

Merrimack Valley 50+ September  
2024

# Active *Life*



**Vaccines  
Throughout  
Life**

**Beyond National  
Dog Month**

Things to Do:  
Merrimack Valley  
Community  
Calendar

***Free***

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

# Merrimack Valley 50+ Active Life

## September 2024

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Merrimack Valley 50+  
**Active Life**

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### Celebrate Your 4-Legged Friend 3 ways to give back during National Dog Month & Beyond



(Family Features) While most dog owners need little reason to celebrate their furry family members, National Dog Month provides a perfect opportunity to show pets a little extra love.

Established in 2004 by the Animal Miracle Network and International Association of Pet Sitters, the month-long celebration promotes responsible pet ownership and honors dogs of all breeds and sizes. Consider these ways you can get involved:

- Adopt a dog from a local shelter or rescue organization
- Organize a dog-friendly event in your community, such as a dog walk or pet parade
- Donate dog food, toys or supplies to a local animal shelter
- Volunteer at a rescue organization or shelter
- Host a dog-themed party or gathering with your friends and their furry companions
- Share photos and stories of your dogs on social media

To take it one step further and help dogs in need in your community, reach out to local pet-focused organizations and see how you can help.

**Support Local Shelters**  
Supporting local shelters by donating money, supplies or your time can aid in the well-being of dogs in your community. Consider organizing a fundraising event or

a donation drive to collect essential items for the shelter, such as food, bedding or toys. You can also help spread the word about the importance of adopting dogs from shelters and encourage others to do the same.

**Promote Responsible Pet Ownership**

Lead by example by being a responsible dog owner yourself through showing love, care and respect for your furry companion. Encourage spaying and neutering to prevent shelter overpopulation and educate yourself and others about the responsibilities that come with dog ownership, such as providing proper nutrition, regular veterinary care and training.

**Take Advantage of Volunteer Opportunities**

There are many ways to help dogs in need, such as volunteering your time at a local animal shelter or rescue organization, assisting adoption events, walking dogs, cleaning kennels or helping with other essential tasks. If you have specific skills or expertise, you may also consider volunteering as a dog trainer, groomer or foster pet parent.

Find more tips for caring for your pet at [eLivingtoday.com](http://eLivingtoday.com).

Photo courtesy of Unsplash

#### SEPTEMBER AT METHUEN MEMORIAL MUSIC HALL

All concerts are held at Methuen Memorial Music Hall, 192 Broadway (Rt. 28) in Methuen. Tickets are available online at Tix - Ticket Sales or at the door.

Doors open 30 minutes before the performance.

Thursday, September 12, 7:30 pm  
 An Evening with Business Time  
 Favorite songs from the 50s, 60s, 70s, 80s and beyond  
 Reserved Seating: \$20 and \$30

Sunday, September 15, 3:00 pm  
 Paul Jacobs  
 Grammy Award Winner; Chair of the Organ Department at Juilliard  
 Fall Scholarship Fund Concert  
 Sponsored by Leon-Diego Fernández  
 Reserved Seating: \$25 and \$35

Sunday, September 22, 3:00 pm  
 Randall Hodgkinson & Leslie Amper  
 Masterpieces of the Four Hand Repertoire  
 Four Hands, One Piano  
 Sponsored by the Demoulas Foundation, Edwin J. Castle Fund and Methuen Cultural Council  
 General Seating

Friday, September 27, 8:00 pm  
 The Doug Leaffer Jazz Quartet  
 Doug Leaffer, sax; Al Whitney, guitar; Roger Kimball, bass; Gary Johnson, drums  
 General Seating

# STAY PROTECTED

FAMILY FEATURES

As health needs evolve throughout life, it can be easy to forget how crucial vaccinations can be for protecting against preventable diseases. Many associate vaccines with childhood, remembering the series of shots received during early school years. However, vaccination importance extends far beyond adolescence.

Vaccines are not just for children attending elementary school and college students returning to campuses – they should be incorporated into a lifelong commitment to health and wellness. Whether required or recommended, vaccinations can play a pivotal role in safeguarding individual health and promoting community well-being. That's why now is an excellent time to check in and make sure your family members are protected from infectious diseases at every stage of life.

