness office for more details. For cancer treatment drugs or radioactive medicines, follow the issuing hospital's/pharmacy specific disposal instructions.



Please remember to keep sharp objects such as needles, syringes, and lancelets in secure containers. Do not use glass. If you need a sharps container, please visit the wellness office. Do not dispose medical sharps such as needles, syringes, and lancets in the trash.



Place and seal disposable sheets, medical gloves, and soiled bandages in plastic bags before putting them in the trash. Learn more from the Department of Public Health or come and visit the wellness office for more information.

March 2022 BETHANY KITCHEN MENU

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: Italian Soup, BLT, peaches</p> <p>DINNER: 2 Stuffed Cabbage, Honey Carrots, Banana Pudding</p>	<p>2 LUNCH: Lentil Soup and Cheese, Pita</p> <p>DINNER: Tortellini, Ham and Peas, Bomb</p>
<p>6 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Pot Roast w/ Gravy, Mashed Potatoes, Carrots, dinner roll, Cake</p>	<p>7 LUNCH: Baked Mac' n Cheese, Stewed Tomato, Sliced Peaches</p> <p>DINNER: Broccoli Stuffed Meatloaf, Mashed Potatoes Dinner Roll, Tapioca</p>	<p>8 LUNCH: Warmed Rubeen, Chips, Fresh Fruit</p> <p>DINNER: Cheese Ravioli, Garden Salad, Garlic Bread, Butterscotch Pudding</p>	<p>9 LUNCH: Stuffed soup, Grilled Chicken</p> <p>DINNER: American Suet, Dinner Roll, Apple Pie</p>
<p>13 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Apricot Glazed Pork, Mashed Potato, Peas, Oreo Crumb Pudding</p>	<p>14 LUNCH: Minestrone, Turkey w/ Lettuce & Tomato on Pita, Peaches</p> <p>DINNER: Baked Chicken Breast, White Rice, Broccoli, Chocolate Pudding</p>	<p>15 LUNCH: 2 Taco Tuesday, Spanish Rice, Cookie</p> <p>DINNER: Apple Stuffed Pork Chops, Mashed Potatoes, Carrots, Brownie</p>	<p>16 LUNCH: Butternut Soup, Hamburgers</p> <p>DINNER: Chicken Bleu, Red Potatoes, Ice cream</p>
<p>20 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Corn Beef and Cabbage, Potatoes, Carrots, Oreo Crumb Pudding</p>	<p>21 LUNCH: Chicken Tenders, Fries, Cookie</p> <p>DINNER: Chicken Turnovers, Roasted Brussel Sprouts, Jello</p>	<p>22 LUNCH: Turkey Club, Chips, Pudding</p> <p>DINNER: Shepards Pie, Green Beans, Dessert Waffle</p>	<p>23 LUNCH: Veggie Salad, Fruit</p> <p>DINNER: Chicken Spaghetti, Broccoli Cake</p>
<p>27 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Apricot Pork, Mashed Potato, Green Beans, Ice Cream</p>	<p>28 LUNCH: Chicken Noodle Soup, Hot Meatloaf Sandwich, Fresh Fruit</p> <p>DINNER: Baked Ham, Roasted Potato, Green Beans, Ice Cream</p>	<p>29 LUNCH: Split Pea Soup, Roast Beef, Cookie</p> <p>DINNER: Eggplant Parmesan over Ziti, Tossed Salad, Pumpkin Pie</p>	<p>30 LUNCH: Open Sandwich w/ Stuffing, Sauce, Fresh Fruit</p> <p>DINNER: Salisbury Red Potato, Broccoli cake</p>

