



# the **flag**

April

Bethany Community Services  
[www.bethanycommunities.org](http://www.bethanycommunities.org)

2022

Hello  
Spring



Carol McCarron, Irene Rivard and Cecilia Buckles celebrate St. Patrick at The Irish Cottage. Doris Headley generates a Spring design at Craft Corner and Janet DiBiaso produces a tissue paper landscape to be displayed at the Artist Cafe event in June.

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**support our ADVERTISERS**

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!



**BETHANY COMMUNITIES**

Merrivista • Phoenix • Mission Towers • Haverhill, MA

[bethanycommunities.org](http://bethanycommunities.org)



**GROW YOUR BUSINESS BY PLACING AN AD HERE!**

**CONTACT US!**

Contact Lisa Templeton to place an ad today!  
[ltempleton@lpicommunities.com](mailto:ltempleton@lpicommunities.com)  
or (800) 477-4574 x6377





# *This is Jered*

## *...and You've Got Mail*

Someone once said, “the more things change, the more they stay the same.” I’m still thinking about what this means. We have witnessed a lot of change in these past two years since Covid hit, so I’m wondering what exactly has stayed the same?

Sometimes change happens quickly, like when your kids grow 6 inches in a year, and it seems they go from age 2 to 11 overnight. The days are long, but the years are short. Kids grow up and it seems adults grow out, or at least that’s been my experience. Sometimes our hopes and dreams change over time, perhaps our real-life experiences teach us some hard life lessons and we lose a bit of that youthful exuberance and naïve energy. The world can be a tough place, but I hope we don’t lose hope entirely. In some parts of the world right now I’m sure hope is seemingly lost.

Bethany has changed quite a bit since our humble beginnings in 1965. But so has the world. I hope that the good news is that while we have changed, we have also stayed the same, at least where it counts. I hope that we have stayed the same in our mission, our compassion, and our desire to serve the community. I hope we have stayed the same in the quality of our people, our team, those people who have come to work here over the years not just for a job, but for the opportunity to do rewarding work in service to others. I hope we have stayed the same in our desire to grow and to do more and to adapt to our times, so that we can remain relevant. I hope that we have continued to provide clean, safe, and affordable housing to our residents, because that is what we set out to do 57 years ago. Staying the same when it comes to values, commitment, and mission isn’t a bad thing at all.

Change isn’t always fun, but it isn’t always bad either. And no matter what we do, change is going to happen. Some would say “embrace change”. I think that’s good advice. It’s going to happen either way, so let’s get on board. And remember, the more things change, the more they stay the same. Just stay the same where it really matters. Perhaps that original quote was meant in a sarcastic or pessimistic tone, but when looking at who we are, I think it’s good news. May we all continue to change, and also to stay the same.

*“Plus ça **change**, plus c'est la même chose.” - French*

*“The more things change, the more they stay the same.” - English*

*French writer Jean-Baptiste Alphonse Karr*

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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, 8:00am - 12:00pm | Phoenix Row  
Monday - Friday, 1:00 pm to 4:00pm | Mission Towers

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

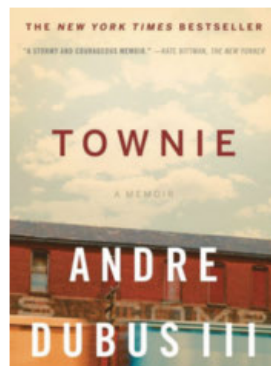
**FOR MEDICAL EMERGENCIES  
PLEASE DIAL 911**

## Maintenance Tool Box: Luke Malbon, Merrivista

### Be a Gatekeeper



We are fortunate at Bethany to live in secure communities. The gate is the locked front door of your building and every one of us is a gatekeeper. As gatekeepers we protect the privacy, health and security of our fellow residents. Visitors standing at the front door can call the person they wish to visit or the office to buzz them in. It is not your responsibility to let them in, in fact it may be your responsibility not to let them in. Fortunately, our key fob systems do a great job of limiting access to our buildings. Please do not buzz-in or open the door for anyone you do not know. Be choosy about handing out keys or key fobs to friends or relatives and **thank you** for helping us be good Gatekeepers.



### Meet Andre Dubus, III at The Men's Group

Author, lecturer and New York Times bestseller, Andre Dubus, III, joins us to discuss growing up in Haverhill and his bestselling memoir, *Townie*.

