

NEWS & VIEWS

Message from Jemma Lambert

Happy fall to all! It always seems to come as a bit of a shock when summer officially comes to an end. We're so very fortunate to live in a part of the country with the most beautiful fall season anywhere, yes?

Around the Office

Please join me in welcoming Stephanie McSurdy to Andover Elder Services. As our new Senior Connections Coordinator, Stephanie will take over the helm of this important program which helps to ensure those aging in our community receive the supportive day services they need. Stephanie, an Andover native, brings with her many years' experience providing similar services to the young adult population. Do stop by and wish Stephanie well.

The search for Andover's next Director of Elder Services is underway. We look forward to selecting the very best candidate for this important position and are confident we'll be successful in our efforts.

I'd like to take a moment to thank the wonderful team at Elder Services who've gone above and beyond under very challenging circumstances these past few months. They are a strong, talented, dedicated group of professionals who love what they do and it shows. If you agree, please don't be shy! They'd welcome your words of support.

Senior Center Renovation

We're delighted to report that the facility design is complete! Our architects will now complete construction documents which will accompany the bid package. It is our intent to put the project out to bid later this month.

It is our hope to see the renovation begin before the end of 2019. We estimate the renovation will take 18-24 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.

The Transition

We're hard at work piecing together our transition plan. It is our intent to locate as many activities as possible in one location so that we can hold onto the senior center experience. As those details unfold we'll communicate them. We do know that the Center at PUNCHARD will close and relocate by the end of November, 2019.

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 September.

Kindest regards,

Jemma

ANDOVER ELDER SERVICES
The Senior Center at PUNCHARD

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.

How to Register

In Person: Mon-Wed 8 am-4 pm, Thur 8 am-8 pm, Fri 8 am-4 pm
30 Whittier Court, Andover, MA 01810

By Phone: 978.623.8320

Online: www.MyActiveCenter.com

Payments:

- Online with PayPal
- In person: cash, check, or credit card
- By mail: check
- By phone: credit card

Council on Aging Vision, Mission and Values

VISION

Today's active older adults are redefining quality of life and healthy aging. The Center at Punchard strives to be the focal point for Andover area older adults who depend on us to support their vitality and independence, provide them with a sense of purpose and the opportunity for seniors to help seniors.

MISSION

To empower, improve and enrich the lives of our citizens, focusing on adults age 50 and over and those with disabilities, and enhance their quality of life and feeling of self-worth by promoting healthy aging, independence, life-long learning and physical, social and emotional well-being, through caring service with opportunities for social interaction among their peers and the community, recreation, basic support and needs services, culture, entertainment, education, volunteerism and community activism.

VALUES

COMPASSION	Caring about our community.
INTEGRITY	Adhering to high moral principles and professional standards.
SAFETY	Promoting a safe, inviting and accessible environment.
DIGNITY	Respecting all those who interact with the Center.
DIVERSITY	Embracing differences in skills, knowledge, cultural heritage, ethnicity, gender orientation, economic circumstance and religion.
LEADERSHIP	Guiding all toward life-long well-being.
WISDOM	Drawing from the accumulated wisdom of everyone to benefit the larger community.
INNOVATION	Reaching beyond the commonplace to address diverse interests and needs.
SERVICE	Assisting anyone in need of information, housing, food, caregivers, transportation and various other support.
REMEMBRANCE	Honoring the presence and accomplishments of our patrons in the community.
JOY	Bringing pleasure through education, social events and recreation.

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
smccloskey@andoverma.gov

Volunteer Coordinator

Ashley English
ashley.english@andoverma.us

Office Assistant

Chris Marshall, Editor
chris.marshall@andoverma.us

Senior Connections

Day Program

Stephanie McSurdy
Sharon Thomson, RN
Mary McGettrick

Nutrition Staff

Frank Melendez, Chef
fmelendez@andoverma.gov
Sue Starbird
Tina Solari

Drivers

George Perakis
George Thomson
Caren Connor

Student Interns

Alison Graziano
Lindsay Katkowski

Women of '76



Meet some of the women, both patriot and loyalist, who changed the course of the American Revolution.

