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JULY

Bethany Community Services

2022

CELEBRATING

Our Community

& INDEPENDENCE DAY



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



This is Jered

...and You've Got Mail

I enjoy taking pictures, but I wouldn't say I'm a photographer. With the advent of digital cameras, and now smartphones, anyone can take dozens or hundreds of pictures a day. And some of these digital pictures look amazing. I have a smartphone with a lot of memory, and I now have over 25,000 photos and 1,600 videos on my phone right now. Those are probably somewhere in "the cloud", but it's amazing that I have that many pictures at the tips of my fingertips.

Photography has changed a great deal over time. I remember growing up and see detectives in movies take pictures and then develop them in a dark room. And then around 40 years ago 35 mm cameras became widely used. I remember after family vacations my parents would take their film to the store to get it developed, and then a few days later you could go back to pick up your pictures. Sometimes those pictures were great, and sometimes they weren't. And then we'd buy a picture album and fill it with all those pictures. What a reminder of how much some things have changed.

Did you ever see a picture where someone was cut out? Perhaps they were off to the side, or maybe they were taller than everyone, and their head was missing or maybe all you saw was a knee or a shirtsleeve. Sometimes we didn't get the whole picture, and when you don't have the whole picture, it's hard to know what you're missing.

I think it's a good reminder that in life we often don't see the whole picture. We read a story in the news and we think, "if only they had done this or that..." Or perhaps we receive a letter in the mail, or hear someone share a story, and we think we've heard it all. We start forming opinions and making judgments on incomplete information. One thing I've learned in life is that more often than not, we often don't see the whole picture. It seems there is always more to the story. And I'm sure you've heard his side and her side and you know that the truth is likely somewhere in the middle.

My thought for this month is a reminder that we should be slow to speak, quick to listen, and patient with understanding. Things may not always be as they seem. People aren't always "out to get you", and maybe, just maybe, there is more to the story than you may ever know. Just like that photo in your album with half a person...was that my cousin or grandma? What hat was he wearing? We may never get the whole story, and sometimes that's ok.

*"The only people who see the whole picture are the ones who step out of the frame."
— Salman Rushdie*

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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

5 Maintenance No-No's

The summer months are upon us, and the air conditioning season is in full swing. Here are some tips to help keep your AC running efficiently and help save on your electric bill.

1. Arrange your furniture in such a way that the back of a chair or couch does not block the flow of cool air from your air conditioner.
2. Keep your AC unit filter clean. This will allow the unit to cool to its full potential.
3. When leaving your home for the day or a few hours set your AC to cool less.
4. Use your fans to distribute conditioned air evenly throughout your home.
5. On cooler days, using fans only will help save on your electric bill.
6. Try cooling your home to 76 degrees.
Remember that in the winter months 76 degrees would feel quite comfortable.

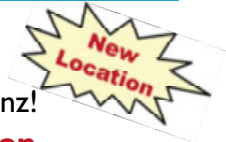


JULY PROGRAMS AND ACTIVITIES

CALL ALAN FOR TRANSPORTATION AT 978-519-2567
OR EMAIL CLTRANSPORTATION@BETHANYCOMMUNITIES.ORG

Bethany Internet Café

All your technology questions answered by our friends from Full Harvest Moonz!
2nd & 4th Monday, 3:00pm | Merrivista Sunroom. Free transportation.



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 (MT) and John Depew (PH) 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:
Skip's Burgers - July 13th | Beach Plum (Epping) - July 18th
EZ Van pick up at 11:30am. \$4.00 for bus + cost of lunch. **Registration Required.

New Hampshire Shopping Trips

Salem, NH - July 15th | Plaistow, NH—July 29th
.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 + Mondays, 11:00am at Mission Towers. Free Transportation.



The Men's Group

Get together with the guys for men's topics, games, featured speakers, road trips and more!
Friday, July 1st, 10:00am, Road Trip (see page 10 for details). Free Transportation.

Bethany Bowlers

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

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

As this article is being written the day is warm and the sun is shining, and we hope that you are sitting outside enjoying the fresh air that God has blessed us with.

Thank you to our residents and staff here at Merrivista for going along with us on our "construction adventure" here in our building. The end results will make the building much safer and more beautiful for you and your neighbors to enjoy.

