



the flag

May

Bethany Community Services
www.bethanycommunities.org

2022

Seaside Lunch Ride Markey's Lobster Pool



Dottie & Danny shopping at Tripoli's



Roger, Carol, Cecilia and Cheryl enjoying lunch.



Phil and the Fried Seafood Plate!

Join us in May at Michael's Harborside
See inside for details.

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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!



BETHANY COMMUNITIES

Merrivista • Phoenix • Mission Towers • Haverhill, MA

bethanycommunities.org




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



This is Jered

...and You've Got Mail

First impressions matter, but you shouldn't judge a book by its cover. Life seems to be a paradox at times. Does the outside matter? Or is it only about what's on the inside?

When Harry Truman was President he oversaw a major renovation of the White House from 1948 until 1952. The entire inside of the building was gutted because the building was in such terrible condition that engineers were mystified that it was still standing. It was so bad that on one occasion a leg of Margaret Truman's piano crashed through the 2nd floor sitting room into the family dining room. What was beautiful on the outside had become rotten within. The work was so extensive that a new basement was built, complete with a bomb shelter, and a new foundation was poured with four foot reinforced concrete columns nearly 30 feet deep into the earth. The renovation took 4 years, cost over \$5 million, but in the end, it was said that building would last at least 500 years.

As the project began, there was some discussion to consider demolishing the building and start from scratch, which actually would have cost less money. However, at the time there was a war in Korea, and President Truman felt it was important to keep the exterior of the building intact, if only as a symbol. If the White House were torn down in the middle of a war, it was felt that what was left of the morale of the country would evaporate. The symbolism, the outward appearance, did in fact matter.

As human beings it may be easy at times to keep up outward appearances that don't reflect our inward condition. And as humans, it isn't easy to complete a major renovation on the inside, whether it's a physical, emotional, or psychological upgrade. Unfortunately, the work it may take to upgrade ourselves may be more painful and challenging. If only it were as easy as removing some walls and floors and installing new cabinets and a fresh coat of paint.

It seems that we are all a work in progress. Some of us may be going through some minor renovations within, and others might be more extensive. I once read that we should always assume the best about others. So maybe that's the message this month, assume the best, remember that we're all a work in progress, most people are doing the best they can, and that sometimes it takes a great deal of time before those repairs are complete. So if you're in the middle of a renovation, keep up the good work, and keep working for the good.

"A pessimist is one who makes difficulties of his opportunities, and an optimist is one who makes opportunities of his difficulties." - President Harry S. Truman

IN THIS ISSUE

Page 3:

This Is Jered...and You've Got Mail

Page 4:

**Wellness Staff Hours
Maintenance Toolbox**

Page 5:

Programs & Activities

Pages 6, 7:

*Messages from our
Property Managers,
Director of Wellness, &
Resident Service
Coordinator*

Pages 8, 9:

Bethany Kitchen Menu

Page 10:

Community Life

Page 11:

Transportation

Page 12:

*Merrivista Activity
Calendar*

Page 13:

*Mission Towers
Activity Calendar*

Page 14:

*Phoenix Activity
Calendar*

Page 16:

*Get To Know Your
Neighbor*

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

Nurses, maintenance, CNA's
Wellness checks, are you okay?
Kitchen help are scrubbing trays
That's the buzz of Bethany

We fix the bricks, work and train
Use our bodies and our brains
Link by link we form a chain
Together we are strong

This is not just a place to live
A place to work, a place to give
To be forgiven and forgive
We're gonna make a way of life

The residents are in the know
Geronimo, bingo, pokeno
The bus pulls up and off they go
That's the buzz of Bethany

People, mortar, bricks and trees
We're Bethany Communities
Our banners flying in the breeze
Let's hold each other high

Recycle paper, glass and cans
Office workers making plans
With tender hearts and helpful
hands
We'll build a better way

Life is good, time goes by fast
But we're not dwelling on the
past
Time for action, you're the cast
That's the buzz of Bethany



MAY 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.

Laptops for Leisure

Enjoy games, videos and more!

3rd Monday, 2:00pm at 10 Phoenix Row. Free transportation. **Registration Required.