According to the Centers for Disease Control and Prevention (CDC), vaccines help create protective antibodies that fight infections. The experts at the CDC state childhood vaccinations, such as MMR (measles, mumps and rubeola), Tdap (tetanus, diphtheria and pertussis) and HPV, are known to prevent around 4 million global deaths annually. However, only 1 in 5 adults are up to date on their vaccines, highlighting a critical gap in public health awareness and readiness.

Vaccines contribute to the body's defense system, helping arm it against a variety of diseases that can strike at any age. Vaccines work by training immune systems to recognize and combat harmful viruses or bacteria. The immune system's efficiency can decrease while aging, making people more susceptible to diseases. That's why staying current with recommended vaccines is essential throughout each person's life.

## Understanding the need for vaccines throughout your life

### Protecting Your Community

Community pharmacies and clinics, such as the Kroger Family of Companies' Pharmacies and The Little Clinic LLC, are accessible options for people seeking the health care services they need outside of traditional settings. These facilities offer a range of high-quality services, including medication counseling, health screenings and immunizations.

This convenience is crucial for routine preventive care, including year-round vaccine administration, which should not be limited to a single season. Vulnerable populations, including those ages 60 and older, individuals with chronic diseases and some minority populations, are more at risk for contracting certain infections. These groups may need to maintain updated vaccinations and boosters throughout the year. For children younger than 5 years of age, check with your local pharmacist or clinician for vaccine guidelines.

Unlike some traditional health care settings, retail pharmacies and clinics are often located within local communities and have extended hours that cater to busy schedules, allowing people to get their families vaccinated with more flexibility. In fact, 90% of the U.S. population lives within 5 miles of a community pharmacy. Options like the Kroger Family of Companies' Pharmacies, The Little Clinic and other retail pharmacies offer vaccine administration within their pharmacy and clinic locations, making vaccinations a seamless part of the health care experience they provide.

### Trusting Medical Professionals

Pharmacists and clinicians with Kroger Health are available during convenient times to provide advice on vaccinations you and your family may need. Pharmacists and nurse practitioners can provide recommendations based on your age, health conditions and lifestyle. They can also address concerns or questions about vaccines to help you make the best decisions for you and your family.

Vaccines are a cornerstone of preventive health care, helping peoples' bodies produce protective antibodies that can defend against infections and promote overall health. That's why staying up to date with vaccinations is important at all ages. With a commitment to safeguarding families through comprehensive vaccination services, a local team of medical professionals can offer professional, credible and convenient health care solutions under one roof.

To learn more about the vaccinations you might need throughout your life, visit [kroger.com/vaccinations](http://kroger.com/vaccinations), or plan a visit to a local pharmacy or clinic.

## STAY UP TO DATE ON RECOMMENDED VACCINES

Check the boxes on this form to keep track of your family vaccination records.

AGE	Recommended Vaccines
Infant to Age 15 <small>Check this! The Kroger Family of Pharmacies and The Little Clinic can administer vaccinations for children 15 months and older.</small>	<input type="checkbox"/> COVID 19, yearly <input type="checkbox"/> Hemophilus Influenzae Type B (Hib) <input type="checkbox"/> HPV <input type="checkbox"/> Flu, yearly <input type="checkbox"/> Meningitis <input type="checkbox"/> Polio
Ages 16-49	<input type="checkbox"/> COVID 19, yearly <input type="checkbox"/> Hepatitis A <input type="checkbox"/> Hepatitis B <input type="checkbox"/> HPV <input type="checkbox"/> Flu, yearly <input type="checkbox"/> Meningitis <input type="checkbox"/> Td or Tdap
Ages 50-64	<input type="checkbox"/> COVID 19, yearly <input type="checkbox"/> Flu, yearly <input type="checkbox"/> Shingles <input type="checkbox"/> Td or Tdap
Ages 65+	<input type="checkbox"/> COVID 19, yearly <input type="checkbox"/> Flu, yearly <input type="checkbox"/> Pneumonia <input type="checkbox"/> Shingles <input type="checkbox"/> RSV



For more information or to make an appointment, please visit [Kroger.com/vaccinations](http://Kroger.com/vaccinations)

## Merrimack Valley Calendar of Events

# September

### Tuesday, September 3

MAH JONGG  
TUESDAY, SEPTEMBER 3 1:00—3:00 PM  
Garden RoomNevins Library 305 Broadway, Methuen, MA, 01844

