

# ANDOVER ELDER SERVICES

The Senior Center at Punchard



## 2019 - NEWS & VIEWS

### HOURS OF OPERATION

Monday, Tuesday,  
Wednesday & Friday  
8 - 4 p.m.

Thursday: 8 - 8 p.m.

### SOCIAL MEDIA



@AndoverSeniorCenter

### CONTACT INFORMATION

Phone #: 978-623-8320

Information Line: 978-623-8302

Physical Address:  
30 Whittier Ct. Andover, MA 01810

Mailing Address:  
36 Bartlet St. Andover, MA 01810

Email: [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)

Website:  
[www.andoverma.gov/seniorcenter](http://www.andoverma.gov/seniorcenter)

### INCLEMENT WEATHER POLICY

#### **Important please read!**

When Andover Town Offices are closed or there is a State of Emergency due to inclement weather the Senior Center at Punchard will be closed.

When the Andover Schools are closed due to heavy snowstorm or severe conditions, the Senior Center at Punchard may be closed to programming.

When a closure occurs every effort will be made to produce a voice connect call to update participants about the closure. You can also check our Information Line at 978-623-8302 for cancellations.

If bad weather develops during the day, the Senior Center at Punchard may close, based on what the towns emergency preparedness recommendation is.

### 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.

## UPDATE FROM THE DIRECTOR OF ELDER SERVICES

Season's Greetings,

As we embark on 2019 I want you to know that Andover Elder Services, the Senior Center at Punchard has a wonderful ambitions that we will be focusing on in the new year.

The main item that we will continue to work on and advocate for is that we are moving forward TO TOWN MEETING WITH A REQUEST FOR \$4.5 MILLION TO FUND A FULL RENNOVATION AND EXPANSION OF THE ANDOVER SENIOR CENTER. This will bring an additional 3,000 square feet of space for programing and exercise. We will also bring the Veterans Service Officer into the facility so that Division will have a dedicated space within the Senior Center.

Congruently the Andover Senior Community Friends, Inc. are embarking on a Capital Campaign to raise money to support this project, to date they have raised over 250k of their 500k goal which is very exciting!

I have had many questions from people about if this goes through then what will happen to the services the Senior Center offers so I want to highlight my answer here for all of you to make sure everyone is on the same page. I want to reassure you that a plan is in place for services to continue being offered during the renovation via a scattered site model at various locations in town. There are still a few details to figure out but we welcome you to stop by the Senior Center to ask questions about the project. If you are unable to do that but would like more information you can attend a scheduled Informational Session or log on to the town web page.

Warmly wishing you a healthy and happy 2019!



Annmary Connor, LICSW



### **Assisted Living Presentation**

Do you know the difference between an Assisted Living or Long Term Care Facility? What about a Nursing Home & a Rest Home? The world of elder care can be convoluted & confusing. Come to this workshop sponsored by Methuen Village to gain a better understanding of what the different options for care are, how much they cost, who qualifies & how to apply.

Monday, January 14th | 10:30 am | Cost: FREE | Must register to attend

### **Bereavement Support Group**

This group is designed to provide individuals help coping with the loss of a loved one. It is held on the 1st Thursday of every month. Thursday, January 3rd | 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 is a program operated in conjunction with the Memorial Hall Library & is a great resource for anyone who enjoys reading! The books that the group reads are all different genres & they read a new book each month. They meet on the last Thursday of every month to discuss the book that the group just finished reading. Participants enjoy spending this time engaging in a group discussion about the book & a variety of elements about it such as: whether they liked the book or not, how they felt about the author's writing style that was used, if they related to the main topic/story, etc. At the end of the meeting participants receive the new book that they will be reading in the next month. The group meets on the last Thursday of every month to discuss the book that everyone read. Thursday, January 31st | 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. Typically, brown bags are distributed on the 4th Tuesday of the month; however, bags will be distributed in December on the 2nd Tuesday due to the holidays. Tuesday, January 22nd | 9 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 is an opportunity for caregivers to sit with other caregivers to discuss the challenges associated with their roles while providing resources & support to each other. Mon, Jan 14th | 1 pm | Cost: FREE | Must Register to attend

