

# NEWS & VIEWS

The Andover Senior Center: The Center at Punchard

August 2018, Vol. 2 Issue 8

## August 2018

### MISSION STATEMENT

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.



### HOURS OF OPERATION

**Monday:** 8:00-4:00 p.m.

**Tuesday:** 8:00-4:00 p.m.

**Wednesday:** 8:00-4:00 p.m.

**Thursday:** 8:00-8:00 p.m.

**Friday:** 8:00-4:00 p.m.

### CONTACT INFORMATION

**Phone #:** 978-623-8320

**Physical Address:** 30 Whittier Ct. Andover, MA 01810

**Mailing Address:** 36 Bartlet St. Andover, MA 01810

**Email:** seniorcenter@andoverma.gov

**Website:** www.andoverma.gov/seniorcenter

### SOCIAL MEDIA



@SeniorCenterAtPunchard



@SeniorCenter\_AtPunchard



@Center\_Punchard



I hope everyone has been enjoying the beautiful weather that we have been experiencing, it's hard to believe that we are already in the month of August and summer will be over before we know it! At the Senior Center, we continue to be extremely busy with maintaining our longstanding programs and services; as well as, working to make positive changes which in turn will allow us to bring exciting new resources to the Andover community.

Our Summer Session will end the week of August 6th and Registration for the Fall Session will also take place that week. The following week of August 12th will be our Break Week when makeup classes can be held and Drop-In Groups are welcome to continue to meet.

In this issue of News & Views you will find information about what we have planned in August; along with the classes, activities and other happenings that are currently scheduled in the fall. As always, I hope that you will find something of interest to you, that you will register for and participate in!

Sincerely, *Annamary Connor*, LCSW  
Director of Elder Services

## Regular Monthly Events & Special Monthly Events

### [Ask the Lawyer](#)

Justin St.James, Esq. is licensed in MA & NH & donates his time on the 4th Monday of every month to meet with individuals who have legal questions. *Monday, August 27th | 9:30 a.m. | To attend you must call in advance to make an appointment | Cost: FREE*

### [Book Club](#)

Held on the 4th Thursday of every month September through June. *Thursdays | 1:30 p.m. | To attend you must register in advance | Cost: FREE | Facilitator: Evelyn Retelle*

### [Council on Aging Board Meeting](#)

Held on the 2nd Thursday of every month all are welcome to attend! *Thursdays, August 9th | 8:30 a.m.*

### [Fix it Shop](#)

Bring your lamps (new cords & sockets), small appliances, chairs, small tables & any other small project & this group will try to fix it! *Mondays, August 13th & 27th | 1 p.m. | Cost: \$4 plus parts for Andover seniors (ID required), \$10 plus parts for non-seniors/non-residents & \$2 diagnostics fee.*

### [Happy Birthday to You!](#)

We celebrate birthdays on the 3rd Friday of every month as part of the congregate lunch program. Let us know if it is your birthday month so you can be entered into a raffle to win a prize (you must be in attendance to win). This is open to everyone & entertainment is provided courtesy of ASCF. *Friday, August 17th | 11:45 a.m. | To attend you must register in advance | Cost: Suggested donation of \$2.50 for lunch*

### [Mass State Senator](#)

Held on the 4th Monday of every month. Bring your questions for staff from Senator Barbara L'Italien's office. *Monday, August 27th | 8:30 a.m. | Registration is not required, participants are seen on a 1st come 1st serve basis | Cost: FREE*

### [Technology Recycling Program](#)

TRIAD sponsors phone, table & charger recycling, all proceeds go to the development of programs for Andover's Senior Citizen community. Programs being funded include: Grab & Go Bags for Emergencies, Medication Disposal Day & Scam & Identity Theft Forums. Locations of drop boxes are: Andover Police Department, Center at Punchard & Town Hall 2nd floor lobby. Questions or concerns please contact Officer Robin Cataldo 978-475-0411 X1004

[Acrylics Art Class](#)-Join in an easy step-by-step process, no art skills are needed & all materials are included. *Instructor: Friday, August 10th | 10:00 a.m. | Space is limited, to attend you must register in advance | Cost: FREE (covered by Living Healthy Grant) | Instructor: Gail Arpin-Finck*

[Card Making Workshop](#)-Come join this fun group to make greeting cards. All supplies provided, no craft skills required & each participant will take home 4 cards! *Wednesday, August 15th | 1 p.m. | Space is limited, to attend you must register in advance | Cost: FREE | Facilitators: Brenda Shea & Lynne Tromblay*

[Discussions With Doctors](#)-A different doctor will come each day to talk about the area they specialize in. Check in at the Center to see who they will be & what they will be talking about! *Fridays, August 3rd & 17th | 10:30 a.m. | To attend you must register in advance | Cost: FREE*

[Grill Night](#)- Sign up for these fun evenings at the Center. Each night there will be hot dogs, hamburgers, grilled chicken & a special. Prices include salads, beverages & desserts. *Thursdays August 9th & 23rd | Seatings are at 5:00, 5:30 & 6:00 p.m. | To attend you must register and pay ahead of time at the Center.*

