

# NEWS & VIEWS

The Andover Senior Center

June 2017, Vol. 1 Issue 6

## June

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



As we head into June, there is a plethora of activities going on. Graduations are happening, vacations have started, school is getting out, birds are chirping and bees are humming!

Please enjoy this great season; remember to stay hydrated and carry your epi pen if you are allergic to bees.

Watch for those kids who are playing kicking ball in the streets.

May was extremely successful! We hosted the Volunteer Appreciation Event and enjoyed delicious food, fun and a lovely venue. Thank you all who helped out! The Andover Senior Community Friends hosted their first Annual Health Fair. This was a huge success. There were over 600 people who came through the doors and over 50 vendor tables. Great information was shared and fun was had by all. I want to extend my sincere gratitude to all who helped out, especially the "Friends." This event would not have happened without them. Please join the Friends in supporting the Center at Punchard.

If you have not heard, our dynamic and trendy Program Coordinator, Karen Payne-Taylor is retiring the beginning of July! She will be greatly missed! We wish her well on her next adventure!

I want to highlight all our generous sponsors. Many sponsors help in the news publication; as it is through those advertisements that we have the newsletter printed at no cost to the Center. We also want to recognize all the Living Healthy Fair sponsors. They help the Friends raise money to support Living Healthy Programs here at the Center. When you see these companies, please thank them.

### **SCRPT MEETINGS**

Coming in June - SCRPT meetings - new expedited process

- ◆ Friday, June 9; 10:00 am - informal drop off and info session
- ◆ Tuesday, June 13; 8:30 am - informal drop off and info session
- ◆ Friday, June 23; 9:00 am - mandatory meeting for all new applicants and for those who have questions for our Town Accountant, Assessor, Collector/Treasurer, and Human Resources Representatives
- ◆ Tuesday, June 27; 9:00 am - informal drop off and info session

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.**

### **PRESS RELEASE**

The Town of Andover is seeking qualified residents of the town as poll workers to work elections and town meetings for the upcoming election cycle. Interested persons may apply on line on the town web site at [www.andoverma.gov](http://www.andoverma.gov); choose "Ongoing-Pollworker"; or contact Town Clerk Larry Murphy by e-mail at [lmurphy@andoverma.gov](mailto:lmurphy@andoverma.gov) or by telephone at 978-623-8230

### **New Direct Phone Numbers:**

**Main Line: 978-623-8320**

**Kitchen/Catering: 978-623-8328**

**email: [annmary.connor@andoverma.us](mailto:annmary.connor@andoverma.us)**

**NEW Phone # 978-623-8320**

**A Division of the Department of Community Services**

## Special Monthly Events

### **New! 3B (Balance, Bones and Brain) Fitness with Brian Coyne.**

Mondays, June 5 - 26; 8:00 - 8:45 am

Free with registration; limited to first 20 people.

This comprehensive program will include every modality of fitness appropriate for Seniors (balance training to prevent falls, strength training to increase bone density and age appropriate trivia and brain games to supplement the program). Incorporating trivia questions along with the workout challenges your body and your brain too! It is a fun way to engage with old friends and invites the opportunity to make new ones. All in a non-intimidating, fun and inviting atmosphere with the ultimate goal of moving your body safely and efficiently and enjoying every second of it.

### **Early Andover Gravestones and the Stories They Tell**

Monday, June 5; 1:30 pm

Witchcraft, murder and tragedy are intertwined with stories of patriotism, honor and freedom in early Andover burying grounds. Highlighting the stories are quaint carvings and expressions that adorn 17th, 18th and 19th century gravestones. Come learn about Andover's historic and artistic markers and hear the captivating stories they tell (and sometimes don't tell!) about the town's earliest residents. Presentation by author and local historian Joan Patrakis

### **Genealogy: Researching Military Records**

Wednesday June 7; 10 am – 11 am; Memorial Hall Library's Genealogy Club is meeting this summer at the Senior Center. All are welcome!

Military service records are rich historical documents that can help you establish your family tree. Service records include war and peacetime documents that can reveal information about families, health, income and place of residence. Join Memorial Hall Library staff and their Genealogy club here to review military records and where to find them online and in government archives.

