

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



We are seeking new COA Board Members.

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

NEWS & VIEWS



I would like to welcome Jemma Lambert, the new Director of Community Services. We will be hosting a coffee hour to welcome Jemma. Please join us.

May is Older Americans Month. This year's theme: *Connect, Create, Contribute*.

We would like to welcome you to *connect* at our annual Health Fair on Thursday, May 16. We are *creating* new friendships at a Patriotic Holiday Concert with a performance by our SunRise Singers and Rhythm-Aires. This will be held at Bridges by Epoch on Monday, May 13. We are thanking those who *contribute* at the annual Senior Center Volunteer Appreciation dinner on Tuesday, May 14. Look for your invitation in the mail.

Thank you for all your support!

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

OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019



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.

Coming in June

Friday, June 7 at 9 am

END OF LIFE PLANNING, AVOIDING PROBATE COURT, PROTECTING ASSETS FROM NURSING HOME



Monday, June 10 at 8:30-9:30 am

Coffee with Mark—Veterans Service Officer

Chinese Brush Painting Art Class

Thursday, June 20 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

Spotlight

Coffee Hour with Jemma Lambert, Director of Community Services

Tuesday, May 14 from 10-11 am

Please stop by the Center to meet the new Director of Community Services, Jemma Lambert. Jemma has worked in local government for most of her career and comes to us from Natick where she served as the Director of Community Services. We welcome her to Andover!



Staff

Director

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

Social Work/Outreach

Kristine Arakelian, LCSW
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Program Coordinator

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Volunteer Coordinator

Ashley English
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Office Assistant

Chris Marshall, Editor
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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
Alison Graziano
Elise Kasparian
Cassandra Knowles-True
Lindsay Katkowski
Zach Robertson

Spotlight



Alzheimer's Identification / Intervention Program

Please contact Officer Robin Cataldo to register your loved one with the Alzheimer's Identification / Intervention Program. Officer Cataldo can be contacted at 978-475-0411 ext. 1004.



HEALTH FAIR Thursday, May 16 from 10 am-1 pm

The annual Health Fair will have over 30 vendors onsite who provide services focused on health and wellness. All are welcome to attend. Participants will learn a lot and receive FREE giveaways. Attend and receive FREE brown bag lunch. Cost: Free

Be sure to look for info and to sign up for the Discounted Senior T Pass Card. We will be holding another session on Monday, June 3rd.



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VOLUNTEER APPRECIATION RECEPTION

Tuesday, May 14 from 4-6 pm

Lobster Rolls & Entertainment
Watch for your invitation in the mail.



If you do not receive an invitation, please call Ashley at 978-623-8320

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. Registration is required by calling or emailing Ashley at 978-623-8320 or ashley.english@andoverma.us Bring your questions for this year's SCRPT program! Call the Center to register for one of the meetings.

THERE IS SOMETHING ABOUT ANDOVER - May 2019 Show Content

"There Is Something About Andover"; Recent ASTA (Andover Sister Town Association) activities, and "Delta" (service dog) visits the Center at Punchard.

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

Monthly Events

Andover Chroniclers

The Andover Chroniclers produce videos for the Center at Punchard. In addition, they produce a monthly program "There Is Something About Andover" that highlights local institutions and people to inform and entertain the community. It airs on Andover cable; Channel 47 (Verizon), Channel 8 (Comcast). Mon, Tues: 9 AM; Wed: 7 PM; Friday: 6 PM; Sat: 7 PM. This group meets on the first and third Thursday of the month.

Thursdays, May 2 & 16 at 9 am

American History with Don Robb

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

Thursdays, May 2, 9, 16, 23, 30 from 1:30-3 pm

Bereavement Support Group

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

Thursday, May 2 at 1:30 pm

Neighbors in Need Food Pantry

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

Thursday, May 2, 9, 16, 23, 30 from 4-5 pm

Nature and Bird Walks

This group will meet at the Center and visit various sanctuaries around Andover with Evelyn. Remember to wear outdoor shoes and if you have some, bring binoculars! Register to attend. Cost: Free

Fridays, May 3, 10, 17, 24, 31 - 8:30-10:30 am



RETIRE FROM WORK *not from life*

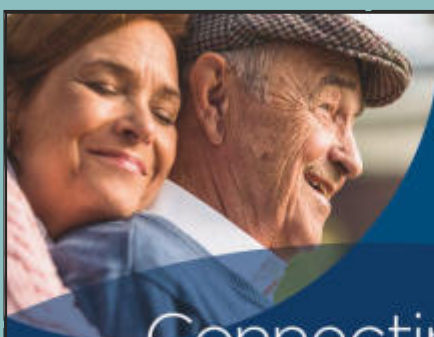
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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com Andover Senior Center, Andover, MA 06-5052

Monthly Events

Red Cross Sound the Alarm

Saturday, May 4

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. Call Andover Fire at 978-623-3700 to register.