[Meet Your Elder Services Police Officer](#)-Officer Robin Cataldo will be introducing herself and talking about what her role at the Center is. *Monday, August 6th | 11 a.m. | To attend you must register in advance*

[Overview of Acupuncture](#)-Learn about the basics of Acupuncture & the benefits that you can get from it. *Tuesday August 14th | 1 p.m. | Presenter: David Ayerman*

[Principal Presentation](#)-Two principals from the Andover school system will be coming to talk about volunteer positions that they have available within their schools, that they are hoping some older adults might be interested in getting involved in. SCRPT hours can be counted towards these volunteer opportunities. *Thursday August 2nd | 11 a.m. | To attend must register in advance*

[Registry On The Move-Community Outreach Deed & Homestead Information Session](#)-Register Iannuccillo & Registry staff will be available to: answer questions about the Homestead Act, verify if a declaration of homestead has been recorded on your property, if not why you should record one on your property, order a copy of your current deed or homestead or other recorded documents, consumer alerts, information booklets on your town, free notary services, etc. *Wednesday, August 29th | 10 a.m. | To attend must register in advance*

[Series to Help You Better Understand Dementia](#)-Join a presentation on the effects that dementia can have on families. *Presenter: Peter Bruce, Bridges BY EPOCH | Wednesday, August 8th | 10:30 a.m. | To attend please RSVP to Peter Bruce at 978.775.1070 or pbruce@bridgesbyeepoch.com | Cost: FREE (sponsored by Bridges BY EPOCH)*

[Trip to Mann's Orchard](#)-Fun bus trip to Mann Orchards in Methuen, grab lunch, far fresh items, homemade pies &/or ice cream! *Monday, August 20th | Pickups will start at 9 a.m. & we will be on the road by 10:15 a.m. | Space is limited on the bus, to attend you must register in advance | Cost:\$10 (this covers transportation only, individuals are responsible for other expenses)*

**Craft Corner**-Thursdays | 9:30 a.m. | To attend must register in advance | Cost: FREE

**Comfort Critters (formally SHOP)**- Make stuffed animals that are donated to children in hospital emergency rooms. Participating in this group can count towards SCRPT volunteer hours! Wednesdays | 9 a.m. | Cost: FREE | Contact: Evelyn Retelle

**Duplicate Bridge**-This group is for intermediate level players. Thursdays | 1 p.m. | Must register to insure a multiple of 4 players per table Cost: FREE | Contact: Charles Kenney

**Fiber Arts**-Wednesdays | 10 a.m. | To attend must register in advance | Cost: FREE

**Fun & Games**-Tuesday-Friday | 1 - 4 p.m. | Cost: FREE

**Knit Wits**-Fun social group of knitters. Bring your own project and materials and get involved! If you are new to knitting there are some people who are willing to teach & there are some supplies to practice with. Wednesdays | 1 p.m. | Cost: FREE

**Mahjong**-Tuesdays | 1pm | Cost: FREE

**Model Building**-Join this group, bring your own model building supplies & enjoy the company of others while creating your masterpiece! Wednesdays | 9 a.m. | Cost: FREE

**Open Studio Art**-Bring your own art project & materials & join this group of artists who get together every week. Thursdays | 9 a.m. | Cost: FREE

**Ping Pong**-Fridays | 2 p.m. | Cost: FREE

**Quilting**-Show & tell, instructions & help, flexible itinerary, learn new techniques, charity & outreach work as a group. Prior knowledge of basic quilting is helpful. Mondays | 9 a.m. | Cost: FREE | Contact Deb Kelso

**Rhythm-Aires**- This group utilizes tambourines to play a variety of tunes, no experience is necessary just willingness to learn & have fun! Mondays | 10:15 a.m. | To attend must register in advance | Cost: FREE | Instructor: Linda Kirk

**Social Bridge**-Tuesdays | 1 p.m. | Cost: FREE | Contact: Charles Kenney

**Sunrise Singers**-Come and sing your heart out, no experience required! Mondays | 9 a.m. | To attend you must register in advance Cost: FREE | Instructor: Linda Kirk

**The Write Stuff**-Come & participate in an engaging writing process! | Tuesdays | 10 a.m. | To attend you must register in advance | Cost: Suggested donation of \$2 | Contact: Sreenivas Madras

**Wood Carving**-Mondays | 9 a.m. | To attend must register in advance | Cost: FREE

### Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required if it is a local ride and two weeks advance notice is required for a long distance ride.

### Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$5 round trip.

### Daily Ride to The Center

Daily trips to and from the center are FREE, suggested donation.

### Townie Trips

The Center now offers Thursday Andover Townie trips – travel in town between 9:30 am and 3:00 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon.

