

The Voice

Haverhill Council on Aging

COA STAFF

Mary Connolly -

Director of COA/Nurse

Indhira Rijo -

Principal Account Clerk

Betty Burnell- Transportation

Maria Yagual - Outreach

Paola Hussein -

Volunteer/Activities

Coordinator

Melinda Barrett - Mayor

**Remember you can view our
newsletter online:**

www.cityofhaverhill.com

Click on Departments

Click on Council On Aging

Click on The Voice

**IF YOU HAVE CHANGED
YOUR ADDRESS OR
PHONE NUMBER PLEASE
CALL US TO UPDATE IT IN
OUR SYSTEM**

**IF YOU WANT THE VOICE
MAILED TO YOU CALL US
AT 978-374-2390 EXT 3916**

**DONATIONS WILL BE
APPRECIATED**

LA VOZ

A newsletter for Haverhill residents from 60-106

10 Welcome Street Haverhill, MA 01830

Monday—Friday 8am-4pm

978-374-2390

www.cityofhaverhill.com



September 2025



"Make it a September to remember"

Welcome September! The month where we transition from summer to autumn. We hope that the somewhat warm days can linger as long as possible but nevertheless we must embrace the season change. We will have new things to look forward to like hot apple cider, pumpkin "everything" and the holidays coming up. The air will turn crisp so think about pulling out your favorite cozy sweater. Hope you get to enjoy every last minute of summer that is left.

The month begins with an Estate Planning presentation with Veronica Whythe. Join Agespan for a free 4 week relaxation workshop series called Mind-Body Skills. AARP will be back with an Open House, looking for volunteers to help at tax season. Keep an eye out on dates for our monthly Therapy Garden, Chit Chat group and Movie Day. The Health Education subject for this month will be on Diabetes with Geri. There will be another computer class workshop coming up, you can sign up with Mary Connolly. Join us for the Topsfield fair in early October. The Flu Clinic and a Health Resource Fair will be scheduled for October. Our next celebration will be for Halloween, tickets go on sale on October 1st. We still have room for crafters for our annual Craft Fair in November. For detailed information look inside or call the COA.

If you are interested in becoming a member please come in or give us a call. You must be a member to participate in our events and classes. Please remember to sign in on the computer in the lobby.

CENTER CLOSED SEPTEMBER 1st

September

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 CENTER CLOSED	2 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	3 Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	4 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	5 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30 Estate Planning 1pm	6/7
8 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	9 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm Mobile Market Mind Body Skills	10 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30 3 B's 1pm	11 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	12 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30	13/14
15 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm Therapy Gardens	16 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm Chit Chat group 9am Mind Body Skills	17 Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	18 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am AARP Open House 1pm	19 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30	20/21
22 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	23 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm Diabetes and your A1C 11am	24 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30 3 B's 1pm	25 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	26 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30 Movie Day 12:40pm	27/28
29 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	30 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm Mind Body Skills				

COMMUNITY NIGHT MEALS

MONDAY NIGHTS



SERVING STARTS AT 4:30pm

OPEN UNTIL 5:30pm

OPEN TO ALL IN THE HAVERHILL
COMMUNITY

CONGREGATE LUNCHES

AgeSpan will be serving lunches in the
dining room

STARTING AT 10:30 to 11:00

\$2 suggested donation



BINGO

MONDAYS

Haverhill Citizen Center

Cards sold at 12pm

Game begins at 1pm



Must be a member with the COA

COMEDY MASQUE

WEDNESDAYS

The Council on Aging Comedy Masque is
looking for interested senior citizen
singers to join their group. The group
performs at local nursing homes
throughout the year.

Feel free to contact Dolores at

978-556-9391

Or Paula at

978-374-2390 ext 3916

H GOLD CARD

Haverhill residents who are 62 and older are
eligible for a free HPS "Gold Card", which is good
for admission to all regular season home athletic
events, musicals and other district events.

