

The Voice

Haverhill Council on Aging

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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



October 2025



"In every leaf, there's a whisper of autumn's magic"

October is here! This month shows us the beauty that comes with change, let's enjoy the crisp air and the beautiful colors that will appear soon. As we get into the next busy months and prepare for the festivities, remember to stay active and connected. We hope October brings you peace and great memories. If you are debating whether to join the senior center stop in for a friendly chat.

We will begin the month with our annual Topsfield Fair trip for Senior Day. Make reservations for our Halloween Luncheon or get on a waitlist. Join us for a presentation from AARP regarding brain health. Our Health Fair will provide a ton of valuable information and resources. Visit our flu clinic for your annual vaccination, register with Mary Ryan at extension 3900. We will have the pleasure of comedian David Shikes providing us with some laughs. Join us for our monthly Chit Chat group for good conversation and great company. Our movie of the month will be Grease, we would love to see more of you there so bring your friends and enjoy time together. Sign up for Therapy Gardens for a presentation about inflammation. Please keep in mind about sign up days especially for our Luncheons coming up. Also, save the date for our annual Craft Fair and find unique gifts just in time for the holidays. Look inside for more details.

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 MONDAY OCTOBER 13

October

2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
			1 Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10 Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	2 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	3 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30	4/5
6 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm Topsfield 11am	7 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm Mobile Market 11am	8 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	9 Flu Clinic 10-1pm Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Six Pillars Of Brain Health	10 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30	11/12	
13 CENTER CLOSED	14 Chit Chat 9am Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	15 Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10 Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	16 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	17 Health Fair 11-3 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30 National Grid	18/19	
20 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	21 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm David Shikes 11:30	22 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	23 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Movie Day 12pm	24 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30 Halloween Luncheon	25/26	
27 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	28 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	29 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	30 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	31 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30		
						Pool tables 8-3pm Library 8-3pm Fitness Room 8-3pm

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 CLINIC OCTOBER 22



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.

COVID AND FLU VACCINE CLINIC

Thursday, October 9th from 10am – 1pm

Citizens Center, 10 Welcome Street, Haverhill MA, 01830



Flu- Regular and High Dose Available

Covid-Moderna and Pfizer Available

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**



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 ****



AARP Speakers Bureau Presentation

The Six Pillars of Brain Health

Thursday October 9, 2025

11-12pm

Presenter: AJAY

RSVP with PAULA at 978-374-2390 ext 3916

A lifestyle that supports brain health can make a difference to your well-being throughout your life. This session is a good overview for anyone interested in improving their brain health and will provide actionable steps you can take along with resources to learn more.

HAVERHILL CITIZEN CENTER

10 WELCOME STREET

COFFEE HOUR



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

Tuesday
October 14, 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.

HAVERHILL COUNCIL ON AGING

TUESDAY OCTOBER 21, 2025

11:30 DINING ROOM

DAVID SHIKES

Shikes is a five-time Boston Marathon runner and an independent bookseller who enjoys classical music and comedy. He spent many years travelling around New England marketing books to libraries and now shares stories and jokes about life and New England.

FREE COMEDY EVENT

RSVP WITH PAULA AT 978-374-2390 EXT 3916

HAVERHILL CITIZEN CENTER
10 WELCOME STREET

HAVERHILL COA

MOVIE DAY

GREASE

Free
Entry

THURSDAY OCTOBER 23, 2025

12pm RM45

Experience the friendships, romances and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of 'Grease,' the most successful movie musical of all time.

RSVP WITH PAULA 978-374-2390 EXT 3916
HAVERHILL CITIZEN CENTER
10 WELCOME STREET

FREE HEALTH AND WELLNESS SERIES

Avoiding Inflammation & Ultra-Processed Foods

Presented by Therapy Gardens

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

Monday, October 20th at 1pm



Inflammation can take a toll on your health, and ultra-processed foods are often the culprit. In this workshop, you'll learn the long-term risks associated with additives, preservatives, and high levels of sugar and salt found in heavily processed foods. Discover how to identify minimally processed alternatives, read food labels with confidence, and make healthier choices that reduce inflammation and boost your overall well-being. Tips and advice offered make this session a must-attend for anyone looking to feel their best.