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

Tai Chi

Join Barbara Maffeo for relaxation and gentle movement.

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

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:

Michael's Harborside - May 17th | Beach Plum (Epping) - May 23rd

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

New Hampshire Shopping Trips

Salem, NH - May 13th | Plaistow, NH—May 27th

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

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, May 6th, 10:00am, Phoenix Dining Room. Free Transportation.

Pounds Away

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

2nd, 3rd, 4th and 5th Tuesday of the month at 10:00 AM in the Phoenix Lobby

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

Happy Mother's Day everyone. Have you noticed that all around us the flowers and trees are waking up and making spring such a beautiful season? Thank you to Lorraine and Sara for doing an awesome job with the showcase. It's always nice to stop and see what is for sale. All the proceeds go to the resident council who put on fun activities for the residents of the building. We thank Lorraine, Sara and the council for all they do to make the building a great place. On Linda's desk there is a wooden box that is there in case you would like to donate to the tenant council. The money they receive goes to entertainment and activities that they provide throughout the year for our residents. We want to thank all of the residents for their patience and cooperation while we continue to renovate and improve our building. We can't wait for everyone to see the improvements that we have in store for the lobby, dining room, library and activities room! Stay tuned!

Remember...life is like riding a bicycle, to keep your balance, you have to keep moving!
Stay Healthy Everyone!

Deanna Ruth, Property Manager - Mission Towers

Welcome May & all the outside beauty it brings us. My first child was born in May, and I often look back at how wonderful it was to put her in the carriage and go for a walk daily. May is also the month we celebrate Mother's Day so we would like to wish all the ladies a wonderful Mother's Day! May is also the month we start our summer hours. Starting the Friday before Memorial Day the staff works a half day on Fridays until Labor Day weekend. Please keep this in mind especially if you have a work order, call first thing in the morning so our maintenance team can get to it for you. You may have noticed that the storage rooms are now locked. If you need to access your storage bin, ask a staff member to unlock the room during normal business hours. Please be mindful when you bring beverages into the building, in the last couple of weeks coffee has been dropped and has left a stain on the rug.

The Resident Council is always looking for donations for the showcase, small items & jewelry. The donations can be given to Mary Arsenault in apartment #712 or when you see her down-stairs at the showcase. Big thanks to Mary for the fine job she does taking care of the showcase!

Abe Soto, Property Manager - Phoenix

Spring is in full bloom and though we all love hearing the birds chirp and fresh air - the Phoenix staff requests that you keep all hallway windows closed during the high pollen count season! If you see any yellow on the cars and pavement, please do not open the windows any time of day outside your apartment. Anyone with allergies will deeply appreciate it!

Since we here at Phoenix Row love fresh air so much, here is a friendly reminder that **smoking is not allowed in the building, nor within 25 feet of the main entrance to the building.**
Noncompliance with the policy will lead to a lease violation.

The month of May is also a time to celebrate and give thanks for mothers! I am so blessed to have a loving mother and wife, who is a great mother to our children. Happy Mother's Day to all the women at Phoenix! Have a wonderful month everyone!

My quote for this month is: "*A mother is she who can take the place of all others but whose place no one else can take.*" - Cardinal Meymillod

Amy Hanson - Resident Service Coordinator

Have you been feeling stressed? If the answer is yes, you are not alone! Stress is a common mental state that we have all felt. While a little stress is normal and beneficial for our minds and bodies, we need to make sure we are practicing strategies to manage our stress to a healthy level. Here are some methods I use which help tremendously!

Write it down or talk to someone you trust. It is amazing how just the act of getting the concern out on paper or spoken aloud can decrease the unsettling feeling and help you formulate a resolution.

Read words of inspiration of just something you enjoy. Books can magically transport you into another place, giving you different perspectives and experiences. Reading promotes pleasure and enjoyment and stimulates your mind. Try something different like poetry or a piece of classic literature. There are also audio books available.

Practice meditation. It is easier than you might think. Find a comfortable spot and simply practice taking some deep breaths. Amazingly enough you will find yourself becoming calmer using this simple act.