Let's play Mah Jongg! We're bringing this popular game back to the library, on the first Tuesday of the month at 1pm. Not sure how to play? Maybe it has been awhile? Don't worry! This is a friendly game, and we'll do our best to match up people with similar skill levels. The library will provide a few scoring cards, but it would be best if players had their own. They can be purchased HERE from the National Mah Jongg League. Cards usually become available in March for the year. No Registration Required

### Wednesday, September 4

NEXT CHAPTER BOOK GROUP (IN PERSON)  
WEDNESDAY, SEPTEMBER 4 2:00—3:00 PM  
Senior Community Center 331 High Street, Newburyport, MA, 01950

Next Chapter Book Group (IN PERSON)  
The Next Chapter Book Group invites you to join our monthly book discussion on the first Wednesday of the month at 2pm. We will be meeting at the Senior Community Center. This meeting will be held in the Boardroom. Registration is not required, and masks are optional. This month's title is "The Only One Left" by Riley Sager.

"The Hope family murders shocked the Maine coast one bloody night in 1929. While most people assume seventeen-year-old Lenora was responsible, the police were never able to prove it. Other than her denial after the killings, she has never spoken publicly about that night, nor has she set foot outside Hope's End, the cliffside mansion where the massacre occurred. It's now 1983, and home-health aide Kit McDeere arrives at a decaying Hope's End to care for Lenora after her previous nurse fled in the middle of the night. In her seventies and confined to a wheelchair, Lenora was rendered mute by a series of strokes and can only communicate with Kit by tapping out sentences on an old typewriter. One night, Lenora uses it to make a tantalizing offer—I want to tell you everything.

As Kit helps Lenora write about the events leading to the Hope family massacre, it

becomes clear there's more to the tale than people know. But when new details about her predecessor's departure come to light, Kit starts to suspect Lenora might not be telling the complete truth—and that the seemingly harmless woman in her care could be far more dangerous than she first thought."

Books are available for request via the library catalog. Email [programs@newburyportpl.org](mailto:programs@newburyportpl.org) or call 978-465-4428 x242 if you have any questions, or to have a librarian put the book on hold for you. No Registration Required

### FIBER ARTS GROUP

WEDNESDAY, SEPTEMBER 4 6:30—8:00 PM  
Milhender Room Haverhill Public Library 99 Main Street, Haverhill, MA, 01830  
Fiber Arts Group

Calling all fiber artists! Bring your current project(s) of knitting, crocheting, hand stitching, hand quilting, and embroidery, or whatever else, to work on in the company of other fiber arts enthusiasts! Instruction is not offered at this event but fellow attendees are always happy to offer advice when they can.

No registration needed. Drop in at any point during the 90-minute block!  
No Registration Required

50+ JOBSEEKERS NETWORKING GROUP: LINKEDIN ("PROFESSIONAL CONNECTING")  
WEDNESDAY, SEPTEMBER 4 9:00 AM—12:00 PM  
Zoom

The Massachusetts Library Collaborative's 50+ Job Seekers Group meets via Zoom on the 1st and 3rd Wednesdays of the month, from 9:30am to 11:30am. Informal networking takes place from 9am to 9:30am and 11:30am to noon. If you are unemployed and actively looking, underemployed, seeking a new career direction, re-entering the job market after a long employment gap, or recently retired and looking for your "Encore Career," this networking group program is perfect for you! Remember, 85% of jobs are found through networking! This week's topic (September 4) is LinkedIn.

Registration is required  
This group is sponsored in part by the Friends of the Amesbury Public Library and is presented in conjunction with approxi-

mately 50 Massachusetts public libraries. RECORDING NOTE: This program will be recorded. All registrants will receive the recording via email within 48 hours of the program.

Join us in a professional forum for networking with peers in a safe and comfortable environment conducive to developing new relationships and developing skills and strategies to help in your career transition. Each meeting features a new topic. Meetings include a presentation and interactive workshop on topics relevant to career transition, guest speakers, access to hiring managers, small group breakout rooms to network, and 1-on-1 coaching guidance. Participating on a regular basis will give job seekers the many tools and strategies needed for a successful job search.

Each biweekly meeting is facilitated by Deborah Hope, MBA, PCIC, an experienced executive career coach. Deborah is a former Fortune 500 executive, investment banker and entrepreneur. She transitioned to executive coaching over 12 years ago. Deborah has coached with Harvard Business School Executive Education programs and the Massachusetts Conference for Women. She has been trained or certified in a variety of coaching models and assessment tools. Deborah has facilitated 50+ job seekers networking groups since 2016.

