

# November 2018 - NEWS & VIEWS

Elder Services, A Division of the Community Services Department

The Center at Punchard: Andover Senior Center (ASC)

## CONTACT INFORMATION

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

**Information Line:**

**Physical Address:**

30 Whittier Ct. Andover, MA01810

**Mailing Address:**

36 Bartlet St. Andover, MA 01810

**Email:** [Seniorcener@andoverma.gov](mailto:Seniorcener@andoverma.gov)

**Website:**

[www.andoverma.govseniorcenter](http://www.andoverma.govseniorcenter)



## HOURS OF OPERATION

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

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

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

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

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

## 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.

## SOCIAL MEDIA



@AndoverSeniorCenter



@Andover\_Senior\_Center



@Andover\_Senior

## Please note, the ASC will be closed on these upcoming dates:

- \* **Tuesday, November 6th- Election Day**
- \* **Thursday, November 8th after 3 pm- Community Wide Flu Clinic**
- \* **Monday, November 12th- Veteran's Day Observed**
- \* **Wednesday, November 14th- Thanksgiving Luncheon**
- \* **Friday, November 23rd- Day After Thanksgiving**
- \* **Thursday, December 6th- Holiday Fair Set Up**
- \* **Friday, December 7th- Holiday Fair**
- \* **Monday, December 24th after 1 pm- Christmas Eve**
- \* **Tuesday, December 25th- Christmas Day**
- \* **Monday, December 31st after 1 pm- New Years Eve**

## Monthly Events & Programs

### **Art Class**

Join this fun class for beginners led by artist Gail Arkin. She has taught other classes at the ASC & participants have really enjoyed them. *Wednesday, November 28th | 1 pm | Cost: \$5 | Must register to attend, space is limited*

### **Bereavement Support Group**

Held on the 1st Thursday of every month, designed to provide individuals help coping with the loss of a loved one. *Thursday, November 1st | 1:30 pm | Cost: FREE | Must register to attend by calling Lois Marra of Home Health VNA Hospice at (978) 552-4537, leave a message with your name & number & she will return your call*

### **Book Club**

This group meets on the last Thursday of every month to discuss the books that they read. *Thursdays, November 29th & December 27th | 1:30 pm | Cost: FREE | Must register*

### **Brown Bag**

Individuals must be 60+, with an income less than \$21,978 for a single person or less than \$29,637 for a couple, or on Mass Health, food stamps or another public benefit. Eligible participants receive a grocery bag of perishable & non-perishable food items on the 4th Tuesday of every month. *Tuesday, November 27th | 9:00 am | Cost: FREE | Individuals who meet the requirements/want to participate must complete an application with a staff member*

### **Caregiver Support Group**

This is a new support group being offered, held on the 3rd Monday of every month. It will be an opportunity for caregivers to sit with other caregivers to discuss the challenges associated with their roles while providing resources & support to each other | *Mondays, November 19th & December 17th | 1:30 pm | Cost: FREE | Must register to attend*

### **COA Board Meeting**

Held on the 2nd Thursday of every month, all are welcome to attend! *Thursdays, November 8th & December 13th | 8:30 am*

### **Community Acupuncture**

We are fortunate to be partnering with Acupuncturist, Dave Eyerman, who practices his holistic approach to wellness downtown. He will be coming to the ASC every other Friday to provide people with treatment. *Fridays, November 9th & 30th, December 14th & 28th | 1-3 pm | Cost: \$20 per person | Must call to make an appointment*

### **Community Wide Flu Clinic**

Offered through the Department of Public Health (DPH) for any Andover residents 2 years & older. *Thursday, November 8th | 4-7 pm | Cost: FREE | Must call the DPH to make an appointment*

### **Computer Users Group**

This group meets at Memorial Hall Library (MHL), participants who attend are able to learn a variety of computer related skills. *Mondays November 5<sup>th</sup> & December 10th | 1:30 pm | Cost: FREE | Must register to attend*

### **Delta the Dog**

Certified therapy dog Delta & her owner Beth come to socialize & walk with anyone at the ASC who is interested. *Fridays, Nov 2nd, 8th, 16th & 30th | 10 am | Cost: FREE*

### **Embracing the Emotions of An Alzheimer's Patient**

Join this informative & supportive discussion covering the challenging, fragile & heroic world THEY live in. Presenter Mal Allard, Director of Memory Care at Peregrine Senior Landing is an accomplished educator & speaker of Alzheimer's & Dementia Care. Light refreshments will be served. *Tuesday, December 11th | 2 pm | Cost: FREE | Must register to attend*

