

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 want to extend my sincere gratitude to everyone for your support at Town Meeting. The unanimous vote in favor of the \$4.5 million renovation and expansion to the Senior Center spoke volumes! The \$700,000 transfer of the Stabilization "Wood" fund was also approved. We are extremely grateful for all the support we received from the Andover community. We send out a collective "high five" to all involved!!!

As we move forward, many people have asked what is the plan during renovation. Please know we take this task to heart and have been thoughtful finding homes for over 100 programs. Each program will have a home in Andover during this transition. We have established a group dedicated to working on logistics and developing a communication plan. This will be outlined and implemented in the months to come.

- The Construction: We will be finalizing the construction documents this summer and bidding the project in the fall. We anticipate construction to start at the beginning of 2020. Construction will run an estimated 12 to 18 months.
- The Program Transition: This summer we will be finalizing all off site locations and agreements. Starting in early fall we will systematically move programs into temporary locations. We plan to do this methodically and take time to assist programs adjusting to new spaces. We aim to vacate the building one month prior to construction.

Thank you for all you have done to make this renovation a reality. Congratulations!

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



**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.

## Coming in July



### Lowell Spinners Game Monday, July 15

Game time is at 7:05 pm - leaving the Senior Center at 5:15 pm.  
More details to come...



### June, July, August

when temperature is above 90 degrees, everyone gets a popsicle....

## Spotlight

### 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.

(please see insert for Tax Exemption Application)

## Staff

### Director

Annmary 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, LSW  
[kathleen.byrne@andoverma.us](mailto:kathleen.byrne@andoverma.us)

### 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, Editor  
[chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us)

### Senior Connections

#### Day Program

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

Alison Graziano  
Lindsay Katkowski

## 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.

### 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](mailto:ashley.english@andoverma.us). Bring your questions for this year's SCRPT program! Call the Center to register for one of the meetings.

**NOTICE TO CURRENT YEAR VOLUNTEERS (FY19) - You must complete your hours by the June 30, 2019 deadline. If you have questions about your total hours, please contact Ashley at 978-623-8320 as soon as possible.**

### **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*

*Attention all MVRTA riders! If you are scheduled for an MVRTA EZ Trans ride, and your plans change, it is very helpful to please take the time to call 978-469-6878 option 3 to cancel your ride at least 1 hour before the start of your pick up time. This will allow other riders to benefit by helping the van drivers stay on schedule.*



### **THERE IS SOMETHING ABOUT ANDOVER - June 2019 Show Content**

"Transportation Services at The Center at Punchard, AVIS celebrates 125 years in Andover, and Don Robb explores the need for a Center renovation."

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

Volunteers,

On May 21<sup>st</sup> we celebrated our annual volunteer appreciation. I want to extend my gratitude to all my staff and others who helped make this event a memorable appreciation. At the event, I listed off some statistics. I was asked to share this in our newsletter.

Over the past year, we have over 200 SCRPT volunteers. In total, we exceed well over 240 volunteers! (closer to 400). We have volunteers in the following areas; schools, town offices and departments, senior center, youth center and beyond.

We had over **26,459 hours** of volunteerism  
with a minimum **value of \$554,928**.

We are successful because of all your hard work to our community. Thank you!



## Monthly Events

### **Fix It Shop**      **Monday, June 3 & 17 from 1-3 pm**      **(will be taking the summer off - see you in Sept.)**

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

### **Andover Chroniclers**

**Thursdays, June 6 & 20 at 9 am**

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.

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

**Thursday, June 6 from 1:30-3 pm (last class)**

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

### **Bereavement Support Group**

**Thursday, June 6 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, June 6, 13, 20, 27 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



## **RETIRE FROM WORK** *not from life*

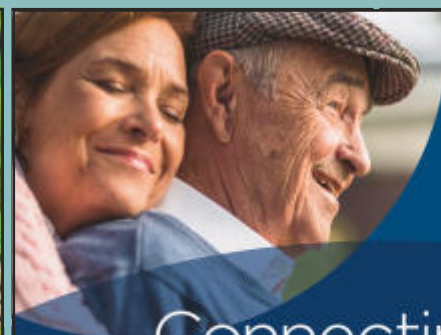
Find out why residents at Edgewood live life with such unbridled enthusiasm. Loosen the reins and discover all the empowering choices you'll have to create a one-of-a-kind senior living experience!



