



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

Principial Acoount 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.**

OCTOBER 2026

Hello October! This month we celebrate the joys of fall, the crisp mornings and colorful leaves. Days are shorter as autumn settles in. Perfect timing to appreciate the memories that make this time of year special. Let's make this an October to remember with smiles and new traditions. May this newsletter bring you useful information and this month bring you all the season has to offer.

This month we start with Gothic Animal Tales, stories performed by Rita Parisi, sponsored by the Cultural Council. Followed by a discussion on Cannabis laws with Scott Winters. The yearly Resource Fair will be held this month with the opportunity to attend a Hands-Only CPR workshop. TD Bank will return with their financial fraud workshop. Senator Finegold and senior safety experts will come by for a Senior Safety presentation. We will end the month with a Buttonwoods presentation on Haunted Haverhill with Tom Spitalere. Register for the Fall Vaccine clinic with Mary Ryan. Don't forget to check us out at our monthly coffee hour and Movie Day. The popular Traveling Chef Lunch will continue. Our Halloween Party is still scheduled with limited seats. See more details inside and please RSVP to all events. Remember you must be a member to participate in all activities.

CITIZEN CENTER CLOSED 10/12/26

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	2 3 B's 11:30am Bridge 12:30pm 45's Tournament 12:30
5 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm Topsfield 11am RSVP	6 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm Mobile Market 11am	7 Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10 Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm	8 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Gothic Animal Tales 11:30	9 3 B's 11:30am 45's Tournament 12:30 Cannabis Discussion 1pm
12 CENTER CLOSED	13 Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Yoga 1pm	14 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm	15 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am	16 3 B's 11:30am 45's Tournament 12:30 Hands Only CPR 1pm Resource Fair
19 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	20 Chit Chat 9am Zumba 9:30am Mahjong 9:30am Open Art Studio 11am Senior Fitness 11am Fraud Prevention 11am Yoga 1pm / Flu Clinic 10-12	21 Chair Yoga 9am Comedy Masque 9am World Affair Discussion 10 Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm Senior Fraud w/Senator Finegold	22 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Movie Day 12pm	23 3 B's 11:30am 45's Tournament 12:30 Halloween Luncheon RSVP
26 Knitting Group 9am Line Dancing 10am 3 B's 11am Senior Fitness 11am Bingo 12pm	27 Zumba 9:30am Mahjong 9:30am Traveling Chef 11 RSVP Open Art Studio 11am Senior Fitness 11am Yoga 1pm	28 Chair Yoga 9am Comedy Masque 9am Senior Fitness 11am 45's tournament 12:30pm 3 B's 1pm	29 Tai Chi 9am Teddy Bears 9am Zumba 9:30am Senior Balance 11am Buttonwoods Haunted Haverhill 11am	30 3 B's 11:30am 45's Tournament 12:30
		Pool tables 8-3pm Library 8-3pm Fitness Room 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

**The Haverhill COA
is looking for used
Christmas cards
to make tags for
our Giving Tree.
Please bring to
room 4**

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.



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**

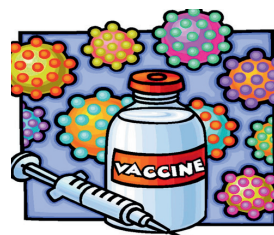
**Mary
at 978-374-2390 X 3915**

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

FALL VACCINE CLINIC

Tuesday, October 20th from 10a-12n

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



**Vaccines available: Flu (high and
low dose), Covid, RSV and
Pneumonia**

**Call Mary Ryan at 978-374-2390 x
3900 to register**

Must bring insurance card

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

****Walgreens Pharmacy will
Administer Vaccinations**



ACTIVITIES



Gothic Animal Tales by Candlelight

Stories adapted and performed by
Rita Parisi

from Waterfall productions

Thursday October 8, 2026

11:30am

Dining Room

RSVP 978-374-2390 ext. 3916



Cannabis Discussion

Honest roundtable discussion on Cannabis laws and related
topics tailored specifically for Haverhil seniors with
Scott Winters.

