

ANDOVER ELDER SERVICES

The Senior Center at Punchard

February 2019

Hours of Operation

Monday 8 am - 4 pm
 Tuesday 8 am - 4 pm
 Wednesday 8 am - 4 pm
 Thursday 8 am - 8 pm
 Friday 8 am - 4 pm

Contact Information

Phone: 978.623.8320
 Info Line: 978.623.8302
 Email: seniorcenter@andoverma.gov
 Web: andoverma.gov/seniorcenter



Follow us on Social Media!



@AndoverSeniorCenter



HELP WANTED

We are looking for certified exercise instructors.

If interested, please contact Annmary for more details.



Happy February!

Please join us this month as we host an information session to share our enthusiasm for the Senior Center's renovation project. This initiative will be voted on at Town Meeting in April. We will also celebrate Chinese New Year in February and look forward to seeing you at this festive occasion.

*Annmary I. Connor, LICSW
 Director of Elder Services*



Andover Elder Services Renovation of the Senior Center at Punchard Public Information Meeting Schedule

Thursday, January 24th - 7 pm Memorial Library Lower Conference Room	Thursday, March 28th - 7 pm Memorial Library Lower Conference Room
Monday, February 13th - 7 pm Public Safety Building Training Room	Tuesday, April 9th - 7 pm Memorial Library Lower Conference Room
Thursday, March 7th - 7 pm Memorial Library Lower Conference Room	Thursday, April 25th - 7 pm Memorial Library Lower Conference Room

Please come learn about this exciting renovation and ask questions about the project! If you have questions about the project but are unable to attend any of these meeting times, please contact Director of Elder Services, Annmary Connor at annmary.connor@andoverma.us

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.

How to Register

In Person: Mon-Wed 8 am-4 pm, Thur 8 am-8 pm, Fri 8 am-4 pm
30 Whittier Court, Andover, MA 01810

By Phone: 978.623.8320

Online: www.MyActiveCenter.com

Payments:

- 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.

Inclement Weather Policy

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 Town's emergency preparedness recommendation is.

Spotlight



Andovers
2019
CHINESE NEW YEAR GALA
大年多福春節聯歡會

Date: Feb. 2, 2019, Saturday
Kids Games: 3:00-5:00pm
Performance: 3:00-5:00pm
Party: 5:00-8:00pm
Address: Great Lawrence Technical School
57 River Rd, Andover, MA 01810
Ticket: \$20 (sold on caandover.org)

日期: 2019年2月2日, 星期六
遊園: 3:00-5:00pm
演出: 3:00-5:00pm
聚餐: 5:00-8:00pm
地址: Great Lawrence Technical School
57 River Rd, Andover, MA 01810
票價: \$20

主辦單位: 安多福華人協會、安多福中文學校、步步高中文學校、新禧書院
Organizer: Chinese American Association of Andovers, Chinese School of Andover, Step by Step Chinese School, Neo Millennium Institute

Staff

Director

Annmery I. Connor, LICSW
annmary.connor@andoverma.us

Social Work/Outreach

Kristine Arakelian, LCSW
kristine.arakelian@andoverma.gov

Transportation/Outreach

Shawna McCloskey, LSW
shawna.mccloskey@andoverma.gov

Volunteer Coordinator

Ashley English
ashley.english@andoverma.us

Office Assistant

Chris Marshall
chris.marshall@andoverma.us

Senior Connections

Day Program

Aimee Ciccirello, LCSW
aimee.ciccirello@andoverma.us
Sharon Thomson, RN
Mary McGettrick
Katherine Perakis

Nutrition Staff

Frank Melendez, Chef
francisco.melendez@andoverma.gov
Sue Starbird
Tina Solari
Ed Blinn

Drivers

George Perakis
George Thomson
Kelly Cameron
Caren Connor

Interns

Cassandra Knowles-True
Zach Robertson
Marisa Greaves

*The Senior Center at Punchard
& Andover Chinese Charm Circle*

2  19

February 21st 10:30am , Veterans Memorial Hall
\$ 7.00 per person

时间 : 2/21/2019 , 周四
10:30 — 11:50AM 表演节目

地点 : 安多福 退役 军人 纪念礼堂

午餐 : 12:00PM 在老人中心

餐券 : \$7.00 / 每人

12:00 pm Lunch @ Andover Senior Center
978-623-8320

Monthly Events

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 Kristine Arakelian or Shawna McCloskey. Must call to make an appointment. Cost: Free