STAFF CONTACT: Stephanie Smith, [ssmith@amesburylibrary.org](mailto:ssmith@amesburylibrary.org), 978-388-8148 x607  
Sign up for our e-newsletter and be among the first to learn about all of our programs and events for adults.  
Register Using Zoom Link in Description

COMMUNITY OF STITCHERS  
WEDNESDAY, SEPTEMBER 4 6:30—7:45 PM  
Amesbury Room Amesbury Public Library 149 Main St., Amesbury, MA, 01913  
COMMUNITY OF STITCHERS

Do you have a sewing, cross-stitch, knitting, crochet or other craft project you are working on? Bring it to a meeting of our Community of Stitchers where you can work on your project, get advice from your fellow creators, and show off your work! Our local stitching enthusiast and advanced knitter, Sarah Chapman, will be on hand at each meeting to help attendees with their projects. All experience levels are welcome - come enjoy a creative evening with us!

No advanced registration required - walk-

ins welcome!  
No Registration Required

ADULT SCRABBLE CLUB  
WEDNESDAY, SEPTEMBER 4 6:30—8:30 PM  
Trustees' RoomNevins 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, September 5

GAME NIGHT  
THURSDAY, SEPTEMBER 5 5:30—8:30 PM  
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830  
Game Night

Join us Thursdays for a night of board games at Haverhill Public Library! Strategy games, abstract games, filler games, complex and non complex alike, come and try out whatever you like. Feel free to bring your own games! All experience levels are welcome.  
No Registration Required

### Friday, September 6

METHUEN FARMER'S MARKET  
FRIDAY, SEPTEMBER 6 10:00 AM—4:00 PM  
Front PorchNevins Library 305 Broadway, Methuen, MA, 01844

Farmers Market 2024 crop  
The Nevins Library is the proud host of the Methuen Farmer's Market again this summer! Come and shop fresh produce from local farmers, right on the front lawn! All the farmers accept SNAP/EBT/food stamps as well as debit, credit, and cash; GWL market coupons, WIC, and senior farmers market coupons are also welcome. This year, thanks to a grant from the Mass Cultural Council, everyone is invited to enjoy Music at the Market as well!

On the schedule this week:  
Trio Acero - Double reed woodwind trio will give a peaceful breeze in this summer. 10:30am-12:30pm  
No Registration Required

### Sunday, September 8

AFRICAN ART SERIES: 21ST CENTURY

**Grow Up FARM CAMP**  
at East Hill Farm

Lodging, Dining, Crafts, Games, Activities, Indoor Pool, & more!

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October 20 - 25, 2024 & April 27 - May 2, 2025

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Troy, New Hampshire 03465  
1-800-242-6495  
[www.east-hill-farm.com](http://www.east-hill-farm.com)

AFRICAN PHOTOGRAPHY  
SUNDAY, SEPTEMBER 8 2:30—4:00 PM  
Zoom

Log on one time or every month until May for an introduction to African art and its variety of forms, depth of history, and roles in Western and global culture. This series is presented in conjunction with Groton Public Library and public libraries across Massachusetts and New Hampshire. Registration is required

September's topic: This talk looks at photography currently on exhibit at the Fitchburg Art Museum, Africa Rising, as well as that part of the backstory centered on Studio Portraiture. Names that will become familiar: Seydou Keita, Malik Sidibé, Zanele Muhole, Aida Muluneh, George Osodi, Wilfred Ukpong, Omar Victor Diop, Heather Agyepong, Lina Iris Viktor, Cyrus Kabiru, Maurice Mbikeye, Tamary Kudita, and Sethembile Msezane. These are only a few of the photographers whose work is represented in the exhibition.

About the Presenter: Jean M. Borgatti, PhD, is a consulting curator at Fitchburg Art Museum, as well as a former Fulbright Scholar (2002-2004 and 2014-2015), professor at the University of Benin in Nigeria, and is affiliated with Clark University and Boston University.

STAFF CONTACT: Stephanie Smith, ssmith@amesburylibrary.org, 978-388-8148 x607. FUNDING CREDIT: Thank you to the Friends of the Amesbury Public Library for helping fund this series!

Sign up for our e-newsletter and be among the first to learn about all of our programs and events.