CALL TO ORDER @ 978-374-2169

Wednesday	Thursday	Friday	Saturday
<p>Soup, Ham Apple</p> <p>Alfredo with Chocolate</p>	<p>3 LUNCH: Beef Noodle, Egg Salad on a Finger Roll</p> <p>DINNER : Baked Chicken Legs, Roasted Potato, Peas, Crumb Cake</p>	<p>4 LUNCH: Broccoli Ched- dar Soup, Hot Pastrami and Swiss</p> <p>DINNER: Baked Had- dock, Garlic Potatoes, Spinach, Lemon Bar</p>	<p>5 LUNCH: Chicken Noo- dle, Ham Salad, Butter- scotch Pudding</p> <p>DINNER: Shepards Pie, Green Beans, French bread, Spice Cake</p>
<p>and Pepper Cheese, Brownie</p> <p>Can Chop with Butter,</p>	<p>10 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>11 LUNCH: Vegetable Soup, Chicken Salad Sandwich, Fruit</p> <p>DINNER: Baked Salmon, Baked Potato, Honey Carrots, Banana Cream Pie</p>	<p>12 LUNCH: Quiche Lor- raine, Salad, Vanilla</p> <p>DINNER: Hamburger, Fries, Coleslaw, Chocolate Cake</p>
<p>ernut Squash er, Fresh Fruit</p> <p>n Cordon o, Mixed Veg-</p>	<p>17 LUNCH: Italian Wedding Soup, Sliced Chicken Sand- wich</p> <p>DINNER: Meat Lovers Lasagna, Tossed Salad, Jello</p>	<p>18 LUNCH: Corn Chow- der, Ham and Cheese, Fruit</p> <p>DINNER: Baked Had- dock, Baked Potato, As- paragus, Boston Cream Pie</p>	<p>19 LUNCH: Tomato Soup, Turkey Melt, Cookie</p> <p>DINNER: Baked Ham, Mashed Potatoes, Peas, Brownie</p>
<p>ie Soup, Ham</p> <p>n Parmesan, coli, Carrot</p>	<p>24 LUNCH: Tomato Soup, Sea- food Salad, Cookie</p> <p>DINNER: Pork Chops, Scallop Potato, Carrots, Ice Cream</p>	<p>25 LUNCH: Tortellini Soup, Fish Patty, Tapioca</p> <p>DINNER: Baked Salmon, Baked Potato, Honey Carrots, Banana Cream Pie</p>	<p>26 LUNCH: BBQ Pulled pork, Onion Rings, Fruit</p> <p>DINNER: Roasted Veggie Calzone, Side Salad, Pumpkin Pie</p>
<p>n Faced Tur- Cranberry it</p> <p>y Steak, Baby ccoli, Cheese-</p>	<p>31 LUNCH: Corn Chowder, Ham Salad, Sliced Apples</p> <p>DINNER: Pork Chops, Scallop Potato, Peas and Carrots, Marble Cake</p>		

Bethany's Community Life & Transport Department



St. Patrick's Day Brunch at The Poet's Inn

Join us for an Irish brunch buffet at The Poet's Inn.

Date: Thursday, March 17, 2022 at 10:30 AM

Location: The Poet's Inn at Whittier Tech

Cost of brunch/ FREE Transportation

THE ARTIST CAFE

On April 22nd, Bethany will host, The Artist Cafe, an inspired evening of poetry and art. Residents are invited to attend and encouraged to participate. Peruse the classes below, try something new or build on your own artistic passion.



3D Art Project

Tues., March 1 - 22 | 10:00 AM | 10 Phoenix Row Art Room

Join Dianne Moonoogian and build your creative skills with 3D Art.



Stylized Art

Mon., March 7 - 28 | 1:00 PM | 10 Phoenix Row Art Room

Join Linda Maxwell and create your own style with Stylized Art! Stylizing is basically anything that deviates from reality.



Tissue Paper Landscapes

Sat., March 12th | 10:00 AM | 10 Phoenix Row Art Room

Learn how to create beautiful landscapes with nothing more than tissue and glue.



The Art of Headlines & Captions

Thurs., March 24th | 2:00 PM | Merrivista

Bill Cantwell, former editor with the Eagle Tribune and Haverhill Gazette newspapers, will share the methods used in writing headlines and captions.



Felt Flower Wreaths

Sat. March 26THth | 10:00 AM | 10 Phoenix Row Art Room

Learn the simple techniques of crafting felt flowers.

Register today at (978) 519-2567

Masks are required during all Community Life activities and when riding on the EZVan

TRANSPORTATION

The Bethany Transportation Team is here for you!

Whether it is a doctor's appointment, shopping trip or a scheduled Bethany activity, we are just a phone call or email away.

