



The Flag

<http://www.bethanyhomes.net/>

Bethany Community Services				August 2014				978-374-2165			

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

I've been reflecting recently on the correlation of electronic media and the divisiveness in our society, especially in the political realm. While disagreement and hatred has existed for centuries it sometimes may seem as though it is worse now than it has ever been. I don't really know if that is true or not, but I do know that there are many more ways now to communicate your feelings of displeasure or disagreement to the entire world in literally the blink of an eye or the click of a mouse.

The one thing that strikes me through all of this noise, whether it's from Facebook, TV, or online news outlets, is that there seems to be a growth in victimization. Often we hear of injustice, a person who was a victim of wrongdoing, they express a belief, often a strong unwavering belief, that the world is "out to get them". It seems increasingly rare that anyone actually takes a moment to consider their own actions and to determine in fact, if they had any responsibility in the matter. My fault you ask? Who? Me? Not a chance.

Although I find myself with little free time these days I do my best to read whenever I have a few minutes. Lately I've been reading a book about a dirty topic, a topic that most people would rather avoid like the plague. This book is about accountability, both individual and organizational accountability. This book has been a breath of fresh air for me, and not because I want to go teach everyone else how to be accountable, but it has been a great reminder about the fact that in nearly every situation of our lives, we do in fact, have a level of responsibility for our circumstances. (Before I go on I must clarify that victimization is real and sometimes victims are truly victims and had no role in their situation). However, as humans most often our immediate response is to blame shift or play the victim card. "It wasn't my fault...That's not my job...Just tell me what to do...etc..."

What I've learned from this book is that there are two steps we must take to avoid the victim cycle. First, recognize that you are falling into the victim cycle (are you blaming everyone but yourself?). Second, ask yourself (honestly), "what else could I have done differently?" And then ask yourself, "What can I do now to make this better, or to make this work, or to resolve the situation, or to solve this problem?" Don't just blame. Consider your actions and options. After all, all you can control is yourself.

"If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him ... We need not wait to see what others do." – Gandhi

Bethany is . . . A Way of Life, not Just a Place to Live

- **On-site Resident Services Coordinator to coordinate your care with doctors, community health and other social service agencies.** You will have a prepared and individualized care plan that is reviewed every six months by a group of community professionals.
- **Home cooked meals served in the dining room or delivered to and set up in your apartment.** These meals are on five week rotating menus with alternate choices. All meals are planned by a registered dietician.
- **Housekeeping services to assist you** with weekly light housekeeping and laundry, seasonal heavy housekeeping, shopping, and other errands.
- **On-site Wellness Health Clinic, nutrition counseling, and apartment visits staffed by a registered nurse.** The nurse will monitor all of your vital health indicators and help you understand medication interactions, community health resources, planned surgeries, and serve as a liaison with your doctor's office.
- **On-site Activities Director planning in house activities.** These include exercise, movies, games, socials, luncheons/cookouts, entertainment, men and women groups, volunteer opportunities, and a wide variety of other activities.
- **Transportation to doctors appointments, shopping, banks and the grocery.** Our wheel chair accessible buses will take you on scheduled routes so that you can care for your personal shopping needs without having to have your own car or fit into someone else's time table.
- **On-site Beauty Salon/Barber.** Our beauticians and barber work with Bethany and their reduced rates benefit you. They provide all of the services you will need and have personalized care and attention.
- **On-site Mental Health Counselor (licensed social worker).** Our groups allow individuals to have support while dealing with the losses related to moving and aging. Should you encounter a crisis we have resources for you and your family to support you.
- **In apartment closed circuit TV security and message system.** You can watch the front door from your living room to make certain you know those you allow entrance. Your own apartment is totally independent and secure from other units.
- **Personal Care Services for assistance with dressing, bathing, mobility, laundry, shopping, toileting.** Bethany has a staff of certified nursing assistants to help you with these activities of daily living. They will respect your modesty and privacy and become your trusted friends.
- **On-site Spiritual services.** Local members of the various faiths assist us with regular worship and teaching services. Additional programs are planned during holidays.
- **A wide variety of day trips and overnight adventures.** Our residents enjoy the arts, sports, dining out, public parks and beaches, and more historic venues and places of interest than you can imagine. They travel as far away as Nashville and North Carolina and as close to home as Hampton Beach.

Bethany is . . .

Merrivista
100 Water Street
978.374.2168

Mission Towers
180 Water Street
978.374.2173

Phoenix
22 Phoenix Row
978.374.2164

GROUP ADULT FOSTER CARE PROGRAM

Group Adult Foster Care is a program provided by Bethany Homes to all residents that qualify. This program can assist you in your own apartment on a daily basis helping you with your daily activities.

We can provide help in and out of the shower, reminding you to take your medications; we do laundry, help you get dressed or even tying your shoes. We also do your grocery shopping and pick up your prescriptions at the pharmacy. We can change your bed and do light housekeeping. Our certified health aides that provide this daily care are hired by Bethany Homes and are supervised with ongoing training by the Bethany nurses.