⇒ **One week advance notices, service is curb to curb and transportation is not guaranteed so you should have a back up plan! Seasonal day trips and trips to Walmart are also taken regularly.**

⇒ **For scheduling, costs and more detailed information see the Transportation brochure and/or call the Center. Please note if you do not get to speak to a staff member in Transportation leave a message with your name and contact information and someone will return your call in 2-3 business days.**

***Donations are welcome & appreciated for all events, programs & groups!***

## Health & Wellness

**Brown Bag**-Anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, food stamps or fuel assistance can participate in this program & receive a grocery bag of perishable & non-perishable food items on the 4th Tuesday of every month. Bags must be picked up by 10:15 a.m. Call Annmary or Kristine to complete an application. *Tuesday, August 28th | 9:30 a.m. | Cost: FREE*

**Living Healthy Series**-Come enjoy a light dinner followed by a presentation on a health/wellness topic. *Thursday, August 30th | 5:30 p.m. | Cost: \$5 suggested donation*

**Mindfulness Meditation**-This is a great way to relieve stress & become more relaxed! No experience is necessary, all are welcome to join this group! *Fridays | 3 p.m. | To attend you must register | Cost: Suggested donation of \$3*

**Massage**-We offer chair massages by appointment only to seniors over 60. *Mondays | 10 a.m. | Cost: \$15 for 20 min | To attend you must make an appointment*

**Medication & Syringe Disposal**-Medication disposal is available at the Andover Police Department. Syringe disposal is available at the Center & at the Andover Police Department Public Safety Building at 35 Main St. If you have any questions call the Andover Police Department at 978-475-0411.

**Neighbors In Need Food Pantry**-Every Thursday the Senior Center hosts this food program, anyone who is in need of food is welcome to benefit from this resource. An intake form must be completed at 1st visit. *Thursdays | 4:00 p.m. | Cost: FREE*

**Podiatry**-A nurse comes to the Center to help individuals with their foot care. You may call the Center to book an appointment at any time. For homebound residents, please call & ask for Kristine Arakelian. *Cost: \$10 for Andover residents (This program is subsidized by a grant from The Andover Home for Aged), \$35 for non-residents.*

**SHINE (Serving Health Information Needs of Everyone)**-This confidential counseling service helps individuals understand their Medicare insurance benefits & other health insurance options. *To see our SHINE Counselor you must call the Center to make an appointment | Cost: FREE*

**Wellness Clinics**-Stop in to meet with one of our trained nurses who can: check your blood pressure/pulse, monitor your weight, review medications, discuss health questions, go over nutrition information, review lab results & help you to prepare for a doctor's visit. *Wednesdays, August 1st, 8th, 15th, 22nd & 29th | 2 p.m. | Registration is not required, individuals are seen on a 1st come 1st serve basis | Cost: FREE*

**Reflexology**-An alternative medicine involving application of pressure to the feet with specific thumb, finger, and hand techniques. *Thursdays | 6 p.m. | Cost: \$1 per minute, starting at 15 minute increments | Must call the Center to make an appointment*

### Bereavement Support Group

Held on the 1st Thursday of every month this support group is designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion. All are welcome!

COMING SOON!

*The Woodlands Inn  
at Edgewood*

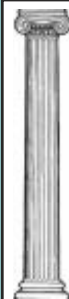
Construction is underway for *The Woodlands Inn at Edgewood* in North Andover and is based on the Small Home Model design. It will specialize in Enhanced living – Edgewood's unique take on assisted living – and Memory Support. The Woodlands Inn is now taking reservations and is opening this summer.

Please call 978-494-6944 for more information.

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EOEA Certification Pending

# ANNOUNCEMENT!

## [Senior Connections has openings!](#)

Contact: Aimee Ciccariello, Program Coordinator

Please call the Andover Senior Center: 978-623-8320

Or Email: [aimee.ciccariello@andoverma.us](mailto:aimee.ciccariello@andoverma.us)

The Andover Senior Center is home to a Supportive Day Program. This type of program is cost effective, and least restrictive of any supervised daytime care available to seniors. A safe, caring, and rich environment is provided by our dedicated staff and volunteers to our group members. Supportive Day Programs provide an increase in socialization, new and meaningful friendships, exercise, and cognitive stimulation to those who attend.

*Caregivers are afforded needed respite and peace of mind!*

### Our vibrant program includes:

- Various exercise opportunities, to include weekly chair Yoga
- Engaging discussions, to include current events and a weekly Men's Group
- Outings and day trips
- Live entertainment
- Arts and crafts projects
- Trivia, puzzle solvers, and word games
- Nutritional lunch and two snacks (morning and afternoon)

The Senior  
Center at  
Punchard  
Growing together

### Program Fees

Per Day: \$40 Andover Resident/\$42 non-Andover resident

Per Half-day: \$31 Andover Resident/\$33 non-Andover resident

One-Way Transportation: \$5 each way (Andover residents only)

Supplemental funding may be available through Elder Services of the Merrimack Valley or Mystic Valley Elder Services (subject to eligibility guidelines)





# FALL SESSION-2018: AUGUST 20th-NOVEMBER 9th

**All classes this session are \$25!**

We are very excited to be able to offer reduced class prices due to money that we raised through the Living Healthy Fair & money we received through the Wood Fund. Consequently, there will be no makeup classes or punch cards this session. All regular participants of the Center will have priority when registering for classes, followed by Andover residents and then the greater community.

