

The
Center at
 Punchard
 Growing together



News and Views

December 2016

30 Whittier Court, Andover, MA 01810

Mail: 36 Bartlet Street, Andover, MA 01810

Phone: 978-623-8320

Info line: 978-623-8377

Web: andoverseniorcenter.org

Email: seniorcenter@andoverma.gov

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.

Winter Wonderland

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



December is upon us, and many of us have beautiful traditions. As you embark on the season, we wish you much joy and laughter. This month we have some great new events occurring, so I encourage you to check out the whole newsletter!

Of late, there has been much confusion over who we are. The Town refers to us in the budget book as Andover Elder Services. The community knows us as the Center at Punchard and the Andover Senior Center. We are also designated as a Council on Aging and Senior Center. We are all of those, as they all have the same purpose. We are here to serve you in meaningful ways.

Look inside for news about some great new programs, including holiday joy, snow shoveling, FREE exercise, and lots more.

Some changes should be noted. New town-wide phone numbers are rolling out. Our new main number is [978-623-8320](tel:978-623-8320), although our former number will continue to work for the next few months. As of January, our transportation fees will be increasing. Letters will be mailed to all of our regular users.

We hope this holiday season and the new year bring joy and peace to you and your loved ones. Your friends at the Center at Punchard look forward to welcoming you for a variety of programs, or just drop in anytime.

A Message from Deputy Town Manager, John Mangiaratti

I am pleased to report that we have made two major improvements to how we communicate with the public. We have implemented a new voice over IP phone system which has significantly improved our communications while reducing our annual operating costs. You may have noticed that most municipal phone numbers have changed as part of this process. The Town Manager's office number is now [978-623-8210](tel:978-623-8210). Please check our website www.andoverma.gov for a listing all new numbers or you can grab a phone directory from the Center at Punchard. Also, this month we are introducing a new municipal website! The new site will provide an attractive and user-friendly resource for the public to find information about the Town and the many services we provide. As part of the development of the new site we conducted a survey and received 1,460 responses. We learned that approximately 50% of the respondents visit the Town-related websites more than 2-3 times per month. We expect that number to increase as we believe residents will find our new site easy to use and filled with good information.

I want to wish everyone an enjoyable holiday season and look forward to seeing you at the Center at Punchard in 2017.

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SPECIAL EVENTS

“SOUNDS OF THE SEASON”

Monday, **December 5**, Breakfast and Concert at 8:30; \$4. Enjoy holiday music and merriment with our very own Sunrise Singers & Rhythm-Aires! Any ticket holder gets a 25% off certificate for any purchase at our holiday fair (excluding outside vendors & food purchases), which ends that day at 1pm!

ALZHEIMER’S DISEASE: KNOW THE 10 WARNING SIGNS: EARLY DETECTION MATTERS:

Monday, **December 12**; 1:30 pm

As we age, there can be changes to our memory. Yet, memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Knowing the 10 Warning Signs can help determine if it’s important to speak to your doctor and get a diagnosis for yourself or someone you care about. Join us to learn the “10 Signs” because early detection matters!

Presented by trained Alzheimer's Association staff and volunteers. Program is free of charge.

CHRISTMAS LUNCH

Wednesday, **December 23**;
11:45



A holiday luncheon for you to enjoy. This is a congregate meal. Roast beef & fixings and a special dessert.

“HOLIDAY HAPPENINGS!”

Friday, **December 23**; 11:30 am—concert and sing-along! Celebrate the season with our very own Terry Morgan and Tom O’Brien. Sing songs both familiar, sacred and seasonal to delight and get you in the mood (if you aren’t already) for this season of light and love. Sign up for lunch at noon and join us as we welcome the holidays together.

NEW YEAR’S CHINESE LUNCHEON

Friday, **December 30** at noon: Have fun with your friends as we toast the New Year with a Chinese meal and a bubbly toast! This is part of the congregate lunch so be sure to sign up! Come enjoy Chinese entertainment.

HAPPY BIRTHDAY TO YOU!

Friday, **December 16th** at 11:30.