This program allows you to remain safe and longer in your own apartment and also helps your family by having these extra tasks done for you.

The Choice is yours! Let us help you stay independent!

Our Resident Service Coordinator will design a plan with your full participation and the advice of health and social service professionals and your doctors to help make sure your personal care needs are met.

Service Eligibility

To participate in these supportive services you must be:

- 62 years of age or disabled
- Insured by Medicaid (MassHealth) or
- Prepared to pay for services yourself at a subsidized rate
- Allow our registered nurse to visit for an evaluation
- Sign an agreement to cooperate with our staff

Some programs may require a medical diagnosis and require assistance with activities of daily living, let us give you a hand.

Our chefs prepare home-style meals from a menu reviewed by a dietician. You will find the dining room inviting and meals can be delivered when required.

Our certified nursing assistants can help you with personal hygiene, dressing, or medication cuing. Our housekeepers will keep your home comfortable.

Our Wellness Program includes registered nurses, weekly health clinics, fitness and exercise programs.

**"A Way of Life,
Not Just a Place to Live."**

For more information on the programs contact Pam Arel, **Resident Services Coordinator**. She is at Phoenix every Monday 8a-12p; Mission Towers on Monday from 1-4p and Tuesday from 8a-12, at Merrivista on Tuesday from 1-4p, Wednesday, Thursday from 8a-4p.

CAN WE HELP WITH YOUR CLEANING?

Bethany can help you with some of your tasks to make life more pleasant:

- Weekly cleaning includes vacuuming, bathroom and kitchen.
- Deep cleaning will help you remove items no longer needed, wash windows, clean oven, or help with other chores.

Call or stop by your building manager's office. They will have someone come to visit and talk about how we can help. Our rates are very affordable.

BREAKFAST BREAK

If you are NOT currently on a meal program with subsidy, we have a new option for breakfast at the Merrivista dining room.

You now have a choice:
Coffee and Juice and Three items \$4.00
Other items priced individually, see cook.

You do not need to place an order before breakfast; you can bring your money, make your choices when you arrive, and pay the chef on duty. We appreciate dollar bills if you can so we do not have to make change.

Important Notice: Coffee at Merrivista from 7-7:30a is self serve only.

BETHANY BEAUTY SALON HOURS

Angela, hairdresser is in every Monday at 9a at PH.
Laurie, hairdresser is in every Tuesday at 7:30a at MT.
Toni, hairdresser is in every Tuesday at 9a at MV.
Laurie, hairdresser is in every Thursday at 8a at MV.
Laurie, hairdresser is in every Friday at 8:30a at MT.
Toni, hairdresser is in every Friday at 9a at PH.

The stylists offer wash & sets, blow-dry & iron, haircuts, perms, color & highlights for both men and women. To book your appointment, call your building's office.

Gift certificates are a great idea for gift giving, you can get them in any denomination and they never expire. They can be purchased with Darlene in the activity office. Make checks payable to BCS.

BEAUTY SALON PRICE LIST

SERVICE	PRICE
Shampoo	\$3
Rinse	\$3
Clipper Cuts	\$10
Hair Treatment	\$10
Hair Cut	\$15
Hair Color	\$17
Shampoo & Cut	\$16
Shampoo & Style	\$17
Shampoo, Set & Treatment	\$23
Shampoo, Set & Cut	\$25
Shampoo, Set & Color	\$30
Perm	\$45 & up
Eye Brows	\$2
Manicure with polish	\$15

HEARING AID ASSISTANCE

Audient is a nationwide program providing assistance with the cost of hearing aids and related care to income qualified individuals. Call 1-866-956-5400 for information or application.

PROPERTY MANAGERS HOURS

Deanna Ruth at MT holds office hours from 8a-2:30p Monday-Friday and can be reached at 978-374-2173.
Robert Plante and **Linda Pelletier-Call** at MV holds office hours from 8a-4p Monday-Friday and can be reached at 978-374-2168.
Nancy Leefe at PH holds office hours from 8a-4p Monday-Friday and can be reached at 978-374-2164.

Deanna and Darlene are collecting box tops from all General Mills products, (the little square), Campbell Soup labels (the whole label) they provide learning tools to school children. Also Paul Eversole is collecting old cell phones which go to people that need it for emergency contact.

HOUSEKEEPING HOURS

Jovita Kimball, Bethany housekeeper is at MV on Monday, Wednesday and Friday; at PH on Tuesday and at MT on Thursday, she is in from 9a at all properties. You can contact the property manager in your building for an appointment.

WELLNESS SCHEDULE

Kathy Pothier, RN is at MV on Monday from 8:00-12:00 and Wednesday and Thursday from 8:00-5:00. She is at PH on Monday from 1:00-5:00, Tuesday 8:00-5:00, and Friday from 8:00-12:00 at PH for the wellness clinic.

