

# 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](mailto:seniorcenter@andoverma.gov)  
 Web: [andoverma.gov/seniorcenter](http://andoverma.gov/seniorcenter)



Follow us on Social Media!



**We are seeking new  
COA Board Members.**

If you are interested,  
please complete the  
talent bank form with  
the Town Manager.



Greetings! April has arrived and we welcome the advent of Spring. We also prepare for the annual Town Meeting being held on April 29 & 30 at 7 pm in the AHS Collins Center. The Senior Center expansion project is one of the warrant articles. This year, we are offering free dinner and transportation from the Senior Center to Town Meeting.

The new Program Coordinator, Kathy Byrne, has joined our team. Feel free to introduce yourself and welcome her aboard. The May and June newsletters will not be mailed. Visit the Senior Center to pick up your copy or view it on the website: [andoverma.gov/SeniorCenter](http://andoverma.gov/SeniorCenter).

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



*New and expanded solarium*

### 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](mailto:annmary.connor@andoverma.us)

Tuesday, April 9th at 7 pm Memorial Hall Library Lower Conf. Room	Monday, April 22 at 9 am Senior Center at Punchard
Thursday, April 25th Senior Center at 12:30 pm Memorial Hall Library at 7 pm	Saturday, April 27 at 10 am Senior Center at Punchard

**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](http://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 May



### **LIZZIE BORDEN AND THE 40 HACKS** **Monday, May 6 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

### **SunRise Singers Concert at Bridges by EPOCH at Andover, 254 Lowell Street, Andover - Monday, May 13 at 11 am**

### **Volunteer Appreciation Reception - Tuesday, May 14 from 4-6 pm**

### **Health Fair - Thursday, May 16 from 10 am-1 pm**

## Staff

### Director

Annamary I. Connor, LICSW  
[annmary.connor@andoverma.us](mailto:annmary.connor@andoverma.us)

### Social Work/Outreach

Kristine Arakelian, LCSW  
[karakelian@andoverma.gov](mailto:karakelian@andoverma.gov)

### Program Coordinator

Kathy Byrne

### Transportation/Outreach

Shawna McCloskey, LSW  
[smccloskey@andoverma.gov](mailto:smccloskey@andoverma.gov)

### Volunteer Coordinator

Ashley English  
[ashley.english@andoverma.us](mailto:ashley.english@andoverma.us)

### Office Assistant

Chris Marshall  
[chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us)

### Senior Connections

#### Day Program

Aimee Ciccirello, LCSW  
[aimee.ciccirello@andoverma.us](mailto:aimee.ciccirello@andoverma.us)  
Sharon Thomson, RN  
Mary McGettrick  
Katherine Perakis

#### Nutrition Staff

Frank Melendez, Chef  
[fmelendez@andoverma.gov](mailto:fmelendez@andoverma.gov)  
Sue Starbird  
Tina Solari  
Ed Blinn

#### Drivers

George Perakis  
George Thomson  
Kelly Cameron  
Caren Connor

#### Student Interns

Marisa Greaves  
Bridget Goerke  
Alison Graziano  
Elise Kasparian  
Cassandra Knowles-True  
Lindsay Katkowski  
Zach Robertson

THE CRYSTAL BALLROOM  
WELCOME SPRING BALL



presented by the Andover Senior Community FRIENDS

Sunday, April 28 from 6 PM – 10 PM

Old Town Hall • 20 Main Street • Andover

Free parking behind the Old Town Hall



**SCRPT Meetings**

- Wed. May 29 at 10 am - **NEW SCRPT volunteers**
- Mon. June 3 at 9:30 am - returning SCRPT
- Wed. June 5 at 1 pm - returning SCRPT
- Fri. June 7 at 10 am - returning SCRPT

All new SCRPT volunteers are asked to attend the orientation meeting on May 29. Returning SCRPT volunteers should plan to attend one of the meetings to review policies and procedures. Bring your questions for this year's SCRPT program! Call the Center to register for one of the meetings.

**DINNER, BUS AND TOWN MEETING - FREE**

**APRIL 29 & 30**

Come join us for dinner at the Senior Center and we will provide transportation for you to Town Meeting. Dinner is served at 5:30 pm and transportation will begin at 6 pm. If you need transportation from your home, please let us know and we will pick you up.

