

NEWS & VIEWS

The Andover Senior Center

July 2017, Vol. 1 Issue 7

July

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



We are very sad to see our loyal and beloved Program Coordinator retire. We wish Karen Payne-Taylor much joy and happiness in her next chapter. She will be leaving us July 14th. Stop by if you have not already. She will be sharing her wisdom with the new program coordinator, Noelle Klaibeign, who will start July 5th.

With summer here, please make sure you stay cool and hydrated. We welcome you to stop by and cool off. Please remember that you can enjoy both our patio areas. One is off the kitchen; the other is accessible via the hall door across from the Four Seasons Room entrance. Please check them out. With the new fiscal year starting, we have some great new items on the horizon. Please check out the newsletter, and see what new items you can find.

The Andover Senior Community Friends were highly successful with the Health Fair. In collaboration with the ASCF, there will be FREE fitness classes offered each semester starting in August. There will be some which are our regular classes, and others which are samplings of programs. We are working on mailing newsletters eight times a year. This will start in August. The item to remember is that we send the newsletter to the printer three weeks in advance for printing reasons. Therefore, if new items are added, they may not be in the newsletter. We will be developing a means to communicate changes in scheduling, cancellations and additions.

The Senior
Center at
Punchard
Growing together

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.

New Phone Number:

Main Line: 978-623-8320

email:

annmary.connor@andoverma.us



Phone # 978-623-8320

A Division of the Department of Community Services

Special Monthly Events

Celebrate our Country's Birthday

Wednesday, July 5; noon; \$2.50 donation

Enjoy a cook-out including hot dogs, hamburgers, watermelon and more. This is part of our congregate lunch so be sure to get registered for that special day in advance. Outdoor seating, weather permitting.

Balance & Safety Tips to Prevent Falls

Monday, July 10; 1:30 pm; free of charge with registration

Be pro-active! In this informative workshop learn many tips to prevent falls. The common causes of falls, ways to make your home safe, and how to increase your balance will be discussed. Northeast Rehab is our presenter.

Council on Aging Board Meeting

Thursday, July 13; 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

On vacation until September!

Voter Registration Drive

Monday, July 17; 11 am - 3 pm

If you or anyone you know have not had the chance to register to vote, this is your opportunity. The only information you need is either a driver's license number or a social security number. The voter registration forms will be available. You must be a US citizen to register to vote and at least 18 years of age. This public event is organized by the office of Seth Moulton, member of the United States House of Representatives, representing Massachusetts 6th congressional district.

Happy Birthday to You!

Friday, July 21; 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 Dan Kirouac, courtesy of the Andover Senior Community FRIENDS Inc. Be sure to request Dan's song "Silver Wishes" which won the 2012 New England Music award for best song of the year!

Mass State Senator

Monday, July 24; 8:30 am

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

How to Self-Publish Your Book

Monday, July 24; 1:30; free of charge

Learn to self-publish with no cost other than your time. Henry M. Quinlan has over 40 years of experience in book publishing and has spoken extensively about self-publishing. He offers tips and suggestions on writing and self-publishing – including how to fund your book and market it.

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.

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

On vacation until September!

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

July 12 Peking & the Mystics
July 19 Rico Barr
July 26 The Nowheremen
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

FBI: A conversation on Justice and Counter-terrorism

Wednesday, July 26 & August 30; 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.

Book Club

Thursday; July 27; 1:30 pm

“Short Novels of the Masters” Charles Neider, editor.

Ten classic short novels appear in this collection by noted editor Neider, ranging from Tolstoy to Kafka. Neider discusses the themes that arise in several of the novels, grouping them by more than just their greatness.

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.

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.

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.

Special Monthly Events

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 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 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.

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/ Majang games, other socializing activities. Free of charge and all are welcome.

Time: Fridays 6:30pm - 9:30pm

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

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

90° day.. FREE

Popsicle's!

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



Drop in Groups

Craft Corner: Thursdays; 9:30 am

Fiber Arts: Wednesdays; 10 am

Fun and Games– Tuesday-Friday 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; 9 am

Monday Movie Matinee: Free movies on Mondays at 1 pm. Free popcorn. Sodas available for purchase. Attention all movie lovers! Steve, our beloved film impresario, is taking a well-deserved vacation this summer. We'll do our best to provide some wonderful movies for you – give us your suggestions too! Come in out of the heat and enjoy popcorn and a cold drink!

July 3: TBA

July 10: "Fantastic Beasts and Where to Find Them"

July 17: "Carol"

July 24: TBA

July 31: TBA

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; 9 am

Social Bridge: Tuesdays; 1 pm

Do you have difficulty reading or holding books and newspapers?