### **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, November 5th & 26th & December 10th | 1-3 pm | Cost: \$4 plus parts for seniors (ID required), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee | Individuals are seen on a 1st come 1st served basis*

### **Foot Care**

A nurse from Foot Care Focus comes to help individuals who are experiencing issues with their feet (i.e. cutting toe nails, calluses, etc.) For homebound residents interested in this service call & ask for Kristine Arakelian. A grant from the Andover Home for the Aged subsidizes this program. *Wednesdays, 9-12 pm | Cost: \$10 | Must call to make an appointment*

### **Fuel Assistance**

A representative from the Greater Lawrence Community Action Council (GLCAC) is coming to help people apply for fuel assistance. This is a great resource that many households will be able to benefit from! *Fridays, November 9th, December 21st, January 18th & February 1st | 9-12 pm | Cost: FREE | Must make an appointment to attend*

### **Fun Bus Trip**

This trip occurs on the 3rd Monday of every month, in November we will be going to the Rockingham Mall in Salem, NH. It's already that time of year & the sales are plentiful! Grab lunch in between your shopping adventures & enjoy the day with friends. *Monday, November 19th | 9 am | Cost: \$10 | Must register to attend, space is limited on the bus*

### **Happy Birthday to You!**

Sign up for this fun congregate lunch with entertainment, cake & a raffle for participants who have birthdays during the month. It does not have to be your birthday month to attend! *Friday, November 16<sup>th</sup> | 11:45 a.m. | Cost: Suggested donation of \$2.50 | Must register*

### **Harvest Festival Gift Bags**

Sanborn Elementary School is proud to be celebrating 40 years of giving to the senior citizens of Andover. The 5th grade students & their parents will deliver bags filled with items such as cheese & crackers, handmade bookmarks/cards, tea, etc. Bags will be delivered on *Fri, Nov 16th 9:30-12 pm | Cost: FREE | To receive a bag contact Kristine Havemeyer by Fri, Nov 9th*



## Monthly Events & Programs

### Harvest Festival Music Celebration

You will be delighted with musical entertainment provided by Sanborn students & the Sunrise Singers. Light refreshments will follow the performance. *Tuesday, November 20th | 10-11:15 am | Cost: FREE | Call Kristine Havemeyer to arrange a ride to the event*

### Hearing Aide Cleanings & Checks

Wendy Ring, Audiologist has started coming on the 1st Tuesday of every month to complete hearing aide checks & cleanings. *Tuesday, November 13th (this is actually the 2nd Tuesday of the month because the ASC is closed on the 1st Tuesday) | 9:30-10:30 am | Individuals are seen on a first come first served basis*

### Holiday Bus Trip

“Evergreens, Holly & Joy-A tour of Andover Homes in Holiday Dress” is a fundraiser being put on by the Andover Garden Club. The ASC has purchased 12 tickets & will be providing transportation to those who sign up for the even! *Saturday, December 8th | TBD | Cost: Tickets cost \$30 but the ASC wants to assist with the price so participants only have to pay \$15! | Call or go to the front desk for more information &/or to sign up*

### Holiday Fair

Come to this annual event to par ooze & purchase crafts, plants, baked goods, jewelry, household items & much more! Santa will be available to take pictures with, there will be some outside vendors & awesome raffle prizes! All proceeds from this event go towards programming at the ASC! *Friday, December 7th | 9-7 pm | Share this information with your family & friends!*

### A NEW APPROACH TO ENHANCED LIVING AND MEMORY SUPPORT



*The Woodlands Inn at Edgewood* in North Andover provides innovative, homelike neighborhoods for both Memory Support and Enhanced Living — our unique take on Assisted Living. Here, residents enjoy their own master suite centered around a welcoming hearth and family room, bright open kitchen and dining area, as well as access to a wide array of activities and amenities.

