

**Hours of Operation**

Monday 8 am - 4 pm  
 Tuesday 8 am - 4 pm  
 Wednesday 8 am - 4 pm  
 Thursday 8 am - 8 pm  
 Friday 8 am - 4 pm

**Contact Information**

Phone: 978.623.8320  
 Info Line: 978.623.8302  
 Email: [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)  
 Web: [andoverma.gov/seniorcenter](http://andoverma.gov/seniorcenter)



Follow us on Social Media!



@AndoverSeniorCenter



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

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

# NEWS & VIEWS

## Message from Jemma Lambert

With the full budget for the renovation of the Senior Center in place the process of finalizing the facility design, selecting a contractor and transitioning to our temporary home all begin in earnest. It is our hope to see the renovation begin before the end of 2019. We estimate the renovation will take approximately 18 months to complete. As with any major project there's sure to be some surprises along the way but together we'll get through each of those with grace.

I want to thank you for your support. And patience. You've all been waiting a long time for a new Senior Center and your voices at Town Meeting really did make a difference.

It truly is an exciting time for Andover Elder Services!

A good number of you joined me on July 10<sup>th</sup> to talk about the process to come. It was a terrific conversation. We heard loud and clear that you're going to want updates on the status of the renovation. Please rest assured we will communicate with you through the newsletter, voice messages, email messages and in person throughout the renovation process.

Your wonderful elder services team are hard at work searching for one location that can house our activities and congregate meals during the renovation. We recognize how important it is to gather together in community with friends and acquaintances.

Thank you for your continued support going forward. There will be adjustments to be made, but it will all be worth it in the end!

Wishing you and yours a wonderful August.

Kindest regards,

Jemma



**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

## Spotlight



## AFFORDABLE HOUSING LOTTERY

### HOME OWNERSHIP- SENIOR HOUSING

(AT LEAST ONE APPLICANT MUST BE AGE 62 OR OVER)

### RIVERSIDE WOODS AT ANDOVER, MA

LIMITED NUMBER OF AFFORDABLE

ONE-BEDROOM & TWO-BEDROOM GARDEN STYLE CONDOMINIUMS

#### Pricing - Medium Income Limit:

- 1 BEDROOM UNIT AT 60% INCOME LEVEL - \$119,800
- 1 BEDROOM UNIT AT 80% INCOME LEVEL - \$175,200
- 2 BEDROOM UNIT AT 80% INCOME LEVEL - \$196,600
- 2 BEDROOM UNIT AT 120% INCOME LIMIT - \$321,600

## Staff

### Acting Director & Director of Community Services

Jemma Lambert  
[jemma.lambert@andoverma.us](mailto:jemma.lambert@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

**RIVERSIDE WOODS AT ANDOVER, MA**  
**LIMITED NUMBER OF AFFORDABLE**  
**ONE-BEDROOM & TWO-BEDROOM GARDEN STYLE CONDOMINIUMS**

**Income Limits-Max. Income/HHS:**

|            |                |                |                  |
|------------|----------------|----------------|------------------|
| 1 PERSON-  | \$42,900 (60%) | \$52,850 (80%) | \$85,800 (120%)  |
| 2 PERSONS- | \$49,020 (60%) | \$60,400 (80%) | \$98,040 (120%)  |
| 3 PERSONS- | \$55,140 (60%) | \$67,950 (80%) | \$110,280 (120%) |
| 4 PERSONS- | \$61,260 (60%) | \$75,500 (80%) | \$122,520 (120%) |

**ALL APPLICANTS MUST BE INCOME & ASSET ELIGIBLE**  
**(ASSET LIMIT OF \$275,000 INCLUDING NET PROCEEDS FROM THE SALE OF A HOUSE)**

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**Public Information Meeting:** Tuesday, July 30th at 6:30PM  
**Open House:** Saturday, August 3, 2019 - 10:00AM - 12:00Noon  
**Application Deadline:** Friday, September 6, 2019  
**Lottery:** Monday, September 16, 2019 at 6:00 PM  
**Location:**Riverside Woods Clubhouse, 459 River Rd. • Andover, MA 01810