Work on gratefulness. Think about the things in life that you are thankful for. Perhaps it is a good friend, a safe home, a pleasant memory, or a special activity you enjoy.

Perform self-care. Healthy meals and water nourish our bodies. Practicing good hygiene can help you feel rejuvenated. Daily exercise gives you a sense of accomplishment and can elevate your mood. Getting outside in the sunshine can be extremely beneficial. Absolutely do not forget to laugh. It is the very best medicine of all!



"I'm afraid neither daily apples nor prescription laughter is covered by your insurance."

Jeanette Martinez, RN - Director of Wellness

Just for the health of it!

May is National Blood Pressure Education Month, which helps to bring awareness to the topic of hypertension. Many people don't even know they have high blood pressure. Symptoms of hypertension often go unnoticed and if left uncontrolled the risk of heart problems such as stroke or heart attacks increase. It's important to know your numbers. When blood pressure is measured, the upper number (systolic pressure) measures the pressure in your arteries when your heart beats. The lower number (diastolic pressure) measures the pressure between heartbeats. For most people, a normal blood pressure is 120/80. Here are some signs and symptoms of hypertension to look out for: severe headaches, nosebleeds, fatigue or confusion, vision problems, chest pain, difficulty breathing, irregular heartbeat, blood in the urine, pounding in your chest, neck, or ears.

Make it apart of your to do list this May to have your blood pressure checked. If you have a blood pressure machine prescribed by your doctor but do not know how to use it, come, and visit the wellness office so we can assist you. If you are interested in finding out what your blood pressure is and do not have a blood pressure machine in your apartment, come and visit the wellness office to have your blood pressure checked. The first step in hypertension prevention is knowing what your baseline is. All are welcome!

May 2022 BETHANY KITCHEN MENU

Sunday	Monday	Tuesday	Wednesday
<p>1 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Baked Chicken, Mashed Potato, Broccoli and Strawberry Shortcake</p>	<p>2 LUNCH: Chicken Noodle Soup, Hot Meatloaf Sandwich, Fresh Fruit</p> <p>DINNER: Baked Chicken Legs, Mashed Potato, Green Beans, Butterscotch Pudding</p>	<p>3 LUNCH: Vegetable Soup, Roast Beef on Rye, Cookies</p> <p>DINNER: Eggplant Parm over Ziti, Tossed Salad, Fresh Fruit</p>	<p>4 LUNCH: Open Sandwich, w/ Stuffing, Cranberry, Gingersnap</p> <p>DINNER: Salisbury Steak, Red Potato, Broccoli, Cake</p>
<p>8 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Turkey, Stuffing, Potatoes, Carrots</p>	<p>9 LUNCH: Beef Barley Soup, Chicken Salad Sandwich, Cookie</p> <p>DINNER: Spaghetti and Meatballs, Garlic Bread, Ice Cream</p>	<p>10 LUNCH: Italian Soup, BLT, peaches</p> <p>DINNER: 2 Stuffed Cabbage, Honey Carrots, Banana Pudding</p>	<p>11 LUNCH: Lentil Soup, and Cheese, Pita</p> <p>DINNER: Tortellini, Ham and Peas, Bomb</p>
<p>15 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Pot Roast w/ Gravy, Mashed Potatoes, Carrots, dinner roll, Cake</p>	<p>16 LUNCH: Baked Mac' n Cheese, Stewed Tomato, Sliced Peaches</p> <p>DINNER: Broccoli Stuffed Meatloaf, Mashed Potatoes Dinner Roll , Tapioca</p>	<p>17 LUNCH: Warmed Rubeen, Chips, Fresh Fruit</p> <p>DINNER: Cheese Ravioli, Garden Salad, Garlic Bread, Butterscotch Pudding</p>	<p>18 LUNCH: Stuffed Chicken, soup, Grilled Cheese</p> <p>DINNER: American Sausage, Dinner Roll, Apple Pie</p>
<p>22 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Apricot Glazed Pork, Mashed Potato, Peas, Oreo Crumb Pudding</p>	<p>23 LUNCH: Minestrone, Turkey w/ Lettuce & Tomato on Pita, Peaches</p> <p>DINNER: Baked Chicken Breast, White Rice, Broccoli, Chocolate Pudding</p>	<p>24 LUNCH: 2 Taco Tuesday, Spanish Rice, Cookie</p> <p>DINNER: Apple Stuffed Pork Chops, Mashed Potatoes, Carrots, Brownie</p>	<p>25 LUNCH: Butternut Soup, Hamburgers</p> <p>DINNER: Chicken, Bleu, Red Potatoes, gies, Ice cream</p>
<p>29 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Corn Beef and Cabbage, Potatoes, Carrots, Oreo Crumb Pudding</p>	<p>30 LUNCH: Chicken Tenders, Fries, Cookie</p> <p>DINNER: Chicken Turnovers, Roasted Brussel Sprouts, Jello</p>	<p>31 LUNCH: Turkey Club, Chips, Pudding</p> <p>DINNER: Shepards Pie, Green Beans, Dessert Waffle</p>	

