

NEWS & VIEWS

The Andover Senior Center

August 2017, Vol. 1 Issue 8

August

**A Note from: Annmary I. Connor, LICSW
Director of Elder Services**

The Senior
Center at
Punchard
Growing together



We hope you have been enjoying this summer. We are pleased to report that we have received continued funding through the Department of Developmental Disabilities to continue our Memory Café. The Memory Cafés are a wonderful place to bring loved ones, or those you care for, to a fun activity that stimulates memories from years past through music, travel, food and more.

Did you know? We now have a "Thinking of You" program. Do you know someone who is under the weather, just out of the hospital or at a rehab and would love a card from us. Call the main desk and sign them up for a "Thinking of You" card. We need you to be our eyes and ears so we can help reach more residents.

We will be starting a Friendly Visitor program to residents who are less able to leave their home. If you're interested in joining as a visitor or recipient, please call and let us know.

We are starting a Community Tele Check-In program. We are looking for volunteers to call weekly and check in on residents who are home most of the time.

We no longer charge out of town fees for any programs. Should there be a wait list, Andover residents get priority.

We will be mailing the newsletter 8 times per year. The months are August, September, November, December, February, March, May and June.

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.

Contact Info

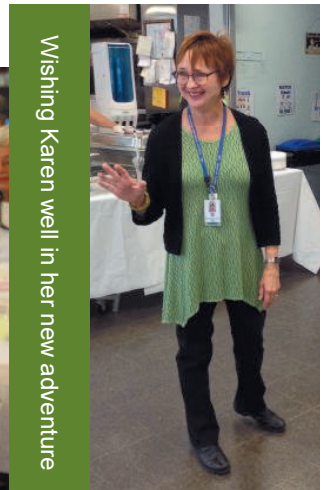
Main Line: 978-623-8320

website: www.andoverma.gov/seniorcenter

email: seniorcenter@andoverma.gov



Some of the many faces



Wishing Karen well in her new adventure

Phone # 978-623-8320

A Division of the Department of Community Services

Special Monthly Events

LET'S GO OUT TO THE BALL PARK! LOWELL SPINNERS

Wednesday, August 2; 5 pm; **free**

Meet at 5 pm here at The Center. Admission, food vouchers and transportation included. Have fun watching our Red Sox local farm team - it's a great night out! Sponsored by our **local Andover Firefighters**. Must pre-register to hold a spot. Spaces are limited so sign up soon!

Hearing Loss, Tinnitus, and Dementia in Relation to Your Overall Health

Friday, August 4; 9:30 am. Free refreshments

Learn common causes of tinnitus and hearing loss with discussion on the psychological, mental and physical effects by the staff of Digital Hearing Healthcare.

Classical Music for the Novice and the Knowledgeable

Monday, August 7; 1:30 pm; Free of charge with registration

What's so great about Beethoven? Follow the path that Great Music has taken from the Renaissance to today. Find out what to listen for in music as you learn the terminology. Ponder the direction that music will take. Learn tips to build your own collection of great music. Come explore the musical map with Andover musician, Terri Kelley.

Council on Aging Board Meeting

Thursday, August 10; 8:30 am

Meets at 8:30 am on the second Thursday each month. All are Welcome! The Council can be reached via email at: first.last@andoverma.us

Happy Birthday to You!

Friday, August 18; 11:45 am; third Friday of every month. This event is open to everyone. This is part of the congregate lunch, so be sure to sign up.

Please join us in celebrating your birthday (and those of your friends!). Let us know at the front desk if this is your birthday month, and you will be entered into a drawing for a prize. (You must be in attendance to win.) Enjoy the fun with Diane Dexter, courtesy of the Andover Senior Community FRIENDS Inc.

Summer Garden Tour

Monday, August 21; 10 am; free. Light refreshments

Join your friends for a delightful late-summer tour of Belva Hopkins beautiful gardens. Belva, a long-time member of the Spade and Trowel garden club, has lovingly tended her flower gardens for over 40 years. You won't want to miss this unique opportunity. Space is limited – registration is required. Address will be provided at the time of sign up.

Calling All Writers!

Do you have the "Write Stuff"?

