

NEWS & VIEWS

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!



We are looking for certified exercise instructors.

If interested, please contact Annmary for more details.



We hope you enjoy the exciting events happening in March. You will find several events sponsored by the Andover Senior Community Friends at either a lower cost or FREE. Please become a member of our Friends group. Be sure to keep any eye out for the SCRPT roll out in early May, the Volunteer Appreciation event, and several programs funded by the Cultural Council.

We bid farewell to Renee Baker and Joe Connelly. Renee resigned as Program Coordinator and we wish her the best. Joe Connelly, Director of Community Services, has accepted a position with another organization. I would like to recognize Joe for his diligence and expertise managing the Elder Services Task Force and Renovation Project. We will miss Joe and wish him well on his new endeavor.

Annmary I. Connor, LICSW
Director of Elder Services



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

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

Thursday, March 7th at 7 pm Memorial Library Lower Conference Room	Tuesday, April 9th at 7 pm Memorial Library Lower Conference Room
Thursday, March 28th at 7 pm Memorial Library Lower Conference Room	Thursday, April 25th at 7 pm Memorial Library Lower Conference Room

ANDOVER ELDER SERVICES

The Senior Center at Punchard

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.

Coming in April



Journey to India Dance Concert

Friday, April 8 at 1 pm

Travel to the exotic land through a dance concert that brings to life paintings and sculptures and tells stories from Indian mythology. A rich cultural experience with acclaimed Indian dance artist Mouli Pal. This program is supported in part by a grant from the Andover Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Planning for Medicare-Countdown to 65 Thursday, April 11 at 6 pm

If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options.

Staff

Director

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

Social Work/Outreach

Kristine Arakelian, LCSW
karakelian@andoverma.gov

Transportation/Outreach

Shawna McCloskey, LSW
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Volunteer Coordinator

Ashley English
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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
fmelendez@andoverma.gov
Sue Starbird
Tina Solari
Ed Blinn

Drivers

George Perakis
George Thomson
Kelly Cameron
Caren Connor

Student Interns

Marisa Greaves
Bridget Goerke
Cassandra Knowles-True
Zach Robertson

NEW SENIOR PROPERTY TAX EXEMPTION FOR FY2020

As a result of the efforts of the Elder Services Task Force, a warrant article was passed at the 2018 Annual Town Meeting. This warrant article provides for a local exemption of property taxes for taxpayers who receive the circuit breaker income tax credit when filing the Massachusetts Income Tax. On October 5, 2018, this home rule petition was signed into law. This article will explain the implementation of the Andover Means Tested Senior Citizens Property Tax Exemption.

WHEN:

This exemption is being implemented for **FY2020**; meaning that it will appear on the February 3, 2020 and May 1, 2020 tax bills. These two tax bills are the actual tax bills for FY2020 and are mailed at the end of **December 2019 and at the end of March 2020.**

WHEN TO APPLY:

Applications will be made available on April 15, 2019 in the Assessors' Office and the Senior Center. Completed applications are due to the Assessors' office no later than August 31, 2019. This exemption **DOES NOT AFFECT TAX BILLS ISSUED PRIOR TO DECEMBER 2019.**

TO BE ELIGIBLE:

To qualify for this exemption, you must have owned and occupied your Andover property as your domicile for the last 10 years, be 65 years of age as of December 2018 and receive the circuit breaker Income Tax Credit when you file your 2018 Massachusetts Income Tax Return. The application to the Assessors' Office will ask you to attach your Massachusetts Income Tax Return along with circuit breaker tax schedule Form CB to verify eligibility.

EXEMPTION AMOUNT:

The Andover Means Tested Senior Citizen Property Tax Exemption amount is determined annually by the Board of Selectmen. "The board of selectmen shall annually set the exemption amount provided for in this act, provided however, that the amount of the exemption shall be up to a 100 per cent match and not less than a 50 per cent match of the amount of the circuit breaker income tax credit...for which the applicant received in the previous year." The Selectmen will hold a meeting in late 2019 to determine the percentage of the circuit breaker amount that will be exempted on the FY2020 real estate tax.

QUESTIONS:

If you have any questions relative to this exemption, please call the Andover Assessors' Office at 978-623-8930 M-F 8:30 AM to 4:30 PM or email assessor@andoverma.gov.