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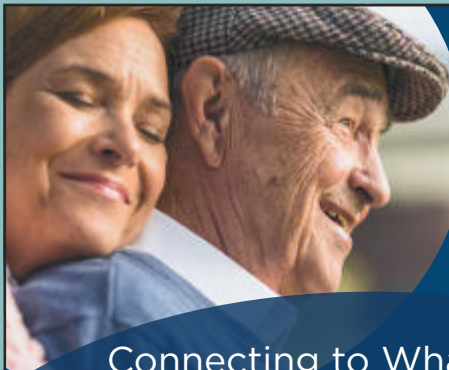
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### **Holiday Luncheon**

Sign up for this annual event to enjoy a delicious meal put on by Frank & his kitchen staff!  
*Thursday, December 13th | 12 pm | Cost: \$7 | Tickets must be purchased at the front desk*

### **Holiday Performance**

The Sunrise Singers will be performing Christmas Carols come join this festive activity to help you get in the holiday spirit! *Monday, December, 17th | TBD | Cost: FREE | Must register*

### **Living Healthy Series**

Participants are served a light dinner at 5:30 p.m. then listen to a presentation related to health/wellness from 6-7 p.m. See the flyer hanging in the lobby or call to find out what the topics will be.  
*Thursdays, November 1st, 15th, & 29th | Cost: FREE | Must register to attend*

### **Medicare Plan Reviews with SHINE**

This event is for Medicare beneficiaries who want to compare their plan options for 2019. Individuals will get a 30 minute appointment with a SHINE counselor that will provide them with a report of the top three estimated most cost effective Medicare plan options for next year.  
*Wednesday, November 7th | 9-2 pm | Cost: FREE | Must call to schedule an appointment & ask for Renee Baker*

### **Meet the Lawyer**

Held on the 4th Monday of every month, older adults can sign up to meet with a lawyer who is licensed in MA & NH to ask him questions/legal advice. *Monday, November 26th | 9:30am | Cost: FREE | Must call to make an appointment*

### **Men's Outdoor Adventure Group**

This group meets at the Center at 9 am then they head out together to hike various locations.  
*Wednesdays, November 14th & 28th | Cost: FREE | Must register to attend*

### **Memory Café**

This activity is always held on the 4th Monday of every month, providing a supportive environment for those experiencing some type of cognitive impairment. *Monday, November 26th | 1:00 p.m. Cost: FREE | Contact Aimee Cicarello to attend*

### **Neighbors In Need**

The ASC collaborates with Neighbors in Need to operate a weekly food pantry for anyone who needs food. *Thursdays, November 1st, 8th (will not be at the ASC, location TBD), 15th & 29th | 4-5 pm | Cost: FREE | Must fill out an intake form on your 1st visit to the pantry, then anytime you visit after that you just sign in*

### **Pain Management Support Group**

This intimate and confidential group meets on the 2nd Monday of every month is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Be sure to call to register. Facilitator: Gerry Rainville, RN, MSN | *TBD because the ASC is closed on Monday, November 12th so call or visit the front desk to find out new date | 1:30 p.m. | Cost: FREE Must register to attend*

## Monthly Events & Programs

### **Parkinson's Support Group**

Held on the 2nd Thursday of every month. In November, the guest speaker will be Duarte G. Machado, MD, Assistant Clinical Professor, Division of Movement Disorders, Department of Neurology at Yale School of Medicine & Co-Director, Division of Movement Disorders, Department of Neurology at Hartford Healthcare. He will cover the following topics: What is PD dyskinesia? How can PD dyskinesia affect daily activities? What options are available to manage PD dyskinesia? Are there treatment options for PD dyskinesia? *Thursday, November 8th | 1:30 pm | Cost: FREE | To attend contact Kristine Havemeyer*

### **Public Informational Meetings**

Come learn about the exciting rehab that the ASC is embarking on & ask any questions that you might have. *Tuesday, October 23rd, 10am at MHL & 7pm at ASC | Monday, November 19th, 10 am at ASC & 7 pm at MHL | Wednesday, December 12th, 11am at ASC*

### **Reflexology**

An alternative medicine involving application of pressure to the feet with specific thumb, finger & hand techniques. *Thursdays | 6-8 p.m. | Cost: \$1 per minute, 30 minute minimum & 90 minute maximum | Must call to make an appointment*

### **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 to make an appointment | Cost: FREE*

### **State Senator Office Hours**

Held on the 4th Monday of every month. Bring your questions for staff from Barbara L'Italien's office. *Monday, November 26th | 8:30 a.m. | Cost: FREE | Individuals are seen on a 1st come 1st served basis | November 2018 will be the last month for this program*

### **Story Hour at the Senior Center**

Through a new endeavor the Children's Room at Memorial Hall Library & the Center have partnered to host a monthly story hour for children 5 years old & under. Each month there will be a variety of books, songs, crafts & other activities. Elders are welcome to join to assist &/or participate & to interact with the children. *Monday, November 26th | 10 a.m. | Cost: FREE | Must register*

### **Technology at the Center**

We have laptops that are available for individuals to use when they come to the Center. The laptops can connect to the internet & can be used for an hour at a time. If you are interested in utilizing this new resource just see the front desk.