Register Using Zoom Link in Description

**Monday, September 9**

STRANGER THAN FICTION BOOK GROUP  
MONDAY, SEPTEMBER 9 7:00—9:00 PM  
Trustees' RoomNevins Library 305 Broadway, Methuen, MA, 01844  
Zoom

Stranger than Fiction is a book club specifically for those who enjoy reading Non-Fiction. New members are always welcome!! September's Theme is a Reader's Round up. Come with some titles that you've read over the summer to share with the other members.

If you have any questions please call Tatjana Saccio at 978-686-4080 x12 or email her at tsaccio@nevinlibrary.org  
No Registration Required

**Tuesday, September 10**  
ART HISTORY GROUP

TUESDAY, SEPTEMBER 10 3:00—4:00 PM  
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA  
The art of sumi-e painting was brought to Japan from China in the 15th century. During the Muromachi to Azuchi-Momoyama periods (1392- 1603), this method of painting quickly became the dominant art form

in Japan. As in China, the practice of sumi-e stems from philosophy, that of Taoism and Zen (Chân, in Chinese) Buddhism.

In this program, we will review the masterworks of three artists that laid the foundation for this great tradition in Japan: Tenshō Shūbon (1414–1463), Sesshū Tōyō (1420–1506), and Hasegawa Tōhaku (1539–1610). Many of the works by the above artists have been designated as "National Treasures" by the Japanese government, the highest honor a work of art can receive in the country.  
No Registration Required

**Wednesday, September 11**

MOVIE MATINEE: "GHOSTBUSTERS: FROZEN EMPIRE" (IN-PERSON)  
WEDNESDAY, SEPTEMBER 11 2:30—4:30  
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA  
Movie Matinee: "Ghostbusters: Frozen Empire" (IN-PERSON)  
Join us for our Movie Matinees on Wednesday afternoons.

This week we will be screening "Ghostbusters: Frozen Empire" (2024, PG-13) starring Paul Rudd, Carrie Coon, and Finn Wolfhard at 2:30 pm.

Run time 1 hour 55 minutes.  
"After saving the world from an ancient god of destruction in Ghostbusters: Afterlife (2021), Gary and the Spenglers settle into the old fire station in New York, where the original Ghostbusters (1984) began their journey to save the world from paranormal threats. But just when they thought they could enjoy their newfound peace, the team stumbles upon a mysterious object that frees an unstoppable force from the depths of history. As chaos reigns and pure evil plunges the world into darkness, the Ghostbusters must once again step up to save humankind from the brink of doom. With two generations of ghost hunters fighting side by side, the stakes have never been higher. Will they be able to avert the inevitable before everything freezes over?"

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!

\*Please note that movie showings are subject to change with short notice. For the most current movie schedule, we recommend checking with the library directly.  
No Registration Required

SECOND EDITIONS BOOK CLUB  
WEDNESDAY, SEPTEMBER 11 2:30—3:30  
Costello Center68 Elm St., Amesbury, MA  
In cooperation with the Amesbury Council on Aging, join Assistant Library Director Stephanie Smith for a book group geared toward older adults that will meet 2nd Wednesdays from 2:30-3:30 p.m. at the Senior Center. New members are always welcome! Please call the COA Reception

Desk at 978-388-8138 to register.

This month, we will discuss The Heaven and Earth Grocery Store by James McBride.

While digging a foundation for a new development, workers discover an unexpected skeleton. McBride unfolds the story of the Chicken Hill community, a haven for Jewish immigrants and African Americans, revealing both the secret history behind the skeleton and the importance of love and community in dark times. 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 book will also be available for pickup at the Amesbury Public Library.  
Registration Requested: Call COA @ 978-688-8138

**Thursday, September 12**

COUNCIL ON AGING OUTREACH SERVICES DROP-IN HOURS  
THURSDAY, SEPTEMBER 12 12:30—1:30 PM  
Reference Desk 2nd Floor Newburyport Public Library, 94 State Street, Newburyport, MA, 01950

Council on Aging Outreach Services Drop-In Hours  
Outreach Specialist from the Council on Aging, Ann Freeman, will be available at the Newburyport Public Library to residents interested in learning more about the outreach services provided by the Council on Aging.