Please consider joining with a group of writers (The Write Stuff) to share your work and encourage others. We need additional members and a leader to continue this group. The leader needs a willingness to provide writing prompts, critique (with the group) each other's work, and facilitate the writing process. You can earn tax abatement hours for this fun, creative job. The group is suspended for the summer and will resume, pending leadership and interest, in the fall on Wednesdays from 10 – 11:30 am.

Computer Users Group

On vacation until September!

Please give us your email contact information if you'd like to be informed of topics and dates. If you have a suggestion as to a topic, please let us know!

Memory Café

September 25, 2017 1:00 pm

Please contact Annmary Connor for information on this fun and supportive group.

Friday Speaker Series

Join us again in September! Let us know any topics or speakers you would like us to pursue for the new year.

Medication and Syringe Disposal

Medication disposal is available at the Andover Police Department. Syringe disposal is available at The Center at Punchard and the Andover Police Department Public Safety Building, 32 Main Street. Questions? Call the Andover Police Department at 978-475-0411.

Concerts in the Park

Summer programs - right in our backyard

Sponsored by Department of Community Services
6:00 - 8:00 pm

Around the cupola in the park

Aug 2 Windham
Community Band
Aug 9 B Street Bombers
Aug 16 Knock on Wood

Chinese

本中心的《英文月报》
(News & Views) 另附有《中文简讯》，而且都将分送到您的住处；您也可在本中心网站查阅，或者电邮给您。

若需电邮，请把邮址传给
Chris 女士，登记索要
《中文简讯》，即

email to: chris.marshall@andoverma.us Translation of above statement. We offer a brief summary of our monthly newsletter for you in Chinese. These will be distributed to housing, on our web site or if you would like we can email them to you. Please give your email to Chris Marshall chris.marshall@andoverma.us to sign up for the Chinese summary. Thank you.

Special Monthly Events

Essential Oils, Healing Touch Treatments and Reiki

Monday, August 21; 1:30 pm; Free of charge with registration
Learn about the benefits of Essential Oils, Healing Touch Treatments and Reiki and experience essential oil hand massage. This hands-on demonstration is brought to us by "A Centered Self" a small healing center offering traditional and alternative healing located here in Andover.

Book Club

Thursday; August 24; 1:30 pm
"Me Before You Charles" by Jojo Moyes

Mass State Senator

Monday, August 28; 8:30 am
Bring your questions for the monthly office hours held by Senator Barbara L'Italien and her staff.

Ice Cream Social

Monday, August 28; 1:00 pm
Cool off with this wonderful summer treat! Bring your friends and enjoy a wonderful ice cream sundae courtesy of Bayberry at Emerald Court.

FBI: A conversation on Justice and Counter-terrorism

Wednesday, August 30 and September 27; 8:30-9:30 am
Join this discussion group which will focus primarily on current developments in the area of criminal justice and counter-terrorism. Participants are encouraged to share information concerning books, articles, documentaries and other media related to the topics that would be of interest to the other members. Welcome Jay White, former FBI agent. Please be sure to register for this event as it is subject to change, as are other events at the Center.

3 FREE Wellness/Fitness Classes: These are being offered by the Andover Senior Community Friends as part of their successful Living Healthy Fair. Please sign up as space is limited for these courses.

- Belly Dancing; Thursdays; 6:00 pm; Sept 9 to Nov 9
- Breath, Balance and Body Wellness; Tue; 2:00 pm; Aug 22 - Nov 7
- Zumba; Tuesday; 3:30 pm; Aug 22 - Nov 7

FREE Ice Cream Grill Nights: Aug 10 & 24 Join us on Grill nights and get a free ice cream sundae courtesy of Pulte Homes. Come and learn about Riverside Woods, a 62+ active adult community featuring 4 secure garden style elevator access buildings, along with 14 large detached single homes. All are open concept designs with center island kitchens and 1st floor masters. Owners can enjoy the clubhouse with fitness center and many walking trails along the Merrimack River.

Coming in September!

AMERICAN HISTORY (But not quite the way you learned it back in school)
This fall's sessions are titled "Creating the United States" and will focus on understanding the Constitution and the early Republic, with connections to today's political scene. Go back to school with Don Robb and catch up on the history you never knew.... Starting in the end of September.