Fix It Shop

Monday, May 6 & 20 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

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

COA Board Meeting

Thursday, May 9 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, May 9 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.

Parkinson's Support Group

Thursday, May 9 from 1:30-3 pm

"Deep Brain Stimulation for Parkinson's Disease" presented by Swati Gupta, MSBME, Fellow, Clinical Consultant, Boston Scientific Neuromodulation. This group meets on the second Thursday of each month. To attend, contact Kristine Arakelian at the Senior Center. Cost: Free

Memory Café - Arts Based

Friday, May 10 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

Coffee with Mark, Veterans Service Officer

Monday, May 13 from 8:30-9:30 am

Please stop by to meet Mark Comeiro and learn more about veteran services provided on a local, state and federal level.

AARP Driver Safety

Monday, May 13 from 9:45 am-3:00 pm

The AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course attendees will be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP member is not required to take the course and there are no tests to pass. Bring a lunch or purchase one at the Center. Space is limited to 20. Must register to attend. Cost: Free



Monthly Events

SunRise Singers & Rhythm-Aires Concert at Bridges Monday, May 13 at 11 am

SunRise Singers & Rhythm-Aires American Themed Concert at Bridges by EPOCH followed by lunch. They will perform Patriotic tunes and have a sing-a-long! Transportation available from the Center to Bridges by EPOCH at 254 Lowell St. Andover. Must register to attend and please let us know if you need transportation. Cost: Free



Pain Management Support Group

Monday, May 13 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

Computer Users Group

Monday, May 13 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

Volunteer Appreciation Reception

Tuesday, May 14 from 4-6 pm

All volunteers are invited to join in celebration of a year of friendship and service. Spend the evening enjoying dinner, drinks, and entertainment at our summer themed Volunteer Appreciation Reception on Tuesday, May 14th from 4pm-6pm at The Center at Punchard. Invitations are on the way. If you do not receive an invitation, please call Ashley. Please RSVP by calling the center at 978-623-8320.



Health Fair

Thursday, May 16 from 10 am-1 pm

The annual Health Fair will have over 30 vendors onsite who provide services focused on health and wellness. All are welcome to attend. Participants will learn a lot and receive FREE giveaways. Attend and receive FREE brown bag lunch. Cost: Free



2019 Medicare Review with SHINE

Thursday, May 16 from 6 pm-7:30 pm

Turning 65? Eligible for Medicare? This session is presented by a certified SHINE Counselor who provides free, unbiased Medicare health insurance information and will help guide you through your options so you will be an empowered, educated consumer. Attend an informational seminar to learn about your Medicare options. Register to attend. Cost: Free

Happy Birthday to You!

Friday, May 17 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



Monthly Events

Memory Café

Monday, May 20 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. (May 20 due to holiday) Cost: Free

Techie Live

Monday, May 20 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. Please call the Center to make an appointment. Your appointment will be for 30 minutes. Cost: Free

Caregiver Support Group

Monday, May 20 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

Ask the Lawyer

Tuesday, May 21 at 9:30 am– 1:30 pm

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

Lunch and TRIAD Talk with Officer Cataldo

Wednesday, May 22 at noon

Please join us for congregate lunch and an informal question and answer session with Officer Robin Cataldo. Suggested lunch donation \$3.00

Brown Bag

Tuesday, May 28 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, May 28 from 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