**Date:** Friday, April 1st at 10:00 AM  
Phoenix Dining Room  
Free Transportation

# APRIL PROGRAMS AND ACTIVITIES

## Bethany Internet Café

All your technology questions answered by our friends from FHM!

**2nd & 4th Monday, 3:00pm at Merrivista. Free transportation. \*\*Registration Required.**

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## 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**

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## Tai Chi

Join Barbara Maffeo for relaxation and gentle movement.

**Thursday, 10:00am at Phoenix, Tuesday, 10:00am at Mission Towers. Free transportation.**

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## Bethany Craft Corner

Join our group and explore your creativity through crafty creations!

**Wednesday, 2:00pm at the Phoenix Row Activity Room. Free Transportation.**

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## Weekday Lunch Rides

Enjoy an afternoon lunch trip with friends. This month's destinations include:

**Markey's Lobster Pool - April 4th | Cracker Barrel (Tewksbury) - April 12th  
EZ Van pick up at 11:30am. \$4.00 for bus + cost of lunch. \*\*Registration Required.**

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## New Hampshire Shopping Trips

Salem, NH - April 8th | Plaistow, NH—April 22nd

**.Fridays at 9:00am. \$6.00 for Salem & \$4 for Plaistow. \*\*Registration Required.**

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## 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.**

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## The Men's Group

Get together with the guys for men's topics, games, featured speakers, road trips and more!

**Friday, April 1st, 10:00am, Phoenix Dining Room. Free Transportation.**

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## Wellness Workshop

Join Janet Murray, Dietician, to discuss "Eating Healthy for A Long Life."

**Wednesday, April 20th, 10:00am, Merrivista. Free Transportation.**

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## Pounds Away

Join us, a group supporting healthy weight, whether that be to lose or gain.

**2nd, 3rd and 4th Tuesday of the month at 10:00 AM in the Phoenix Lobby**

**\*Stretch and Breathe and Laptops for Leisure will be canceled on Monday, April 18th due to Patriots Day**

**Masks are now OPTIONAL for Activities. When unable to maintain safe social distancing, masks will be provided. Residents who choose to continue to wear a mask are encouraged to do so.**

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

**HELLO APRIL**

Please be a good month and bring smiles and happiness to our family and friends and prayers and help to all the people in the Ukraine. It's very thoughtful of resident to bring packages to apartments when they get dropped off outside the office especially on the weekends but sometimes they end up by mistake at the wrong apartment because that person has been temporarily moved. We think it would be better if you could call the person from the entraguard and just let them know that they have a package to pick up. I'm sure they would appreciate it. Construction around our building seems to be getting very busy so please be very careful going in, out and around our property. We thank you for your patience and understanding as we work to make our building beautiful.

*Remember  
Never let the things you want make,  
You forget the things you already have.*

**Deanna Ruth, Property Manager - Mission Towers**

Hello Spring & Hello April, the flowers are sprouting and the birds are singing, this is such a great time to enjoy new growth. Hopefully the snow is done and thanks so much to those of you that cleared the lot for storms. Everyone cooperated and you make the maintenance guys job so much easier. Did you know that April is the best month of the year to look up to the skies and watch meteor showers? On a clear night try to go out on one of are decks and look to the sky.

We would like to remind you that the house rules state that candle use is not permitted in your apartment.

March was a sad month for many of us here at Mission Towers as we had to say goodbye to Liliane & Joe Nicolosi. Many of you know that Joe served as the President of the Resident Council & will be sorely missed! Many donations in their names were received by the Resident Council. We will have at some point a dinner in the dining room to celebrate their lives & memory. When we have a date we will let you know.

Wishing you all a happy spring & a blessed Easter.

**Abe Soto, Property Manager - Phoenix**

We all know the saying, "April showers brings May flowers." As we are excited for nice spring weather, longer days of sunlight, and new beginnings -allow me to express my gratitude and excitement to be here at Phoenix Row. My days are being filled with learning the rich history of this building and the community of people that make it wonderful.

Let us be like gardeners and have the patience for the beautiful flowers of this great community to bloom, as we grow into a new season. Allow me to leave one of my favorite quotes for you.

"The secret to change is to focus all of your energy, not fighting the old, but on building the new."

