

NEWS & VIEWS

The Andover Senior Center

May 2017, Vol. 1 Issue 5

May

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



As May is here, we celebrate Older Americans Month, this years theme is "Age Out Loud!". We have many new programs and special events as we celebrate Older Americans Month. Our invitations will be going out to all our volunteers for our Annual Volunteer Reception. If by mistake you did not receive one, please contact Andrea.

We value all of our volunteers and the commitment to the Andover community. I look forward to seeing you, our volunteers, on Monday, May 15th - please RSVP.

This year we have collaborated with the Andover Senior Community Friends during Older Americans Month to host a "Living Healthy Fair." We will highlight resources for you, caregivers, friends and family. We invite you to join us. This event is free. We will over a FREE grab and go lunch, FREE give-a-ways, health checks and so much more. We will also be hosting the Commissioner of the Divisions of Banks, Mr. Terry McGinnis, who will be talking about "Elder Fraud and Financial Abuse." The premium sponsors are: Blair House, Attorney Kim Butler Rainen, Santander Bank and Edgewood Retirement Community.

We also would like to remind you that Town Meeting is on May 1, 2 and May 9 if needed. For those of you on SCRPT, we will be simplifying the process for renewal applicants. The program will roll out in June. For new applicants, please be sure to be able to join us on June 23rd at 9am for the formal meeting.

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.



AGE OUT LOUD: MAY 2017

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

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

Safe-Tea

Friday, May 5; 9:30 am; enjoy free tea and pastries with your registration
Did you know?

- People over 50 years old control over 70 percent of the nation's wealth
- Senior financial abuse is estimated to have cost victims at least \$2.9 billion last year alone.

Financial abuse is a growing crime and Reading Cooperative Bank wants to safeguard you by providing information on common scams and what you can do to protect yourself.

Computer Users' Group

Monday, May 8; 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.

Microsoft Excel: This is an electronic spreadsheet and it could be handy as you work on taxes or other financial things. We will look at free alternatives to this product. Originally scheduled for February when we had a snow day.

Spring Piano Concert

Monday, May 8; 1:30 pm; Free with registration

Relax and enjoy an hour of classical piano duets performed by Terri Kelley and Deborah Hamel. The light-hearted program features music by Haydn, Mozart, Schubert, Liszt, Brahms, and others.

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.

◇ Wednesday, May 10: Beth Mazin, Director Memorial Hall Library

Best American Short Stories of 2016

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

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."

Council on Aging Board Meeting

Thursday, May 11; 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, May 11; 10 am

Triad is a joint collaboration between The Senior Center at Punchard, Andover Police Department, Essex County District Attorney's Office, and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. The TRIAD group is seeking volunteers to assist with identifying, developing, and initiating programming.

Happy Birthday to You!

Friday, May 12; 11:45 am; third Friday of every month (one week early this 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.)

Starting at 11:45 am, Brian Corcoran, will be our entertainment, courtesy of the Andover Senior Community FRIENDS Inc.

Please note: Clown Town is May 19 & 20 this month - bring your grandkids to join the fun and be aware that parking will be restricted on May 19. Come early!

Mass State Senator

Monday, **May 22**; 8:30 am.

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

TRIAD Photo ID

Friday, May 26; 9:30 am; free

The Center at Punchard, Andover Police Dept. and the Essex County Sheriff's Dept. will be providing free photo ids. Proof of ID is required. Registration is required. Call the Center to register.

Cookout

Wednesday, May 17 at noon

Shrimp roll – congregate lunch
\$10 Lobster roll luncheon - purchase your ticket at the Center by May 12.

Ice Cream Social

Wednesday, May 31 at 12:30 pm

Sign up for lunch and enjoy a free ice cream social on the patio after lunch!

Merrimack Valley Philharmonic Orchestra:

Sunday, May 7; 2:30 pm
Veterans Memorial
Auditorium, 50 Bartlet Street,
Andover.