This event is open to everyone!

Please join us in celebrating your birthday (and those of your friends!) the third Friday of every month. Let us know at the front desk if this is your birthday month, and you will be entered into a drawing for prize (must be in attendance to win)! Starting at 12:15, Diane Dexter will delight us with her lively piano stylings of familiar tunes for your special day.

Free entertainment courtesy of the [Andover Senior Community FRIENDS Inc.](#)

READING IS FOR EVERYONE-THE TALKING BOOK

Wednesday, **December 21** at 9:30.

The Perkins Braille and Talking Book Library provides audio and large print books as well as access to over 350 newspapers over the phone and audio as well as DVDs of movies and TV shows.

Gayle Yarnall will demonstrate the free, easy to use digital player and explain how all these services can be delivered to your home at no cost.

FUEL ASSISTANCE APPLICATIONS:



Contact Kristine or Annmary to schedule an appointments to complete fuel assistance applications.

CAREGIVING



MONTHLY CAREGIVING

SUPPORT GROUP:

Third Wednesday of the month; 9:30 am; **December 21st**

The Andover Elder Services is pleased to announce a FREE caregiver support group for to all Andover residents and those attending Senior Connections. This support group is a means to aid caregivers in having a safe environment to help them with self care. This group will be facilitated by Annmary I. Connor, LICSW and Flescania Piverger, BSW Intern. We ask that you RSVP to Annmary Connor voicemail at 978-623-8321.



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.



SENIOR CONNECTIONS: AN ENGAGING PROGRAM CREATING MEANINGFUL DAYS

Andover Elder Services is pleased to report that there are currently openings in the Senior Connections program. Senior Connections is a dynamic program that provides structure and support to older adults in a nurturing and respectful environment. The program is available at The Center at Punchard on Monday-Friday from 8 a.m. to 4 p.m., for \$40 per day (not including transportation/meals). The Center at Punchard 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. If you or a loved one is need of support, please reach out to us at 978-623 - 8320 and ask to speak with Annmary Connor, Director. 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: 978-623-8320 karakelian@andoverma.gov



The Fix-It Shop



- * **December 12 at 1pm**
- * **January 9th at 1pm**

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

NEW INTERGENERATIONAL PROGRAM

LEAF RAKING

This program is an income (not assets) based program. This program is designed to aid individuals on a fixed income to be able to obtain basic leaf removal. We ask that you either have a wooded area that the leaves can be tarped and dumped or please provide leaf bags. These youth are volunteering their time and the staff from the Cormier Youth Center are supervising them through a grant from Andover Home for the Aged. In order to develop sustainability there is a suggested donation.



is to ensure your home has two safe egresses. If your vent for the furnace needs to be shoveled out please inform the staff supervising the youth, they will assess to see if this can safely be accessed.

The youth will not be there right when the snow falls, rather when they can safely get to your home, they are not in school or away. You will be placed on a list, we will do our best to match you up with a youth in your neighborhood. There is access to sand provided for light sanding, please advise us if you do not want sanding. These youth are volunteering their time and the staff from the Cormier Youth Center are supervising them through a grant from Andover Home for the Aged. In order to develop sustainability there is a suggested donation.

Call Kristine or Annmary for more details or to sign up for this program.

SNOW SHOVELING

This program is an income (not assets) based program. This program is designed to aid individuals on a fixed income to be able to obtain basic snow removal for pathways only. Our goal



SPECIAL INTEREST CLASSES

BOOK CLUB

Thursday, **December 29**; 1:30

“The Daring Ladies of Lowell” by Kate Alcott

Books available one month before the next meeting. New members always welcome.

RHYTHM-AIRES

Mondays, **November 21 - Feb. 6**; 10:15 am; \$8

“Sounds of the Season” performance on **Dec. 5**.

SUNRISE SINGERS

Mondays, **Nov. 21 - Feb. 6**; 9 am; \$16

“Sounds of the Season” performance on **Dec. 5**.

WOOD CARVING

Mondays, **November 21 - Feb. 6**; 9 am; \$20

No class Dec. 5. Some instruction provided for beginners. See how engrossing it is.

