

NEWS & VIEWS

February - Living Healthy

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

As we move into February and the holiday season is behind us, cold weather is ahead, but know that here at the Andover Senior Center it is warm and inviting. We have fun activities going on throughout the day. New items are on the forefront and expansion of other activities. We hope you like the new look of the newsletter. Some of the new items are:

- Our new Master in Social Work intern from Simmons College, Lynn Brown, has joined us.
- We have been able to expand our grant with podiatry and are adding seven more slots per month.
- Join us on Valentine's Day – fun events will be happening!
- This month we will have our annual Chinese New Year's celebration on February 17th at the Town House.

Here are some of the upcoming activities we are working on... In May the FRIENDS will be hosting a Health Fair, with FREE giveaways and healthy events. The new Living Healthy series will bring you cutting-edge health information, and will be running from March until May. We have started a Foxwoods trip, DCS is running a Tall Ships event and the Senior Center will be starting to run large "Trips and Tours" outside of Massachusetts. We welcome your input and ideas. Script will be launching again - forms will be rolling out in June. Stop on by, book a ride or come for lunch. Have some fun!



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.



In This Issue

NEW Spring Semester Classes
Special & Community Events
Caregiving
Special Interest Classes
Exercise Classes
Boomer Venture
Health & Wellness
Andover FRIENDS

NEW Phone # 978-623-8320

A Division of the Department of Community Services

Special Monthly Events

Emergency Preparedness: Developing a Plan

Friday, February 3; 9:30 am

The likelihood that you and your family will survive a house fire depends as much on having a working smoke detector and an exit strategy, as on a well-trained fire department. The same is true for surviving other emergencies. Be prepared by evaluating your own personal needs and making an emergency plan. Joanne Belanger of the Andover Health Department will present.

Health Communication:

Regaining a Sense of Control During Times of Uncertainty

Mondays, January 23, 30, February 6, 13; 1:30–2:30 pm

How does communication among friends, family members, professionals and others influence an individual's well-being? How do health and illness shape communication and relationship dynamics? What are the stigmas and stereotypes within healthcare, as portrayed by advertising campaigns and education/promotion efforts that deeply affect the ways we personally experience illness? Presented by and based on current research by Andrew C. Tollison, PhD, Assistant Professor of Communication Arts & Sciences, Merrimack College.

Ask the Lawyer - Personalized Legal Guidance

Wednesday, February 8; 9:30 am; FREE

Local attorney, Kimberly Butler, is holding office hours for one-on-one consultations (approximately 10-15 minutes each) to answer basic legal questions and refer our seniors to the appropriate resources. First come, first serve on the day of the clinic; however, ADVANCE REGISTRATION IS REQUIRED. Call 978-623-8320 to pre-register.

Council on Aging Board Meeting

Thursday, February 9; 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

TRIAD Program

Thursday, February 9; 10 am

Triad is a joint collaboration between The Senior 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.

Happy Birthday to You!

Friday, February 10; 11:30 am; third Friday of every month (one week early in February). 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.) Starting at 11:45 pm, Mark West, pianist, will be our entertainment, courtesy of the Andover Senior Community FRIENDS Inc.

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, **February 28, 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.



ESL Classes

Mondays, Feb. 27 - May 8; 1 pm;
off-site at Frye Circle; FREE

Fridays, Feb. 24 - May 12; 1 pm;
FREE

ESL Classes

FREE TAX Service

**To be starting in
February on Fridays,
Call to schedule your
appointment!**

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.

**Chinese New Year
February 17th
at the Townhouse
10-1:30**

Special Monthly Events

Computer Users' Group

Monday, February 13; 1:30 pm; Microsoft Excel

We will cover electronic spreadsheets that could be handy as you work on taxes and other financial things. We will also look at free alternatives to this product. This groups meets the second Monday of each month at 1:30 pm at Memorial Hall Library to share information and helpful hints on computer use. Call Karen or email kpaynetaylor@andoverma.gov to add your name to the email list. Coming in March... Microsoft PowerPoint on March 13.

Valentines Day: February 14th: Come spend the day with us, special treats at lunch (Regular priced congregate lunch \$2.50 donation; please call The Center to sign up), hand-made valentines, come be my Valentine!

Intergenerational Literacy Project with Wood Hill Middle School

Thursday, February 16; 9–10:30 am; at The Center at Punchard.

41 seniors needed! Please sign up at The Center.