**Belly Dancing**-Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN! Suitable for women of all body types and fitness levels. Great core workout and lots of laughs too! Bring out your "inner dancer"! *Thursdays, September 6th-November 8th (10 weeks) | 6 p.m. | To attend must register in advance | Instructor: Maggie Class*

**Breath, Balance & Body**-Improve breathing through exercise, balance through strengthening & lifestyle health. *Tuesdays | 2 p.m. | To attend you must register in advance | Instructor: Pat Dumont*

**Energize with Exercise** -Fun aerobics and weight training workout. *Thursdays | 3:30 p.m. | To attend must register | Instructor: Denise Boucher*

**Line Dancing**-Do you enjoy dancing? Have you always wanted to be able to dance at weddings? Easy line dancing set to different styles of music, appropriate for beginner to intermediate dancers. Beginners brush-up 2:15 p.m., entire group 2:30 p.m., intermediate challenges p.m. *Tuesdays | 2:15 p.m. | To attend you must register in advance | Instructor: Valerie Cagnina*

**Men & Women in Motion**-Functional & sports based movements linked together for a 30 minute moderate to vigorous aerobic workout followed by balance & strength building exercises. Cool down with deep relaxing stretches on the floor. *Tuesdays, | 8 a.m | Instructor: Denise Boucher*  
*Thursdays | 8 a.m. | Instructor: Denise Boucher*

**Sit & Get Fit**-Focus on strengthening your muscles, improving your balance & posture, stretching, breathing & lifting your spirits. The atmosphere is relaxed, friendly & fun. All exercises are done with the benefit of a chair. *Tuesdays | 10:15 a.m. | Instructor: Denise Boucher*  
*Fridays | 10:15 a.m. | Instructor: Denise Boucher*

**Strengthen & Stride**-This class mixes low impact aerobics with muscle conditioning, as well as working on balance. Great for both beginners & those with a more active lifestyle. *Tuesdays 9 a.m. | Instructor: Tracy Callahan*  
*Thursdays, | 9 a.m. | Instructor: Tracy Callahan*

**Strength Training**-The use of resistance bands & hand weights increases muscular strength & endurance. Improve joint stability by focusing on specific muscle groups which helps prevent injury & increase bone density. This class is appropriate for beginners & intermediate students. *Wednesdays | 8 & 8:45 a.m. | Instructor: Pat Dumont*  
*Fridays | 8 & 8:45 a.m. Instructor: Barbara Maguire*

**Tai Chi Beginner**-This class is for students who are new to Tai Chi which is a mind/body discipline with its roots in both traditional Chinese martial arts & medicine. Today most people practice for the many health benefits, including stress reduction, body awareness, balance & movement, & relaxation. Students engage their minds as they learn the Yang style Short Form with emphasis on moving in a slow, relaxed manner. *Tuesdays | 1:10 p.m. | Instructor: Meg Holmes*

**Tai Chi Advanced Beginner** -This is for students who have learned some of the forms but have not completed them. *Thursdays | 2:15 p.m. | Instructor: Meg Holmes*

**Tai Chi Intermediate**-This class is for students who have learned the complete Yang style 24 Form. *Thursdays | 1:10 p.m. | Instructor: Meg Holmes*





**Tap Dancing Basic**-Learn the vocabulary of sounds, counting rhythm & memorizing steps. Tap routines encourage you to relax while also improving balance, coordination & posture.

Wednesdays, 1 9:30 a.m. | Instructor: Audrey Nason | To attend you must register

**Tap Dancing Performance**-For dancers who have taken Tap Dancing Basic & are interested in taking their dancing to the next level, this includes performing at different events in the community.

Wednesdays, 1 12:45 p.m. | Instructor: Audrey Nason | To attend you must register

**Yoga Advanced Beginners**-Some prior experience suggested for this gentle yoga practice. The flowing movement is more active & precise. Use chair or floor if you prefer.

Wednesdays 1 1 p.m. | Instructor: Pat Dumont | To attend you must register |

**Yoga For All**-Slow flowing positions, facilitate muscle endurance, increase strength, improve balance & flexibility. Mondays 1 1:00 p.m. | Instructor: Pat Dumont | To attend you must register

**Yoga for Beginners**-A gentle, pleasurable experience for beginners or those returning to yoga. Positions modified for a chair (you won't have to get up & down on the floor. Tuesdays 1 10:30 a.m. | Instructor: Pat Dumont | To attend you must register

**Golf at Tewksbury Country Club**

Starting at 7:15 a.m. every Tuesday morning (until it snows!) a group of senior golfers will hit the links at the Tewksbury Country Club. Men/women of all levels are welcome! The cost is \$18 for 9 holes. To get started call Tom C. at 978-470-1087 or email him at tjcmic@att.net

**Men's Outdoor Adventure Group**

Wednesday, August 8th | Amy Taft Reservation | Leader: Don Schroeder

Wednesday, August 22nd | Westford Stone Bridge | Leader: Fred Snell

Meet at the Center at 9 a.m. & leave from there!

**Women's Outdoor Adventure Group (WOAG)**

This group is taking a break in the month of August & will resume in September. All hikes leave from the Center at 9 a.m. & return by noon unless otherwise noted.