These cards can be picked up at the Council On
Aging located at the Haverhill Citizens Center
(10 Welcome Street). Proof of residence and age
is required to obtain a card. Residents will not be
permitted to show proof of age at the events.

Our knitting group is in need of
yarn to continue their great work.
Please donate any yarn that has
not been stored for a long time at
the Haverhill citizen center.

Thank you.

Looking for a gift? In the lobby we
have items knitted by the group to
purchase.



Health updates

WELLNESS CLINIC

WEDNESDAYS 9-11

WITH NURSE MARY CONNOLLY



NO WELNESS CLINIC ON 9/3/25



FOOT CARE IS BACK!!

Certified Foot Care Specialist,
Marie Anderson, NP, will be available
the

**Every other
3rd Friday of each month at 11am.**

You must have an appointment to be
seen.

Appointments may be made by
calling nurse

Mary

at 978-374-2390 X 3915.

There is a \$45 fee for the service,
payable with cash or check. At your
first appointment a complete foot
evaluation will be done.

ADULT FLU VACCINE CLINIC

Thursday, October 9th from 10am – 1pm

Citizens Center, 10 Welcome Street, Haverhill MA, 01830



Call 978-374-2390 x 3900 to
register



Sponsored by the City of Haverhill Public Health Department

VETERINARY CARE PROGRAM

AgeSpan is fortunate that, through the generosity of Meals On Wheels America and PetSmart, we can offer people 65 and over help with these bills through our Veterinary Care Program.

Who can apply?

People currently receiving AgeSpan services , such as Meals on Wheels, home care or those living in community housing.

People 65 and over, not using our services

People who reside in one of the 28 cities/towns we service.

For more information you can contact AgeSpan at **800-892-0890** if you receive our services

If you are not receiving our services, you can contact Sandy Jennings at

978-946-1222

Medicare Open Enrollment: October 15 – December 7.

Health insurance costs are an important part of your budget and Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to learn about what you can expect with your current plan in 2026, or to learn about all options that may be most cost-effective for you.

You may also benefit from cost-savings programs which a SHINE counselor will explain to you.

Medicare plans can change annually, and changes are expected for 2026.

This can affect your health care and drug costs.

SHINE = Serving the Health Insurance Needs of Everyone...on or eligible for Medicare. Certified SHINE counselors are available all year, and offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

Call **Indhira** for an appointment: **978-374-2390 ext 3919** or

SHINE can assist by mail if you call for a

Plan Comparison form: 978-946-1374

Health Education

Diabetes and Your A1C

Date: Tuesday, September 23rd from 11-12

Location: Citizens Center, Room 45



Diabetes is a chronic disease that occurs when your blood sugar is too high. It can affect many functions of the body and cause other serious health issues if it is not managed correctly. We will discuss the two types of diabetes and explain the importance of getting an A1C test. The A1C test is a simple blood test that provides the average blood sugar levels in your body for the past three months. It is an important indicator for diagnosing diabetes, being at risk for developing diabetes and determining how well the disease is being managed. Please join us for this informative and important health seminar.

****Sponsored by the City of Haverhill Public Health Department****



Please join us at our

HEALTH & WELLNESS



Resource Fair

Friday, October 17th, 11a-3pm at the Citizens Center

Citizens Center, 10 Welcome Street, Haverhill MA 01830

Representatives from local organizations include:

Healthy Aging Programs
SNAP and Mass Health Benefits
Transportation Services
Behavioral Health Services
Heating and Fuel Assistance
AND MANY MORE !!

DOOR PRIZES AND GIVEAWAYS!!



**** Sponsored by the City of Haverhill Public Health Department ****

ATTORNEY VERONICA WYTHER

Will present on avoiding probate,
differences between will and trusts, power
of attorney and healthcare proxies and
pitfalls of Medicaid on

Friday September 5, 2025

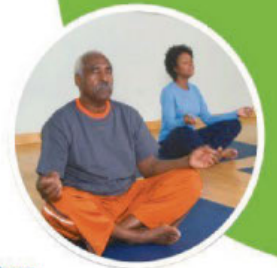
1pm

Rm 45

Please register at
978-374-2390 extension 3916



Mind-Body Skills Group



Relax and Revitalize with the Mind-Body Skills Group

Take time for yourself and join us for a free 4-week relaxation series led by Regina Schulman M.Ed., LADC, LMT/BCTMB of the Mind-Body Skills Group. This series provides a safe space to learn, practice self-care, and connect with others.