Join sixth-grade students from Wood Hill Middle School as they embark on a literacy program to learn about developing community. As part of that program, they will write letters to our seniors and then meet with us to share “artifacts” from their life – and ours. Afterward, they will create a mural at the school, which will incorporate what they have learned from reading the book, “The Egypt Game,” as well as from talking with us. In April, they will share all this with us at Wood Hill Middle School, as we enjoy a tea party together.

Chinese New Year

Friday, February 17; 10:00 am-1:30 pm; at The Townhouse: Cost \$7 per ticket

Firsts in Boston and Massachusetts - Friday Speaker Series

Friday, February 24; 8:30 am; \$4

Because Boston is one of the oldest cities in the United States, many of our nation’s “firsts” occurred here; such as the first newspaper, automobile, chocolate factory, and many more. Come discover more from our speaker, Jim Healey, who is the History Officer at the Boston Duck Tours.

Memory Café

Monday, February 27; 10 - 11:30 am; free and open to all; 4th Monday of the month – snow date is the following Monday.

Bring your loved one who maybe experiencing memory loss. This is funded through a grant from the Mass. Department of Developmental Disabilities. This program will be held from January to March in the morning and from April to June in the afternoon.

eBooks - MHL Comes to the Center

Monday, February 27; 1:30 pm; FREE

Learn how to download free eBooks and audiobooks to your iPad, iPhone or other tablet or smart phone from Memorial Hall Library’s Overdrive! Bring your library card and know our app store log in info and passwords. We will also talk about Hoopla for free movies, TV shows and documentaries and how to get a Boston Public Library eCard! Gerry Deyermond, Assistant Head of Circulation.

Drop in Groups (Free & Fun)

Book Club

Thursday, February 23; 1:30 pm

"The Wright Brothers" by David McCullough. Books are available one month before the next meeting. New members are always welcome.

Craft Corner: Thursdays at 9:30 am

Fiber Arts: Wednesdays at 10 am

Fun and Games— Tuesday-Friday 1-4 pm. We play games! Meet your friends or make new ones at the Senior Center. Volunteers are on-hand to teach and play games such as canasta, cribbage, bridge and 45's. For Bridge, drop in on Tuesdays; Adult coloring books -Wednesdays.

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; 9 am

Monday Movie Matinee: Free movies on Mondays at 1 pm. Free popcorn. Sodas available for purchase.

Feb. 6: "Pawn Sacrifice" - American chess prodigy Bobby Fischer

Feb. 13: "Ghostbusters" - the 2015 version

Feb. 27: "And Then There Were None" - 1945 by author Agatha Christie; featuring Barry Fitzgerald

March 6: "Bad Moms" - comedy

Additional movie on Wednesday, Feb. 15; 9:30-2:30 "Dr. Zhivago"
Break for lunch. Enjoy a winter's day at The Center.

Open Studio Art: Wednesdays and Thursdays at 9:00 am. No instructor, but you will trade ideas and informally learn 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 at 9 am

"SHOP" Sewing Group: Wednesdays; 9 am
No experience necessary

Social Bridge: Tuesdays; 1 pm

"Write Stuff": Tuesdays; 10 am.
Join the Writing Group

Mass State Senator

Monday, **February 27**; 8:30 am.

Bring your questions for the monthly office hours held by Senator Barbara L'Italien and her staff.

Concert

Mistral: Love in the Belle Epoque: Valentine Concert

Sunday, February 12; 5 pm; West Parish Church; featuring Faure, Debussy, Durufle and Franck; \$15 tickets available at The Center.

POSTAGE STAMPS

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

Just stop by the front desk!

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!

Mailing of the newsletter to all senior homes will be done in February when all the new programs coming out. Then again in May.

Tidbits ... and More

Snow Shoveling

This program is designed to aid individuals on a fixed income to obtain basic snow removal for pathways only. Our goal is to ensure your home has two safe egresses. If your vent for the furnace needs to be shoveled out, please inform the staff members supervising the youth workers, who will see if this can be safely accessed. The youth workers will not arrive right when the snow falls. Rather, they will come when they can safely get to your home, and when they are not in school or away. You will be placed on a list, and we will do our best to match you with a youth in your neighborhood. Sand will be provided for light sanding, but please advise us if you do not want sanding. These young people are volunteering their time and staff members from the Cormier Youth Center are supervising them through a grant from Andover Home for the Aged. To develop sustainability for the program, there is a suggested donation. Call Kristine or Annmary for more details or to sign up for this program.

