

NEWS & VIEWS

The Andover Senior Center

March 2017, Vol. 1 Issue 3

March

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

The Senior
Center at
Punchard
Growing together



As we enter into March so much is happening! On the forefront we have a new speaker series entitled "Living Healthy" on Thursdays. We also have a "Meet and Greet" with Town Department Heads. This is an opportunity to ask questions to various department heads. "Prevent Medicare Fraud" discussion will take place on Friday, March 10 at 9:30 am.

We will be hosting our annual St. Patrick's Day Luncheon at the "Town House" on Friday, March 24.

I would like to encourage you to check out our drop in groups and try something new. Did you know that no skill is required; we encourage you to try something new! We have some great groups: cards, wood carving, crafters, singers and so much more.

As a reminder we offer FREE tax services courtesy of an AARP funded program. Please review the circuit breaker as another potential opportunity.

I would like to highlight some supporters over the past month. The Fire Department graciously donated the new smart board in the Four Seasons Room; this will expand our ability for lectures and more. I would like to thank the Andover Senior Community Friends for their support of the birthday parties and the upcoming health fair in May. I would like to thank Karma Restaurant for the delicious food at our highly successful Chinese New Year Event, in which we had over 140 people in attendance. Wishing you a warm spring!

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 Direct Phone Numbers:

Main Line: 978-623-8320
Meals on Wheels: 978-623-8322
Transportation: 978-623-8323
Kitchen/Catering: 978-623-8328

email:
annmary.connor@andoverma.us

NEW Phone # 978-623-8320

A Division of the Department of Community Services

Special Monthly Events

Andover Department Head: Meet and Greet

This is your chance to learn about and ask questions of the many town departments that serve all residents. All the various Town of Andover departments have been asked to join us from 11:15 - 11:45 am throughout the month of March.

- ◇ Tuesday, March 7: Larry Murphy, Town Clerk
- ◇ Friday, March 10: Chris Cronin, Municipal Services (water, sewage, recycling, roads, lights, trees, etc.)
- ◇ Wednesday, March 15: Chief Patrick Keefe, Police Department
- ◇ Friday, March 17: Paul Materazzo, Director of Planning
- ◇ Thursday, March 23: Chief Mike Mansfield, Fire Department Chief
- ◇ Wednesday, March 29: Joe Connelly, Director of Community Services

Council on Aging Board Meeting

Thursday, March 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, March 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.

Prevent Medicare Fraud: Senior Medicare Patrol

Friday, March 10; 9:30 am

Protect yourself from Medicare Fraud by learning how to prevent, detect and report healthcare errors, fraud and abuse.

Computer Users' Group

Monday, March 13; 1:30 pm at MHL; Microsoft PowerPoint

Ever have to give a presentation? This is the de-facto standard for presenting slides to a group. Videos and music can be added in as you wish. We will look at some free alternatives.

iGeneration Meets Baby Boomer!

Thursday, March 16 & 23; 3:00 - 4:00 pm; held at the Senior Center; limit 10 seniors; free with pre-registration

Touch technology whizzes!! Join students from our Youth Center program to learn more about your touch screen devices! Bring your iPad, tablet or smart phones for some one-on-one instruction. Be sure your device is charged up and bring your instruction manual if handy.

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, **March 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.

Happy Birthday to You!

Friday, March 17; 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.) Have fun with Eric Baldwin as he entertains us with banjo and guitar, courtesy of the Andover Senior Community FRIENDS Inc.

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

Lucky 13: The Colonies that Became America

Mondays, March 20 - April 24; 1:30 pm; \$10 suggested donation

Join us for a five-part series on Colonial America: how and why each colony was founded, how they were alike and different, and how four groups of colonies contributed to the growth of the United States. Led by local historian Don Robb, the sessions will focus not on dates, but on the fascinating story of how thirteen isolated colonies overcame enormous differences 240 years ago to form a new country which was somehow more than the sum of its parts.

Memory Café

Monday, March 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.

Balance Clinic

Wednesday, March 29; 2 - 3:30 pm

Take this opportunity for a one-on-one 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.

Friday Speaker Series - “Bhutan, Land of the Thunder Dragon”

Friday, March 31; 8:30 am; \$4.00 includes breakfast

Bhutan is an isolated Himalayan kingdom between Tibet and India. It is steeped in Buddhist folklore and mythology and known for its Gross National Happiness, distinct culture, and magnificent scenery. It is the destination of a lifetime. Jack Holmes, photographer, will be our presenter as well as the featured artist in our lobby for March.