Stop by to learn about available services, including information on housing, home care, food, transportation, finance, health, and family issues. Residents will be helped on a first-come first-served basis. See Reference staff for directions. Consultations and referrals are confidential and free to all. The Outreach Specialist will be available at the Library twice a month. Please see the Events calendar for exact dates or call us at 978-465-4428 ext. 246.  
No Registration Required

FICTION BOOK GROUP  
THURSDAY, SEPTEMBER 12 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 "One Hundred Years of Solitude" by Gabriel Garcia Marquez.

"The evolution and eventual decadence of a small South American town is mirrored in the family history of the Buendias."  
100 years of solitude  
Register on Zoom.

Or copy this link: <https://us02web.zoom.us/j/9784654428>  
tyZ3TcnKAU0KJci4m6K3si-  
No Registration Required

**Friday, September 13**

FRIDAY FLICKS  
FRIDAY, SEPTEMBER 13 10:00 AM—12:00  
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830  
Friday Flicks

Join us Friday mornings for a movie! Let's celebrate Swashbuckling September. Today we watch Muppet Treasure Island (1996).  
No Registration Required

**Monday, September 16**

GROVELAND COA  
Monday, September 16th at 9:30am: Van Trip to the Museum of Fine Arts, Boston  
Explore art and culture with highlights like the "Dalí: Disruption and Devotion" and "Beyond Brilliance" exhibits. Admission is \$27, payable directly by participants to the museum. Check with local libraries for possible discounts; the MFA does participate in the EBT Card to Culture program (\$3 tickets). Enjoy exploring the museum and choosing your lunch spot. Plan your visit ahead by viewing exhibits at : <https://www.mfa.org/>.

GROVELAND COA

Memory Cafe: Come to a welcoming and supportive space where individuals living with dementia and their care partners can connect, share stories, and enjoy meaningful activities together. Our next gatherings will be on Mondays 1:30-3pm on: September 16, October 21 Free, RSVP Required  
Please note: The October 21st Café will be off-site. We'll be taking the COA van to Smolak Farms in North Andover.

**Tuesday, September 17**

CLASSIC MATINEES: CRIME AND PUNISHMENT  
TUESDAY, SEPTEMBER 17 10:00 AM—12:00  
Johnson Auditorium Haverhill Public Library 99 Main Street, Haverhill, MA, 01830  
Join us Tuesday mornings in September for crime and punishment. Today we watch Wait Until Dark (1967).  
No Registration Required

**Wednesday, September 18**

MOVIE MATINEE: "YOU'VE GOT MAIL" (IN-PERSON)  
Join us for our Movie Matinees on Wednesday afternoons.  
This week we will be screening "You've Got Mail" (1998, PG) starring Tom Hanks, Meg Ryan, and Greg Kinnear at 2:30 pm.  
Run time 1 hour 59 minutes.

"Book superstore magnate Joe Fox and independent book shop owner Kathleen Kelly fall in love in the anonymity of the Internet, both blissfully unaware that he's trying to put her out of business."  
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!  
\*Please note that movie showings are sub-

ject to change with short notice. For the most current movie schedule, we recommend checking with the library directly.  
No Registration Required

MOVIE MATINEE: "YOU'VE GOT MAIL" (IN-PERSON)  
WEDNESDAY, SEPTEMBER 18 2:30—4:30  
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA

PAGE TURNERS BOOK CLUB  
WEDNESDAY, SEPTEMBER 18 6:30—7:45  
Amesbury Room Amesbury Public Library149 Main St., Amesbury, MA, 01913  
Join us For An In-Person Discussion of The House in the Cerulean Sea by TJ Klune.

A magical island. A dangerous task. A burning secret. Linus Baker leads a quiet, solitary life. At forty, he lives in a tiny house with a devious cat and his old records. As a Case Worker at the Department in Charge Of Magical Youth, he spends his days overseeing the well-being of children in government-sanctioned orphanages. When Linus is unexpectedly summoned by Extremely Upper Management he's given a curious and highly classified assignment:

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](mailto:mike@merrimackvalleyactivelife.com)



we read over the summer! Come ready with 1 or 2 books to share with the group, and your "to read" list will probably grow dramatically!

Books are always available to pick up at the Main Desk one month prior to the meeting.  
No Registration Required

**Saturday, September 21**  
BOOK SALE

SATURDAY, SEPTEMBER 21 9:00 AM—5:00  
Great HallNevins Library 305 Broadway, Methuen, MA, 01844  
Book sale It's time for the Friends' of the Nevins Library Book Sale!  
Great deals and an impressive selection to choose from. Gently used Books, DVDs, Jigsaw Puzzles, Games and More!  
No Registration Required

**Tuesday, September 24**  
GROVELAND COA

Tuesday, Sept. 24th: 3B Fitness: Bones, Brains & Balance with Brian Coyne at 9am. This class combines balance exercises, strength training, and brain games—all crucial for improving stability and preventing falls.