Call 978-396-2153 or Visit [EdgewoodRC.com/Andover](http://EdgewoodRC.com/Andover)

*Newly renovated, Independent Living homes available now.*

  575 Osgood Street | North Andover, MA 01845  



## Connecting to What Matters

**That's the Benchmark Difference.**

Stay connected to the people, passions and things you love. It's a living experience shaped by over 20 years of proven experience.

**Call today to learn about Assisted Living and our Mind & Memory approach - 978.683.1300**



700 Chickering Road,  
North Andover MA  
978.683.1300  
[AshlandFarmAtNorthAndover.com](http://AshlandFarmAtNorthAndover.com)



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com) Andover Senior Center, Andover, MA 06-5052

## Monthly Events

### **Estate Planning Lecture**

**Friday, June 7 at 9 am**

In this lecture you will learn about the many legal issues facing us as we age - Living Will, Wills, Trusts, Durable Power of Attorney, Homestead and Fees will be discussed. Presented by Gerry Shyavitz, Esq. Must register to attend. Cost: Free

### **Coffee with Mark, Veterans Service Officer**

**Monday, June 10 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.

### **Pain Management Support Group**

**Monday, June 10 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, June 10 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

### **Drum Circle**

**Wednesday, June 12 at 2:00 pm**

Drumming is a totally accessible form of making music in a group. Unlike a guitar, flute or other instruments a novice can pick up a drum and start making a rhythm immediately. Drum circles of novices can be as rhythmic, musical and fun as drum circles with experienced drummers are. We encourage novices to experiment with their instruments by creating a no judgment zone environment in all of our drum circles. Must register to attend; space is limited. Cost: Free Space limited.

### **COA Board Meeting**

**Thursday, June 13 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, June 13 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.

### **Memory Café - Arts Based**

**Thursday, June 13 at 10 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 month's theme "Paint what you Hear." This café will be held on the second Thursday of each month. Call Lindsay or Alison to register. Cost: Free

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

**Thursday, June 13 from 1:30-3 pm**

"What's new for Medication & Research for Parkinson's Disease" presented by Cathi Thomas, RN, MS, Program Director, Parkinson's Disease and Movement Disorders Center, Dept. of Neurology, Boston University Medical Center, APDA Massachusetts Chapter. This group meets on the second Thursday of each month. To attend, contact Kristine Arakelian at the Senior Center. Cost: Free

### **Flower Therapy Workshop**

**Friday, June 14 from 1 - 2 pm**

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

## Monthly Events

### **Techie Live**

**Monday, June 17 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, June 17 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

### **2019 Elder Law Program**

**Wednesday, June 19 from 1-2 pm**

2019 Elder Law Program; Sponsored by the MASSBAR ASSOCIATION; Presented by Attorney Timothy Michael Sullivan. This workshop will be an overview of the basics of Estate Planning and a review of the 2019 Elder Law Education Guide which you will receive as part of the workshop. A slide presentation will be shown and touch upon Mass Health, Long Term Care and Special Needs Trusts. Free Register please.