Friday, February 1 from 9 am-12 pm

Andovers 2019 Chinese New Year Gala

Kids games from 3-5 pm; Performance 3-5 pm; Party 5-8 pm; location Greater Lawrence Technical School; tickets \$20 (sold on caandover.org)

Saturday, February 2 from 3 pm to 8 pm

Tax Preparation Assistance by AARP

AARP-trained tax aides are available to assist with simple tax preparation. Tuesdays from 9 am-noon. You do not need to be a senior citizen. Must call to make an appointment. Cost: Free


Tuesdays, February 5, 12, 19, 26

TRIAD Bullying Forum

Presented by Officer Robin Cataldo. This talk on Bullying will teach you how you can make a positive difference. Goals of the talk are to create a more peaceful environment where we live and in our communities, look at ways to speak up if you experience bullying, learn ways to make people feel included and learn when we "See Something - Say Something." Must register to attend. Cost: Free



Thursday, February 7 during lunch

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AshlandFarmAtNorthAndover.com

AT NORTH ANDOVER
A Benchmark Senior Living Community



Monthly Events

Explore American History with Don Robb at Memorial Hall Library

**January 31, February 7, 14, 21, 28
and March 7 at 1:30-3:00 pm**

The Five Frontiers of the American West: Mining, Railroad, Ranching, Farming, Indian
Registration not required. Please note change in location-NOW at Memorial Hall Library. Cost: Free

Bereavement Support Group

Thursday, February 7 at 1:30 pm

This group is designed to provide individuals help coping with the loss of a loved one. It is held on the first Thursday of every month. Must register to attend by calling Lois Marra of Home Health VNA Hospice at 978.552.4537; leave a message with your name and phone number and she will return your call. Cost: Free

Neighbors in Need Food Pantry

**Thursday, February 7, 14, 21, 28
from 4:00 - 5:00 pm**

Andover Elder Services 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 and 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. On your first visit to the pantry, you will be asked to fill out a basic form with your contact information (no other verification is required for you to receive food). Cost: Free

Memory Café - Arts Based

Friday, February 8 from 10-11:30 am

A new Memory Café which is arts based so the group will participate in a therapeutic art project at each café. Join us for a fun sensory and art project. This café will be held on the second Friday of each month. Call Cassandra Knowles-True to register. Cost: Free

Fix It Shop

Monday, February 11 & 25 from 1-3 pm

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 and any other small project. They will try to fix it. Individuals are seen on a first come first served basis. Cost: \$4 plus parts for seniors (ID required); \$10 plus parts for non-seniors and non-residents; \$2 diagnostic fee

Computer Users Group

TBD

This group meets at Memorial Hall Library. Participants who attend are able to learn a variety of computer related skills. Must register to attend. Cost: Free

Caregiver Support Group

Monday, February 11 at 1:30 pm

This is a new support group being offered. It is an opportunity for caregivers to sit with other caregivers to discuss the challenges associated with their roles while providing resources and support for each other. This group usually meets the third Monday of each month - due to the holiday it is meeting one week early. Must register to attend. Cost: Free

Pain Management Support Group

Monday, February 11 at 1:30 pm

This intimate and confidential group meets on the second Monday of each month and is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Facilitator: Gerry Rainville, RN, MSN. Must register to attend. Cost: Free

COA Board Meeting

Thursday, February 14 at 8:30 am

The Council on Aging Board meets on the second Thursday of each month. This is a public meeting and all are welcome to attend.

Monthly Events

TRIAD Meeting

Thursday, February 14 at 10 am

TRIAD is a joint collaboration between the Andover Elder Services, Andover Police Department, Essex County District Attorney's Office and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. TRIAD holds a public meeting on the second Thursday of each month.