### **Techie Live**

This is a new program for older adults to get their technology questions answered without confusing phone calls! Chris Lefebvre from eXp Realty in Andover has grown up with computers and technology and has 30+ years of experience working with an array of technological devices. He has offered to come to the ASC to assist older adults with questions about cell phones, tablets, laptop computers, etc. & if Chris cannot help with an issue he will be able to steer you to someone or some place that can! *Monday, November 19th | 1-3 pm | Cost: FREE | Individuals will be seen on a 1st come 1st served basis*

### Thanksgiving Luncheon

Sign up to enjoy a wonderful turkey dinner at the ASC! *Wednesday, November 14th | 12 pm | Cost: \$7 | To attend must sign up & purchase a ticket at the front desk*

### Triad Meeting & Presentation

Meetings held on the 2nd Thursday of the month. *Thursday, November 8th | 10 am | Cost: FREE*  
Presentation on the 2nd Friday of the month. *Friday, November 9th | 10 am | Cost: FREE*

### Veterans Day Celebration

Pianist Terri Kelly will be accompanied by two other artists to put on this fantastic performance which salutes those who have served our country. This is an event that everyone will enjoy!  
*Thursday, November 8th | 1:30 pm | Cost: FREE | Must register to attend*

### Veterans Service Office

Outreach Services - Randy Carter, Northeast Veterans Outreach Center  
randy.carter@andoverma.us | *Tuesdays, October 2nd, 9th, 16th 23rd & 30th & Thursdays, October 4th, 11th, 18th & 25th | 9 – 1 p.m.*

Ch115 and Benefit Assistance- Sue Magner, Director of Veterans Services Town of N.Reading  
susan.magner@andoverma.us | *Fridays | 1:30-4:30 p.m.*

Ch115 Benefits & General Services- Christine Barraford, Office Assistant  
christine.barraford@andoverma.gov | *office located on the 3<sup>rd</sup> Floor | 978-623-8915*

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

All hikes start at the Senior Center & the group leaves at 9:00 SHARP, to car pool to the hike. Appropriate hiking shoes, hats, poles, sun screen are recommended. ALL people hiking need to submit a NEW health form before their first hike (forms are available at the front desk at the Center). Emails are sent out prior to the hike with more specific details, if not already on the WOAG email list & you would like to be added contact Jane Gifun [fleecy.godmother@verizon.net](mailto:fleecy.godmother@verizon.net)  
*Tuesday, November 13<sup>th</sup>, Thursday, November 29<sup>th</sup> & Monday, December 10th | Cost: FREE | Must register to attend*