JUST THE FACTS - NONFICTION BOOK GROUP - VIRTUAL  
TUESDAY, SEPTEMBER 24 5:00—6:00 PM  
Virtual Program Newburyport Public Library, 94 State Street, Newburyport, MA  
Just the Facts Logo

Join us for NPL's Just the Facts Book Group! This group selects and discusses nonfiction books. All are welcome.

PLEASE NOTE, THIS MONTH'S MEETING IS VIRTUAL.

This event will be held on Zoom. Register by calling 978-465-4428 x 242. A link will be emailed to participants automatically. If you do not receive a link, please email [info@newburyportpl.org](mailto:info@newburyportpl.org) or call 978-465-4428 x242.

This month's pick is The book of hope : a survival guide for trying times, by Jane Goodall, Douglas Abrams with Gail Hudson.

The Book of Hope Jane Goodall and Douglas Abrams explore through intimate and thought-provoking dialogue one of the most sought after and least understood elements of human nature: hope. Drawing on decades of work that has helped expand our understanding of what it means



Breakfast & Lunch

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209 South Broadway, Lawrence, Massachusetts 01843  
[carleens.com](http://carleens.com)

to be human and what we all need to do to help build a better world, the book touches on vital questions, including: How do we stay hopeful when everything seems hopeless? How do we cultivate hope in our children? What is the relationship between hope and action? While discussing the experiences that shaped her discoveries and beliefs, Jane tells the story of how she became a messenger of hope, from living through World War II to her years in Gombe to realizing she had to leave the forest to travel the world in her role as an advocate for environmental justice. And for the first time, she shares her profound revelations about her next, and perhaps final, adventure. (Description summarized from catalog record.)

Please register online by clicking on the link above or by calling 978-465-4428 x242.

#### MINDFUL JOURNALING WITH KRISTEN HEWITT

TUESDAY, SEPTEMBER 24 6:30—8:00 PM  
Milhender Room Haverhill Public Library  
99 Main Street, Haverhill, MA, 01830  
Mindful Journaling with Kristen Hewitt  
Explore Your Inner Mind: Join us for a Mindfulness Journal Writing Workshop!

In this enriching session, Kristen will explain what mindful journaling is and give you example journaling exercises to practice with.

Learn how to cultivate awareness, gratitude, and clarity in your daily life. Explore practical techniques to quiet the mind, reduce stress, and foster inner peace. Whether you're new to mindfulness or seeking to deepen your practice, this workshop offers a supportive space to nurture your journey of self-discovery and personal growth. Awaken your senses, unlock creativity, and embark on a path towards greater well-being. Reserve your spot and allow your thoughts to flow!

Please bring paper and something to write with if you have it!

Registration for this event opens Sunday, September 1 at 9:00 AM.

#### Wednesday, September 25

MOVIE MATINEE: "KINGDOM OF THE PLANET OF THE APES" (IN-PERSON)  
WEDNESDAY, SEPTEMBER 25 2:30—5:00  
Program Room Newburyport Public Library, 94 State Street, Newburyport, MA  
Movie Matinee: "Kingdom of the Planet of the Apes" (IN-PERSON)

Join us for our Movie Matinees on Wednesday afternoons.

This week we will be screening "Kingdom of the Planet of the Apes" (2024, PG-13) starring Owen Teague, Freya Allen, and Amanda Silver at 2:30 pm.

Run time 2 hours 25 minutes.

"Many years after the reign of Caesar, a young ape goes on a journey that will

lead him to question everything he's been taught about the past and make choices that will define a future for apes and humans alike."

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!

\*Please note that movie showings are subject to change with short notice. For the most current movie schedule, we recommend checking with the library directly.  
No Registration Required

#### Thursday, September 26

SPANISH CONVERSATION GROUP  
THURSDAY, SEPTEMBER 26 5:15—6:15 PM  
Director's Room Newburyport Public Library, 94 State Street, Newburyport, MA  
Spanish Conversation Group  
Join our new in-person Spanish Conversation Group!

