THE VOICE

HAVERHILL COUNCIL ON AGING
A newsletter for Haverhill residents from 60-106
10 Welcome Street Haverhill, MA 01830
Monday-Friday 8am-4pm
978-374-2390
www.haverhillma.gov



Our Staff

Mary Connolly
Director of COA/Nurse
Indhira Rijo
Principal Acount Clerk
Betty Burnell
Transportation
Maria Yagual
Outreach
Paola Hussein
Volunteer/Activities Coordinator
Melinda Barrett
Mayor

You can view our newsletter online at www.haverhillma.gov

If there are any changes in your address or phone number please call to update.

NOVEMBER 2026

Welcome November! The crisp autumn air settles and the colors of fall begin to fade. The holidays are around the corner and it's a special time of year to remind ourselves of our blessings, be thankful for the people in our lives and appreciate one another. May this November bring you many reasons to be thankful for. May you all have a wonderful Thanksgiving filled with love, laughter and beautiful memories.

This month we start with a presentation on Reverse Mortgage, understand your options. Join the lunch and learn from Home Halo on private home care that can help you stay living in your home. TD Bank will be back with a credit awareness presentation. There are two more smartphone training workshops that will help you navigate your phone. Don't forget to sign up for the Traveling Chef and join us for our regular scheduled coffee hour and movie Day. We are working on planning our Holiday Luncheon, please be mindful of ticket sales, they go very quickly. See more details inside and please RSVP to all events. Remember you must be a member to participate in all activities.

CITIZEN CENTER CLOSED
11/11/26, 11/26/26 and 11/27/26

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	3 **NO ACTIVITIES** **ELECTION DAY** **Mobile Market 11am**	4 Chair Yoga 9am Comedy Masque 9am World Affair Discussion10 Senior Fitness 11am 45's tournament 12:30pm 3 B's 12 pm **Smartphone Training 10am**	5 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	6 3 B's 11:30am **Reverse Mortgage 10am** 45'sTournament 12:30 **Smartphone Training1:30pm**	
9 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	10 Zumba 9:30am Mahjong 10am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	11 **CLOSED**	12 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am **Traveling Chef 11am**	13 3 B's 11:30am 45'sTournament 12:30 **Home Halo Lunch and Learn 1pm/RSVP**	
16 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	17Zumba 9:30am Mahjong 10am Open Art Studio 11am Senior Fitness 11am **TD Credit Awareness 11am** Yoga 1pm	18 Chair Yoga 9am Comedy Masque 9am World Affair Discussion10 Senior Fitness 11am 45's tournament 12:30pm 3 B's 12pm **Fallon Lunch & Learn1:30**	19 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am **National Grid 10-1pm**	20 3 B's 11:30am 45'sTournament 12:30 **Thanksgiving Luncheon RSVP only**	
23 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	24 **Chit Chat 9am** Zumba 9:30am Mahjong 10am **Movie Day 10:30am** Open Art Studio 11am Senior Fitness 11am Yoga 1pm	25 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am 45's tournament 12:30pm 3 B's 12pm	26 **CLOSED**	27 **CLOSED**	
30 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm		**EVERYDAY: M-F** **Pool table 8-3pm** **Fitness room 8-3pm** **Library 8-3pm**			

WELCOME

COMMUNITY NIGHT MEALS



MONDAY NIGHTS

STARTS AT 4:30

UNTIL 5:30 PM

OPEN TO ALL IN THE HAVERHILL COMMUNITY

CONGREGATE LUNCHES

AGESPAN WILL BE SERVING LUNCHES IN THE DINING ROOM

11-12PM

$2 SUGGESTED DONATION



BINGO



MONDAYS

HAVERHILL CITIZEN CENTER

CARDS SOLD AT 12PM

GAME BEGINS AT 1PM

MUST BE A MEMBER WITH THE COA AND 60 AND UP TO PLAY

DO NOT PARK ACROSS THE STREET

IMPORTANT IMFORMATION

PLEASE BE AWARE
WHEN HAVERHILL PUBLIC SCHOOLS ARE CLOSED OUR ACTIVITIES WILL BE CANCELLED.
IF THERE IS A DELAY, WE WILL ALSO BE DELAYED.
IF YOU HAVE AN ACTIVITY SCHEDULED PLEASE MAKE SURE YOU ARE ON A CALL LIST FOR THAT ACTIVITY.
CALL 978-374-2390 FOR DETAILED INFORMATION.
YOUR SAFETY AND WELL BEING IS IMPORTANT TO US ESPECIALLY DURING INCLEMENT WEATHER. PLEASE MONITOR THE WEATHER AND AVOID UNNECESSARY TRAVEL.