Our offices, the library, the dining room and kitchen are all in the process of being renovated. We look forward to the end result and hope you come on down to try a meal from our new kitchen!

Where flowers bloom
So does hope!

Deanna Ruth, Property Manager - Mission Towers

Welcome to July and the heat of the summer. Remember to stay hydrated & drink plenty of water.

Wishing our beautiful country a happy birthday on the 4th of July. There are a couple spots in the building you can view the fireworks from the stadium. These are the 7th floor deck, the 7th floor lobby and the 8th floor lobby. All are welcome to view from one of these areas but please keep in mind that you can't invite guests for this, we want to be able to accommodate residents of Mission Towers.

We have many new residents here at Mission Towers. If you are a floor representative please make yourself known and answer any questions they may have.

Many activities have started back up again down in the Dining Room such as Bingo, Geronimo & movie night. Check the bulletin boards for the dates and times, it certainly is nice to see people getting together.

Enjoy the summer weather & stay cool!!

Abe Soto, Property Manager - Phoenix

Summer is officially here! Windows may be opened in the hallways but keep in mind that the A/C is running on the 6th and 7th floor atrium area. With the hot summer weather and stronger sunlight, be careful of the heat, please be diligent in staying hydrated, wearing sunscreen, and limiting your exposure. A few housekeeping items:

1. The common areas are furnished by Bethany management exclusively; they are not give-away sites. Any donations need to be approved by the Property Manager. Please, do not leave free items in these areas, you need to find a home or request that maintenance dispose the item(s) for you in which a disposal fee will be charged.
2. Passages, public halls, stairways, landings and between buildings are for no other purpose than for entering or exiting from the apartments.
3. If you decorate the windowsills in the hallway outside your apartment, do not keep more than two (2) items or plants on them. Your help with this is very much appreciated as it makes it easier to keep clean.

Happy 4th of July everyone! God Bless America! The office will be closed on that Monday. You can enjoy the fireworks right from your home on the roof deck!

My quote for this month is: "A secret to happiness is letting every situation be what it is, instead of thinking of what it should be." -Unknown

Amy Hanson - Resident Service Coordinator

Managing Our Emotions Effectively

"I'm only human" is a phrase that a lot of us have probably said or heard when experiencing different emotions. Ever walk away from an argument or discussion feeling like you wished you hadn't said something or perhaps reacted in a way you weren't proud of, or maybe felt bad about? How do we stay in control when we are feeling frustrated, sad, or angry? Not all emotions are bad of course, those are usually the easy ones to manage. We can learn a lot about ourselves from the way we choose to react to our feelings. Keeping our emotions in check isn't always easy, and we often fail. Again, we are complex individuals designed to feel basic emotions such as happiness, sadness, fear, anger, regret, and jealousy, to name a few. A few different strategies to help us to manage these emotions could be beneficial to our health.

Name your feeling- Give yourself permission to feel once you have identified what you're feeling.

Push the pause button-Sometimes we may react in ways that we later regret if we are experiencing intense emotions. Try taking a breath and collect yourself. Give yourself time to process the emotion, you don't have to resolve it in the moment. Sometimes it just takes time.

Respond not React- Often the way we choose to respond to our feelings can help to preserve relationships, as well as lead to productive conversations to help work through these feelings.

I have often been told you can't control the behaviors or actions of others. Although we wish we could, everyone responds differently in different situations. Learning to manage our emotions in a way that works best for us as individuals can help promote better lifestyles and reduce stress.

Jeanette Martinez, RN - Director of Wellness

American Diabetes Month

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is elevated. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone is made by the pancreas and helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough—or any—insulin or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Over time, having too much glucose in your blood can cause health problems and lead to type 2 Diabetes.

Although diabetes currently does not have a cure, you can take steps to manage your diabetes and stay healthy. Risks for insulin resistance include being overweight, leading a sedentary lifestyle, and/or have a family history of diabetes. It is common to confuse some symptoms of diabetes as normal aging, but if you notice signs and symptoms such as frequent urination, fatigue, unintended weight loss, blurred vision, and/or increased hunger and thirst – make an appointment to see you doctor.