DUPLICATE BRIDGE

Thursdays, **Dec 1 - Feb. 9**; 1 pm; \$22; Learn in a fun, informal setting. Intermediate bridge skills are required as well as partners.

PLAY PIANO!

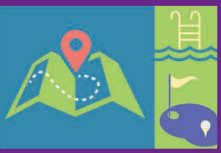
Ever wish that you had learned piano, or continued those lessons of long ago? Just say **“yes I can!”** Half hour piano lessons are offered here at the center and the first lesson is free of charge. A block of four lessons costs \$132. Please call (978) 623-8321 to set up your complimentary lesson. Space is very limited.

Gift Cards



Gift cards for The Center's programs are always available in any amount. Ask about them at the front desk. Great gift for family, friends or the person who has everything!

Please remember to have your house number up! So that it is visible from the street!



EXERCISE CLASSES

Winter Session: Nov. 21-February 10

REGISTER ONLINE OR IN PERSON. NO CLASSES ON 11/24, 11/25, 12/26, 1/2, 1/16. (YOU ARE NOT CHARGED FOR THESE DAYS).
TRY ANY EXERCISE CLASS ONCE FOR FREE! EXTENDED REGISTRATION STARTS NOVEMBER 1!

BREATH, BALANCE AND BODY WELLNESS

Tuesdays, Nov. 22 - Feb. 7; 2 pm; \$48

LINE DANCING

Tuesdays, Nov. 22 - Feb. 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, Nov. 22 - Feb. 7; 8 am; \$42
Thursdays, Nov. 24 - Feb. 9; 8 am; \$38.50

SIT AND GET FIT

Tuesdays, Nov. 22 - Feb. 7; 10:15 am; \$42
Fridays, Nov. 25 - Feb. 10; 10:15 am; \$38.50

STRENGTH TRAINING

Wed., Nov. 23 - Feb. 8; 8:00 am or 8:45 am; \$42
Fri., Nov. 25 - Feb. 10; 8 am or 8:45 am; \$38.50

STRENGTHEN AND STRIDE

Tuesdays, Nov. 22 - Feb. 7; 9 am; \$42
Thursdays, Nov. 24 - Feb. 9; 9am; \$38.50

TAI CHI:HIATUS FROM DEC. 15 - JAN. 12.

Beginners - Tuesdays, 1:10 - 2:10pm; Nov 22,
Nov. 29, Dec 6, Dec. 13, Jan 17, Jan 24, Jan 31,
Feb 7. \$28

Intermediate - Thursdays, 1:10-2:10 pm; Dec. 1,
Dec. 8, Jan. 19, Jan 26, Feb 2, Feb. 9 \$21

TAP DANCING BASIC

Wed., Nov. 23 - Feb. 8; 9:35 am; \$42

TAP DANCING PERFORMANCE

Wed., Nov. 23 - Feb. 8; 12:45 pm; \$42

YOGA BEGINNERS

Tuesdays, Nov. 22 - Feb. 7; 10:30 am; \$42

YOGA INTERMEDIATE

Wed., Nov. 23 - Feb. 8; 1pm; \$42

Ask about enrolling in partial sessions using a punch card.

OUTDOOR ACTIVITIES

WOMEN'S OUTDOOR ADVENTURES

◇ Thursday, Dec. 1: Ward Reservation, coffee to follow at the center.

MEN'S OUTDOOR ADVENTURES

◇ Wednesday, Dec. 14: Maudslay State Park, Newburyport, MA



All hikes meet at The Center at Punchard at 9 am.

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 wear sturdy shoes or hiking boots, bug spray, and walking stick.

Free Exercise Class



SOS: SENIORS ON STRENGTH

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LIMIT 15

Mondays, December 12—Feb 6 from 8 - 8:45 am (S.O.S.) is a dynamic combination of strength development and cardiovascular conditioning for the active older adult. This workout challenges all your major muscle groups - Mixing in some great music which will inspire you to get the results you came for - This fun class is designed to increase strength and range of movement concentrating on balance, coordination, agility and flexibility.