Location & Date

Where: Haverhill Council on Aging, 10 Welcome St, Haverhill, MA 01830

When: Tuesdays - 10:30 am - 12:30 pm, September 9th, 16th, 30th, October 7th

What are the requirements to register?

This is a structured, commitment-based group. Participants are encouraged to attend all four sessions with a willingness to connect, share, and learn from one another. While not a therapy group, this is a highly supportive and educational experience where the facilitator participates as an equal member.

What You'll Learn

- Breath Work
- Movement
- Self Expression
- Meditation
- Guided Imagery
- Autogenic Training & Biofeedback

Registration & Information

To register or learn more, Contact Family Caregiver Support Program Director, Crystal Polizzotti cpolizzotti@agespan.org, 978-651-3034.

Visit Us Online

Use your mobile device to scan the QR code or visit agespan.org to explore our solutions and programs.



AARP Foundation[®] Tax-Aide

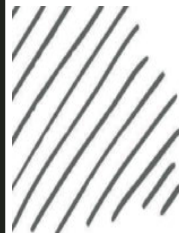
It seems odd to be talking about filing income tax returns in September, but the local Tax-Aide organization is planning now to expand free income tax services for Haverhill starting in February 2026. Sponsored by AARP Foundation, Tax-Aide is run by certified volunteers who prepare and file simple returns for low- and moderate-income taxpayers at no cost.

We need tax preparers, who will be trained and supported, as well as others who can provide clerical, communication, and technology assistance. All levels and types of experience are welcome.

Interested in learning how you can help?

Open House in Haverhill, MA on
Thursday
September 18, 2025 at 1-3pm
Room 45
10 Welcome Street

Please come and learn how Tax-Aide will train you to make a difference in our community and have some fun in the process. If you cannot attend the open house, email Tax-Aide for more information: Retscy.Halbert@gmail.com.



COFFEE HOUR



LET'S CATCH UP AND HAVE
A LITTLE CHIT CHAT!

Tuesday
September 16, 2025

9-10am
Dining Hall

Enjoy a warm cup of coffee
or tea while engaging in
casual chats with friends.
It's a chance to catch up,
simply unwind or make
new friends.

FREE HEALTH AND WELLNESS SERIES



EAT MORE FISH! (The right kinds)

Presented by Therapy Gardens

Citizens Center, 10 Welcome Street, Room 45, Haverhill, MA.

Monday September 15th at 1pm



Seafood is one of the healthiest protein sources, but many people don't eat enough of the right kinds of fish. This workshop explores the health benefits of fish, guides you on choosing sustainable and mercury safe options, and provides tips for choosing seafood meals at home or dining out. Dive into the world of seafood and discover how it can be both healthy and delicious.

Light refreshments will be served

REGISTRATION PERIOD from September 8th through September 12th
Call Mary Ryan to register at (978) 374-2390 x 3900



HAVERHILL COA

MOVIE DAY

A MAN CALLED OTTO

BASED ON THE COMICAL AND MOVING NEW YORK TIMES BESTSELLER, IT TELLS THE STORY OF OTTO ANDERSON, A GRUMPY WIDOWER WHOSE ONLY JOY COMES FROM CRITICIZING AND JUDGING HIS EXASPERATED NEIGHBORS. WHEN A LIVELY YOUNG FAMILY MOVES IN NEXT DOOR, HE MEETS HIS MATCH IN QUICK-WITTED AND VERY PREGNANT MARISOL, LEADING TO AN UNEXPECTED FRIENDSHIP THAT WILL TURN HIS WORLD UPSIDE DOWN.

