



News and Views

November 2016

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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.

Thankful

From New Director of Elder Services Annmary I. Connor, LICSW



The Center at Punchard has many great programs going on! This month our registration will open November 1st. We also will be hosting our Thanksgiving luncheon on November 16th at noon, followed by a show at 1:30pm. The show is free in part to the Andover FRIENDS and the Andover Cultural Council – where else can you get dinner and a show for \$6! Kindly buy your tickets in advance. We will be open the day after Thanksgiving and welcome you all to join us for a fun and relaxing day. As we reflect, I want to share what I am thankful for: a healthy family and a job I love going to each day - the community of Andover is stellar!

I want to thank all those who served our country in the armed forces for their services to our country and community. Thank you.

As we move forward into the cold months, we remind you to get the shovels out before it snows, to make sure your flashlights have batteries, your “grab and go bags” have been restocked and up-to-date with a list of your current medications, that you have secured your plow services– if you need one. If you need help with fuel assistance, please let us know and we will assist you. We have also started an expanded brown bag program - information is in the newsletter on this program. Join us for the monthly birthday luncheon on Nov 18th at 11:30am! Please feel free to stop by and introduce yourself—I have an open door policy as well as a listening session on November 3rd at 11am.

Thank you for your support as I learn about you and your community.

With deep gratitude, Annmary

What is the Andover Department of Community Services?

A few months ago the Town of Andover went through a restructuring of its service divisions and the divisions of Elder Services, Youth Services, DCS/Recreation, and Veterans’ Services were grouped together to form the new Department of Community Services. It has been a very busy few months for the new department as there has been some significant staff changes with the retirement of some long time employees resulting in the necessary hiring of new employees. The goal of the Community Service Department is to look at all four services divisions and see how they can work together to better meet the ever changing needs of the residents of Andover. As the new Director of the Community Service Divisions, I welcome any comments, suggestions or feedback that you may have related to any of our four divisions. At your convenience please feel free to e-mail me at:

joseph.connelly@andoverma.us or call me at 978-684-1257.

Thank you for your continued support for all the Department of Community Service Divisions!

Joseph Connelly

Director of Community Service Divisions

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CAREGIVING

MONTHLY CAREGIVING

SUPPORT GROUP:

Third Wednesday of the month; 9:30 am. First one to be held **November 16**.

The Andover Elder Services is pleased to announce a FREE caregiver support group for to all Andover residents and those attending Senior Connections. This support group is a means to aid caregivers in having a safe environment to help them with self care. This group will be facilitated by Annmary I. Connor, LICSW and Flescania Piverger, BSW Intern. We ask that you RSVP to Annmary Connor voicemail at 978-623-8321.



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.



SENIOR CONNECTIONS: AN ENGAGING PROGRAM CREATING MEANINGFUL DAYS

The Center at Punchard offers an affordable, fun and engaging social day program for seniors who are seeking to experience a sense of community, belonging, and purpose -- cultivated through stimulating activities including: group word games, exercise and movement, poetry and writing, painting, virtual travel, day trips, and more. While Senior Connections creates a sense of being part of a Senior Connections club and extended family-like community with seniors who would otherwise be isolated at home, it also provides support to caregivers -- family and friends who are freed up during the day knowing their loved ones are making meaningful connections while they work, do errands, attend meetings, and take time for themselves...including rest and self-care.

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: 978-623-8321 karakelian@andoverma.gov.

We are accepting new participants into senior connections, this is a great way to socialize in a supportive environment and also for loved ones to be in a secure setting.

We are welcoming a Bachelor in Social Work Student from Salem State-Flescania will be joining us as we refresh our programs!

The Fix-It Shop

- * November 7 & 21 at 1 pm
- * December 12 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

Things are changing.....

Lunch will be served in the Four Seasons room daily! Come join us! Things are moving things around...

We welcome new ideas.

Annmary has a open door policy- stop on by!