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| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
| <p><b>5</b></p> <p>9- Sunrise Singers<br/>- Woodcarving - Quilting<br/>10- Massage (by appointment)<br/>10:15- Rhythm-'Aires<br/>12-Lunch-Rosemary Chicken<br/>1- ESL (off site)<br/>- Yoga for All<br/>-Fix It Shop<br/>1:30-Computer Users Group (MHL)<br/>- Pain Support Group</p> | <p><b>6</b></p> <p><b>ASC CLOSED<br/>ELECTION DAY</b></p>  | <p><b>7</b></p> <p>8 &amp; 8:45-Strength Training<br/>9- Model Building Club<br/>-Foot Care -Medicare<br/>9:30- Basic Tap -Comfort Crit<br/>10- Fiber Arts- Grocery Shop<br/>10:30-Bridges Presentation<br/>12-Lunch-Chicken Picata<br/>12:45-Perf Tap (off site)<br/>1- Knit Wits - Fun &amp; Games<br/>-Yoga Advanced Beginner<br/>2- Wellness Clinic</p> | <p><b>1</b></p> <p>8- Men/Women in Motion<br/>9- Strength &amp; Stride<br/>-Open Studio Art<br/>9:30- Craft Corner -Townie Tr<br/>12-Lunch-Chicken Marsala<br/>1- Fun/Games -Dup Bridge<br/>1:30-Bereavement Support<br/>3:30- Energize w/ Exercise<br/>4- Neighbors In Need<br/>5:30- Living Healthy Series<br/>6-Belly Dancing<br/>6:30- Table Tennis<br/>7:15- Serenity Yoga</p> | <p><b>2</b></p> <p>8 &amp; 8:45-StrengthTrain<br/>8:30- Nature Walks<br/>10-Delta the Dog<br/>10:15- Sit &amp; Get Fit<br/>12-Lunch-Baked Fish<br/>1- Fun &amp; Games - ESL<br/>- Social Drop In Bridge<br/>1:30-Bereavement Support<br/>2- Ping Pong &amp; Dancing<br/>3- Mindfulness Meditation<br/>6:30- Chinese American</p> |
| <p><b>12</b></p> <p><b>ASC CLOSED<br/>VETERANS DAY<br/>OBSERVED</b></p>    | <p><b>13</b></p> <p>8- Men/Women in Motion<br/>9- Strengthen &amp; Stride<br/>-Womens Outdoor Adventure<br/>9:30-Hearing Aide<br/>10-The Write Stuff<br/>10:15- Sit &amp; Get Fit<br/>10:30- Yoga Beginner<br/>12- Lunch-Stuffed Chicken</p> | <p><b>14</b></p> <p>8 &amp; 8:45-Strength Train<br/>9- Model Building Club<br/>-Mens Outdoor Adventure<br/>9:30- Basic Tap<br/>-Comfort Critters<br/>10- Fiber Arts -Grocery Tr<br/>12- Thanksgiving Luncheon<br/><i>No Congregate Lunch</i></p>  | <p><b>15</b></p> <p>8- Men/Women in Motion<br/>9- Strength &amp; Stride<br/>-Open Studio Art<br/>9:30-Craft Corner-Townie Tr<br/>12-Lunch-Chicken Pesto<br/>1- Fun &amp; Games -Dup Bridge<br/>1:10- Tai Chi Intermediate<br/>2:15- Tai Chi Advanced Beg</p>  | <p><b>16</b></p> <p>8 &amp; 8:45-StrengthTrain<br/>9:30-Harvest Festival Gift Bags<br/>10-Delta the Dog<br/>10:15- Sit &amp; Get Fit<br/>11:45- <b>BirthDay Lunch</b><br/>Salmon<br/>1- Fun &amp; Games - ESL<br/>- Social Drop In Bridge</p>  |