Book Club

Thursday, May 30 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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change without notice</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 Lizzie Borden 1:30 Computer Users-at library 1:30 Short Stories 3:30 Energize w/ Exercise</p>	<p>7:15 Golf at Tewksbury 8:00 Men/Women Motion 9:00 Walk the Gym 9:10 Strengthen & Stride 9-12 Podiatry 10:00 Write Stuff 10:15 Sit & Get Fit 10:30 Yoga Beginners 12:00 Lunch-Chix Supreme 12:30 Mahjong 1:00 Fun & Games - 1:10 Tai Chi Beginner 2:00 Breath, Balance & Body 2:15 Line Dancing 3:00 Zumba</p>	<p>8:00 Strength Training 8:45 Strength Training 9-12 Podiatry 9:00 Scale Model/Wood Carv. 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 Lunch-Chicken Piccata 12:45 Performance Tap 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>8:00 Men/Women Motion 9:00 Chronicler's Mtg 9:00 Strengthen & Stride 9:00 Walk the Gym;Art Studio 9:30 Craft Corner 10:00 Mindful Meditation 12:00 Lunch-Baked Chicken 1:00 Fun & Games / Bridge 1:10 Tai Chi - Intermediate 1:30 Bereavement Support 1:30 History/Don Robb-MHL 2:15 Tai Chi - Adv-Beg 3:30 Energize w/ Exercise 4:00 Belly Dance;Reflexology 6:00 Table Tennis 7:00 Serenity Yoga</p>	<p>8:00 Strength Training 8:30 Nature & Bird Walk 8:30 French Conversation 8:45 Strength Training 10:00 Delta the Dog 10:15 Sit & Get Fit 12:00 Lunch-Meatloaf 1:00 Acupuncture 1:00 Fun & Games 1:00 ESL 2:00 Ping Pong & Dancing 6:30 Chinese American</p> <p>Saturday, May 4 Red Cross Sound the Alarm</p>
<p>REGISTRATION WEEK</p> <p>8:30 Coffee w/ Mark, VSO 9:00 Quilting 9:00 Women's Outdoor Adv 9:45-3 AARP Driver Safety 10:00 Massage 11:00 Concert at Bridges</p>	<p>7:15 Golf at Tewksbury 10:00 Coffee w/ Jemma 10:00 Write Stuff 10:30 Yoga Beginners 12:00 Lunch-Roast Turkey 12:30 Mahjong</p>	<p>8:00 Strength Training 8:45 Strength Training 9-12 Podiatry 9:00 Scale Model/Wood Carv. 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 Lunch-Chicken Piccata 12:45 Performance Tap 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>8:00 Men/Women Motion 9:00 Chronicler's Mtg 9:00 Strengthen & Stride 9:00 Walk the Gym;Art Studio 9:30 Craft Corner 10:00 Mindful Meditation 12:00 Lunch-Baked Chicken 1:00 Fun & Games / Bridge 1:10 Tai Chi - Intermediate 1:30 Bereavement Support 1:30 History/Don Robb-MHL 2:15 Tai Chi - Adv-Beg 3:30 Energize w/ Exercise 4:00 Belly Dance;Reflexology 6:00 Table Tennis 7:00 Serenity Yoga</p>	<p>8:00 Strength Training 8:30 Nature & Bird Walk 8:30 French Conversation 8:45 Strength Training 10:00 Delta the Dog 10:15 Sit & Get Fit 12:00 Lunch-Fish 12:00 Triad Talk during lunch 1:00 Fun & Games 1:00 ESL 2:00 Ping Pong & Dancing 6:30 Chinese American</p>
<p>8:30 Coffee w/ Mark, VSO 9:00 Quilting 9:00 Women's Outdoor Adv 9:45-3 AARP Driver Safety 10:00 Massage 11:00 Concert at Bridges</p>	<p>9-12 Podiatry 9:00 Scale Model/Wood Carv. 9:30 Comfort Critters 9:30 Nordic Walking 10:00 Fiber Arts 10:00 Grocery Shop</p>	<p>8:00 Strength Training 8:45 Strength Training 9-12 Podiatry 9:00 Scale Model/Wood Carv. 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 Lunch-Chicken Piccata 12:45 Performance Tap 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>8:00 Men/Women Motion 9:00 Chronicler's Mtg 9:00 Strengthen & Stride 9:00 Walk the Gym;Art Studio 9:30 Craft Corner 10:00 Mindful Meditation 12:00 Lunch-Baked Chicken 1:00 Fun & Games / Bridge 1:10 Tai Chi - Intermediate 1:30 Bereavement Support 1:30 History/Don Robb-MHL 2:15 Tai Chi - Adv-Beg 3:30 Energize w/ Exercise 4:00 Belly Dance;Reflexology 6:00 Table Tennis 7:00 Serenity Yoga</p>	<p>8:00 Strength Training 8:30 Nature & Bird Walk 8:30 French Conversation 8:45 Strength Training 10:00 Delta the Dog 10:15 Sit & Get Fit 12:00 Lunch-Fish 12:00 Triad Talk during lunch 1:00 Fun & Games 1:00 ESL 2:00 Ping Pong & Dancing 6:30 Chinese American</p>

