

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



AUGUST 2025



*"To an August filled with magic, miracles and the people who
make your heart happy"*

Greetings August!! Summer days are winding down. We hope the season stretches out as long as it can. Hope you've had a lovely, healthy summer. Remember each month is a fresh new opportunity. We want to thank our seniors on National Senior Citizens Day and hope you know we are grateful for each one of you. For the wisdom and experience you share, thank you.

We kick off our month with our end of summer Luau Luncheon. Unfortunately, it is sold out but we can still take names for the waitlist. Distribution for \$25 Farmer Market Vouchers on August 8th. Look inside for detailed information. We are still distributing fruits and vegetables from our Local Harvest program, courtesy of AgeSpan on Wednesdays. Buttonwoods museum will come in with an interesting presentation regarding the Shoe Strike and Labor Movement of Haverhill. Delvena Theater will be back this month with an interactive murder mystery called Mangia, Meatballs and Murders. We will have resourceful information from Driscoll Funeral Home, they will provide guidance on planning ahead. Therapy Gardens will return this month, space is limited. Our regular Chit Chat group and Movie Day will also take place as usual. Looking ahead, we will be looking for Crafters for the Annual Craft Fair and will be in the works to plan our Topsfield trip. As always look inside for details or call in.

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.

We hope for a joyful and peaceful August!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
4 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	5 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Mobile Market 11-1pm Yoga 1pm	6 Chair Yoga 9am Comedy Masque 9am Local Harvest 10am World Affair Discussion 10 Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	7 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Luau 12-2pm	1 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30	2/3
11 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	12 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	13 Chair Yoga 9am Comedy Masque 9am Local Harvest 10am 10 Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	14 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Shoe Strike & Labor Movement 11am	15 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30 Mangia, Meatball & Murder 12pm	16/17
18 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm Therapy Gardens 1pm	19 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	20 Chair Yoga 9am Comedy Masque 9am Local Harvest 10am World Affair Discussion 10 Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	21 Tai Chi 9am Teddy Bears 9am Chit Chat 9am Zumba 9:30am Senior Balance 11am Lunch & Learn Driscoll 12pm	22 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30	23/24
25 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	26 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	27 Chair Yoga 9am Comedy Masque 9am Local Harvest 10am 10 Senior Fitness 11am Bridge 12:30pm 45's tournament 12:30pm 3 B's 1pm	28 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Movie Day 11am	29 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30	30/31

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.

OPEN ART STUDIO

WORKING ON AN ART PROJECT , OR
LOOKING TO JOIN AN ART GROUP?