Special Monthly Events



**90° day.. FREE
Popsicles!**

**Any day that it hits 90
degrees or better
stop by and see**

**Frank in the kitchen for a FREE popsicle,
come inside and cool off. Bring your
grandchild who is visiting you. 9am-1pm**

DO YOU WANT TO PLAY CARDS or other board games?

Join other like-minded, fun-loving folks to put together a table to play a variety of games. Or if you know a game and want to teach (like canasta?) let us know and we'd love to help you organize a group. Afternoons Tuesday – Friday and some mornings. Contact Zeff M. for details at the Center.

Chinese American Association of Andovers and the Elder Services

of Town of Andover are proud to host Friday evening's activities in the month of July. The activity will be including Zumba, Yoga, Pingpong, board/card/Mah Jong games, other socializing activities. Free of charge and all are welcome. Fridays 6:30pm - 9:30pm

安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括：Zumba，瑜伽，乒乓球，棋牌，麻将和其它社交。活动免费，欢迎光临。

时间：星期五晚上6:30-9:30

地点：The Center at Punchard, 30 Whittier Court, Andover, MA 01810

Book Nook Library Andover Elder Services in collaboration with Memorial Hall Public Library is pleased to announce a fresh look to come to the Center at Punchard FREE Book Nook library.

Staff will be working to bring about a fresh look and current samplings of donated books/materials. As we work towards this inviting new look there will be a binder for you to list authors you would like to see in the collection. Please understand all the books are donated from our community- we will work towards acquiring authors you prefer. Please see Annmary for more information.



Drop in Groups

Craft Corner: Thursdays; 9:30 am

Fiber Arts: Wednesdays; 10 am

Fun and Games– Tuesdays thru Fridays; 1 - 4 pm

Knit Purl Repeat! You Can Knit Too: Lessons on Wednesdays at 1 pm

Knit Wits: Wednesdays at 1 pm

Mindfulness Meditation: Fridays from 3 - 3:30 pm

Model Building: Wednesdays at 9 am

Monday Movie Matinee: Free movies on Mondays at 1 pm. Free popcorn. Sodas available for purchase. Come in out of the heat and enjoy popcorn and a cold drink!

Aug 7: "Moonstruck"

Aug 14: "The Best Exotic Marigold Hotel"

Aug 21: "The Second Best Exotic Marigold Hotel"

**Aug 28: "This is the Army"

**Ice Cream Social at 1:00 - come to the movie at 1:30 in the Four Seasons Room

Open Studio Art: Wednesdays and Thursdays at 9:00 am

Ping Pong: Fridays at 2 pm

Quilting: Mondays at 9 am

"SHOP" Sewing Group: Wednesdays at 9 am

Social Bridge: Tuesdays at 1 pm

The Senior Center at Punchard

Town Manager
Andrew P. Flanagan

Director of
Community Services
Joseph Connelly

The Senior Center Staff
Director
Annmary I. Connor, LICSW

Outreach Coordinator
Kristine Arakelian, LCSW,
MPH

Senior Connections
Sharon Thomson, RN
Linda Lambert

Program Coordinator
Noelle Kaelblein

Office Staff
Christine Marshall, Editor
Andrea Zaines

Nutrition Staff
Frank Melendez, Chef
Sue Starbird

Transportation/Intake
Shawna McCloskey
Carol Howe
George Perakis

Council on Aging Board
Meets at 8:30 am on the
2nd Thursday each Month
All are Welcome!
The Council can be reached
via email at:
first.last@andoverma.us

Kenneth DeBenedictis,
Chair
Margaret O'Connor, Vice
Chair
Kimberly Rainen, Secretary
Molly Bicking
Kathleen (Kaye) Devanna
Joan Fox
Tana Goldberg
Jane Gifun
Joseph Ponti
Thomas Rando

Center Hours
Monday - Friday
8 am - 4 pm
Thursday Evenings for
BoomerVenture Campus
6 pm - 9 pm
978-623-8320

web: [www.andoverma.gov/
seniorcenter](http://www.andoverma.gov/seniorcenter)

Health & Wellness

Foot Care

**Temporary podiatry on August 23 from 9 am until noon.
\$35 per visit. Schedule your appointment by August 21.**

Bereavement Support Group

Thursday, August 3; 1:30 pm

To register please call Lois Marra of Home Health VNA Hospice at (978) 552-4537 and leave your message with name and phone number. Lois will return your call. This support program is designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion.