**Must call in advance by April 26 at noon to reserve your spot.**

**FREE**

**Come and experience how Electronic Voting will improve Town Meeting!**

Presentations will be held on Monday, April 8<sup>th</sup> and Thursday, April 18<sup>th</sup> from 12 p.m. to 1 p.m. at the Center at Punchard, 30 Whittier Court, where you are invited learn about the benefits of Electronic Voting, see and hold sample devices, and practice using devices by asking some fun questions!

**THERE IS SOMETHING ABOUT ANDOVER - April 2019 Show Content**

Andover Chroniclers presents " THERE IS SOMETHING ABOUT ANDOVER "  
with segments about "Maker Space at MHL" and "Senior Housing - Featuring Edgewood".  
View On Andover cable; Channel 47 (Verizon), Channel 8 (Comcast)

## Monthly Events

### ESMV Group Therapy for Parents over 60

**Tuesdays, April 2, 9, 16, 23, 30 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 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

### Service Dog Project

**Thursday, April 4 at 10 am**

Founded in 2003 by Carlene White, Service Dog Project has trained and donated 150 fully certified Great Dane service dogs to individuals who have balance and mobility limitations due to Multiple Sclerosis, Parkinson's Disease, Cerebral Palsy, etc. Come meet some of the Great Danes and learn about the work they are doing. Please register in advance. Cost: Free

### Bereavement Support Group

**Thursday, April 4 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, April 4, 11, 18, 25 from 4-5 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. 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). Cost: Free

**A NEW APPROACH TO ENHANCED LIVING  
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*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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*Edgewood is a not-for-profit 501(c)(3) organization.*

575 Osgood Street | North Andover, MA 01845  
978-725-4126 | EdgewoodRC.com



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700 Chickering Road,  
North Andover MA  
978.683.1300  
AshlandFarmAtNorthAndover.com

*A Benchmark Senior Living Community*



## Monthly Events

### Coffee and Hot Cross Buns with Arete Rehab

**Friday, April 5 at 9 am**

Arete Rehab will talk about how we can stave off many age-related health problems. Learn the difference between VNA services and Medicare Part B therapy services. Learn how therapists, who are movement experts, can prescribe physical activity that can overcome pain, gain and maintain movement, and preserve your independence! Must register to attend. Cost: Free

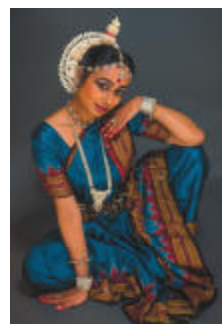
### Red Cross Sound the Alarm

**Monday, April 8 at 11 am**

Help us Sound the Alarm about fire safety. Every day 7 people die in home fires. You can help change that. The American Red Cross is teaming up with Andover Fire Dept. and volunteers to install free smoke and carbon monoxide detectors on Saturday, May 4th. Come learn about this program on Monday, April 8. Must register to attend. Cost: Free

### Journey to India Dance Concert **Monday, 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. Must register to attend. Cost: Free



### Computer Users Group

**Monday, April 8 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

### Pain Management Support Group

**Monday, April 8 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, April 11 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, April 11 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.

### Romanian Folk Dancing-Plaiurile Dornelor Ensemble **Thursday, April 11; bus leaves at 10:15 am** **at Northern Essex Community College**

Traditional music and dance performance. The folk group was founded in 1977 at the Clubul Copiilor (Children's Club) for children aged 7-18 to teach traditional Romanian music, dance and crafts. Performance held at Northern Essex Community College from 11 am-1:30 pm; transportation provided; max sign up 12; must call the Center to reserve transportation.

## Monthly Events

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

**Thursday, April 11 from 1:30-3 pm**

"Movement Problems in Parkinson's Disease" presented by Julie Hopkins, Neurology Specialist, Adamas Pharmaceuticals and Duarte G. Machado, MD, Asst. Clinical Professor, Division of Movement Disorders, Dept. of Neurology, Yale School of Medicine. This group meets on the second Thursday of each month. To attend, contact Kristine Arakelian at the Senior Center. Cost: Free

### **Snow Shoveling Volunteer Celebration**

**Thursday, April 11 from 4-6 pm**

If you participated in the Snow Shoveling program this winter, please let Ashley know if you can attend.