JOIN OPEN ART STUDIO WITH

ANNA TERESA

TUESDAYS AT 11AM TO 1PM

IN THE BASEMENT

\$2 PER CLASS

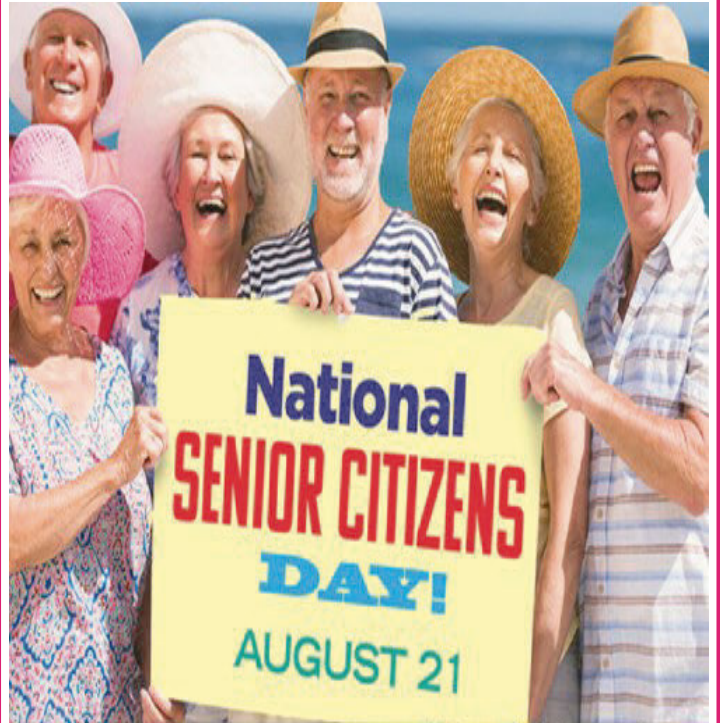


Health Updates

WELLNESS CLINIC

WEDNESDAYS 9-11

WITH NURSE MARY CONNOLLY



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.

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



HAVERHILL'S SHOE STRIKE AND LABOR MOVEMENT



Haverhill's largest industry was a catalyst for a major strike that attributed through the fight for fair wages in Massachusetts. Now, its laws came in 1912. Explore the labor movement in Haverhill leading up through the city's election of America's first socialist mayor,

John C. Chase

THURSDAY AUGUST 14, 2025

11AM

RM 45

RSVP AT 978-374-2390 EXT 3916

COFFEE HOUR

NATIONAL SENIOR CITIZEN DAY



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

Thursday August 21, 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.



DRISCOLL FUNERAL HOME and cremation service

Lunch and Learn

Anaili Diane of Driscoll Funeral Home is a licensed funeral director, embalmer, and a former cremation specialist. She is the preplanning funeral director at the funeral home. Her role is to provide guidance and clarity to individuals who are looking to plan ahead for themselves or their loved ones with the intention of avoiding further complications and costs during times of grief and distress.

THURSDAY AUGUST 21, 2025

12pm

Must RSVP at 978-374-2390 ext 3916

HAVERHILL COA

MOVIE DAY BIG FISH

A REPORTER ATTEMPTS TO LEARN MORE ABOUT HIS DYING FATHER BY
FINDING THE TRUTH BEHIND A LIFETIME OF HIS TALL TALES AND
LEGENDS OF EPIC PROPORTIONS.

THURSDAY AUGUST 28, 2025
11AM RM 45
RSVP WITH PAULA 978-374-2390
EXT 3916
HAVERHILL CITIZEN CENTER
10 WELCOME STREET

**DELVENA THEATRE COMPANY
PRESENTS**



**MANGIA,
MEATBALLS
& MURDER**

Who dunnit? An exciting, live, comedic, interactive murder mystery performance set in Luigi's Ristorante. Come put your "super sleuth" on – having much fun along the way. Token prizes will be awarded.

**HAVERHILL CITIZEN CENTER
10 WELCOME STREET, HAVERHILL, MA**

**FRIDAY, AUGUST 15, 2025
12:00 NOON**

This performance is funded in part by a grant from the Haverhill Cultural Council, which is supported by the Massachusetts Cultural Council, a state agency.



FREE HEALTH AND WELLNESS SERIES

**Chopsticks, Laughs, and Snacks
Presented by Therapy Gardens**

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

Monday, August 18th at 1pm



Did you know eating with chopsticks is healthy? And not only because you usually miss your mouth! Join us to learn how to use chopsticks correctly while sampling a chopstick friendly snack. If you're feeling brave, you can even take the chopstick challenge! This session is sure to be filled with laughter and fun.

Light refreshments will be served

**REGISTRATION PERIOD from August 11th through the 15th
Call Mary Connolly to register at (978) 374-2390 x 3915**



Lawrence General Hospital will be offering free blood pressure screenings to residents along with educational tools on hypertension and free blood pressure monitors if needed. They will also assist residents in connecting with health insurance and primary care provider

**Friday August 8, 2025
9-12pm**

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.**

LOOKING AHEAD

TOPSFIELD TRIP

DATE TO BE ANNOUNCED

MOST LIKELY FIRST MONDAY OF OCTOBER
(SENIOR DAY)

\$20 (INCLUDES ENTRANCE AND
TRANSPORTATION)

CALL 978-374-2390 TO GET ON A LIST

AARP FOUNDATION TAX AIDE VOLUNTEER OPEN HOUSE

DATE TO BE ANNOUNCED FOR SEPTEMBER

AARP LOOKING FOR VOLUNTEERS FOR TAX
SERVICES

POET'S INN

PLANNING TO GET A GROUP TO HAVE
LUNCH AT THE POET'S INN AT WHITTIER
HIGH SCHOOL ONCE IT OPENS.