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? You can find knitted items to purchase in the lobby.



HEALTH UPDATES

WELLNESS CLINIC

WEDNESDAYS 9-11AM

WITH NURSE
MARY CONNOLLY



FOOT CARE IS BACK!!

Certified Foot Care Specialist, Marie Anderson, NP, will be available the
3rd Friday of
every other 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



ACTIVITIES

Sotheby's
INTERNATIONAL REALTY

DO YOU EXPECT TO OULIVE YOUR REVERSE MORTGAGE?

Understanding options and help protect the value you've built.

Friday November 6, 2026
10am
RSVP 978-374-2390 ext 3916



TRAVELING CHEF

THURSDAY NOVEMBER 12, 2026

Lemongrass Chicken or Beef (please specify)
Jasmine Rice
Garden Salad
Pineapple Dessert & Fortune Cookie, Juice

RSVP BY 11/5/26
MEALS SERVED 11-12PM
YOU MUST RSVP / $2 Suggested donation
978-374-2390 EXT 3916

Home HALO

Lunch Is On Us — Let's Talk About Staying Home!

Home Halo would love to host a complimentary luncheon for simple, informative conversation about private-pay home care and the options available to them.

FRIDAY NOVEMBER 13, 2026
1pm Rm 45
RSVP 978-374-2390 ext 3916

TD SAFE
Security Awareness for Everyone
Scan the QR Code to get started

Credit Awareness

Protect yourself from financial fraud and identity theft

Tuesday November 17, 2026
11am
RM 45
RSVP 978-374-2390 ext. 3916

fallonhealth

Lunch and learn
Family Caregiver month
Wednesday November 18, 2026
1:30pm



COFFEE HOUR

Enjoy a warm cup of coffee or tea while engaging in casual chats with friends.

Tuesday November 24, 2026
9am
Dining Room



MOVIE DAY

The film tells the story of Michael Jackson's life beyond the music, tracing his journey from the discovery of his extraordinary talent as the lead of the Jackson Five, to the visionary artist whose creative ambition fueled a relentless pursuit of becoming the biggest entertainer in the world.

TUESDAY NOVEMBER 24, 2026
10:30am

Smart Phone Knowledge and Training Free Classes

11/4 @10am Personalizing your Device
In this class, we learn about different ways to customize the iPhone and Ipad to better suit your preferences.

11/6 1:30pm Managing Security on Our Smart Devices
Our smartphones and tablets hold a lot of important personal information, so learning how to keep them secure is essential. We'll cover simple security tools like passcodes, Face ID and Touch ID, two factor authorization and other helpful features.

Sign up with Mary 978-374-2390 x3915 or mconnolly@haverhillma.gov

What do you need to know about Medicare Open Enrollment?

Medicare Open Enrollment: October 15 – December 7.

SHINE counselors can help you with everything related to Medicare.

Your health insurance costs are an important part of your budget. Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect from your current plan in 2027, or to learn about your 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 2027.

This can affect your health care and drug costs.

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.

A SHINE counselor always has your best interest in mind.

To make an appt call Indhira at 978-374-2390 ext. 3919 or for a Plan Comparison 978-946-1374

SHINE

Serving the Health Insurance Needs of Everyone

Serving the Health Insurance Needs of Everyone_on or eligible for Medicare

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SENATOR FINEGOLD NEWSLETTER

Amesbury · Merrimac · Haverhill · North Andover · Andover · Tewksbury · Wilmington

Hello & happy fall!

Around Haverhill:

· Recently, I visited the Haverhill Citizen Center with Sheriff Kevin Coppinger's office for the final stop in our five-town fraud prevention series. Thank you to Director Mary Connolly for hosting us and to the Sheriff's office for an engaging presentation. Together, we shared tips and resources to help residents spot scams, protect their personal information, and safeguard their hard-earned savings.

Upcoming Legislative Action:

· AI is already changing the way we work, access healthcare, conduct scientific research, and navigate everyday life. Massachusetts residents have every right to expect their elected officials to protect the public interest while fostering innovation. That's exactly what my AI policy aims to do. The legislation requires major AI developers like Anthropic, OpenAI, and Meta to report best practices establishing a safety framework – think of it like a safety plan. The policy also ensures AI companies use 3rd party auditors that check they are following through with that safety plan.

