
NEWSLETTER

AMESBURY & MERRIMAC
HOUSING AUTHORITY

978-388-2022


www.amesburyha.com

Cboucher@amesburyha.com

Upcoming Events

- * **State Rep**
May 5 from 9am-11am
Community Room
Merrimac
- * **Music Bingo**
May 7 @ 5pm
Community Room
Merrimac
- * **Let's talk**
May 12 @ 5pm
Community Room
Heritage Towers
- * **Movie night**
May 14 @ 5pm
Community Room
Heritage Towers
- * **Trivia**
May 6 at 5 pm
Community Room
Heritage Towers
- * **Greatest Rock Videos and Trivia with Maty Gitlin**
May 19 at 2 pm
Community Room
Heritage Towers
- * **Newsletter meeting**
May 20 at 3PM
Community Room
Heritage Towers
- * **Music Bingo**
April 21 at 5 pm
Community Room
Heritage Towers

Executive Director Office Hours

Dr. Annmary Connor will be holding office hours for residents to meet one-on-one. This is an opportunity to ask questions, share concerns, and have your voice heard. We encourage all residents to take advantage of this time to connect and work together on matters that are important to you.

Sign up between 9:00–11:00 AM for one-on-one time in 15-minute slots. The sign-up sheet will be available in the office.

Join us for our All-Tenant Meetings—an opportunity to hear important updates and ask questions. Meetings will be held on May 6 at Powow (10:00 AM), Orchard Park (5:00 PM), and Macy (5:00 PM); May 17 at Merri Village (5:00 PM); and May 29 at Heritage Towers (6:00 PM).

We look forward to seeing you there!

Resident Corner

We have several exciting activities blooming this month, and we'd love for you to join us! Community events are a wonderful way to stay connected, meet neighbors, and enjoy something new as the season comes to life.

If you have ideas for future events or programs, please don't hesitate to share them. Your voice helps our community grow and flourish.

SCAN HERE



Monthly Affirmation

“You are destined to succeed!
You are stronger than any
hardship, wiser than any
setback, more determined
than any challenge, and more
creative than any problem.
Nothing can stand in your
way—obstacles are no match
for you. Believe in yourself,
and nothing can stop you
now!”

From Woman’s World
Submitted by Gail S.

The Recipe Exchange

One-Pan Chicken & Veggies

Ingredients

- 2 chicken breasts or 3–4 chicken thighs
- 2 cups vegetables (mix of broccoli, carrots, potatoes, or peppers)
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon garlic powder (or 2 cloves fresh garlic, minced)
- 1 teaspoon paprika (optional but adds great flavor)

Steps

1. Preheat oven
 2. Set to 400°F.
 3. Prep veggies
 4. Chop vegetables into bite-size pieces so they cook evenly.
 5. Season everything
 6. Put chicken and veggies on a baking sheet.
 7. Drizzle with olive oil.
 8. Sprinkle salt, pepper, garlic powder, and paprika.
 9. Toss veggies and rub seasoning onto chicken.
 10. Spread out
 11. Make sure everything is in a single layer (not crowded).
 12. Bake
 13. Cook for 20–25 minutes
 14. (Chicken should reach 165°F inside.)
 15. Optional crisp
- Broil for 2–3 minutes at the end if you want crispy edges.



Amesbury Housing Authority
www.amesburyha.com



Newburyport Housing Authority
www.cityofnewburyport.com













Merrimac Housing Authority
www.amesburyha.com

WORD SEARCH

N	W	S	U	N	Y	N	A	L	B	F	G	C	T	D
R	D	K	M	N	V	J	V	K	A	X	O	Z	U	P
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-  CYCLING
-  ROWING
-  BASEBALL
-  BOXING
-  CRICKET
-  GOLF
-  YOGA
-  SKATING
-  SOCCER
-  SWIMMING

LET'S STAY CONNECTED

Maintenance Line – 617-591-1016

All work orders, routine or emergency, can be called in to this number.

Deb Imperioso, AgeSpan Supportive Living Coordinator – 978-989-5437

Cristina Boucher, Resident Service Coordinator – 978-270-5432

Lisa Harrington, Housing Coordinator – 978-388-2022 x6

Dr. Annmary Connor, Executive Director – 978-388-2022 x11

Office Hours:

Monday–Thursday: 8:00 AM – 4:15 PM

Friday: 8:00 AM – 12:00 PM