SPECIAL EVENTS



MHL COMES TO THE CENTER: IPAD 101 BACK (AGAIN!) BY POPULAR DEMAND

Thursday, **November 3**; 1:30 pm; Free. Library staff will come to talk about what an iPad can do. Please bring your charged iPad to this hands-on workshop. If you don't have an iPad, we have a few available. Limit 15. ***If this class is full, please let us know if you are interested in future classes!***

SALUTE TO VETERANS

Thursday, **November 10**; 9:00 am at High Plain Elementary. Please let us know if you plan to attend. Students from High Plain Elementary School will give a special memorial presentation for our Veterans. Call Carol if you need transportation.

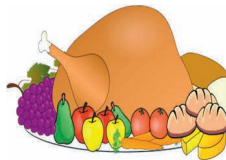
MERRIMACK COLLEGE GENDER STUDIES INTERGENERATIONAL PROGRAM

Tuesday, **November 15**; 12—2pm Please join us as we participate in a unique opportunity to meet with student of Merrimack College's gender studies program as they interview us about our lives at a similar point to theirs. This is a requirement for their class—and reported to be the most meaningful assignment for most of the students. Participation by up to 30 seniors would be appreciated.



SPECIAL THANKSGIVING LUNCH – AND PERFORMANCE WITH SCENES FROM A LION IN WINTER AND VISITOR FROM NEW YORK—NOTE DATE CHANGE!

Wednesday, **November 16**; Tickets \$6.00. Lunch: 12 pm; Show: 1:30 pm music throughout the event. There will be no congregate lunch served on this day. The Andover Senior Community Friends support this event! The performance includes scenes from *A Lion in Winter* & *Visitor from New York*. From the dark and stormy war of passion in 12th century England to a contemporary clash of emotional cultures, James Goldman's *The Lion in Winter* and Neil Simon's *Visitor from*



New York take us on a bittersweet tour of life, love, and love lost.

This program is sponsored in part by the Andover Cultural Council which is supported by the Mass Cultural Council.



LUNCH AT WINDSOR PLACE

Thursday, **November 17**; transportation from here at 11:00. free of charge. (return around 1pm) Enjoy a delicious lunch and tour of Wilmington's lovely assisted living facility. Sign up at the front desk as space in their van is limited. You'll meet here and be returned here as well.

ASK THE LAWYER

Monday, **November 21** at 1:30; Free. Attorney Kimberly Butler will be on hand to meet individually and answer general questions. Sign up required. First come, first served day of appointment. Welcome Kim as a new member of the Council on Aging.

MEET THE ARTIST: ULI KAPP

Monday, **November 28** at 1:30 pm Uli was born & raised in Germany and is a resident of Andover for 18 years. Uli serves as the president of the Andover Artists Guild and is influenced by European artists like Hundertwasser, Klimt and Klee. Uli is also a rower and is inspired by the nature of early mornings on the Merrimack River. Uli also offers Reflexology on Thursday evenings as part of the BoomerVenture program.

HAPPY BIRTHDAY TO YOU!

Friday, **November 18** at 11:30. Please join us in celebrating your birthday (and those of your friends!) the third Friday of every month. Let us know at the front desk if this is your birthday month! Free congregate lunch for all birthdays this month as we launch this fun new program!

LISTENING SESSION W/ANNMARRY CONNOR: THE NEW DIRECTOR

THURSDAY, **November 3**; 11 am: 4 seasons room, stop by and meet the director as she hosts a listening session. FREE Coffee on hand.

FUEL ASSISTANCE APPLICATIONS:

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



SPECIAL EVENTS: LOOKING AHEAD

“SOUNDS OF THE SEASON”

Monday, **December 5**, Breakfast and Concert at 8:30; \$4. Enjoy holiday music and merriment with our very own Sunrise Singers & Rhythm-Aires! Any ticket holder gets a 25% off certificate for any purchase at our holiday fair, which ends that morning at noon!

PLAY PIANO!

Ever wish that you had learned piano, or continued those lessons of long ago? Just say “*yes I can!*” Half hour piano lessons are offered here at the center and the first lesson is free of charge. A block of four lessons costs \$132. Please call (978)623-8321 to set up your complimentary lesson. Space is very limited.