### **Computer Users Group**

This group meets at Memorial Hall Library (MHL), participants who attend are able to learn a variety of computer related skills. Mon, Jan 14th | 1:30 pm | Cost: FREE | Must register to attend

### **Community Acupuncture**

We are fortunate that Acupuncturist, Dave Eyeran is now coming to the Senior Center to provide people with this holistic treatment that can help with an array of ailments including but not limited to stress relief & chronic pain. Fridays, January 4th & 18th | 1-3 pm | Cost: \$20 per person | Seen on a 1st come 1st served basis. Patients are treated for as long as they need during the 2 hour timeframe acupuncture is scheduled at the Senior Center.

## Monthly Events & Programs

### DELTA THE DOG

Certified therapy dog Delta & her owner Beth come on Fridays to socialize & walk with anyone at the ASC who is interested. This dynamic duo would love to meet more people so if you like dogs and are available on a Friday you should come by & introduce yourself!

### FIX IT SHOP

This is an excellent resource offered by a dedicated group of individuals who enjoy fixing things! Bring your lamps (new cords & sockets), small appliances, chairs, small tables & any other small project & they will try to fix it! *Mondays, January 7th & 28th, February 11th & 25th, March 11th & 25th, April 15th & 29th | 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*

### FUEL ASSISTANCE

A representative from the Greater Lawrence Community Action Council (GLCAC) is coming to help people complete their application for fuel assistance. Aid is available to pay a portion of winter heating bills for the primary heat source. Payments are made directly to the fuel provider. Applies only to oil, propane, coal, wood, gas, kerosene and electric. Aid may be available even if your rent includes heat or you live in subsidized housing. This is a great resource that many households will be able to benefit from! For more information about this program call & ask for Kristine or Shawna *Fri Jan 18th & Feb 1st | 9-12 pm | Cost: FREE | Must call to make an appointment*

## 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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at  
EDGEWOOD

Edgewood is a not-for-profit 501(c)(3) organization.

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978-651-1983 | EdgewoodRC.com



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North Andover MA  
978.683.1300  
AshlandFarmAtNorthAndover.com



### Happy Birthday to You!

Held on the 3rd Friday of every month, you should come to this fun congregated lunch with entertainment (provided courtesy of the FRIENDS), cake & a raffle for people with birthdays in January! It does not have to be your birthday month to attend, the more the merrier! *Friday, January 18th | 11:45 a.m. | Cost: Suggested donation of \$3 | Must register to attend*

### HEARING AIDE CHECKS & CLEANINGS

Wendy Ring, Audiologist with her practice downtown has always been a supporter of the SCP & recently she offered to start coming on the 1st Tuesday of every month to complete hearing aid checks & cleanings. If you are in need of this type of service or have any questions about hearing please come to the Center the next time she is here. *Tuesday, January 5th | 9:30-10:30 am | Individuals are seen on a first come first served basis*

### 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, January | 1 pm. | Cost: FREE | Call & ask for Aimee Cicarello to register*

### MEMORY CAFÉ-ARTS BASED

This is a new Memory Café being offered at the Senior Center on the 2nd Friday of every month. It will be "Art Based" so the group will participate in a therapeutic art project at each café. We are holding this café on a different day of the week & at a different time of day to offer an opportunity to individuals that might be unable to attend our other Memory Café. Participants who sign up for the 1st session will enjoy making Memory Books! All supplies will be provided but if you want to bring your own personal photographs &/or other memorable items. Light refreshments will be served. *Fri, Jan 11th | 10-11:30 am | Cost: FREE | Call & ask for Cassandra Knowles-True to register*