**Gift Cards for The Center**

Gift Cards for the Center's programs (exercise classes, lunch, transportation, etc.) are always available in any amount. If you're interested in purchasing one just ask the front desk. They make great gifts for family & friends or the person who



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| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
| <p><b>6</b></p> <p>9- Woodcarving<br/>- Quilting<br/>10- Massage<br/>11- Meet Your Elder Services Police Officer<br/>12- <b>Lunch: Chicken Parm</b><br/>1- Yoga for All</p> <p><b>LAST WEEK OF<br/>SUMMER SESSION</b></p> <p><b>REGISTRATION WEEK</b></p> | <p><b>7</b></p> <p>8- Men/Wom in Motion<br/>9- Strengthen &amp; Stride<br/>9:30- Kayaking &amp; Canoeing<br/>10- The Write Stuff<br/>- Bridge<br/>10:15- Sit &amp; Get Fit<br/>10:30- Beginner Yoga<br/>12- <b>Lunch: Stuffed Cabbage</b><br/>12:30- Mahjon<br/>1- Fun &amp; Games<br/>- Social Bridge Drop-In<br/>2- Breath Balance Body<br/>2:15- Line Dancing</p> | <p><b>8</b></p> <p>8 &amp; 8:45- Strength Train<br/>9- Comfort Critters<br/>- Model Building<br/>- Mens Outdoor Adventure<br/>10- Fiber Arts<br/>- Grocery Shopping<br/>10:30- Bridges BY Epoch Presentation<br/>12- <b>Lunch: Chicken Marsala</b><br/>1- Knit Wits<br/>- Fun &amp; Games<br/>- Yoga intermediate<br/>2- Wellness Clinic</p> | <p><b>9</b></p> <p>8- Men/Wom Motion<br/>9- Strengthen &amp; Stride<br/>- Open Studio Art Drop-In<br/>9:30- Craft Corner<br/>12- <b>Lunch: Salisbury Steak</b><br/>1- Fun &amp; Games<br/>- Duplicate Bridge<br/>3:30- Energize w/ Exercise<br/>4- <b>Food Pantry</b><br/>5- Grill Night<br/>6- Belly Dancing</p>                                     | <p><b>10</b></p> <p>8 &amp; 8:45- Strength Train<br/>10- Acrylics Art Class<br/>10:15- Sit &amp; Get Fit<br/>12- <b>Lunch: Fish</b><br/>1- Fun &amp; Games<br/>2- Ping Pong<br/>3- Meditation<br/>6:30- Chinese American Activities</p>         |
| <p><b>13</b></p> <p>Woodcarving<br/>- Quilting<br/>10- Massage<br/>12- <b>Lunch: Shepard's Pie</b><br/>1- Fix It Shop</p>   | <p><b>14</b></p> <p>10- The Write Stuff<br/>- Bridge<br/>12- <b>Lunch: Stuffed Chicken</b><br/>12:30- Mahjon<br/>1- Introduction to Acupuncture<br/>- Fun &amp; Games</p>  | <p><b>15</b></p> <p>9- Comfort Critters<br/>- Model Building<br/>10- Fiber Arts<br/>- Grocery Shopping<br/>12- <b>Lunch: Pot Roast</b><br/>1- Knit Wits<br/>- Fun &amp; Games</p>  | <p><b>16</b></p> <p>8:30- COAB Meeting<br/>9- Open Studio Art Drop-In<br/>9:30- Craft Corner<br/>12- <b>Lunch: Chicken Pesto</b><br/>1- Fun &amp; Games<br/>- Duplicate Bridge<br/>4- Food Pantry</p>   | <p><b>17</b></p> <p>10:30- Doctor Discussions<br/>11:45- Birthday Party<br/>12- <b>Lunch: Salmon W/ Mango Chutney</b><br/>1- Fun &amp; Games<br/>2- Ping Pong<br/>3- Meditation</p>   |
| <p><b>3</b></p> <p>8 &amp; 8:45- Strength Train<br/>10:15- Sit &amp; Get Fit<br/>10:30- Doctor Discussions<br/>12- <b>Lunch: Baked Fish</b><br/>1- Fun &amp; Games<br/>2- Ping Pong<br/>3- Meditation<br/>6:30- Chinese American Activities</p>           | <p><b>2</b></p> <p>8- Men/Wom Motion<br/>9- Strengthen &amp; Stride<br/>- Open Studio Art Drop-In<br/>9:30- Craft Corner<br/>11- Principal Presentation<br/>12- <b>Lunch: Rosemary Garlic Pork</b><br/>1- Fun &amp; Games<br/>- Duplicate Bridge<br/>3:30- Energize w/ Exercise<br/>4- <b>Food Pantry</b><br/>5- Grill Night<br/>6- Belly Dancing</p>                | <p><b>1</b></p> <p>8 &amp; 8:45- Strength Train<br/>9- Comfort Critters<br/>- Model Building<br/>10- Fiber Arts<br/>- Grocery Shopping<br/>12- <b>Lunch: Lemon Chicken</b><br/>1- Knit Wits<br/>- Fun &amp; Games<br/>- Yoga intermediate<br/>2- Wellness Clinic</p>   | <p><b>2</b></p> <p>8- Men/Wom Motion<br/>9- Strengthen &amp; Stride<br/>- Open Studio Art Drop-In<br/>9:30- Craft Corner<br/>11- Principal Presentation<br/>12- <b>Lunch: Rosemary Garlic Pork</b><br/>1- Fun &amp; Games<br/>- Duplicate Bridge<br/>3:30- Energize w/ Exercise<br/>4- <b>Food Pantry</b><br/>5- Grill Night<br/>6- Belly Dancing</p> | <p><b>3</b></p> <p>8 &amp; 8:45- Strength Train<br/>10:15- Sit &amp; Get Fit<br/>10:30- Doctor Discussions<br/>12- <b>Lunch: Baked Fish</b><br/>1- Fun &amp; Games<br/>2- Ping Pong<br/>3- Meditation<br/>6:30- Chinese American Activities</p> |