Matter of Balance

Thursdays, April 6 - May 25; 10:05 am - 12:05 pm; free with pre-registration by calling 978-946-1211 or at www.healthyliving4me.org.

Held at the Cormier Youth Center, 40 Whittier Court, Andover. If you have fallen in the past or have a fear of falling, this 8-week course is for you. Learn exercises to help improve balance, flexibility and strength. Sponsored by Elder Services of the Merrimack Valley. Please stop by the Senior Center on Tuesday, March 7 right before 2:00 pm or Tuesday, March 14 at 11:00 am for more information.

Best American Short Stories of 2016

Wednesdays, April 12 - May 10; 9:00 - 10:30 pm

Please join us for five Wednesdays to discuss selections from this annual collection of acclaimed American short stories. Eileen Reilly, a longtime book enthusiast, will facilitate discussion. Edited by Junot Diaz, the Best American Short Stories of 2016 can be requested from our town library or purchased for under \$10 (available in Kindle version on Amazon). For the first session please read “Apollo” and “Ravalushan.”

Drop in Groups (Free & Fun—No Experience Required)

No need to be bored, no skill required, all are welcome... Have some fun!

Book Club

Thursday, March 23; 1:30 pm

"Fenway 1912: the birth of a ballpark, a championship season, and Fenway's remarkable first year" by Glenn Stout.

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: Celebrate Women's History Month with Movies in March! Free movies on Mondays at 1 pm. Free popcorn. Sodas available for purchase.

March 6: "Bad Moms" - comedy

March 13: "Arsenic & Old Lace" - with Cary Grant

March 20: "The Queen" - with Helen Mirren

March 27: "Iron Lady" - with Meryl Streep

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

Fuel Assistance Applications

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

Mass State Senator

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

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

Concert

Sunday, April 9, 5:00 pm; \$15 tickets available at the Center
Andover: Temple Emanuel

Copland's ever-enchanting 'Appalachian Spring,' in its original chamber version for 13 players, & two Boston-area premiere performances of stunning orchestral works in chamber arrangements, performed without a conductor!

COPLAND Appalachian Spring

RAVEL & STRAUSS

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

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!

The Andover Health Department is offering several vaccinations for Seniors.

-**Pevnar** protects seniors against the very serious disease of bacterial or pneumococcal pneumonia. The CDC recommends that every person 65 yrs and older receive one dose of Pevnar. Cost covered by Medicare and most insurances.

-**Tdap** protects against tetanus, diphtheria and pertussis (whooping cough). CDC recommends that every adult should have one dose, especially those who may be around newborns, for example grandparents. Cost varies depending on insurance.

-**Zostavax** protects against the very painful and debilitating disease of shingles. One dose is recommended for adults over the age of 60 yrs. Cost covered by insurance or Andover Home for Aged People grant.

-**Flu shots** are recommended annually for all. We are heading into peak flu season in our area. High dose vaccine is still available to those over 65 yrs. It's not too late to vaccinate! Cost covered by Medicare and most insurances.

Call the Health Department for an appointment with the Public Health Nurse or for more information.
978-623-8640.

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, March 21; 12:30 - 3:30 pm

Wednesday, March 22; 9:00 am - 3:30 pm

Bereavement Support Group

Thursday, March 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, March 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.

Pain Management Support Group

Monday, March 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

Caregivers Support Group

Wednesday, March 15; 9:30 am - Please RSVP to Annmary at 978-623-8320 or email: annmary.connor@andoverma.us

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.

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

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

Wood Carving

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

Addison Gallery of American Art Tour and Reception with Triple Candie

Saturday, March 4; 4:00 pm

Addison Gallery of Art: Museum Learning Center; free and open to the public. Join Triple Candie for a walk-through and discussion of Throwing Up Bunnies: The Irreverent Interlopings of Triple Candie; 2001-2016, followed by a reception.

Walk the Gym: The Cormier Youth Center

Every Tuesday and Thursday from 9-10:30 am for you to exercise by walking the gym, regardless of the weather. Thank you to the Youth Center for sponsoring "Walk the Gym" for the winter months. The last walk will be April 13. Stay tuned for details on walking the track!

Health Fair Coming on May 16:

FREE FUN! Watch for more information!