Denise Huminick, RN is at MT on Monday and Thursday from 9a-12p and 12-1:30p in house visitation and on Wednesday by appointment. She is at MV on Tuesday from 9a-4p and on Wednesday from 9a-1:30p. The wellness clinic MV is on Tuesday from 9a-12.

Jeanette Johnson, RN is at MV Monday & Thursday 2p-6p, Tuesday & Wednesday 1p-6p & Friday 9a-4p.

Resident Syringe and Sharps Disposal Procedure

NOTE CHANGE: The proper disposal of all sharps, needles, and lancets within the Bethany buildings. Any resident who is using needles or lancets for themselves or their pets have to place them in a clean empty laundry detergent bottle. These sharps cannot be placed with other rubbish. After filling the container the resident can bring them to their nurse’s wellness office for proper disposal. There is no fee to any resident. The container cannot be a clear container in case the needles penetrate thru the container. Any questions please contact the nurse in your building.

LOCKOUTS

- Should you be locked out of your apartment at **MT** after hours there is on-site staff person in apartment 612.
- Should you be locked out of your apartment at **MV** after hours you can call 978-994-3494.
- Should you be locked out of your apartment at **PH** after hours there is on-site staff person in apartment 1000.

Can we help with your general Cleaning?

Bethany can help you with some of your tasks to make life more pleasant.

- Weekly cleaning includes vacuum, bathroom and kitchen.
- Spring cleaning will help you remove items no longer needed, clean windows, tidy up closets or help with other chores.
- Weekly grocery shopping (or other chores)

Call or stop by your building manager’s office.

They will have someone come to visit and talk about how we can help.

Our rates are affordable and subsidized. You will not pay for the full cost of this service.

EZ VAN TRANSPORTATION

The Haverhill Citizens Center has many activities including an exercise room, pool tables, a library, bingo (on Mondays), chess, bridge, knitting groups all for adults 60 plus!

The Bethany EZ Van transports residents to the Haverhill Citizen Center on Monday & Thursday between the hours of 9a-4p; the cost is \$5 round trip. You must a reservation, call 978-302-6443.

DO YOU HAVE A MEDICAL APPOINTMENT?

Physical? Lab work? Testing? Eye doctor?

Let Bethany give you a ride!

It costs less than a cab!

It’s easier than the city bus!

It’s from your door to their door and back again.

It’s the Bethany EZ VAN.

All you have to do is make your appointment for Monday or Thursday.

Round trip is only \$5.

Cab is \$10 round trip.

The city bus is on their schedule not yours.

You know our driver who will help you.

Call in advance for a guaranteed seat 978-302-6443.

We even have a lift for wheelchairs and other ambulatory devices.

THE SHOWCASE

To purchase items from the showcase contact:

MERRIVISTA: Shelia Babolian or Barbara Jameson

MISSION TOWERS at Macy’s: Rosemary Jesionowski

PHOENIX: Jane Cunningham

All three buildings need donated items for the showcases. If you have items that you want to donate see the person in your building that manages the showcase.

EMERGENCIES

If you have a maintenance emergency **you MUST** leave your apartment number, phone number and name with the answering service if you would like the on-call maintenance personnel to respond in a timely manner.

TRANSPORTATION SERVICES**Northern Essex Elder Transport**

Program is providing rides only to medical appointments in the Amesbury to North Andover area. To qualify participants need to be over 60 years of age, be able to walk independently, no wheel chairs. This program is available only through volunteers. To sign up for this program call 978-388-7474. This service is free.

The Merrimac Valley Transit Authority

is now providing Medi-Rides to Boston and Peabody Hospitals, departing from Haverhill Citizens Center every Monday to registered customers who have EZ Trans. For information anyone can call 978-469-6878 and select "option 3".

For veterans resource benefits you can contact Haverhill Outpatient Clinic on 108 Merrimack Street or call 978-372-5208 for transportation and prescription assistance.

Residents on Mass Health have to inform their doctor that they do have a need for transportation, and make them aware they do have Mass Health coverage. Ask your doctor to fill out a **PT-1 form** and send it to the Mass Health Office.

E-Z Trans has two options for people needing transportation to the hospital or doctor appointments. For people with a disability your doctor must fill out your application and you need to send in. If you are over 60 years of age you need to send proof of your age by providing them with a copy of your birth certificate, you fill out your own application and send it in. To get an application call the MVRTA at 978-373-1184 select option 3 follow the prompts and one will be sent to you.

Department of Veterans Services

Haverhill Citizens Center, 10 Welcome St.

Director, Michael Ingham

Secretary, Betty Burnell

Office hours 8AM - 4PM Monday – Friday
(Second Floor/Veterans Office) 978-374-2351

TRAVEL INFORMATION

The monthly publication of The FLAG is a great resource for all upcoming events. It is delivered to all Bethany residents and mailed to the community by the first of each month.