“HOLIDAY HAPPENINGS!”

Friday, **December 23**; 11:30 am—concert and sing-along!

NEW YEAR’S CHINESE LUNCHEON

Friday, **December 30** at noon

READING IS FOR EVERYONE

Wednesday, **December 21** at 9:30.

The Perkins Braille and Talking Book Library provides audio and large print books as well as access to over 350 newspapers over the phone and audio as well as DVDs of movies and TV shows. Gayle Yarnall will demonstrate the free, easy to use digital player and explain how all these services can be delivered to your home at no cost.



SPECIAL INTEREST CLASSES

BOOK CLUB

Thursday, **November 10**; 1:30

“Still Alice” by Lisa Genova

Compelling story of Harvard Professor with early-on-set Alzheimers. Also an award-winning movie starring Julianne Moore. Books available one month before the next meeting. New members always welcome. If not checked out or returned at the meeting, must see Karen or Chris. *Fee of \$1 per semester to help cover cost of lost books.* Leader: Evelyn Retelle

COMPUTER USERS’ GROUP

Monday, **November 14**; 1:30. Computer Troubleshooting and Repair. What to do when the computer does not turn on and boot properly? We will look at some simple ways to figure out if we need to call the pros or fix it ourselves. Also how to dispose a computer so our information is safe.

This groups meets the second Monday of each month at 1:30 at Memorial Hall Library to share information and helpful hints on computer use. Call Karen to add your name to the email list.

RHYTHM-AIRES

Mondays, **November 21 - Feb. 6**; 10:15 am; \$8

Make a joyful noise! Join this fun loving tambourine band—no experience needed!

“Sounds of the Season” performance on Dec. 5.

SUNRISE SINGERS

Mondays, **Nov. 21 - Feb. 6**; 9 am; \$16

Like to sing? Beginners welcome. No sight reading required, just a love of music needed!

“Sounds of the Season” performance on Dec. 5.

WOOD CARVING

Mondays, **November 21 - Feb. 6**; 9 am; \$20

No class Dec. 5. Some instruction provided for beginners. Check it out to see how engrossing it is.

DUPLICATE BRIDGE

Thursdays, **Nov. 24—Feb. 9**; 1 pm; \$22

Play in a fun, informal setting. Intermediate bridge skills are required as well as partners.

COMMUNITY EVENTS



MASSACHUSETTS STATE SENATOR

Monday, **November 28**; 8:30 am. Bring your questions for the monthly office hours held by Senator Barbara L'Italien & staff.

MISTRAL CHAMBER MUSIC: BAROQUE BIG BAND—HOLIDAY CONCERT

Sunday, **December 11**; 5:00pm, West Parish Church \$15 tickets available here.

Baroque chamber concertos, with dazzling soloists presenting selections from Bach, Vivaldi, Handel and Telemann—a treat for the season!

ANDOVER CHRONICLERS

Watch Andover's Award Winning TV Show **'There Is Something About Andover'**

'There Is Something About Andover' is a 30 minute TV show that features stories of interest to all Andover residents airing on local access TV.



Sponsored by The Center at Punchard and produced by The Andover Chroniclers, a group of local volunteers, the goal of the program is to inform, enlighten and entertain. 'There Is Something About Andover' airs 6 days a week on Comcast Channel 8 and Verizon Channel 47. Tune in today and you'll see for yourself why 'There Is Something About Andover'!

Sunday, Monday and Tuesday at 9 am
Wednesday and Saturday at 7 pm
Friday at 6:30 pm

SAVE THE DATE - 2016 Flu Clinics

The Community Flu Clinic for residents 3 yrs and older will be held on Tuesday, **November 15**, from 4 pm - 7 pm at the Center at Punchard. Both High Dose and Quadrivalent vaccine will be offered. There will be no FluMist available this season. No appointment necessary.

Early Voting this year, please get out and vote, remember you can schedule a ride with us to come to early voting!