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, March 16

A short walk to Historical Society for private behind the scenes tour - numbers may be limited; please register early!

Monday, April 3

Sudden Pond, Harold Parker

Look for Vernal Pools and learn the importance of these natural wonders.

Thursday, April 20

Ipswich River Wildlife Sanctuary - admissions for non-Mass Audubon memers is \$3.00 plus bus transportation. Bring a lunch.

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



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

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, \$6 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.

Monday Fun Trips, 10-2pm

\$10. Sign up to reserve your seat on the bus.

Monday, March 6: North Reading

*Walmart/Marshalls/Dollar Store/Subway...
You know the drill, come shop, eat, take a ride
with friends....Let's get out and have fun!*

Monday, March 20: Burlington

We are going to Wegmans in Burlington. It's a huge, interesting shopping/lunch place to explore. We will also go to H-Mart, an expansive Asian market with a wide variety of traditional Asian products and foods to try and buy! Pick a place, Wegmans or H-Mart and we will take you there!

A new fee schedule went into effect on February 1st for all transportation

The Andover Senior Community FRIENDS, Inc.



Dear FRIEND,

Please Help Our Local Senior Citizens! Please take a moment and consider that today's seniors are the moms and dads, residents and neighbors of yesterday who were a part of making our community a terrific place to call home. The FRIENDS asks today that you join with us so we can continue to provide services that support and enrich the quality of life for them now!

The FRIENDS collaborates with the town's Division of Elder Services department and the Andover Council on Aging Advisory Board. As a 501(c)(3) non-profit organization, we play a vital fundraising role to supplement town monies allocated for senior programs.

Some of this past year's activities included:

- Three marvelously successful **Crystal Ballroom Dances** providing social interaction, exercise, and helping raise funds for other programs at the Andover senior center.
- The **Memory Café** respite program; sponsor of the **Holiday Fair**; **Antiques Adventure** fundraiser; and professional entertainment for **Monthly Birthday Parties**.
- Exciting **Day Trips** to a variety of socially and culturally interesting destinations.
- ASCF's premier event, the **Boston Post Cane Gala Dinner Dance** honoring Andover's oldest resident.

This year we are looking to expand our funding to the senior center, our membership and our volunteer force to make a greater commitment in order to aid the senior center with increased goals. We need your support to ensure that we can accomplish our ambitious schedule of activities in the coming year.

We continue to hold our annual base level dues at \$10 to encourage maximum participation from the community. I am hoping, however, that you—and as many that can—will increase their membership level to \$50 or \$100, to provide much needed additional funding for our work in 2017. This includes a major new educational activity already in the works, the **Seniors Health & Wellness Fair** in May.

It's more important than ever that we not forget about those citizens who have raised their families, paid taxes for years, retired from careers, and now need us to advocate on their behalf in this time of tight financial budgeting and economic pressures and give back to them the quality of life they deserve.

As a donor, member or volunteer, you are a crucial part of our work to enhance the quality of life of our seniors. For a gift or membership of \$30 or more you will receive the Center's Newsletter in the mail free of charge.

Thank you on behalf of the FRIENDS Board of Directors for your commitment to the Andover Senior Community FRIENDS. We are counting on your support today!

Sincerely,

Ann Cobleigh

President, Andover Senior Community FRIENDS

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.

The Andover Senior Community FRIENDS upcoming meetings:

- Fri., March 3; 7:00 am
- Fri., April 14; 7:00 am
- Fri., May 12; 7:00 am
- Fri., June 9; 7:00 am

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.

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.

Silver Fountain Tea Parlor, Dover, NH

Wednesday, April 19;
10:30 - 4:30 pm; \$45/43*
includes high tea and transportation. The Duchess of Bedford High Tea is rated by Yankee Magazine as New England's Best Tea Experience.



FOXWOODS:

Tuesday, March 21

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 24 at 11:30 am

At the Town House; Lunch will be served at Noon and entertainment begins at 1:30.

- \$7 per person if you are a Friends member,
- \$10 if you are not a member of the Andover Friends.

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. This event is being sponsored in part by the Andover Senior

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.

"Circuit Breaker" Tax Credit Program

YOU MAY GET A CASH REFUND ON YOUR STATE INCOME TAXES

The Massachusetts "Circuit Breaker" tax credit program is a program for adults age 65 + whose property taxes and half of the water and sewer bills are more than 10% of their annual gross income (or for renters, if their rent is greater than 25% of their income) and who meet a few other rules. Adults can get this income tax credit even if they owe no income taxes. Also, you can get this refundable tax credit if you also receive a property tax exemption from the town Assessor. Set up an appointment with our FREE AARP tax volunteers.