CALL TO ORDER @ 978-374-2169

Wednesday	Thursday	Friday	Saturday
Stuffed turkey stuffing and Her Bread	5 LUNCH: Taco Lasagna, Black Bean Salad, Flan DINNER: Boneless Pork chops, Scallop Potato, Peas and Carrots, Marble Cake CINCO DE MAYO	6 LUNCH: Stuffed Mani- cotti, Garlic Bread, Cookie DINNER: Baked had- dock, Rice Pilaf, Asparagus, Pudding	7 LUNCH: Turkey Rice Soup, Tuna melt, Pears DINNER: Franks and Beans, Coleslaw, Ice cream
Soup, Ham Apple	12 LUNCH: Beef Noodle, Egg Salad on a Finger Roll DINNER : Baked Chicken Legs, Roasted Potato, Peas, Crumb Cake	13 LUNCH: Broccoli Cheddar Soup, Hot Pas- trami and Swiss DINNER: Baked Had- dock, Garlic Potatoes, Spinach, Lemon Bar	14 LUNCH: Chicken Noo- dle, Ham Salad, Butter- scotch Pudding DINNER: Shepards Pie, Green Beans, French bread
Red Pepper Cheese, Brownie	19 LUNCH: Turkey and Rice Soup, Turkey stuffing and Cranberry Wrap, Cookie DINNER: Sweet and Sour Chicken, Parsley Potato, Green Beans, Ice Cream	20 LUNCH: Vegetable Soup, Chicken Salad Sandwich, Fruit DINNER: Baked Salmon, Baked Potato, Honey Carrots, Banana Cream Pie	21 LUNCH: Quiche Lor- raine, Salad, Vanilla DINNER: Hamburger, Fries, Coleslaw, Chocolate Cake
Pumpkin Squash Pie, Fresh Fruit	26 LUNCH: Italian Wedding Soup, Sliced Chicken Sand- wich DINNER: Meat Lovers Lasagna, Tossed Salad, Jello	27 LUNCH: Corn Chow- der, Ham and Cheese, Fruit DINNER: Baked Had- dock, Baked Potato, As- paragus, Boston Cream Pie	28 LUNCH: Tomato Soup, Turkey Melt, Cookie DINNER: Baked Ham, Mashed Potatoes, Peas, Brownie
		PLEASE LEAVE DISHES FROM THE MV KITCHEN READY FOR PICK UP BY DELIVERY STAFF ON NEXT SHIFT. THANK YOU!	Ask Amy Hanson about Free or Reduced Priced Meals! Call Courtney and Kitchen staff for Alternate Meals 978-374-2169

Bethany's Community Life & Transport Department



Melissa Seavey, Community Life Coordinator

978) 519-2456 | mseavey@bethanycommunities.org

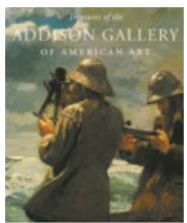
Hours: Monday-Thursday: 10AM-3:00PM



Bethany Bowlers

Like to bowl? Join Bethany's long standing bowling league. For information contact Ron Merten at (978) 204-6578.