Valentine's Day Luncheon at Riverside Woods

Thursday, February 14; 11 am-1 pm

A special luncheon will be held at the new clubhouse "The Merrimack Club" at Riverside Woods for Valentine's Day. Join us for a themed luncheon, prizes and fun! Transportation available. Location: Riverside Woods, 459 River Road, Andover. Must register to attend. Cost: Free

Parkinson's Support Group

Thursday, February 14 from 1:30-3 pm

Meredith Ware, BrightView Assisted Living and Katie St. Pierre, OTR/L, Bayada Home Health will present "Understanding Parkinson's." This group meets on the second Thursday of each month. To attend, contact Kristine Arakelian at the Senior Center. Cost: Free

Happy Birthday to You!

Friday, February 15 at 11:45 am

Held on the third Friday of every month. You should come to this fun congregate lunch with entertainment (provided courtesy of the FRIENDS), cake and prizes for people with birthdays in February. It does not have to be your birthday month to attend - the more the merrier! Must register to attend. Cost: Suggested donation of \$3

Techie Live

TBD

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. Chris will assist with questions about cell phones, tablets, laptop computers, etc. Individuals will be seen on a first come first served basis. Cost: Free

Chinese New Year Celebration

Thursday, February 21 at 10:30 am

Performance will begin at 10:30 am at the Veterans Memorial Hall Auditorium followed by lunch at noon at the Senior Center. See page 3 for more details. Cost: \$7 per ticket

Ask the Lawyer

Monday, February 25 at 9:30 am

Legal clinic is offered by Justin St. James, Esquire. He is licensed in MA & NH. Must call to schedule appointment. Appointments are scheduled in chronological order to help save time. Please do not miss your appointment. Call to cancel if you cannot attend. Limit of one question/issue. Must call to make an appointment. Cost: Free

Memory Café

Monday, February 25 at 1:00 pm

What's more enjoyable than having a cup of coffee and sweets and enjoying a fun activity with a friend? People living with memory changes, their partners and their friends can come together at the Memory Café at Andover Elder Services. The Café provides a much-needed break from daily routines and is a source of ideas, information, and connection to others and to community supports. Memory Café is held on the fourth Monday of each month. Cost: Free

Monthly Events

Brown Bag

Tuesday, February 26 at 9:00 am

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 and non-perishable food items. Typically, brown bags are distributed on the fourth Tuesday of the month. Individuals who meet the requirements and want to participate must complete an application with a staff member. Cost: Free

State Senator Office Hours

Tuesday, February 26; noon - 1 pm

Senator Barry Finegold will be holding office hours at the Senior Center on the last Tuesday of each month. All are welcome to attend! Cost: Free

ESMV Group Therapy for Parents over 60

Tuesday, February 26 from 2:30-4 pm

Elder Services of the Merrimack Valley (ESMV) is offering a 10-week group therapy for parents over 60 years old who have dependent adult children. The group will focus on providing the parents with the opportunity to share their experiences with others in a similar situation. Together, they will explore their future plans, learn communication tools and spend time discussing and learning about how to live their best life. The group will run for 10 weeks from 2:30 to 4:00 pm at the Andover Senior Center beginning Tuesday, February 26. Space is limited, and group members are asked to commit to the entire 10-week session. Contact Brenda Conlon at 978-946-1236, Elder Services of the Merrimack Valley, for more information and to register. Cost: Free

Book Club

Thursday, February 28 at 1:30 pm

This is a program operated in conjunction with the Memorial Hall Library and is a great resource for anyone who enjoys reading. The books that the group reads are all different genres and they read a new book each month. 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. Must register in advance. Cost: Free



Coming in March...

Lizzie Borden took an axe.... Or did she? YOU DECIDE

Monday, March 4 at 1:30 pm

Delvena Theatre Company presents an interactive performance of LIZZIE BORDEN AND THE 40 WHACKS. Lizzie Borden and the 40 Whacks is supported in part by a grant from the Andover Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Must register in advance. Cost: Free

"Broken Horizons" A Book of Poems by Richard Jackson **Tuesdays starting March 5**

Reading and discussion group for six weeks starting Tuesday, March 5 from 1-2:30 pm. Space is limited to 15. Deadline to register is February 25. Will be lead by Dennis Richards. A required reading packet for the first class will be emailed to you one week before. You must purchase *Broken Horizons* by *Rick Jackson* for \$15 to take the course. (available for sale at first class)