· Exciting announcement, a new MBTA initiative providing free service to residents ages 75 and older and no longer drive launched. If you have a Massachusetts ID, visit https://www.mbta.com/fares/2026-fall-fare-pilots to apply.

Our office door is always open. You can also direct any of your questions, concerns, or inquires to my

email barry.finegold@masenate.gov and

office phone number: 617-722-1612. I invite you to sign up for my office newsletter for occasional updates at Barry Finegold: Mailing List Signup.


HAVERHILL COA
FREE ENTRY
HOLIDAY CRAFT FAIR
CRAFTY ITEMS FOR SALE JUST IN TIME FOR THE HOLIDAYS
SUNDAY
NOVEMBER 15, 2026
9AM-1PM
CITIZEN CENTER
10 WELCOME STREET
HAVERHILL, MA 01830
RAFFLE

FESTIVAL OF TREES

TUESDAY
DECEMBER 1st
11:00 AM
BLUE OCEAN
EVENT CENTER

AN AFTERNOON LUNCH & 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
Roasted Potatoes
Chef's Choice Vegetable

DESSERT
Chocolate Mousse
No food substitutions

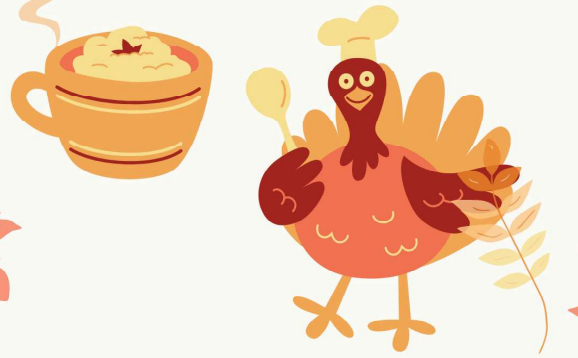
RESERVATIONS MUST BE MADE BY FRIDAY
NOVEMBER 16, 2026
CALL PAULA AT 978-374-2390 EXT 3916
$25 per person

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

blue ocean

HAVERHILL COA

THANKSGIVING LUNCHEON



FRIDAY NOVEMBER 20, 2026
12-2PM
$15

RESERVATIONS START ON OCTOBER 26,2026

LET'S BE THANKFUL TOGETHER!

10 Welcome Street

HAVERHILL COA

THE GIVING TREE



Give a gift to a Haverhill senior
Stop by the Citizen Center and pick up a gift tag from our Christmas tree.
Many nursing homes have seniors without families and will not have visitors for Christmas.

All gifts should be wrapped, labeled and returned to the Citizen Center by **Wednesday December 16, 2026**
Gifts will be distributed to Haverhill nursing homes
Gifts should be related to nursing home items like blankets, towels, toiletries, word puzzles, puzzles, word search books, etc.
Please do not leave gifts under the tree. Leave in Room 4.
For questions you can call 978-374-2390 ext 3916

HAVERHILL CITIZEN CENTER
10 WELCOME STREET

HAVERHILL COA

HOLIDAY LUNCHEON

Let's celebrate the beauty of the holidays together with music, laughter, and warmth. It is all about joy, love, and making unforgettable memories.