Cholesterol Clinic

Monday, August 21; 12:30 - 3:30 pm

Cost is \$10. No fasting required. Call the Health Dept. to schedule your appointment at 978-623-8640.

Did you know?

Massage Reflexology

We offer both of these pain-relieving, gentle therapy practices here at the Center by appointment. Massage is only \$15 for 20 minutes for seniors over 60. Reflexology is \$1 per minute starting in 15 minute increments.

Wellness Clinics

Wednesdays, 2:00 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.

Balance Assessment Clinic

Monday, September 18 at 2:00 pm

Join us for this new quarterly balance assessment clinic. Take this opportunity for a 1 on 1 assessment with a registered Physical Therapist to develop a plan to improve your balance. Please call to register!

The MIT AgeLab is a multidisciplinary research program that works with business, government, and NGOs to improve the quality of life of older people and those who care for them. The MIT AgeLab is seeking volunteers to participate in its research studies. Volunteers will be joining a group of thousands of people from the ages of 20 to 75 who participate in the AgeLab's research. The contribution of these volunteers will help advance research and improve the quality of life across the lifespan. To learn more about the MIT AgeLab and to volunteer as a research participant, please visit <http://agelab.mit.edu> "

Health, Wellness, Fitness

Fall Session: August 21 – November 10

Registration Week: August 7 – 11

Breath, Balance and Body Wellness

Tuesday, August 22 – November 7; 2 pm; **FREE this term only!** *** see below

3B's – Bones, Balance & Brain

Back by popular demand! Welcome Brian Coyne

Monday, August 21 – Nov. 6; 8 – 8:45 \$44

Line Dancing

Tuesdays, August 22 – November 7; 2:15 pm; \$48

Beginners Brush-Up - 2:15 pm; entire group - 2:30 pm

Intermediate Challenges - 3 pm

Men and Women in Motion

Tuesdays, August 22 – November 7; 8 am; \$45

Thursdays, August 24 – November 9; 8 am; \$45

Sit and Get Fit

Tuesdays, August 22 – November 7; 10:15 am; \$45

Fridays, August 25 – November 3; 10:15 am; \$41.25

Strength Training

Wednesdays, August 23 - November 8; 8:00 am or 8:45 am; \$45

Fridays, August 25 – November 3; 8 am or 8:45 am; \$41.25

Strengthen and Stride

Tuesdays, August 22 – November 7; 9 am; \$45

Thursdays, August 24 – November 9; 9 am; \$45

Tai Chi Beginner

Tuesdays, September 5 – November 7; 1:10 pm – 2:10 pm; students new to tai chi; \$37.50

Tai Chi Advanced Beginner

Thursdays, September 7 – November 9; 2:15 pm – 3:15 pm; students have learned some of the forms; \$37.50

Tai Chi Intermediate

Thursdays, September 7 – November 9; 1:10 pm – 2:10 pm; students have learned the complete Yang style 24 Form; \$37.50

Tap Dancing Basic

Wednesdays, August 23 - November 8; 9:35 am; \$42

Tap Dancing Performance

Wednesdays, August 23 - November 8; 12:45 pm; \$42

Yoga Beginners

Tuesdays, August 22 – November 7; 10:30 am; \$45

Yoga Advanced Beginners (some prior experience suggested for this gentle yoga practice) Wednesdays, August 23-November 8; 1:00 pm; \$45

ZUMBA

Tuesdays, August 22 - November 7; 3:30 pm; **FREE this term only!** ***

***FREE classes courtesy of the Andover Senior Community Friends

No more out of town fees!

Fix it Shop

Monday, September 11, 25, and
October 16 & 30 at 1 pm

Lamps (new cords & sockets), Small
Appliances, Chairs, Small Tables and
Everything Else - we'll give it a shot.

Cost: \$4 plus parts for seniors
(ID required), \$10 plus parts for
non-seniors/non-residents,
\$2 diagnostics fee.

ESL Classes

Mondays, August 17 – November 6;
1 pm; off-site at Frye Circle; Free

Nature Walks

On break until the fall.