Best American Short Stories of 2018

Mondays starting March 11

The editor of this year's edition suggests, "I am not avoiding reality when I read fiction; I am strengthening my ability to cope with reality." Join us for six "strengthening" Mondays starting on March 11. We will discuss selections from this annual collection of acclaimed American short stories. Eileen Reilly, a longtime book enthusiast, will facilitate discussion from 1:30 - 3:00 pm. Edited by Roxanne Gay, the Best American Short Stories of 2018 can be requested from our town library or purchased for about \$10 (available in Kindle version on Amazon). For the first session, please read "Cougar" and "Family." Will run for six weeks. Cost: \$10

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February 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Sunrise Singers 9:00 Woodcarving 9:00 Quilting 9:00 Massage 10:00 Rhythm-'Aires 10:15 Lunch-Stuffed Chicken 12:00 ESL (off site) 1:00 Yoga for All 1:00 Energize w/ Exercise 3:30</p> <p>REGISTRATION WEEK</p>	<p>5</p> <p>Men/Women in Motion 8:00 Strengthen & Stride 9:00 Walk the Gym 9:00 Tax Prep by AARP 9:00 Hearing Aid Checks 9:30 Write Stuff 10:00 Sit & Get Fit 10:15 Yoga Beginners 10:30 Lunch-Salisbury Steak 12:00 Mahjong 12:30 Fun & Games - 1:00 Tai Chi Beginner 1:10 Breath, Balance & Body 2:00 Line Dancing 2:15 Zumba 3:00</p>	<p>6</p> <p>Strength Training 8:00 Strength Training 8:45 Podiatry 9-12 Model Building 9:00 Basic Tap 9:30 Comfort Critters 9:30 Fiber Arts 10:00 Grocery Shop 10:00 Lunch-Chicken Quarters 12:00 Performance Tap 12:45 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 1:00 Wellness Clinic 2:00</p>	<p>7</p> <p>Men/Women Motion 8:00 Strengthen & Stride 9:00 Walk the Gym 9:00 Open Studio Art 9:00 Craft Corner 9:30 Townie Trips 9:30 TRIAD Bullying Forum 12:00 Lunch-Meatloaf 12:00 Mindful Meditation 12:00 Fun & Games 1:00 Dup Bridge 1:00 Bereavement Support 1:30 Energize w/ Exercise 3:30 Neighbors in Need 4:00 Belly Dancing 6:00 Reflexology 6:00 Serenity Yoga 7:15</p>	<p>8</p> <p>Strength Training 8:00 Strength Training 8:45 Memory Café-Arts based 10:00 Delta the Dog 10:00 Sit & Get Fit 10:15 Lunch-Pot Roast 12:00 Acupuncture 1:00 Fun & Games 1:00 ESL 1:00 Ping Pong & Dancing 2:00 Chinese American 6:30</p>
<p>11</p> <p>Sunrise Singers 9:00 Woodcarving 9:00 Quilting 9:00 Massage 10:00 Rhythm-'Aires 10:15 Lunch-Baked Chicken 12:00 ESL (off site) 1:00 Fix It Shop 1-3 Caregiver Support Group 1:30 Pain Management Group 1:30</p>	<p>12</p> <p>Tax Prep by AARP 9:00 Walk the Gym 9:00 Podiatry 9-12 Write Stuff 10:00 Lunch-Spinach Pie 12:00 Mahjong 12:30 Fun & Games - 1:00</p>	<p>13</p> <p>Model Building 9:00 Comfort Critters 9:30 Fiber Arts 10:00 Grocery Shop 10:00 Lunch-Lemon Fish 12:00 Knit Wits 1:00 Fun & Games 1:00 Wellness Clinic 2:00</p>	<p>14</p> <p>COA Board Meeting 8:30 SHINE appointments 8:30 Walk the Gym 9:00 Open Studio Art 9:00 Craft Corner 9:30 Townie Trips 9:30 TRIAD Meeting 10:00 Riverside's Luncheon- Valentine's Luncheon 11:00 Lunch-Chick Pot Pie 12:00 Mindful Meditation 12:00 Fun & Games 1:00</p>	<p>15</p> <p>Delta the Dog 10:00 Birthday Celebration 11:45 Lunch-Baked Ziti 12:00 Fun & Games 1:00 ESL 1:00 Ping Pong & Dancing 2:00 Chinese American 6:30</p>