Light refreshments will be served

Registration period from October 14th through October 17th

Call Mary Ryan to register at 978-374-2390 x3900



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



FESTIVAL OF TREES

AN AFTERNOON LUNCHEON & VISIT TO THE SEA OF FESTIVAL OF TREES

All inclusive Holiday Luncheon includes a visit to the Sea Festival of Trees- featuring over a 100 themed Christmas trees. Lunch catered by Seaglass set to holiday music.

LUNCHEON ENTRÉE

Boneless Breast of Chicken
Herbed Brown Gravy
Yukon Mashed Potatoes
Chef's Choice Vegetable

DESSERT

Chocolate Mousse
No food substitutions

We have very limited seating. Most will have to drive on your own.

We will be departing from the Haverhill Citizen Center at 11am.

blue ocean

**TUESDAY
DECEMBER 2nd
11:00 AM
BLUE OCEAN
EVENT CENTER**

**RESERVATIONS MUST BE
MADE BY FRIDAY
NOVEMBER 14, 2025
CALL PAULA AT 978-374-2390
EXT 3916
\$25 per person**



HAVERHILL COA

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

Important Public Service Announcement!

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

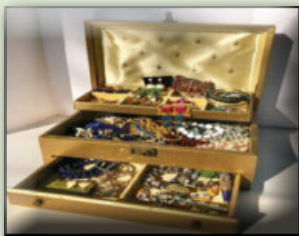
We'll help you find, and pay you fairly for your hidden **GOLD, SILVER**, and vintage costume jewelry treasures! Also buying US & foreign silver & gold coins, your unwanted sterling silver flatware and serving pieces & old watches.

Pratt Hobby Shop

20 East Main St. • Georgetown

978-352-2234

Celebrating our 50th year in business!



MONUMENTS - MARKERS

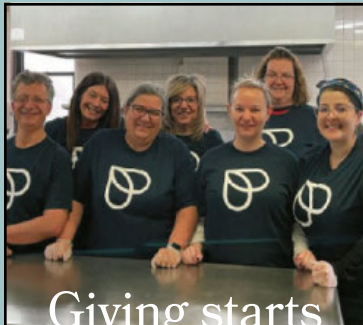
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**Giving starts
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It's a privilege to be part of a community that looks out for one another and lifts each other up when needed. At Pentucket Bank, we're proud to support the members of our community 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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Nichols-Village.com

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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



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.

HAVERHILL COA

HOLIDAY CRAFT FAIR

FREE ADMISSION
CRAFTS, JEWELRY, HOME DECOR,
RAFFLE AND SO MUCH MORE!

Saturday November 16, 2024
9am-1pm

CITIZEN CENTER
10 WELCOME STREET
HAVERHILL, MA 01830

Hello September! 🍂

The sunscreen is (mostly) put away, the beach towels have been swapped for book bags, and as summer winds down, we're heading full speed into a busy fall season. This month is packed with activity — from committee hearings and local events to our much-anticipated Annual State Grants Expo.

We're making the most of the last bit of summer heat! As always, our team is just a call or email away — whether you've got questions, need support, or just want to check in. We're here to help, and we're looking forward to an exciting season ahead.

We hope you had a fantastic Labor Day Weekend!