### MODEL BUILDING CLUB

The long term participants in this group asked us to clarify what this group actually is because some newcomers recently showed up & it was clear that they did not understand the basic premise of the group. It is considered to be a "drop in" group which means there is no instructor so the participants already have some experience with model building & they come together to share a common interest. Individuals must bring their own projects, supplies & tools. New members are more than welcome to join the group, it would be nice to have some fresh faces but the group wants to make sure people know what they are coming to! *Wednesdays, January 2nd, 9th, 16th, 23rd & 30th | 9 am | Cost: FREE | Must register*

### NEIGHBORS IN NEED FOOD PANTRY

The SCP collaborates with Neighbors in Need to operate a weekly food pantry on Thursdays. **ANYONE OF ANY AGE WHO IS IN NEED OF FOOD QUALIFIES FOR THIS PROGRAM.** *It is a nice resource that is available & people can depend on. We want more people to benefit from this site so please help us spread the word to anyone you know who is food insecure. Thursdays, January 3rd, 10th, 17th, 24th & 31st | 4-5 p.m. | Cost: FREE | On your 1st visit to the pantry you will be asked to fill out a basic form with your contact information but no other verification is required for you to receive food.*

## Monthly Events & Programs

### **COA Board Meeting**

Held on the 2nd Thursday of every month, the Director reviews an agenda of predetermined items to discuss Board Members. All are welcome to attend! *Thursday, January 10th, 8:30 am*

### **Podiatry**

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. *Every Wed of the month except the 2nd Wed | Jan 2nd, 16th, 23rd & 30th | 9-12 pm | Cost: \$10 | Must call to make an appointment*

### **Pain Management Support Group**

This intimate and confidential group meets on the 2nd Mon of every month is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Facilitator: Gerry Rainville, RN, MSN | *Monday, Jan 14th | 1:30 pm | Cost: FREE | Must register to attend*

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

Held on the 2nd Thursday of every month, typically there is a presentation given by a doctor or someone who works in the field with Parkinson's Patients. There is a schedule of upcoming topics available at the SCP. *Thursday, January 10th | 1:30 pm | Cost: FREE | To attend contact Kristine*

### **END OF LIFE PLANNING PRESENTATION**

We have partnered with a local funeral home to coordinate this presentation which provides an overview of how to plan for the end of your life (i.e. funeral arrangements, costs, etc.) This can be a difficult topic to discuss but it is an important topic & we all will need to have the conversation at some point! about it! *Mon, January 28th | 10:30 am | Cost: FREE | Must register to attend*

### **Reflexology**

An alternative medicine involving application of pressure to the feet with specific thumb, finger & hand techniques. *Most Thursdays | 6-8 pm | 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*

### **STORIES AT THE CENTER**

Through a new endeavor the Children's Room at Memorial Hall Library & the SCP have partnered & we will host a story hour for children 5 years & under on the last Monday of every month. There will be a theme for each story hour & activities (i.e. books, songs, crafts, etc.) will be based on it which will make it fun for everyone! There is a nice small group of parents & children who have been coming but MORE PARTICIPATION FROM ELDERS IS WANTED/NEEDED! *Mon, Jan 28th | 10 am | Cost: FREE | Must register to attend*

### T PASSES AT THE SENIOR CENTER

We have received some interest in having the T come to the Senior Center so individuals can get T passes. Typically you can only get them at specific T locations which is not very convenient but if there is a group of 15 individuals or more who are interested in getting a T Pass the T will come to Andover! In order for us to schedule this we need to get a rough idea of how many people are interested so please call the Senior Center & ask for your name to be added to the T Pass List.

### TABLE TENNIS

Recently we started having individuals come to the Senior Center on Thursday evenings & other times to play table tennis. We have met some solo players who would like to find other players to enjoy this activity with on a regular basis. If this is something that interests you contact the Senior Center & ask them to add your name & contact information to the Table Tennis List. Once a small group has formed someone from the Senior Center will follow up with you to coordinate things with the other people who want to play.