~ Socrates

## Amy Hanson - Resident Service Coordinator

As someone who considers myself a pack rat, and who has trouble parting with belongings, I recently experienced the benefits of decluttering some and it felt great. As you would expect, the more we declutter our lives the more space we have and the less you may be at risk for falls? The more stuff we have the more we are also exposed to allergens. By removing certain possessions that may be stealing our energy and our time, we can increase mobility and essentially live happier and healthier lives. Some helpful tips to consider when decluttering. Go into it with a plan. Tackle a small section of one room or closet at a time. Decide what you will do with the items. Will you donate, give away, or throw away? As we work through decluttering our belongings, we may also reduce anxiety in the process. It may even provoke happy memories going through them. This can be difficult for some if we are attached to certain items, but can also provide us with less stress the more space we have to move about our homes and to not focus our thoughts on.

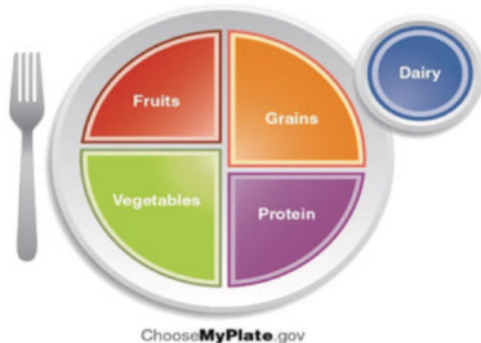
### 4 reasons why we should declutter:

- 1) Safety. Reduce fall risks, increase mobility.
- 2) Easier to clean and keep space tidy. The less time we are dusting or cleaning we may find better more enjoyable use of our time.
- 3) Organization. Having a sense of organization in the home can help improve memory.
- 4) Psychological benefits. Decluttering can be energizing, reduce anxiety, and possibly reduce stress.

A clean and organized environment will have less stress than a cluttered one. It could be good for the mind and body.

## Jeanette Martinez, RN - Director of Wellness

April is finally here and as days begin to warm up, this is a great time for walks and exercise! Part of developing a healthy lifestyle, especially as we age, is to focus on the food we eat every day. Proper nutrition is defined as consuming enough intake of essential nutrients to maintain good health. Many of you know how important it is to eat heart healthy and low sodium meals. This shows the updated my plate version of a healthy diet.



As part of our ongoing education training for our Merrivista Staff, we have recently participated in an **Optimal Nutrition training for Older Adults** provided by a registered dietician from AgeSpan. We learned a great deal about nutrition and aging and are more than happy to assist you with any question you may have about healthy food options and nutrition information. We have resident forms to help you track your fluids and a guideline to assist you with when to dispose of

certain foods and how long they are good for when refrigerated. If you are looking to clean out your refrigerator during your spring-cleaning routine, this worksheet may come in handy. If you are interested in receiving one of these forms/guides to help you remain hydrated, choose healthy food options, and when to dispose and/or prepare foods such as meat, eggs, soups, vegetables and much more please come and visit the wellness office for more information. We would be happy to assist you!

*"Potato chips, root beer, and cupcakes aren't an unhealthy lunch-it's vegetarian!"*