The Talking Information Center Network (TIC) is a radio reading service that provides around the clock programming for the blind, visually impaired or otherwise disabled. Tune in to volunteers as they read state and local newspapers, magazines, periodicals and other information about state programs and events.

HOW TO LISTEN

Call TIC at 781-834-4400 to order a radio receiver.

Listen by telephone: call 712-832-7025

Listen via website: www.ticnetwork.org

Download our free app on your phone

For more information go to, www.ticnetwork.org or call 781-834-4400.

Health & Wellness

Foot Care

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, July 18; 9 am - 3:30 pm

Wednesday, July 26; 9 am - noon

Bereavement Support Group

Thursday, July 6; 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. This confidential group will meet through the summer months.

Wellness Discovery

Wednesday, July 19, 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.

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.



1-800-922-2275
Elder Abuse Hotline

REPORT ELDER ABUSE
1-800-922-2275
Operating **7** days a week **24** hours a day.

Summer Session: May 22 - August 11

Breath, Balance and Body Wellness

Tuesdays, May 23 - August 8; 2 pm; \$44

Line Dancing

Tuesdays, May 23 - August 8; 2:15 pm; \$44
Beginners Brush-Up - 2:15 pm; entire group - 2:30 pm;
Intermediate Challenges - 3 pm

Men and Women in Motion

Tuesdays, May 23 - August 8; 8 am; \$38.50
Thursdays, May 25 - August 10; 8 am; \$42

Sit and Get Fit

Tuesdays, May 23 - August 8; 10:15 am; \$38.50
Fridays, May 23 - August 11; 10:15 am; \$42

Strength Training

Wednesdays, May 24 - August 9; 8:00 am or 8:45 am; \$42
Fridays, May 26 - August 11; 8 am or 8:45 am; \$42

Strengthen and Stride

Tuesdays, May 23 - August 8; 9 am; \$38.50
Thursdays, May 25 - August 10; 9 am; \$42

Tai Chi:

Beginners: Tuesdays, June 6 - August 8; 1:10 pm; \$31.50
Intermediate I: Thursdays, June 8 - August 10; 1:10 pm; \$35
Intermediate II: Thursdays, June 8 - August 10; 2:15 pm; \$35

Tap Dancing Basic

Wednesdays, May 24 - August 9; 9:35 am; \$38.50

Tap Dancing Performance

Wednesdays, May 24 - August 9; 12:45 pm; \$38.50

Yoga Beginners

Tuesdays, May 23 - August 8; 10:30 am; \$38.50

Yoga Intermediate

Wednesdays, May 24 - August 9; 1:00 pm; \$42

Duplicate Bridge

Thursdays, May 25 - August 10; 1 - 3:30 pm; Free
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, May 22 - August 8; 10 am; \$15 for 20 minutes

Rhythm-Aires

Mondays, May 22 - August 7; 10:15 am; \$10

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

Mondays, May 22 - August 7; 9 am; \$20

Wood Carving

Mondays, May 22 - August 7; 9 am; FREE

Fix it Shop

On vacation until September!

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. This hidden gem: our do-it-all repair shop does not meet in July or August. See you in September!

ESL Classes

Mondays, May 22 - August 7; 1 pm;
off-site at Frye Circle; Free
Fridays, May 26 - August 11; 1 pm;
Free

Nature Walks

On break until the fall.

Golf

Tuesday mornings, 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!
To get started call Tom C. at 978-470-1087.

Andover Chroniclers

On break until the fall.