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**APPLICATIONS AND FINANCIAL DOCUMENTS MUST BE MAILED TO:**

MCO Housing Services, P.O. Box 372, Harvard, MA 01451

Phone: 978-456-8388

Drop Off: 206 Ayer Road, Harvard, MA

Email: [lotteryinfo@mcohousingservices.com](mailto:lotteryinfo@mcohousingservices.com)

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**APPLICATIONS AND INFORMATION AVAILABLE**

ANDOVER TOWN HALL / MEMORIAL HALL LIBRARY / ANDOVER COUNCIL ON AGING

**ONLINE AT:** [www.mcohousingservices.com](http://www.mcohousingservices.com)

**OR BY REQUEST AT:** 978-456-8388 or [lotteryinfo@mcohousingservices.com](mailto:lotteryinfo@mcohousingservices.com)

**CALL MCO HOUSING SERVICES AT ABOVE NUMBER WITH QUESTIONS**

DEVELOPED BY PULTE HOMES OF NEW ENGLAND, LLC

MARKETED BY MCO Housing Services



## 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, August 1 & 15 at 9 am**

### 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, August 1st 1:30pm-3:00pm**

### 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, August 1,8,15,22,29 from 4-5 pm**

### 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, August 5th from 8:30-9:30 am**

### 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, August 8th at 8:30 am**



## 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!

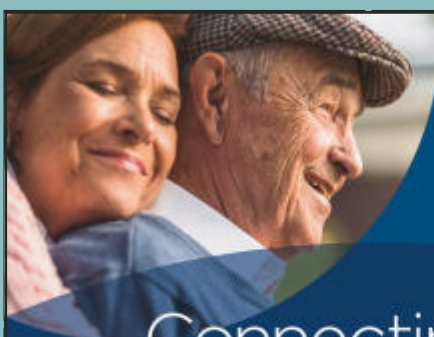


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700 Chickering Road,  
North Andover MA  
978.683.1300  
[AshlandFarmAtNorthAndover.com](http://AshlandFarmAtNorthAndover.com)

## Monthly Events

### **Brain Health Workshop**

**Monday, August 12th 9:30 am or 10:30 am**

Sponsored by Cogniciti You will learn about memory and brain function. How to keep you brain healthy and improve your recall and memory. There are two sessions 9:30—10:30 or 10:30 –11:30  
You must register, however the program is FREE!

### **Computer Users Group**

**Monday, August 12th 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

### **Intro to Medicare**

**Thursday, August 15th 6:00-7:30 pm**

Learn about the structure of Medicare, when to enroll, and helpful tips to choose plans that suit you, your lifestyle and your Medicare insurance needs. This session will be 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. **Free-Registration Required**

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

**Friday, August 16th 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

### **Techie Live**

**Monday, August 19th 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

### **Book Club**

**Thursday, August 22nd 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, August 26 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 20 minutes and 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

### **Brown Bag**

**Tuesday, August 27th 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

### **State Senator Office Hours**

**TBA**

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! 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.

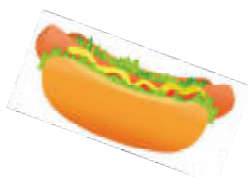


**Thursday, August 8 from 5-7 pm** - Special: Shrimp Kabobs \$12.00

**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.



## Spotlight

### Donations / Clean Out



As we prepare to transition to our temporary home, we will not be taking donated items.



We will also be cleaning out our closets and getting reading for the move. If you lead one of our craft groups, please contact Kathy for further discussion. We will work together to manage our craft supplies. Call Kathy at 978-623-8320 or email at [kathleen.byrne@andoverma.us](mailto:kathleen.byrne@andoverma.us)

## 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.



## Spotlight

### THERE IS SOMETHING ABOUT ANDOVER

#### August 2019 Show Content

#### “Your School Committee”

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



### 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.

### Donate Used Cell Phones

Did you know you can donate your old used cell phones (they can be broken, have cracked screens, or working) to help support our TRIAD program? These monies support programing and materials to enhance services to our community.