# April 2022 BETHANY KITCHEN MENU

Sunday	Monday	Tuesday	Wednesday
<p><b>PLEASE LEAVE DISHES FROM THE MV KITCHEN READY FOR PICK UP BY STAFF ON NEXT SHIFT. THANK YOU!</b></p>	<p><b>Ask Amy Hanson or Linda Maxwell about Free or Reduced Priced Meals!</b></p> <p><b>Call Courtney and Kitchen staff for Alternate Meals</b></p> <p><b>978-374-2169</b></p>		
<p><b>3 LUNCH:</b> Assorted Sandwiches, Chips, Assorted Desserts</p> <p><b>DINNER:</b> Turkey, Stuffing, Potatoes, Carrots</p>	<p><b>4 LUNCH:</b> Beef Barly Soup, Chicken Salad Sandwich, Cookie</p> <p><b>DINNER:</b> Spaghetti and Meatballs, Garlic Bread, Ice Cream</p>	<p><b>5 LUNCH:</b> Italian Soup, BLT, peaches</p> <p><b>DINNER:</b> 2 Stuffed Cabbage, Honey Carrots, Banana Pudding</p>	<p><b>6 LUNCH:</b> Lentil Soup and Cheese, Pizza</p> <p><b>DINNER:</b> Tortellini, Ham and Peas, Bomb</p>
<p><b>10 LUNCH:</b> Assorted Sandwiches, Chips, Assorted Desserts</p> <p><b>DINNER:</b> Pot Roast w/ Gravy, Mashed Potatoes, Carrots, dinner roll, Cake</p>	<p><b>11 LUNCH:</b> Baked Mac' n Cheese, Stewed Tomato, Sliced Peaches</p> <p><b>DINNER:</b> Broccoli Stuffed Meatloaf, Mashed Potatoes Dinner Roll , Tapioca</p>	<p><b>12 LUNCH:</b> Warmed Rubeen, Chips, Fresh Fruit</p> <p><b>DINNER:</b> Cheese Ravioli, Garden Salad, Garlic Bread, Butterscotch Pudding</p>	<p><b>13 LUNCH:</b> Stuffed Chicken, soup, Grilled Chicken</p> <p><b>DINNER:</b> American Suet, Dinner Roll, Apple Pie</p>
<p><b>17 LUNCH:</b> Assorted Sandwiches, Chips, Assorted Desserts</p> <p><b>DINNER:</b> Apricot Glazed Pork, Mashed Potato, Peas, Oreo Crumb Pudding</p>	<p><b>18 LUNCH:</b> Minestrone, Turkey w/ Lettuce &amp; Tomato on Pita, Peaches</p> <p><b>DINNER:</b> Baked Chicken Breast, White Rice, Broccoli, Chocolate Pudding</p>	<p><b>19 LUNCH:</b> 2 Taco Tuesday, Spanish Rice, Cookie</p> <p><b>DINNER:</b> Apple Stuffed Pork Chops, Mashed Potatoes, Carrots, Brownie</p>	<p><b>20 LUNCH:</b> Buttered Noodles, Soup, Hamburgers</p> <p><b>DINNER:</b> Chicken Bleu, Red Potatoes, Gies, Ice cream</p>
<p><b>24 LUNCH:</b> Assorted Sandwiches, Chips, Assorted Desserts</p> <p><b>DINNER:</b> Corn Beef and Cabbage, Potatoes, Carrots, Oreo Crumb Pudding</p>	<p><b>25 LUNCH:</b> Chicken Tenders, Fries, Cookie</p> <p><b>DINNER:</b> Chicken Turnovers, Roasted Brussel Sprouts, Jello</p>	<p><b>26 LUNCH:</b> Turkey Club, Chips, Pudding</p> <p><b>DINNER:</b> Shepards Pie, Green Beans, Dessert Waffle</p>	<p><b>27 LUNCH:</b> Veggie Salad, Fruit</p> <p><b>DINNER:</b> Chicken Spaghetti, Broccoli, Cake</p>