### **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

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

**Friday, June 21 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

### **Ask the Lawyer**

**Monday, June 24 at 9:30 am– 11:30 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. Cost: Free

### **Memory Café**

**Monday, June 24 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**

**Tuesday, June 25 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, June 25 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

### **Kayaking & Canoeing 2019**

**Tuesdays, June 25 - Aug 20; 9:30–11:30 am**

In partnership with the Recreation Department. The kayaking group will meet at the Poms Pond every week & participants will be able to take out a kayak or canoe. Some experience is helpful but not necessary. Life jackets will be provided & lifeguards will be on duty. Please be sure your footwear can get wet. If you need transportation, please call the Center so we can try to arrange a ride for you. Instructors: Shawna & Kathy To attend you must register in advance (there are a limited number of kayaks & canoes) | Cost: FREE

## Monthly Events

### Book Club

Thursday, June 27 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

## Spotlight

### PRESS RELEASE - SPECIAL TOWN MEETING ON JUNE 19, 2019

A Special Town Meeting will be held in the Town of Andover on June 19, 2019 at the Andover Memorial Auditorium, 36 Bartlet Street, Andover, MA. Note that the meeting will not be held at the Collins Center. The meeting will start at 7:00 PM.

The Warrant includes two articles: (1) Columbia Gas Fund Accounts and (2) Water Main Replacement Projects.

Saturday, June 8, 2019 is the last day to register to vote in the Special Town Meeting. The Board of Registrars will hold extended hours on June 8<sup>th</sup> from 8:30 A.M. until 8:00 P.M. at the Public Safety Center, 32 North Main Street, Andover for the purpose of registering new voters.

Residents may also register to vote at the Town Clerk's Office in the Town Office Building, 36 Bartlet Street, Andover Monday through Friday 8:30 A.M. to 4:30 P.M. Residents with a license or an I.D. issued by the Registry of Motor Vehicles may also register to vote online by visiting [www.RegisterToVoteMA.com](http://www.RegisterToVoteMA.com). Mail-in registration forms must be postmarked by the June 8<sup>th</sup> deadline.

For handicapped access to the town meeting, please enter the ground-level entrance by the parking lot between Doherty Middle School and the Town Offices along Bartlet Street.

Upon request, sign language interpreters, material on tape, and other auxiliary aides and services will be provided to ensure effective communications as specified in the Americans with Disabilities Act. To request assistance, please contact the Town's ADA Coordinator at 978-623-8500.

On June 19<sup>th</sup>, the Senior Center will offer to elderly and disabled residents complimentary transportation from their homes to Memorial Auditorium. Any residents wishing to avail themselves of these services must notify the Senior Center by June 14<sup>th</sup> at 12:00pm by calling 978-623-8320.

The Finance Committee Report, including the Warrant, will be mailed to each household in the Town by June 12, 2019.

Town Meeting attendees must be checked-in to the meeting through the entrance lobby of the Auditorium. Residents who enter the Auditorium via the handicapped route will be checked in at a conveniently located check-in table within the Auditorium. Residents may visit the Town website at [www.andoverma.gov](http://www.andoverma.gov) Town Clerk's page to search for their precinct.

Questions may be directed to the Town Clerk's Office at 978-623-8230.

## LIVING HEALTHY FAIR



The Andover Senior Community Friends and Andover Elder Services we would like to thank everyone who participated and joined us at our annual Health Fair. The ASCF were able to raise over \$8,000 to provide healthy programs. We had over 40 vendors and 400+ people through the door.



**"THE BEST VALUE ON HEARING AIDS"**



**Andover  
Hearing Center, LLC**

Call For An Appointment Today!

**978-470-4500 • [www.andoverhearing.com](http://www.andoverhearing.com)**

*Free Hearing Aid Consultations*

11 Chestnut Street, Suite 6, Andover

I am HERE FOR YOU, when your loved ones can't be... Services include: Transportation, Grocery shopping and errands, Patient liaison, Medication reminders & reconciliation, Meal prep, Household chores, Companionship, Assist with paying bills and help to balance checkbook.