### TECHIE LIVE

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! This program was 1st held in November & it seemed there was some interest in Chris returning regularly to provide this service so in typically on the 3rd Monday of every month from 1-3 pm but in January it will be the 2nd Monday due to the SC being closed on Martin Luther King Day | *Mondays, January 14th, February 18th, March 18th & April 22nd* | Cost: FREE | *Individuals will be seen on a 1st come 1st served basis*

### 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.

### Triad Meeting & Presentation

Meetings held on the 2nd Thursday of the month. *Thursday, January 10th | 10 am*  
Presentation held on the 2nd Friday of the month. *Friday, January 11th | 10 am*

### Veteran Services

We are extremely happy to announce that Mark Comeiro was hired as the new Director of Veteran Services for the Town of Andover. The SC is already working with Mark to get a regularly scheduled time on the calendar for him to visit, meet & socialize with veterans; as well as, answer any service or benefit related questions. Mark's contact information is 978-623-8380 & [Mark.Comeiro@andover.us](mailto:Mark.Comeiro@andover.us)

### WINTER BREAKFAST

We haven't enjoyed a delicious hot breakfast cooked by Frank & his team since before the Gas Crisis. Lets start the new year right by coming together on a cold winter morning to get back into some of the regular routines that we enjoy. Full continental breakfast will be served.  
*Thursday, January 10th | 9 am | Cost: \$5 | Must register to attend*