Wednesday September 25th

at 1:00 pm

To register call: 978-623-8320

Brought to us by

The Andover Senior Community Friends

Meet some of the women of 1776: Baroness von Riedesal, wife of a Hessian General and chronicler of life in the military camps; Prudence Wright, minute woman and spy catcher; Nancy Hart, southern frontiers woman who faced the enemy and won. Learn about these women and others, patriot and loyalist, American and foreign, who witnessed the American Revolution first hand and in some cases, changed the course of it. Rita Parisi will be performing.

THERE IS SOMETHING ABOUT ANDOVER

September 2019 Show Content



"The ACT housing project at Lupine Rd" and
"Housing choices for Seniors".

Scam
Alert



SHINE (Serving the Health insurance Needs of Everyone) Medicare Counseling Programs are being bombarded with calls and ads for "free" genetic cancer screening kits. Agents claim Medicare will pay for them... **and they are making cold calls to convince you to buy one. THE OFFER IS FALSE!! Medicare DOES NOT pay for mail order kits for cancer screening.**

Medicare covers many genetic tests to **diagnose cancer once symptoms are present**, but there is **only ONE** test to screen (for colorectal cancer). **Only screening by a physician will be covered by Medicare!**

Report sales complaints to SHINE (1-800-243-4636, press 3) or the Senior Medicare Patrol Project (978-946-1200). Do not be scammed!!

Monthly Events

Andover Chroniclers

Thursdays, September 3rd & 17th 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.

Device Advice

Tuesdays, 9/3 & 9/17, 7-8pm

Bring your technology questions to the Reference Desk at Memorial Hall Library. Get help with the basics for iPads, cellphones, laptops, Kindles and other e-readers. Bring your chargers, usernames and passwords. If you're unable to attend at this time, please stop by the Reference Desk anytime for device assistance.

Bereavement Support Group

Thursday, September 3rd 1:30pm-3:00pm

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, September 3,10,17,24,31- 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



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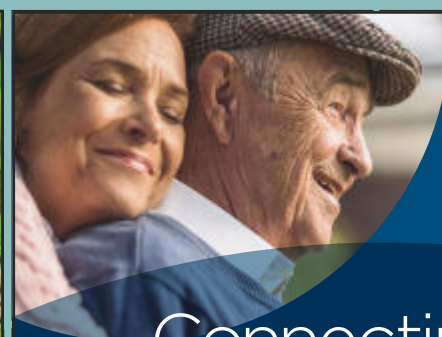


Call 978-396-2153 or Visit EdgewoodRC.com/Andover

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Monthly Events

Historic Mill District Coffee and Conversation

Wednesday, September 4th 10am-11:30

The Historic Mill District (HMD) Task Force wants your guidance on how to maximize the HMD's value to Andover. We are now authoring a Request for Proposals (RFP) to guide future redevelopment of the Old Town Yard. During this caffeinated conversation, we will share information about the RFP and ask for your insight and input. Please stop by after a class or before lunch to join the conversation! Please visit <http://Andoverma.gov/hmd> for more information

Coffee with Mark, Veterans Service Officer

Monday, September 9th 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. Meets second Monday of the month.

Computer Users Group

Monday, September 9th 1:30-3:00 pm

This group meets at Memorial Hall Library. Participants who attend are able to learn a variety of computer related skills. This month Streaming Video with Roku, Apple TV, Chromecast, etc Must register to attend. Cost: Free

Pain Management Support Group

Monday, September 9 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

Dementia Dialogues

Tuesday, September 10th 9:30 –10:30 am

Meets at Memorial Hall Library

A monthly discussion group for anyone and everyone wanting to discuss dementia, including caregivers/care partners and people living with dementia. Facilitated by Emily Kearns, PhD, MBA, RMT. Emily is committed to change-making, including innovative programming and community education, so that individuals living with dementia may continue to live well, experiencing joy and meaningful engagement in communities that support and celebrate them and the life they choose. Meets in Alcove 2 on Level G. No charge, call 978-623-8430 to register.