Enjoy Wagner, Prokofiev and
Tchaikovsky featuring Jorge
Avila on violin. 10 free tickets
are available at the Senior
Center as of March 1. \$12
Senior tickets at the door or
pre-sale from MVPO:
by calling 978.685.3505 or
email: info@mvpomusic.org
or www.mvpomusic.org

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 state-ment. 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

Memory Café

Monday, May 22; 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.

Friday Speaker Series: Triple Header!

Friday, May 12; 8:30; \$4 includes breakfast.

First: Come and meet Chief Patrick Keefe, our esteemed police chief and have
the chance to learn first-hand what our excellent police department does for us
every day. *Second:* Take this opportunity to meet our beloved and committed
Officer Robin Cataldo, Senior Center police liaison. *Third:* Have a chance to chat
with our new Director, Annmary Connor and be amazed by her vision for the
future of the Andover Senior Center.

Appetite for Andover

At the new Oak and Iron Brewing Company

Tuesday, May 23 from 4 - 6 pm

Tickets \$15 will include appetizers as well as a "flight" of four beer samplers.
Come support the Andover Senior Center at Punchard and join other Andover
residents for a fun social event at the new Oak and Iron Brewing Company.
Brewery Owners Jim Cass and John Helderich are opening the doors of their new
Brewing Company just for us. Appetizers for the event will be provided by our
own in-house catering master chef Frank Melendez. Don't miss out on this
exciting event at we celebrate May as Older Americans Month! Space is limited
so be sure to get your tickets early. If you need transportation to and from this
event, please let us know when you purchase your tickets.

FBI: A conversation on Justice and Counter-terrorism

Wednesday, May 24 and 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.

National TAP Dance Day

Wednesday, May 24; 8:30-11:30 am; continental breakfast; free with registration

Join us as we celebrate Tap Dancing in all its exciting forms. Enjoy watching a
DVD of dancers at the 2016 Bates Dance Festival then join our group of
committed tappers to learn a basic step (the Shim Sham) and have chance to
dance for a short period! Open to all tappers, beginning to advanced, and
anyone who would like to observe or give it a try! Led by veteran tapper and
teacher, Audrey Nason.

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

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.

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!

Bells, bells, bells.....the tintinnabulation of the bells!

Monday, June 19 at 1:30 pm

Who can forget the opening line of Edgar Allen Poe's poem?

Learn all about church bells and bell ringing, especially those in English Churches. How are they constructed? How are they operated? The course will be presented by Joe Ponti based on his many trips to England where one can hardly escape the more than 5,200 hundred church bells that ring throughout the day.

Andover 101 with Andover Historical Society

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.

Drop in Groups

Book Club

Thursday, May 25 at 1:30 pm

"The Guest Room" by Chris Bohjalian

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.

May 1: "Passengers - 3D"

May 8: "Red"

May 22: "La La Land"

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.

Adult Vaccinations

Wednesday, May 10; 9 am-11:30 am

- ◇ Shingles Vaccine
- ◇ TDAP (tetanus and pertussis)
- ◇ Both Phneumonia Vaccines-Prevnar (13) and Pneumovax (23)

Pre-registration is REQUIRED. Most vaccines will be no out of pocket charge depending on insurance coverage. Shingles vaccine requires a note or prescription from your healthcare provider. Bring insurance cards with you. To register and have insurance verified, please call the Public Health Nurse at 978-623-8640.

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, **May 23, 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.

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.

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, May 16; 9 am - 3:30 pm
Wednesday, May 24; 9 am - noon

Bereavement Support Group

Thursday, May 4; 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.

Pain Management Support Group

Monday, May 8, 1:30 pm (no meetings in July or August)

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

Parkinson's Support Group

Thursday, May 11; 1:30-3:00 pm

Gayle Yarnall, Adaptive Technology Specialist, Perkins School for the Blind Talking Book Library; *"Perkins School Talking Books and other resources available to you at no cost."* 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.

Cholesterol and Glucose Screening

Wednesday, May 31; 9:00 am - noon

\$5.00 with pre-registration; by appointment only. Fasting not required. Please take this opportunity to meet confidentially with one of our Andover Public Health nurses. This is an opportunity to have your cholesterol and glucose tested as well as your blood pressure.