### **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.

### **Memory Café - Arts Based**

**Friday, April 12 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

### **Lunch and TRIAD Talk**

**Friday, April 12 at noon**

Please join us for congregate lunch on Friday, April 12. Moe Pratt from the Essex County Sheriff's Department will talk about the Sheriff's Department and answer questions. Suggested lunch donation \$3.00

### **Victorian Tea at BrightView Senior Living**

**Wednesday, April 17 a 1:30 pm**

Celebrate Spring and join us for our Victorian Tea at BrightView Senior Living in 1275 Turnpike Street, North Andover. Sip on freshly brewed tea while enjoying scones and Devonshire cream. Free transportation from the Center. Must register to attend. Cost: Free

### **American History with Don Robb**

**April 18, May 2, 9, 16, 23, 30 from 1:30-3 pm**

Explore American History with Don Robb; The Gilded Age: 1876-1900; an examination of how it changed America; Thursdays at Memorial Hall Library. Register to attend. Cost: Free

### **Ask the Lawyer**

**Monday, April 22 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, April 22 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

### **Techie Live**

**Monday, April 22 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, April 22 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

### **Brown Bag**

**Tuesday, April 23 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

### **Perkins Talking Book Library Presentation**

**Wednesday, April 24 at 10:30 am**

Gayle Yarnall will demonstrate the free, easy to use digital player and explain how all these services can be delivered to your home at no cost. Now you have a library that will deliver books, magazines and movies directly to your door. All this in a format that is accessible to anyone who can't read print or hold a book. Must register to attend. Cost: Free

### **Massachusetts State House Virtual Tour**

**Thursday, April 25 from 1-2:30 pm**

Visit the Massachusetts State House without leaving Andover by participating in a virtual tour of the building led by Joe Ponti, Doric Docent. This illustrated lecture, interjected with numerous stories not usually found in the history books, will provide attendees with an enjoyable and memorable picture of this historic building. Must register to attend. Cost: Free

### **Book Club**

**Thursday, April 25 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

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

**Friday, April 26 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). It does not have to be your birthday month to attend - the more the merrier! Must register to attend. Cost: Suggested donation of \$3

### **Saturday Coffee Hour at Riverside Woods**

**Saturday, April 27 from 10 am-12 pm**

Riverside Woods Invites you Saturday, April 27<sup>th</sup> from 10 am to 12 pm for a Coffee Hour Informational to learn more about senior living at Riverside Woods. Riverside Woods blending relaxation and sophistication to create the ideal place to call home! Register to attend. Cost: Free

### **Drug Take Back Day with DEA West Elementary School**

**Saturday, April 27 from 10 am-2 pm**

### **The Crystal Ballroom Welcome Spring Ball**

**Sunday, April 28 from 6 pm-10pm**

The Spring Ball is presented by the Andover Senior Community FRIENDS at Old Town Hall, 20 Main Street, Andover. Free Parking behind Town Hall. Sponsored by Ashland Farm, BrightView, and Atria Marland Place. Advance ticket sales \$15 / pp or \$25 / couple. Tickets may be purchased at The Center at Punchard or The Andover Bookstore. Tickets also available at the door for \$15 per person.