All buildings have a calendar in the lobby; check it for trips and activities taking place that day or week. In case of a question of cancellation on the weekend refer to Darlene's voice mail or the lobby board.

Our Insurance Company requires that all passengers who ride in the Bethany bus or van buckle their seatbelts; it is also the Massachusetts law. The bus driver is responsible that the vehicle does not travel until all passengers are wearing their belts.

We require that you reserve your space on the bus or van for all trips, except for weekly grocery shopping and bowling. In order to make your reservation you can call Darlene at 978-374-2165 and leave a detailed message with your phone number.

Most trips offered in The FLAG are subject to a final count trips one month in advance, any cancellations after that is subject to a fee.

Your reservation is not confirmed until paid in full, unless it indicates to pay the driver. Make your checks payable to Bethany Community Services and mail to BCS, attention Darlene, 22 Phoenix Row, Haverhill, MA 01832.

HAVERHILL COUNCIL ON AGING

Contact Kathy Bresnahan or Rita LaBella
978-374-2390

Bingo-Scrabble-Mexican Train Dominoes-Pool-Whist-45's-Bridge-Mah Jong-Tai Chi-Yoga-Zumba-Line Dancing-Knitting-Comedy Masque-Wood Carving-Art-Book Club-Exercise-Piano-Chess Club

Day & Overnight Trips

August 5th-Lobsterfest & Newport Playhouse \$93

August 9th-Cruise Lake Sunapee & NH Craftsmen

Annual Fair

August 17th- Martha's Vineyard

September 25th-Historic Boston Tour

September 27th-Rhode Island Lighthouses & Waterfire

September 28th-NH Covered Bridges & Cathedral of the Pine

December 3-5th White Mountain Hotel

2014 DAY TRIPS

September 5th-**Seafood Festival** at Hampton Beach-bus \$10 admission \$5 sign up is required

September 17th-**New England Goes Country** with Jimmy Lehoux & Nicole Frechette/Danversport Yacht Club/chicken or scrod \$79

October 4th-**A Grand Night for Singing**-Celebration of Rodgers and Hammerstein-featuring The Reagle Players at The Robinson Theatre Waltham, MA 2p Show-12:00 departure from Haverhill-Premium Seating-tickets are limited-show & bus \$49

October 8th-**Foxwoods Casino**-pick up @ Merrivista @ 6:15a & departing 500 Primrose Street @ 6:45a-cost of \$35 includes deluxe motorcoach transportation-full buffet lunch-slot play.

October 22nd-**Comedy Singer Joey Vincent**/Lantana's-Complete Roasted Turkey Dinner \$79

November 9th-**The Rat Pack**-Direct from Las Vegas-at The Robinson Theatre Waltham, MA-2p show-12:00 departure from Haverhill-premium seating-show & bus \$49

November 13th-Live in Concert '**The Letterman**'/Mohegan Sun Casino-\$30 package includes lunch voucher & gaming package plus show and bus \$79

December 3rd-**The Sicilian Tenors**/Demetri's-stuffed chicken breast or scrod \$79

December 13th-**Christmas Time**-featuring The Reagle Players-at The Robinson Theatre Waltham, MA-4p show-2:00p departure from Haverhill Premium Seating -tickets are limited -show & bus \$49

December 31st-**New Years Day Trip**/Danversport Yacht Club-Carol O'Shaughnessy and Tom LaMark Orchestra-stuffed chicken breast or scrod \$85

THANK YOU

To Dianne Moonogian, PH resident for serving the cookouts at MT this summer.

HAVERHILL FARMERS MARKET

The hours of operation are 9a to 1p every Saturday from June 28th thru October 25th on Bailey Blvd (next to the police station). Also, they now accept EBT cards!

NOTICES

- There is a box on Linda's desk at MV for Resident Council donations. The money is used for resident parties and other functions that include residents.
- New in MV lobby, a suggestion box feel free to drop your suggestion, paper and pens are provided.
- All three Bethany buildings have gently used Bingo equipment. Some of it is still being installed but should up and running soon.
- The PH dining room is having a new rug installed. The dining room will be closed Tuesday, Wednesday & Thursday, August 19, 20 & 21. You will to enter & exit from the other locations.
- We will be shopping at Shaw's in Plaistow, NH until Market Basket begins to operate again. The bus will pick up on Wednesday's at 10a at MV & Thursday at 9a at PH & 9:30a at MT.

