

Merrimack Valley 50+

March  
2024

# Active *Life*

**Things to Do:  
Merrimack Valley  
Community  
Calendar**

**Four Questions  
To Ask About  
Electric Cars**

*Free*

[www.merrimackvalleyactivelife.com](http://www.merrimackvalleyactivelife.com)

# Merrimack Valley 50+ *Active Life*

March 2024

## Columns & Departments

- 4 **Four Questions To Ask  
Before Going Electric**
- 5 **Calendar of Events**



**TIRED OF CHRONIC PAIN...  
EXHAUSTED YOUR TREATMENT OPTIONS?**



**Meet Bennett Kramer, MD**  
Harvard-Trained  
Pain Management Physician

### Now Accepting New Patients

The Pain Management Clinic at Northeast Rehabilitation Hospital Network  
Conveniently located in Salem, NH just over the Methuen, MA border.



A better quality of life is within reach...

After years of chronic immobility and pain I was referred to Dr. Kramer. He was compassionate, knowledgeable and detail oriented. His staff was lovely, going above and beyond. He has changed my life for the better. I am able to work out, travel and sleep through the night. If you are looking for someone who cares and goes above and beyond, Dr. Kramer is a great fit.

Call the Pain Management Clinic: (603) 681-3140

Visit us on the web at  
<http://NortheastRehab.com/PainManagement>

Follow us on Facebook  
@NortheastRehabilitationHospital

Rebuilding lives with hope, compassion and dedication to excellence.

Merrimack Valley 50+  
*Active Life*

Published by Merrimack Valley Parent, LLC  
[www.merrimackvalleyactivelife.com](http://www.merrimackvalleyactivelife.com)  
978-427-3676

To Submit Calendar Events:  
[Editor@merrimackvalleyactivelife.com](mailto:Editor@merrimackvalleyactivelife.com)

To Advertise:  
[Mike@merrimackvalleyactivelife.com](mailto:Mike@merrimackvalleyactivelife.com)

©2024 Merrimack Valley Parent, LLC. All rights reserved. Reproduction in whole or in part without the written permission of the publisher is prohibited. The publisher assumes no responsibility for any mistakes in advertisements or editorial. Statements/opinions expressed herein do not necessarily reflect or represent those of this publication or its officers. While every effort has been made to ensure the accuracy of the information contained in this publication, Merrimack Valley Parent, LLC disclaims all responsibility for omission and errors.



## St. Patrick's Day Concert With Killeeshil

Enjoy singing along



Have fun tapping  
your toes



Please  
Register on  
Eventbrite



Space is limited, so  
arrive early.  
Doors open at 6 PM.

A magical evening  
with Traditional Irish Music!

Friday, March 22, 2024, at 6:30 PM

**Merrimac Public Library**

86 WEST MAIN ST., MERRIMAC MA

Enjoy an evening of free music for all ages  
and complimentary refreshments.



by Colson Whitehead. Ray Carney is a furniture salesman trying to make a life for himself with only a little grift to help cover costs--until he gets caught up in a cousin's heist scheme. Can Ray avoid getting killed, save his cousin, and grab his share of the big score, all while maintaining his reputation as the go-to source for all your quality home furniture needs?

Need to borrow a copy of the book? Stop by the library to borrow one! We will also have copies of the next month's book in regular print and large print available to borrow using your library card. Copies of the next book will also be available for pickup at the Amesbury Public Library after the meeting.

STAFF CONTACT: Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607  
Registration Requested: Call COA @ 978-688-8138

MOVIE MATINEE: "WONKA" (IN-PERSON)  
WEDNESDAY, MARCH 13 2:30—4:30 PM  
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA  
Movie Matinee: "Wonka" (IN-PERSON)  
Join us for our Movie Matinees on Wednesday afternoons.

This week we will be screening "Wonka" (PG) starring Timothee Chalamet, Gustave Die, and Murray McArthur at 2:30 pm. Run time 1 hour 56 minutes.

"With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers." Come and enjoy the theater-like screen and sound system with fellow film buffs. This free event will be held in the Program Room and all are welcome!  
No Registration Required

**Thursday, March 14**  
FICTION BOOK GROUP  
THURSDAY, MARCH 14 2:00—3:00 PM  
Virtual Program Newburyport Public Library, 94 State Street, Newburyport, MA  
Fiction Book Group  
All are welcome to join NPL's fiction book group! We read a different fiction title every month and meet to discuss it. This month's selection is "The Sympathizer" by Viet Thanh Nguyen.