Ways to remain Physically Active:

1. Find something you like.
2. Start small. If you're not already physically active you should begin slowly and work your way up to the desired level.
3. Find a partner. It's more fun when someone else is counting on you to show up.
4. Pick a goal. An example of a goal could be to walk a mile every day for a month or to be active every weekday for 30 minutes. Be specific and realistic. Always discuss your activity goals with your health care provider.

For information regarding type 2 diabetes and prediabetes please visit the Wellness office and pick up education materials.

July 2022 BETHANY KITCHEN MENU

Sunday	Monday	Tuesday	Wednesday
<p><u>Menu for July 31st</u> LUNCH: Assorted Sandwiches, Chips, Assorted Desserts DINNER: Corn Beef & cabbage Potatoes Carrots</p>		<p>PLEASE LEAVE DISHES FROM THE MV KITCHEN READY FOR PICK UP BY DELIVERY STAFF ON NEXT SHIFT. THANK YOU!</p>	<p>Ask Amy Hanson or Reduced Price Call Cameron a Staff for Alternat 978-374-2169</p>
<p>3 LUNCH: Assorted Sandwiches, Chips, Assorted Desert DINNER: Baked Chicken Breast, Mashed Potatoes With Gravy, Carrots, and Cranberry Sauce</p>	<p>4 LUNCH: Corn Chowder, Ham Salad Sandwich, Cookies DINNER: Baked Macaroni and Cheese, Stewed Tomatoes</p>	<p>5 LUNCH: Vegetable Soup, Ham & Cheese Sandwiches DINNER: Shepard's Pie, Green Beans, French Bread, Dessert Waffles</p>	<p>6 LUNCH: Chick Soup, Chicken S Sandwich DINNER: Baked Cheese, Stewed</p>
<p>10 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts DINNER: Pot Roast With Gravy Mashed Potatoes Carrots</p>	<p>11 LUNCH: Chicken Noodle Soup, Ham Salad Sandwich DINNER: Chicken Cordon Blue, Red Potatoes, Broccoli</p>	<p>12 LUNCH: Creamy Potato Bacon Soup, Seafood Salad Sandwich DINNER: Meatloaf, Mashed Potatoes, Asparagus</p>	<p>13 LUNCH: Turke Tuna Fish Sandw DINNER: Stuffed Side Salad, and</p>
<p>17 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts DINNER: Roasted Turkey, Stuffing, Mashed Potatoes, Gravy, Squash, Cranberry Sauce</p>	<p>18 LUNCH: Turkey Noodle Soup, Ham and cheese DINNER: Spaghetti and Meatballs, Tossed Salad, Garlic Bread</p>	<p>19 LUNCH: Vegetable Soup, BLT on Wheat Roll DINNER: Breaded Baked Chicken, Butternut Squash, Beets</p>	<p>20 LUNCH: Chick Soup, Chicken S wich DINNER: Stuffed Baked Potato, P</p>
<p>24 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts DINNER: Beef Tenderloin, Gravy Mashed Potatoes, Carrots See above for 7/31/22</p>	<p>25 LUNCH: Tomato Soup, Bologna and Cheese Sandwich DINNER: Ziti with Meat Sauce, Tossed Salad, Italian Bread</p>	<p>26 LUNCH: Chicken Noodle Soup, Chicken Caesar Salad Wrap DINNER: Pork Chops, Scallop Potatoes, Beets</p>	<p>27 LUNCH: Veg Ham and Chees Roll DINNER: Salisbu Mashed Potatoes</p>