|  |   |  |   |   |
|--|---|--|---|---|
| <p><b>19</b></p> <p>9- Sunrise Singers<br/>-Woodcarving - Quilting<br/>-Fun Bus Trip</p> <p><b>9:30</b>– Meet the Lawyer</p> <p><b>10</b>- Massage (by appointment)<br/>-Public Informational Meeting</p> <p><b>10:15</b>- Rhythm-'Aires</p> <p><b>12-Lunch-Sweet &amp; Sour Pork</b></p> <p>1- ESL (off site) - Yoga for All<br/>-Techie Live</p> <p><b>1:30</b>-Caregiver Support Group</p> <p><b>7</b>-Public Informational Meeting (MHL)</p> | <p><b>12:30</b>– Mahjong</p> <p>1-Social Bridge</p> <p><b>1:10</b>- Tai Chi Beginner</p> <p>2-Breath, Balance &amp; Body</p> <p><b>2:15</b>- Line Dancing</p>   | <p><b>12:45</b>-Perf Tap (off site)</p> <p>1- Knit Wits - Fun &amp; Games<br/>-Yoga Advanced Beginner</p> <p>2- Wellness Clinic</p>  | <p><b>3:30</b>- Energize w/ Exercise</p> <p><b>4</b>- Neighbors In Need</p> <p><b>5:30</b>– Living Healthy Series</p> <p>6-Belly Dancing</p> <p><b>6:30</b>– Table Tennis</p> <p><b>7:15</b>– Serenity Yoga</p>   | <p><b>2</b>- Ping Pong &amp; Dancing</p> <p><b>3</b>- Mindfulness Meditation</p> <p><b>6:30</b>- Chinese American</p>   |
| <p><b>19</b></p> <p>9- Sunrise Singers<br/>-Woodcarving - Quilting<br/>-Fun Bus Trip</p> <p><b>9:30</b>– Meet the Lawyer</p> <p><b>10</b>- Massage (by appointment)<br/>-Public Informational Meeting</p> <p><b>10:15</b>- Rhythm-'Aires</p> <p><b>12-Lunch-Sweet &amp; Sour Pork</b></p> <p>1- ESL (off site) - Yoga for All<br/>-Techie Live</p> <p><b>1:30</b>-Caregiver Support Group</p> <p><b>7</b>-Public Informational Meeting (MHL)</p> | <p><b>8</b>- Men/Women in Motion</p> <p>9- Strengthen &amp; Stride<br/>-Brown Bag</p> <p><b>10</b>-The Write Stuff -Harvest Festival Music Celebration</p> <p><b>10:15</b>- Sit &amp; Get Fit</p> <p><b>10:30</b>- Yoga Beginner</p> <p><b>12- Lunch-Chicken Stir Fry</b></p> <p><b>12:30</b>– Mahjong</p> <p>1-Social Bridge</p> <p><b>1:10</b>- Tai Chi Beginner</p> <p>2-Breath, Balance &amp; Body</p> <p><b>2:15</b>- Line Dancing</p> | <p><b>8 &amp; 8:45</b>-Strength Train</p> <p>9- Model Building Club<br/>-Foot Care</p> <p><b>9:30</b>- Basic Tap -Comfort Crit</p> <p><b>10</b>- Fiber Arts -Grocery Shop</p> <p><b>12-Lunch-Stuffed Shells</b></p> <p><b>12:45</b>-Perf Tap (off site)</p> <p>1- Knit Wits -Fun &amp; Games<br/>-Yoga Advanced Beginner</p> <p>2- Wellness Clinic</p>                         | <p><b>22</b></p>  <p><b>ASC CLOSED</b></p>   | <p><b>23</b></p> <p><b>ASC CLOSED</b></p>   |
| <p><b>26</b></p> <p><b>8:30</b>-State Senator</p> <p>9- Sunrise Singers<br/>- Woodcarving - Quilting</p> <p><b>9:30</b>-Meet the Lawyer</p> <p><b>10</b>- Massage (by appointment)<br/>-Story Hour</p> <p><b>10:15</b>- Rhythm-'Aires</p> <p><b>12-Lunch-Shepards Pie</b></p> <p>1- ESL (off site) - Yoga for All<br/>- Memory Café -Fix It Shop</p>   | <p><b>8</b>- Men/Women in Motion</p> <p>9- Strengthen &amp; Stride<br/>-Brown Bag</p> <p><b>10</b>-Write Stuff</p> <p><b>10:15</b>- Sit &amp; Get Fit</p> <p><b>10:30</b>- Yoga Beginner</p> <p><b>12- Lunch-Baked Chicken</b></p> <p><b>12:30</b>– Mahjong</p> <p>1- Fun &amp; Games-Social Bridge</p> <p><b>1:10</b>- Tai Chi Beginner</p> <p>2-Breath, Balance &amp; Body</p> <p><b>2:15</b>- Line Dancing</p>                           | <p><b>8 &amp; 8:45</b>-Strength Train</p> <p>9- Model Building Club<br/>-Foot Care -Mens Outdoor</p> <p><b>9:30</b>- Basic Tap -Comfort Crit</p> <p><b>10</b>- Fiber Arts -Grocery Shop</p> <p><b>12-Lunch-Beef Stew</b></p> <p><b>12:45</b>-Perf Tap (off site)</p> <p>1- Knit Wits -Fun &amp; Games<br/>-Yoga Advanced Beginner<br/>-Art Class</p> <p>2- Wellness Clinic</p> | <p><b>8</b>- Men/Women in Motion</p> <p>9- Strengthen &amp; Stride<br/>- Open Studio Art -Womens Outdoor Adventure</p> <p><b>9:30</b>- Craft Corner-Townie Tr</p> <p><b>12-Lunch-Ch, Broc &amp; Ziti</b></p> <p>1- Fun &amp; Games -Dup Bridge</p> <p><b>1:10</b>- Tai Chi - Intermediate</p> <p><b>1:30</b>-Book Club</p> <p><b>2:15</b>- Tai Chi Advanced Beg</p> <p><b>3:30</b>- Energize w/ Exercise</p> <p>4- Neighbors In Need</p> <p><b>5:30</b>-Living Healthy Series</p> <p>6- Belly Dancing -Reflexology</p> <p><b>6:30</b>-Table Tennis</p> <p><b>7:15</b>-Serenity Yoga</p> | <p><b>30</b></p> <p><b>8 &amp; 8:45</b>-Strength Train</p> <p><b>10</b>-Delta the Dog<br/>-TRIAD Presentation</p> <p><b>10:15</b>- Sit &amp; Get Fit</p> <p><b>12-Lunch-Spinach Pie</b></p> <p>1- Fun &amp; Games - ESL<br/>- Social Drop In Bridge<br/>- Community Acupuncture</p> <p><b>2</b>- Ping Pong &amp; Dancing</p> <p><b>3</b>- Mindfulness Meditation</p> <p><b>6:30</b>- Chinese American</p> |