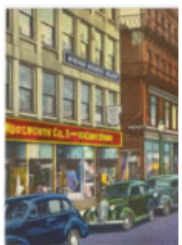
Date: Every Tuesday at 9:30 AM | Academy Lanes



Addison Gallery of American Art Museum

Located at Phillips Academy Andover, the museum offers one of the most comprehensive collections of American art in the world. Exhibitions on view now include "What Next?" Camera Work and 291 Magazine, Georgia O'Keefe Photography and Arthur Wesley Dow: Nearest to Divine.

Date: Wed., May 18th at 10:00 AM | **Free** event and transportation



HC Media's Reelin in the Years

Enjoy a screening of the documentary film *Woolworth's Remembering Haverhill's Shopping District* and enjoy a look back at Haverhill's bustling downtown.

Date: Wed., May 11 at 10:00 | Harbor Place Studio | **Free** event and transportation



The Men's Group

Join us and Holy Family's Stroke Coordinator, Lisa Macdougall, RN, MS to discuss stroke awareness and prevention.

Date: Friday, May 6th at 10:00 AM | Free Transportation



Spring Wreath Art

Join Diane Moonoogian as she leads a class to create your own Spring wreath. The first class will be held on May 10th and will be focused on instruction. Participants will create part of the wreath at home. The second class on May 31st will focus on assembling the wreath.

Date: Tuesday, May 10th and May 31st at 11:00 AM | Free Transportation

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

Celebrating Older Americans Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6PM-LRC	3 9AM-12PM - HAIRDRESSER 9:30AM-BOWLING	4 2PM - CRAFT CORNER (PH) 6PM-LRC	5 10AM-TAI CHI (PH) 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MV)	6 10:00 AM THE MEN'S GROUP (PH) 6PM BINGO	7
8 	9 3.00PM-INTERNET CAFÉ (MV) 6PM-LRC	10 9AM-12PM - HAIRDRESSER 9:30AM-BOWLING 11AM—WREATH ART (PH) 10 AM POUNDS AWAY (PH) 2PM-POKENO	11 10:00 REELIN IN THE YEARS 2PM - CRAFT CORNER COLLAGE CLASS (PH) 6PM-LRC	12 10AM-TAI CHI (PH) 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MV)	13 9.00AM - NH SHOPPING — SALEM 6PM BINGO	14
15 MV PHILHARMONIC ORCHESTRA	16 2.00PM-LAPTOPS FOR LEISURE (PH) 6PM-LRC	17 9AM-12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 11:30 AM— MICHAEL'S HARBORSIDE 2PM-POKENO	18 10:00 ADDISON ART GALLERY 2PM - CRAFT CORNER (PH) 6PM-LRC	19 10AM-TAI CHI (PH) 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MV)	20 6PM-BINGO	21
22	23 11:30 AM—BEACH PLUM (EPPING) 3.00PM-INTERNET CAFÉ (MV) 6PM-LRC	24 9AM-12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 2PM-POKENO	25 2PM - CRAFT CORNER (PH) CELEBRATING OAM 6PM-LRC	26 10AM-TAI CHI (PH) 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MV)	27 9.00AM - NH SHOPPING — PLAISTOW 6PM BINGO	28
29	30 Memorial Day Office Closed  6PM-LRC	31 9AM-12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 11AM—WREATH ART (PH) 2PM-POKENO				