CALL TO ORDER @ 978-374-2169

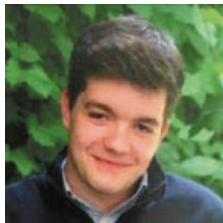
Wednesday	Thursday	Friday	Saturday
<p>Learn about Free Dinner Meals! and Kitchen Dinner Meals at</p>		<p>1 LUNCH: Corn Chowder Ham Salad Sandwich Cookies</p> <p>DINNER: Baked Macaroni and Cheese, Stewed Tomatoes</p>	<p>2 LUNCH: Tomato Soup Tu- na Melt Lemon Squares</p> <p>DINNER: Baked Macaroni and Cheese, Stewed Tomatoes</p>
<p>Chicken Noodle Salad</p>	<p>7 LUNCH: Steak and Swiss Sub with Peppers and Onions</p> <p>DINNER: Two (2) Stuffed Peppers, Carrots</p>	<p>8 LUNCH: Vegetable Soup, Turkey Sandwich</p> <p>DINNER: Parmesan Crusted Haddock, Mashed Potatoes, Asparagus</p>	<p>9 LUNCH: Fish Patty Sandwich, Onion Rings</p> <p>DINNER: Hot Dogs, Beans, Coleslaw</p>
<p>Chicken Rice Soup, Rice</p> <p>Manicotti, Italian Bread</p>	<p>14 LUNCH: Minestrone Soup, Sliced Turkey on Pita with Lettuce and Tomato</p> <p>DINNER: Baked Ham, Sweet Potatoes, and Green Beans</p>	<p>15 LUNCH: Fish Chow- der, Egg Salad Sandwich</p> <p>DINNER: Baked Salmon, Rice Pilaf, Carrots</p>	<p>16 LUNCH: Italian Sausage Orzo Soup, Chicken Patty Sandwich with Lettuce and Tomato</p> <p>DINNER: Hot Dogs, Beans, Coleslaw</p>
<p>Chicken Noodle Salad sand-</p> <p>Pork Chops, Peas</p>	<p>21 LUNCH: Tomato Soup, Egg Salad Sandwich</p> <p>DINNER: 2 Stuffed Peppers, Carrots</p>	<p>22 LUNCH: Minestrone Soup, Turkey Sandwich</p> <p>DINNER: Haddock, Mashed Potatoes, Asparagus</p>	<p>23 LUNCH: Fish patty with lettuce and tomato</p> <p>DINNER: Hot Dogs, Beans, Coleslaw</p>
<p>Vegetable Soup, Cheese on a Bulkie</p> <p>Grilled Steak, Peas, Corn</p>	<p>28 LUNCH: Minestrone Soup, Egg Salad Sandwich</p> <p>DINNER: Chicken Marsala, Rice, Peas, and Carrots</p>	<p>29 LUNCH: Corn Chow- der, Chicken Salad Sandwich</p> <p>DINNER: Haddock, Mashed Potatoes, Spinach</p>	<p>30 LUNCH: Turkey Rice Soup, Turkey Melt</p> <p>DINNER: Hot Dogs, Beans, Coleslaw</p>

Bethany's Community Life & Transport Department

**FOR MORE INFORMATION CALL MELISSA AT 978-519-2456
FOR TRANSPORTATION CALL ALAN AT 978-519-2567**



Melissa Seavey, Community Life Coordinator
(978) 519-2456 | mseavey@bethanycommunities.org
Hours: Monday-Thursday: 10AM-2:00PM



Eamon Morrow's Summer Concert

Join us for all your old favorite songs and showtunes at an outdoor concert in the beautiful Phoenix Courtyard. Complimentary transportation is available. In case of rain, the concert will be moved indoors to the Phoenix Dining Room.

Date: Friday, July 8th | 11:00 AM | Phoenix Row Courtyard | Free



Essex Street Mural

Join us at HC Media's Harbor Place Studio for a discussion with Jeff Grassie about the Essex Street Mural.

Date: Wed., July 27th at 10:00 AM | Free event and transportation



Stroll Salem Willows

Don't miss historic Salem Willows Park, an ocean front destination packed with games, food, and fun!

Date: Wed., July 20th at 10:00 | Salem, MA | \$4 Transportation



The Men's Group

Join us and Marine Veteran Ralph Basiliere for a discussion at Haverhill's Vietnam Veterans Memorial Park on Mill Street.

Date: Friday, July 1st at 10:00 AM | Free Event & Transportation

Due to the construction at Merrivista:

Move & Groove with Tippy has been moved from Merrivista to Mission Towers and will be held on Mondays at 11:00 AM

The Internet Café will be relocated to Merrivista's Sunroom

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)

NEW SUMMER BOOKING HOURS

Please note this refers only to the time you call to make your reservation, not the hours of operation for the EZ VAN.