Golf

Tues. 7 am; \$18 for 9 holes

A group of senior golfers will hit the
links on Tuesday mornings starting in
early May at the Tewksbury Country
Club. Newcomers always welcome!

Call Tom C. at 978-470-1087.

Andover Chroniclers

On break until the fall.

SHINE

*(Serving Health Information
Needs of the Elderly)*

This free and confidential counseling
service helps individuals understand
their Medicare insurance benefits
and other health insurance options.

Call The Center to schedule an
appointment.

Monday Fun Trips,
10 am - 2 pm

\$10; sign up to reserve your seat on the bus

Monday, Aug 28
North Reading

It's always fun to go to Walmart, the Dollar Store, Marshalls, and get some lunch!

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**Merrimack Valley Regional Transit Authority (MVRTA)**

The MVRTA offers transportation to many townies and cities. You are eligible the ez-trans non-ada if you are 60+, for the ADA Ez-Trans you can ask to speak with Kristine in outreach or Shawna . We encourage you to check out their services . Please stop by for information or please call them at 978-469-6878

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Brown Bag

Elder Services of the Merrimack Valley, Boston Food Bank, and The Senior Center at Punchard (C@P) are expanding the Brown Bag program. This is FREE to anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, Chapter 115, food stamps or fuel assistance. This grocery bag is available on the fourth Tuesday of the month, **Aug 22, 2017 at 9:15 am** and must be picked up by 10:15 am. Call Annmary or Kristine to sign up or see if you are *eligible*.

Transportation

Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Carol for more details and donation information.

Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$5 round trip.

Daily Ride to The Center

Daily trip fees to The Center \$2 each way or \$4 round trip.

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. Other days and times may be available. Call to see.

Please call Carol at 978-623-8320 for transportation scheduling.

Senior Connections:

an engaging program creating meaningful days

Andover Elder Services currently has openings in the Senior Connections program. Senior Connections is a program that provides structure and support to older adults in a nurturing and respectful environment. Senior Connections offers a dynamic community presence that is woven into the fabric of Andover. Participants in the Senior Connections program will enjoy daily activities, fun games, outings, and so much more. Residents from surrounding communities are also welcome to join our Senior Connections supportive day program.

Senior Connections is open Monday through Friday, 8 AM to 4 PM. Affordable transportation is available for Andover residents. For more information, contact Outreach Coordinator, Kristine Arakelian at 978-623-8320.

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 Linda, Kristine or Annmary.

Belly Dancing

Thursdays, September 14 – November 9; 6:00 – 7:00 pm
FREE this session! 9 sessions

Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN!
Suitable for women of all body types and fitness levels.
Great core workout and lots of laughs too! Bring out your “inner dancer”!



ZUMBA

Tuesdays, August 22 - November 7; 3:30 pm; **FREE this term only!** ***

*****FREE classes courtesy of the Andover Senior Community Friends**

Serenity Yoga

Thursday, September 14 – November 9; 7:15 – 8:30 pm; \$58.50; 9 sessions
Active, calming practice of flowing postures with 15 minutes of meditation. Instructor Sheila Wescott combines the traits of gentleness, spirituality and a genuine “teacher’s heart.”
Previous experience suggested by not required. Beginners always welcome!

Energize with Exercise

Monday, August 21 – November 6; 3:30 – 4:30 pm; \$55; 11 classes
Thursday, August 24 – November 9; 3:30 – 4:30 pm; \$66
Fun aerobics and weight training workout. Instructor Denise Boucher.

Reflexology with Uli Kapp

Call for an appointment as the schedule is limited during summer hours.
A deep, delightful and effective way to alleviate stress accessing pressure points on each foot that correlate to various parts of the body. This alternative medicine therapy is based on a system of zones and reflex areas with the premise that such work effects a physical change to the body.

Living Healthy Series

Starting September 14th at 5:30 pm, the Living Healthy series will resume. Dinner will be at 5:30 and lecture to follow at 6:00. There will be a variety of presentations and guest speakers including Blue Cross Blue Shield Medicare Countdown, Holy Family Hospital discussing the latest developments in health care, and a team of experts exploring downsizing, de-cluttering, and the next steps in the process.