Instructor Terri Guenard from Atria Marland Place



BOOMERVENTURE

Thursday evening classes designed to accommodate our 50 plus community

No classes November 24, December 26 or 29, January 2 or 16:

Register for all BoomerVenture activities online, in person, or over the phone.

ENERGIZE WITH EXERCISE

Mondays, **Nov. 21 - Feb. 6**; 3:30 pm. \$49.50.

BELLY DANCING

Thursdays, **Dec. 1 - Feb. 9**; 6 pm; \$65. Bring out your "inner dancer"!

SERENITY YOGA

Thursdays, **Dec. 1 - Feb. 9**; 7:15 pm; \$65.

BV SCREENING ROOMS:

Dec. 1: "Joy" Housewife strikes gold on QVC with her Miracle Mop miracle.

Dec 8: "Steve Jobs" The man behind the technology.

Dec. 15: "Morris From America" African-American father struggles to raise his son to be a "man" in Germany.

Dec. 22: "Rare Exports - A Christmas Tale" Scientists clash with local reindeer herders in the frozen beauty of Finland.

REFLEXOLOGY WITH ULI KAPP

Thursday evenings starting at 6 pm by advance appointment only. \$1 per minute, in 15 minute intervals. Uli will massage pressure points that correlate to Qi in the body. Refreshing, healing therapy for hands or feet. Must register by the day before to hold spot.

COPING WITH THE HOLIDAYS

Thursday, **Dec. 22**, 6 - 7:30 pm

Join a small group designed to provide support for those struggling during the holiday season after the death of a loved one. People will have an opportunity to share their concerns and tips about coping with special days that come up over the course of the season and beyond. Information on our ongoing bereavement support programs will be provided.

REGULARLY SCHEDULED PROGRAMMING

The programming below is held every week, except during Semester Break Weeks & holidays

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Town House Drop-In	8:00 Men/Women in Motion	8:00 Strength Training	8:00 Men/Women in Motion	8:00 Strength Training
9:00 Sunrise Singers	9:00 Town House Drop-In	8:45 Strength Training	8:45 Men/Women in Motion	8:45 Strength Training
9:00 Woodcarving	9:00 Strengthen and Stride	9:00 Town House Drop-In	9:00 Strengthen & Stride	9:00 Town House Drop-In
9:00 Quilting	9:00 Walk the Gym	9:00 Model Building	9:00 Current Events @ OTH Drop-In	10:15 Sit and Get Fit
10:00 Massage by Appointment	10:00 Writing Group	9:00 Art Drop-In	9:00 Walk the Gym	1:00 Piano Lessons
10:15 Rhythm-Aires	10:00 Sit and Get Fit	9:00 "SHOP" Group	9:30 Craft Group	1:00 Fun and Games
1:00 Piano Lessons	10:15 Beginner's Yoga	9:35 Basic Tap	1:00 Fun and Games	1:00 ESL lessons
1:00 Movie Matinee	10:30 Fun and Games	10:00 Fiber Arts	1:00 Duplicate Bridge	2:00 Ping Pong
3:30 BV Energize with Exercise	1:00 Social Bridge Drop-In	10:00 Grocery Shopping	1:10 Tai Chi - Inter.	3:00 Mindfulness Meditation
	1:00 Tai Chi - Beginner	12:45 Performance Tap	6:00 Reflexology	
	2:00 Breath, Balance and Wellness	1:00 Knit Wits	6:00 Belly Dancing	
	2:15 Line Dancing	1:00 Piano Lessons	6:30 Screening Room	
		1:00 Fun and Games	7:15 Serenity Yoga	
		1:00 Adult Coloring		
		1:00 Yoga-Inter.		
		2:00 Wellness Clinic		



HEALTH & WELLNESS

HEALTHY LIVING TIDBITS:

Friday, **December 9**; 9:30 am: Pros and Cons of the **Top Five diets**. "Is there really such a thing as a "BEST" diet? Find out what the top experts in nutrition think about the best diets for weight loss and the best diets for simple health living. We will check out the top 5 in each of these categories"