MON—THURS: 9AM—2PM

FRI: 9AM—11AM

- **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 2:00 PM**
2. **MONDAY APPOINTMENTS MUST BE BOOKED FRIDAY BY 11:00 AM**
3. **THE LATEST RETURN PICK UP TIME FROM AN EARLIER DROP OFF IS 3:00 PM**

TRANSPORTATION HOURS: MON—FRIDAY | 8AM—3PM


BOOK YOUR TRANSPORTATION AT 978-519-2567
CLTRANSPORTATION@BETHANYCOMMUNITIES.ORG

Masks continue to be required on all Bethany transport including EZ Van and trips.


Merrivista Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Please note that due to construction, the Move & Groove class will be held at Mission Towers until further notice. Free transportation is available.</p>					<p>1 10:00 AM THE MEN'S GROUP (PH) 6PM BINGO</p>	<p>2</p>
<p>3</p>	<p>4 HOLIDAY OFFICE CLOSED</p>  <p>6PM-LRC</p>	<p>5 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 2PM-POKENO</p>	<p>6 2PM - CRAFT CORNER (PH) 6PM-LRC</p>	<p>7 10AM-TAI CHI (PH) 2PM-BIBLE STUDY (MV)</p>	<p>8 11AM-EAMON'S SUMMER CONCERT (PH) 6PM BINGO</p>	<p>9</p>
<p>10</p>	<p>11 11AM MOVE & GROOVE (MT) 3.00PM-INTERNET CAFÉ (MV) 6PM-LRC</p>	<p>12 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 2PM-POKENO</p>	<p>13 11:30 AM SKIP'S BURGERS 2PM - CRAFT CORNER (PH) 6PM-LRC</p>	<p>14 10AM-TAI CHI (PH) 2PM-BIBLE STUDY (MV)</p>	<p>15 9.00AM - NH SHOPPING — SALEM 6PM-BINGO</p>	<p>16</p>
<p>17</p>	<p>18 11AM MOVE & GROOVE (MT) 11:30 PM—THE BEACH PLUM (EPPING) 6PM-LRC</p>	<p>19 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 2PM-POKENO</p>	<p>20 10AM—STROLL SALEM WILLOWS 2PM - CRAFT CORNER (PH) 6PM-LRC</p>	<p>21 10AM-TAI CHI (PH) 2PM-BIBLE STUDY (MV)</p>	<p>22 6PM BINGO</p>	<p>23</p>
<p>24/31</p>	<p>25 11AM MOVE & GROOVE (MT) 3.00PM-INTERNET CAFÉ (MV) 6PM-LRC</p>	<p>26 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 2PM-POKENO</p>	<p>27 10AM—HC MEDIA/ESSEX ST. MURAL 2PM - CRAFT CORNER (PH) 6PM-LRC</p>	<p>28 10AM-TAI CHI (PH) 2PM-BIBLE STUDY (MV)</p>	<p>29 9.00AM - NH SHOPPING — PLAISTOW 6PM BINGO</p>	<p>30</p>