# CALL TO ORDER @ 978-374-2169

Wednesday	Thursday	Friday	Saturday
		<p><b>1 LUNCH:</b> Stuffed Manicotti, Garlic Bread, Cookie</p> <p><b>DINNER:</b> Baked haddock, Rice Pilaf, Asparagus, Pudding</p>	<p><b>2 LUNCH:</b> Turkey Rice Soup, Tuna melt, Pears</p> <p><b>DINNER:</b> Franks and Beans, Coleslaw, Ice cream</p>
<p>Soup, Ham Apple</p> <p>Alfredo with Chocolate</p>	<p><b>7 LUNCH:</b> Beef Noodle, Egg Salad on a Finger Roll</p> <p><b>DINNER :</b> Baked Chicken Legs, Roasted Potato, Peas, Crumb Cake</p>	<p><b>8 LUNCH:</b> Broccoli Cheddar Soup, Hot Pastrami and Swiss</p> <p><b>DINNER:</b> Baked Haddock, Garlic Potatoes, Spinach, Lemon Bar</p>	<p><b>9 LUNCH:</b> Chicken Noodle, Ham Salad, Butter-scotch Pudding</p> <p><b>DINNER:</b> Shepards Pie, Green Beans, French Bread, Brownies.</p>
<p>Red Pepper Cheese, Brownie</p> <p>Can Chop with Butter,</p>	<p><b>14 LUNCH:</b> Turkey and Rice Soup, Turkey stuffing and Cranberry Wrap, Cookie</p> <p><b>DINNER:</b> Sweet and Sour Chicken, Parsley Potato, Green Beans, Ice Cream</p>	<p><b>15 LUNCH:</b> Vegetable Soup, Chicken Salad Sandwich, Fruit</p> <p><b>DINNER:</b> Baked Salmon, Baked Potato, Honey Carrots, Banana Cream Pie</p>	<p><b>16 LUNCH:</b> Quiche Lorraine, Salad, Vanilla Pudding</p> <p><b>DINNER:</b> Hamburger, Fries, Coleslaw, Chocolate Cake</p>
<p>ternut Squash er, Fresh Fruit</p> <p>n Cordon , Mixed Veg-</p>	<p><b>21 LUNCH:</b> Italian Wedding Soup, Sliced Chicken Sandwich</p> <p><b>DINNER:</b> Meat Lovers Lasagna, Tossed Salad, Jello</p>	<p><b>22 LUNCH:</b> Corn Chowder, Ham and Cheese, Fruit</p> <p><b>DINNER:</b> Baked Haddock, Baked Potato, Asparagus, Boston Cream Pie</p>	<p><b>23 LUNCH:</b> Tomato Soup, Turkey Melt, Cookie</p> <p><b>DINNER:</b> Baked Ham, Mashed Potatoes, Peas, Brownie</p>
<p>ie Soup, Ham</p> <p>n Parmesan, coli, Carrot</p>	<p><b>28 LUNCH:</b> Tomato Soup, Seafood Salad, Cookie</p> <p><b>DINNER:</b> Pork Chops, Scallop Potato, Carrots, Ice Cream</p>	<p><b>29 LUNCH:</b> Tortellini Soup, Fish Patty, Tapioca</p> <p><b>DINNER:</b> Baked Salmon, Baked Potato, Honey Carrots, Banana cream Pie</p>	<p><b>30 LUNCH:</b> BBQ Pulled pork, Onion Rings, Fruit</p> <p><b>DINNER:</b> Roasted Veggie Calzone, Side Salad, Marble cake</p>

# Bethany's Community Life & Transport Department



## Melissa Seavey, Community Life Coordinator

978) 519-2456 | [mseavey@bethanycommunities.org](mailto:mseavey@bethanycommunities.org)

**Hours:** Monday-Thursday: 10AM-3:00PM



## The Men's Group—Guest Speaker Andre Dubus, III

Author, lecturer and *New York Times* bestseller, Andre Dubus, III, joins us to discuss growing up in Haverhill and his bestselling memoir, *Townie*.

**Date:** Friday, April 1st at 10:00 AM | Free Transportation



## Road Trip—Canal Street Antique Mall (Lawrence, MA)

Enjoy a unique and huge selection of goods. There's always fantastic bargains to be found around every corner.

**Date:** Friday, April 15th at 10:00 AM | \$4 Transportation



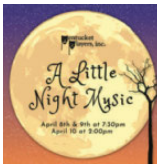
## Wellness Workshop—Eating Healthy For A Long Life

Join Janet Murray, Dietician for an informal discussion on healthy foods.

**Date:** Wednesday, April 20th at 10:00 AM

**Location:** Merrivista Activities Room

**FREE Transportation**



## A Little Night Music Dress Rehearsal presented by Pentucket Players

**FREE** Thursday, April 7th at 7:30 PM | Haverhill City Hall

Register at: [www.signupgenius.com/go/70a0e4da5ac2da4f58-evita](http://www.signupgenius.com/go/70a0e4da5ac2da4f58-evita)

(Need assistance call Melissa.) Purchase tickets to any show at [pentucket.booktix.com](http://pentucket.booktix.com) and receive a \$5 discount when you enter "Bethany" in the discount code section. **Transportation not available.**

## THE MONTH AHEAD



## Merrimack Valley Philharmonic Orchestra

**FREE** Sunday, May 15th at 2:30 PM | Timberlane Performing Art Center

Bring a friend (limit 2 tickets per resident unless additional tickets available after May 1st. | Limit 10 Tickets | **Transportation not available**



## NH Fisher Cats v. Binhamton Rumble Ponies

Enjoy and afternoon of baseball with friends.

**Date:** Tuesday, May 10th at 12:00 PM **Book by: April 15th, 2022**

Cost: \$20 Includes baseline seat, transportation, hotdog, drink and chips.