|   |   |  |  |  |
|---|---|--|--|--|
| <p><b>BREAK WEEK</b></p> <p><b>8:30-</b> State Senator Office Hrs<br/> <b>9-</b> Sunrise Singers<br/>         -Woodcarving<br/>         -Quilting<br/> <b>10-</b>Massage<br/> <b>10:15-</b> Rhythm-Aires<br/> <b>12- Lunch:</b> Sweet &amp; Sour Pork<br/> <b>1-</b>Yoga for All</p>                                  | <p>-Social Bridge Drop-In</p> <p><b>21</b></p> <p><b>8-</b> Men/Wom in Motion<br/> <b>9-</b> Strengthen &amp; Stride<br/>         -Manns Orchard<br/> <b>10-</b>The Write Stuff<br/>         -Bridge<br/> <b>10:15-</b> Sit &amp; Get Fit<br/> <b>10:30-</b> Beginner Yoga<br/> <b>12- Lunch:</b> Chicken Stir Fry<br/> <b>12:30-</b>Mahjon<br/> <b>1-</b>Fun &amp; Games<br/>         -Social Bridge Drop-In<br/> <b>2-</b> Breath Balance Body<br/> <b>2:15-</b> Line Dancing</p> | <p>-Card Making Workshop<br/> <b>2-</b> Wellness Clinic</p> <p><b>22</b></p> <p><b>8 &amp; 8:45-</b> Strength Train<br/> <b>9-</b>Comfort Critters<br/>         -Model Building<br/>         -Mens Outdoor Adventure<br/> <b>9:30-</b> Basic Tap<br/> <b>10-</b> Fiber Arts<br/>         -Grocery Shopping<br/> <b>12- Lunch:</b> Meatloaf<br/> <b>12:45-</b> Performance Tap<br/> <b>1-</b>Knit Wits<br/>         -Fun &amp; Games<br/>         -Yoga intermediate<br/> <b>2-</b> Wellness Clinic</p> | <p>-Men/Wom Motion<br/> <b>23</b></p> <p><b>9-</b>Strengthen &amp; Stride<br/>         -Art Studio Art Drop-In<br/> <b>9:30-</b> Craft Corner<br/> <b>12- Lunch:</b> Chicken Pot Pie<br/> <b>1-</b>Fun &amp; Games<br/>         -Duplicate Bridge<br/> <b>3:30-</b> Energize w/ Exercise<br/> <b>4-</b>Food Pantry<br/> <b>5-</b>Grill Night<br/> <b>6-</b> Belly Dancing<br/> <b>7-</b>Serenity Yoga</p>          | <p><b>6:30-</b>Chinese American Activities</p> <p><b>24</b></p> <p><b>8 &amp; 8:45-</b> Strength Training<br/> <b>10:15-</b> Sit &amp; Get Fit<br/> <b>12- Lunch:</b> Baked Ziti, Meat &amp; Cheese<br/> <b>1-</b> Fun &amp; Games<br/> <b>2-</b>Ping Pong<br/> <b>3-</b> Meditation<br/> <b>6:30-</b> Chinese American Activities</p> |
| <p><b>FALL SESSION BEGINS</b></p> <p><b>27</b></p> <p><b>9-</b> Ask the Lawyer<br/>         -Sunrise Singers<br/>         -Woodcarving<br/>         -Quilting<br/> <b>10-</b>Massage<br/> <b>10:15-</b> Rhythm-Aires<br/> <b>12- Lunch:</b> Chicken Quarters<br/> <b>1-</b>Fix it Shop<br/>         -Yoga for All</p> | <p><b>28</b></p> <p><b>8-</b> Men/Wom in Motion<br/> <b>9-</b> Strengthen &amp; Stride<br/> <b>9:30-</b> Brown Bag<br/> <b>10-</b>The Write Stuff<br/>         - Bridge<br/> <b>10:15-</b> Sit &amp; Get Fit<br/> <b>10:30-</b> Beginner Yoga<br/> <b>12- Lunch:</b> Eggplant Parm<br/> <b>12:30-</b>Mahjon<br/> <b>1-</b>Fun &amp; Games<br/> <b>2-</b> Breath Balance Body<br/> <b>2:15-</b>Line Dancing</p>  | <p><b>8 &amp; 8:45-</b> Strength Train<br/> <b>9-</b>Comfort Critters<br/>         -Model Building<br/> <b>9:30-</b> Basic Tap<br/> <b>10-</b> Fiber Arts<br/>         -Grocery Shopping<br/>         -Registry On The Move<br/> <b>12- Lunch:</b> Roasted Turkey<br/> <b>12:45-</b> Performance Tap<br/> <b>1-</b> Knit Wits<br/>         - Fun &amp; Games<br/>         -Yoga intermediate<br/> <b>2-</b> Wellness Clinic</p>  | <p><b>8-</b> Men/Wom Motion<br/> <b>30</b></p> <p><b>9-</b> Strengthen &amp; Stride<br/>         - Open Studio Art Drop-In<br/> <b>9:30-</b> Craft Corner<br/> <b>12- Lunch:</b> Hot Dog<br/> <b>1-</b> Fun&amp;Games<br/>         -Duplicate Bridge<br/> <b>3:30-</b> Energize w/ Exercise<br/> <b>4-</b>Food Pantry<br/> <b>5:30-</b>Living Healthy<br/> <b>6-</b> Belly Dancing<br/> <b>7-</b>Serenity Yoga</p> | <p><b>8 &amp; 8:45-</b> Strength Training<br/> <b>10:15-</b> Sit &amp; Get Fit<br/> <b>12- Lunch:</b> Baked Chicken<br/> <b>1-</b> Fun &amp; Games<br/>         - ESL Lessons<br/> <b>2-</b> Ping Pong<br/> <b>3-</b> Meditation<br/> <b>6:30-</b> Chinese American Activities</p> <p><b>31</b></p>                                    |