|  |   |  |   |   |
|--|---|--|---|---|
| <p>9:30 Brain Health Workshop<br/>12:00 <b>Shepherd's Pie</b><br/>1:00 ESL (off site)<br/>1:30 Computer Users Group</p> <p><b>Break Week<br/>(no classes)</b></p>  | <p>9:00 Podiatry<br/>9:30 Final Kayaking/Canoeing<br/>10:00 Women's Bridge<br/>12:00 <b>Stuffed Chicken</b><br/>12:30 Mahjong<br/>1:00 Fun &amp; Games/ Canasta<br/>1:00 Social Bridge Drop in</p>  | <p>9:00 Men's Outdoor Adv.<br/>9:00 Wood Carving/ Model<br/>9:30 Comfort Critters<br/>10:00 Fiber Arts<br/>10:00 Grocery Shopping<br/>12:00 <b>Pot Roast</b><br/>1:00 Knit Wits<br/>1:00 Fun &amp; Games<br/>2:00 Wellness Clinic</p>  | <p>9:00 Art Studio<br/>9:00 Andover Chronicler's<br/>9:30 Craft Corner<br/>10:00 Women's Bridge<br/>10:00 Mindful Meditation<br/>12:00 <b>Chicken Pesto</b><br/>1:00 Fun &amp; Games / Bridge<br/>4:00 <b>Neighbors In Need</b><br/>6:00 Medicare Intro Session</p>   | <p>8:30 French Conversation<br/>10:00 Delta the Dog<br/>11:45 <b>BIRTHDAY LUNCH</b><br/><b>Salmon &amp; Mango Chutney</b><br/>1:00 Forty-Fives/Bridge<br/>2:00 Ping Pong &amp; Dancing<br/>6:30 Chinese American</p>  |
| <p>9:00 Sunrise Singers<br/>10:15 Rhythm-'Aires<br/>12:00 <b>Sweet &amp; Sour Pork</b><br/>1:00 Tech Live 30 Min. Apt.<br/>1:00 Yoga for All<br/>1:00 ESL (Offsite)<br/>3:00 Energize w/ Exercise<br/><b>(NEW TIME)</b></p> <p><b>Fall Session Begins!</b></p> | <p>8:00 Men/Women Motion<br/>9:10 Strengthen &amp; Stride<br/>10:00 Women's Bridge<br/>10:15 Sit &amp; Get Fit<br/>10:30 Yoga Beginners<br/>12:00 <b>Chicken Stir Fry</b><br/>12:30 Mahjong<br/>1:00 Fun &amp; Games /Canasta<br/>1:10 Social Bridge Drop in<br/>1:10 Tai Chi-Beginner<br/>2:00 Breath, Balance &amp; Body<br/>2:15 Line Dancing<br/>3:00 Zumba</p> | <p>8:00 Strength Training<br/>8:45 Strength Training<br/>9-12 Podiatry<br/>9:00 Wood Carving &amp; Model<br/>9:30 Basic Tap<br/>9:30 Comfort Critters<br/>9:30 Tap Dance Performance<br/>10:00 Fiber Arts<br/>10:00 Grocery Shop<br/>12:00 <b>Meatloaf</b><br/>1:00 Knit Wits<br/>1:00 Fun &amp; Games<br/>1:00 Yoga Advanced Beginner<br/>2:00 Wellness Clinic</p>                      | <p>8:00 Men /Women Motion<br/>9:10 Strengthen &amp; Stride<br/>9:00 Art Studio<br/>9:30 Craft Corner<br/>10:00 Mindful