

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



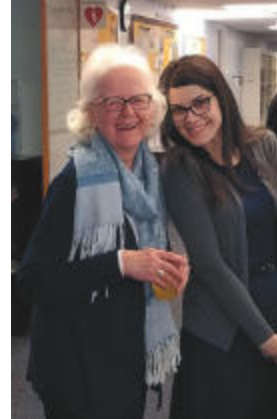
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**FY20 SCRIPT  
 PROGRAM  
 REMINDER:**

New and Returning  
 volunteers must submit  
 their applications by  
 July 30<sup>th</sup> 2019. Call  
 Ashley with any  
 questions.

# NEWS & VIEWS



**ANDOVER ELDER SERVICES**  
 The Senior Center at Punchard

## Remembering good times at some recent events...



Some of these events include St. Patrick's Day Celebration, Annual Health Fair, Drum Circle, "Power of Flower" floral arrangements, Service Dog Project with the Great Danes.

## Staff

### **Acting Director & Director of Community Services**

Jemma Lambert  
jemma.lambert@andoverma.us

### **Social Work/Outreach**

Kristine Arakelian, LCSW  
karakelian@andoverma.gov

### **Program Coordinator**

Kathy Byrne, LSW  
kathleen.byrne@andoverma.us

### **Transportation/Outreach**

Shawna McCloskey, LSW  
smcclouskey@andoverma.gov

### **Volunteer Coordinator**

Ashley English  
ashley.english@andoverma.us

### **Office Assistant**

Chris Marshall, Editor  
chris.marshall@andoverma.us

### **Senior Connections**

#### **Day Program**

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**

Alison Graziano  
Lindsay Katkowski

Remembering good times at some recent events...



These photos include Vets on the Move exercise class, St. Patrick's Day Celebration, Annual Health Fair, Triad Lunch Forum with Officer Robin Cataldo, Transportation with George, Tina and Frank coloring Easter eggs.

## Monthly Events

### Fourth of July Cook-Out

We will celebrate the Fourth of July with a fun cook-out during congregate lunch. Please call to sign up for congregate lunch. Suggested donation: \$3.00

Wednesday, July 3 at noon



### 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

Not meeting in July

### Coffee with Mark, Veterans Service Officer

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

Monday, July 8 from 8:30-9:30 am

### Computer Users Group

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

Monday, July 8 from 1:30-3 pm

### COA Board Meeting

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

Thursday, July 11 at 8:30 am



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## Monthly Events

### **Neighbors in Need Food Pantry**

**Thursday, July 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

### **Techie Live**

**Monday, July 15 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

### **Lowell Spinners Game**

**Monday, July 15 leaving the Center at 5:15 pm**

Game time is at 7:05 pm - leaving the Senior Center at 5:15 pm. Call the Center to register. Limited seats. Cost: Free

### **Memory Café - Arts Based**

**Thursday, July 18 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 café will be held on the second Thursday of each month. Call Lindsay or Alison to register. Cost: Free

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

**Friday, July 19 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

### **Brown Bag**

**Tuesday, July 23 at 9:00 - 11:00 am**

Individuals must be 60+ with an income less than \$21,978 for a single person or less than \$29,637 for a couple, or on Mass Health, food stamps or another public benefit. Eligible participants receive a grocery bag of perishable and non-perishable food items. Typically, brown bags are distributed on the fourth Tuesday of the month. Individuals who meet the requirements and want to participate must complete an application with a staff member. Cost: Free

### **Book Club**

**Thursday, July 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

### **Ask the Lawyer**

**Monday, July 29 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

### **State Senator Office Hours**

**Tuesday, July 30 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

## Grill Nights

**Save the dates!** Grill Nights are HOT for July! Every summer Chef Frank gets out his grill and serves up a fabulous meal.

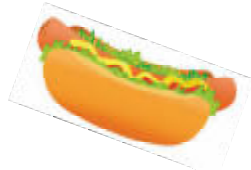
All Grill nights have assigned seating times for food service, 5:00, 5:30 or 6:00 and finish up around 7:00. So let Chef Frank cook your dinner on a hot night, rain or shine. The price includes wonderful sides as well as dessert.

You must make a reservation at the Center and pay for your meal in advance.