Mission Towers Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MT residents are welcome to join Friday BINGO at 6PM at Phoenix. Contact Carol McCarron at (603) 303-7964</p>		<p>Please note that due to construction at Merrivista, Move & Groove class will be held at Mission Towers until further notice. Please join us!</p>			<p>1 10:00AM MEN'S GROUP (PH) 2PM -STRETCH & BREATHE</p>	<p>2</p>
<p>3</p>	<p>4 HOLIDAY OFFICE CLOSED</p> 	<p>5 9:30AM-BOWLING 10AM - TAI CHI 2PM—MOVE & GROOVE (PH)</p>	<p>6 2PM - CRAFT CORNER CLASS (PH)</p>	<p>7 2PM-BIBLE STUDY (MT LIBRARY)</p>	<p>8 11AM-EAMON'S SUMMER CONCERT (PH) 2PM - STRETCH & BREATHE</p>	<p>9</p>
<p>10</p>	<p>11 11AM MOVE & GROOVE (MT) 3.00PM-INTERNET CAFÉ (MV)</p>	<p>12 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)</p>	<p>13 11:30 AM SKIP'S BURGERS 2PM - CRAFT CORNER (PH)</p>	<p>14 2PM-BIBLE STUDY (MT LIBRARY)</p>	<p>15 9.00AM - NH SHOPPING — SALEM 2PM - STRETCH & BREATHE</p>	<p>16</p>
<p>17</p>	<p>18 11AM MOVE & GROOVE (MT) 11:30 PM—THE BEACH PLUM (EPPING)</p>	<p>19 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)</p>	<p>20 10AM—STROLL SALEM WILLOWS 2PM - CRAFT CORNER (PH)</p>	<p>21 2PM-BIBLE STUDY (MT LIBRARY)</p>	<p>22 2PM - STRETCH & BREATHE</p>	<p>23</p>
<p>24/31</p>	<p>25 11AM MOVE & GROOVE (MT) 3.00PM-INTERNET CAFÉ (MV)</p>	<p>26 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)</p>	<p>27 10AM—HC MEDIA/ESSEX ST. MURAL 2PM - CRAFT CORNER (PH)</p>	<p>28 2PM-BIBLE STUDY (MT LIBRARY)</p>	<p>29 9.00AM - NH SHOPPING — PLAISTOW 2PM - STRETCH & BREATHE</p>	<p>30</p>

Phoenix Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
					1 6:30AM DONUT DAY 10AM MEN'S GROUP (PH) 6PM-BINGO	2
3	4 HOLIDAY OFFICE CLOSED 	5 9:30AM—BOWLING 2PM—MOVE & GROOVE (PH)	6 2PM - CRAFT CORNER (PH)	7 10AM - TAI CHI 1:30-MAJONG 2PM-BIBLE STUDY (MV) 6PM-POKENO	8 6:30-8AM DONUT DAY 11AM-EAMON'S SUMMER CONCERT (PH) 6PM-BINGO	9
10	11 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 3.00PM-INTERNET CAFÉ (MV)	12 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	13 11:30 AM SKIP'S BURGERS 2PM - CRAFT CORNER (PH)	14 10AM - TAI CHI 1:30-MAJONG 2PM-BIBLE STUDY (MV) 6PM-POKENO	15 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING — SALEM 6PM-BINGO	16
17	18 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 11:30 PM—THE BEACH PLUM (EPPING)	19 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	20 10AM—STROLL SALEM WILLOWS 2PM - CRAFT CORNER (PH)	21 10AM - TAI CHI 1:30-MAJONG 2PM-BIBLE STUDY (MV) 6PM-POKENO	22 6:30-8AM DONUT DAY 6PM-BINGO	23
24/31 6PM— GERONIMO	25 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 3.00PM-INTERNET CAFÉ (MV)	26 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	27 10AM—HC MEDIA/ESSEX ST. MURAL 2PM - CRAFT CORNER (PH)	28 10AM - TAI CHI 1:30-MAJONG 2PM-BIBLE STUDY (MV) 6PM-POKENO	29 6:30-8AM DONUT DAY 9:00AM - NH SHOPPING — PLAISTOW 6PM-BINGO	30

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GET TO KNOW A NEIGHBOR!

How long have you lived at Bethany? I have been living at Merrivista for two years now.

Where did you grow up? I am a lifelong Resident of Haverhill. I grew up in a family of five from Bradford. I attended Haverhill schools and graduated from Haverhill High School. I married my high school sweetheart and went on to raise 5 children. My children now live in several states including Mass, Arizona, and Georgia.

What did you do before coming here? I managed a very interesting work career while raising my family. I worked as a Stenographer, a Legal Secretary for several prestigious attorneys in Haverhill, and my favorite job was as a paralegal for Dr. Arcadi of Whittier Healthcare Networks.

What do you like most about living at Bethany? I love to socialize and meet new people. I hope to enjoy social activities provided by Bethany.

What else would you like to tell us? I enjoy passing the time with puzzles and painting with paint pens. My favorite television show is Jeopardy and I love the Roma restaurant.

I celebrated my 90th birthday this past April with family and friends at the Village Square restaurant in which I had this caricature done, depicting me with purple hair and purple earrings. This was my only birthday wish.



Joyce Kyle, Merrivista

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