2014 ACTIVITY & TRIP CALENDAR**Friday, August 1st**

8:30a **Laurie**-hairdresser/barber MT

9a **Toni**-hairdresser PH

9-11:30a **Extended Coffee Hour**/dining room/PH

9a-12p **Clinic** with Kathy/in the wellness office PH

9a **Toni**-hairdresser PH

11a-2p **Lunch Ride** with Bob H/Holy Graile Epping NH/sign up/bus \$6

12:15p **Communion** with Bill Lapierre/6th floor PH

1p **Communion** with Bill Lapierre/8th floor MT

1p **Whist**/7th floor MT

1p **Pokeno** with Debbie/activity room MV \$1.80

1:45p **Communion** with Bill Lapierre/library MV

6:30p **Bingo**/dining room PH

6:30p **Cards**/dining room MV

Saturday, August 2nd

5:30p **Cards**/dining room PH

Sunday, August 3rd

11-2p **Lunch Ride** with Bob H/Outback Methuen MA/sign up/bus \$6

3:30p **Worship Service** with Brother Chris Raymond-MV dining room everyone welcome- refreshments

6p **Bingo** dining room MV

Monday, August 4th

8a **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**
 10-11a **Exercise** with Jeanne Sampson-PH dining 11:00a-3:00p **Wal-Mart** (in Salem NH grocery shopping available) & **Dollar Tree**-sign up required-bus \$8 **NOTE: Time has been extended to shop at the Dollar Tree for 1 hour**
 1p **Whist**/7th floor MT
 1p **Bingo** with Darlene/activity room MV \$2.10
 5:30p **Cards**/dining room PH
 6p **Bingo** with Donna/dining room MT
 6:30p **Cards**/dining room MV

Tuesday, August 5th

7:30a **Laurie**-hairdresser/barber MT
 9-12 **Clinic** with Denise/wellness office MV
 9a **Toni**-hairdresser MV
 9-9:30a **Exercise Class** with Andreja Borin, professional instructor from the YMCA/7th floor MT free
 9:30a **Brown Bag Deliveries**/please be in the lobby at MV & MT & dining room at PH
 10a **Coffee Hour** with Darlene/MT 7th floor
 12p **MV Cookout**-Italian sausage with peppers & onion or hamburger (cheese)-lettuce & sliced tomato on a roll-baked beans-pickles-chips-drinks-ice cream treats-you can eat in the MV dining room or have it delivered to your apartment at MV-MT-PH-place your order with the cook at 978-374-2169
 1p **Pokeno** with Darlene/activity room MV \$1.80
 1p **Phase 10** (the game)/7th floor/MT/anyone can join/bring 2 quarters & 9 dimes
 1-2:30p **Chair Massage Therapy at MV**/Licensed Massage Therapist Susan Plouff/ten-minute
 2-4p **Women's Corner** with Donna/informal program discussing changes that occur in our lives and helpful solutions/everyone welcome/dining room PH
 6p **Geronamo**/MT dining room 2 cards \$2
 6:30p **Cards**/dining room MV

Wednesday, August 6th

8a **Haverhill COA has vouchers** for Saturday's Farmers Market (supplies are limited)
 11-2p **Lunch Ride** with Bob H/Wentworth by the Sea Portsmouth NH/sign up/bus \$6

12 **MV Resident Birthday**-cake and ice cream will be served lunches or if it is your birthday let the kitchen know if you only want cake & ice cream
 1p **Pokeno**/dining room PH
 1-2p **Darlene will be available in the MV activity room for trip sign ups and payments** (please use this option instead of bringing your payments to Linda in the office)
 2-3p **Library Ride**-the bus will take you to the Haverhill Public Library-sign up required bus \$2
 2p **Geronamo**/MV activity room 2 cards \$2
 3p **Ice Cream Social**/MV activity room \$2
 5-11p **Beach Ride**-Hampton-music (The Continentals)-food for purchase-fireworks-bus \$12
 5:30p **Cards**/dining room PH
 6:30p **Cards**/dining room MV

Thursday, August 7th

8a **Laurie**-hairdresser/barber MV
 8a **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**
 9a-12p **Clinic** with Denise/wellness office MT
 10-11a **Exercise** with Jeanne Sampson-PH dining room free
 11-11:30a **Exercise Class** with Deb Condon, professional instructor from the YMCA/activity room MV free
 11:30a **Cookout at PH**/Italian Sausage with peppers & onion on a roll-potato salad-ice cream bars/PH dining room/purchase your ticket from Darlene in the activity office or Dianne apt 508 \$5.50
 12-1p Rock with **Jon Henry** provided to you by TAP-PH dining room free
 6p **Bingo** dining room MV \$2.10
 6:30p **Cards**/dining room MV

Friday, August 8th

8:30a **Laurie**-hairdresser/barber MT
 9a **Toni**-hairdresser PH
 9-11:30a **Extended Coffee Hour**/dining room/PH
 9a-12p **Clinic** with Kathy/in the wellness office PH
 9a **Toni**-hairdresser PH
 9a **PH Shopping** with Bob L \$4
 9:30a **MV & MT Shopping** with Bob L \$4
 11a-2p **Lunch Ride** with Bob L/Tuck Away Tavern Raymond NH/sign up/bus \$6
 1p **Whist**/7th floor MT

AUGUST

1p **Pokeno** with Debbie/activity room MV \$1.80
6:30p **Bingo**/dining room PH
6:30p **Cards**/dining room MV