### **Council on Aging Board Meeting**

Thursday, June 8; 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](mailto:first.last@andoverma.us)

### **TRIAD Program**

Thursday, June 8; 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.

### **Computer Users' Group**

Monday, June 12; 1:30 pm at MHL

This group meets the second Monday of the month at Memorial Hall Library at 1:30 pm from September until June.

Verizon FIOS has announced the discontinuance of its e-mail system. We will discuss possible options for people who use this service and will cover other e-mail options such as AOL, gmail and yahoo mail. Please share your e-mail to be informed of upcoming topics.

### **WRAP** **(Wellness Recovery** **Action Plan)**

Wednesday, June 21 -  
August 23; 10:00 - 11:30 am

Free of charge with registration  
at 978-687-4288.

Held on the 2<sup>nd</sup> floor of the  
School Administration Building,  
30 Whittier Court.

Join this confidential evidence-based support program that has been in use for twenty years by people who experience mental illness or trauma issues. During the class, participants develop a plan that will help them to recover and feel well again. This class is geared towards people age 50+. This class is administered and funded through the Northeast Recovery Learning Community of the Northeast Independent Living Program to be hosted at the Center at Punchard. To register please call 978-687-4288 and speak with Helina.



### **Memory Café**

Monday, June 26; 1:30 pm; free and open to all; 4th Monday of the month  
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.

## 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](mailto: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](mailto:chris.marshall@andoverma.us) to sign up for the Chinese summary. Thank you.

## **Special Monthly Events**

### GameSense: An educational journey into the mind of a slot machine

Monday, June 12 at 1:30 pm

Do you ever wonder why certain slot machines seem to be player friendly while others are not? Slot machines are the most popular casino game and yet are also the most mysterious. Learn more about this favorite game to make your money last longer, have more fun and possibly come out ahead from time to time. All of these are realistic outcomes for an informed slot player. GameSense will engage us in a slot conversation that is not available to most!

### Happy Birthday to You!

Friday, June 16; 11:45 am; third Friday of every month. This event is open to everyone. This is part of the congregational 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 and frolic of Paul Wayne, courtesy of the Andover Senior Community FRIENDS Inc. He'll keep all our toes tapping!

### Ask the Lawyer - Legal Clinic

Monday, June 19; 1:30 pm

Local attorney, Jerry S. Congdon, Esq., 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.

### Andover 101 with Andover Historical Society

Friday, June 23; 10 a.m. here at the Center

Would you like to learn more about your town?

Join us here at the Center for the Historical Society's popular Andover 101 presentation, an unstuffy one-hour introduction to stories that helped create the Andover we know today. A team of speakers tell 15 short stories, giving you a quick and lively introduction to Andover's essential stories. What are essential stories? The five minute short stories include geology, Native American life, Salem witch trials of 1692, Underground Railroad, Shawsheen Village and industry.

### Mass State Senator

Monday, June 26; 8:30 am.

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

### FBI: A conversation on Justice and Counter-terrorism

Wednesday, June 28; 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 back Jay White, former FBI agent.

### 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.

## Special Monthly Events

### Mass Bar Association

Friday, June 30; 9:30 am

Taking Control of Your Future: "A Legal Checkup"

Meet with Debra Silberstein, local elder law attorney and benefit from the updated resource guide. Ms. Silberstein will discuss trends and new developments, including new language in durable powers of attorney and trusts. Free resource guide to first 20 who register.

### 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.

### Voter Registration Drive

Monday, July 17; 11:00 am - 3:00 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's 6th congressional district.

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

Wednesday, August 2; 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!

### 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.



## Drop in Groups

### Book Club

Thursday, June 22 at 1:30 pm  
"Orphan Train" by Christina Baker Kline

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.

June 5: "Who Framed Roger  
Rabbit?"

June 12: "The Arrival"

June 19: "The Fly"

June 26: "Jack Reacher"

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

"Write Stuff": Tuesdays; 10 am  
Members and co-leader wanted.