**PEGGY CONNOLLY • (781)424-7999 • [Hereforyou728@yahoo.com](mailto:Hereforyou728@yahoo.com)**

**honest, reliable, caring**

Servicing the Merrimack Valley BONDED & INSURED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JUNE 2019</b>				
<i>Menu subject to change without notice</i>				
<p>9:00 Sunrise Singers</p> <p>9:00 Woodcarving</p> <p>9:00 Quilting</p> <p>9:30 SCRPT Meeting</p> <p>10:00 Massage</p> <p>10:15 Rhythm-'Aires</p> <p>12:00 <b>Lunch-Chicken Parm</b></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 Computer Users-at library</p> <p>1:30 Short Stories</p> <p>3:30 Energize w/ Exercise</p>	<p>7:15 Golf at Tewksbury</p> <p>8:00 Men/Women Motion</p> <p>9:10 Strengthen &amp; Stride</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-Salisbury Steak</b></p> <p>12:30 Mahjong</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>3:00 Zumba</p>	<p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:00 Podiatry</p> <p>9:00 Men's Outdoor Adv.</p> <p>9:00 Scale Model/Wood Carv.</p> <p>9:30 Nordic Walking</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 Cabbage</b></p> <p>12:45 Performance Tap</p> <p>1:00 SCRPT Meeting</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 SHINE Appointments</p> <p>9:00 Andover Chroniclers</p> <p>9:00 Strengthen &amp; Stride</p> <p>9:00 Art Studio</p> <p>9:30 Craft Corner</p> <p>10:00 Mindful Meditation</p> <p>12:00 <b>Lunch-Chix Marsala</b></p> <p>1:00 Fun &amp; Games / Bridge</p> <p>1:10 Tai Chi - Intermediate</p> <p>1:30 Bereavement Group</p> <p>1:30 History/Don Robb-MHL</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>7:00 Serenity Yoga</p>	<p>8:00 Strength Training</p> <p>8:30 Nature &amp; Bird Walk</p> <p>8:30 French Conversation</p> <p>8:45 Strength Training</p> <p>9:00 Estate Planning</p> <p>10:00 SCRPT Meeting</p> <p>10:00 Delta the Dog</p> <p>10:15 Sit &amp; Get Fit</p> <p>12:00 <b>Lunch-Fish</b></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>8:30 Coffee with VSO</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 <b>Lunch-Shepherd's Pie</b></p> <p>1:00 ESL (off site)</p> <p>1:00 Yoga for All</p> <p>1:30 Pain Mgmt Group</p> <p>1:30 Computer Users-at library</p> <p>1:30 Short Stories</p> <p>3:30 Energize w/ Exercise</p>	<p>7:15 Golf at Tewksbury</p> <p>8:00 Men/Women Motion</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-Stuffed Chicken</b></p> <p>12:30 Mahjong</p> <p>1:00 Fun &amp; Games -</p> <p>1:10 Tai Chi Beginner</p> <p>2:00 Drum Circle</p> <p>2:00 Breath, Balance &amp; Body</p> <p>2:15 Line Dancing</p>	<p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:00 Men's Outdoor Adv.</p> <p>9:00 Scale Model/Wood Carv.</p> <p>9:30 Nordic Walking</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-Pot Roast</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>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>9:00 Art Studio</p> <p>9:30 Craft Corner</p> <p>10:00 TRIAD Meeting</p> <p>10:00 Arts Memory Café</p> <p>10:00 Mindful Meditation</p> <p>12:00 <b>Lunch-Chicken Pesto</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>8:00 Strength Training</p> <p>8:30 Nature &amp; Bird Walk</p> <p>8:30 French Conversation</p> <p>8:45 Strength Training</p> <p>10:00 Delta the Dog</p> <p>10:15 Sit &amp; Get Fit</p> <p>12:00 <b>Lunch-Baked Ziti</b></p> <p>1:00 Fun &amp; Games</p> <p>1:00 Flower Therapy</p> <p>1:00 ESL</p> <p>2:00 Ping Pong &amp; Dancing</p> <p>6:30 Chinese American</p>