**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

**Thursday, August 8 from 5-7 pm** - Special: Shrimp Kabobs \$12.00

**Thursday, August 22 from 5-7 pm** - Special: Grilled Salmon \$12.00



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

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



## 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.

### 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.



The  
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Coffee

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9:00-11:00am

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## July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 10:00 Massage 10:15 Rhythm-'Aires <b>12:00 Lunch-Lemon Chicken</b> 1:00 ESL (off site) 1:00 Yoga for All 3:30 Energize w/ Exercise</p>	<p><b>2</b></p> <p>7:15 Golf at Tewksbury 8:00 Men/Women Motion 9:10 Strengthen &amp; Stride 9:30 Hearing Aid Checks 10:15 Sit &amp; Get Fit 10:30 Yoga Beginners <b>12:00 Lunch-Stuffed Chicken</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><b>3</b></p> <p>8:00 Strength Training 8:45 Strength Training 9-12 Podiatry 9:00 Men's Outdoor Adv. 9:00 Scale Model/Wood Carv. 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop <b>Fourth of July Cook-Out Lunch-Cheeseburger</b> 12:00 Performance Tap 12:45 Knit Wits 1:00 Fun &amp; Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p><b>4</b></p> <p><b>CLOSED</b></p> <p><b>INDEPENDENCE DAY</b></p> 	<p><b>5</b></p> <p>8:00 Strength Training 8:30 French Conversation 8:45 Strength Training 10:15 Sit &amp; Get Fit <b>12:00 Lunch-Fish</b> 1:00 Fun &amp; Games 1:00 ESL 2:00 Ping Pong &amp; Dancing 6:30 Chinese American</p>
<p><b>8</b></p> <p>8:30 Coffee with VSO 9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 10:15 Rhythm-'Aires <b>12:00 Lunch-Chicken Parm</b> 1:00 ESL (off site) 1:00 Yoga for All 1:30 Computer Users-at library 3:30 Energize w/ Exercise</p>	<p><b>9</b></p> <p>7:15 Golf at Tewksbury 8:00 Men/Women Motion 9:10 Strengthen &amp; Stride 9-12 Podiatry 9:30 Kayaking/Canoeing 10:15 Sit &amp; Get Fit 10:30 Yoga Beginners <b>12:00 Lunch-Salisbury Steak</b> 12:30 Mahjong 1:00 Fun &amp; Games 1:10 Eight Pieces of Brocade 2:00 Breath, Balance &amp; Body 2:15 Line Dancing 3:00 Zumba</p>	<p><b>10</b></p> <p>8:00 Strength Training 8:45 Strength Training 9:00 Scale Model/Wood Carv. 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop <b>12:00 Lunch-Stuffed Cabbage</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><b>11</b></p> <p>8:00 Men/Women Motion 8:30 COA Board Meeting 8:30 SHINE Appointments 9:00 Strengthen &amp; Stride 9:00 Art Studio 9:30 Craft Corner 10:00 Mindful Meditation <b>12:00 Lunch-Chix Marsala</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 <b>5-7:00 Grill Night</b> 6:00 Belly Dance; Reflexology 6:30 Table Tennis 7:00 Serenity Yoga</p>	<p><b>12</b></p> <p>8:00 Strength Training 8:30 French Conversation 8:45 Strength Training 10:15 Sit &amp; Get Fit <b>12:00 Lunch-Fish</b> 1:00 Fun &amp; Games 1:00 ESL 2:00 Ping Pong &amp; Dancing 6:30 Chinese American</p>
<p><b>15</b></p> <p>9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 10:15 Rhythm-'Aires <b>12:00 Lunch-Shepherd's Pie</b></p>	<p><b>16</b></p> <p>7:15 Golf at Tewksbury 8:00 Men/Women Motion 9:10 Strengthen &amp; Stride 9:30 Kayaking/Canoeing 10:15 Sit &amp; Get Fit</p>	<p><b>17</b></p> <p>8:00 Strength Training 8:45 Strength Training 9-12 Podiatry 9:00 Men's Outdoor Adv. 9:00 Scale Model/Wood Carv.</p>	<p><b>18</b></p> <p>8:00 Men/Women Motion 8:30 SHINE Appointments 9:00 Strengthen &amp; Stride 9:00 Art Studio 9:30 Craft Corner</p>	<p><b>19</b></p> <p><b>BIRTHDAY LUNCH</b> 8:00 Strength Training 8:30 French Conversation 8:45 Strength Training 10:15 Sit &amp; Get Fit</p>