FOOT CARE

Offering foot care appointments (nail clipping only) for Andover residents. Limit of one appointment every other month. The fee is \$10. *Call The Center to make your appointment on the first day of the month.*

- * **December 20th** afternoon appointments
- * **December 28th** morning appointments

"COPING WITH HOLIDAYS AND SPECIAL DAYS"

Thursday, **December 15**; 1:30; please call the front desk to put your name on the list. Join others in this support program 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. Starting January 5 at 1:30 Lois Marra, of Home Health VNA Hospice, will facilitate a monthly support group.

PARKINSON'S DISEASE SUPPORT GROUP

meets the 2nd Thursday of the month, September through June, from 1:30-3 p.m. at the Andover Senior Center. Please call Kristine Arakelian, Outreach Coordinator, to *confirm your attendance* or for further information. This is an open group and all are welcome. Our next meeting will be:

Thursday, December 8th, from 1:30-3 p.m.

"Health Communication: Regaining a Sense of Control During Times of Uncertainty", Andrew C. Tollison, PhD., Assistant Professor of Communication Arts & Sciences, Merrimack College

For further information, contact Kristine Arakelian, LCSW, MPH at the Senior Center.

PAIN MANAGEMENT SUPPORT GROUP

This monthly group usually meets the second Monday of the month, from September through June at 1:30 pm. This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers always welcome.

Facilitator: Gerry Rainville, RN, MSN

Next meeting: **December 12 off-site! Be sure to call ahead for details.**

WELLNESS CLINICS

Wednesdays at 2:00 pm. Stop in for a blood pressure and weight check with our trained nurses. They are here to help you stay with your day-to-day health needs.

CLINIC SPACE

A new health has been designed to increase privacy, it located at the end of room accessible just after the doors by our library.

BROWN BAG

Elder Services of the Merrimack Valley, Boston Food bank, And C@P are expanding this program. This is FREE to anyone 60+ with a income of \$21,978 single person or \$29,637 for a couple, or on Mass Health, chap 115, food stamps, fuel assistance. This grocery bag is available the first Tuesday of the month at 9:30. Call Annmary or Kristine to sign up or see if you are eligible.

SHINE (SERVING HEALTH INFORMATION NEEDS OF THE ELDERLY)

is a free and confidential counseling service to help individuals understand their Medicare insurance benefits and other health insurance options. The SHINE counselor can assist you in becoming a more informed consumer, while presenting accurate and unbiased information. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in many areas such as Medicare, the Medicare appeals process, Medigap insurances, retiree insurance plans, long-term care insurances, Medicaid and health care programs. The SHINE Counselor is available for individual appointments or by phone and meetings are held here at the Andover Senior Center. Call the Senior Center for our counselor to contact you.

COMMUNITY EVENTS



MASSACHUSETTS STATE SENATOR

Monday, **January 23**; 8:30 am. Bring your questions for the monthly office hours held by Senator Barbara L'Italien & staff.

MISTRAL CHAMBER MUSIC: BAROQUE BIG BAND - HOLIDAY CONCERT

Sunday, **December 11**; 5:00pm, West Parish Church \$15 tickets available here.

Baroque chamber concertos, with dazzling soloists presenting selections from Bach, Vivaldi, Handel and Telemann—a treat for the season!

ANDOVER CHRONICLERS

Watch Andover's Award Winning TV Show **'There Is Something About Andover'**

'There Is Something About Andover' is a 30 minute TV show that features stories of interest to all Andover residents airing on local access TV.



Sponsored by The Center at Punchard and produced by The Andover Chroniclers, a group of local volunteers, the goal of the program is to inform, enlighten and entertain. 'There Is Something About Andover' airs 6 days a week on Comcast Channel 8 and Verizon Channel 47. Tune in today and you'll see for yourself why 'There Is Something About Andover'!