<p>3:00 Zumba</p>	<p>2:00 Wellness Clinic</p>	<p>3:30 Energize w/ Exercise 4:00 Neighbors In Need 6:00 Belly Dance;Reflexology 6:30 Table Tennis 7:00 Serenity Yoga</p>	<p>8:00 Strength Training 8:45 Strength Training 9:00 Men's Outdoor Adv. 9:00 Scale Model/Wood Carv. 9:30 Nordic Walking 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 <b>Lunch-Meatloaf</b> 12:45 Performance Tap 1:00 Elder Law Program 1:00 Knit Wits 1:00 Fun &amp; Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic 7:00 Special Town Meeting at Memorial Auditorium</p>	<p>17 9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 10:00 Massage 10:15 Rhythm-'Aires 12:00 <b>Lunch-Roast Pork</b> 1:00 ESL (off site) 1:00 Yoga for All 1:00 Techie Live 1-3 Fix It Shop 1:30 Computer Users-at library 1:30 Short Stories 1:30 Caregiver Support Group 3:30 Energize w/ Exercise</p>	<p>18 7:15 Golf at Tewksbury 8:00 Men/Women Motion 9:10 Strengthen &amp; Stride 10:00 Write Stuff 10:15 Sit &amp; Get Fit 10:30 Yoga Beginners 12:00 <b>Lunch-Chix Stir Fry</b> 12:30 Mahjong 1:00 Fun &amp; Games - 1:10 Tai Chi Beginner 2:00 Breath, Balance &amp; Body 2:15 Line Dancing 3:00 Zumba</p>	<p>19 8:00 Strength Training 8:45 Strength Training 9:00 Men's Outdoor Adv. 9:00 Scale Model/Wood Carv. 9:30 Nordic Walking 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 <b>Lunch-Meatloaf</b> 12:45 Performance Tap 1:00 Elder Law Program 1:00 Knit Wits 1:00 Fun &amp; Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic 7:00 Special Town Meeting at Memorial Auditorium</p>	<p>20 8:00 Men /Women Motion 8:30 SHINE Appointments 9:00 Andover Chroniclers 9:00 Strengthen &amp; Stride 9:00 Art Studio 9:30 Craft Corner 10:00 Chinese Brush Paint 10:00 Mindful Meditation 12:00 <b>Lunch-Spinach Pie</b> 1:00 Fun &amp; Games / Bridge 1:10 Tai Chi - Intermediate 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 7:00 Serenity Yoga</p>	<p>24 9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 9:30 Ask the Lawyer 10:00 Massage 10:15 Rhythm-'Aires 12:00 <b>Lunch-Roasted Chicken</b> 1:00 ESL (off site) 1:00 Yoga for All 1:00 Memory Cafe 1:30 Computer Users-at library 1:30 Short Stories 3:30 Energize w/ Exercise</p>	<p>25 7:15 Golf at Tewksbury 8:00 Men/Women Motion 9:00 Brown Bag 9:00 State Senator Hours 9:10 Strengthen &amp; Stride 9:30 Kayaking/Canoeing 10:00 Write Stuff 10:15 Sit &amp; Get Fit 10:30 Yoga Beginners 12:00 <b>Lunch-Eggplant Parm</b> 12:30 Mahjong 1:00 Fun &amp; Games - 1:10 Tai Chi Beginner 2:00 Breath, Balance &amp; Body 2:15 Line Dancing 3:00 Zumba</p>	<p>26 8:00 Strength Training 8:45 Strength Training 9:00 Men's Outdoor Adv. 9:00 Scale Model/Wood Carv. 9:30 Nordic Walking 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 <b>Lunch-Stuffed Chicken</b> 12:45 Performance Tap 1:00 Knit Wits 1:00 Fun &amp; Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>27 8:00 Men /Women Motion 8:30 SHINE Appointments 9:00 Strengthen &amp; Stride 9:00 Art Studio 9:30 Craft Corner 10:00 Mindful Meditation 12:00 <b>Lunch-Stuffed Pepper</b> 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 5-7:00 Grill Night 6:00 Belly Dance;Reflexology 6:30 Table Tennis 7:00 Serenity Yoga</p>	<p>28 8:00 Strength Training 8:30 Nature &amp; Bird Walk 8:30 French Conversation 8:45 Strength Training 10:00 Delta the Dog 10:15 Sit &amp; Get Fit 12:00 <b>Lunch-Cod</b> 1:00 Fun &amp; Games 1:00 ESL 2:00 Ping Pong &amp; Dancing 6:30 Chinese American</p>	<p>21 <b>BIRTHDAY LUNCH</b> 8:00 Strength Training 8:30 Nature &amp; Bird Walk 8:30 French Conversation 8:45 Strength Training 10:00 Delta the Dog 10:15 Sit &amp; Get Fit 11:45 <b>BIRTHDAY LUNCH</b> 12:00 <b>Lunch-Cookout</b> 1:00 Fun &amp; Games 1:00 ESL 2:00 Ping Pong &amp; Dancing 6:30 Chinese American</p>
-------------------	-----------------------------	---	--	---	---	---	--	---	--	--	--	--	--