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.

ANDOVER CHRONICLERS

This group meets on: Thursday, March 2 & 16; 9 am

ANDOVER CHRONICLERS WANT YOU! Andover Chroniclers cordially invite you to join our TV crew! Andover Chroniclers produces the award winning program, "There's Something About Andover", sponsored by The Punchard Center for the benefit of our viewers. Experience is not required. We will provide training to help create a TV show in a friendly environment. You can explore new skills:

- *Field Production - Learn to shoot in the field.
- *Editing - Learn how to polish audio & video. Create your program.
- *Producing a show - Learn how to create a show & bring ideas to life.
- *Hosting a show - Learn how to present yourself on TV. Interact with guests.

Interested? Please contact The Center at Punchard at 978-623-8320 or email: chroniclers2@yahoo.com

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

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	8:00 Men/Women in Motion	8:00 Strength Training	8:00 Men/Women in Motion	8:00 Strength Training
9:00 Woodcarving		8:45 Strength Training		8:45 Strength Training
9:00 Quilting	9:00 Strengthen and Stride	9:00 Model Building	9:00 Strengthen & Stride	10:15 Sit and Get Fit
10:00 Massage by Appointment	9:00 Walk the Gym	9:00 Art Drop-In	9:00 Art 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 Movie Matinee	10:15 Sit and Get Fit	9:35 Basic Tap	9:30 Craft Group	2:00 Ping Pong
1:00 ESL Lessons (off site)	10:30 Beginner's Yoga	10:00 Fiber Arts	1:00 Fun and Games	3:00 Mindfulness Meditation
3:30 BV Energize with Exercise	1:00 Fun and Games	10:00 Grocery Shopping	1:00 Duplicate Bridge	
	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	
	3:30 Serenity Yoga	1:00 Adult Coloring	6:00 Belly Dancing	
		1:00 Yoga-Inter.	6:30 Screening Room	
		2:00 Wellness Clinic	7:15 Serenity Yoga	

LET US PLACE YOUR AD HERE.

"THE BEST VALUE ON HEARING AIDS"

978-470-4500

Free Hearing Aid Consultations



**Andover
Hearing Center, LLC**

Call For An Appointment Today!

11 Chestnut St., Suite 6, Andover, MA 01810
www.andoverhearing.com

**LET US PLACE YOUR AD
HERE.**

Be Independent for Life

Nichols Village

A SENIOR LIVING COMMUNITY



**MAINTENANCE
FREE LIVING**

Call 978-372-3930

One Nichols Way,
Groveland, MA 01834
Nichols-Village.com

LET US *carry*
YOUR MESSAGE
TO *Senior*
THE *Community*



computer doctor

WE MAKE HOUSE CALLS | FREE PICK-UP AND DELIVERY

508-364-6939

Congdon Law Offices

Jerry S. Congdon, ESQ

**Wills • Trusts • Probate
Real Estate • Elder Law**

978.500.5978

**WILL VISIT YOU
IN YOUR HOME**

1310 Main St., Tewksbury, MA 01876

**Colmer Monuments
Works**

Memorials of Distinction

978-452-7821

1025 Lawrence St., Lowell

www.colmermonument.com



**WE'RE HIRING
AD SALES EXECUTIVES**



- Full Time Position with Benefits
 - Sales Experience Preferred
 - Paid Training
 - Overnight Travel Required
 - Expense Reimbursement
- CONTACT US AT
careers@4LPi.com
www.4LPi.com/careers



**FURLONG
LAW GROUP**

978-409-6161

Michael G. Furlong Esq.

1 Elm Sq., Andover

www.FurlongLawGroup.com

*Wills
Trusts
Estate
Elder Law*

Make Your Ad
POP
With Full Color

To advertise here contact LPi today!