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## Registration, Policies & Other Information

### To Register Online

- Must have been signed up at The Center and have a "MySeniorCenter" key tag.
- Go to [www.MyActiveCenter.com](http://www.MyActiveCenter.com) to set up your account.

*There are a few things that will not be available for online registration. Grill Nights and the FRIENDS trips are examples. Periodically there may be other programs as well. These events will be noted in the newsletter.*

### To Register "off-line" (no computer)

- Contact us so we can set up your account.
- Once set up, you can register in person or over the phone.
- When registering over the phone, please have your "My Senior Center" swipe card number ready.

### Payments can be made:

- Online with PayPal
- In person: cash, check, or credit card
- By mail: check
- By phone: credit card
- Payments must be made within 3 business days to reserve your spot.

### Drop-In Groups

Registration not required, but suggested. By registering you will be contacted if a program is cancelled.

### Cancellations

You will be notified if a class is cancelled due to under-enrollment.

### Inclement Weather Policy

When Andover Public schools are closed due to poor/unsafe driving conditions, the Senior Center at Punchard is closed to programming. If there are unusual circumstances, such as a high volume of snow, but it has stopped and the issue is snow removal, the Center will **try** to open to provide meals on wheels and other services. Please check the information Line for updates. Also when possible an automated call will be generated by the director to relay any urgent information. Info Line 978-623-8302.

### Intake Forms & Scan Cards

All older adults who participate in any programming, drop-ins, groups, activities, events or trips through the Center must complete an Intake Form so you can be entered into our database. Once this is completed you will receive a scan card that we ask you to use every time you enter the Center. Tracking how many individuals utilize the Center is VERY important for us because those numbers determine our budget and allow us to apply for other funding through grants, donations, etc.

### Ways to Get Information

#### **Newsletter**

Each month the Center creates and prints our newsletter, News and Views. Newsletters are mailed out 8 months out of the year. In order to receive newsletters in the mail you must complete your census form! EVERY month News & Views is uploaded to our website and it is also distributed throughout the community at different sites such as: Andover Town Offices, CVS & Memorial Hall Library.

#### **TV Show**

The Andover Chroniclers group at the Center produces a monthly show "There's Something About Andover." It airs on Sunday, Monday and Tuesday at 9 a.m., Wednesday and Saturday at 7 p.m. and Friday at 6:30 p.m. If you have Comcast it is on channel 8 and if you have Verizon it is on channel 47.

#### **Website & Social Media**

As mentioned on the first page our website and social media are two areas that we know are underutilized which we are working to improve upon. Our website is part of the Town of Andover's website at: <http://andoverma.gov/227/Elder-Services-Center-at-Punchard>. The Center has Facebook, Twitter and Instagram accounts so if you use any of those platforms please follow us!

#### **Voice Connect/ Automated Calls**

A minimum of 1 time per month a recorded call is made from the Center with updates. This is done through My Senior Center which is the database we use, it is a great system but its capabilities are simple. We utilize the automated calls because it is the most effective way to quickly disseminate information to a large group of people. If you do not want to receive these calls we can remove your number from the system; however, if you do that then we will not have your number to make you aware of things like if a class is cancelled or that the Center is closed due to inclement weather.