COA Board Meeting

Thursday, September 12th 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, September 12 at 10 am

TRIAD is a joint collaboration between the Andover Elder Services, Andover Police Department, Essex County District Attorney's Office and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. TRIAD holds a public meeting on the second Thursday of each month.

Parkinson's Support Group

Thursday, September 12; 1:30-3 pm

Samantha Cheung, Parkinson's Foundation, Community Development Manager

"An Overview of Community-Based Resources Available to Assist and Educate Those With Parkinson's"

Monthly Events

Flower Therapy Workshop

Friday, September 13th 11:00– 12:00 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

Caregiver Support Group

Monday, September 16 at 1:30 pm

This group offers 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. Please register to attend. Cost: Free

Fix It Shop

Monday, September 16 & 30 9:00am—11:30am

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. First come first served basis. If you would like to join the group, stop by and say "Hi" Cost: \$4 plus parts for seniors (ID required); \$10 plus parts for non-seniors and non-residents; \$2 diagnostic fee

Techie Live

Monday, September 16th 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. Questions about cell phones, tablets, laptop computers, etc. will be answered. Please call the Center to make a 30 minute appointment. Cost: Free

Happy Birthday to You!

Friday, September 20th 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, September 23at 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, September 24th 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

Women of '76

Wednesday, September 25th 1:00 pm

Meet some of the women of 1776: Baroness von Riedesal, wife of a Hessian General and chronicler of life in the military camps; Prudence Wright, minute woman and spy catcher; Nancy Hart, southern frontiers woman who faced the enemy and won. Learn about these women and others, patriot and loyalist, American and foreign, who witnessed the American Revolution first hand and in some cases, changed the course of it. Rita Parisi will be performing. Brought to us by the Andover Senior Community Friends. Please register to attend.

Monthly Events

Book Club

Thursday, September 26th at 1:30 pm

This is a program operated in conjunction with the Memorial Hall Library. 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

American History with Don Robb: 1890-1915

Thursdays Sept. 26, Oct. 3,10,24,&31 Nov. 7

Meets at Memorial Hall Library

Join historian Don Robb in exploring "turn-of-the-century" America - not this century, the last one! The period from 1890 to 1915 was a time of reformers, progressives, imperialists, and colorful characters like William Jennings Bryan and Teddy Roosevelt. We'll discuss, among other topics, the Progressive Movement, the acquisition of Hawaii, the Spanish American War, the Bull Moose Party, and the election of Woodrow Wilson.

Ice Cream Social with MA Lawmakers

Friday, September 27 12:30pm –1:30pm

Meet the local Massachusetts lawmakers and enjoy a bowl of ice cream. All are welcome to attend! Free