YOU MUST DRIVE YOURSELF OR CARPOOL
CALL IF INTERESTED 978-374-2390 EXT 3916

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

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



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!

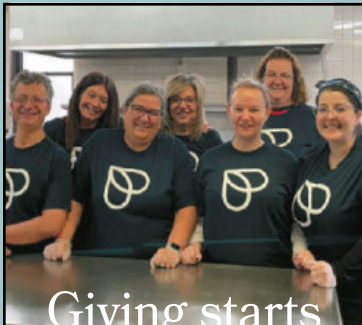


Granite memorials Engraving Cleaning services

Providing monuments of unsurpassed quality for families in the greater Merrimack Valley and Southern New Hampshire since 1948.

(978) 372-4951

Please contact our office for personalized care and service.



Giving starts 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!



Member FDIC | Member DIF | Equal Housing Lender | NMLS # 1630815

SUPPORT OUR ADVERTISERS!

Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

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

CALL 978-372-3930

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

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- Fire Safety
- Flood Detection
- Carbon Monoxide

Authorized Provider SafeStreets **833-287-3502**

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT **WWW.MYCOMMUNITYONLINE.COM**



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.



AgeSpan will be holding the

Local Harvest Program

at your Haverhill Council On Aging. The purpose of this program is to provide you with access to free, fresh, local produce, as well as tools to improve your nutrition. This is a program in partnership with a local farmer who will provide great quality produce to the participants. The participants will be able to "shop" at the community market once a week for 8 weeks. Please note that capacity is limited for this program, but we won't have any registration process. It will be **FIRST COME, FIRST SERVED**. You must be a member of the Haverhill COA and over 60. If interested and need more information, please reach out to

Paula at 978-374-2390 ext 3916

STARTING WEDNESDAYS JULY 9TH

@10AM

Hello Friends,

Summer is officially here — and so is the Boston heat! As the temperatures rise, so does the energy on Beacon Hill. Governor Healey has signed the budget, which includes several exciting wins for our district. Whether it's funding for local projects, support for small businesses, or investments in our schools and infrastructure, I'm proud of the progress we're making together.

As our economy evolves and technology transforms how we live and work, it's our job to ensure Massachusetts stays ahead of the curve — while creating opportunity for everyone.

Summer isn't just for sunshine and beach days — it's a time to recharge, reconnect, and reengage with our communities. Whether you're reading this from your porch, a coffee shop, or the lake, I hope this newsletter keeps you in the loop and inspires you to stay civically involved.

Wishing you a joyful, safe, and sunny summer ahead! Don't hesitate to reach out.

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





FARMER MARKET VOUCHERS

FARMER MARKET VOUCHERS DISTRIBUTION WILL BE
FRIDAY AUGUST 8, 2025 9-12PM
HAVERHILL CITIZEN CENTER.

VOUCHERS WILL BE DISTRIBUTED WORTH \$25

FIRST COME, FIRST SERVED

TO BE ELIGIBLE TO RECEIVE FARMERS MARKET VOUCHERS YOU MUST BE

- 60 YEARS OF AGE OR OLDER
- DISABLED AND LIVING IN SENIOR HOUSING WHERE CONGREGATE NUTRITION SERVICES ARE PROVIDED AND
- MUST BE INCOME ELIGIBLE
- MUST BE HAVERHILL RESIDENT