Fuel Assistance Applications

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

Residential Lock Box

Free of charge! If you would like a lock box placed on your home, please contact Annmary, Kristine or the Andover Fire Department for applications. The lock box is for emergency services to access your home to aid you if you fall, lose your keys or need emergency assistance.

Health & Wellness

Foot Care

NEW... You asked and we listened... more appointments available

Foot care appointments (nail clipping only) are available for Andover residents, with a 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.

Tuesday, February 21, 12:30-3:30 pm

Wednesday, February 22, 9:00 am - 3:30 pm

Bereavement Support Group

Thursday, February 2; 1:30 pm.

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. Lois Marra of Home Health VNA Hospice will facilitate this new monthly support group.

Parkinson's Support Group

Thursday, February 9; 1:30-3:00 pm

Second Thursday of the month, September through June; 1:30-3 pm at The Center. The February meeting will be an Open Group without a scheduled speaker. This format will allow for more free-flowing sharing and helpful support from one another. Please call Kristine Arakelian, outreach coordinator, to confirm your attendance or for further information. All are welcome.

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.

Pain Management Support Group

Monday, February 13, 1:30 pm

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 are always welcome. Be sure to call to register. Facilitator: Gerry Rainville, RN, MSN

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.

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. The SHINE counselor can assist you in becoming a more informed consumer, by presenting you with accurate and unbiased information. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in topics including Medicare, the Medicare appeals process, Medigap insurance, retiree insurance plans, long-term care insurance, Medicaid and health care programs. The SHINE counselor is available for individual appointments or by phone. Meetings are held at The Center at Punchard. Call The Center for a counselor to contact you.

Spring Session: Feb. 21 - May 12

Breath, Balance and Body Wellness

Tuesdays, Feb. 21 - May 9; 2 pm; \$48

Line Dancing

Tuesdays, Feb. 21 - May 9; 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, Feb. 21 - May 9; 8 am; \$42
Thursdays, Feb. 23 - May 11; 8 am; \$42

Sit and Get Fit

Tuesdays, Feb. 21 - May 9; 10:15 am; \$42
Fridays, Feb. 24 - May 12; 10:15 am; \$42

Strength Training

Wednesdays, Feb. 22 - May 10; 8:00 am or 8:45 am; \$42
Fridays, Feb. 24 - May 12; 8 am or 8:45 am; \$42

Strengthen and Stride

Tuesdays, Feb. 21 - May 9; 9 am; \$42
Thursdays, Feb. 23 - May 11; 9am; \$42

Tai Chi:

Beginners: Tuesdays, Feb. 21 - May 9; 1:10 pm; \$31.50
(no class from 4/11/17 - 4/25/17)
Intermediate I: Thursdays, Feb. 23 - May 11; 1:10 pm; \$31.50
(no class from 4/6/17 - 4/20/17)
Intermediate II: Thursdays, Feb. 23 - May 11; 2:15 pm; \$31.50
(no class from 4/6/17 - 4/20/17)

Tap Dancing Basic

Wednesdays, Feb. 22 - May 10; 9:35 am; \$42

Tap Dancing Performance

Wednesdays, Feb. 22 - May 10; 12:45 pm; \$42

Yoga Beginners

Tuesdays, Feb. 21 - May 9; 10:30 am; \$42

Yoga Intermediate

Wednesdays, Feb. 22 - May 10; 1:00 pm; \$42
Ask about enrolling in partial sessions using a punch card.

Rhythm-Aires

Mondays, Feb.27 - May 8; 10:15 am; \$11

Sunrise Singers

Mondays, Feb. 27 - May 8; 9 am; \$22

Wood Carving

Mondays, Feb. 27 - May 8; 9 am; FREE

Walk the Gym: The Cormier Youth Center

Every Tuesday and Thursday through May 12, the gym is open from 9-10:30 am for you to exercise by walking the gym, regardless of the weather.

FREE Exercise Class

SOS: Seniors On Strength
Sponsored by Atria Marland Place
Free of charge with registration limit 20.

Mondays, dates and times
to be determined

S.O.S. is a dynamic combination of strength development and cardiovascular conditioning for the active older adult. This workout challenges all major muscle groups, mixing in great music that will inspire you to get the results you want. This fun class is designed to increase strength and range of movement, concentrating on balance, coordination, agility and flexibility.

Check for openings!
Instructor: Terri Guenard from
Atria Marland Place

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.