Sunday, Monday and Tuesday at 9 am
Wednesday and Saturday at 7 pm
Friday at 6:30 pm

TRIAD PROGRAM

Triad is a joint collaboration between The Center at Punchard, 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. The TRIAD group is seeking volunteers to assist with identifying, developing, and initiating programming. Next meeting at The Center at Punchard is:

Thursday, **December 8** at 10:00 am



RESIDENTIAL LOCK BOX

FREE OF CHARGE! If you would like a lock box placed on your home for please contact Annmary, Kristine or the fire department for applications. This is in the event emergency services needs to access your home to aid you ie fall, lost your keys.

WALK THE GYM: THE CORMIER YOUTH CENTER

Starting **November 1st through December 22nd**, Every Tuesday and Thursday the gym will be open from 9am-10:30am for you to get out an exercise—regardless of the weather.

ROBO CALLS FROM THE CENTER AT PUNCHARD



You may receive pre recorded "Robo" calls from the director or staff from time to time. This is a means to get you important information or speak of upcoming events. The phone numbers are random numbers that come out of our software. When these are sent, they are done often times to everyone who has a key tag to the senior center.

MEDICATION AND SYRINGE DISPOSAL


- ◇ Medication Disposal available at the Andover Police Department.
- ◇ Syringe Disposal available at Andover Police Department and The Center at Punchard.

Public Safety Building :32 Main Street, Andover

Questions? Call Andover Police Department at 978-475-0411



December 2016 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE WITHOUT NOTICE	Congregate meal runs 11:55am to 12:25pm, kindly sign up two days in advance.	Saturday December 3rd Holiday Fair. Sunday Dec 18th 6pm-10pm Holiday Ball	1 9:00 Women's Outdoor 11:00 Listening session w/Annmary 1:30 I-Pad LUNCH: Meatloaf	2 LUNCH: Baked Fish
5 8:30am Breakfast & Concert 1:00 Fix It Shop 1:30 French Conversational LUNCH: Breakfast for Lunch - Eggs, French Toast, Bacon	6 9-10:30 Walk the gym LUNCH: Chicken Breast Sandwich & Soup	7 9:00 Andover Garden Club LUNCH: Hot Turkey Meal Sandwich	8 8:30 COAB Meeting 9-10:30 Walk the gym 10:00 TRIAD Meeting 1:30 Parkinson's Support Group LUNCH: Shepherd's Pie	9 LUNCH: Lemon Scrod
12 8:00 FREE Exercise class 9:00 Women's Outdoor 10:00 Trip: Burlington Mall 1:00 Fix it Shop 1:30 Pain Mgmt Support Group LUNCH: Beef Stroganoff	13 9-10:30 Walk the gym 12:00 Merrimack College Gender Studies 12:30 Podiatry 1:30 Mandarin case management drop in 4:00 Flu Clinic LUNCH: Stuffed Chicken Breast & Salad	14 Men's out door walk LUNCH: Pork and Baked Apples	15 9-10:30 Walk the gym 1:30 Coping with the Holidays LUNCH: Baked Fish & Rice	16 11:30 Monthly Birthday luncheon  LUNCH: Meatloaf
19 8:00 FREE Exercise class 9:30 Talking books 10:00 Trip: Rye NH 11:30 Ask the Lawyer LUNCH: Chicken Piccata	20 9-10:30 Walk the gym LUNCH: Salmon & Risotto	21 9:00 Podiatry CHRISTMAS LUNCHEON LUNCH: Roast Beef, AuGratin Potatoes, Green Beans, Special Dessert: Yule Log	22 9-10:30 Walk the gym LUNCH: Low Sodium Ham and Beans	23 LUNCH: Pot Roast
Closed  26	27 9:30am Brown Bag pick up 9-10:30 Walk the gym LUNCH: Baked Ziti w/ Hamburger	28 9:00 Men's Outdoor LUNCH: Pizza	29 9-10:30 Walk the gym LUNCH: Chicken Parm	30 LUNCH: Chinese Chicken Stir Fry

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TRANSPORTATION



NEW FEE SCHEDULE WILL BE STARTING IN JANUARY FOR ALL TRANSPORTATION.