**SEPTEMBER 26, 2025
12:40PM
RM 45**



CRAFTERS NEEDED

FOR

THE HAVERHILL COUNCIL ON AGING

ANNUAL HOLIDAY

CRAFT FAIR

SATURDAY NOVEMBER 15, 2025

9AM- 1PM

Tables free for seniors 60+
\$10 per table for under 60

To reserve a table call Paula at
978-374-2390 ext 3916

Knitters, jewelers, bakers, flowers, etc.

Citizen Center
10 Welcome St

pageborders.org

nationalgrid

Connect to Caring

Meet with a Customer Advocate at Haverhill Citizen Center



Our Customer Advocates will be available to meet one-on-one on **the 3rd Thursday of the month** to discuss options to manage your energy bill and help you find assistance, including:

- Discount Rate
- Payment Plans
- Budget Billing
- Arrears Management Program (AMP)

No appointment is needed, but please bring the following when you visit:

If you receive SNAP, MassHealth, SSI or WIC, please bring your benefit card and/or program acceptance letter to enroll in our Discount Rate Program.

If you are looking for assistance, we're here to help.

For more information, please visit ngrid.com/heretohelp

Life can be hard but finding assistance shouldn't be.

**Haverhill Citizen Center —
10 Welcome Street
Haverhill, MA 01830**



**the 3rd Thursday
of the month
10 a.m. - 1 p.m.**

Important Public Service Announcement!

DO NOT put your jewelry box out at a yard sale! You could be giving away HUNDREDS or THOUSANDS of \$\$\$.

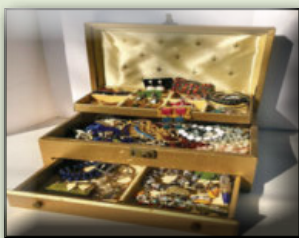
We'll help you find, and pay you fairly for your hidden **GOLD, SILVER**, and vintage costume jewelry treasures! Also buying US & foreign silver & gold coins, your unwanted sterling silver flatware and serving pieces & old watches.

Pratt Hobby Shop

20 East Main St. • Georgetown

978-352-2234

Celebrating our 50th year in business!



MONUMENTS - MARKERS

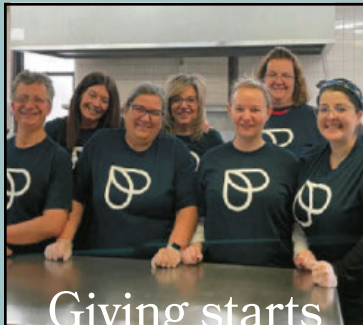
CEMETERY LETTERING

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www.atwoodmemorialcompany.com



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with heart.**

It's a privilege to be part of a community that looks out for one another and lifts each other up when needed. At Pentucket Bank, we're proud to support the members of our community of all ages. We value those who have helped shape our past so that we may thrive in the future. Thank you!



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ADVERTISERS!**

Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

One Nichols Way
Groveland, MA 01834
Nichols-Village.com

CALL 978-372-3930

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rtutulescu@4LPi.com • (800) 477-4574 x6222

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Haverhill Council On Aging, Haverhill MA

06-5434

Ruth's House Client Referral Program

Please



Ruth's House 111 Lafayette Square Haverhill, MA 01832

Phone# 978-478-6644 email:referrals@ruthshouse.org www.ruthshouse.org

We offer FREE Clothing to families and individuals 4 times a year.

Eligibility Requirements: Government Assistance such as: HIP, SNAP, WIC, SSI, SSDI, Medicare, Rental or Fuel Assistance.

Greetings,

As we step into August and enjoy the lingering warmth of summer, it's a great opportunity to reflect on the momentum we've built at the Finegold office. While summer often invites a slower pace, our team has been actively engaged in meaningful work—ranging from panels on AI and youth sports to collaborative discussions with experts and community members about tackling the housing crisis.

Together, we are committed to developing effective solutions.