THERE IS SOMETHING ABOUT ANDOVER - March 2019 Show Content

"Highlights of CAP Renovation Program with Don Robb"

"The Seed Bank at Memorial Hall Library"

View On Andover cable; Channel 47 (Verizon), Channel 8 (Comcast)

Monthly Events

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

Tax Preparation Assistance by AARP Tuesdays, March 5, 12, 19, 26
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

“Broken Horizons” Tuesdays starting March 5 from 1-2:30 pm
A Book of Poems by Richard Jackson
Reading and discussion group for six weeks starting Tuesday, March 5. 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)

ESMV Group Therapy for Parents over 60 Tuesday, March 5, 12, 19, 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

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AshlandFarmAtNorthAndover.com

AT NORTH ANDOVER
A Benchmark Senior Living Community



Monthly Events

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

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, March 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, March 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, March 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, March 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

Monday, March 11 from 1:30-3 pm

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

Best American Short Stories of 2018

Mondays starting March 11 from 1:30-3 pm

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

Monthly Events

Pain Management Support Group

Monday, March 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, March 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.

TRIAD Meeting

Thursday, March 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.

St. Patrick's Day Luncheon

Thursday, March 14 at noon

Enjoy our popular corned beef dinner and Irish entertainment by Brian Corcoran. Sponsored by Stone Hill at Andover and Andover Senior Community FRIENDS. Tickets \$5.00 - on sale at the Center.

Parkinson's Support Group

Thursday, March 14 from 1:30-3 pm

Zita Heine, Coordinator, Second Change CE will present "An Overview of CE - A Movement Based Conductive Education Program for 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, March 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

Wainwright's Coast to Coast Trail from the Irish Sea to the North Sea

Friday, March 15 at 10:00 am

A slideshow presentation with Meg Holmes
Six intrepid, not-so-young women hiked 190+ miles across England from August 23 – September 12, 2018. On their journey, they traversed moor and mountain, hill and dale, pasture and bog and three national parks. All the while, they experienced England from its country pubs to its famous – or infamous- weather!

Techie Live

Monday, March 18 at 1:00 pm

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

Caregiver Support Group

Monday, March 18 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. Must register to attend. Cost: Free

Monthly Events

State Senator Office Hours

Tuesday, March 19; 9 am - 10 am

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

Lunch with Officer Robin Cataldo

Wednesday, March 20 at noon

Please join us for congregate lunch on Wednesday, March 20. Robin will highlight suggestions to help maintain personal safety in your home and in the community. Suggested donation for lunch \$3.00

Chalk Pastels Art Class

Thursday, March 21 from 10 - 11:30 am

Join in an easy step-by-step process, no art skills are needed and all materials are included. Instructor: Gail Arpin-Finck. Must register to attend. Cost covered by Andover Senior Community FRIENDS

Ask the Lawyer

Monday, March 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, March 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

Brown Bag

(location change-this monthly only to Frye Circle, 256 North Main St, Andover)

Tuesday, March 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

Book Club

Thursday, March 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 4th Thursday of every month to discuss the book that everyone read. Must register in advance. Cost: Free