<p>1:00 Dup Bridge 1:30 Parkinson's Support 4:00 Neighbors In Need</p>	<p>21</p>	<p>20</p>	<p>19</p>	<p>18</p>
<p>8:00 Strength Training 8:45 Strength Training 10:00 Delta the Dog 10:15 Sit & Get Fit 12:00 Lunch-Fish 1:00 Acupuncture 1:00 Fun & Games 2:00 Ping Pong & Dancing 6:30 Chinese American</p>	<p>SHINE appointments Townie Trips Chinese New Year Perf. followed by ticketed lunch event No Congregate Lunch Neighbors In Need Belly Dancing Reflexology Serenity Yoga</p>	<p>Strength Training Strength Training Podiatry Model Building Basic Tap Comfort Critters Fiber Arts Grocery Shop Lunch-Beef Stew Performance Tap Knit Wits Fun & Games Yoga Advanced Beginner Wellness Clinic</p>	<p>Men/Women Motion At Center Tax Prep by AARP Strengthen & Stride Write Stuff Sit & Get Fit Yoga Beginners Lunch-Chicken Pesto Mahjong Fun & Games - Tai Chi Beginner Breath, Balance & Body Line Dancing Zumba</p>	<p>CLOSED FOR PRESIDENTS DAY</p>  <p>NEW SPRING SESSION SCHOOL VACA—NO CLASSES</p>
<p>Menu subject to change without notice</p> <p>Effective 1/1/19 the suggested donation for lunch is \$3.00</p>	<p>Men/Women Motion SHINE appointments Strengthen & Stride Walk the Gym Open Studio Art Craft Corner Townie Trips Lunch-Chick Stir Fry Mindful Meditation Fun & Games Dup Bridge Book Club Energize w/ Exercise Neighbors In Need Belly Dancing Reflexology Serenity Yoga</p>	<p>Strength Training Strength Training Podiatry Model Building Basic Tap Comfort Critters Fiber Arts Grocery Shop Lunch-Italian Sausages Performance Tap Knit Wits Fun & Games Yoga Advanced Beginner Wellness Clinic</p>	<p>Men/Women Motion Tax Prep by AARP Walk the Gym Brown Bag Strengthen & Stride Write Stuff Sit & Get Fit Yoga Beginners Lunch-Chicken Cacciat. State Senator Hours Mahjong Fun & Games Tai Chi Beginner Breath, Balance & Body Line Dancing ESMV Group Therapy Zumba</p>	<p>9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 9:30 Ask the Lawyer 10:00 Walmart Bus Trip 10:00 Massage 10:15 Rhythm-'Aires 12:00 Lunch-Eggplant Parm 1:00 Memory Café 1:00 ESL (off site) 1:00 Yoga for All 1-3 Fix It Shop 3:30 Energize w/ Exercise</p>



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Health and Wellness

Delta the Therapy Dog

Friday, February 1, 8, 15, 22 at 10 am

Certified therapy dog Delta and her owner Beth come on Fridays to socialize and walk with anyone at the Senior Center who is interested. This dynamic duo would love to meet more people, so if you like dogs and are available on a Friday, please stop by and introduce yourself. Cost: Free

Hearing Aid Checks & Cleanings

Tuesday, February 5 from 9:30-10:30 am

Wendy Ring, Audiologist, with her practice downtown has always been a supporter of the Senior Center. She is offering hearing aid cleanings and checks, as well as hearing screenings. If you are in need of this type of service or have any questions about hearing, please sign up. Individuals are seen on a first come first served basis. Must register to attend. Cost: Free

Community Acupuncture

Friday, February 8 & 22 from 1-3 pm

Dave Eyerman provides people with this holistic treatment that can help with an array of ailments, including but not limited to, stress relief and chronic pain. Patients are treated for as long as they need during the two hour acupuncture timeframe. Patients are seen on a first come first served basis. Cost: \$20 per person

Medical Equipment

The local Masons have a medical equipment loan program that is open to people in need of accessing hospital equipment. This loan program is free and open to all. Equipment can be picked up on Saturdays at 500 West Cummings Park, Suite 1150, Woburn, MA.