Mission Towers Activity Calendar

Celebrating Older Americans Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 9:30AM-BOWLING 10AM - TAI CHI 2PM—MOVE & GROOVE (PH)	4 2PM - CRAFT CORNER (PH)	5 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MT LIBRARY)	6 10:00AM MEN'S GROUP (PH) 2PM -STRETCH & BREATHE	7
8 	9 3.00PM-INTERNET CAFÉ (MV)	10 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 11AM—WREATH ART (PH) 2PM—MOVE & GROOVE (PH)	11 10:00 REELIN IN THE YEARS 2PM - CRAFT CORNER COLLAGE CLASS (PH)	12 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MT LIBRARY)	13 9.00AM - NH SHOPPING — SALEM 2PM - STRETCH & BREATHE	14
15 MV PHILHARMONIC ORCHESTRA	16 2.00PM-LAPTOPS FOR LEISURE (PH)	17 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 11:30AM—MICHAEL'S HARBORSIDE 2PM—MOVE & GROOVE (PH)	18 10:00 ADDISON ART GALLERY 2PM - CRAFT CORNER (PH)	19 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MT LIBRARY)	20 2PM - STRETCH & BREATHE	21
22	23 11:30 AM—BEACH PLUM (EPPING) 3.00PM-INTERNET CAFÉ (MV)	24 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	25 2PM - CRAFT CORNER (PH) CELEBRATING OAM	26 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MT LIBRARY)	27 9.00AM - NH SHOPPING — PLAISTOW 2PM - STRETCH & BREATHE	28
29	30 Memorial Day Office Closed 	31 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 11AM—WREATH ART (PH) 2PM—MOVE & GROOVE (PH)				

Phoenix Activity Calendar

Celebrating Older Americans Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
1	2 6:30-8AM COFFEE 10AM - STRETCH & BREATHE	3 9:30AM—BOWLING 2PM—MOVE & GROOVE (PH)	4 2PM - CRAFT CORNER ((PH)	5 10AM - TAI CHI PM-BIBLE STUDY (MV) 6PM-POKENO	6 6:30AM DONUT DAY 10AM MEN'S GROUP (PH) 6PM-BINGO	7
8 	9 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 3.00PM-INTERNET CAFÉ (MV)	10 9:30AM—BOWLING 11AM—WREATH ART (PH) 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	11 10:00 REELIN IN THE YEARS 2PM - CRAFT CORNER COLLAGE CLASS (PH)	12 10AM - TAI CHI PM-BIBLE STUDY (MV) 6PM-POKENO	13 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING — SALEM 6PM-BINGO	14
15 MV PHILHARMONIC ORCHESTRA	16 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 2.00PM-LAPTOPS FOR LEISURE (PH)	17 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 11:30 AM—MICHAEL'S HARBORSIDE 2PM—MOVE & GROOVE (PH)	18 10:00 ADDISON ART GALLERY 2PM - CRAFT CORNER (PH)	19 10AM - TAI CHI PM-BIBLE STUDY (MV) 6PM-POKENO	20 6:30-8AM DONUT DAY 6PM-BINGO	21
22	23 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 11:30 AM—BEACH PLUM (EPPING) 3.00PM-INTERNET CAFÉ (MV)	24 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	25 2PM - CRAFT CORNER (PH) CELEBRATING OAM	26 10AM - TAI CHI PM-BIBLE STUDY (MV) 6PM-POKENO	27 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING — PLAISTOW 6PM-BINGO	28
29 6PM—GERONIMO	30 Memorial Day Office Closed  6:30-8AM COFFEE	31 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 11AM—WREATH ART (PH) 2PM—MOVE & GROOVE (PH)				

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GET TO KNOW A NEIGHBOR!



Bennett Merker
"Benny"
Merrivista

How long have you lived at Bethany? I have been living at Merrivista since July 2019.

Where did you grow up? I am a lifelong resident of Haverhill.

What did you do before coming here? I worked at Market basket for 51 years before retiring. I worked at the Westgate, Center Plaza, and Riverside stores. I also enjoyed bowling in my Saturday league at Academy Lanes and swimming at Cedardale Health and Fitness Club.

What do you like most about living at Bethany? I like the people here. I enjoy socializing with my friends.

What else would you like to tell us? I am an avid reader and particularly like biographies and mysteries. I have an extensive music CD collection of Barbara Streisand, classical and country music. One of my proudest accomplishments is my Eagle Scout award. An Eagle Scout works many hours for life and community to achieve this honor.

Congratulations

Laura Murray, new RSC challenged residents of MT and PH to guess how many gemstones they thought might be in a glass jar. The lucky winners received a \$25 Visa gift card



Rosemary Jesionowski
Mission Tower



Linda Gerard
Phoenix

Bethany is celebrating

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022


Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year's theme is *Age My Way* and focuses on how older adults age in their communities, living and participating in the ways they choose.

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