Friday October 9, 2026

1pm

RSVP 978-374-2390 ext. 3916



TD Safe Roadshow

**Protect yourself from financial fraud and
identity theft**

TUESDAY OCTOBER 20, 2026

11am

RM 45

RSVP 978-374-2390 ext. 3916



COFFEE HOUR

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

Tuesday October 20, 2026

9am

Dining Room



**American
Red Cross**

HANDS-ONLY CPR

**learn how to deliver lifesaving CPR care without
rescue breaths and be prepared.**

FRIDAY OCTOBER 16, 2026

1pm

ROOM 45

RSVP 978-374-2390 ext. 3916

Safety for Seniors: Avoiding Scams & Misinformation

**Join State Senator [Barry Finegold](#) and senior public safety experts to learn
tips and tricks on how to protect yourself from fraud.**

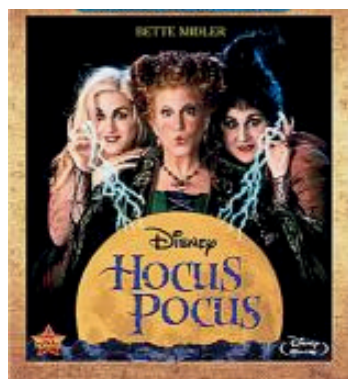


WEDNESDAY OCTOBER 21, 2026

11am

Rm 45

RSVP 978-374-2390 ext.3916



MOVIE DAY

**After 300 years, three sister witches are resurrected in
Salem Massachusetts on Halloween night, and it us up to
two teenagers, a young girl, and an immortal cat to put
an end to the witches reign of terror once and for all.**

THURSDAY OCTOBER 22, 2026

12pm

Room 45



BUTTONWOODS MUSEUM HAUNTED HAVERHILL

**No matter what city or town you live in, there are stories
about things that go bump in the night. Join
Buttonwoods Museum to talk about UFO sightings, Big
Foot sightings, and ghostly sightings, here in Essex
County.**

THURSDAY OCTOBER 29, 2026

11am

RSVP 978-374-2390 ext.3916

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**



**Serving the Health Insurance Needs of Everyone_on or eligible
for Medicare**



Hello & happy fall!

Around Haverhill:

- This fall I'll be making the rounds to talk about digital safety and fraud prevention. I'll be at the Haverhill Citizen Center on October 21st at 11:00 AM. I hope you'll join me and a local senior public safety expert and learn some tips and tick on how to protect yourself from scams and misinformation.
- This September 11 marked the 25th anniversary of one of the darkest days in our history. On this somber anniversary, we reflected together, honoring every life taken and every family that has carried the unimaginable weight of that loss. We honor them today always, holding their strength, their stories, and their loved ones in our hearts.

Upcoming Legislative Action:

- The House and Senate are teaming up to lock in a major Economic Development bill, and we're zeroed in on what matters most: business growth, good jobs, lower costs for families, and strong artificial intelligence safety measures responsibly. Big things ahead. Stay tuned.

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.

Also, for more consistent updates, make sure to stay connected through my social media: Instagram ; Facebook



ASPEN HILL

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Welcome to Aspen Hill Rehabilitation & Healthcare Center, a warm and welcoming skilled nursing center offering the best in subacute rehab and long-term care with a primary goal of returning patients home as soon as possible. We are excited to infuse our center with our progressive rehab approach. An integral part of the Haverhill community, our top-notch professional staff partners with the best healthcare providers in the area to deliver exceptional clinical care. Our caregivers strive to enrich and enhance the quality of life of everyone and are dedicated to meeting all their physical, emotional, and spiritual needs.

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debhaleyinsurance@gmail.com

Deb Haley

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Licensed Health Insurance Broker - NPN#18509337

I do not offer every plan available in your area. Currently I represent 10 organizations that offer 45 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



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loved one at home
who requires
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Haverhill Council On Aging, Haverhill MA