All levels are welcome! However, it may be best suited for those who have a basic knowledge of Spanish or above. Please note, this is not a class but it can be a great way to practice your Spanish conversational skills and connect with others who have an interest in the language. The group is led by a Spanish-speaking librarian and will meet every other Thursday at 5:15 PM for 1 hour.

Registration is highly requested as space is limited in the Library's Director's Room.

Please contact the reference desk if you have any questions!

Registration for this event opens Thursday, September 12 at 9:00 AM.

#### Monday, September 30

GROVELAND COA  
Monday, September 30th at 9:30am: Mystery Trip! Join us for a fall mystery ride filled with light walking and exploration. Upon arrival at the mystery destination, you'll have the freedom to choose your lunch spot from a variety of local options, with prices typically ranging between \$15 and \$35. Please contact the office with any questions before signing up.

GREAT BOSTON FIRES WITH AUTHOR AND HISTORIAN DAVID KRUH (VIRTUAL)  
MONDAY, SEPTEMBER 30 7:00—8:00 PM  
Zoom

Great Boston Fires with Author and Historian David Kruh (VIRTUAL)

A look at the devastating fires and their impact on Boston, from the many "great" fires of the 17th, 18th, and 19th centuries (including the truly Great Fire of 1872,) the Cocoanut Grove tragedy of 1942 (which killed 492,) and the Hotel Vendome fire of 1972 (which resulted in the deaths of nine fire fighters.) How did these fires happen?

What was learned from these events? What, if anything, was done to try and pre-

vent similar catastrophes? David's newest slide show, filled with images from these events, answers these and other questions.

Recording note: This program will be recorded and a video link will be sent to all registrants soon after David's talk.

Please Register

About the Author:

David Kruh is a former New Yorker and a 1978 graduate of the University of Maryland. While earning his Masters in Computer Engineering at Boston University, David worked as an engineer at WRKO Radio. He has also worked full time as a copywriter, computer programmer, radio producer, radio engineer and, for a few years in the mid-1990s, as a spokesman and web master for the Big Dig. He retired a few years ago from a semiconductor manufacturer, where he was the Direct Marketing Manager. He is also the author of several other books, notably two on Boston's Scollay Square and Building Route 128. David's

most recent book is Inseparable. Please register for this event to receive the zoom link.

This program is brought to you in collaboration with the Chelmsford, Groton, and Tewksbury Libraries. We're also thrilled to be partnering with a multitude of additional MA & NH Libraries to bring this program to our communities.

Sponsored by the Friends of the Ashland Library.

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

The New Moon Coffeehouse  
Universalist Unitarian Church  
16 Ashland St. (rtes 110 and 125)  
Haverhill MA. 01830

Don White  
Michelle LaPoetica opens

Celebrate the start of the New Moon Coffeehouse's 37th season with famed and funny singer/songwriter/storyteller/humorist/teacher... Don White. No single label pins him down. He performs at the New Moon Coffeehouse on Saturday October 19th at 7:30pm. One of Don's progeny, acclaimed poet Michelle LaPoetica opens the evening. The coffeehouse is located in the Universalist Unitarian Church, 16 Ashland St, Haverhill MA. Admission to the show is \$25; \$15 for those ages 21 and under. Tickets for this show are available at the door starting around 6:30; doors open at 7:00. Tickets may be reserved prior to the show by visiting [www.newmooncoffeehouse.org](http://www.newmooncoffeehouse.org).

Don White writes and sings about universal life events, often finding the humor in them, but not always. During his career he's released ten CDs, three live DVDs, and a book. He's opened for Arlo Guthrie, Ritchie Havens, Loudon Wainwright III, and Taj Mahal. He's also shared a bill with David Bromberg, Janis Ian, and Lyle Lovett. In addition, White has been featured in storytelling festivals around the country.

As Tony Toledo commented on the New Moon Facebook page: "Don will tickle your funny bone." True, laughs are guaranteed at a Don White concert. But so is thoughtful and sometimes heartbreaking storytelling and songs. The emotional rollercoaster of a Don White concert will leave you feeling fully content and uplifted.

The New Moon listening room is handicap accessible. And there is plenty of free parking around the church. Before the show, and during the intermission, delicious homemade desserts and hot and cold non-alcohol beverages are for sale. Audience members also can buy merchandise from the artists and usually meet them in person. For more info, go to the NM website or call 617-327-0542. Do not call the church.