Balance Clinic

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

Just 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
Registration Week: May 8 - May 12

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

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, May 1 at 1pm
- Monday, May 22 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

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

Fridays, April 28 through May 26; 8:30 am; meet in the lobby. Rainy weather cancels trip. Please come inside to swipe in before going. Registration is a must - register online, in person or over the phone.

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.

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 May 4. Stay tuned for details on walking the track!

Andover Chroniclers

Thursdays, May 4 & 18; 9 am
Andover Chroniclers cordially invite you to join our TV crew!

Monday Fun Trips, 10-2pm

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

Monday, May 22 North Reading

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



**Memory Café on
Monday, May 22
FREE 1:30 pm
Open to all!**

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, \$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.

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, April 19 - June 14; 2:30-3:30 pm; \$49.50

Poles provided. Highly rated cardiovascular upper and lower body workout while hiking Avis Trails.

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

Tuesday afternoon Yoga will return in the fall.

Yoga in the Park

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

BV Screening Rooms: Thursdays at 6:30 Screening Room

- May 4: "Heart of a Dog"
- May 11: "Elvis and Nixon"
- May 25: "A Man Called Ove"
- 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.

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.

- **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.
- May 25: Diabetes Management and Plant-based diets; Pavilion Medical (rescheduled from March 16)

Women's Outdoor Adventures

Monday, May 8
Historic West Parish Cemetery tour and hike.

Thursday, May 25
Maudslay State Park - enjoy the renown Rhododendrons and the Merrimack River - bring lunch.

THE WOAG EMAIL LIST SERVER CRASHED, MANY ADDRESSES WERE LOST.

If you did not receive the April email and would like to get on our list, please email Bev @ 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.

Men's Outdoor Adventures

Wednesday, May 10
Shawsheen River, hike, Andover

Wednesday, May 24
Bald & Wood Hill, Andover

Maturity is Your Brand: Job seeking series for mature workers

- **Personal Branding**
Thursday, June 1; 5:30 – 7 pm; a light meal will be offered at 5:30 pm for a \$5 donation
Pre-registration is appreciated.
Start your job search off with a re-haul of your personal presentation. First impressions count for everything in re-entering the job market. Christopher Payne-Taylor, President of Brandividualist.
- **Marketing Your Maturity**
Thursday, June 8; 5:30-7 pm; a light meal will be offered at 5:30 pm for a \$5 donation
Pre-registration is appreciated.
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.
- **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



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	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)

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

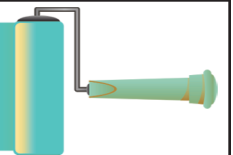
**UPGRADE TO A
VIBRANT
ad**
Contact us for details
800-477-4574