06-5434

Please join us at our



Resource Fair

**Friday, October 16th, 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 !!**

**FREE CPR "Hands Only" Class at 1pm in Room 45
call 978-374-2390 x 3900 to sign up
DOOR PRIZES AND GIVEAWAYS!!**



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

TRAVELING CHEF

TUESDAY OCTOBER 27, 2026

**Stuffed chicken breast (broccoli and cheese)
Roasted Fall Veggies
Rice Pilaf
Dinner Roll, Bread Pudding, Juice**

**RSVP BY 10/7/26
MEALS SERVED 11-12PM
YOU MUST RSVP / \$2 Suggested donation
978-374-2390 EXT 3916**



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

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



Please join us for a
HAVERHILL COA

HALLOWEEN PARTY

FRIDAY OCTOBER 23, 2026

12-2PM/ \$15

LUNCH & ENTERTAINMENT

RESERVATIONS & TICKETS
WILL BE AVAILABLE BY 9/28
978-374-2390 EXT 3916

10 WELCOME ST
HAVERHILL, MA



MENU CALENDAR

October 2026 Regular Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Two Compartment Chicken and Black Beans 3oz Chicken Strips with 4oz Onions, Peppers, Black Beans and Tomatoes ½ cup White Rice 1pc MG Bread 1pc Cookie	6 1pc Batman meatloaf (1.5oz ground beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes Congregate: Vegetable Soup instead of vegetables ½ cup Mixed Vegetables 1pc White Bread ½ cup Chocolate Pudding	7 Hot dog (LS Beef/pork) ½ cup Pinto baked beans ½ cup Warm Peas ½ cup Latin Slaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	1 October 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Mashed Butternut Congregate: Butternut Soup instead of Butternut 1pc Biscuit 1pc Cookie	2 1pc Cheese Omelet 1pc Turkey Sausage Congregate: 2pc Sausage ½ cup Roasted Potatoes ½ cup Ratatouille 1pc Fruit Loaf 1pc Fresh Fruit 1pc Ketchup
12 No Meals Indigenous Peoples' Day	13 3oz Stuffed Chicken (Broccoli and Cheese) 2 oz Supreme Sauce ½ cup Rice Pilaf ½ cup Beets 1pc WW Dinner Roll ½ cup Pineapple	14 Two Compartment 10oz Beef Stew 3oz Stew Beef 4oz Celery, Carrots & Onions ½ cup mashed potatoes 1pc Cornbread ½ cup Gelatin	15 Birthday Cold: 3oz Chicken Salad ½ cup Orzo Salad ½ cup Kidney Bean Salad* Congregate: Broccoli & cheese soup instead of Orzo Salad ½ Pita Bread 1pc Birthday Cake	16 Two Compartment 3oz Ravioli 4 oz Ground Turkey Bolognese ½ c Broccoli 1 pc WW Garlic Roll 1pc Fresh Fruit 1pc parmesan
19 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Green Beans 1 pc LS Wheat Bread 1pc Cranberry Sauce (cong) 1pc Canned Fruit	20 American Chop Suey 3oz ground beef ½ cup pasta 4oz Tomato sauce Congregate: Cream of Spinach Soup instead of Cauliflower ½ cup Cauliflower & Parsley 1pc WW Garlic Roll ½ cup Pudding	21 3oz Chicken Strips 2oz BBQ Sauce 1/2 cup Sweet Potatoes ½ cup Capri Blend ½ cup Mandarins 1pc MG Bread	22 Special 3oz Pork with 2oz Apples ½ cup Mashed Butternut Squash ½ cup Roasted Brussels Sprouts 1pc Pumpkin Baked Good 1pc Dinner Roll	23 3oz Pollock 2oz Garlic & Lemon Butter ½ cup Rice & Black Beans* ½ cup Creamed Spinach 1pc Oat Bread ½ cup applesauce
26 Two Compartment 8oz Beef Chili (4oz Ground Beef, Pinto Beans and Kidney Beans, peppers) ½ cup Blueberry Crisp 1pc Cornbread ½ cup Garden Salad 1pc Dressing	27 Two Compartment Chicken pot pie 3oz Diced Chicken ½ puff Pastry (congregate) ½ cup peas and carrots 3oz sauce ½ cup Mashed potato 1pc Biscuit (HDM) 1pc Dinner Roll (Congregate) ½ cup Canned Fruit	28 Cold: 2 oz Sliced Ham 1 slice American Cheese ½ cup Citrus Quinoa Salad Congregate: Potato Leek Soup instead of Quinoa ½ cup Garden Salad 2 slices LS Wheat Bread 1 plt Mustard 1pc Mennu Magic Dressing ½ cup Yogurt 1pc Juice (no milk) No Margarine	29 Beef & Broccoli 3oz Sliced beef ½ cup Broccoli ½ cup soy, sesame & Garlic Sauce ½ cup Brown Rice 1pc MG Bread ½ canned fruit	30 Halloween 8oz Macaroni and Cheese ½ cup Stewed Tomatoes 1pc MG Bread ½ cup canned Fruit 1pc Chocolate Candy (no nuts)

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 x3913

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 HALLOWEEN

**VIERNES 23 DE OCTUBRE 2026
12-2PM
\$15**

**CONFIRME SU ASISTENCIA
978-374-2390 EXT 3916**

Become a Volunteer Driver

Make a difference in the life of a senior!

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Find us on the web at
DriveforNEET.org/volunteer
or call 978-388-7474.

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.



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



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Haverhill Council On Aging, Haverhill MA

06-5434

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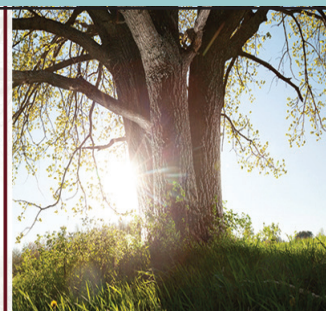
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Haverhill Council On Aging, Haverhill MA

06-5434