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

Fun Shopping Trips

Monday, September 23 from 10 am - 3 pm

Walmart North Reading, Marshalls, Dollar Store, Subway for lunch. A fun time for all - Celebrate the first day of fall. Call to reserve a seat on the bus. 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.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><i>Center is Closed</i></p> 	<p>3</p> <p>8:00 Men & Women in Motion 9:00 Cable Group 9:10 Strengthen & Stride 9:30 Hearing Aid Checks 10:00 Women's Bridge 10:15 Sit & Get Fit 10:30 Yoga for Beginners 12:00 Cheeseburger 12:30 Mahjong 1:00 Canasta 1:00 Fun & Games 1:00 Social Bridge Drop In 1:10 Tai Chi Beginner 2:00 Breath, Balance, Body 2:15 Line Dancing 3:00 Zumba</p>	<p>4</p> <p>8:00 Strength Training 8:45 Strength Training 9:00 Podiatry 9:00 Wood Carving/ Model 9:30 Comfort Critters 9:45 Tap Dancing Perf. 10:00 Grocery Shop 10:00 Fiber Arts 10:00 Mill District Coffee 12:00 Rosemary Garlic Pork 1:00 Fun & Games 1:00 Knit Wits 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>5</p> <p>8:00 Men/Women Motion 9:00 Open Studio Arts 9:00 Andover Chroniclers 9:00 Cable Group 9:10 Strengthen & Stride 9:30 Craft Corner 10:00 Women's Bridge 10:00 Mindfulness Meditation 12:00 Lemon Chicken 1:00 Fun & Games/Bridge 1:10 Tai Chi Intermediate 1:30 Bereavement Support 2:15 Tai Chi Advanced Begin. 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>6</p> <p>8:00 Strength Training 8:30 Nature Walks 8:30 French Conversation 8:45 Strength Training 9:00 Cable Group 10:00 Delta the Dog 10:15 Sit & Get Fit 12:00 Baked Fish 1:00 ESL 1:00 Canasta 1:00 Forty-Fives 1:00 Social Bridge Drop in 2:00 Ping Pong & Dancing 6:30 Chinese American</p>
<p>9</p> <p>9:00 Quilting 9:00 Sunrise Singers 9:00 Cable Group 10:00 Massage 10:15 Rhythm-Aires 12:00 Salisbury Steak 1:00 ESL (off site) 1:00 Yoga for All 1:30 Computer Users Group 1:30 Pain Management 3:00 Energize w/ Exercise</p>	<p>10</p> <p>8:00 Men/Women Motion 9:00 Podiatry 9:00 Cable Group 9:10 Strengthen & Stride 10:00 Women's Bridge 10:15 Sit & Get Fit 10:30 Yoga for Beginners 12:00 Chicken Parm 12:30 Mahjong 1:00 Canasta 1:00 Fun & Games 1:00 Social Bridge Drop in 1:10 Tai Chi Beginner 2:00 Breath, Balance & Body 2:10 Line Dancing 3:00 Zumba</p>	<p>11</p> <p>8:00 Strength Training 8:45 Strength Training 9:00 Wood Carving/ Model 9:00 MOAG 9:00 Tap Dancing Basic 9:30 Comfort Critters 9:45 Tap Performance 10:00 Fiber Arts 10:00 Grocery Shopping 12:00 Stuffed Cabbage 1:00 Knit Wits 1:00 Fun & Games 1:00 Yoga Advanced Beginner 2:00 Wellness Clinic</p>	<p>12</p> <p>8:00 Men/Women Motion 8:30 COA Board Meeting 9:00 Open Studio Arts 9:00 SHINE 9:00 Cable Group 9:10 Strengthen & Stride 9:30 Craft Corner 10:00 TRIAD 10:00 Women's Bridge 10:00 Mindful Meditation 12:00 Chicken Marsala 1:00 Fun & Games / Bridge 1:10 Tai Chi - Intermediate 1:30 Parkinson's Support 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>13</p> <p>8:00 Strength Training 8:30 Nature Walk 8:30 French Conversation 8:45 Strength Training 9:00 Cable Group 9:30 Chinese Rehearsal 10:00 Delta the Dog 10:15 Sit & Get Fit 12:00 Fish 1:00 Canasta/ Forty-Fives 1:00 Social Bridge Drop in 1:00 ESL 2:00 Ping Pong & Dancing 6:30 Chinese American</p>
<p>16</p> <p>9:00 Quilting 9:00 Cable Group 9:00 Sunrise Singers</p>	<p>17</p> <p>8:00 Men & Women in Motion 9:00 Cable Group 9:10 Strengthen & Stride</p>	<p>18</p> <p>8:00 Strength Training 8:45 Strength Training 9:00 Podiatry</p>	<p>19</p> <p>8:00 Men/Women Motion 9:00 Art Studio 9:00 Women's Outdoor Adv. 9:00 Andover Chronicler's</p>	<p>20</p> <p>8:00 Strength Training 8:30 Nature Walk 8:30 French Conversation</p>

10:00 Massage
 10:15 Rhythm-Aires
 12:00 **Chicken Pesto**
 1:00 Tech Live 30 Min. Apt.
 1:00 Yoga for All
 1:00 ESL (off site)
 1:30 Caregiver Support
 3:00 Energize w/ Exercise