COUPONS ARE FOR PURCHASING PRODUCE AT NEARBY FARMER'S MARKETS

PLEASE ONLY TAKE COUPONS IF YOU WILL USE THEM

PLEASE BRING YOUR ID AND PROOF OF RESIDENCY

FOR ANY QUESTIONS YOU CAN CALL 978-374-2390 EXT 3916

10 WELCOME ST

SPONSORED BY AGESPAN

August Regular Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 1pc Hamburger 2oz Au jus ½ cup Roasted Sweet Potatoes ½ cup Beets 1pc WW Burger Bun 1pc Gelatin 1pc Ketchup No Margarine</p>	<p>5 4oz Potato Crunch Fish ½ cup Chuckwagon Corn ½ cup Mashed Potatoes 1pc Dinner Roll 1pc Cookie 1pc tartar sauce No Margarine</p>	<p>6 3oz Grilled Chicken 2oz teriyaki Sauce ½ cup Green Beans ½ cup Vegetable Rice 1pc MG Bread ½ cup Pineapple</p>	<p>7 Cold: Two Compartment Turkey Chef salad 2oz Deli Turkey 1 oz shredded cheese 1 cup Mixed Green Salad ½ cup Black Bean & Tomatoes 1pc Fresh Fruit ½ pc Pita Bread 1 pkt Dressing</p>	<p>1 3oz Grilled Chicken 2oz Piccata sauce ½ cup Rice Pilaf ½ cup Broccoli 1pc WW Bread ½ cup chocolate pudding</p>
<p>11 Two Compartment 1pc Grilled Chicken 4oz Greek Sauce (spinach, peppers, feta, olives) over ½ cup Risotto 1pc MG Bread ½ cup apple Slices</p>	<p>12 Two Compartment 11oz American Chop Suey 3oz Ground beef ½ cup pasta 4oz Tomato sauce ½ cup Broccoli 1pc WW Garlic Roll 1pc Fresh Fruit</p>	<p>13 Cold: 3oz Tuna Salad ½ cup Three Bean Salad ½ cup Garden Salad 2 slices Wheat Bread 1pc Menu Magic Dressing ½ cup Pineapple No Margarine</p>	<p>14 Special: BBQ Pulled Pork ½ cup warm peach cobbler ½ c garlic green beans (HDM) Congregate: Corn chowder to replace green beans ½ cup Potato Salad ½ pc burger bun No Margarine</p>	<p>15 1pc Broccoli & Cheese Egg Bake ½ cup Potatoes O'Brien ½ cup Carrots 1pc Fruit Loaf or muffin 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup</p>
<p>18 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</p>	<p>19 Two Compartment Pasta & Meatballs 3 oz Chicken Meatballs 4 oz Marinara Sauce ½ cup Pasta ½ cup Capri Blend 1 pc Oat bread ½ cup Mandarins 1pc Parmesan</p>	<p>20 1pc Cheese Omelet 1pc Turkey Sausage 2pc Sausage (congregate only) 1pc Roasted Potatoes ½ cup Ratatouille (no mushrooms) 1pc Vienna Bread ½ cup Pineapple Fruit Whip</p>	<p>21 Cold: 3.5 oz Diced Chicken Salad with celery ½ cup Citrus Quinoa Salad ½ cup Carrot Slaw 2pc MG Bread 1pc Cookie</p>	<p>22 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Butternut 1pc Biscuit 1pc Fresh Fruit</p>
<p>25 Thai Beef & Basil 3oz Ground Beef, soy & oyster sauce with 2oz Peppers ½ cup Broccoli 4oz Brown Rice 1pc WW Bread ½ cup canned fruit</p>	<p>26 Hot dog (LS Beef/pork) ½ cup baked beans ½ cup cinnamon apples ½ cup Coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine</p>	<p>27 Two Compartment: Cold 1 cup Tortellini Salad w/peas ½ cup Tomato & Cucumbers 1pc Fresh Fruit 1pc Oat Bread</p>	<p>28 Birthday 1pc Breaded Chicken 2oz Mary Me Sauce ½ cup Couscous ½ cup Green beans 1pc Cupcake 1pc Dinner Roll</p>	<p>29 3oz Unbreaded Fish 2oz Garlic & Lemon Butter ½ cup Corn ½ cup Creamed Spinach Congregate: Spinach Salad instead of Spinach 1pc MG Bread ½ cup Gelatin</p>