Massage

Mondays, February 4, 11, 25

A seated chair massage will provide relaxation and self care. Must call to make an appointment. Mondays from 10 am-12 pm. Cost: \$15 for 20 minutes for seniors over 60

Podiatry

February 6, 12, 20, 27

A nurse from Foot Care Focus provides foot care services to Andover seniors. Homebound seniors who are interested should contact Kristine Arakelian. A grant from the Andover Home for the Aged subsidizes this program. Must call to make an appointment. Appointments from 9 am-12 pm Cost: \$10

Reflexology

Most Thursdays from 6 pm - 8 pm

An alternative medicine involving application of pressure to the feet with specific thumb, finger and hand techniques. 30 minute minimum—90 minute maximum. Cost: \$1 per minute

SHINE

Thursdays, February 14, 21, 28

(Serving Health Information Needs of Everyone)

8:30 am - 11:30 am

This confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options. Must call to make an appointment. Cost: Free

Everyone should have received their new Medicare card by now! If you don't have one - no worries!

You can order your new card by calling Medicare at 1-800-633-4227 or set up an account at www.MyMedicare.gov Once you receive the new card, you can destroy the old one.

Wellness Clinics

Wednesdays from 2 pm - 3 pm

Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs. No appointment necessary. Cost: Free

Mini Clinic - Monday, February 11 from 2-3 pm at Andover Commons

Mini Clinic - Monday, February 25 from 1-2 pm at Frye Circle



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Fitness Classes

SPRING SESSION 2019: February 19 - May 10, 2019

Registration Week: February 4 - 8 Break Week: February 11 - 15

*All classes this session are \$25! There are no make up classes.
No classes or drop-in groups on Thursday, February 21, 2019.*

Belly Dancing

Thursdays | 6 p.m. | Instructor: Maggie Class

Breath, Balance & Body

Tuesdays | 2 p.m. | Instructor: Pat Dumont

Energize with Exercise

*Mondays | 3:30 p.m. | Instructor: Denise Boucher
Thursdays | 3:30 p.m. | Instructor: Denise Boucher*

Line Dancing

Tuesdays | 2:15 p.m. | Instructor: Valerie Cagnina

Men & Women in Motion

*Tuesdays | 8 a.m. | Instructor: Denise Boucher
Thursdays | 8 a.m. | Instructor: Tracy Callahan*

Sit & Get Fit

*Tuesdays | 10:15 a.m. | Instructor: Denise Boucher
Fridays | 10:15 a.m. | Instructor: Denise Boucher*

Strengthen & Stride

*Tuesdays 9:10 a.m. | Instructor: Denise Boucher
Thursdays | 9:10 a.m. | Instructor: Tracy Callahan*

Strength Training

*Wednesdays | 8 & 8:45 a.m. | Instructor: Pat Dumont
Fridays | 8 & 8:45 a.m. | Instructor: Barbara Maguire*

Tai Chi Beginner

Tuesdays | 1:10 p.m. | Instructor: Meg Holmes

Tai Chi Advanced Beginner

Thursdays | 2:15 p.m. | Instructor: Meg Holmes

Tai Chi Intermediate

Thursdays | 1:10 p.m. | Instructor: Meg Holmes

Tap Dancing Basic

Wednesdays, | 9:30 a.m. | Instructor: Audrey Nason

Tap Dancing Performance

Wednesdays, | 12:45 p.m. | Instructor: Audrey Nason

Yoga Advanced Beginners

Wednesdays | 1 p.m. | Instructor: Pat Dumont

Yoga For All

Mondays | 1:00 p.m. | Instructor: Pat Dumont

Yoga for Beginners

Tuesdays | 10:30 a.m. | Instructor: Pat Dumont

Serenity Yoga

Thursdays | 7:00 p.m. | Instructor: Sheila Wescott

Zumba

Tuesdays | 3:00 p.m. | Instructor: Valerie Cagnina

Please call the Senior Center for a description of each class, if needed.

Activities

Duplicate Bridge (intermediate level) Cost: \$5

Thursdays from 1-4:30 pm

Must communicate to leaders in order to insure a multiple of 4 players per table. Call Center to register.