**Thank you to All the  
Living Healthy Fair Sponsors**

AARP  
A Centered Self  
Andover Fire Rescue  
Andover Health Division  
Associated Home Care  
AVIS  
Atria Marland Place  
Blair House  
Burns&Levinson LLP  
Caregiver Homes  
Digital Hearing Healthcare  
Edgewood Community  
Enterprise Bank  
Elder Services of Merrimack Valley  
Element Care  
Genisis Academy Manor  
Great Lakes Caring  
Griswold Home Care  
Hans Hug Long Term Care/Life Insurance  
Here For You  
Holy Family Hospital  
Home Health Foundation  
Humble Home Care/All in One Home Care  
Kimberly Butler Rainen  
Lawrence General Hospital  
Letourneau's Pharmacy  
Merrimack Valley Regional Transit Auth  
Merrimack Valley YMCA  
Methuen Village @Riverwalk Park  
Metropolitan Healthcare  
Morana Law Office LLC  
New England Neurological  
Northeast Rehabilitation Hospital  
Northern Essex Registry of Deeds  
Office of Economic Empowerment MA  
Oxygen Mind and Body  
Pavillion Medical  
Pentucket Medical  
Santander Bank  
Senior Whole Health  
Stop and Shop  
Summit Elder care (Fallon Health)  
Tallman Eye  
TRIAD Town of Andover  
United Healthcare Community Plan  
Veterans Northeast Outreach Center, Inc.  
Wingate

**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, June 20; 9 am - 3:30 pm

Wednesday, June 28; 9 am - noon

**Bereavement Support Group**

Thursday, June 1; 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.

**Parkinson's Support Group**

Thursday, June 8; 1:30-3:00 pm

This group meets the second Thursday of the month, September through June; 1:30-3 pm at The Center. Please call Kristine Arakelian, outreach coordinator, to confirm your attendance or for further information. All are welcome.

**Pain Management Support Group**

Monday, June 12, 1:30 pm (no meetings in July or August)

This helpful 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

**Balance Clinic**

Wednesday, June 28; from 2 to 3:30 pm

Join us for this new quarterly balance assessment clinic. Take this opportunity for a 1 on 1 assessment with a registered Physical Therapist to develop a plan to improve your balance. It is also an excellent opportunity to visit our Wellness Clinic where our nurses offer a confidential meeting to check blood pressure and help you manage your day-to-day questions and health needs. Please call to register!

**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.

**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.

## 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

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### **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**

- Monday, June 5 at 1pm
- Monday, June 19 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. 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**

Thursdays, June 1 & 15; 9 am

Andover Chroniclers cordially invite you to join our TV crew!

## **Monday Fun Trips, 10 am - 2 pm**

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

### ***Monday, June 26 North Reading***

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

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### **Memory Café on Monday, June 26 FREE 1:30 pm Open to all!**

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### **Brown Bag**

Elder Services of the Merrimack Valley, Boston Food Bank, and The Senior Center at Punchard (C@P) are expanding the Brown Bag program. This is FREE to anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, Chapter 115, food stamps or fuel assistance. This grocery bag is available on the fourth Tuesday of the month, June 27, 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.*

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## **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.

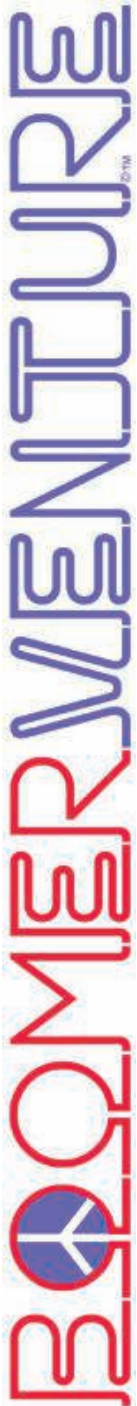
Senior Connections is open Monday through Friday, 8 AM to 4 PM.

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.