### **Fix It Shop**

**Monday, April 29 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

### **State Senator Office Hours**

**Tuesday, April 30; 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

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servicing the Merrimack Valley BONDED & INSURED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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 <b>Lunch-Pot Roast</b></p> <p>1:00 ESL (off site)</p> <p>1:00 Yoga for All</p> <p>3:30 Energize w/ Exercise</p>	<p>8:00 Men/Women in Motion</p> <p>9:00 Walk the Gym; Tax Prep</p> <p>9:10 Strengthen &amp; Stride</p> <p>9:30 Hearing Aid Checks</p> <p>10:00 Write Stuff</p> <p>10:15 Sit &amp; Get Fit</p> <p>10:30 Yoga Beginners</p> <p>12:00 <b>Lunch-Chix Cacciatore</b></p> <p>12:30 Mahjong</p> <p>1:00 Broken Horizons</p> <p>1:00 Fun &amp; Games</p> <p>1:10 Tai Chi Beginner</p> <p>2:00 Breath, Balance &amp; 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 <b>Lunch-Stuffed Shells</b></p> <p>12:45 Performance Tap</p> <p>1:00 Knit Wits</p> <p>1:00 Fun &amp; Games</p> <p>1:00 Yoga Advanced Beginner</p> <p>2:00 Wellness Clinic</p>	<p>8:00 Men /Women Motion</p> <p>9:00 Strengthen &amp; Stride</p> <p>9:00 Walk the Gym;Art Studio</p> <p>9:30 Craft Corner</p> <p>10:00 Service Dog Project</p> <p>10:00 Mindful Meditation</p> <p>12:00 <b>Lunch-Chix Stir Fry</b></p> <p>1:00 Fun &amp; Games / Bridge</p> <p>1:10 Tai Chi - Intermediate</p> <p>1:30 Bereavement Support</p> <p>2:15 Tai Chi - Adv-Beg</p> <p>3:30 Energize w/ Exercise</p> <p>4:00 Neighbors In Need</p> <p>6:00 Belly Dance;Reflexology</p> <p>6:30 Table Tennis</p> <p>7:15 Serenity Yoga</p>	<p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:00 Arete Rehab</p> <p>10:00 Delta the Dog</p> <p>10:15 Sit &amp; Get Fit</p> <p>12:00 <b>Lunch-Pollock Fish</b></p> <p>1:00 Acupuncture</p> <p>1:00 Fun &amp; Games</p> <p>1:00 ESL</p> <p>2:00 Ping Pong &amp; Dancing</p> <p>6:30 Chinese American</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>11:00 Red Cross Sound Alarm</p> <p>12:00 <b>Lunch-Chix Pot Pie</b></p> <p>12:00 Electronic Voting Present.</p> <p>1:00 ESL (off site)</p> <p>1:00 Yoga for All</p> <p>1:00 Journey to India</p> <p>1-3 Fix It Shop</p> <p>1:30 Computer Users-at library</p> <p>1:30 Pain Management Group</p> <p>1:30 Short Stories</p> <p>3:30 Energize w/ Exercise</p>	<p>8:00 Men/Women Motion</p> <p>9:00 Walk the Gym</p> <p>9:00 Tax Prep by AARP</p> <p>9:10 Strengthen &amp; Stride</p> <p>9:12 Podiatry</p> <p>10:00 Write Stuff</p> <p>10:15 Sit &amp; Get Fit</p> <p>10:30 Yoga Beginners</p> <p>12:00 <b>Lunch-Meatloaf</b></p> <p>12:30 Mahjong</p> <p>1:00 Fun &amp; Games -</p> <p>1:00 Broken Horizons</p> <p>1:10 Tai Chi Beginner</p> <p>2:00 Breath, Balance &amp; Body</p> <p>2:15 Line Dancing</p> <p>2:30 ESMV Group Therapy</p> <p>3:00 Zumba</p> <p>7:00 Renovation Public Mtg</p>	<p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:00 Men's Outdoor Adv.</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 <b>Lunch-Chicken Marsala</b></p> <p>12:45 Performance Tap</p> <p>1:00 Knit Wits</p> <p>1:00 Fun &amp; Games</p> <p>1:00 Yoga Advanced Beginner</p> <p>2:00 Wellness Clinic</p>	<p>8:00 Men /Women Motion</p> <p>8:30 COA Board Meeting</p> <p>8:30 SHINE Appointments</p> <p>9:00 Strengthen &amp; Stride</p> <p>9:30 Craft Corner</p> <p>10:00 TRIAD Meeting</p> <p>10:00 Mindful Meditation</p> <p>10:15 Romanian Folk Dance</p> <p>11:00 Music &amp; Dance Perf.</p> <p>12:00 <b>Lunch-Baked Ziti</b></p> <p>1:00 Fun &amp; Games / Bridge</p> <p>1:10 Tai Chi - Intermediate</p> <p>1:30 Parkinson's Support</p> <p>2:15 Tai Chi - Adv-Beg</p> <p>3:30 Energize w/ Exercise</p> <p>4:00 Neighbors In Need</p> <p>4:00 Snow Shovel Party</p> <p>6:00 Belly Dance;Reflexology</p> <p>6:00 Planning for Medicare</p> <p>6:30 Table Tennis</p> <p>7:15 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 Wainwright's Coast to Coast Trail Slideshow</p> <p>10:00 Memory Cafe-Art based Sit &amp; Get Fit</p> <p>12:00 <b>Lunch-Fish</b></p> <p>12:00 Triad Talk during lunch</p> <p>1:00 Fun &amp; Games</p> <p>1:00 ESL</p> <p>2:00 Ping Pong &amp; Dancing</p> <p>6:30 Chinese American</p>
<p><b>CLOSED</b></p>	<p>8:00 Men/Women Motion</p> <p>8:45 At Center</p> <p>9:00 State Senator Hours</p> <p>9:10 Strengthen &amp; Stride</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>8:00 Men /Women Motion</p> <p>8:30 SHINE Appointments</p> <p>9:00 Women's Outdoor Adv</p> <p>9:00 Strengthen &amp; Stride</p>	<p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>10:00 Delta the Dog</p> <p>10:15 Sit &amp; Get Fit</p>