Monday Fun Trips,
10 am - 2 pm

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

Monday, July 24
North Reading

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

~~~~~

**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, July 25, 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.

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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 for a counselor to contact you.

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.

Please call Carol at 978-623-8323 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 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.

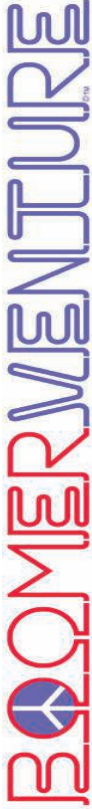
Senior Connections is open Monday through Friday, 8 AM to 4 PM.

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.



Nordic Walking

Wednesdays, June 21 - August 9 (no class July 5); 8:00 - 9:30 am; \$38.50

Top-rated aerobic and mental workout! Use specially designed poles to activate both upper and lower body, increasing the effectiveness of walking. This results in up to 46% increase in oxygen consumption and caloric expenditure. No prior exercise experience required. Meet in our lobby at 8:00 am. 30 Whittier Court - class size limited. We will hike sections of the Bay Circuit Trail.

Energize with Exercise

Mondays, May 22 - August 7; 3:30 pm; \$60.50

Thursdays, May 25 - August 10; 3:30 pm; \$66

Yoga in the Park

Thursdays, June 29 - July 27; 7:15 pm; \$32.50

Reflexology with Uli Kapp

Call for an appointment as the schedule is limited during summer hours.

Living Healthy Series

Will return in the fall.

Joseph Connelly, Director of Community Services

Just when you thought it couldn't get any better.....

The Department of Community Services and the Division of Elder Services is pleased to announce that beginning this fall the center will be officially open until 5 pm on Mondays, Tuesdays, Wednesdays, and Fridays. We will also continue to be open for programming until 9 pm on Thursdays.

The big news is that starting this fall we will be open on Saturdays from 8 am to 3 pm. The facility will start off being open for programming only and transportation will be available. Our goal is to expand upon the Saturday offerings quickly, and soon be able to offer both a hot lunch and a possibly a weekend modified meals on wheels program.

The Senior Center at Punchard is also partnering with the Chinese American Association of the Andovers (CAAA) to bring in additional community based programming on Friday evenings throughout the year. Activities will include singing, dancing, chess, Mahjonn, and much more. These events will be open to the entire community and to residents of all ages.

What about the actual physical space at the Senior Center at Punchard you ask? Well, this summer the Town of Andover will begin the process of soliciting bidders to perform a building feasibility study on the Senior Center at Punchard. The study will begin in the fall and we will be looking for your input on how we can improve and expand upon the available space at the senior center.

Outdoor Adventures

Women's Outdoor Adventures

The women are taking a break in July – watch for late summer/early fall hikes in the August newsletter.

If you want to be notified of these outings, please email Bev at bevol@comcast.net to receive the latest updates on their adventures.

Men's Outdoor Adventures

Wednesday, July 12 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, July 26 Hike West Parish/Doyle Link, Andover

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

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

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Services can begin quickly and easily. Call 978-552-4444 or visit HomeCareInc.org

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

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)
- ◇ 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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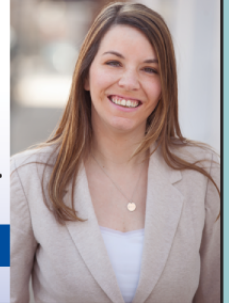


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July 2017 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; margin: 0;">3</p> <p>Lunch: Chicken Cordon Bleu</p>	<p style="text-align: right; margin: 0;">4</p> <p style="color: red; text-align: center;">Closed Independence Day</p>	<p style="text-align: right; margin: 0;">5</p> <p>Lunch: Cook Out - Low Sodium Hot Dog or Hamburger</p> <p>12:00 Cook Out</p>	<p style="text-align: right; margin: 0;">6</p> <p>Lunch: Stuffed Pork Roast</p> <p>1:30 Bereavement Support</p>	<p style="text-align: right; margin: 0;">7</p> <p>Lunch: Tuna Casserole</p>
<p style="text-align: right; margin: 0;">10</p> <p>Lunch: Garden Salad w/ Chicken</p> <p>1:30 Balance & Safety Tips</p>	<p style="text-align: right; margin: 0;">11</p> <p>Lunch: Chicken Broccoli Ziti</p>	<p style="text-align: right; margin: 0;">12</p> <p>Lunch: Meatloaf</p> <p>9:00 Men's Outdoor 6-8pm Concert in the Park</p>	<p style="text-align: right; margin: 0;">13</p> <p>Lunch: Chicken Pesto</p> <p>8:30 COAB Meeting 9:30 FRIENDS trip to JFK Museum 5-7pm Grill Night</p>	<p style="text-align: right; margin: 0;">14</p> <p>Lunch: Spinach Pie</p> <p>10:30 FRIENDS Mtg</p>