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

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



MERCADO DE AGRICULTORES

DISTRIBUCION DE CUPONES DE \$25 PARA EL MERCADO DE
AGRICULTORES

VIERNES 8 DE AGOSTO, 2025 9-12PM
HAVERHILL CITIZEN CENTER.

POR ORDEN DE LLEGADA

PARA SER ELIGIBLE:

- TENER MINIMO DE 60 AÑOS O MAS O SER
- INCAPACITADO Y QUE VIVA EN VIVIENDAS PARA PERSONAS MAYORES
- TENER INGRESOS ELEGIBLES Y
- SER RESIDENTE DE HAVERHILL

POR FAVOR DE TRAER SU IDENTIFICACION, PRUEBA QUE VIVE EN
HAVERHILL, Y PRUEBA DE INGRESOS ELEGIBLES.

PARA PREGUNTAS LLAME AL 978-374-2390 EXT 3916
10 WELCOME ST

PATROCINADO POR AGESPAN



AgeSpan llevará a cabo el

PROGRAMA DE COSECHA

en su COA de Haverhill. El propósito de este programa es brindarles acceso a productos locales frescos, **gratis**, así como herramientas para mejorar su nutrición. Este es un programa en asociación con un agricultor local que proporcionará productos de gran calidad a los participantes. Los participantes podrán "comprar" en el mercado comunitario una vez por semana durante 8 semanas. Tenga en cuenta que la capacidad es limitada para este programa, pero no tendremos ningún proceso de registración. Se distribuirá por **ORDEN de llegada**. Tiene que ser miembro del COA y tener más de 60 en edad. Si está interesado y necesita más información, comuníquese con

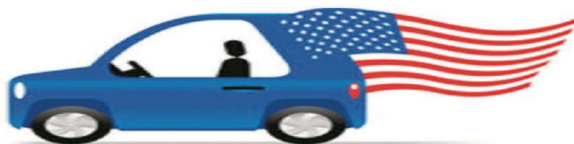
Paola al 978-374-2390 ext 3916

EMPEZANDO MIERCOLES 9 DE JULIO

A LAS 10AM

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.driveforneet.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.



MVRTA E-Z TRAN

Applications are available at the COA to help seniors get around Haverhill by van. Must be at least 60yrs old & live in Haverhill or be an individual with a disability that prevents you from using the MVRTA fixed bus route.

Call MVRTA 978-469-6878(select option 3) or call COA 978-374-2390 for an application. **A limited number of vouchers for free ride are available at the COA.**

Contact Indhira at 978-374-2390 X3911

MVRTA "MEDI-RIDE"—EXPANDED DAYS

Haverhill seniors and ADA eligible residents can obtain transportation to Lahey Clinic in Peabody as well as other several Boston Hospitals for Mon/Tues/Thurs appts. scheduled between 11am & 1:30pm.

Cost: \$8 one way; \$16 roundtrip. Companions \$4/\$8

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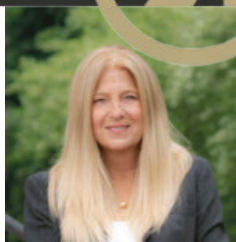
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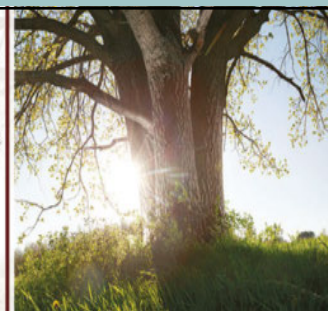
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