Women's Outdoor Adventures

Hiking or snow shoeing, depending on conditions

Thursday, February 16
Berry Pond

Thursday, March 16
Location to be determined

Get in touch to add your name and email to their list.

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.

Men's Outdoor Adventures

Hibernating until the spring.

Transportation



*Meals on Wheels
Medical Transport
Grocery Shopping
Daily Rides to the Center
Townie Trips
Monday Fun Trips*

New fee schedule will be starting in February for all transportation

Please call Carol at 978-623-8323 for scheduling.

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. Because the current donation pricing does not cover the cost of the trips, increased pricing will start in February. All current med-trans clients will be mailed a letter with new pricing.

Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$6 round trip.

Daily Ride to The Center

Daily trip fees to The Center \$3 each way or \$5 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.

Monday Fun Trips, 10-2pm

\$10 effective on February 1, 2017. Sign up to reserve your seat on the bus.

Monday, February 13: The Loop Methuen

Go to a movie, out to eat or shop.

Monday, February 27th: Market Street Lynnfield

Go shopping, bowling, out to eat...

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

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 ASCF. What better way to benefit the Senior Center at Punchard, which the Friends support.

MAY Health Fair : FREE FUN!
Watch fore more information!

The Andover Senior Community FRIENDS, Inc.

FRIENDS' TRIPS

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.

Wayside Inn & Country Store, Sudbury

Tuesday, February 21; 10 am –3:30 pm; \$45/43*

Stop at the Country Store and enjoy a cozy and delightful meal at the Inn.

Museum of Russian Icons

Wednesday, March 8; 10:15 – 4:30 pm; \$48/46* includes admission, guided tour and lunch at the "Old Timer Restaurant".

Tour the largest and best collection of icons outside of Russia.

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

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.

Loving Life



ANDOVER CHRONICLERS

This group meets on:
Thursday, Feb. 2; 9 am
Thursday, Feb. 16; 9 am

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 six 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.

More & More.....

Tax Preparation Assistance

AARP-trained tax-aides are available at the Center at Punchard to assist with simple tax preparation. Hourly appointments are available on Friday mornings from February 10 to April 14 from 9am until Noon. Please call the Center at 978-623-8320 to schedule a confidential appointment.

Am I eligible for property tax relief of some sort?

The Board of Assessors annually approves over \$175,000 in property tax relief. Relief may be granted because of age, marital status, physical infirmity, or veterans status. Exemptions typically have conditions that must be met. Please contact the Board of Assessors for specific information. All information we request from you is kept in the strictest confidence and is not available to the public. You may stop by the Assessor's Office or call us at 978-623-8930. One additional program to pursue is the Town's program that allows senior citizens to provide a service to the Town in return for a \$1,000 tax credit. Contact the Department of Elder Services for more information on the program.

Senior Home Safety - with Chief Mike Mansfield, Andover Fire Chief

Monday, March 13; 9:30 am; FREE

CO and smoke detection, fire extinguishers, cooking hazards, slips, trips and falls and more. Learn what our local fire department can help with.

Save the Dates. . .

FOXWOODS: Tuesday, March 21st.

Tickets on sale 2/1 please purchase by 2/16. Cost \$35 per person. Luxury Coach bus, \$15 in bonus slot play, \$10 food voucher or FREE buffet. Leave The Center at 8am return 6pm.

First come first serve for seats.

St. Patrick's Day Luncheon: Friday, March 24th

at the Town House; \$7 per person, includes a great Irish Luncheon as well as Brian Corcoran for great entertainment! Tickets go on sale 2/24. We will have a shuttle bus from the Senior Center over for easy parking.

BOSTON'S TALL SHIPS: June 19, 2017

\$82 per person; Contact Kim Stamas at 978 623 8341 to purchase your tickets. Information on the DCS web site.

This will be an amazing DAY!