Whether you are reading this during your morning commute or a lunch break, we welcome your ideas and look forward to conversations about the issues that matter most to you. Our goal is to support you and strengthen our community.

I also want to reveal that we have our Second Annual State Grants Expo on September 17th at the North Andover Senior Center! 3:30-5pm!

With that, I wish you a safe, enjoyable, and refreshing summer.

Connect with me at barry.finegold@masenate.gov or call the office at 617-722-1612.

To stay up-to-date with what I am working on, follow me on [Facebook](#), [Instagram](#) and [X \(Twitter\)](#).

Best,

Barry

**ENROLL IN OUR
COMPUTER SKILLS CLASS**

Connect. Create. Communicate.

This class will include a voluntary survey for research purposes: IRB#24-018-MCD-EXM

JOIN US!
Classes Begin:
Dates to be determined
8 weeks of training
Tuesdays
10:30am-12pm
Location:
Haverhill Citizen Center
10 Welcome Street
Haverhill, MA
Register with Mary Connolly
978-374-2390 ext 3915

STAY CONNECTED WITH LOVED ONES

ACCESS A WORLD OF INFORMATION

EXPAND YOUR SOCIAL CIRCLE

PROTECT YOUR PRIVACY





HAVERHILL COA

TOPSFIELD FAIR

MONDAY
OCTOBER 6, 2025
\$20

Pick up from Haverhill Citizen
Center at 11am
Returning about 4:30pm
(price & transportation included)
Payment needed by October 2nd.
FOR RESERVATIONS CALL PAULA
AT 978-374-2390 EXT 3916



HALLOWEEN PARTY

FRIDAY OCTOBER 24, 2025
12-2PM
\$15

**TICKETS AND RESERVATIONS WILL BE AVAILABLE
OCTOBER 1ST.**
CALL 978-374-2390 EXT 3916

HAVERHILL CITIZEN CENTER

September Regular Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day No Meals Served	2 1pc meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas 1pc MG Bread ½ cup Fruit	3 COLD: 3.5oz Egg Salad ½ cup Garden Salad ½ cup tabouli 1pc Yogurt 2pc Vienna Bread 1pc Menu Magic Dressing 1pc Juice (no milk) No Margarine	4 3oz Pulled Pork 2oz BBQ sauce ½ cup Roasted Sweet Potatoes ½ cup Sautéed Collard Greens 1pc Burger Bun ½ cup Applesauce No Margarine	5 1pc Crab Cake ½ cup Yellow Rice & Black Beans ¼ cup Peach Cobbler 1 slice Oat Bread ¼ cup Tomato & Cuke Salad HDM: 1pc tartar sauce Congregate: 1oz Remoulade Sauce
8 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1pc LS Wheat Bread ½ cup Canned Fruit Congregate: 1pc Cranberry Sauce	9 Two Compartment 1 pc Lasagna 4 oz Marinara ½ cup Riviera Blend Veg 1pc Garlic Roll 1pc Cookie 1 pkt Parmesan cheese	10 Hot dog (LS Beef pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	11 COLD: 2 oz Roast Beef 1 slice Provolone Cheese 1pc Potato Chips Congregate: Butternut Soup to replace Potato Chips ½ cup Garden Salad 2 slices MG Bread 1 pkt Mustard 1pc Menu Magic Dressing 1pc Fresh Fruit (orange) No Margarine	12 Staff Appreciation AgeSpan No meals
15 1pc Hamburger 2oz Au jus ½ cup Roasted Sweet Potatoes ¼ cup Beets 1pc WW Burger Bun 1pc Gelatin 1pc Ketchup No Margarine	16 4oz Potato Crunch Fish ½ cup Chuckwagon Corn ½ cup Mashed Potatoes 1pc WW Bread ½ cup Canned Fruit 1pc tartar sauce	17 Special: Chicken Hawaiian 1pc Grilled Chicken topped with ½ cup Pineapple & Peppers ½ cup Island Style Fried Rice ½ cup Warm Strawberry Rhubarb ½ cup Garden Salad 1pc Dinner Roll 1pc Ranch Dressing	18 Cold: Two Compartment Turkey Chef salad 2oz Deli Turkey 1 oz shredded cheddar cheese 1 cup Mixed Green Salad ½ cup Northern Bean Salad 1pc Fresh Fruit ½ pc Pita Bread 1 pkt Menu Magic Dressing No Margarine	19 Two Compartment 2 pc Breaded Eggplant 4 oz Marinara Sauce 1oz Mozzarella Cheese On tip of ½ cup Pasta ½ Capri Blend 1pc LS Wheat Bread ¼ cup mandarins
22 Two Compartment 1pc Grilled Chicken 4oz Greek Sauce (spinach, peppers, feta, olives) over ½ cup Risotto 1pc MG Bread ½ cup Canned Fruit	23 1pc Broccoli & Cheese Egg Bake ½ cup Potatoes O'Brien ½ cup Carrots 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup	24 COLD: 3oz Tuna Salad ½ cup Three Bean Salad Congregate: Vegetable Bean soup instead of 3 bean salad ½ cup Garden Salad 2 slices Wheat Bread 1pc Menu Magic Dressing ½ cup canned Fruit No Margarine	25 Birthday Two Compartment 10 oz American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Broccoli 1pc WW Garlic Roll 1pc cupcake	26 1pc Pork Sausage 2oz Peppers and Onions ¼ cup Tater Tots 1/2 cup Roasted Butternut 1pc Hot Dog Bun 1pc Fresh Fruit No Margarine
29 Smothered Pork 3 oz Pork Roast 2oz Mushroom/cream/onions ½ cup Mashed Sweet Potatoes ½ cup Cauliflower 1pc WW Dinner Roll ½ cup Applesauce	30 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 4 oz Marinara ½ cup Pasta ½ cup Capri Blend 1 pc Oat bread ½ cup Mandarins 1pc Parmesan			