Roundtrip in Haverhill \$4

Roundtrip outside Haverhill \$6

(18-mile maximum roundtrip)



BOOK YOUR TRANSPORTATION AT 978-519-2567

OR EMAIL

CLTRANSPORTATION@BETHANYCOMMUNITIES.ORG

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

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

**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
		<p>1 9AM –12PM - HAIRDRESSER</p> <p>10AM—3D ART PROJECT (PH)</p> <p>2PM-POKENO</p>	<p>2 2PM - CRAFT CORNER (PH)</p>	<p>3 10AM-TAI CHI (PH)</p> <p>11AM MOVE & GROOVE</p>	<p>4 10:00 AM THE MEN'S GROUP (PH)</p>	5
6	<p>7 11:30 AM—THE IRISH COTTAGE</p> <p>1 PM—STYLIZED ART (PH)</p> <p>6PM-BINGO</p>	<p>8 9AM –12PM - HAIRDRESSER</p> <p>10AM—3D ART PROJECT (PH)</p> <p>2PM-POKENO</p>	<p>9 10—12 PM BLOOD PRESSURE CLINIC</p> <p>2PM - CRAFT CORNER (PH)</p>	<p>10 10AM-TAI CHI (PH)</p> <p>11AM MOVE & GROOVE</p>	<p>11 9.00AM - NH SHOPPING TRIP—SALEM</p>	<p>12 10AM TISSUE PAPER LANDSCAPE ART CLASS (PH)</p>
13	<p>14 1 PM—STYLIZED ART (PH)</p> <p>3.00PM-INTERNET CAFÉ (MV)</p> <p>6PM-BINGO</p>	<p>15 9AM –12PM - HAIRDRESSER</p> <p>10AM—3D ART PROJECT (PH)</p> <p>2PM-POKENO</p>	<p>16 2PM - CRAFT CORNER (PH)</p>	<p>17  10AM-TAI CHI (PH)</p> <p>10:30 AM -ST. PAT'S DAY BRUNCH (POET'S INN)</p> <p>11AM MOVE & GROOVE</p>	18	19
20	<p>21 1 PM—STYLIZED ART (PH)</p> <p>2PM LAPTOPS FOR LEISURE (PH)</p> <p>6PM-BINGO</p>	<p>22 9AM –12PM - HAIRDRESSER</p> <p>10AM—3D ART PROJECT (PH)</p> <p>2PM-POKENO</p>	<p>23 2PM - CRAFT CORNER (PH)</p>	<p>24 11AM MOVE & GROOVE</p> <p>2 PM-THE ART OF HEADLINES & CAPTIONS (MV)</p>	<p>25 9.00AM - NH SHOPPING TRIP—PLAISTOW</p>	<p>26 10AM TISSUE PAPER LANDSCAPE ART CLASS (PH)</p>
27	<p>28 1 PM—STYLIZED ART (PH)</p> <p>3.00PM-INTERNET CAFÉ (MV)</p> <p>6PM-BINGO</p>	<p>29 9AM –12PM - HAIRDRESSER</p> <p>11:30 AM— CHINA BUFFET</p> <p>11AM - TAI CHI</p> <p>2PM-POKENO</p>	<p>30 2PM - CRAFT CORNER (PH)</p>	<p>31 11AM MOVE & GROOVE</p>		

Mission Towers Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10AM - TAI CHI 10AM—3D ART PROJECT (PH)	2 2PM - CRAFT CORNER (PH)	3 2PM-BIBLE STUDY (MT LIBRARY)	4 10:00 AM THE MEN'S GROUP (PH) 2PM -STRETCH & BREATHE	5
6	7 11:30 AM—THE IRISH COTTAGE 1 PM—STYLIZED ART (PH)	8 10AM - TAI CHI 10AM—3D ART PROJECT (PH)	9 2PM - CRAFT CORNER (PH)	10 2PM-BIBLE STUDY (MT LIBRARY)	11 9.00AM - NH SHOPPING TRIP—SALEM 2PM - STRETCH & BREATHE	12 10AM TISSUE PAPER LANDSCAPE ART CLASS (PH)
13	14 1 PM—STYLIZED ART (PH) 3.00PM-INTERNET CAFÉ (MV)	15 10AM - TAI CHI 10AM—3D ART PROJECT (PH)	16 2PM - CRAFT CORNER (PH)	 17 10:30 AM—ST. PAT'S DAY BRUNCH (POET'S INN) 2PM-BIBLE STUDY (MT LIBRARY)	18 2PM - STRETCH & BREATHE	19
20	21 1 PM—STYLIZED ART (PH) 2 PM LAPTOPS FOR LEISURE (PH)	22 10AM - TAI CHI 10AM—3D ART PROJECT (PH)	23 10—12 PM BLOOD PRESSURE CLINIC 2PM - CRAFT CORNER (PH)	24 2PM-BIBLE STUDY (MT LIBRARY) 2 PM-THE ART OF HEADLINES & CAPTIONS (MV)	25 9.00AM - NH SHOPPING TRIP—PLAISTOW 2PM - STRETCH & BREATHE	26 10AM TISSUE PAPER LANDSCAPE ART CLASS (PH)
27	28 1 PM—STYLIZED ART (PH) 3.00PM-INTERNET CAFÉ (MV)	29 10AM - TAI CHI 11:30 AM- CHINA BUFFET	30 2PM - CRAFT CORNER (PH)	31 2PM-BIBLE STUDY (MT LIBRARY)		