**Call (800) 477-4574 x6377
for more information**

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

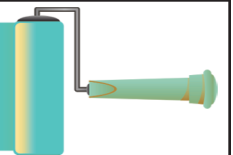
**UPGRADE TO A
VIBRANT
ad**
Contact us for details
800-477-4574

**AVAILABLE
FOR A LIMITED TIME**

**ADVERTISE YOUR
BUSINESS HERE**

Contact Lisa Templeton to place an ad today!
LTempleton@4LPi.com or (800) 477-4574 x6377

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



For ad info. call 1-800-477-4574 • www.4lpi.com

Andover Senior Center, Andover, MA 06-5052

March 2017 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p> <p>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</p>	<p>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>	1	2	3			
<p>Lunch: Turkey Casserole</p>	<p>Lunch: Chicken, Broccoli, Ziti</p> <p>9:00 Chroniclers Meeting 9:00 Walk the Gym 1:30 Bereavement Support</p>	<p>Lunch: Meatloaf</p> <p>7:00 Friends Meeting</p> <p>Saturday, March 4 Addison Gallery Tour</p>	<p>Lunch: Meatball Sub</p> <p>10:00 No. Reading Trip</p>	<p>Lunch: Stuffed Roast Pork</p> <p>9:00 Walk the Gym 11:15 Meet & Greet Larry Murphy</p>	<p>Lunch: Soup & Sandwich</p> <p>10:15 Friends Trip-Museum of Russian Icons</p>	<p>Lunch: Stuffed Peppers</p> <p>8:30 COAB Meeting 9:00 Walk the Gym 10:00 TRIAD Meeting 1:30 Parkinson's Support 5:30 Living Healthy</p>	<p>Lunch: Chicken Stir Fry</p> <p>11:15 Meet & Greet Chris Cronin</p>
6	7	8	9	10			
<p>Lunch: Chicken Pesto</p> <p>9:30 Sr. Home Safety 1:00 Fix-It Shop 1:30 Computer Users' 1:30 Pain Mgmt Support</p>	<p>Lunch: Pot Roast</p> <p>9:00 Walk the Gym</p>	<p>Lunch: Pizza w/ Caesar Salad</p> <p>9:30 Caregivers Support 11:15 Meet & Greet Chief Patrick Keefe</p>	<p>Lunch: Chef Salad</p> <p>9:00 Chroniclers Meeting 9:00 Women's Outdoor 9:00 Walk the Gym 3:00 iGeneration 5:30 Living Healthy</p>	<p>Birthday Lunch</p> <p>Lunch: Spinach Pie</p> <p>11:15 Meet & Greet Paul Materazzo 11:45 Birthday Lunch</p>			
13	14	15	16	17			
<p>Spring Begins</p> <p>Lunch: Chicken Pot Pie</p> <p>10:00 Burlington Trip 1:30 Lucky 13 series</p>	<p>Lunch: Stuffed Cabbage</p> <p>8:00 Foxwoods Trip 9:00 Walk the Gym 12:30-3:30 Podiatry</p>	<p>Lunch: Garden Salad w/ Tuna and Onion Soup</p> <p>9-3:30 Podiatry</p>	<p>Lunch: Roast Turkey</p> <p>9:00 Walk the Gym 11:15 Meet & Greet Chief Mike Mansfield 1:30 Book Club 3:00 iGeneration 5:30 Living Healthy</p>	<p>St. Patrick's Day Luncheon at the Town House - doors open at 11:30</p> <p>Corned Beef and Cabbage Lunch served with all the fixings</p> <p>no congregate lunch served this day</p>			
20	21	22	23	24			
<p>Lunch: Baked Ziti w/ Hamburger and Ricotta Cheese</p> <p>8:30 State Senator 10:00 Memory Café 1:00 Fix-It Shop 1:30 Lucky 13 series</p>	<p>Lunch: Chicken Marsala</p> <p>9:00 Walk the Gym 9:15 Brown Bag Pickup</p>	<p>Lunch: Meatloaf</p> <p>11:15 Meet & Greet Joe Connelly 2:00 Balance Clinic</p>	<p>Lunch: Garden Salad w/ Chicken Salad</p> <p>9:00 Walk the Gym 5:30 Living Healthy</p>	<p>Lunch: Lemon Pepper Scrod</p> <p>8:30 Friday Speaker Series</p>			
27	28	29	30	31			

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
Kenneth DeBenedictis, Vice
Chair

Jane Gifun, Secretary
Molly Bicking
Kathleen (Kaye) Devanna
Joan Fox
Tana Goldberg
Joseph Ponti
Kimberly Rainen
Thomas Rando

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

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

March 9: "Scent of Green Papaya" - Vietnamese drama

March 16: "Suffragette" - voting rights drama

March 23: "The Fits" - drama

March 30: "The Assassin" - Chinese epic drama

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: Heart Health - how men and women's symptoms and treatment differ; Humble Home Care
- **March 30: 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
- May 11: Home Town Resources...*powerful age-related information.* Panel discussion with Elder Services of the Merrimack Valley: take this opportunity to hear all the many services ESMV provides.