<p>12:00 Lunch-Meatballs 1:00 ESL (off site) 1:30 Computer Users-at library 1:30 Pain Management Group 1:30 Short Stories</p> <p>BREAK WEEK</p>	<p>1:00 Fun & Games 4:00 Volunteer Appreciation</p>	<p>12:00 Lunch-Chef Salad 1:00 Knit Wits 1:00 Fun & Games 2:00 Wellness Clinic</p>	<p>4:00 Neighbors in Need 6:00 2019 Medicare Review w/ SHINE</p>	<p>1:00 Acupuncture 1:00 Fun & Games 1:00 ESL 2:00 Ping Pong & Dancing 6:30 Chinese American</p>
<p>20 9:00 Sunrise Singers 9:00 Quilting 9:30 Ask the Lawyer 10:00 Fun Bus Trip to Walmart 10:00 Massage 10:15 Rhythm-'Aires 12:00 Lunch-Qtr Chicken 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>7:15 Golf at Tewksbury 8:00 Men/Women Motion 9:00 Brown Bag 9:00 Tax Prep 9:10 Strengthen & Stride 9:30 Ask the Lawyer 10:15 Sit & Get Fit 10:30 Yoga Beginners 12:00 Lunch-Cheese Lasagna 2:00 Breath, Balance & Body 2:15 Line Dancing 2:30 ESMV Group Therapy 3:00 Zumba</p>	<p>8:00 Strength Training 8:45 Strength Training 9-12 Podiatry 9:00 Scale Model/Wood Carv. 9:00 Men's Outdoor Adv. 9:30 Basic Tap 9:30 Comfort Critters 9:30 Nordic Walking 9:30 Men's Outdoor Adv. 10:00 Fiber Arts 10:00 Write Stuff 10:00 Grocery Shop 12:00 Lunch-Meatloaf 12:00 Triad Talk-Officer Cataldo 12:45 Performance Tap 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 1:00 State House Virtual Tour 2:00 Wellness Clinic</p>	<p>8:00 Men/Women Motion 8:30 SHINE appointments 9:00 Strengthen & Stride 9:00 Walk the Gym;Art Studio 9:30 Craft Corner 10:00 Mindful Meditation 12:00 Lunch-Stuffed Chix 12:30 Renovation Public Mtg 1:00 Fun & Games / Bridge 1:30 History/Don Robb-MHL 3:30 Energize w/ Exercise 4:00 Neighbors in Need 6:00 Belly Dance;Reflexology 6:30 Table Tennis</p>	<p>8:00 Strength Training 8:30 Nature & Bird Walk 8:30 French Conversation 8:45 Strength Training 10:00 Delta the Dog 10:00 Flower Therapy Workshop 10:15 Sit & Get Fit 12:00 Lunch-Fish 1:00 Fun & Games 1:00 ESL 2:00 Ping Pong & Dancing 6:30 Chinese American</p>
<p>27 CLOSED MEMORIAL DAY </p>	<p>8:00 Men/Women Motion 9:00 State Senator Hours 9:00 Brown Bag 9:10 Strengthen & Stride 10:15 Sit & Get Fit 10:30 Yoga Beginners 12:00 Lunch-Amer Chop Suey 2:00 Breath, Balance & Body 2:15 Line Dancing 2:30 ESMV Group Therapy 3:00 Zumba</p>	<p>8:00 Strength Training 8:45 Strength Training 9-12 Podiatry 9:00 Scale Model/Wood Carv. 9:30 Basic Tap 9:30 Comfort Critters 9:30 Nordic Walking 9:00 Men's Outdoor Adv. 10:00 SCRP Meeting 10:00 Fiber Arts 10:00 Write Stuff 10:00 Grocery Shop 12:00 Lunch-Chicken Pesto 12:45 Performance Tap 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>8:00 Men/Women Motion 8:30 SHINE appointments 9:00 Strengthen & Stride 9:00 Walk the Gym;Art Studio 9:30 Craft Corner 10:00 Mindful Meditation 12:00 Lunch-Roast Pork 1:00 Fun & Games / Bridge 1:30 Book Club 1:30 History/Don Robb-MHL 3:30 Energize w/ Exercise 4:00 Neighbors in Need 6:00 Belly Dance;Reflexology 6:30 Table Tennis 7:00 Renovation Public Mtg 7:00 Serenity Yoga</p>	<p>8:00 Strength Training 8:30 Nature & Bird Walk 8:30 French Conversation 8:45 Strength Training 10:00 Delta the Dog 10:15 Sit & Get Fit 12:00 Lunch-Spinach Pie 1:00 Acupuncture 1:00 Fun & Games 1:00 ESL 2:00 Ping Pong & Dancing 6:30 Chinese American</p>