Flower Therapy Workshop

Friday, March 29 at 10 am

The Power of Flower Project is an organization dedicated to bringing joy to others one flower at a time. Volunteers conduct Flower Therapy Workshops throughout the community, which promote fine motor skills, engage the senses and create a positive social setting. Flowers and supplies are provided and all participants will feel accomplished when they take their arrangements home to enjoy? Space is limited. Must register to attend. Cost covered by Andover Senior Community FRIENDS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p></p> <p>4</p> <p>9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 10:00 Massage 10:15 Rhythm-'Aires 12:00 Lunch-Chicken Pot Pie 1:00 ESL (off site) 1:30 Yoga for All 1:30 Lizzie Borden 3:30 Energize w/ Exercise</p>	<p>5</p> <p>8:00 Men/Women in Motion 9:00 Walk the Gym 9:00 Tax Prep by AARP 9:10 Strengthen & Stride 9:30 Hearing Aid Checks 10:00 Write Stuff 10:15 Sit & Get Fit 10:30 Yoga Beginners 12:00 Lunch-Stuffed Cabbage 12:30 Mahjong 1:00 Broken Horizons 1:00 Fun & Games 1:10 Tai Chi Beginner 2:00 Breath, Balance & Body 2:15 Line Dancing 2:30 ESMV Group Therapy 3:00 Zumba</p>	<p>6</p> <p>8:00 Strength Training 8:45 Strength Training 9:12 Podiatry 9:00 Model Building 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 Lunch-Chicken Marsala 12:45 Performance Tap 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>7</p> <p>8:00 Men/Women Motion 9:00 Strengthen & Stride 9:00 Walk the Gym 9:00 Open Studio Art 9:30 Craft Corner 9:30 Townie Trips 12:00 Lunch-Baked Ziti 12:00 Mindful Meditation 1:00 Fun & Games 1:00 Dup Bridge 1:30 Bereavement Support 1:30 American Hist-at library 3:30 Energize w/ Exercise 4:00 Neighbors In Need 6:00 Belly Dancing 6:00 Reflexology 7:15 Serenity Yoga</p>	<p>8</p> <p>8:00 Strength Training 8:45 Strength Training 10:00 Memory Cafe-Arts based 10:00 Delta the Dog 10:15 Sit & Get Fit 12:00 Lunch-Fish 1:00 Acupuncture 1:00 Fun & Games 1:00 ESL 2:00 Ping Pong & Dancing 6:30 Chinese American</p>
<p>11</p> <p>9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 10:00 Massage 10:15 Rhythm-'Aires 12:00 Lunch-Shepherd's Pie 1:00 ESL (off site) 1:00 Yoga for All 1-3 Fix It Shop 1:30 Computer Users-at library 1:30 Pain Management Group 1:30 Short Stories 3:30 Energize w/ Exercise</p>	<p>12</p> <p>8:00 Men/Women Motion 9:00 Walk the Gym 9:00 Tax Prep by AARP 9:10 Strengthen & Stride 9:12 Podiatry 10:00 Write Stuff 10:15 Sit & Get Fit 10:30 Yoga Beginners 12:00 Lunch-Stuffed Chicken 12:30 Mahjong 1:00 Fun & Games - 1:10 Tai Chi Beginner 2:00 Breath, Balance & Body 2:15 Line Dancing</p>	<p>13</p> <p>8:00 Strength Training 8:45 Strength Training 9:12 Podiatry 9:00 Model Building 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 Lunch-Pot Roast 12:45 Performance Tap 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>14</p> <p>8:00 Men/Women Motion 8:30 COA Board Meeting 8:30 SHINE Appointments 9:00 Strengthen & Stride 9:00 Walk the Gym 9:00 Open Studio Art 9:30 Craft Corner 9:30 Townie Trips 10:00 TRIAD Meeting 12:00 St. Patrick's Day Event 12:00 No congregate lunch 12:00 Mindful Meditation 1:00 Fun & Games 1:00 Dup Bridge</p>	<p>15</p> <p>8:00 Strength Training 8:45 Strength Training 10:00 Delta the Dog 10:00 Wainwright's Coast to Coast Trail Slideshow 10:15 Sit & Get Fit 11:45 BirthDay Celebration 12:00 Lunch-Salmon 1:00 Fun & Games 1:00 ESL 2:00 Ping Pong & Dancing 6:30 Chinese American</p>