**Minimum of 8, Maximum of 12**

**Masks are now OPTIONAL for Activities. When unable to maintain safe social distancing, masks will be provided. Residents who choose to continue to wear a mask are encouraged to do so.**

# 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  
CLTRANSPORTATION@BETHANYCOMMUNITIES.ORG  
MONDAY—FRIDAY | 8:00 AM—3:00 PM**

**SOMETHING  
NEW!**

**THE EZ VAN CANNOT BE BOOKED FOR DRIVE-THRU COVID-19 TESTING OR AS A RETURN TRIP FROM MEDICAL PROCEDURES REQUIRING SEDATION.**

- **BETHANY DRIVERS ARE NOT PERMITTED TO SIGN PATIENT RELEASE FORMS**
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**

**VALID TRAVEL VOUCHERS MAY ALSO BE USED —PLEASE CHECK THE DATE!**



**PLEASE NOTE, DUE TO PAIN AT THE PUMP, ALL TRIPS REQUIRE A MINIMUM OF 5 PASSENGERS OR THE TRIP WILL BE CANCELLED.  
(MINIMUM DOES NOT APPLY TO EZ VAN RIDES)**


**Masks are no longer required for Activities, but masks continue to be required on all Bethany transport including EZ Van and trips.**

# Merrivista Activity Calendar


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 AM THE MEN'S GROUP (PH)	2
3	4 11:30 AM - LUNCH RIDE MARKEY'S LOBSTER POOL  6PM-BINGO	5 9AM -12PM - HAIRDRESSER  2PM-POKENO	6 2PM - CRAFT CORNER (YARN PAINTING)	7 10AM-TAI CHI (PH) 11AM MOVE & GROOVE 2PM-BIBLE STUDY (MV) 7:30 PM A LITTLE NIGHT MUSIC	8 9.00AM - NH SHOPPING TRIP—SALEM	9
10	11 3.00PM-INTERNET CAFÉ (MV)  6PM-BINGO	12 9AM -12PM - HAIRDRESSER 10 AM POUNDS AWAY (PH) 11:30 AM - LUNCH RIDE CRACKER BARREL 2PM-POKENO	13 2PM - CRAFT CORNER (COLLAGE CLASS )	14 10AM-TAI CHI (PH) 11AM MOVE & GROOVE  2PM-BIBLE STUDY (MV)	15 DEADLINE NH FISHER CATS  10AM CANAL ST. ANTIQUES  6PM-BINGO	16
17 	18 PATRIOTS DAY HOLIDAY OFFICE CLOSED  6PM-BINGO	19 9AM -12PM - HAIRDRESSER 10 AM POUNDS AWAY (PH) 2PM-POKENO	20 10AM- WELLNESS WORKSHOP (MV)  2PM - CRAFT CORNER (PH)	21 10AM-TAI CHI (PH)  11AM MOVE & GROOVE	22 9.00AM - NH SHOPPING TRIP— PLAISTOW	23
24	25 2:15PM-GLENN MILLER ORCHESTRA 3.00PM-INTERNET CAFÉ (MV) 6PM-BINGO	26 9AM -12PM - HAIRDRESSER 10 AM POUNDS AWAY (PH) 2PM-POKENO	27 2PM - CRAFT CORNER (PH)	28 10AM-TAI CHI (PH) 11AM MOVE & GROOVE	29	30



# Mission Towers Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:00 AM THE MEN'S GROUP (PH)  2PM -STRETCH & BREATHE	2
3	4 11:30 AM - LUNCH RIDE MARKEY'S LOBSTER POOL	5 10AM - TAI CHI  2PM—MOVE & GROOVE (PH)	6 2PM - CRAFT CORNER (YARN PAINTING)	7 2PM-BIBLE STUDY (MT LIBRARY) 7:30 PM A LITTLE NIGHT MUSIC	8 9.00AM - NH SHOPPING TRIP—SALEM 2PM - STRETCH & BREATHE	9
10	11 3.00PM-INTERNET CAFÉ (MV)	12 10AM - TAI CHI 11:30 AM - LUNCH RIDE CRACKER BARREL 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	13 2PM - CRAFT CORNER (COLLAGE CLASS )	14 2PM-BIBLE STUDY (MT LIBRARY)	15 DEADLINE NH FISHER CATS 10AM CANAL ST. ANTIQUES 2PM - STRETCH & BREATHE	16
17 	18 PATRIOTS DAY HOLIDAY OFFICE CLOSED	19 10AM - TAI CHI 10 AM POUNDS AWAY (PH)  2PM—MOVE & GROOVE (PH)	20 10AM-WELLNESS WORKSHOP (MV)  2PM - CRAFT CORNER (PH)	21	22 9.00AM - NH SHOPPING TRIP—PLAISTOW 2PM - STRETCH & BREATHE	23
24	25 2:15PM-GLENN MILLER ORCHESTRA  3.00PM-INTERNET CAFÉ (MV)	26 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	27 2PM - CRAFT CORNER (PH)	28	29 2PM - STRETCH & BREATHE	30