<p>1:00 ESL (off site) 1:00 Yoga for All 1:00 Techie Live 3:30 Energize w/ Exercise 5:15 Lowell Spinners Game</p>	<p>10:30 Yoga Beginners 12:00 <b>Lunch-Staffed Chicken</b> 12:30 Mahjong 1:00 Fun &amp; Games 1:10 Eight Pieces of Brocade 2:00 Breath, Balance &amp; Body 2:15 Line Dancing 3:00 Zumba</p>	<p>9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 <b>Lunch-Pot Roast</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>11:45 <b>BIRTHDAY LUNCH</b> 12:00 <b>Lunch-Baked Ziti</b> 1:00 Fun &amp; Games 1:00 ESL 2:00 Ping Pong &amp; Dancing 6:30 Chinese American</p>
<p>9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 10:15 Rhythm- Aires 12:00 <b>Lunch-Sweet/Sour Pork</b> 1:00 ESL (off site) 1:00 Yoga for All 1:00 Memory Cafe 3:30 Energize w/ Exercise</p>	<p>7:15 Golf at Tewksbury 8:00 Men/Women Motion 9:00 Brown Bag 9:10 Strengthen &amp; Stride 9:30 Kayaking/Canoeing 10:15 Sit &amp; Get Fit 10:30 Yoga Beginners 12:00 <b>Lunch-Baked Chicken</b> 12:30 Mahjong 1:00 Fun &amp; Games - 1:10 Eight Pieces of Brocade 2:00 Breath, Balance &amp; 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 <b>Lunch-Meatloaf</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>8:00 Strength Training 8:30 French Conversation 8:45 Strength Training 10:15 Sit &amp; Get Fit 12:00 <b>Lunch-Salmon</b> 1:00 Fun &amp; Games 1:00 ESL 2:00 Ping Pong &amp; Dancing 6:30 Chinese American</p>
<p>9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 9:30 Ask the Lawyer 10:15 Rhythm- Aires 12:00 <b>Lunch-Lemon Chicken</b> 1:00 ESL (off site) 1:00 Yoga for All 1:00 Memory Cafe 3:30 Energize w/ Exercise</p>	<p>7:15 Golf at Tewksbury 8:00 Men/Women Motion 9:00 State Senator Hours 9:10 Strengthen &amp; Stride 9:30 Kayaking/Canoeing 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 Eight Pieces of Brocade 2:00 Breath, Balance &amp; Body 2:15 Line Dancing 3:00 Zumba</p>	<p>8:00 Strength Training 8:45 Strength Training 9:00 Men's Outdoor Adv. 9:00 Scale Model/Wood Carv. 9:30 Basic Tap 9:30 Comfort Critters 10:00 Fiber Arts 10:00 Grocery Shop 12:00 <b>Lunch-Staffed 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>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-Spinach Pie</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>

**Menu subject  
to change  
without notice**



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### Hearing Aid Checks & Cleanings

**Tuesday, July 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

### Delta the Therapy Dog

**Taking July Off**

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

**TBA - call the Center for details**

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

**July 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, July 11, 18, 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, July 15 from 2-3 pm at Andover Commons

**Mini Clinic** - Monday, July 29 from 1-2 pm at Frye Circle

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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.

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 on July 4)

## 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

### Kayaking & Canoeing 2019 **NEW DATES** Tuesdays, July 9, 16, 23, 30, Aug 6, 13; 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. To attend you must register in advance (there are a limited number of kayaks & canoes) | Cost: FREE

## Outdoor Adventure Groups

### Men's Outdoor Adventure Group

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

Wednesday, July 3 | Deer Jump Reservation, Nollet Dr. to Fish Brook | Leader: Don Schroeder

Wednesday, July 17 | Goldsmith Woodlands Reservation | Leader: Don Schroeder

Wednesday, July 31 | West Parish & Baker's Meadow, Indian Ridge & Sakowich Reservations | Leader: Fred Snell

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

Off for the Summer

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

## Groups Taking the Summer Off

Andover Chroniclers	Next meeting Thursday, August 1 at 9 am
Fix It Shop	Taking July and August off
Women's Outdoor Adventure Group	Taking July and August off
Delta the Therapy Dog	Taking July off
Pain Management Support Group	Next meeting Monday, Sept. 9 at 1:30 pm
TRIAD Meeting	Next meeting Thursday, Sept. 12 at 10 am
Parkinson's Support Group	Next meeting Thursday, Sept. 12; 1:30-3 pm
Caregiver Support Group	Next meeting Monday, September 16 at 1:30 pm
Bereavement Support Group	Next meeting Thursday, August 1 at 1:30 pm

# 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.

## 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.

## THERE IS SOMETHING ABOUT ANDOVER -

### July 2019 Show Content

"Director of Andover Business Arts & Culture"  
 "Andover Artist Guild"

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

## The Andover Senior Community FRIENDS, Inc.

The Andover Senior Community FRIENDS  
 upcoming meetings:

Friday, July 19 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



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**By Phone:** 978.623.8320

**Online:** [www.MyActiveCenter.com](http://www.MyActiveCenter.com)

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