RESOURCES



Adults, at least 60 years of age or qualified adults with disability who are determined to be “Homebound” are eligible for home delivered meals at no cost. Call Elder Services of the Merrimack Valley at 1800-892-0890

COULD YOU USE EXTRA MONEY FOR FOOD?

SNAP (Supplemental Nutrition Assistance Program)

For info: Christa Mayfield 617-598-5022/ snap@gbfb.org

AgeSpan & Greater Boston Food Bank has established the Elder Mobile Market program. Eligible Haverhill elders can pick up a free bag of groceries on the 1st Tuesday of every month (depending on your address) You must fill out application. Must be 60 or older and low income.

Info: Ruth Ortiz 978-946-1279/ Rortiz@AgeSpan.org

Applications from Maria or Paola at HAV COA

PROJECT BREAD’S FOODSOURCE HOTLINE(1800)-645-8333) is able to provide SNAP application assistance over the phone and help identify all of the allowable expenses such as housing and medical costs to ensure you receive full amount of benefits that you are entitled to. **Hotline is open Monday through Friday from 8am to 7pm and Saturdays 10am-2pm.** They can assist in 180 languages. TTY line also available at 1800-377-1292. Or through Live Chat on www.gettingsnap.org

IMPORTANT NUMBERS

HAVERHILL HOUSING

AUTHORITY

978-372-6761 /25 Washington Square

AGESPAN

800-892-0890

RUTH’S HOUSE

978-521-5575

COMMUNITY ACTION

978-373-1971

SOCIAL SECURITY

866-964-4324



Confused about Medicare? Considering enrollment? Unsure about what to do?

The SHINE Program can help.

Are you, a friend or a loved one turning 65 or already 65, considering retirement, and/or simply confused about Medicare?

You are not alone! A SHINE counselor will explain your options and answer your questions.

Learn about the structure of Medicare, when to enroll, and helpful tips to choose plans that suit you, your lifestyle, and your Medicare insurance needs.