Meditation<br/>12:00 <b>Chicken Pot Pie</b><br/>1:00 Fun &amp; Games / Bridge<br/>1:10 Tai Chi - Intermediate<br/>2:15 Tai Chi - Adv-Beg<br/>3:30 Energize w/ Exercise<br/>4:00 <b>Neighbors In Need</b><br/>5-7:00 <b>Grill Night</b><br/>6:00 Belly Dance;Reflexology<br/>6:30 Table Tennis<br/>7:00 Serenity Yoga</p>   | <p>8:00 Strength Training<br/>8:30 French Conversation<br/>8:45 Strength Training<br/>10:00 Delta the Dog<br/>10:15 Sit &amp; Get Fit<br/>12:00 <b>Baked Ziti</b><br/>1:00 Fun &amp; Games/Canasta<br/>1:00 Forty-Fives<br/>2:00 Ping Pong &amp; Dancing<br/>6:30 Chinese American</p>    |
| <p>9:00 Sunrise Singers<br/>10:15 Rhythm-'Aires<br/>12:00 <b>Chicken Quarters</b><br/>1:00 ESL (off site)<br/>1:00 Yoga for All<br/>3:00 Energize w/ Exercise<br/><b>(NEW TIME)</b></p>  | <p>8:00 Men/Women Motion<br/>9:00 <b>Brown Bag</b><br/>9:10 Strengthen &amp; Stride<br/>9:30 Women's Bridge<br/>10:15 Sit &amp; Get Fit<br/>10:30 Yoga Beginners<br/>12:00 <b>Eggplant Parm</b><br/>12:30 Mahjong<br/>1:00 Fun &amp; Games/ Bridge<br/>1:10 Tai Chi-Beginner<br/>2:00 Breath, Balance &amp; Body<br/>2:15 Line Dancing<br/>3:00 Zumba</p>           | <p>8:00 Strength Training<br/>8:45 Strength Training<br/>9:00 Podiatry<br/>9:00 Wood Carving/Model<br/>9:00 Men's Outdoor Adv.<br/>9:30 Basic Tap<br/>9:30 Comfort Critters<br/>10:00 Fiber Arts<br/>10:00 Grocery Shop<br/>12:00 <b>Roast Turkey</b><br/>12:45 Performance Tap<br/>1:00 Knit Wits<br/>1:00 Fun &amp; Games<br/>1:00 Yoga Advanced Beginner<br/>2:00 Wellness Clinic</p> | <p>8:00 Men /Women Motion<br/>9:00 Andover Chroniclers<br/>9:10 Strengthen &amp; Stride<br/>9:00 Art Studio<br/>9:30 Craft Corner<br/>10:00 Mindful Meditation<br/>12:00 <b>Low Sodium Hot Dog</b><br/>1:00 Fun &amp; Games / Bridge<br/>1:10 Tai Chi - Intermediate<br/>2:15 Tai Chi - Adv-Beg<br/>3:30 Energize w/ Exercise<br/>4:00 <b>Neighbors In Need</b><br/>6:00 Belly Dance;Reflexology<br/>6:30 Table Tennis<br/>7:00 Serenity Yoga</p> | <p>8:00 Strength Training<br/>8:30 French Conversation<br/>8:45 Strength Training<br/>10:00 Delta the Dog<br/>10:15 Sit &amp; Get Fit<br/>12:00 <b>Baked Chicken</b><br/>1:00 Fun &amp; Games/Canasta<br/>1:00 Forty-Fives<br/>2:00 Ping Pong &amp; Dancing<br/>6:30 Chinese American</p> |