"A gripping spy novel, an astute exploration of extreme politics, and a moving love story, The Sympathizer explores a life between two worlds and examines the legacy of the Vietnam War in literature, film, and the wars we fight today."  
The Sympathizer  
Please email info@newburyportpl.org to get your Zoom link.  
No Registration Required

**Monday, March 18**  
PAPERCRAFTING AND CARD MAKING  
MONDAY, MARCH 18 6:00—7:30 PM  
Milhendler Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830

Papercrafting and Card Making  
A card making and paper crafting class for beginners as well as those with stamping and papercrafting experience.

We will be creating projects such as multi layered cards, bookmarks and 3-D items, using several techniques including stamping, die cutting, and embossing.  
Workshop led by Ruth Tinkham.  
Registration for this event opens Friday, March 1 at 9:00 AM

**Tuesday, March 19**  
HISTORY OF WOMEN IN AVIATION AND AEROSPACE (VIRTUAL)  
TUESDAY, MARCH 19 6:00—7:00 PM  
Virtual Program Newburyport Public Library, 94 State Street, Newburyport, MA  
History of Women in Aviation and Aerospace (VIRTUAL)  
Join the International Women's Air & Space Museum as we explore the role of women in aviation and aerospace. Participants will learn about their accomplishments, obstacles, and their enduring legacy in all areas of aviation and aerospace. From the first woman to solo a balloon in the 18th century to Bessie Coleman's dream to establish a flight school to the women who briefly called the International Space Station home, this program provides a glimpse into lesser known histories.

Sara Fisher is the Executive Director at the International Women's Air & Space Museum. Before coming to the museum, she ran one of only two history-focused AmeriCorps programs in the country. Since 2013, she's worked with more than 40 local history museums in Ohio to better serve their communities, care for their historic collections, develop interactive programming, establish strategic planning, and more. Sara is actively engaged with the Ohio Local History Alliance, American Association for State & Local History (AASLH), and National Council on Public History. In 2018, she served as Impact, Relevance and Engagement Co-Team Lead for the StEPs Enhancement Project, which brought together professionals from across the country to update the StEPs (Standards of Excellence Program) workbook for small to medium size history organizations.

She earned a B.A. in History with a Women & Gender Studies Certificate from Ohio University, and a M.A. in History concentrating in Public History from Wright State University.  
Please Register  
This program is funded by the Friends of the Newburyport Library.

**Wednesday, March 20**  
Adult Scrabble Club  
WEDNESDAY, MARCH 20 6:30—8:30 PM  
Trustees' Room Nevins Library 305 Broadway, Methuen, MA, 01844  
Attention wordsmiths! The Nevins Library Adult Scrabble Club is back for another round of wordplay. Join us for a fun night

of scrabble. All competition levels are welcome.

The Adult Scrabble Club will meet every other Wednesday in the Trustees Room from 6:30-8:30pm.  
Let the Games begin!  
No Registration Required

**Thursday, March 21**  
FOREVER YOUNGISH BOOK CLUB  
THURSDAY, MARCH 21 7:00—8:30 PM  
Trustees' RoomNevins Library 305 Broadway, Methuen, MA, 01844  
Forever Youngish Book Club  
This book group is for adults who enjoy reading and talking about young adult literature.

If you'd like us to put each month's books on hold for you, please fill out this form: <https://forms.gle/d5RdcBNw1sBM1MAB7>. This month we will be reading Queen of the Tiles by Hanna Alkaf.

Fifteen-year-old Najwa Bakri is forced to investigate the mysterious death of her best friend and Scrabble Queen, Trina, a year after the fact when her Instagram comes back to life with cryptic posts and messages.

No Registration Required

**Saturday, March 23**  
FRIENDS' SPRING BOOK SALE  
SATURDAY, MARCH 23 9:00 AM—5:00 PM  
Great HallNevins Library 305 Broadway, Methuen, MA, 01844  
The Friends' Spring Book Sale is back this

March!Come see all the great books and more that we have!  
No Registration Required

**Wednesday, March 27**  
LEARN HOW TO PLAY THE UKULELE (ADULTS)  
WEDNESDAY, MARCH 27 2:00—3:00 PM  
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830  
Learn How To Play The Ukulele (Adults)  
Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing. No experience necessary. Ukuleles provided.

Please note-- if you have your own ukulele, please feel free to drop in! No registration required.