9:00 Cable Group
 9:00 Sunrise Singers
 10:00 Massage
 10:15 Rhythm-Aires
 12:00 **Chicken Pot Pie**
 1:00 Yoga for All
 1:00 ESL (Offsite)
 3:00 Energize w/ Exercise

9:00 Wood Carving/ Model
 9:00 Tap Dancing Basic
 9:30 Comfort Critters
 9:45 Tap Performance
 10:00 Fiber Arts
 10:00 Grocery Shopping
 12:00 **Pot Roast**
 1:00 Knit Wits
 1:00 Fun & Games
 1:00 Yoga Advanced Beginner
 2:00 Wellness Clinic

9:00 Cable Group
 9:10 Strengthen & Stride
 9:30 Craft Corner
 10:00 Women's Bridge
 10:00 Mindful Meditation
 12:00 **Stuffed Chicken**
 1:00 Fun & Games / Bridge
 1:10 Tai Chi Intermediate
 1:30 Memory Café
 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

9:00 Strength Training
 9:00 Cable Group
 10:00 Delta the Dog
 10:15 Sit & Get Fit
 12:00 **BIRTHDAY LUNCH!**
Baked Ziti Meat & Cheese
 1:00 Forty-Fives/Bridge
 1:00 Canasta
 1:00 ESL
 2:00 Ping Pong & Dancing
 6:30 Chinese American

8:00 Strength Training
 8:30 Nature Walk
 8:30 French Conversation
 8:45 Strength Training
 9:00 Cable Group
 9:30 Chinese Rehearsal
 10:00 Delta the Dog
 10:15 Sit & Get Fit
 12:00 **Salmon**
 12:30 Ice Cream Social
 1:00 Fun & Games/Canasta
 1:00 Forty-Fives
 1:00 Social Bridge Drop in
 1:00 ESL
 2:00 Ping Pong & Dancing
 6:30 Chinese American

8:00 Strength Training
 8:45 Strength Training
 9:00 Podiatry
 9:00 Wood Carving & Model
 9:00 Men's Outdoor Adv.
 9:00 Nordic Walking Begins
 9:00 Tap Dancing Basic
 9:30 Comfort Critters
 9:45 Tap Dance Performance
 10:00 Fiber Arts
 10:00 Grocery Shopping
 12:00 **Sweet & Sour Pork**
 1:00 Knit Wits
 1:00 Fun & Games
 1:00 Women of '76
 1:00 Yoga Advanced Beginner
 2:00 Wellness Clinic

8:00 Strength Training
 8:45 Strength Training
 9:00 Podiatry
 9:00 Wood Carving & Model
 9:00 Men's Outdoor Adv.
 9:00 Nordic Walking Begins
 9:00 Tap Dancing Basic
 9:30 Comfort Critters
 9:45 Tap Dance Performance
 10:00 Fiber Arts
 10:00 Grocery Shopping
 12:00 **Sweet & Sour Pork**
 1:00 Knit Wits
 1:00 Fun & Games
 1:00 Women of '76
 1:00 Yoga Advanced Beginner
 2:00 Wellness Clinic

8:00 Men/Women Motion
 9:00 SHINE
 9:00 Cable Group
 9:10 Strengthen & Stride
 9:30 Craft Corner
 10:00 Mindful Meditation
 10:00 Women's Bridge
 10:00 Brush Painting
 12:00 **Chicken Stir Fry**
 1:00 Fun & Games / Bridge
 1:10 Tai Chi - Intermediate
 1:30 Book Club
 2:15 Tai Chi - Adv-Beg
 3:30 Energize w/ Exercise
 4:00 **Neighbors In Need**
 6:00 Belly Dance;Reflexology
 6:30 Table Tennis
 7:00 Serenity Yoga

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 8:45 Strength Training
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 1:00 Fun & Games
 1:00 Women of '76
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 2:00 Wellness Clinic

9:00 Sunrises Singers
 9:00 Quilting
 9:00 Cable Group
 9:00 Women's Outdoor Adv.
 10:00 Massage
 10:15 Rhythm-Aires
 12:00 **Eggplant Parm**
 1:00 ESL (off site)
 1:00 Yoga for All
 3:00 Energize w/ Exercise

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 3:00 Energize w/ Exercise

September 2019



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 Stephanie or Kristine.