Phoenix Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 10AM - POUNDS AWAY 10AM—3D ART PROJECT (PH) 2PM—MOVE & GROOVE	2 2PM - CRAFT CORNER (PH)	3 10AM - TAI CHI 6PM-POKENO	4 6:30-8AM DONUT DAY 10:00 AM THE MEN'S GROUP (PH) 6PM-BINGO	5
6	7 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 11:30 AM—THE IRISH COTTAGE 1 PM—STYLIZED ART (PH)	8 10AM - POUNDS AWAY 10AM—3D ART PROJECT (PH) 2PM—MOVE & GROOVE	9 2PM - CRAFT CORNER	10 10AM - TAI CHI 6PM-POKENO	11 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING TRIP—SALEM 6PM-BINGO	12 10AM TISSUE PAPER LANDSCAPE ART CLASS (PH)
13	14 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 1 PM—STYLIZED ART (PH) 3.00PM-INTERNET CAFÉ (MV)	15 10AM - POUNDS AWAY 10AM—3D ART PROJECT (PH) 2PM—MOVE & GROOVE	16 10—12 PM BLOOD PRESSURE CLINIC 2PM - CRAFT CORNER	 17 10AM - TAI CHI 10:30 AM—ST. PAT'S DAY BRUNCH (POET'S INN) 6PM-POKENO	18 6:30-8AM DONUT DAY 6PM-BINGO	19
20	21 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 1 PM—STYLIZED ART (PH) 2 PM LAPTOPS FOR LEISURE (PH)	22 10AM - POUNDS AWAY 10AM—3D ART PROJECT (PH) 2PM—MOVE & GROOVE	23 2PM - CRAFT CORNER	24 10AM - TAI CHI 2 PM-THE ART OF HEADLINES & CAPTIONS (MV) 6PM-POKENO	25 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING — PLAISTOW 6PM-BINGO	26 10AM TISSUE PAPER LANDSCAPE ART CLASS (PH)
27 6PM—GERONIMO	28 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 1 PM—STYLIZED ART (PH) 3.00PM-INTERNET CAFÉ (MV)	29 10AM - POUNDS AWAY 11:30 AM- CHINA BUFFET 2PM—MOVE & GROOVE	30 2PM - CRAFT CORNER (PH)	31 10AM - TAI CHI		

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It Takes Two by Tom Lucia, Merrivista

Although the music seemed complete
He'd compliment it with his dancing feet
Although tickling the ivory was her thing
His routine was to dance and sing.

Through each note a new melody was found
His routine, a dance, so soft and sound
As she played she beamed with pride
A soft smile her partner by her side.

She would often play a song of her choice
Complemented greatly by his tenor voice
Although the songs she played were too numerous to name
Always fresh and never the same

Through his dancing she'd never tire
Turning to her for words to inspire
When the evening came, and all was done



GLENN MILLER ORCHESTRA

FIREHOUSE CENTER FOR THE ARTS/NEWBURYPORT

MONDAY, APRIL 25TH AT 3:00 PM

Bethany is offering a discounted ticket price of \$25 pp
(\$15 savings from the full-price ticket of \$40)
Free transportation | Limit to 10 tickets.

**Tickets are non-refundable and available on a first come - first serve basis.
The tickets must be paid in full (cash/check) by Friday, March 25th.**

Please note, at this time an official Covid-19 Vaccination Record is required. In addition, attendees are required to wear a mask in the Theater.