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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
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	8:45 Strength Training		8:45 Strength Training
9:00 Woodcarving	Drop-In	9:00 Town House Drop-In	9:00 Strengthen & Stride	9:00 Town House Drop-In
9:00 Quilting	9:00 Strengthen and Stride	9:00 Model Building	9:00 Art Drop-In	10:15 Sit and Get Fit
10:00 Massage by Appointment	9:00 Walk the Gym	9:00 Art Drop-In	9:00 Current Events @ OTH Drop-In	1:00 Fun and Games
10:15 Rhythm-Aires	10:00 Writing Group	9:00 "SHOP" Group	9:00 Walk the Gym	1:00 ESL lessons
1:00 Piano Lessons	10:15 Sit and Get Fit	9:35 Basic Tap	9:30 Craft Group	2:00 Ping Pong
1:00 Movie Matinee	10:30 Beginner's Yoga	10:00 Fiber Arts	1:00 Fun and Games	3:00 Mindfulness Meditation
1:00 ESL Lessons (off site)	1:00 Fun and Games	10:00 Grocery Shopping	1:00 Duplicate Bridge	
3:30 BV Energize with Exercise	1:00 Social Bridge Drop-In	12:45 Performance Tap	1:10 Tai Chi - Inter.I	
	1:10 Tai Chi - Beginner	12:50 Legacy	2:15 Tai Chi—Inter.II	
	2:00 Breath, Balance and Wellness	1:00 Knit Wits	6:00 Reflexology	
	2:15 Line Dancing	1:00 Piano Lessons	6:00 Belly Dancing	
		1:00 Fun and Games	6:30 Screening Room	
		1:00 Adult Coloring	7:15 Serenity Yoga	
		12:45 Yoga-Inter.		
		2:00 Wellness Clinic		

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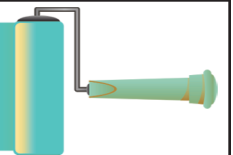
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Andover Senior Center, Andover, MA 06-5052

February 2017 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Lunch: American Chop Suey	2 Lunch: Salmon Risotto 9:00 Chroniclers 9-10:30 Walk the Gym 1:30 Bereavement Support 6:30 Ducks in a Row	3 Lunch: Chicken Stir Fry 7:00 Friends Mtg. 9:30 Emergency Preparedness
6 Lunch: Low Sodium Ham & Baked Beans 8:00 Fee Exercise Class 1:00 Fix-It Shop 1:30 Health Comm.	7 Lunch: Stuffed Chicken Breast 9-10:30 Walk the Gym	8 Lunch: Baked Fish 9:30 Ask the Lawyer	9 Lunch: Roast Pork 8:30 COAB Meeting 9-10:30 Walk the Gym 10:00 TRIAD Meeting 1:30 Parkinson's Support	10 Lunch: Baked Ziti with Hamburger 9-12 Tax Prep. Assistance 11:30 Birthday Celebration
13 Lunch: Chicken Picatta 8:00 Free Exercise Class 10:00 Monday Fun Trip to The Loop 1:30 Computer Users 1:30 Pain Management Support 5:00 Mistral Concert	Valentine's Day 14 Lunch: Homemade Meatballs & Spaghetti Sauce Valentine's Cupcakes for dessert 9-10:30 Walk the Gym	15 Lunch: Soup & Salad (Chef Salad & Veg. Soup)	16 Lunch: Pot Roast 9:00 Women's Outdoor 9:00 Intergenerational Literacy 9:00 Chroniclers 9-10:30 Walk the Gym	17 No congregate lunch 9-12 Tax Prep. Assistance 10:00 Chinese New Year Celebration; \$7 includes lunch and performance
20 CLOSED FOR PRESIDENTS' DAY	21 Lunch: Beef Stroganoff 9-10:30 Walk the Gym 10:00 Friends Trip to Wayside Inn 12:30-3:30 Podiatry	22 Lunch: Open Faced Turkey 9:00-3:30 Podiatry	23 Lunch: Cranberry Garden Salad w/ Chicken Salad 9-10:30 Walk the Gym 1:30 Book Club	24 Lunch: Chicken Drumsticks 8:30 Firsts in Boston 9-12 Tax Prep. Assistance
27 Lunch: Shepherd's Pie 8:30 Mass State Senator 10:00 Monday Fun Trip to Market Street Lynnfield 10:00 Memory Café 1:00 Fix-It Shop 1:30 eBooks	28 Lunch: Cheese Pizza & Garden Salad 9-10:30 Walk the Gym 9:30 Brown Bag Pickup	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	MENU SUBJECT TO CHANGE WITHOUT NOTICE

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
Karen Payne-Taylor

Office Staff
Christine Marshall, Editor
Andrea Zaines

Nutrition Staff
Frank Melendez, Chef

Transportation/Intake
978-623-8323

Shawna McCloskey
Carol Howe
George Perakis

Meals on Wheels
978-623-8332

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

Margaret O'Connor, Chair
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Jane Gifun, Secretary
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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
978-623-8320