Hearing Aid Checks & Cleanings

Tuesday, September 3

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

Fridays, September 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

Mondays, September 9, 16, 23, 30

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/Foot Care

Wednesdays, September 4, 18, 25

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 Call to register

SHINE

Thursdays, September 12 & 26

(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

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, September 9 from 2-3 pm at Andover Commons

Mini Clinic - Monday, September 23 from 1-2 pm at Frye Circle

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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*

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

(begin 9/5 3:00 start)

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

As of 9/11 Tap moves to Dance Infusion

Tap Dancing Basic **Begins Sept. 11**

Wednesdays, | 9:00 a.m. | Instructor: Audrey Nason

Tap Dancing Performance

Wednesdays | 9:45 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 Sept. 5)**

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;
September 5, 12, 19, 26

Activities

French Conversation - Le Petit Déjeuner Français

Venez parler français dans un cadre convivial en petit groupe. À tour de rôle, choisissez un thème à présenter et à discuter. La littérature française, la géographie, l'histoire, la culture, les chansons, la grammaire, les jeux de mots ... à vous de choisir. Il n'y a pas de chef, alors les membres assument leurs responsabilités. Nous lisons à haute voix et tenons une conversation ouverte. Si cela semble intéressant, venez ! Le groupe est gratuit et il se réunit le vendredi à 8:30.

Golf at Tewksbury Country Club

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

Nordic Walking

Begins September 25 -Wednesdays 9- 10:15 am

Outdoor total body workout with Nordic walking poles- Learn to hike using specially designed poles that improve your posture, and increase upper body strength while putting less stress on your lower body joints. Class location will vary to include local trails around town (wear sun and insect protection). First class will meet at Senior Center. We will cover from 2-3 miles over varied terrain. Instructor-Denise Boucher. 978-470-0243 for more information. Registration required Fee: \$25.00

Outdoor Adventure Groups

Men's Outdoor Adventure Group

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

- ◆ **Wednesday, September 11** | Bonier Reservation | Leader: Fred Snell
- ◆ **Wednesday, September 25** | Rafton Reservation | Leader: Don Schroeder

Women's Outdoor Adventure Group (WOAG)

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, email Jane Gifun at fleecy.godmother@verizon.net

- ◆ **Thursday, September 19 Crane Estate Special Trip Limited to 15 Cost \$15.00**
- ◆ **Monday, September 30 Harold Parker Pond Hike**

September Nature Walks

Fridays September 6, 13, 20, 27 8:30-10:30 am

Enjoy walking the various AVIS trails with an experienced hike leader. Meet at the Senior Center. Registration and signed waiver required. Free



The Andover Senior Community FRIENDS, Inc.



The Andover Senior Community FRIENDS upcoming meetings:

Friday, September 20th at 10:30 AM
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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



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 ready 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

Council on Aging Board Members

Paul MacKay, Chair
Molly Bicking, Vice Chair
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.



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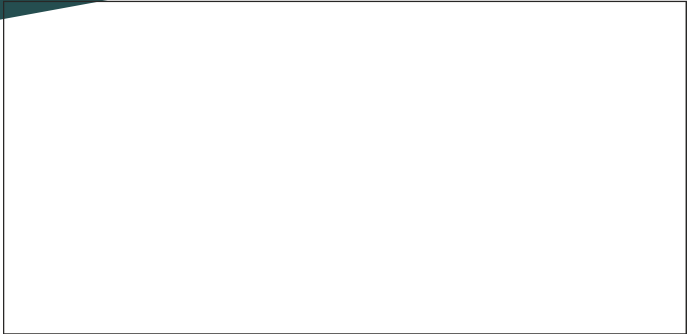
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