**Menu subject to
change without notice**

**Effective 1/1/19 the
suggested donation
for lunch is \$3.00**

March 2019

<p>2:30 ESMV Group Therapy</p> <p>3:00 Zumba</p>	<p>1:30 Parkinson's Support</p> <p>1:30 American Hist-at library</p> <p>3:30 Energize w/ Exercise</p> <p>4:00 Neighbors In Need</p> <p>6:00 Belly Dancing</p> <p>6:00 Reflexology</p> <p>7:15 Serenity Yoga</p>	<p>1:30 American Hist-at library</p> <p>3:30 Energize w/ Exercise</p> <p>4:00 Neighbors In Need</p> <p>6:00 Belly Dancing</p> <p>6:00 Reflexology</p> <p>7:15 Serenity Yoga</p>	<p>1:30 Parkinson's Support</p> <p>1:30 American Hist-at library</p> <p>3:30 Energize w/ Exercise</p> <p>4:00 Neighbors In Need</p> <p>6:00 Belly Dancing</p> <p>6:00 Reflexology</p> <p>7:15 Serenity Yoga</p>
<p>9:00 Sunrise Singers</p> <p>9:00 Woodcarving</p> <p>9:00 Quilting</p> <p>10:00 Massage</p> <p>10:15 Rhythm-'Aires</p> <p>12:00 Lunch-Sweet/Sour Pork</p> <p>1:00 ESL (off site)</p> <p>1:00 Yoga for All</p> <p>1:00 Techie Live</p> <p>1-3 Fix It Shop</p> <p>1:30 Caregiver Support Group</p> <p>1:30 Short Stories</p> <p>3:30 Energize w/ Exercise</p>	<p>8:00 Men/Women Motion 19</p> <p>At Center</p> <p>9:00 Tax Prep by AARP</p> <p>9:00 State Senator Hours</p> <p>9:10 Strengthen & Stride</p> <p>10:00 Write Stuff</p> <p>10:15 Sit & Get Fit</p> <p>10:30 Yoga Beginners</p> <p>12:00 Lunch-Eggplant Parm</p> <p>12:30 Mahjong</p> <p>1:00 Fun & Games -</p> <p>1:10 Tai Chi Beginner</p> <p>2:00 Breath, Balance & Body</p> <p>2:15 Line Dancing</p> <p>2:30 ESMV Group Therapy</p> <p>3:00 Zumba</p>	<p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:12 Podiatry</p> <p>9:00 Model Building</p> <p>9:30 Basic Tap</p> <p>9:30 Comfort Critters</p> <p>10:00 Fiber Arts</p> <p>10:00 Grocery Shop</p> <p>12:00 Officer Robin Cataldo talk</p> <p>12:00 Lunch-Meatloaf</p> <p>12:45 Performance Tap</p> <p>1:00 Knit Wits</p> <p>1:00 Fun & Games</p> <p>1:00 Yoga Advanced Beginner</p> <p>2:00 Wellness Clinic</p>	<p>20</p> <p>Strength Training</p> <p>Strength Training</p> <p>Podiatry</p> <p>Model Building</p> <p>Basic Tap</p> <p>Comfort Critters</p> <p>Fiber Arts</p> <p>Grocery Shop</p> <p>Officer Robin Cataldo talk</p> <p>Lunch-Meatloaf</p> <p>Performance Tap</p> <p>Knit Wits</p> <p>Fun & Games</p> <p>Yoga Advanced Beginner</p> <p>Wellness Clinic</p>
<p>9:00 Sunrise Singers</p> <p>9:00 Woodcarving</p> <p>9:00 Quilting</p> <p>9:30 Ask the Lawyer</p> <p>10:00 Massage</p> <p>10:15 Rhythm-'Aires</p> <p>12:00 Lunch-Chicken Qtrs</p> <p>1:00 Memory Café</p> <p>1:00 ESL (off site)</p> <p>1:00 Yoga for All</p> <p>1-3 Fix It Shop</p> <p>1:30 Short Stories</p> <p>3:30 Energize w/ Exercise</p>	<p>8:00 TOWN ELECTION 26</p> <p>Men/Women Motion</p> <p>At Center</p> <p>9:00 Brown Bag at Frye Circle</p> <p>9:00 Tax Prep (check with Center on location)</p> <p>9:10 Strengthen & Stride</p> <p>10:15 Sit & Get Fit</p> <p>10:30 Yoga Beginners</p> <p>12:00 No congregate lunch</p> <p>1:10 Tai Chi Beginner</p> <p>2:00 Breath, Balance & Body</p> <p>2:15 Line Dancing</p> <p>2:30 ESMV Group Therapy</p> <p>3:00 Zumba</p> <p>- ALL EXERCISE CLASSES AT OLD TOWN HALL</p> <p>- NO DROP IN GROUPS</p>	<p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:12 Podiatry</p> <p>9:00 Model Building</p> <p>9:30 Men's Outdoor Adv.</p> <p>9:30 Basic Tap</p> <p>9:30 Comfort Critters</p> <p>10:00 Fiber Arts</p> <p>10:00 Grocery Shop</p> <p>12:00 Lunch-Baked Chicken</p> <p>12:45 Performance Tap</p> <p>1:00 Knit Wits</p> <p>1:00 Fun & Games</p> <p>1:00 Yoga Advanced Beginner</p> <p>2:00 Wellness Clinic</p>	<p>27</p> <p>Strength Training</p> <p>Strength Training</p> <p>Podiatry</p> <p>Model Building</p> <p>Men's Outdoor Adv.</p> <p>Basic Tap</p> <p>Comfort Critters</p> <p>Fiber Arts</p> <p>Grocery Shop</p> <p>Lunch-Baked Chicken</p> <p>Performance Tap</p> <p>Knit Wits</p> <p>Fun & Games</p> <p>Yoga Advanced Beginner</p> <p>Wellness Clinic</p>
<p>9:00 Sunrise Singers</p> <p>9:00 Woodcarving</p> <p>9:00 Quilting</p> <p>9:30 Ask the Lawyer</p> <p>10:00 Massage</p> <p>10:15 Rhythm-'Aires</p> <p>12:00 Lunch-Chicken Qtrs</p> <p>1:00 Memory Café</p> <p>1:00 ESL (off site)</p> <p>1:00 Yoga for All</p> <p>1-3 Fix It Shop</p> <p>1:30 Short Stories</p> <p>3:30 Energize w/ Exercise</p>	<p>8:00 Men/Women Motion 25</p> <p>SHINE appointments</p> <p>Strengthen & Stride</p> <p>Walk the Gym</p> <p>Open Studio Art</p> <p>Craft Corner</p> <p>Townie Trips</p> <p>Lunch-Stuffed Pepper</p> <p>Mindful Meditation</p> <p>Fun & Games</p> <p>Dup Bridge</p> <p>Book Club</p> <p>American Hist-at library</p> <p>Energize w/ Exercise</p> <p>Neighbors In Need</p> <p>Belly Dancing</p> <p>Reflexology</p> <p>Serenity Yoga</p>	<p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>10:00 Delta the Dog</p> <p>10:00 Flower Therapy Workshop</p> <p>10:15 Sit & Get Fit</p> <p>12:00 Lunch-Cod</p> <p>1:00 Fun & Games</p> <p>1:00 ESL</p> <p>2:00 Ping Pong & Dancing</p> <p>6:30 Chinese American</p>	<p>29</p> <p>Strength Training</p> <p>Strength Training</p> <p>Delta the Dog</p> <p>Flower Therapy Workshop</p> <p>Sit & Get Fit</p> <p>Lunch-Cod</p> <p>Fun & Games</p> <p>ESL</p> <p>Ping Pong & Dancing</p> <p>Chinese American</p>