### 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

**Off for August**

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

**August 6, 13, 20, 27**

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 around 10:00 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

**August 12, 19, 26**

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

**August 7, 13, 21, 28**

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, August 8, 22, 29**

**(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, August 12 from 2-3 pm at Andover Commons

**Mini Clinic** - Monday, August 26 from 1-2 pm at Frye Circle

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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## Fitness Classes

### FALL SESSION 2019: August 19, 2019– November 8, 2019

All classes this session are \$25! There are no make up classes, no price adjustments

No classes held at the Youth Center during summer school vacation - classes have moved to the Senior Center  
Senior Center is closed on Labor Day Monday Sept. 2, Columbus Day Monday Oct. 14, Veterans Day Monday Nov. 11

#### **Belly Dancing**

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

#### **Breath, Balance & Body**

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

#### **Energize with Exercise** (NEW TIME ON MONDAYS)

Mondays | 3:00 p.m. | Instructor: Denise Boucher

Thursdays | 3:30 p.m. | Instructor: Andrea Deyermond

#### **Line Dancing**

Tuesdays | 2:15 p.m. | Instructor: Valerie Cagnina

#### **Men & Women in Motion**

Tuesdays | 8 a.m. | Instructor: Denise Boucher

Thursdays | 8 a.m. | Instructor: Tracy Callahan

#### **Sit & Get Fit**

Tuesdays | 10:15 a.m. | Instructor: Denise Boucher

Fridays | 10:15 a.m. | Instructor: Denise Boucher

#### **Strengthen & Stride**

Tuesdays 9:10 a.m. | Instructor: Denise Boucher

Thursdays | 9:10 a.m. | Instructor: Tracy Callahan

#### **Strength Training**

Wednesdays | 8 & 8:45 a.m. | Instructor: Pat Dumont

Fridays | 8 & 8:45 a.m. | Instructor: Barbara Maguire

#### **Tai Chi Beginner** (starts Sept. 3)

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

#### **Tai Chi Intermediate** (starts Sept. 5)

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

#### **Tai Chi Advanced Beginner** (starts Sept. 5)

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

#### **Tap Dancing Basic**

Wednesdays, | 9:30 a.m. | Instructor: Audrey Nason

#### **Tap Dancing Performance**

Wednesdays, | 12:45 p.m. | Instructor: Audrey Nason

#### **Yoga Advanced Beginners**

Wednesdays | 1 p.m. | Instructor: Pat Dumont

#### **Yoga For All**

Mondays | 1:00 p.m. | Instructor: Pat Dumont

#### **Yoga for Beginners**

Tuesdays | 10:30 a.m. | Instructor: Pat Dumont

#### **Serenity Yoga**

Thursdays | 7:00 p.m. | Instructor: Sheila Wescott

#### **Zumba**

Tuesdays | 3:00 p.m. | Instructor: Valerie Cagnina

Please call the Senior Center for a description of each class, if needed.

## Activities

#### **Duplicate Bridge** (intermediate level) Cost: \$5

Thursdays from 1-4:30 pm

Must communicate to leaders in order to insure a multiple of 4 players per table. Call Center to register.

#### **Rhythm-Aires**

Mondays at 10:15 am; Cost: \$10 (Off Aug. 19)

#### **Sunrise Singers**

Mondays at 9:00 am; Cost: \$10 **Off Aug. 19**

**Scale Modeling & Wood Carving** - Wednesdays at 9-11:30 am; FREE

**Mindful Meditation** - Thursdays at 10 am; donations accepted August 1, 8, 15, 22, 29

## 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)

### Kayaking & Canoeing 2019

**Tuesdays 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, August 14** | Collins, Purdon & Lupine Reservations | Leader: Don Schroeder
- ◆ **Wednesday, August 28** | Wilkinson and Fosters Pond Reservation | 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](mailto:fleecy.godmother@verizon.net)

## Groups Taking the Summer Off

|                                 |  |
|---------------------------------|--|
| Fix It Shop                     | Taking July and August off                   |
| Women's Outdoor Adventure Group | Taking July and August 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 |

**The Andover Senior Community FRIENDS, Inc.**



**The Andover Senior Community FRIENDS**  
**upcoming meetings:**  
**Friday, August 16 at 10:30 AM**  
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**of the free programs!**  
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**The Andover Senior Community FRIENDS, Inc.**  
**PO Box 576**  
**Andover, MA 01810**

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**ADDRESS:** \_\_\_\_\_  
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Senior/Student \$10 \_\_\_\_\_ Individual \$15 \_\_\_\_\_ Premium \$30 \_\_\_\_\_  
 Patron \$50 \_\_\_\_\_ Benefactor \$100 \_\_\_\_\_ Other \$ \_\_\_\_\_

There are several openings on the FRIENDS board. If you are interested in participating please contact Ann O'Sullivan at (978) 623-8112.

Make your Amazon purchases through AmazonSmile (smile.amazon.com) and enter the name of the Andover Senior Community Friends, Inc. as your charity. Amazon will donate a portion of the purchase price to the FRIENDS. It costs you nothing and will benefit our organization.

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  
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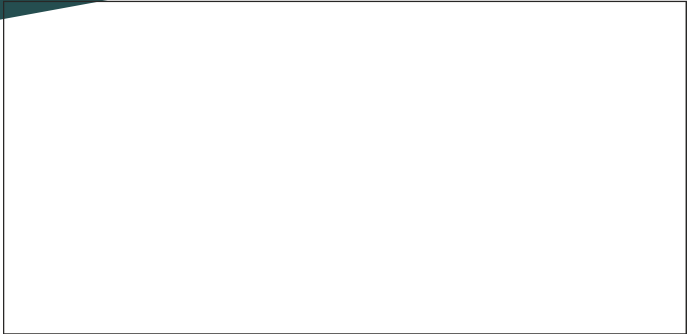
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