Saturday, August 9th

12p pickup/2p show **Singing in the Rain** -Reagle Players at the Robinson Theatre-premium seating-limited tickets-show & bus \$49
5:30p **Cards**/dining room PH

Sunday, August 10th

11-2p **Lunch Ride** with Bob L/British Beer Company Manchester NH/sign up/bus \$6
3:30p **Worship Service** with Brother Chris Raymond-MV dining room everyone welcome-refreshments
6p **Bingo** dining room MV \$2.10

Monday, August 11th

8a **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**
10-11a **Exercise** with Jeanne Sampson-PH dining room free
1p **Whist**/7th floor MT
1p **Bingo** with Darlene/activity room MV \$2.10
5-11p **Beach Ride**-Hampton-music (Bobby G & Greater Hampton Community Band)-food for purchase-bus \$12
5:30p **Cards**/dining room PH
6p **Bingo** with Donna/dining room MT
6:30p **Cards**/dining room MV

Tuesday, August 12th

7:30a **Laurie**-hairdresser/barber MT
9-12 **Clinic** with Denise/wellness office MV
9a **Toni**-hairdresser MV
9-9:30a **Exercise Class** with Andreja Borin, professional instructor from the YMCA/7th floor MT free
10a **Coffee Hour** with Darlene/MT 7th floor
1p **Pokeno** with Darlene/activity room MV \$1.80
1p **Phase 10** (the game)/7th floor/MT/anyone can join/bring 2 quarters & 9 dimes
2-4p **Women's Corner** with Donna/informal program discussing changes that occur in our lives and helpful solutions/everyone welcome/dining room PH

5p **Cookout at MT**/Pork kabobs with onion & peppers-hamburger (cheese) on a roll-macaroni salad-lettuce & sliced tomato-pickles-chips-drinks-melon/MT dining room/purchase your ticket from Donna apt 608 \$8
6-7p Rock with **Jon Henry** provided to you by TAP-MT dining room free
6p **Geronamo**/MT dining room 2 cards \$2
6:30p **Cards**/dining room MV

Wednesday, August 13th

Michael McGeehan, from Atlantic City at Foster's Clambake Restaurant/lobster & clam lunch or BBQ Chicken with all the fixins' \$85
10a **MT Worship** with Brother Chris Raymond-7th floor-everyone welcome to fellowship
10a **Open Door Group** with Brian Dacey/friendship-coffee-refreshments/library MV
11a-2p **Nurses Trip to Hampton Beach** with Denise & Bob L/Rye Harbor Beach-enjoy lunch with the choice of ham & cheese or tuna with all the fixin's and a nice ride through the back roads of NH/restrooms, handicapped assessable & picnic table/sign up/bus \$6
1p **Pokeno**/dining room PH
1-2p **Darlene will be available in the MV activity room for trip sign ups and payments** (please use this option instead of bringing your payments to Linda in the office)
2p **Geronamo**/MV activity room 2 cards \$2
3p **Ice Cream Social**/MV activity room \$2
5-11p **Beach Ride**-Hampton-music (The Continentals & Bobby G)-food for purchase-fireworks-bus \$12
5:30p **Cards**/dining room PH
6:30p **Cards**/dining room MV

Thursday, August 14th

8a **Laurie**-hairdresser/barber MV
8a **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**
9a-12p **Clinic** with Denise/wellness office MT
9a **PH Shopping** with Bob H \$4
9:30a **MV & MT Shopping** with Bob H \$4
10-11a **Exercise** with Jeanne Sampson-PH dining room free

11-11:30a **Exercise Class** with Deb Condon, professional instructor from the YMCA/activity room MV free

11p-3p **Westgate Shopping Plaza**-shop & eat-sign up required \$8

6p **Bingo** dining room MV \$2.10

6:30p **Ice Cream Social**-PH dining room \$2

6:30p **Cards**/dining room MV

Friday, August 15th

8:30a **Laurie**-hairstylist/barber MT

9a **Toni**-hairstylist PH

9-11:30a **Extended Coffee Hour**/dining room/PH

9a-12p **Clinic** with Kathy/in the wellness office PH

9a **Toni**-hairstylist PH

11a-2p **Lunch Ride** with Bob H/Lake House

Kingston NH/sign up/bus \$6

12 **Lobster Roll Dinner**-fresh mixed lobster salad on a soft roll lined with lettuce-chips-drinks-dessert

MV dining room \$5.50 place your order with the cook at 978-374-2169

1p **Whist**/7th floor MT

1p **Pokeno** with Debbie/activity room MV \$1.80

6:30p **Bingo**/dining room PH

6:30p **Cards**/dining room MV

Saturday, August 16th

5:30p **Cards**/dining room PH

Sunday, August 17th

11a-2p **Lunch Ride** with Bob L/Newark's Dover Point NH/sign up/bus \$6

3:30p **Worship Service** with Brother Chris Raymond-MV dining room everyone welcome-refreshments