Outdoor Adventures

Women's Outdoor Adventures

Kayaking/Canoeing with our new Program Coordinator, Noelle

Wednesday, August 2 at 8 am - For the Women's Outdoor Group

Wednesday, August 9 at 8 am - Open to All

Please call to register for this **FREE** outdoor adventure trip courtesy of Dept. of Recreation. Meet at Pomp's Pond.

Men's Outdoor Adventures

Wednesday, August 9 Hike at Pole Hill, located beside the Shawsheen River

Wednesday, August 23 Hike a section of the Bay Circuit Trail in Andover from River Rd to Bald Hill with Al French who has advocated for the trail over 20 years

Wednesday, Sept. 6: Half Mile Hill

All hikes meet at The Center at Punchard at 9 am and are subject to change due to weather and conditions. Any cancellations or changes will be communicated by email and/or phone to those registered. All participants need a health release form on file at The Center, updated annually. Bring binoculars, water, and walking stick and wear sturdy shoes or hiking boots.

Evidence Based Program

Wellness Discovery

August 16 & September 13; 10 – 11:30. Free of charge with registration. Refreshments provided.

Do you ever experience loneliness? Trouble dealing with on-going aches and pains? Do you fear the future and how you will cope? **Don't Go It Alone!**

Join a confidential peer-led group to learn strategies and coping skills from each other.

A 10 week free class ([WRAP – Wellness Recovery Action Plan](#)) is planned for Wednesday, October 4 through December 13. [WRAP](#) is one of the core activities of the [NE Recovery Learning Community](#). For information & registration please call Vida at (978) 687-4288 ext. 146.



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PROUD
to partner with
the Center at
Punchard

Regularly Scheduled Programming

The programming below is weekly, some exceptions during semester break weeks & holidays

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
8:00 Bones, Balance, Brain	7:00 Golf	8:00 Strength Training	8:00 Men/Women in Motion	8:00 Strength Training
9:00 Sunrise Singers	8:00 Men/Women in Motion	8:45 Strength Training	9:00 Strengthen & Stride	8:30 Nature Walks (Sept.)
9:00 Woodcarving	9:00 Strengthen and Stride	9:00 Model Building	9:00 Art Drop-In	8:45 Strength Training
9:00 Quilting	10:15 Sit and Get Fit	9:00 Art Drop-In	9:00 Art Drop-In	10:15 Sit and Get Fit
10:00 Massage by Appointment	10:30 Beginner's Yoga	9:00 "SHOP" Group	9:30 Craft Group	1:00 Fun and Games
10:15 Rhythm-Aires	1:00 Fun and Games	9:30 Basic Tap	9:30 Townie Trips	1:00 ESL lessons (Sept.)
1:00 Movie Matinee	1:00 Social Bridge Drop-In	10:00 Fiber Arts	1:00 Fun and Games	2:00 Ping Pong
1:00 ESL Lessons (off site)	1:10 Tai Chi - Beginner (Sept.)	10:00 Grocery Shopping	1:00 Duplicate Bridge	3:00 Mindfulness Meditation
3:30 BV Energize with Exercise	2:00 Breath, Balance and Wellness	12:45 Performance Tap	1:10 Tai Chi - Inter.I (Sept.)	6:30 Chinese American Association Activities - drop in
	2:15 Line Dancing	1:00 Knit Wits	2:15 Tai Chi—Inter.II (Sept.)	
	3:30 Zumba	1:00 Fun and Games	3:30 Energize with Exercise	
		1:00 Yoga-Adv. Begin.	6:00 Reflexology	
		2:00 Wellness Clinic	7:15 Yoga in the Park	
		2:30 Nordic Walking (Sept.)		

Christmas is coming!

Please think of us this summer as our Santa Elves are already hard at work preparing a wonderful Holiday Fair as a fundraiser for the Center. We can use your help with the following:

- ◇ Knit goods (American Girl, bright colored scarves, hats, mittens, boot sox, etc.)
- ◇ Help with sewing
- ◇ Like-new white elephant items (bring no sooner than the fall please)
- ◇ Used or slightly broken costume jewelry - we will repair, renew and re-sell
- ◇ Baskets large enough to hold plants
- ◇ Baked goods (sign up in November)



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*Joseph L. Morana
Andover Resident*

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Don't forget to ask me about the Andover Senior Center discount!