24 ukuleles will be provided for those without instruments and registration is required to reserve an instrument.

\*Can't make this time? We have another session scheduled Wednesday April 10th from 6-7pm!\*

Registration for this event opens Friday, March 1 at 9:00 AM.

VIRTUAL ART TALK: FIERCE FEMALES: WOMEN IN ART, PART II  
WEDNESDAY, MARCH 27 7:00—8:00 PM  
Zoom

Join us each month to explore and appreciate different artists or artistic movements with Jane Oneail!

Please note that this month's talk is on a

GRIEF CARE BREAKFAST

Grief Care Breakfast is for those dealing with death of a loved one and will be held on Saturday, March 16 from 9:30 – 11:00 am hosted by the Market Street Baptist Church, 37 Market Street, Amesbury. The program is free and includes speaker: Rev. Thomas and his wife Katie Oliver from New Life Baptist Church in Stratham NH, who will share their personal experience with grief. All are welcome. Come to meet and connect with others. Parking is available behind the church and in the BankProv lot next door.

Please RSVP:  
Dianne at 978-388-0930  
msbcsec@verizon.net

WEDNESDAY instead of the usual Thursday.

Registration is required

This program is presented in conjunction with the public libraries of Chelmsford, Groton, and Tewksbury and funded in part by the Friends of the Amesbury Public Library.

March's Talk: Women have been barred from meaningful participation in the arts for centuries. This program celebrates the stories of an array of women artists (from the 1500s to today) who have overcome obstacles to achieve recognition and success. This program can be appreciated without having seen Fierce Females, Part I. Image: Dorothea Lange. Migrant Mother, 1936. Museum of Modern Art.

About the Presenter: Jane Oneail (pronounced OH-neel) is the founder of Culturally Curious, a company that curates and presents art appreciation programs for audiences worldwide. Jane holds a master's in Art History from Boston University and a master's in Education from Harvard University. Born and raised in NH, she has worked at some of the state's most esteemed

cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator. Jane has also taught at the college level for more than a decade, most recently at Southern New Hampshire University. For more information visit the Culturally Curious website.

**Thursday, March 28**  
HOW TO FOCUS ON THE POSITIVE IN YOUR LIFE & THRIVE IN 2024  
THURSDAY, MARCH 28 6:30—7:30 PM  
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830  
How To Focus On The Positive In Your Life & Thrive In 2024

Motivational speaker and interactive storyteller Scott Maloney will deliver his keynote presentation, "I Am." Those two little words are the preamble to the most powerful phrase in the world. Scott will share methods to maintaining focus on positive energy and avoiding negative thoughts in difficult situations, while learning from the

We're looking for a freelance writer from the Merrimack Valley area to contribute to

Merrimack Valley 50+ Active Life

Please send a writing sample to:  
mike@merrimackvalleyactivelife.com





Carleen's COFFEE SHOP

Breakfast & Lunch

Carleen's

Thirty years serving the Merrimack valley  
\*Great food & friendly staff  
\*Open 7 days a week



Breakfast all day  
Lunch Monday thru Friday

978-682-3466.  
209 South Broadway. Lawrence ,Massachusetts 01843

carleens.com.

past and preventing future mistakes. Scott is the author of Lean on Me: A Story of Hope, Healing and Holding On. A survivor of a near fatal traumatic brain injury, Scott was declared brain dead and endured a 23-day coma, a craniectomy and repeated surgeries, and years of physical and speech therapy. His inspiring story promises to leave an impact on you.

About Scott: Scott's been a comedian, teacher, television reporter and for almost 20 years, he's been a motivational speaker, sharing stories throughout the country. Sponsored by the Haverhill Cultural Council and Massachusetts Cultural Council.

Registration for this event opens Friday, March 1 at 9:00 AM.

Registration Required

PAINT YOUR OWN FLOWER POT  
THURSDAY, MARCH 28 10:00—11:00 AM  
Milhendler Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830  
Paint Your Own Flower Pot  
Celebrate the arrival of Spring by painting your own teeny flower pot!  
Because they are so cute and teeny, everyone will get two pots to paint. You'll

have the option of taking your pots home unsealed, or we can seal them for you with an acrylic sealer after the paint dries (you can pick up your pot in a day or two).  
Led by HPL Staff.

Registration for this event opens Friday, March 1 at 9:00 AM.

Please send any events you would like considered for the Calendar of Events to Editor@merrimackvalleyactivelife.com