6p **Bingo** dining room MV \$2.10

Monday, August 18th

8a **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**

10-11a **Exercise** with Jeanne Sampson-PH dining room free

12-4p **Mall at Rockingham-Barnes & Noble-K-Mart-Christmas Tree Shops Plaza's** with Bob H /signup/bus \$8

1p **Whist**/7th floor MT

1p **Bingo** with Darlene/activity room MV \$2.10

5:30p **Cards**/dining room PH

6p **Bingo** with Donna/dining room MT

6:30p **Cards**/dining room MV

Tuesday, August 19th

7:30a **Laurie**-hairstylist/barber MT

9-12 **Clinic** with Denise/wellness office MV

9a **Toni**-hairstylist MV

9-9:30a **Exercise Class** with Andreja Borin, professional instructor from the YMCA/7th floor MT free

10a **Coffee Hour** with Darlene/MT 7th floor

12-2p **Chair Massage Therapy**/Licensed Massage Therapist Susan Plouff/ten-minute massage/lobby PH \$5

12p **MV Cookout**-pork kabob or grilled chicken-rice pilaf-garden salad-corn on the cob-chips-pickles-melon-you can eat in the MV dining room or have it delivered to your apartment at MV-MT-PH- place your order with the cook at 978-374-2169

1p **Pokeno** with Darlene/activity room MV \$1.80 (pennies)

1p **Phase 10** (the game)/7th floor/MT/anyone can join/bring 2 quarters & 9 dimes

2-4p **Women's Corner** with Donna/informal program discussing changes that occur in our lives and helpful solutions/everyone welcome/dining room PH

6p **Geronomo**/MT dining room 2 cards \$2

6:30p **Cards**/dining room MV

Wednesday, August 20th

11a-2p **Lunch Ride** with Bob H/Pickety Place Mason NH/sign up/bus \$6

1p **Pokeno**/dining room PH

1-2p **Darlene will be available in the MV activity room for trip sign ups and payments** (please use this option instead of bringing your payments to Linda in the office)

2-3p **Library Ride**-the bus will take you to the Haverhill Public Library-sign up required bus \$2

2p **Geronomo**/activity room MV 2 cards \$2

3p **Ice Cream Social**/MV activity room \$2

5-11p **Beach Ride**-Hampton-music (The Continentals)-food-fireworks-bus \$12

5:30p **Cards**/dining room PH

6:30p **Cards**/dining room MV

Thursday, August 21st

8a **Laurie**-hairdresser/barber MV
 8a **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**
 9a-12p **Clinic** with Denise/wellness office MT
 9a **PH Shopping** with Bob H \$4
 9:30a **MV & MT Shopping** with Bob H \$4
 10-11a **Exercise** with Jeanne Sampson-PH dining room free
 11-11:30a **Exercise Class** with Deb Condon, professional instructor from the YMCA/activity room MV free
 2p **Reminisce** with Agnes/MV activity room/refreshments free
 4:00p pick up **Lowell Spinners Game & the Gator Pit**-5:30p all you can eat BBQ includes steak tips-BBQ ribs-sausage-hot dogs-chicken wings-chicken breast-tossed salad-coleslaw-baked beans-corn on the cob-fresh fruit-beverages-ice cream & cash bar for adults/7:05p game with premium seating (handicapped assessable)-final count must be in by 8-7-14 includes BBQ-game ticket-bus \$45
 5p **Ethnic Dinner (English)**-Beef Wellington-mashed potato-butternut squash-truffle/you can eat in the MV dining room or have it delivered to your apartment at MV-MT-PH-place your order with the cook at 978-374-2169
 6p **Bingo** Sponsored by Penacook Place directed by Roseanne Enstep/activity room MV \$2.10
 6:30p **Cards**/dining room MV

Friday, August 22nd

8:30a **Laurie**-hairdresser/barber MT
 9a **Toni**-hairdresser PH
 9-11:30a **Extended Coffee Hour**/dining room/PH
 9a-12p **Clinic** with Kathy/in the wellness office PH
 9a **Toni**-hairdresser PH
 11a-2p **Lunch Ride** with Bob H/Petey's Rye NH/sign up/bus \$6
 1p **Whist**/7th floor MT
 1p **Pokeno** with Debbie/activity room MV \$1.80
 6:30p **Bingo**/dining room PH
 6:30p **Cards**/dining room MV

Saturday, August 23rd

5:30p **Cards**/dining room PH

Sunday, August 24th

11-2p **Lunch Ride** with Bob H/Olive Garden Manchester NH/sign up/bus \$6
 3:30p **Worship Service** with Brother Chris Raymond-MV dining room everyone welcome- refreshments
 6p **Bingo** dining room MV \$2.10