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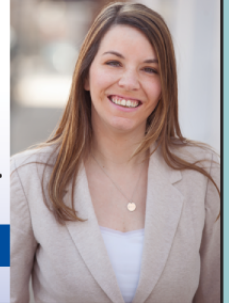


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August 2017 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lunch: Stuffed Cabbage	2 Lunch: Chicken Cordon Bleu 8:00 Women's Outdoor - Kayak/ Canoe 5:00 Lowell Spinners	3 Lunch: Pork Roast 1:30 Bereavement Support	4 Lunch: Fish Florentine 9:30 Hearing Loss
7 Lunch: Shepherd's Pie 1:30 Classical Music	8 Lunch: Chicken Pot Pie	9 Lunch: Open Face Roast Beef 8:00 Women's Outdoor - Kayak/ Canoe 8:00 Men's Outdoor	10 Lunch: Chicken Stir Fry 8:30 COAB Meeting 8:30 SHINE Appts 5:00 Grill Night	11 Lunch: Spinach Pie 10:30 Friends Meeting
Registration Week				
14 Lunch: Mac & Cheese w/ Low Sodium Hot Dog 3:30 Energize w/ Exercise-make up	15 Lunch: Chicken, Broccoli, Ziti 2:15 Line Dancing - make up	16 Lunch: Meatloaf 9:30 Tap - make up 10:00 Wellness Discovery 12:30 Tap - make up	17 Lunch: Walnut Cran-Berry Chicken Salad 3:30 Energize w/ Exercise makeup	18 Birthday Lunch Lunch: Chicken Parm 11:45 Birthday Lunch 2:00 Balance Assessment
Break Week				
21 Lunch: Stuffed Shells 10:00 Summer Garden Tour 12:30 Cholesterol Clinic 1:30 Essential Oils 1:30 Movie - time change for this Monday only	22 Lunch: Roast Turkey 9:15 Brown Bag	23 Lunch: Chicken Pesto 8:00 Men's Outdoor 9-12 Podiatry \$35 fee	24 Lunch: Chef Salad 8:30 SHINE Appts 1:30 Book Club 5:00 Grill Night w/ Jazz Disciples	25 Lunch: Lemon Pepper Fish 9:30 Friends Trip / Sightseeing Cruise
28 Lunch: American Chop Suey 8:30 State Senator 10:00 Walmart Trip 1:00 Ice Cream Social	29 Lunch: Stuffed Chicken	30 Lunch: Turkey Burger 8:30 FBI Discussion	31 Lunch: Pot Roast	MENU SUBJECT TO CHANGE WITHOUT NOTICE

LUNCH REGISTRATION: Phone reservations will be taken until 2:00 p.m. the day before you wish to come. Better yet make your reservations on the touch screen in the lobby. Need help with that just ask the greeter.

When your table is called up for lunch, place your envelope in the box on the counter with your lunch donation. The suggested donation is \$2.50

The Andover Senior Community FRIENDS, Inc.



The Andover Senior Community FRIENDS, Inc.
c/o The Center at Punchard
30 Whittier Court, Andover, MA 01810

NAME: _____
ADDRESS: _____
CITY: _____ STATE _____ ZIP CODE _____
TELEPHONE: _____ CELL PHONE: _____
EMAIL: _____

MEMBERSHIP:

Senior/Student \$10 _____ / Individual \$15 _____ /
Family \$30 _____ / Patron \$50 _____
Benefactor \$100 _____ Other _____

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

The Andover Senior Community FRIENDS upcoming meetings:

- Fri., Aug 11th at 10:30 am

FRIENDS Trips

Sightseeing Cruise and Lunch by the Sea

Friday, August 25; 9:30 – 2:30 pm \$91/89 - deadline to purchase a seat is July 24

Unforgettable 1 & ½ hour sightseeing cruise along the scenic coastline of Salem MA with lunch afterward overlooking the sea. You'll have a chance to see lighthouses, bird & seals, famous estates and million dollar yachts!

Advanced Registration at The Center. Checks should be made payable to ASCF.

*Members of the ASCF receive a \$2 discount. Trip reservations are considered final and non-transferable. A refund will be issued only if a waiting list exists and we can fill the space.