MEDICAL TRANSPORTATION : TRANSPORTATION TO MEDICAL APPOINTMENTS IS AVAILABLE. 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 - \$4 round trip.

MONDAY FUN TRIPS :10AM -2PM

MONDAY, DECEMBER 12TH : BURLINGTON MALL

It's the season! Let's go shopping! Sign up for a seat on the bus and we'll travel to The Burlington Mall. This is a large, two-story, upscale indoor shopping mall with many stores to choose from. Wear comfy shoes and get ready to walk, browse, shop, enjoy some lunch, and have a fun day out with friends.

MONDAY, DECEMBER 19TH: RYE, NH

The beach is calling your name...come join us for a trip along the seashore to Rye, NH to have lunch at Petey's Seafood Restaurant. This is a year-round, seafood shack with nautical touches, ocean views & an ice cream counter. Call for a seat!!



November Birthday Celebration

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Andover Senior Center, Andover, MA 06-5052

Holiday Fair

Andover Senior Center @ Punchard

30 Whittier Court in Andover

Saturday, December 3

9 am - 3 pm &

Monday, December 5

9 am - 1 pm

Select hand-made crafts : Exquisite knitted items

Beautiful live plants and garden club arrangements

Gently worn and vintage jewelry : Baked goods

Breakfast, chili, chowder and homemade apple crisp

Dec. 5 at 8:30 Concert & breakfast \$4

includes a 25% off coupon for fair!



**A Family
Event**

DROP IN GROUPS (FREE & FUN)



FUN AND GAMES

Tuesday-Friday 1 pm-4pm We play games! Meet your friends or make new ones at Volunteers are on-hand to teach and play games such as canasta, cribbage, bridge and 45's.

- * If you're a bridge player, drop in for bridge on Tuesdays.
- * Adult coloring books on Wednesdays —this new hobby sweeping the nation!
- * Other game suggestions? Speak to Zeff on Tuesdays. Anyone for canasta or Mah Jong? Looking for players to make a foursome.

MONDAY MOVIE MATINEE

Free movies on Mondays at 1:00 pm. Popcorn and sodas available for purchase.

Dec. 5: "White Christmas"

Dec. 12: "A Christmas Story"

Dec. 19: "It's a wonderful Life"

CRAFT CORNER

Thursdays at 9:30 am

FIBER ARTS

Wednesdays at 10 am

KNIT WITS

Wednesdays at 1 pm

MINDFULNESS MEDITATION

Fridays; 3 - 3:30 pm Mindfulness is a modern, evidence-based way of increasing your mental clarity, calm, happiness and health. Beginners welcome.

OPEN STUDIO ART

Wednesdays and Thursdays at 9 am

No instructor, but you will trade ideas and informally, learning from your peers. Bring your choice of medium and help us build up this drop-in group.

PING PONG

Fridays at 2 pm

QUILTING

Mondays; 9 am : Quilting experience required.

"SHOP" SEWING GROUP

Wednesdays at 9 am
No experience necessary!

"WRITE STUFF"

Tuesdays at 10 am—join the Writing Group

MODEL BUILDING

Wednesdays at 9 am

Join a group of model enthusiasts. Bring your own project and enjoy the camaraderie! Even if you've not made one since you were 10—it's fun!

Register for all Drop-In Groups online, in person, or over the phone.

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.**



POSTAGE STAMPS

Did you know that books of postage stamps are available at The Center at Punchard?

Just stop by the front desk!



The Center

Town Manager

Andrew P. Flanagan

Director of Community Services

Joseph Connelly

The Center Staff

Director

Annmary I. Connor, LICSW

Outreach Coordinator

Kristine Arakelian, LCSW, MPH

Senior Connections

Sharon Thomson, RN

Linda Lambert

Program Coordinator

Karen Payne-Taylor

Office Staff

Christine Marshall, Editor

Andrea Zaimes

Nutrition Staff

Frank Melendez, Chef

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

(see names below)

or by calling The Center and
leaving a message with office staff.