Monday, August 25th

8a **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**
 10-11a **Exercise** with Jeanne Sampson-PH dining room free
 1p **Whist**/7th floor MT
 1p **Bingo** with Darlene/activity room MV \$2.10
 5:30p **Cards**/dining room PH
 6p **Bingo** with Donna/dining room MT
 6:30p **Cards**/dining room MV

Tuesday, August 26th

7:30a **Laurie**-hairdresser/barber MT
 9-12 **Clinic** with Denise/wellness office MV
 9a **Toni**-hairdresser MV
 9-9:30a **Exercise Class** with Andreja Borin, professional instructor from the YMCA/7th floor MT free
 10a **Coffee Hour** with Darlene/MT 7th floor
 1p **Pokeno** with Darlene/activity room MV \$1.80 (pennies)
 1p **Phase 10** (the game)/7th floor/MT/anyone can join/bring 2 quarters & 9 dimes
 1-4p **Chair Massage Therapy**/Licensed Massage Therapist Susan Plouff/ten-minute massage/nurses office/MT \$5
 2-4p **Women's Corner** with Donna/informal program discussing changes that occur in our lives and helpful solutions/everyone welcome/dining room PH
 5:00p **Lobster Roll Dinner**-fresh mixed lobster salad (or chicken salad) in a soft roll lined with lettuce-pickle & sliced tomato on the side-chips-drinks-MT dining room-includes birthday dessert \$10 for lobster/\$5 for chicken
 6:00p **MT Birthday Party & Ice Cream Social**/ice cream-homemade brownies with toppings/dining room \$2 (if it is your birthday this month you are free)-sign up is required
 6:30p **Cards**/dining room MV

AUGUST

Wednesday, August 27th

10a **Open Door Group** with Brian
 Dacey/friendship-coffee-refreshments/library MV
 1p **Pokeno**/dining room PH
 1-2p **Darlene will be available in the MV activity room for trip sign ups and payments**
 (please use this option instead of bringing your payments to Linda in the office)
 2p **Geronamo**/activity room MV 2 cards \$2
 3p **Ice Cream Social**/MV activity room \$2
 5-11p **Beach Ride**-Hampton-music (The Reminisants)-food for purchase-fireworks-bus \$12
 5:30p **Cards**/dining room PH
 6:30p **Cards**/dining room MV

Thursday, August 28th

8a **Laurie**-hairdresser/barber MV
 8a **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**
 9a-12p **Clinic** with Denise/wellness office MT
 9a **PH Shopping** with Bob H \$4
 9:30a **MV & MT Shopping** with Bob H \$4
 10-11a **Exercise** with Jeanne Sampson-PH dining room free
 11-11:30a **Exercise Class** with Deb Condon, professional instructor from the YMCA/activity room MV free
 6p **Bingo** dining room MV \$2.10
 5:30p **Lobster Roll Dinner**-fresh mixed lobster salad (or chicken salad) in a soft roll lined with lettuce-pickle & sliced tomato on the side-chips-drinks-ice cream-PH dining room-\$10 for lobster/\$5 for chicken
 6:30p **PH Ice Cream Social**/PH dining room \$2
 6:30p **Cards**/dining room MV

Friday, August 29th

8:30a **Laurie**-hairdresser/barber MT
 9a **Toni**-hairdresser PH
 9-11:30a **Extended Coffee Hour**/dining room/PH
 9a-12p **Clinic** with Kathy/in the wellness office PH
 9a **Toni**-hairdresser PH
 11a-2p **Lunch Ride** with Bob H/Markey's Seabrook NH/sign up/bus \$6
 1p **Whist**/7th floor MT
 1p **Pokeno** with Debbie/activity room MV \$1.80
 6-7p Rock with **Jon Henry** provided to you by TAP-MV dining room free

6:30p **Bingo**/dining room PH
 6:30p **Cards**/dining room MV

Saturday, August 30th

5:30p **Cards**/dining room PH

Sunday, August 31st

11-2p **Lunch Ride** with Bob L/Kowloon Saugus MA/sign up/bus \$6
 3:30p **Worship Service** with Brother Chris Raymond-MV dining room everyone welcome-refreshments
 6p **Bingo** dining room MV \$2.10
 6:30p **Birthday Party**/Geronamo/everyone welcome/dining room PH free

LOWELL SPINNERS GAME & THE GATOR PIT

Thursday, August 21st
 4:00p pick up

5:30p all you can eat BBQ includes steak tips-BBQ ribs-sausage-hot dogs-chicken wings-chicken breast-tossed salad-coleslaw-baked beans-corn on the cob-fresh fruit-beverages-ice cream & cash bar for adults

7:05p game with premium seating (handicapped assessable)

final count must be in by 8-7-14
 BBQ-game ticket-bus \$45

FOXWOODS CASINO

Wednesday, October 8th

Merrivista @ 6:15a
500 Primrose Street @ 6:45a

Cost of \$35 includes deluxe motorcoach transportation, full buffet lunch and slot play.

The increase in price is due to the price of gas, 40 passengers are needed for this tour.