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>7</b></p> <p>9- Sunrise Singers -Woodcarving - Quilting <b>9:30-</b> Meet the Lawyer 10- Massage (by appointment) <b>10:15-</b> Rhythm-Aires <b>12-Lunch-Sweet &amp; Sour Pork</b> 1- ESL (off site) -Yoga for All <b>-Fix It Shop</b> <b>1:30-</b>Computer Users (MHL)</p>	<p><b>1</b></p> <p><b>NEW YEARS DAY</b></p> <p><b>SENIOR CENTER</b></p> <p><b>CLOSED</b></p>	<p><b>8 &amp; 8:45-</b>Strength Training 9- Model Building Club -Podiatry <b>9:30-</b> Basic Tap -Comfort Crit 10- Fiber Arts- Grocery Shop <b>12-Lunch-Chicken Pesto</b> <b>12:45-</b>Perf Tap (off site) 1- Knit Wits - Fun &amp; Games -Yoga Advanced Beginner 2-Wellness Clinic</p>	<p><b>3</b></p> <p>8-Men/Wom in Motion 9- Strengthen &amp; Stride -Open Studio Art <b>9:30-</b>Craft Corner <b>12-Lunch-Chicken Quarters</b> 1- Fun &amp; Games -Dup Bridge <b>1:10-</b> No Tai Chi <b>1:30-</b>Bereavement <b>2:15-</b> No Tai Chi <b>3:30-</b> Energize w/ Exercise 4- Neighbors In Need <b>5:30-</b> Living Healthy Series <b>6-Belly Dancing 6:30-</b> Table Tennis <b>7:15-</b> Serenity Yoga</p>	<p><b>4</b></p> <p><b>8 &amp; 8:45-</b>Strength Train <b>10-Delta the Dog</b> <b>10:15-</b> Sit &amp; Get Fit <b>12-Lunch-Fish</b> 1- Fun &amp; Games - ESL -Social Drop In Bridge -Community Acupuncture 2- Ping Pong &amp; Dancing 3- Mindfulness Meditation <b>6:30-</b> Chinese American Activities</p>
<p><b>7</b></p> <p>9- Sunrise Singers -Woodcarving - Quilting <b>9:30-</b> Meet the Lawyer 10- Massage (by appointment) <b>10:15-</b> Rhythm-Aires <b>12-Lunch-Sweet &amp; Sour Pork</b> 1- ESL (off site) -Yoga for All <b>-Fix It Shop</b> <b>1:30-</b>Computer Users (MHL)</p>	<p><b>8</b></p> <p>8- Men/Women in Motion 9- Strengthen &amp; Stride <b>-Hearing Aide Checks</b> 10-The Write Stuff <b>10:15-</b> Sit &amp; Get Fit <b>10:30-</b> Yoga Beginner <b>12- Lunch-Ch w/ Gravy</b> <b>12:30-</b> Mahjong 1-Bridge <b>1:10-</b> Tai Chi Beginner 2- Breath, Balance &amp; Body -Line Dancing 3-Zumba</p>	<p><b>9</b></p> <p>8 &amp; 8:45- Strength Train 9- Model Building Club <b>9:30-</b> Basic Tap -Comfort Critters 10- Fiber Arts -Grocery Shop <b>12- Lunch-Low So Ham</b> <b>12:45-</b>Perf Tap (off site) 1- Knit Wits - Fun &amp; Games -Yoga Advanced Beginner 2-Wellness Clinic</p>	<p><b>10</b></p> <p>8-Men/Wom in Motion <b>8:30-</b>COA Board Mtg <b>9-Winter Breakfast</b> -Strengthen &amp; Stride -Open Studio Art <b>9:30-</b>Craft Corner <b>12-Lunch-Lasagna</b> 1- Fun &amp; Games -Dup Bridge <b>1:10-</b> Tai Chi Intermediate <b>1:30-</b> Parkinsons <b>2:15-</b> Tai Chi Advanced Beg <b>3:30-</b> Energize w/ Exercise 4- Neighbors In Need <b>6-Belly Dancing 6:30-</b> Table Tennis <b>7:15-</b> Serenity Yoga</p>	<p><b>11</b></p> <p><b>8 &amp; 8:45-</b>Strength Train <b>10-Delta the Dog</b> <b>10-Memory Café-Art Based</b> <b>10:15-</b> Sit &amp; Get Fit <b>11:45-Lunch-Fish</b> 1- Fun &amp; Games - ESL -Social Drop In Bridge 2- Ping Pong &amp; Dancing 3- Mindfulness Meditation <b>6:30-</b> Chinese American Activities</p>
<p><b>14</b></p> <p>9- Sunrise Singers -Woodcarving - Quilting <b>9:30-</b> Meet the Lawyer 10- Massage (by appointment) <b>10:15-</b> Rhythm-Aires <b>10:30-Assisted Living</b></p>	<p><b>15</b></p> <p>8- Men/Women in Motion 9- Strengthen &amp; Stride 10-The Write Stuff <b>10:15-</b> Sit &amp; Get Fit <b>10:30-</b> Yoga Beginner</p>	<p><b>16</b></p> <p>8 &amp; 8:45- Strength Train 9- Model Building Club -Podiatry <b>9:30-</b> Basic Tap -Comfort Crit 10- Fiber Arts -Grocery Shop <b>12-Lunch-Pot Roast</b></p>	<p><b>17</b></p> <p>8-Men/Wom in Motion 9- Strengthen &amp; Stride -Open Studio Art <b>9:30-</b>Craft Corner <b>12-Lunch-Open Faced</b> Turkey Sandwich</p>	<p><b>18</b></p> <p><b>8 &amp; 8:45-</b>Strength Train <b>9-Fuel Assistance</b> <b>10-Delta the Dog</b> <b>10:15-</b> Sit &amp; Get Fit <b>11:45-Bday Lunch-Meatloaf</b> 1- Fun &amp; Games - ESL</p>