**Belly Dancing**

Thursdays, May 25 - June 22; 6 pm; \$32.50

**Energize with Exercise**

Mondays, May 22 - August 7; 3:30 pm; \$60.50  
Thursdays, May 25 - August 10; 3:30 pm; \$66

**Serenity Yoga**

Thursdays, May 25 - June 22; 7:15 pm; \$32.50

**Yoga in the Park**

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

**BV Screening Rooms:** Thursdays at 6:30 Screening Room

- June 1: "Lion"
- June 8: "An Honest Liar"
- June 15: "Far from the Madding Crowd"
- June 22: "Julietta"

**Reflexology with Uli Kapp**

Thursday evenings. \$1 per minute, in 15 minute intervals. This program will be on break after June 22 until the fall. 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 is served 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.

**Maturity is Your Brand:** 2 part professional workshop series

- **Personal Branding**

Thursday, June 1; 5:30 – 7 pm; Pre-registration is appreciated.  
Personalized branding is fast becoming a must for boomers who want to:

Find a job, Start a business, Volunteer, Run for office

How do you go about creating one? Begin by getting a basic understanding of what a personal brand is and what you need to build your own. Christopher Payne-Taylor, President of Brandividualist.

- **Marketing Your Maturity**

Thursday, June 8; 5:30 - 7 pm  
Judy Junker, a Workshop Specialist with experience working at Career Centers, will explain how important it is for mature people to market themselves when seeking a job, networking, and where to find resources to help people age 50 and over. Judy has critiqued resumes, facilitated Computer Skills Workshops, Networking Groups and provided Job Search Skills Training.

## Boomer Venture (continued)

- **Healing Foods**

Thursday, June 15; 5:30 – 7pm. Healthy dinner provided at 5:30 pm; \$5 donation

When we were younger, we had time on our side but now, as every year passes, we become more aware of the urgency of doing some things to turn our health around or, if we're lucky, maintain by simply arming ourselves with good information and healthy choices. Do you know where our food comes from? And how to find the healthiest choices at the best price?

Join Jaxon S. Stallard, Certified Culinary Professional, Holistic Nutrition Health Coach and Cancer survivor for real-life tips.

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

## Women's Outdoor Adventures

### Monday, June 5

Hike the Goldsmith Woods and Fosters Pond Reservations

### Thursday, June 22

Visit Pole Hill and discover where folks from all over Boston joined Andover residents at the turn of the century to enjoy picnic areas around the Shawsheen River as well as a dance hall.

## Men's Outdoor Adventures

### Wednesday, June 7

Franklin Park, Boston

Established in 1885 as the crowning jewel of Frederick Law Olmsted's achievements in Boston, this Boston city park contains a common, a garden, a former tidal march, a river glen and an arboretum. We will car pool to the MBTA and ride to Forest Hills and walk to Franklin Park. Lunch will be in the local area. We should return to Andover by 3 PM. Please pre-register!

### Wednesday, June 21

Deer Jump Reservation

Andover (Bay Circuit)

We will walk this AVIS Reservation that extends for about 2.5 miles along banks of the Merrimack River in Andover. This trail is part of the Bay Circuit trail in Andover. We expect to hike about two hours and hopefully will see Mountain Laurel in bloom along the sunnier parts of the trail.

If you did not receive the April e-mail and would like to get on our list, please e-mail Bev @ [bevol@comcast.net](mailto:bevol@comcast.net), to receive the latest updates on our adventures.

*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.*

## Kind Connections

A program of HomeCare, Inc.



HomeCare, Inc.

Affiliated with Home Health VNA and Merrimack Valley Hospice

### Your choice for quality, dependable care at home

- Personal care
- Light housekeeping
- Meal preparation
- Medication reminders
- Transportation/errands
- Companionship