**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.4lp.com

Andover Senior Center, Andover, MA 06-5052

May 2017 Calendar of Events

May 2017 Calendar of Events				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; margin: 0;">1</p> <p>Lunch: Shepherd's Pie</p> <p>1:00 Fix it Shop</p>	<p style="text-align: right; margin: 0;">2</p> <p>Lunch: Chicken Parm Sandwich</p>	<p style="text-align: right; margin: 0;">3</p> <p>Lunch: Roast Turkey</p> <p>9:00 Best American Short Stories</p>	<p style="text-align: right; margin: 0;">4</p> <p>Lunch: Chef Salad</p> <p>9:00 Chroniclers 9:15 FRIENDS Trip 10:05 Matter of Balance 1:30 Bereavement Support 5:30 Living Healthy</p>	<p style="text-align: right; margin: 0;">5</p> <p>Lunch: Chicken Stir Fry</p> <p>9:30 Safe-Tea</p> <p style="text-align: center;">Sunday, May 7; 2:30 Merrimack Valley Philharmonic Orchestra</p>
<p style="text-align: right; margin: 0;">8</p> <p>Lunch: Swedish Meatballs over Egg Noodles</p> <p>9:00 Women's Outdoor 1:30 Computer Users Group 1:30 Spring Piano Concert 1:30 Pain Mgmt Support</p>	<p style="text-align: right; margin: 0;">9</p> <p>Lunch: Baked Chicken</p>	<p style="text-align: right; margin: 0;">10</p> <p>Lunch: Pot Roast</p> <p>9:00 Adult Vaccinations 9:00 Men's Outdoor 9:00 Best American Short Stories 11:15 Dept. Head Meet And Greet</p>	<p style="text-align: right; margin: 0;">11</p> <p>Lunch: Chicken Cordon Bleu</p> <p>8:30 COA Meeting 10:00 TRIAD Meeting 10:05 Matter of Balance 1:30 Parkinson's Support 5:30 Living Healthy</p>	<p style="text-align: right; margin: 0;">12</p> <p style="color: green; text-align: center;">Birthday Lunch</p> <p>Lunch: Baked Ziti w/ Hamburg & Ricotta</p> <p>7:00 FRIENDS Mtg 8:30 Friday Speaker Series 11:45 Birthday Party w/ Brian Corcoran</p>
<p style="text-align: right; margin: 0;">15</p> <p>Lunch: Beef Stew</p> <p>10:30 Volunteer Reception at Youth Center</p>	<p style="text-align: right; margin: 0;">16</p> <p>No Congregate Lunch</p> <p>9-3:30 Podiatry 10:00 Health Fair with Grab & Go Lunch</p> <p>MOW: Chicken Piccata</p>	<p style="text-align: right; margin: 0;">17</p> <p>Lunch: Shrimp Roll</p> <p>12:00 Cookout-Lobster Roll Lunch</p>	<p style="text-align: right; margin: 0;">18</p> <p>Lunch: Chicken Stew</p> <p>9:00 Chroniclers 10:05 Matter of Balance</p>	<p style="text-align: right; margin: 0;">19</p> <p>Lunch: Spinach Pie</p> <p style="text-align: center;">Sunday, May 21; 6-10 pm Crystal Ballroom Spring Ball</p>
<p style="text-align: right; margin: 0;">22</p> <p>Lunch: American Chop Suey</p> <p>8:30 State Senator 10:00 Walmart Trip 1:00 Fix it Shop 1:30 Memory Cafe</p>	<p style="text-align: right; margin: 0;">23</p> <p>Lunch: Stuffed Chicken</p> <p>9:15 Brown Bag 4:00 Appetite for Andover</p>	<p style="text-align: right; margin: 0;">24</p> <p>Lunch: Meatloaf</p> <p>8:30 FBI Discussion 8:30 National TAP Dance Day 9-12 Podiatry 9:00 Men's Outdoor</p>	<p style="text-align: right; margin: 0;">25</p> <p>Lunch: Chicken Pot Pie</p> <p>9:00 Women's Outdoor 10:05 Matter of Balance 1:30 Book Club 5:30 Living Healthy</p>	<p style="text-align: right; margin: 0;">26</p> <p>Lunch: Baked Fish</p> <p>9:30 TRIAD Photo ID</p>
<p style="text-align: right; margin: 0;">29</p> <p>CLOSED MEMORIAL DAY</p>	<p style="text-align: right; margin: 0;">30</p> <p>Lunch: Chicken Pesto</p>	<p style="text-align: right; margin: 0;">31</p> <p>Lunch: Mac & Cheese w/ Low Sodium Hot Dog</p> <p>9:00 Cholesterol & Glucose Screen 12:00 Ice Cream Social</p>	<p style="color: green;">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 CRYSTAL BALLROOM WELCOME SPRING BALL



presented by the Andover Senior Community FRIENDS

Sunday, May 21 from 6 PM – 10 PM

Old Town Hall • 20 Main Street • Andover

Free parking behind the Old Town Hall

For your listening and dancing pleasure, music by
D. B.'S Orchestra from 7 PM – 10 PM

Dance Instruction by Tom Webster of Dance New England
6 PM – 7 PM

Advance ticket sales \$15/pp or \$25/couple

Tickets may be purchased at:

The Center at Punchard or The Andover Bookstore

also available at the door for \$15 per person

Sponsored By:

Ashland Farm N Andover • **BrightView** N Andover
Atria Marland Place Andover

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., May 12; 7:00 am

FRIENDS' TRIPS

Join me in saying good-bye and thank you to Jay Darrin and Curmudgeon Trips. Jay is retiring from the Center after 10 years of faithful service. Jay is so appreciated and will be sorely missed!