For more information call 1  
-800-933-5593,  
or visit our website at  
HomeHealthVNA.org.

Home Health VNA offers the most comprehensive  
medical and supportive services including :  
Skilled nursing • Rehabilitation • Orthopedics  
Chronic disease management • Oncology • Diabetes care



**Home Health VNA**  
The Leader in Home Health Care  
360 Merrimack Street, Lawrence, MA 01843

### Senior Connections

An engaging program creating meaningful days **Free Trial Day For New Senior Connections Participants**  
We invite new interested individuals and families to take advantage of our FREE trial Day for Senior Connections. This is open to all NEW people who are considering services from our engaging program. A full intake packet must be done prior to the start of the **FREE trial day**. Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract. You may also schedule a tour in advance by calling and asking for Kristine or Annmary.

### Hearing Aid Checks & Cleanings

**Tuesday, June 4 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

### Delta the Therapy Dog

**Friday, June 7, 14, 21, 28 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

### 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, June 3, 10, 17, 24**

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

**June 5, 11, 19, 26**

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, June 6, 13, 20**

**(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, June 10 from 2-3 pm at Andover Commons

**Mini Clinic** - Monday, June 24 from 1-2 pm at Frye Circle

*Be Independent for Life*  
**Nichols Village**  
 AN ACTIVE ADULT COMMUNITY

One Nichols Way  
 Groveland, MA 01834  
 Nichols-Village.com

CALL 978-372-3930

**Bridges**  
 BY EPOCH  
 MEMORY CARE ASSISTED LIVING  
 AT ANDOVER

INSPIRING MEMORY CARE  
 NOW OPEN & ACCEPTING  
 RESERVATIONS!

978.775.3161

Your Resource for Dementia Care,  
 Support & Education

View upcoming events:  
[www.BridgesbyEPOCH.com](http://www.BridgesbyEPOCH.com)

254 Lowell Street  
 Andover, MA

Mass Relay 711

**Congdon Law Offices**  
 Jerry S. Congdon, ESQ

Wills • Trusts • Probate • Real Estate • Elder Law

978.500.5978 WILL VISIT YOU  
 IN YOUR HOME

1310 Main St., Tewksbury, MA 01876

The help you need to  
 live in the place you love.

**Griswold**  
 HOME CARE

Delivered with heart.<sup>™</sup>

978.912.7666 | [GriswoldHomeCare.com](http://GriswoldHomeCare.com)  
 © 2018 Griswold International, LLC

**LAURA'S  
 CLEANING  
 SERVICE**

Residential Cleaning  
 978.270.4311

**HANDYMAN FOR  
 HIRE**

Carpentry • Painting  
 Licensed • Insured

Robert Duffer  
 978-502-1093

Senior Discount

**Downsizing Real Estate Specialists**

#1 in Massachusetts  
 Skilled Negotiators  
 Care & Personal Attention  
 Senior Relocation Services

DEBORAH LUCCI TEAM

**WILLIAM RAVEIS**  
 REAL ESTATE • MORTGAGE • INSURANCE  
 12 Bartlet St • Andover MA  
 978.475.5100

978.771.9909 | [WhereHomesGetSold.com](http://WhereHomesGetSold.com)