Services can begin quickly and easily. Call 978-552-4444 or visit [HomeCareInc.org](http://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   | 9:00 Walk the Gym                 | 9:00 Art Drop-In       | 9:00 Walk the Gym           | 10:15 Sit and Get Fit       |
| 10:15 Rhythm-Aires             | 10:00 Writing Group               | 9:00 "SHOP" Group      | 9:30 Craft Group            | 1:00 Fun and Games          |
| 1:00 Movie Matinee             | 10:00 Sit and Get Fit             | 9:30 Basic Tap         | 9:30 Townie Trips           | 1:00 ESL lessons            |
| 1:00 ESL Lessons (off site)    | 10:30 Beginner's Yoga             | 10:00 Fiber Arts       | 1:00 Fun and Games          | 2:00 Ping Pong              |
| 3:30 BV Energize with Exercise | 1:00 Fun and Games                | 10:00 Grocery Shopping | 1:00 Duplicate Bridge       | 3:00 Mindfulness Meditation |
|                                | 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         | 3:30 Energize with Exercise |                             |
|                                | 2:15 Line Dancing                 | 1:00 Fun and Games     | 6:00 Reflexology            |                             |
|                                |                                   | 1:00 Adult Coloring    | 6:00 Belly Dancing          |                             |
|                                |                                   | 1:00 Yoga-Inter.       | 6:30 Screening Room         |                             |
|                                |                                   | 2:00 Wellness Clinic   | 7:15 Serenity Yoga          |                             |
|                                |                                   | 2:30 Nordic Walking    |                             |                             |

### **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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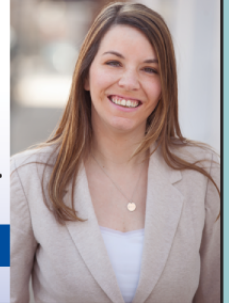


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# June 2017 Calendar of Events

| MONDAY                                                                                                                                                                                                                              | TUESDAY                                                                                          | WEDNESDAY                                                                                                                        | THURSDAY                                                                                                                                                                                         | FRIDAY                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>LUNCH REGISTRATION:</b> 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> |                                                                                                  |                                                                                                                                  | <p style="text-align: right;">1</p> <p>Lunch: Chicken Broccoli Ziti Alfredo</p> <p>9:00 Chroniclers<br/>1:30 Bereavement Group<br/>5:30 Living Healthy</p>                                       | <p style="text-align: right;">2</p> <p>Lunch: Cheese Pizza &amp; Garden Salad</p>                                                                     |
|                                                                                                                                                                                                                                     |                                                                                                  |                                                                                                                                  | <p style="text-align: right;">5</p> <p>Lunch: Low Sodium Hot Dogs</p> <p>8:00 3B (Balance, Bones and Brain)<br/>9:00 Women's Outdoor<br/>1:00 Fix It Shop<br/>1:30 Early Andover Gravestones</p> | <p style="text-align: right;">6</p> <p>Lunch: Stuffed Chicken</p>                                                                                     |
| <p style="text-align: right;">12</p> <p>Lunch: Chicken Parm</p> <p>1:30 Computer Users Group<br/>1:30 GameSense<br/>1:30 Pain Mgmt Group</p>                                                                                        | <p style="text-align: right;">13</p> <p>Lunch: Roast Turkey</p> <p>8:30 SCRPT Meeting</p>        | <p style="text-align: right;">14</p> <p>Lunch: Pot Roast</p>                                                                     | <p style="text-align: right;">15</p> <p>Lunch: Chicken Drumsticks</p> <p>9:00 Chroniclers<br/>5:30 Living Healthy</p>                                                                            | <p style="text-align: right;">16</p> <p><b>Birthday Lunch</b></p> <p>Lunch: Baked Ziti (w/ beef &amp; ricotta cheese)</p> <p>11:45 Birthday Lunch</p> |
| <p style="text-align: right;">19</p> <p>Lunch: Grilled Cheese w/ Mac and Cheese</p> <p>1:00 Fix It Shop<br/>1:30 Ask the Lawyer</p>                                                                                                 | <p style="text-align: right;">20</p> <p>Lunch: Chicken Pesto</p> <p>9-3:30 Podiatry</p>          | <p style="text-align: right;">21</p> <p>Lunch: Spaghetti &amp; Meatballs</p> <p>9:00 Men's Outdoor<br/>10:00 WRAP</p>            | <p style="text-align: right;">22</p> <p>Lunch: Chicken Pot Pie</p> <p>9:00 Women's Outdoor</p>                                                                                                   | <p style="text-align: right;">23</p> <p>Lunch: Lemon Cod</p> <p>9:00 SCRPT Meeting<br/>10:00 Andover 101</p>                                          |
| <p style="text-align: right;">26</p> <p>Lunch: American Chop Suey</p> <p>8:30 State Senator<br/>10:00 Walmart Trip<br/>1:30 Memory Café</p>                                                                                         | <p style="text-align: right;">27</p> <p>Lunch: Chicken Cordon Bleu</p> <p>9:00 SCRPT Meeting</p> | <p style="text-align: right;">28</p> <p>Lunch: Meatloaf</p> <p>8:30 FBI Discussion<br/>9-12 Podiatry<br/>2:00 Balance Clinic</p> | <p style="text-align: right;">29</p> <p>Lunch: Chef Salad</p> <p>5:00 Grill Night</p>                                                                                                            | <p style="text-align: right;">30</p> <p>Lunch: Spinach Pie</p> <p>9:30 Mass Bar Assoc.</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