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## Letter From the Director of Elder Services

As we welcome the month of November and celebrate Thanksgiving, the theme of this note is gratitude. As we pause to reflect and appreciate, the senior center is grateful for:

- amazing staff and volunteers who work so diligently to serve the community
- town departments that collaborate in support of serving the Andover senior community
- our military and first responders who ensure our wellbeing locally and abroad
- local business that have donated, volunteered and cared for our community
- residents of all ages who have shared, donated, and volunteered
- the entire community that endured rain, snow, wind and disaster- we embody the true essence of family, "a group of people united by certain convictions or a common affiliation"

Wishing you all a joyous Thanksgiving.

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings." By, William Arthur Ward

Sincerely,

*Annamary J. Connor, LICSW,  
Director of Elder Services*



## Schedule of Sessions

- ⇒ **Last Week of Fall Session 2018 & Registration Week–**  
*Monday, November 5th - Friday, November 9th*
- ⇒ **Break Week** (No programs or drop in groups)–  
*Monday, November 12th - Friday, November 16th*
- ⇒ **First Week of Winter Session 2018 / 2019–**  
*Monday, November 19th - Friday, Nov 23rd*
- ⇒ **Last Week of Winter Session 2018 / 2019 & Registration Week–**  
*Monday, February 4th - Friday, February 8th*
- ⇒ **Break Week** (No programs or drop in groups)–  
*Monday, February 11th - Friday, February 15th*





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## Community & Culture

**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*



## ARTIST OF THE MONTH

Making my art is a creative journey that helps me become more aware of myself & my surroundings and enhances my sense of the wonders of life. With painting I try to express, without words, the beauty of nature so that others may see it too. I love color and how light falls on an object. Watercolor provides a rich array of color and fluidity enabling me to put down an expressive impression on my subject.



**-Elaine Meisinger, Watercolor Artist**

***Check out some of Elaine's artwork in the lobby & she will have a table selling some pieces at the Holiday Fair!***

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- Kimberly Rainen, Secretary
- Molly Bicking
- Joan Fox
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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*



## ASC HOLIDAY FAIR



**We are holding this annual event  
on Friday, December 7th from 9 am to 7 pm  
& we need your help!**

*Below is a list of items/tasks that we are looking for volunteers to contribute. If you see something that interests you please give us a call or stop by to discuss the details & sign up!*

1. Donations for the White Elephant Table (i.e. small used items that you would sell at a yard sale)
2. Donations for the Jewelry Table
3. Homemade baked goods with the ingredients/recipe attached to be sold
4. Homemade cookies for the Cookie Walk (i.e. participants pay for a container then fill it with cookies)
4. Volunteers on December 6th to assist with setting up (i.e. moving tables, chairs, etc.)
5. Volunteers on December 7th to work the fair (i.e. standing at the different tables selling things, cashing people out, guiding people through the rooms, Selling raffle tickets, etc.)

### Tickets Being Sold at the Front Desk

- *Thanksgiving Luncheon | Wednesday, November 14th | 12 pm | Cost: \$7*
- *MISTRAL presents: The Walk to Paradise Garden | Saturday, Nov10th | 4 pm | Cost: \$35*
- *Evergreens, Holly & Joy-A tour of Andover Homes in Holiday Dress (a fundraiser for the Andover Garden Club) | Saturday, December 8th | 10-4 pm | Cost: \$30*
- *Holiday Luncheon | Wednesday, December 13th | 12 pm | Cost: \$7*
- *The Crystal Ballroom Holiday Ball | Sunday, December 9th | 6-10 pm | Cost: \$15 pp/\$25 couple*

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