# Phoenix Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 6:30AM DONUT DAY 10AM MEN'S GROUP (PH) **2PM ICE CREAM SOCIAL 6PM-BINGO	2
		**Ice Cream Social—Free for Phoenix residents that bring a non- perishable food item to be donated to Sacred Heart's Food Pantry				
3	4 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 11:30 AM - LUNCH RIDE MARKEY'S LOBSTER POOL	5 2PM—MOVE & GROOVE (PH)	6 2PM - CRAFT CORNER (YARN PAINTING)	7 10AM - TAI CHI 2PM-BIBLE STUDY (MV) 6PM-POKENO 7:30 PM A LITTLE NIGHT MUSIC	8 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING TRIP—SALEM 6PM-BINGO	9
10	11 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 3.00PM-INTERNET CAFÉ (MV)	12 10 AM POUNDS AWAY (PH) 11:30 AM - LUNCH RIDE CRACKER BARREL 2PM—MOVE & GROOVE (PH)	13 2PM - CRAFT CORNER (COLLAGE CLASS )	14 10AM - TAI CHI 6PM-POKENO 2PM-BIBLE STUDY (MV)	15 6:30-8AM DONUT DAY DEADLINE NH FISHER CATS 10AM CANAL ST. ANTIQUES 6PM-BINGO	16
17 	18 6:30-8AM COFFEE PATRIOTS DAY HOLIDAY OFFICE CLOSED	19 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	20 10AM-(MV) WELLNESS WORKSHOP 2PM - CRAFT CORNER	21 10AM - TAI CHI 6PM-POKENO	22 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING — PLAISTOW 6PM-BINGO	23
24 6PM— GERONIMO	25 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 2:15PM-GLENN MILLER ORCH. 3.00PM-INTERNET CAFÉ (MV)	26 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	27 2PM - CRAFT CORNER (PH)	28 10AM - TAI CHI	29 6:30-8AM DONUT DAY 6PM-BINGO	30

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# GET TO KNOW A NEIGHBOR!



**MARY ARSENAULT**  
**MISSION TOWERS**

## How long have you lived at Bethany?

I've been here eight years now.

## What do you like most about being at Bethany?

I really love living here. I love my apartment. The neighbors mean a lot to me.

## What else would you like us to know about you?

I was born and raised in Haverhill and never had a desire to leave. I've been single all my life by choice because I cherish my independence. My hobbies included making miniature bakery products.

## Editor's Note:

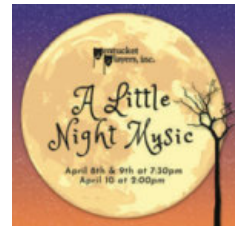
Mary does a fabulous job managing the showcase sales in the Mission Tower lobby. Her creative spirit keeps residents looking every time they walk by to see what new item she has added. And there is no denying her fashion sense!

## A Little Night Music Dress Rehearsal

### *presented by Pentucket Players*

Set in 1900 Sweden, A Little Night Music explores the tangled web of affairs centered around actress, Desirée Armfeldt, and the men who love her.

*(See page 10 for more details)*



## Merrimack Valley PHILHARMONIC ORCHESTRA



**Sunday, May 15th at 2:30 PM**  
**Timberlane Performing Art Center**

*Bring a friend*

Limit two (2) tickets per resident unless additional tickets are available after May 1st.

Limit 10 Tickets | Transportation not available

Call Melissa at (978) 519-2456 for tickets.

## NH FISHER CATS V. BINGHAMTON RUMBLE PONIES

TUESDAY, MAY 10TH AT 12:00 PM

BOOK BY: APRIL 15TH, 2022

REGISTER AT (978) 519-2567

Cost: \$20 Includes baseline seat, transportation, hotdog, drink and chips.

Minimum of 8 | Maximum of 12