DECEMBER 18, 2026
12-3PM
TICKETS $20

RESERVATIONS AND TICKETS AVAILABLE 11/26
978-374-2390 EXT 3916

CITIZEN CENTER
10 Welcome Street
Haverhill, MA 01830

MENU CALENDAR

November Regular Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 1pc Cheese Omelet 1pc Turkey Sausage **Congregate: 2pc Sausage** ½ cup Creamy Polenta ½ cup Green Beans 1pc Fruit Loaf ½ cup canned fruit	**3** 4oz Potato Crunch Fish ½ cup Roasted Sweet Potatoes ½ cup Bread Pudding 1pc WW Bread ½ cup coleslaw 1pc Lemon Packet	**4 Two Compartment** Chicken Noodle Casserole 3oz Diced Chicken 4oz Egg Noodles & Sauce ½ cup Mixed Veggies 1pc WW Dinner Roll ½ cup Mandarins	**5 Cold**: 2oz Ham 1oz American Cheese ½ cup Garden Salad ½ cup ½ cup Old Fashioned Kidney Bean **Salad** **Congregate: Minestrone Soup instead of bean salad** 2 pc LS Wheat Bread 1pc Salad Dressing 1pc Fresh Orange **No Margarine**	**6 Two Compartment** 3oz Fajita Seasoned Beef 4oz Peppers & Onions cup Rice and Black Beans 1pc Tortilla ½ cup Vanilla Pudding & Blueberry Parfait 1pc Sour Cream **No Margarine**
9 Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Pinto Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta ½ cup Peas 1 pc Dinner Roll ½ cup Gelatin 1pc parmesan	**10** 3oz Chicken Strips 2oz Piccata Sauce ½ cup Parmesan Risotto **Congregate: Roasted Red Pepper & Tomato Soup instead of Green Beans** ½ cup Green Beans 1pc Oat Bread ½ cup Pineapple	**11** **No Meals** **Veteran's Day**	**12 Birthday** Deconstructed Sheppard's Pie 3oz Ground beef & 2oz gravy ½ cup corn ½ cup mashed potatoes 1 pc Biscuit 1pc Cake	**13** 3oz Pork Roast 2oz Creamy Mustard Sauce ½ cup Mashed Sweet Potatoes ½ cup Brussels Sprouts ½ cup Applesauce 1pc MG Bread
16 Two Compartment Chicken and Black Beans 3oz Chicken with 4oz Onions, Peppers, Black Beans and Tomatoes ½ cup White Rice 1pc MG Bread ½ cup Pudding	**17** 1pc Bateman meatloaf (1.5oz ground beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Mixed Vegetables 1pc White Bread ½ cup Applesauce	**18** 6.5oz Ham & Chicken Casserole ½ cup Couscous ½ cup Green Beans 1pc Fresh Orange 1pc WW Roll	**19 Special:** 3oz Roasted Turkey on top of ¼ cup stuffing with 2oz Gravy 4oz Whipped Potatoes 4oz Mashed Butternut Squash **Congregate: Cranberry Sauce** 1pc Assorted Pie 1pc Honey Wheat Dinner Roll	**20 Two Compartment** 2pc Stuffed Shells 4 oz Marinara Sauce ½ cup Capri Blend **Congregate: Italian Vegetable orzo soup instead of Capri Veg** 1 pc Oat Bread ½ cup Mandarins 1pc Parmesan
23 Two Compartment 8oz Beef Stew 3oz Stew Beef 4oz Celery, Carrots & Onions ½ cup mashed potatoes 1pc Cornbread ½ cup Canned Fruit	**24 Fish Sandwich** 4oz Potato Crunch Fish ½ cup Mashed Sweet Potato ½ cup Cheesy Cauliflower **Congregate: Corn Chowder instead of Cauliflower** 1pc WW Burger Bun 1pc Tartar Sauce ½ cup Yogurt 1pc Juice **No Margarine**	**25 Hot** dog (LS Beef/pork) ½ cup Pinto baked beans ½ cup Cinamon Pears ½ cup coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish **No Margarine**	**26** **Happy Thanksgiving** **No Meals delivered**	**27** **Happy Thanksgiving** **No Meals delivered**
30 3oz Stuffed Chicken (Broccoli and Cheese) 2 oz Supreme Sauce ½ cup Mashed Potatoes ½ cup Beets 1pc WW Dinner Roll 1pc Cookie				

RESOURCES



COULD YOU USE EXTRA MONEY FOR FOOD?

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



MEALS ON WHEELS

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

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: Amelia DeStefano 978-651-3071 adestefano@AgeSpan.org
Applications from Maria or Paola at HAV COA

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.
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.



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
978-374-2390 x3912
PARA MAS INFORMACION

NOTICIAS PARA LA COMUNIDAD LATINA

¿Necesita ayuda con sus cuentas de calefacción?

Llame a Community Action Inc. 978-373-1971/ 978-374-7660

Cupones de Alimentos (SNAP): Si necesita ayuda para aplicar para el programa de SNAP, haga cita con nuestra trabajadora social. Krista Demarkis ext 3930

AgeSpan y Greater Boston Food Bank a establecido el programa del Mercado Movil. Si tiene bajos ingresos, tiene 60 años o más y vive en Haverhill puede ser elegible a recibir una funda de alimentos gratis el primer martes del mes (dependiendo donde vive). Para información contacte a
Mayerley Astacio 978-651-3024



FIESTA DE NAVIDAD

VIERNES 18 DE DICIEMBRE 2026
12-3PM
$20

Tickets en venta el 16 de Noviembre
CONFIRME SU ASISTENCIA
978-374-2390 EXT 3916



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. Drive 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.

AgeSpar

Meva
Merrimack Valley Transit

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