<p><b>12-Lunch-Chicken Piccata</b>  <b>1- ESL (off site) - Yoga for All</b>  <b>1-Caregiver –Techie Live</b>  <b>1:30-Pain Management</b></p>	<p><b>12-Lunch-Chicken Piccata</b>  <b>12:30– Mahjong</b>  <b>1-Social Bridge</b>  <b>1:10- Tai Chi Beginner</b>  <b>2- Breath, Balance &amp; Body</b>  <b>-Line Dancing 3-Zumba</b></p>	<p><b>12:45-Perf Tap (off site)</b>  <b>1- Knit Wits -Fun &amp; Games</b>  <b>-Yoga Advanced Beginner</b>  <b>2- Wellness Clinic</b></p>	<p><b>1- Fun &amp; Games -Dup Bridge</b>  <b>1:10- Tai Chi Intermediate</b>  <b>2:15- Tai Chi Advanced Beg</b>  <b>3:30- Energize w/ Exercise</b>  <b>4- Neighbors In Need</b>  <b>6-Belly Dancing 6:30– Table Tennis 7:15– Serenity Yoga</b></p>	<p><b>-Social Drop In Bridge</b>  <b>Community Acupuncture</b>  <b>2- Ping Pong &amp; Dancing</b>  <b>3- Mindfulness Meditation</b>  <b>6:30- Chinese American Activities</b></p>
<p><b>21</b>  <b>MARTIN LUTHER KING DAY</b>  <b>SENIOR CENTER CLOSED</b></p>	<p><b>8- Men/Women in Motion</b>  <b>9- Strengthen &amp; Stride -Brown Bag</b>  <b>10-The Write Stuff</b>  <b>10:15- Sit &amp; Get Fit</b>  <b>10:30- Yoga Beginner</b>  <b>12- Lunch-Shepard's Pie</b>  <b>12:30– Mahjong</b>  <b>1-Social Bridge</b>  <b>1:10- Tai Chi Beginner</b>  <b>2- Breath, Balance &amp; Body</b>  <b>-Line Dancing</b>  <b>3-Zumba</b></p>	<p><b>8 &amp; 8:45-Strength Train</b>  <b>9- Model Building Club -Podiatry</b>  <b>9:30- Basic Tap -Comfort Crit</b>  <b>10- Fiber Arts -Grocery Shop</b>  <b>12-Lunch-Roasted Pork</b>  <b>12:45-Perf Tap (off site)</b>  <b>1- Knit Wits -Fun &amp; Games</b>  <b>-Yoga Advanced Beginner</b></p>	<p><b>8- Men/Women in Motion</b>  <b>9- Strengthen &amp; Stride - Open Studio Art -9:30- Craft Corner-Townie Tr</b>  <b>12-Lunch-Chicken Pot Pie</b>  <b>1- Fun &amp; Games -Dup Bridge</b>  <b>1:10- Tai Chi - Intermediate</b>  <b>1:30-Book Club</b>  <b>2:15- Tai Chi Advanced Beg</b>  <b>3:30- Energize w/ Exercise</b>  <b>4- Neighbors In Need</b>  <b>5:30-Living Healthy Series</b>  <b>6- Belly Dancing -Reflexology</b>  <b>6:30-Tennis 7:15-Serenity Yo</b></p>	<p><b>8 &amp; 8:45-Strength Train</b>  <b>10-Delta the Dog</b>  <b>-TRIAD Presentation</b>  <b>10:15- Sit &amp; Get Fit</b>  <b>10:30-Northeastern Info Sess</b>  <b>12-Lunch-Salmon</b>  <b>1- Fun &amp; Games - ESL</b>  <b>- Social Drop In Bridge</b>  <b>- Community Acupuncture</b>  <b>2- Ping Pong &amp; Dancing</b>  <b>3- Mindfulness Meditation</b>  <b>6:30- Chinese American Activities</b></p>
<p><b>28</b>  <b>9- Sunrise Singers</b>  <b>- Woodcarving - Quilting</b>  <b>9:30-Meet the Lawyer</b>  <b>10- Massage (by appointment) -Story Hour</b>  <b>10:15- Rhythm-Aires</b>  <b>10:30– End of Life Planning</b>  <b>12-Lunch-Chicken Marsala</b>  <b>1-Fix It Shop -Memory Cafe</b></p>	<p><b>Men/Women in Motion</b>  <b>9- Strengthen &amp; Stride</b>  <b>10-The Write Stuff</b>  <b>10:15- Sit &amp; Get Fit</b>  <b>10:30- Yoga Beginner</b>  <b>12- Lunch-American Chop</b>  <b>12:30– Mahjong</b>  <b>1-Social Bridge</b>  <b>1:10- Tai Chi Beginner</b>  <b>2- Breath, Balance &amp; Body</b>  <b>-Line Dancing</b>  <b>3-Zumba</b></p>	<p><b>8 &amp; 8:45-Strength Train</b>  <b>9- Model Building Club -Podiatry</b>  <b>9:30- Basic Tap -Comfort Crit</b>  <b>10- Fiber Arts -Grocery Shop</b>  <b>12-Lunch-Beef Stew</b>  <b>12:45-Perf Tap (off site)</b>  <b>1- Knit Wits -Fun &amp; Games</b>  <b>-Yoga Advanced Beginner</b></p>	<p><b>8- Men/Women in Motion</b>  <b>9- Strengthen &amp; Stride -Open Studio Art</b>  <b>9:30- Craft Corner-Townie Tr</b>  <b>12-Lunch-Spinach &amp; Feta Stuffed Chicken</b>  <b>1- Fun &amp; Games -Dup Bridge</b>  <b>1:10- Tai Chi Intermediate</b>  <b>1:30-Book Club</b>  <b>2:15- Tai Chi Advanced Beg</b>  <b>3:30- Energize w/ Exercise</b>  <b>4- Neighbors In Need</b>  <b>6- Belly Dancing -Reflexology</b>  <b>6:30-Tennis 7:15-Serenity Yo</b></p>	<p><b>If you wish to come to lunch, please call the day before to register</b>  <b>Suggested donation \$3</b>  <b>Please call in advance if you have to cancel</b>  <b>Menu is subject to change without notice</b></p>