Thank you to all who helped to make our Living Healthy Fair an enormous success. We are now able to offer FREE wellness/fitness classes. For this upcoming semester, please enjoy 3 FREE courses. If you are not a member of the Friends, consider joining. We are looking for fun engaging members.

Community Pages & More

Gift Cards for The Center

Gift Cards for the Center's programs are always available in any amount. Ask about them at the front desk. They make great gifts for family, friends or the person who has everything!

Lunch Box

Sandwiches and Salads,
Breakfast Items, Beverages,
Desserts, Daily Specials

Check out our menu at:
www.andoverseniorcenter.org

Orders must be placed
by 1 pm
and picked up by 4 pm.

Saturday Morning
Community Coffee

The Coffee Pot is On
Join us every Saturday 9-11am
FREE COFFEE & DONUTS



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Main Street,
1st floor

Community Pages & More

Duplicate Bridge

Thursdays, August 24 – November 9; 1-4:30 pm;

Free – Donations welcomed

Duplicate Bridge for intermediate level players for drop-in series. Must communicate to leaders in order to insure a multiple of 4 players per table. Fun and informative games. Call Center to register.

Massage

Mondays, 10 am; \$15 for 20 minutes of chair massage

Rhythm-Aires

Mondays, August 21 – Monday November 6; 10:15 am; \$11

Sunrise Singers –*Come and sing your heart out, no experience required!*

Mondays, August 21 – Monday November 6; 9:00 am; \$22

Wood Carving

Mondays, 9 am; FREE

Model Building

Wednesdays, 9am; FREE

Thinking of You Cards

Call and sign up someone you know who is under the weather and needs a Thinking of You card. Let us know if someone is in the hospital or rehab.

Outdoor GRILL NIGHTS at CENTER AT PUNCHARD

Join us Thursdays

August 10 & 24

5 – 7 p.m.

Last seating is at 6:30 p.m.

REGULAR MENU ITEMS:

HOT DOG: \$5.50

HAMBURGER: \$6.50

GRILLED CHICKEN: \$7.50



SPECIALS

August 10: Boneless pork ribs \$10

August 24: Salmon \$10

Tickets must be purchased three days in advance
or \$2 person charge will apply



Transportation provided for \$4 round trip from 4:30p-6:30p.
Come and join us!! Call 2 days in advance to schedule a ride!

Entertainment: August 24—The Jazz Disciples

FREE Ice Cream Sundae with Grill Nights: Courtesy, Pulte Homes

How to Register:

To Register Online

- Must have been signed up at The Center and have a “MySeniorCenter” key tag.
- Go to **www.MyActiveCenter.com** to set up your account.

To Register “off-line” (no computer)

- Contact us so we can set up your account.
- Once set up, you can register in person or over the phone.
- When registering over the phone, please have your “My Senior Center” swipe card number ready.

Payment can be made:

- Online with PayPal
- In person: cash, check, or credit card
- By mail: check
- By phone: credit card
- Payments must be made within 3 business days to reserve your spot.

Punch Cards

- Punch cards are available for 6 classes.
- Punch cards are for ONE particular class and time - We need to know in order to assure adequate enrollment for each class.

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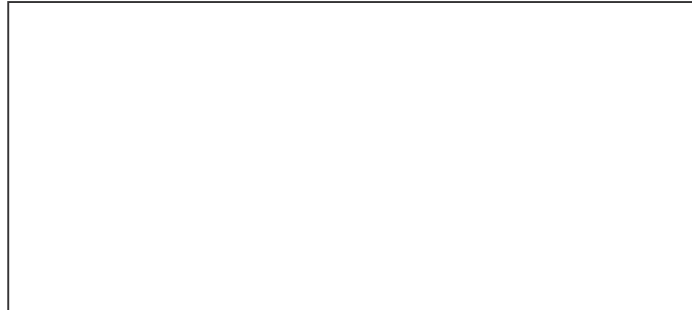
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To the home of:



Andover Day, September 9th from 10:00 am to 4:00 pm

Please stop by the main stage to see our fabulous Sunset Tappers perform at 10:15

*Please stop in the
Center to meet Noelle
Kaelblein, our new
Program Coordinator!*



We really need you to use your swipe card when you come into the Center at Punchard. Please make sure you check in for all your activities, socializing, lunch, fitness. This is crucial to funding, grants and so much more.
Thank you!

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