Boomer Venture

Belly Dancing

Thursdays, February 23 - May 11; 6 pm; \$78

Energize with Exercise

Mondays, February 27 - May 8; 3:30 pm; \$55
Thursdays, February 23 - May 11; 3:30 pm; \$66

Serenity Yoga

Thursdays, February 23 - May 11; 7:15 pm; \$78

BV Screening Rooms: Thursdays at 6:30 Screening Room (see website for complete listings and description)

February 2: Spellbound

February 9: A Man Called Ove

February 23: "Mustang" - Turkish Drama

March 2: "The Line King" the Al Hirschfeld story; documentary

Reflexology with Uli Kapp

Thursday evenings. \$1 per minute, in 15 minute intervals.

Refreshing, healing therapy for hands or feet. Must register the day before to hold spot.

Living Healthy Series

Thursday evenings; 5:30-7:00 pm; \$5 suggested donation. light supper at 5:30 with presentation at 6:00. Pre-registration requested by calling 978-623-8320. Join us for any or all of these cutting-edge presentations by local experts in each field.

- March 9: Spine and Orthopedics: Understanding Spine and Orthopaedic Pain and Your Management Options; Lawrence General Hospital
- March 16: Diabetes Management and Plant-based diets; Pavilion Medical
- **March 23: To be announced
- **March 30th = Women's Health Month: Incontinence - common causes and solutions presented by Judith West, RPT Physical Therapist; Holy Family Hospital
- April 6: Non-pharmaceutical approaches to pain management. Pavilion Medical Home Care
- **April 13: Hand Pain, Carpal Tunnel & Osteoarthritis present by Xavier Simcock, MD Orthopedic Surgeon; Holy Family Hospital
- **April 20: Joint Replacements and Robotics presented by Gregory Johnson, MD Orthopedic Surgeon; Holy Family Hospital
- **April 27: Pain Management: General and Back present by Stephanie Gianoukos, MD Pain Specialist; Holy Family Hospital
- **May 4: Shoulder Pain present by Joshua Philbrick, MD Orthopedic Surgeon; Holy Family Hospital

These events were arranged with the assistance of Lawrence General Hospital, Holy Family Hospital, Atria Marland Place, Pavilion Medical Home Care and Great Lakes Caring. Thank you!



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. 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.

**Memory Cafés on February 27th and March 27th FREE 10 - 11:30 am.
Open to all!**

Special Classes & Items

Fix it shop:

Monday, February 6 at 1pm

Monday, February 27 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

Duplicate Bridge

Thursdays, Feb. 23 - May 11; 1 pm; \$24; Learn in a fun, informal setting. Intermediate bridge skills are required as well as partners.

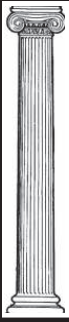
Play Piano!

Private half hour lessons are offered at a discount at our piano instructor's home. Please call Elliott Jacobowitz at 978-749-8857 to arrange your first lesson free at his Andover studio.

Disclaimer

The Senior Center, Andover Council on Aging and Town of Andover do not endorse, suggest or advocate any views or positions presented. They disclaim any responsibility and any liability with respect to the advocacy, adoption, use or implementation of any views, positions or method suggested, advocated or otherwise promoted by any lecturer.

The Senior Center receives partial funding for this newsletter from the Commonwealth of Massachusetts Executive Office of Elder Affairs and through the generous advertisers. We ask that you thank our advertisers. We thank taxpayers for supporting The Senior 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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To the home of:



Spring 2017 Semester begins February 21st - Registration Week February 6 - 10

Foul Weather Policy:

When Andover Public Schools are closed for weather related issues, The Andover Senior Center at Punchard is also closed for all programs, activities, classes, lunch and Meals on Wheels deliveries.

When Andover Public Schools are delayed, our semester programs are cancelled for that time period only. If an exercise class, you will be given a make-up. If a drop in group, please drive safely if you plan to join us. We will be open as usual.

School cancellations are announced on TV stations 4, 5, and 7, Andover cable channel 10, as well as radio station WCCM, beginning about 6 am. Please listen to these stations in the morning for announcements.

New Direct Phone Numbers:

Main Line: 978-623-8320

Info Line: 978-623-8302

Transportation: 978-623-8323

Meals on Wheels: 978-623-8322

Kitchen/Catering: 978-623-8328

email: anmary.connor@andoverma.us