**SUPPORT THE ADVERTISERS  
 THAT SUPPORT OUR COMMUNITY**

**Conte Funeral Homes**

*Honoring Traditions and Memories, one family at a time.*

28 Florence Street • Andover, MA 01810  
 978-470-8000 • [contefh@msn.com](mailto:contefh@msn.com)  
[www.contefuneralhomes.com](http://www.contefuneralhomes.com)

*Passionately proud to be family owned and operated!*

**ALL HOURS  
 Home Healthcare**

*One call for all your stay at HOME needs*  
*The Golden Years should be on your terms*

Home Healthcare • Nurses • PT  
 Pharmacists • Transportation  
 Companionship • Handyman Services

877-406-4245  
[allhourshomehealth.com](http://allhourshomehealth.com)

**FROMME ANTIQUES**

Restoration, Repair and  
 Refinishing of Antique and  
 Contemporary Wood Furniture  
 – Buying & Selling –

Lance Fromme, 23 Burton Farm Drive,  
 Andover, MA 01810  
[lfromme@comcast.net](mailto:lfromme@comcast.net)  
[www.LanceFrommeAntiques.com](http://www.LanceFrommeAntiques.com)  
 By Appointment  
 (978) 475-7370 • (508) 397-7949

## 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 (not meeting June 6 & 13)

## 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)

### 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. Free

**Date and Time TBA**

## Outdoor Adventure

### Men's Outdoor Adventure Group

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

Wednesday, June 5 | Maudslay State Park, Newburyport | Leader: Fred Snell

Wednesday, June 19 | Deer Jump Reservation, Tewksbury to Nolllet Dr. | Leader: Fred Snell

### Women's Outdoor Adventure Group (WOAG)

**Monday, June 6 & 27 | 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

### 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.

### Senior CharlieCard Day

**Monday, June 3 from 9:30 - 11:00 am**

What is Senior CharlieCard day? Monday, June 3 from 9:30am-11:00am you can apply for your CharlieCard at the Senior Center! This card can be used to receive reduced fares on MBTA bus, subway, commuter rail, and ferry service! To Participate you Must: Be at least 65 years old; Bring a valid, state-issued photo ID with date of birth. Please call the Center to register. FREE

## Grill Nights

### Grill Nights

**Thursday, June 27 from 5-7 pm** - Fun & Games with Atria Marland Place

Special: Grilled Salmon \$12.00



**Thursday, July 11 from 5-7 pm** - Music with Tommy Rull; sponsored by Cultural Council Grant

Special: Steak Tips \$12.00

**Thursday, July 25 from 5-7 pm** - Fun & Games with BrightView

Special: Barbeque Ribs \$11.00

Regular Menu Items:	Hot Dog	\$6.00
	Hamburger	\$7.00
	Veggie Burger	\$7.00

Please stop by the Center to purchase your ticket at least 2 days prior.



## The Andover Senior Community FRIENDS, Inc.

### The Andover Senior Community FRIENDS upcoming meetings:

**Friday, June 21 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.

PO Box 576

Andover, MA 01810

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

#### **MEMBERSHIP:**

Senior/Student \$10 \_\_\_\_\_ Individual \$15 \_\_\_\_\_ Premium \$30 \_\_\_\_\_

Patron \$50 \_\_\_\_\_ Benefactor \$100 \_\_\_\_\_ Other \$ \_\_\_\_\_

Help the FRIENDS support the programs at the Center at Punchard. Check out all we do! The FRIENDS are a 501c3

## Council on Aging Board Members

Paul MacKay, Chair

Jane Gifun, Vice Chair

Molly Bicking

Kenneth DeBenedictis

Joan Fox

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

Staff commits to practicing

these values:

*Diversity*

*Innovation*

*Integrity*

*Respect*

*Wisdom*

Values drive behaviors that result in positive actions. We welcome everyone to join in our commitment to those we serve and the entire community of Andover.