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**Belly Dancing**

*Thursdays, November 29—February 7 (10 weeks) | 6 p.m. | Instructor: Maggie Class*

**Breath, Balance & Body**

*Tuesdays, | November 20—February 5 (10 classes) | 2 p.m. | Instructor: Pat Dumont*

**Energize with Exercise**

*Mondays | 3:30 p.m. November 19—February 4 (10 classes) | Instructor: Denise Boucher*

*Thursdays | 3:30 p.m. | November 29—February 7 (10 classes) | Instructor: Denise Boucher*

**Line Dancing**

*Tuesdays | 2:15 p.m. | November 20—February 5 (10 classes) | Instructor: Valerie Cagnina*

**Men & Women in Motion**

*Tuesdays, | 8 a.m. | November 20—February 5 (11 classes) | Instructor: Denise Boucher*

*Thursdays | 8 a.m. | November 29—February 7 (11 classes) | Instructor: Denise Boucher*

**Sit & Get Fit**

*Tuesdays | 10:15 a.m. | November 20—February 5 (10 classes) | Instructor: Denise Boucher*

*Fridays | 10:15 a.m. | November 30—February 8 (10 classes) | Instructor: Denise Boucher*

**Strengthen & Stride**

*Tuesdays 9 a.m. | November 20—February 5 (10 classes) | Instructor: Tracy Callahan*

*Thursdays, | 9 a.m. | November 29—February 7 (9 classes) | Instructor: Tracy Callahan*

**Strength Training**

*Wednesdays | 8 & 8:45 a.m. | November 21—February 6 (12 classes) | Instructor: Pat Dumont*

*Fridays | 8 & 8:45 a.m. November 30—February 1 (9 classes) | Instructor: Barbara Maguire*

**Tai Chi Beginner**

*Tuesdays | 1:10 p.m. | November 20—February 5 (10 classes) | Instructor: Meg Holmes*

**Tai Chi Advanced Beginner**

*Thursdays | 2:15 p.m. | November 29—February 7 (9 classes ) | Instructor: Meg Holmes*

**Tai Chi Intermediate**

*Thursdays | 1:10 p.m. | November 29—February 7 (9 classes) | Instructor: Meg Holmes*


**Tap Dancing Basic**

*Wednesdays, | 9:30 a.m. | November 21—February 6 (12 classes) | Instructor: Audrey Nason*

**Tap Dancing Performance**

*Wednesdays, | 12:45 p.m. | November 21—February 6 (12 classes) | Instructor: Audrey Nason*

**CONTINUED ON PAGE 14**

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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*