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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., June 16th 10:30 am
- Fri., July 14th
- Fri., Aug 11th

## FRIENDS Trips

### Tower Hill Botanical Gardens

Friday, June 9; 9:00-3:30; \$57/55

Includes luxury transportation, entrance fee and tour escort. Lunch on your own is available at the on-site café.

### 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 35<sup>th</sup> president.

### Sightseeing cruise and lunch by the sea

Friday, August 25; 9:30 – 2:30pm \$91/89

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

### **Georgetown COA to offer “A Matter of Balance” Fall Prevention program June 22 – August 10**

Georgetown – In partnership with Elder Services of Merrimack Valley, the Georgetown COA will offer “A Matter of Balance” Thursdays June 22 – August 10, 10 a.m. at the Georgetown Senior Community Center. For more information or to register for the program, please call the Georgetown COA at 978-352-5726.

### **Georgetown COA: Care Dimensions to present Dementia Through the Stages June 28**

Georgetown – Care Dimensions (formerly Hospice of the North Shore and Greater Boston) will present “Dementia Through the Stages Wednesday June 28, 10 a.m. at the Georgetown Senior Community Center. The program will cover the general behaviors, emotions and challenges that may be expected in the stages of dementia. For further information and to RSVP, call the Georgetown Council on Aging at 978-352-5726.

### Saturday Morning Community Coffee

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**Summer Music Program**  
**Senior Center at Punchard**

June 23, 2017 - 7:00 p.m.  
30 Whittier Court  
Andover MA 01810

Seal of the City of Andover and CAAA logo are also present.

## June Events at Memorial Hall Library

### FamilySearch: Genealogical Records Preservation & Access

Thursday, June 1 at 7pm

If you've found family history documents online, there's a good chance you have FamilySearch to thank. Founded and operated by The Church of Jesus Christ of Latter Day Saints, FamilySearch is the world's largest repository of genealogical records, and also offers library services and software to facilitate genealogical research. Discover the story of the LDS genealogical faith mission, including details of their preservation, indexing, microfilming and digitizing enterprise taking place around the globe. A brief overview of searching in FamilySearch.org will be demonstrated. Leslie Carabello is the Director of the LDS Family History Center in Lynnfield. Sign up at [www.mhl.org/eventcalendar](http://www.mhl.org/eventcalendar).

### Shopping for a computer?

Monday, June 5, 10-11:30am

Looking to purchase a new computer or upgrade the one you have? You'll learn what to look for in a new computer, go over some of the parts, and touch briefly on upgrading or repairing the machine you have. Sign up at [www.mhl.org/eventcalendar](http://www.mhl.org/eventcalendar). Meets in Activity Room.

### Healthy & Allergen-Free Baking Workshop

Tuesday, June 6 at 7pm in Memorial Hall

Paula Castner will share her extensive knowledge and recipes for turning some of your favorite baked goods into healthier alternatives. Learn how to revamp your recipes to accommodate dietary restrictions and food allergies. No cooking, but handouts will be provided. Sign up at [www.mhl.org/eventcalendar](http://www.mhl.org/eventcalendar). Sponsored by the Friends of MHL.

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**June 29: Salmon \$10**

**July 13: Steak Tips \$9.00**

**July 27: Shrimp Kabobs \$10**



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

Watch the newsletter for special menu items and musical entertainment!

**Disclaimer**

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