PATRIOT'S DAY	
<p>10:00 Write Stuff 10:15 Sit &amp; Get Fit 10:30 Yoga Beginners 12:00 <b>Lunch-Shepherd's Pie</b> 12:30 Mahjong 1:00 Fun &amp; Games - 1:10 Tai Chi Beginner 2:00 Breath, Balance &amp; Body 2:15 Line Dancing 2:30 ESMV Group Therapy 3:00 Zumba</p>	<p>9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 Officer Robin Cataldo talk 12:00 <b>Lunch-Chicken Pesto</b> 12:45 Performance Tap 1:00 Knit Wits 1:00 Fun &amp; Games 1:00 Yoga Advanced Beginner 1:30 Tea at BrightView 2:00 Wellness Clinic</p>
<p>22 9:00 Renovation Public Mtg 9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 9:30 Ask the Lawyer 10:00 Fun Bus Trip to Walmart 10:00 Massage 10:15 Rhythmic-Aires 12:00 <b>Lunch-Chicken Pesto</b> 1:00 Memory Café 1:00 ESL (off site) 1:00 Yoga for All 1:00 Techie Live 1-3 Fix It Shop 1:30 Short Stories 1:30 Caregiver Support 3:30 Energize w/ Exercise</p>	<p>23 8:00 Men/Women Motion At Center 9:00 Brown Bag 9:00 Tax Prep 9:10 Strengthen &amp; Stride 10:15 Sit &amp; Get Fit 10:30 Yoga Beginners 12:00 <b>Lunch-Cheese Lasagna</b> 1:10 Tai Chi Beginner 2:00 Breath, Balance &amp; Body 2:15 Line Dancing 2:30 ESMV Group Therapy 3:00 Zumba</p>
<p>24 8:00 Strength Training 8:45 Strength Training 9-12 Podiatry 9:00 Model Building 9:00 Men's Outdoor Adv. 9:30 Basic Tap 9:30 Comfort Critters 9:00 Men's Outdoor Adv. 10:00 Fiber Arts 10:00 Grocery Shop 10:30 Perkins Talking Book 12:00 <b>Lunch-Hot Dog/Beans</b> 12:45 Performance Tap 1:00 Knit Wits 1:00 Fun &amp; Games 1:00 Yoga Advanced Beginner 1:00 State House Virtual Tour 2:00 Wellness Clinic</p>	<p>25 8:00 Men/Women Motion 8:30 SHINE appointments 9:00 Strengthen &amp; Stride 9:00 Walk the Gym;Art Studio 9:30 Craft Corner 10:00 Mindful Meditation 12:00 <b>Lunch-Chicken Stew</b> 12:30 Renovation Public Mtg 1:00 Fun &amp; Games / Bridge 1:10 Tai Chi - Intermediate 1:30 Book Club 2:15 Tai Chi - Adv-Beg 3:30 Energize w/ Exercise 4:00 Neighbors In Need 6:00 Belly Dance;Reflexology 6:30 Table Tennis 7:15 Serenity Yoga</p>
<p>26 8:00 Strength Training 8:45 Strength Training 10:00 Delta the Dog 10:00 Flower Therapy Workshop 10:15 Sit &amp; Get Fit 11:45 <b>BirthDay Celebration</b> 12:00 <b>Lunch-Salmon Boat</b> 1:00 Fun &amp; Games 1:00 ESL 2:00 Ping Pong &amp; Dancing 6:30 Chinese American <b>Saturday, April 27</b> 10:00 Renovation Public Mtg. 10-12 Coffee Hour at Riverside Woods 10-2 Drug Take Back Day <b>Sunday, April 28</b> 6 pm Spring Ball</p>	<p>29 9:00 Sunrise Singers 9:00 Woodcarving; Quilting 9:30 Ask the Lawyer 10:00 Massage 10:15 Rhythmic-Aires 12:00 <b>Lunch-Chicken Qtrs</b> 1:00 ESL (off site) 1:00 Yoga for All 1-3 Fix It Shop 1:30 Short Stories 1:30 Energize w/ Exercise 7:00 Town Meeting</p>
<p><b>Menu subject to change without notice</b></p>	