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





HAVERHILL COUNCIL ON AGING

Thanksgiving

LUNCHEON

FRIDAY NOVEMBER 21, 2025

12-2pm

\$15

**ENTERTAINMENT BY
SOUTHERN NH UKELELE GROUP**

TICKETS AND RESERVATIONS BEGIN 10/27

978-374-2390 EXT 3916



Haverhill Citizen Center
10 Welcome Street

October 2025 Regular Menu Sites

Monday	Tuesday	Wednesday	Thursday	Friday
6 Two Compartment 3 oz Grilled Chicken 2oz Lemon Pepper Sauce 1 cup Tuscan White Bean Pasta* (tomatoes, spinach, garlic) 1pc Cookie 1pc MG Bread	7 1pc Bateman meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Mixed Vegetables 1pc Vienna Bread ½ cup Fruit	1 Yom Kippur 1pc Cheese Omelet 1pc Turkey Sausage 1pc Roasted Potatoes ½ cup Ratatouille 1pc Vienna Bread ½ cup Pineapple Fruit Whip	2 Yom Kippur Cold: 3.5 oz Diced Chicken Salad ½ cup Citrus Quinoa Salad ½ cup Carrot Slaw 2pc MG Bread 1pc Cookie No Margarine	3 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Butternut 1pc Biscuit 1pc Fresh Fruit
13 No Meals Indigenous Peoples' Day	14 3oz Stuffed Chicken (Broccoli and Cheese) 2 oz Supreme sauce ½ cup Rice Pilaf ½ cup Beets 1 slice Vienna Bread ½ cup Mandarins	8 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	9 Fish Sandwich 4oz Potato Crunch Fish ½ cup Mashed Sweet Potato ½ cup Cheesy Cauliflower Congregate: Creamy Cauliflower Soup 1pc WW Burger Bun 1pc Tarter Sauce ½ cup Chocolate Pudding No Margarine	10 Two Compartment 2pc Stuffed Shells 4 oz Marinara Sauce ½ cup Capri Blend 1 pc Oat Bread ½ cup Mandarins 1pc Parmesan
	15 Two Compartment 10oz Beef Stew 3oz Stew Beef 4oz Celery, Carrots & Onions ½ cup mashed potatoes 1pc Cornbread 1pc Fresh Fruit	16 Birthday Two Compartment 3oz Ravioli 4 oz Ground Turkey Bolognese ½ c Broccoli Congregate: Caesar Salad 1 pc WW Garlic Roll 1pc Cake 1pc parmesan	17 1pc Cheese Omelet 1pc Turkey Sausage ½ cup Creamy Polenta ½ cup Green Beans & Tomato 1pc Fruit Loaf ½ cup Yogurt 1pc Juice (no milk) 1pc Ketchup	25 Two Compartment Chicken Parmesan 1pc Breaded Chicken 4oz Marinara Sauce 1oz Mozzarella Cheese On top of 4oz Pasta ½ cup Broccoli 1pc WW Bread ½ cup Canned fruit 1pc Parmesan cheese
20 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc LS Wheat Bread ½ cup applesauce 1pc Cranberry Sauce (cong)	21 3oz Pollock 2oz Garlic & Lemon Butter ½ cup Brown Rice ½ cup Creamed Spinach 1pc Oat Bread ½ cup Gelatin	23 Special: Two Compartment 3oz Pork with 2oz Apples ½ cup Mashed Butternut Squash ½ cup Roasted Brussels Sprouts Congregate: Garden Salad 1pc Pumpkin Baked Good 1pc Garlic Roll	24 Sheppard's Pie 3oz Ground beef & 2oz gravy ½ cup corn ½ cup mashed potatoes 1 pc Biscuit ½ cup Canned Fruit	31 Happy Halloween 8oz Butternut Squash Mac & Cheese ½ cup Peas 1pc MG Bread ½ cup Pineapple 1pc Chocolate Candy (no nuts)
27 Two Compartment Beef Fajita 3oz Fajita Seasoned Sliced Beef 4oz Red & Green Peppers & Onions ½ cup Rice and Black Beans 1pc Tortilla ½ cup canned fruit 1pc Sour Cream No Margarine	28 Two Compartment Coq au Vin 3oz Chicken Strips 4oz Wine Sauce with bacon, onions, herbs, onions, carrots & Mushrooms) ½ cup Steamed Potatoes 1pc Oat Bread 1pc Fresh Orange	29 Two Compartment Cold: 7oz Turkey Waldorf Salad (turkey, celery, grapes, mayo) ½ cup Vinaigrette Pasta Salad Congregate: Vegetable Soup ½ Pita Bread 1pc Yogurt 1pc Juice No Margarine	30 1pc Crab Cake Congregate: 1oz Remoulade Sc. ½ cup Chuckwagon Corn ½ cup Peach Cobbler 1pm WW Roll ½ cup Tomato & Cuke Salad 1pc tartar sauce (HDM)	