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Health and Wellness

Delta the Therapy Dog

Friday, March 1, 8, 15, 22, 29 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, March 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, March 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, March 4, 11, 18, 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

March 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, March 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, March 11 from 2-3 pm at Andover Commons

Mini Clinic - Monday, March 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

*(no class on May 7)
Tuesdays | 1:10 p.m. | Instructor: Meg Holmes*

Tai Chi Advanced Beginner

*(no class on May 9)
Thursdays | 2:15 p.m. | Instructor: Meg Holmes*

Tai Chi Intermediate

*(no class on May 9)
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

Activities

French Conversation - Le Petit Déjeuner Français

Venez parler français dans un cadre convivial en petit groupe. À tour de rôle, choisissez un thème à présenter et à discuter. La littérature française, la géographie, l'histoire, la culture, les chansons, la grammaire, les jeux de mots ... à vous de choisir. Il n'y a pas de chef, alors les membres assument leurs responsabilités. Nous lisons à haute voix et tenons une conversation ouverte. Si cela semble intéressant, venez ! Le groupe est gratuity.

Outdoor Adventure

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

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

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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, March 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

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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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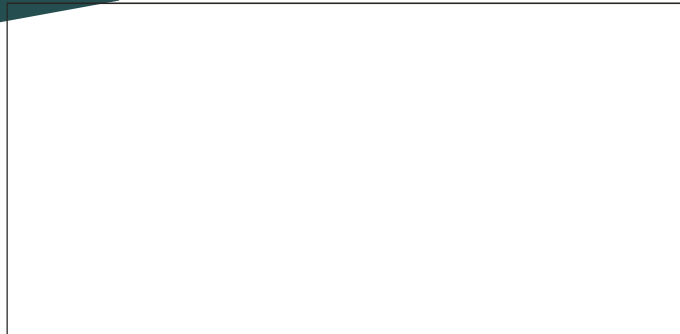
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