**THE CHINESE NEW YEAR CELEBRATION WILL BE HELD IN FEBRUARY, THERE WILL BE A FLYER WITH MORE DETAILS SOON!**

**WE WANT TO SINCERELY THANK EVERYONE WHO HELPED WITH THE PREPARATION, COORDINATION, SET UP & OPERATION OF THE 2018 HOLIDAY FAIR!**

**WE WERE REALLY HAPPY WITH HOW IT WENT & THERE IS NO WAY WE COULD HAVE DONE IT WITHOUT YOU!**



**HAPPY HOLIDAYS!!!**

**From The SC Staff**



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### ASCF Meetings:

The 3rd Friday of every month at 10:30 AM

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



The FRIENDS “Welcome Spring Ball” will be held on  
**Sunday, April 28th from 6-10 pm at Old Town Hall**

*More information about the evening & tickets sales will be available soon*

*Share this information with your friends & mark it on your calendar now!*

**The Andover Senior Community FRIENDS, Inc.  
PO Box 576 Andover, MA 01810**

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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*

### CONTINUED FROM PAGE 10

#### Yoga Advanced Beginners

Wednesdays | 1 p.m. | November 21—February 6 (12 classes) | Instructor: Pat Dumont

#### Yoga For All

Mondays | 1:00 p.m. | November 19—February 4 (10 classes) | Instructor: Pat Dumont

#### Yoga for Beginners

Tuesdays | 10:30 a.m. | November 20—February 5 (8 classes) | Instructor: Pat Dumont

#### Serenity Yoga

Thursday | 7:00 p.m. | November 29—February 7 (10 classes) | Instructor: Sheila Wescott

#### Zumba

Tuesdays | 3:00 p.m. | November 20—February 5 (11 classes) | Instructor: Valerie Cagnina

**DID YOU KNOW?** *If you are unsure if a class will be a good fit for you we welcome you to try the class once for FREE so you can see if you like it before you register for it!*

**THE LAST WEEK OF CLASSES FOR THE WINTER SESSION / REGISTRATION WEEK IS:**  
Monday, February 4th to Friday, February 8th

**BREAK WEEK IS THE FOLLOWING WEEK:**

Monday, February 11th to Friday, February 15th

Please note **DURING THIS WEEK THERE WILL BE NO CLASSES, PROGRAMS, DROP-IN GROUPS OR OTHER ACTIVITIES.** We apologize in advance for any inconveniences this may cause.



### **A SAMPLE OF WHAT WE ARE SCHEDULING FOR THE SPRING SESSION:**

- Day trips to: The Museum of Fine Arts, Symphony Hall, Pickety Place & Mohegan Sun & other fun, interesting places.
- Food & Nutrition Workshops on topics like: How eating certain healthy foods has a direct connection to the health of your brain & simple quick healthy recipes for people who live alone.
- Cultural Council Grant performances with: The Delvena Theater Company (they're putting on Lizzy Borden), Tommy Rull (he sings songs from the Sinatra era & takes requests) & Mouli (a woman who has created a new Indian Dance Program).
- Valentine's Day, St. Patrick's Day & Memorial Day Parties
- Matter of Balance & Powerful Tools for Caregivers Workshops.

*We have an ongoing list of suggested programs that people are interested in, so if you have any innovative ideas please share them with us!*



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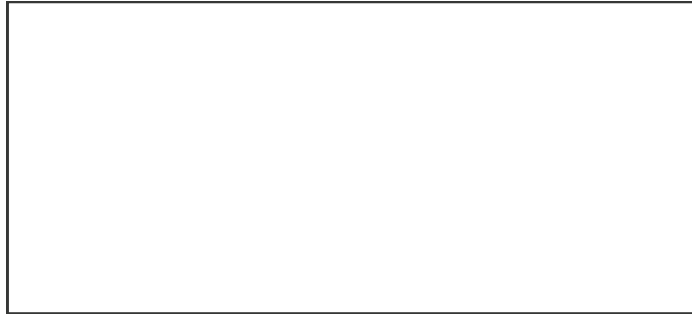
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