Rhythm-Aires

Mondays at 10:15 am; Cost: \$10

Sunrise Singers

Mondays at 9:00 am; Cost: \$10

Wood Carving - Mondays at 9 am; FREE

Model Building - Wednesdays at 9 am; FREE

Mindful Meditation - Thursdays at noon; donations accepted

Outdoor Adventures

Men's Outdoor Adventure Group

Wednesday, March 27 | Skug River & Hammond Reservations | Leader: Fred Snell

Wednesday, April 10 | Burns & Greene Reservations | Leader: Don Schroeder

Wednesday, April 24 | Keck Reservation | Leader: Don Schroeder

Wednesday, May 8 | Mazurenko Farm, Carter Hill & Field | Leader: Don Schroeder

Wednesday, May 22 | Cochran Wildlife Sanctuary | Leader: Fred Snell

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

Women's Outdoor Adventure Group (WOAG)

Thursday, March 21 | Addison Gallery at Phillips Academy (if time allows historic cemetery to follow)

Thursday, April 18 | TBA

Thursday, May 16 | TBA

All hikes leave from the Center at 9 a.m. & return by noon unless otherwise noted. If you would like to be added to the WOAG email list, please send your email address to Jane Gifun at fleecy.godmother@verizon.net

Transportation

Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Ashley for more details & donation information.

Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, Cost: Free

Daily Ride to The Center

Daily trip to The Center; no charge; donations welcome.

Townie Trips

The Center now offers Thursday Andover Townie trips – travel in town between 9:30 am and 2:30 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. Other days and times may be available

Fun Shopping Trips **Monday, February 25 from 10 am - 3 pm**

Walmart North Reading, Marshalls, Dollar Store, Subway for lunch

A fun time for all! Call to reserve a seat on the bus. Cost: Free

Please call Shawna or Ashley at 978-623-8320

Merrimack Valley Regional Transit Authority (MVRTA)

The MVRTA offers transportation to many towns and cities.

You are eligible for EZ Trans non-ADA if you are 60+, for the ADA EZ Trans, you can speak with Kristine or Shawna. We encourage you to check out MVRTA's services. Please stop by for information or call 978-469-6878

Senior Connections

An engaging program creating meaningful days

Free Trial Day For New Senior Connections Participants

We invite new interested individuals and families to take advantage of our FREE trial Day for Senior Connections. This is open to all NEW people who are considering services from our engaging program. A full intake packet must be done prior to the start of the **FREE trial day**. Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.

You may also schedule a tour in advance by calling and asking for Aimee, Kristine or Annmary.



The Andover Senior Community FRIENDS, Inc.



The Andover Senior Community FRIENDS
upcoming meetings:
Friday, February 15 at 10:30 AM
Please join us as we support so many
of the free programs!

The Andover Senior Community FRIENDS, Inc.
c/o The Center at Punchard
30 Whittier Court, Andover, MA 01810

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____

ZIP CODE _____

TELEPHONE: _____

CELL PHONE: _____

EMAIL: _____

MEMBERSHIP:

Senior/Student \$10 _____ / Individual \$15 _____ /

Family \$30 _____ / Patron \$50 _____

Benefactor \$100 _____ Other _____

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

Council on Aging Board Members

Kenneth DeBenedictis, Chair

Paul McKay, Vice Chair

Molly Bicking

Joan Fox

Jane Gifun

Tana Goldberg

Louise Hadad

Kimberly Rainen

Thomas Rando

Judy Trerotola

The Council on Aging Board meets on the second Thursday of each month. This is a public meeting and all are welcome to attend.



Andover Elder Services

Council on Aging Advisory
Board and Center at Punchard
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these values:

Diversity

Innovation

Integrity

Respect

Wisdom

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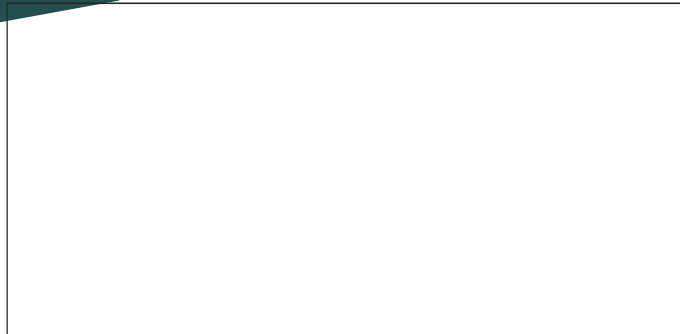
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