Welcome Tours & More! This is a local company that will work with us to provide trips all around New England. Let us know your suggestions. Tours & More has a 30 person bus, so please tell your friends and sign up early!

Boston Symphony Orchestra Open Rehearsal

Thursday, May 4; 9:15-3:30

This trip includes luxury motor coach and ticket to performance. Lunch is on your own. \$56 pp

Tower Hill Botanical Gardens

Friday, June 9; 9:00-3:30

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

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.

LIVING HEALTHY FAIR

FOR SENIORS, CAREGIVERS, FRIENDS & FAMILIES.....

WHEN

Tuesday: May 16th, 2017
10am - 2pm

WHERE

**Andover Elder Services
Center @ Punchard**
30 Whittier Ct. , Andover 01810

**FEATURING • FREE GRAB & GO LUNCH • FINANCIAL & LEGAL
WELLNESS • HEALTH CHECKS • FREE GIVE AWAYS • RAFFLES • LEARN
RESOURCES FOR YOUR FAMILY-FRIENDS & YOURSELF • Join the
Andover Friends & Members get FREE raffle tickets.**



The Senior Center at Punchard

Town Manager
Andrew P. Flanagan

Director of
Community Services
Joseph Connelly

The Senior Center Staff
Director
Annamary I. Connor, LICSW

Outreach Coordinator
Kristine Arakelian, LCSW,
MPH

Senior Connections
Sharon Thomson, RN
Linda Lambert

Program Coordinator
Karen Payne-Taylor

Office Staff
Christine Marshall, Editor
Andrea Zaimes

Nutrition Staff
Frank Melendez, Chef
Sue Starbird

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

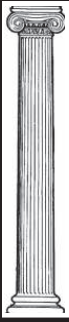
Jane Gifun, Secretary
Molly Bicking

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



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

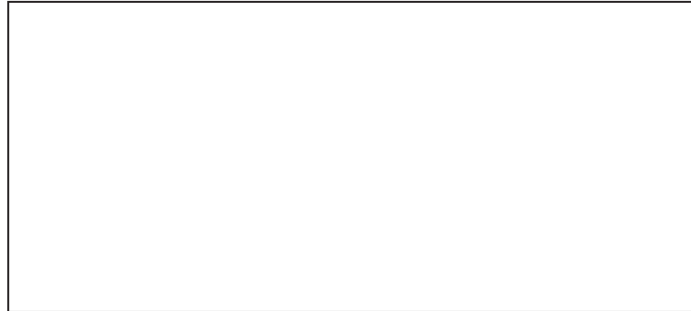
THIS SPACE IS
AVAILABLE

The Senior Center at Punchard

36 Bartlet Street
Andover, MA 01810

PRSRRT STD
U.S POSTAGE PAID
Permit No.41

To the home of:



AGE OUT LOUD: MAY 2017

Coming this Summer:

Lowell Spinners! - Date to be determined – get ready for a great night courtesy of our own Fire Department.

Meet the Author: “Yours Faithfully, Florence Burke” by Ellen Alden, join the book club on July 27 and discuss this book by a local author.

Grill Nights: Summer at Last!

Join us Thursdays, June 29, July 13 & 27, August 10 & 24; 5 – 7 pm (seatings at 5:00, 5:30, 6:00 & 6:30 pm) for our summer outdoor “Grill Nights”. We’ll feature music by the Jazz Disciples, Brian Corcoran and more!
Meals require advance payment 3 days before the event. Ticket sales start on June 1. Frank’s menu includes Hot Dog \$5.00; Hamburger \$6.00; Grilled Chicken \$7.00; Salmon \$9.00 (June 29th Special); Steak Tips \$8.00 (July 13 Special) All include an assortment of salads, drinks and desserts.

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.