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

ALZHEIMER'S ASSOCIATION



CONOZCA LAS 10 SEÑALES DEL ALZHEIMER

Nadie debería estar solo para enfrentar el Alzheimer.

A ENFERMEDAD DE ALZHEIMER NO FORMA PARTE DEL ENVEJECIMIENTO NORMAL.

Es una enfermedad del cerebro que causa problemas con la memoria, el pensamiento y el comportamiento. Aprenda con nosotros todo lo que sigue:

- » El impacto de la enfermedad de Alzheimer.
- » La diferencia entre la enfermedad de Alzheimer y la demencia.
- » Las etapas de la enfermedad de Alzheimer y los factores de riesgo.
- » La investigación actual y los tratamientos disponibles para abordar algunos síntomas.
- » Recursos de la Alzheimer's Association

**JUEVES 23 DE OCTUBRE
11:00 AM**

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

**Estaremos ofreciendo un
almuerzo ligero y rifas.
¡Acompáñenos!**

**Para registrarse por favor llame
a Maria Yagual, al 978.374.2390.**

Para ver todos los programas y para registrarse, visite alzmassnh.org/virtual-programs o llame al 800.272.3900.

¿Busca un grupo de apoyo o necesita otro tipo de ayuda? Por favor llame a nuestra Línea de Ayuda 24/7 al 800.272.3900

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



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**

Asistirán 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

CLASES DE CIUDADANIA PARA SENIORS

DISPONIBLE EN INGLES LUNES 9-10:30 AM

DISPONIBLE EN ESPANOL VIERNES 9-10:30 AM

CLASES DE INGLES PARA SENIORS

DISPONIBLES JUEVES DE 9-10AM

CONTACTAR A MARIA YAGUAL AL

978-374-2390 EXTENSION 3912

PARA MAS INFORMACION

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.

Schedule an appointment with
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

Just a few hours per week can make a difference in the lives of older adults in Haverhill.

More than half of Meals on Wheels recipients live alone, and for many of them, the person delivering the meal is often the only person they will see that day. The pandemic has been especially hard on seniors, many of whom were or continue to be isolated in their homes

When you sign up to become a volunteer Meals on Wheels driver, you do more than drop off a meal. You make a difference.

It's easy to give back. Drivers must be 18, pass a background check, have a vehicle, and a valid driver's license. Receive a daily stipend for a commitment from 1 to 5 days a week and just 3 hours per day.

Ready to sign up? Contact Meals on Wheels at nutrition@agespan.org or call 978-686-1422.



MINI MEVA

An origin to destination service for individuals who cannot use the Meva fixed route bus system. ADA eligible and non-ADA eligible.

Applications available at the Haverhill COA or you can contact Meva at 978-469-6878



WINGATE RESIDENCES
AT HAVERHILL
INDEPENDENT LIVING • ASSISTED LIVING
MEMORY CARE

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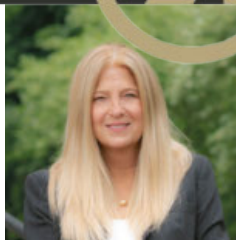
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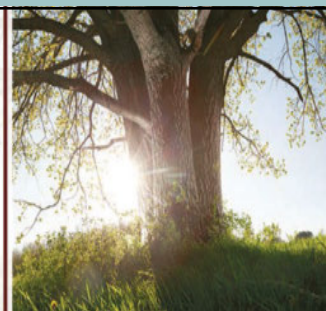
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