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Health and Wellness

Delta the Therapy Dog

Friday, May 3, 10, 17, 24, 31 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, May 7 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, May 3, 17, 31 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. 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, May 6, 13, 20

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

May 1, 7, 15, 22, 29

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, May 2, 9, 23

(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

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Mini Clinic - Monday, May 13 from 2-3 pm at Andover Commons

Mini Clinic - Monday, May 20 from 1-2 pm at Frye Circle

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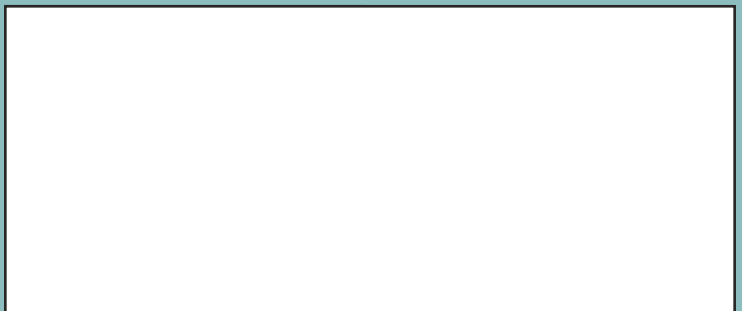
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Fitness Classes

SUMMER SESSION 2019: May 20 - August 9, 2019

All classes this session are \$25! There are no make up classes.

Registration Week: May 6-10, 2019 Break Week: May 13-17, 2019

No classes held at the Youth Center during summer school vacation - classes will move to Senior Center

No classes on Memorial Day, Monday, May 27 or Independence Day, Thursday, July 4

Belly Dancing

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

Breath, Balance & Body

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

Eight Pieces of Brocade (begins July 9-fee \$12)

An introduction to Qigong (Chi Kung)

The Eight Pieces of Brocade is an ancient qigong, which was designed for maintaining general good health, and it is easy to do. Participants in this course will learn this set of simple movements as they develop a basic understanding of qigong.

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

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 Advanced Beginner (begins July 11-fee \$12)

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

Tai Chi Intermediate (begins July 11-fee \$12)

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 (starts May 30-no class May 23)

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

Scale Modeling & Wood Carving - Wednesdays at 9-11:30 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

Nordic Walking

Here is a chance to take your workout outdoors! Outdoor walking class utilizing two specifically designed walking poles to strengthen your upper body, improve stability, posture and the amount of calories burned while you decrease the stress on lower body joints. Class meets in lobby of Senior Center and begins walks from there. Gradually we will begin exploring the maintained walking trails at local reservations. If you can walk one mile comfortably, this class is a good fit for you. Begins May 8 until June 12. Limit 10. Fee \$12

Wednesdays from 9:30 am-10:45 am

The Write Stuff

Everyone has a story to tell whether it is a family story, a funny story, a heartfelt story, a fictional story, a travel story or even poems or family history. Whatever your story is "The Write Stuff" is the group for you. If you don't have a story, writing prompts are provided each week. Come join our writing group. It is a very casual, fun, social group that meets once a week. Hope to see you there. Starts May 22. Free

Wednesdays from 10 am-12 pm

Outdoor Adventure

Men's Outdoor Adventure Group

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

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

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

Women's Outdoor Adventure Group (WOAG)

Monday, May 13 | 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. 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.

Discounted T Pass Card

At the Health Fair on Thursday, May 16th be sure to look for info and to sign up for the Discounted Senior T Pass card. We will be holding another session on Monday, June 3.



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, May 17 at 10:30 AM

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

Website: andoverscf.org



The Andover Senior Community FRIENDS, Inc.

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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

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



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