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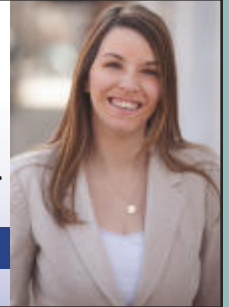
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**Chinese** 本中心的《英文月报》(News & Views)另附有《中文简讯》，而且都将分送到您的住处；您也可在本中心网站查阅，或者电邮给您。若需电邮，请把邮址传给Chris 女士，登记索要《中文简讯》，即

**Translation of above statement: We offer a brief summary of our monthly newsletter for you in Chinese. They will be distributed to housing & put on our web site; or if you would like them emailed to you please email Christine Marshall at Christine.marshall@andoverma.us**

### ESL Classes

*Mondays | 1 p.m. | Off-site at Frye Circle | Cost: FREE*

*Fridays | 1 p.m. | The Center | Cost: FREE*

### Friday Night Special: Chinese American

The Association of Andovers & Andover Elder Services are proud to host this evening at The Center with many fun ways to get involved through: Zumba, Yoga, Ping Pong & Games (board/card/Mah Jong) & other fun ways to get socially involved. All are welcome to attend! 安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括: Zumba, 瑜伽, 乒乓球, *Fridays | 6:30-9:30 p.m. | Cost: FREE*

### Chinese Socializing at The Center

*Saturdays, | 10am-11:45am | Cost: FREE*

### What's Happening in September...

#### *It's Senior Center Month & Emergency Preparedness Month*

- Center Closed for Labor Day | Monday, September 3rd
- Cholesterol Clinic | Thursday, September 6th | 1-3 p.m.
- Elder Bullying Workshop | Friday, September 7th | 9 a.m.
- Breakfast Speaker Series | Friday, September 7th | 8:30 a.m.
- Andover Days | Saturday, September 8th
- Community Acupuncture | Friday September 14th | 1 p.m.
- Drama Reading & Discussion | Mondays, September 10th & 17th | 1 p.m.
- Andover Cares | Saturday, September 15th
- Estate Planning Workshop | Monday, September 17th | 10:30 a.m.
- Duet Concert | Tuesday, September 18th | 1:30 p.m.
- Emergency Preparedness Presentation | Friday, September 21st | 10 a.m.
- Memory Café | Monday, September 24th | 1:00 p.m.
- Opera at the Piano | Tuesday, September 25th | 1:30 p.m.
- Computer Users Group will resume at Memorial Hall Library
- Support Groups will resume at the Center
- Two "High Dose" or Senior Flu vaccine clinics will be scheduled for residents aged 65 and older at the end of Sept or beginning of October. The clinics will be held at the Cormier Youth Center from 9:00am – 12 noon. By Appointment ONLY. Appointments can be made after September 1<sup>st</sup> by calling the Health Department at 978-623-8640 during office hours (8:00am to 3:00pm.)



### Other Dates to Put on Your Calendar!

- Center Closed for Columbus Day | Monday, October 8th
- Fix It Shop | Mondays, October 1st & 22nd
- Center Closed for Election Day | Tuesday, November 6th
- Community Wide Flu Clinic | Thursday, November 8th
- Thanksgiving Luncheon | Wednesday, November 14th
- Holiday Fair | Friday, December 7th
- Holiday Luncheon | Thursday, December 13th

**Disclaimer:** The Center at Punchard, Andover Council on Aging and Town of Andover do not endorse, suggest or advocate any views or positions presented. They disclaim any responsibility and any liability with respect to the advocacy, adoption, use or implementation of any views, positions or method suggested, advocated or otherwise promoted by any lecturer.

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**ASCF Meetings**

**Fridays @ 10:30 AM**

**Website: [andoverscf.org](http://andoverscf.org)**



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*Help the FRIENDS support the programs at the Center at Punchard.  
Come enjoy a trip or two. Check out all we do! The FRIENDS are a 501c3*

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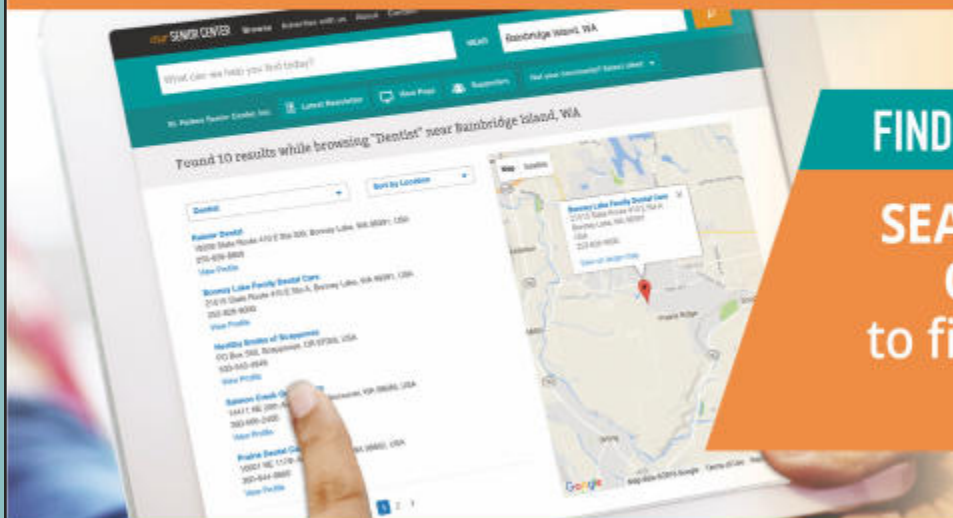
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