Margaret O'Connor, Chair

Kenneth DeBenedictis, Vice Chair

Jane Gifun, Secretary

Molly Bicking

Kathleen (Kaye) Devanna

Joan Fox

Tana Goldberg

Joseph Ponti

Kimberly Rainen

Thomas Rando

Center Hours

Monday - Friday

8 am - 4 pm

Thursday Evenings for

BoomerVenture Campus

6 pm - 9 pm

THE CRYSTAL BALLROOM

❄️❄️ Holiday Ball ❄️❄️



Presented by the Andover Senior Community FRIENDS

Old Town Hall

20 Main Street, Andover

Sunday, December 18th

6:00 PM - 10:00 PM

For your listening and dancing pleasure

Music by D.B.'s Orchestra

Dance instruction by Tom Webster

of Dance New England from 6 PM to 7 PM

Tickets available at The Center at Punchard

and the Andover Book Store

\$15/pp or \$25/couple; tickets at the door \$15/pp

Complimentary refreshments

Black Tie optional

free parking behind the building

Sponsored By:

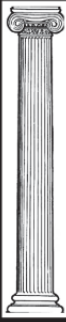
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The Center at Punchard receives partial funding for this newsletter from the Commonwealth of Massachusetts Executive Office of Elder Affairs. We thank taxpayers for supporting The Center. Upon request, auxiliary aides will be provided to ensure effective communications and participation in Andover Elder Services programming as specified in the Americans with Disabilities Act.



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ANDOVER SENIOR COMMUNITY FRIENDS

FRIENDS' TRIPS

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

CHRISTMAS FINERY AT VICTORIA

MANSION IN PORTLAND, ME

Monday, **December 12**; 9:30 - 4:30pm; \$51/49 includes a private house tour and brunch at the Roundabout Restaurant in Portsmouth, NH. For 32 years the mansion has been painstakingly decorated by local designers, but be warned: Christmas at Victoria Mansion may inspire home envy or sparkle overload!

*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.

BECOME A MEMBER

The Andover Senior Community FRIENDS is a non-profit organization whose purpose is to promote, support, and sponsor programs at the Center at Punchard. By becoming a member of the FRIENDS you will help to make this possible.

Members of the FRIENDS also receive a \$2 discount on the bus trips sponsored by the FRIENDS. Please join us by sending your tax deductible contribution to:

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

SMILE

Did you know that orders you place with Amazon can benefit the Andover Senior Community Friends (ASCF). Just log into Amazon Smile (either Google it or type smile.amazon.com into the browser) and type in the name Andover Senior Community Friends as the non-profit organization. A portion of your purchase will be donated to the SCF. What better way to benefit the Center at Punchard, which the Friends supports.

Try it next time you order!!



VOLUNTEERS : THE ANDOVER SENIOR COMMUNITY

FRIENDS IS ALWAYS LOOKING FOR VOLUNTEERS; ONE FOR RECORDING SECRETARY AND SOMEONE TO DO PRESS RELEASES AND RELATED PROMOTIONS. THIS WOULD REQUIRE AN EARLY MORNING MEETING ONCE A MONTH WITH A GROUP OF INTERESTING PEOPLE. FOR MORE INFORMATION, CONTACT ANN COBLEIGH 978-387-7160. OFFICERS: ANN COBLEIGH, PRESIDENT :DAN MCDUFFIE, TREASURER ANN O'SULLIVAN, CLERK

Andover Senior Community FRIENDS, Inc.

The Board always looking to welcome new FRIENDS and fresh ideas for their projects and fundraising events. Members of any age are welcome to become FRIENDS.

Please complete the form and send it along with your check to:

The Andover Senior Community FRIENDS, Inc
c/o The Center at Punchard
36 Bartlett St. : Andover, MA 01810

NAME: _____ **ADDRESS:** _____

CITY: _____ **STATE** ____ **ZIP CODE** _____

TELEPHONE: _____ **CELL PHONE:** _____

EMAIL: _____

MEMBERSHIP: Senior/Student\$10.00 ____ / Individual \$15.00 ____ /Family\$30.00

Patron \$50.00 ____ Benefactor \$100.00 ____ 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