Sessions will be presented by a certified SHINE Counselor who provides unbiased Medicare health insurance information and will help guide you through your Medicare options.

Join an Intro to Medicare session with a SHINE counselor on a Wednesday evening on Zoom, 5:00-7:00 pm:

July 16, August 13, September 17, October 22, November 19, December 17.

Call SHINE at 978-946-1374 to request the link to be sent to you via email, or to talk with a SHINE counselor.

After registering, you will receive a confirmation email containing information about joining the meeting.

Sección de Español

FIESTA DE HALLOWEEN

VIERNES

24 DE OCTUBRE 2025

12-2PM

Tickets \$15

(incluye almuerzo y entretenimiento)

TICKETS DISPONIBLES EL 1ER DE OCTUBRE

CONTACTAR A PAOLA AL

978-374-2390 EXT 3916

10 WELCOME STREET



TOPSFIELD FAIR

LUNES
6 DE OCTUBRE 2025
\$20
(incluye entrada y transportacion)

BUS SALE DEL CENTRO A LAS 11AM EN PUNTO Y REGRESA A LAS 4:30PM LLAMAR A PAOLA PARA RESERVAR SU ASIENTO 978-374-2390 EXT 3916

Por favor únete a nosotros en nuestra



Feria de recursos de salud y bienestar

Viernes, 17 de octubre, de 11 a.m. a 3 p.m. en el Citizens Center,
10 Welcome Street, Haverhill MA 01830

Asistiran representantes de organizaciones locales como:

Programas de Envejecimiento Saludable,
SNAP y Servicios de Beneficios de Salud de Mass,
Servicios de Transporte,
Servicios de Salud Conductual,
Asistencia de Calefacción y Combustible
Y MUCHOS MÁS !!

Premios y sorteos!!!



**Patrocinado por el Departamento de Salud Pública de la Ciudad de Haverhill



HÁBITOS PARA UNA VIDA SALUDABLE

Jueves, Septiembre 25 a las 10:30am
Viernes, Septiembre 26, 2025 a las 10:30am

Recibe asesoría sobre cómo

Mantener una dieta nutritiva y culturalmente equilibrada

Oportunidad para hacer preguntas a expertos

Cuidar tu salud física

Regular el estrés

Para confirmar su asistencia,
por favor contacte a:
María Yagual
(978) 374-2390 x3912



**CROSS CULTURAL
CARELINK LLC**

Help Older Adults Keep Their Independence Become a Volunteer Driver

Drive when and where you want and give the gift of independence to older adults in your community



Call 978-388-7474 about this flexible volunteer opportunity or visit www.driveformeet.org/volunteer.

VETERANS

Dept. of Veteran Services

Haverhill Citizens Center
10 Welcome St. Haverhill, MA
Veteran's Office 2nd floor

Jeffrey Hollett Veteran Director

Office Hours: 8am-4pm
(978) 374-2351 Ext 3932
Fax: (978) 521-2626

Financial Assistance Benefits

Massachusetts General Law Chapter 115
Veteran Affairs Claims
Welcome Home Bonuses
State of MA Burial Assistance
State of MA Annuity Application Assistance

Employment

Employment Counseling

Education

Montgomery GI Bill- Chapter 30
Post 9/11 Education Benefits- Chapter 33
Vocational Rehabilitation- Chapter 31

Document Verification

Retrieve Discharge Documents
Military Records

VA Hospital Transportation

Transportation is offered to eligible Haverhill residents to the following Hospitals by appointment only: Bedford, Lowell, and West Roxbury, Jamaica Plain.

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Jared DesRoche 978-374-2351 ext. 3910

The City of Haverhill recognizes and deeply appreciates the service of all veterans. Our office strives to advise, engage, and advocate for veterans, dependents, and their families.



Meals on Wheels drivers needed in Haverhill

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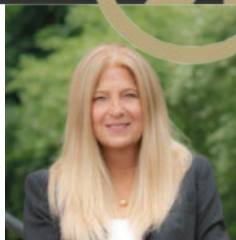
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