<p style="text-align: right; margin: 0;">17</p> <p>Lunch: Turkey Burger</p> <p>11-3 Voter Registration Drive</p>	<p style="text-align: right; margin: 0;">18</p> <p>Lunch: Chicken Marsala</p> <p>9-3:30 Podiatry</p>	<p style="text-align: right; margin: 0;">19</p> <p>Lunch: Garden Salad w/ Scoop of Tuna</p> <p>10:00 Wellness Discovery 6-8pm Concert in the Park</p>	<p style="text-align: right; margin: 0;">20</p> <p>Lunch: Pot Roast</p>	<p style="text-align: right; margin: 0;">21</p> <p style="color: green; text-align: center;">Birthday Lunch</p> <p>Lunch: Eggplant Parm</p> <p>11:45 Birthday Lunch</p>
<p style="text-align: right; margin: 0;">24</p> <p>Lunch: Meatball Sub</p> <p>8:30 State Senator 10:00 Walmart Trip 1:30 How to Self Publish Your Book</p>	<p style="text-align: right; margin: 0;">25</p> <p>Lunch: Chicken Pot Pie</p>	<p style="text-align: right; margin: 0;">26</p> <p>Lunch: Open Faced Roast Beef</p> <p>8:30 FBI discussion 9:00 Men's Outdoor 9-12 Podiatry 6-8pm Concert in the Park</p>	<p style="text-align: right; margin: 0;">27</p> <p>Lunch: Chicken Caesar Salad</p> <p>1:30 Book Club 5-7pm Grill Night</p>	<p style="text-align: right; margin: 0;">28</p> <p>Lunch: Cheese Pizza</p>
<p style="text-align: right; margin: 0;">31</p> <p>Lunch: American Chop Suey</p>	<p style="color: green; text-align: center;">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.</p>			

MENU SUBJECT TO CHANGE WITHOUT NOTICE

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., July 14th at 10:30 am
- Fri., Aug 11th at 10:30 am

FRIENDS Trips

John F. Kennedy Presidential Library and Museum

Thursday, July 13; 9:30 – 2:30pm; \$58/56

Includes luxury transportation, admission and tour escort. Lunch on your own at on-site cafe. Located on a ten-acre park overlooking the sea it stands as a vibrant tribute to the life and times of our 35th president. This trip is full but will add a larger bus if enough people are interested. Let us know ASAP!

Sightseeing Cruise and Lunch by the Sea

Friday, August 25; 9:30 – 2:30pm \$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.

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



Old Town Hall,
Main Street,
1st floor

The World Famous Glenn Miller Orchestra

Friday, July 21; 7 – 9:30 pm

Nara Park Amphitheater; 25 Ledge Rock Way, Acton MA. \$10 advance/\$15 at the gate. Gates open at 5:30. Bring your own chairs/blankets. Food, wine & soft drinks available to purchase or bring your own.

Purchase at www.acton-ma.gov/register or by calling (978)929-6640 ext. 0.

SOHIP! (Society for Historically Informed Performance)

Wednesday evenings, June 21 – August 2; 8pm. Historic West Parish Chapel on Lowell Street.

Take advantage of this world-class chamber music program featuring music from the Middle Ages to Mendelssohn. Mention that you are affiliated with Andover Senior Center to receive \$10 tickets at the door. (The regular price for seniors is \$20).

Andover Elder Services is collaborating with Memorial Hall Library to refurbish the free lending library at the Center. Librarians will be updating the offerings and would like your input about what authors to include. Please write your author preferences in the binder, and the librarians will do their best to find those books in the materials that are donated by the community. Please see Annmary for more information.

Memorial Hall Library Summer

Adult summer reading at Memorial Hall Library starts July 1st and runs until August 31st. Stop by the Circulation or Reference Desk and fill out a slip for every book you read or listen to, and you'll be entered into our prize drawing on September 1st. Prizes include gift certificates to local businesses.

July events at Memorial Hall Library include:

Adult Board Game Afternoon on Sunday, July 9 from 1:30-4:30pm in the Activity Room.

A Guided Hike in Den Rock Park on Sunday, July 16 at 1pm. Al French will lead the hike. Meet in the Den Rock Park lot off Route 114. Sign up at www.mhl.org/eventcalendar. Heavy rain cancels.

A documentary screening and facilitated discussion on Thursday, July 27 at 7pm of *Human Harvest*, a film about forced organ harvesting from Chinese prisoners of conscience.

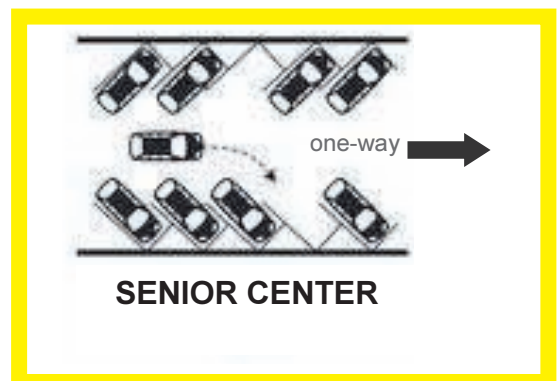


We are grateful for the memorial gifts in loving memory of Cora Ozoonian. The Center at Punchard has purchased wonderful rice cookers to warm the a heart soul of our seniors in her memory.

NEW PARKING LOT

You have probably noticed a newly paved parking lot in front of the Senior Center. Please note the following changes:

- ◇ Angled parking spaces
- ◇ One-way travel lane through the parking lot - exiting past the Youth Center



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Punchard**

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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

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

**Outdoor GRILL NIGHTS at
CENTER AT PUNCHARD**

Join us Thursdays, **June 29, July 13 & 27,
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



Includes drink, salad, dessert and sides

SPECIALS

July 13: Steak Tips \$9

July 27: Shrimp Kabobs \$10

August 10: Boneless pork ribs \$10

August 24: Salmon \$10



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

Disclaimer

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