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## Health and Wellness

### **Delta the Therapy Dog**

**Friday, April 5, 12, 19, 26 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, April 2 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, April 5, 19 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, April 1, 8, 22, 29**

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**

**April 3, 9, 17, 24**

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, April 11, 25**

#### **(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](http://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, April 8 from 2-3 pm at Andover Commons

**Mini Clinic** - Monday, April 22 from 1-2 pm at Frye Circle

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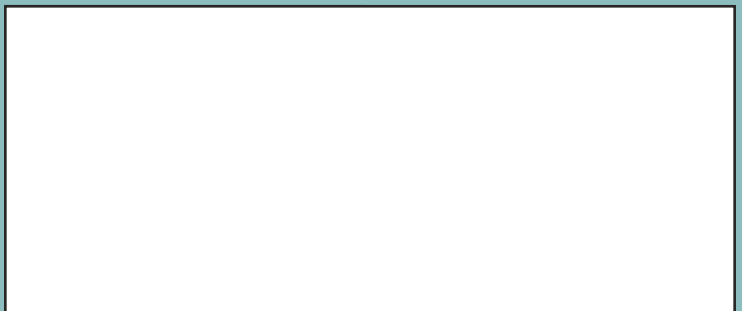
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## Fitness Classes

### SPRING SESSION 2019: February 19 - May 10, 2019

*No classes on Monday, April 15th - Patriot's Day*

*No classes held at the Youth Center during school vacation week (April 15-19) classes will move to Senior Center*

**Registration Week: August 5-9, 2019**

**Break Week: August 12-16**

### SUMMER SESSION 2019: May 20 - August 9, 2019

*All classes this session are \$25!*

*There are no make up classes.*

#### **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 10 am; 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 gratuit et il se réunit le vendredi à 8:30.

### **Golf at Tewksbury Country Club**

Starting May 7th at 7:15 am every Tuesday morning (until it snows!) a group of senior golfers will hit the links at the Tewksbury Country Club for nine holes of golf. Men/women of all levels are welcome! To get started, please call Tom C. at 978-902-9744 or email him at [tjcmic@att.net](mailto:tjcmic@att.net)

## Outdoor Adventure

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

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, 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](mailto:fleecy.godmother@verizon.net)

## Transportation

### **Fun Bus Trip to Walmart, N. Reading**

**Monday, April 22**

Trip is free so come spend your money on fun items at Walmart, Marshalls, Dollar Store & eat lunch at Subway! Call the Center to register

### **Medical Transportation**

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

### **Daily Ride to The Center**

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

### **Grocery Shopping - Market Basket**

**Every Wednesday**

Door-to-door service – We pick you up at your house and bring you home. Call to register Cost: Free

### **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.

### **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:

**Thursday, April 18 at 10:30 AM**

Please join us as we support so many  
of the free programs!

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



The Andover Senior Community FRIENDS, Inc.

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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

## Council on Aging Board Members

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Paul MacKay, 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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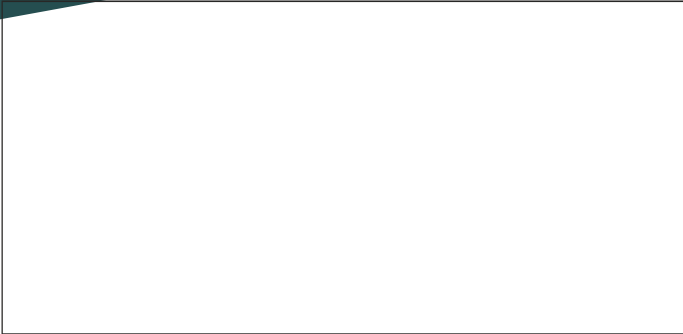
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