## Let Your Bright Life Shine

at Essex County's Premier  
Senior Living Community

Gorgeous community. Resort-like amenities. Choice and independence. No large entrance fees... The vibrant, carefree lifestyle you desire is waiting at Brightview North Andover. *Come live it.*

**BRIGHTVIEW**  
SENIOR LIVING  
NORTH ANDOVER

Call Eileen or Meredith  
to schedule your  
personal visit.  
**978.686.2582**

Independent Living • Assisted Living • Dementia Care

1275 Turnpike Street • North Andover, MA 01845  
[www.BrightviewNorthAndover.com](http://www.BrightviewNorthAndover.com)



# WELCOME HOME!

Call today for more information and to arrange your complimentary chef-prepared meal and personal tour!

## 978-851-2063

Seniors 60+ only please

## HEATHERWOOD Gracious Retirement Living

1624 Main Street, Tewksbury, MA 01876



Home Health Aides, Companions,  
Nurses Homemakers, 24-Hour  
Care, Respite Care, Specialized  
Care for Alzheimers & Dementia



associated  
home care

an Amedisys company

For more information, call  
**800-281-0878**



## The Law Offices of Kimberly Butler Rainen

Offering Personalized, Affordable Estate  
Planning Services Right in the Heart of Andover.  
68 Main Street, Suite 4, Andover

**(978) 409-1928**

[www.ButlerRainen.com](http://www.ButlerRainen.com) • [kbr@butlerrainen.com](mailto:kbr@butlerrainen.com)



## Stone Hill at Andover

A SENIOR LIVING COMMUNITY  
MANAGED BY NORTHBRIDGE COMPANIES

*Introducing Stone Hill at Andover,*  
the area's newest senior living community offering  
Independent Living, Assisted Living and the  
renowned Avita Memory Care Program.

**Opening Spring 2019**

To learn more about Charter Membership, call Heidi:

**978.664.2600**

or email: [Heidi@stonehillandover.com](mailto:Heidi@stonehillandover.com)

Visit us online: [StoneHillAndover.com](http://StoneHillAndover.com)



## BURKE-MAGLIOZZI FUNERAL HOME

390 North Main Street • Andover, MA 01810

Gracious Facility • Personalized Funerals for  
all Faiths • Pre-need Specialists on Site

Joel J. Magliozzi • Garry A. Burke

**978-475-5200**

**WWW.BURKEMAGLIOZZI.COM**



*Quality Home Care  
You Can Trust*

Alzheimers • Parkinsons  
Hospice • 24/7 Care  
Companionship

781-400-8880 [www.assistinghands.com/wilmington](http://www.assistinghands.com/wilmington)



The Senior Center at Punchard

36 Bartlet Street

Andover, MA 01810

PRSRRT STD  
U.S POSTAGE PAID  
Permit No.41

To the



# RIVERSIDE WOODS

"We only wish we had done this sooner!" *Most common comment by our homebuyers.*



### Life Tested™ Features

- ✓ 10 Year Warranty
- ✓ Low Maintenance Living
- ✓ Energy Efficient Design
- ✓ 7 Spacious Floor Plans
- ✓ Luxury 1-2 Bedroom Homes
- ✓ Granite Kitchens
- ✓ First Floor Owner's Suites
- ✓ 62+ Community
- ✓ Low Monthly HOA Fees
- ✓ 2 Car Garages
- ✓ Clubhouse

[www.pulte.com](http://www.pulte.com)

Visit our furnished models today. **New Homes From Mid \$300K's**

Riverside Woods • 459 River Rd. • Andover, MA 01810

978-655-4493

©2018 Pulte Homes, Inc. Information subject to change without prior notice. Community Association fees and additional fees may be required. At least one resident must be age 62 or better, see community documents for any additional conditions that may apply.

Sales Center Open  
Tues - Sun 10am-5pm Mon By Appt.