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 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.

Memory Café on March 27th FREE 10 - 11:30 am. Open to all!

Special Classes & Items

ESL Classes

Mondays, Feb. 27 - May 8; 1 pm; off-site at Frye Circle; Free
Fridays, Feb. 24 - May 12; 1 pm; Free

FREE Tax Service

Fridays thru April 14
Call to schedule your appointment!

Fix it shop:

Monday, March 13 at 1pm

Monday, March 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

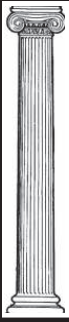
Duplicate Bridge

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

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.



BURKE-MAGLIOZZI FUNERAL HOME

390 North Main Street • Andover, MA 01810

Gracious Facility • Personalized Funerals for all Faiths • Pre-need Specialists on Site

Joel J. Magliozzi • Garry A. Burke

978-475-5200

WWW.BURKEMAGLIOZZI.COM

ADVERTISE YOUR BUSINESS HERE

Your Community is Looking!



The Law Offices of
Kimberly Butler Rainen

Offering Personalized, Affordable Estate
Planning Services Right in the Heart of Andover.

68 Main Street, Suite 4, Andover

(978) 409-1928

www.ButlerRainen.com • kbr@butlerrainen.com



Conte Funeral Homes

Honoring Traditions and Memories, one family at a time.

28 Florence Street • Andover, MA 01810

978-470-8000

contefh@msn.com

www.contefuneralhomes.com

Passionately proud to be family owned and operated!



FROMME ANTIQUES

Restoration, Repair and Refinishing of Antique and
Contemporary Wood Furniture – Buying & Selling –
Lance Fromme, 23 Burton Farm Drive, Andover, MA 01810

lfromme@comcast.net

www.LanceFrommeAntiques.com



By Appointment
(978) 475-7370
(508) 397-7949

our
SENIOR CENTER
The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter
emailed to you at www.ourseniorcenter.com

I AM HERE FOR YOU

To provide help with doctor, dentist,
hair or nail appointments.

Shop at grocery store, hardware store
or pharmacy • Meal prep or walk the dog

RELIABLE, DEPENDABLE

PEGGY CONNOLLY 781-424-7999

THIS SPACE IS
AVAILABLE

Coming Soon this Spring

- ◆ Thursday, April 13; Refugees in America Workshop; 1:30 pm; free
- ◆ Monday, April 24; Legal Clinic
- ◆ Thursday, April 27; Trivia Night; 3-5 pm trivia; 5-5:30 pm dinner; at the Youth Center
- ◆ Sunday, May 7; Merrimack Valley Philharmonic Orchestra; 2:30 pm; at Veterans Memorial Auditorium, 50 Bartlet Street, Andover
- ◆ Monday, May 8; Spring Piano Concert; 1:30-2:30 pm; free
- ◆ Monday, June 19; Boston's Tall Ships; \$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!

Spring Semester Dates: February 21 - May 12

Space is still available in many classes! Please ask us about trying a class.

Snow Shoveling

This program is designed to aid individuals to obtain basic snow removal for pathways only. Our goal is to ensure your home has two safe egresses. . 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. Call Kristine or Annmary for more details or to sign up for this program.

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.

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.

Medication Disposal Day

Andover Police Department in conjunction with the Drug Enforcement Administration (DEA) and TRIAD will be holding a Medication Disposal Day, Saturday, April 29, 2017; 10 am to 2 pm West Elementary School, 58 Beacon St., Andover, MA. Residents are encouraged to gather expired, unused and unneeded medication and drop it off. Andover Police Department will be picking up the medication at the following sites for residents who cannot get to the drop site:

- ◇ FRYE CIRCLE: 10:30 am pickup will be in the community room
- ◇ STOWE COURT: 11:00 am pickup will be at the community room.
- ◇ ANDOVER COMMONS: 11:30 am pickup will be at the Andover Commons
- ◇ ATRIA MARLAND PLACE: 12:00 pm pickup in the main lobby.

The medication disposal is completely anonymous and free of charge for residential users.

Any questions, please call Officer Cataldo 978-475-0411 x1004.