TRIAD PROGRAM

Triad is a joint collaboration between The 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.

Next meeting at The Center at Punchard is:

Thursday, **November 10** at 10:00 am



RESIDENTIAL LOCK BOX

Monday, **November 14** at 9:30. Free of charge.

Andover Fire Chief Michael Mansfield will be delivering a presentation on the Andover Fire Rescue residential lock box program and its successes. Attendees will learn about the history of the program, what portion of the Andover population the program is targeting, how the program is funded, and how you can apply to have a lock box installed at your home.

IDENTITY THEFT!

Monday, **November 28** at 1:30. Free of charge

Robin Cataldo, Andover Police Officer

Identity Theft is an ever-present danger—learn about skimmers, IRS scams, family hostage scams and most importantly—what to do if you are scammed.

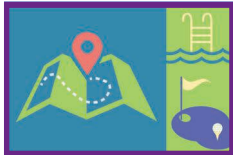
WALK THE GYM: THE CORMIER YOUTH CENTER



Starting **November 1st through December 22nd**, Every Tuesday and Thursday the gym will be open from 9am-10:30am for you to get out an exercise— regardless of the weather.

ROBO CALLS FROM THE CENTER AT PUNCHARD

You may receive pre recorded "Robo" calls from the director or staff from time to time. This is a means to get you important information or speak of upcoming events. These phone numbers are random numbers that come out of our software.



EXERCISE CLASSES

Winter Session: Nov. 21-February 10

REGISTER ONLINE, IN PERSON, OR OVER THE PHONE. NO CLASSES ON 11/24, 11/25, 12/26, 1/2, 1/16. (YOU ARE NOT CHARGED FOR THESE DAYS). TRY ANY EXERCISE CLASS ONCE FOR FREE! EXTENDED REGISTRATION STARTS NOVEMBER 1!

BREATH, BALANCE AND BODY WELLNESS

Tuesdays, Nov. 22—Feb. 7; 2 pm; \$48

LINE DANCING

Tuesdays, Nov. 22—Feb. 7; 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, Nov. 22—Feb. 7; 8 am; \$42
 Thursdays, Nov. 24-Feb. 9; 8 am; \$38.50

SIT AND GET FIT

Tuesdays, Nov. 22—Feb. 7; 10:15 am; \$42
 Fridays, Nov. 25-Feb. 10; 10:15 am; \$38.50

STRENGTH TRAINING

Wed., Nov. 23-Feb. 8; 8:00 am or 8:45 am; \$42
 Fri., Nov. 25-Feb. 10; 8 am or 8:45 am; \$38.50

STRENGTHEN AND STRIDE

Tuesdays, Nov. 22—Feb. 7; 9 am; \$42
 Thursdays, Nov. 24-Feb. 9; 9am; \$38.50

TAI CHI: HIATUS FROM DEC. 15 - JAN. 12.

Beginners - Tuesdays, 1:10 - 2:10pm; Nov 22, Nov. 29, Dec 6, Dec. 13, Jan 17, Jan 24, Jan 31, Feb 7. \$28

Intermediate - Thursdays, 1:10-2:10 pm; Dec. 1, Dec. 8, Jan. 19, Jan 26, Feb 2, Feb. 9 \$21

TAP DANCING BASIC

Wed., Nov. 23-Feb. 8; 9:35 am; \$42

TAP DANCING PERFORMANCE

Wed., Nov. 23-Feb. 8; 12:45 pm; \$42

YOGA BEGINNERS

Tuesdays, Nov. 22—Feb. 7; 10:30 am; \$42

YOGA INTERMEDIATE

Wed., Nov. 23-Feb. 8; 1pm; \$42

Ask about enrolling in partial sessions using a punch card.

OUTDOOR ACTIVITIES

WOMEN'S OUTDOOR ADVENTURES

- ◇ Thursday, Nov. 3: Brackett Pond in Harold Parker Forest
- ◇ Monday, Nov. 14: St. Francis Seminary Trail and Grotto
- ◇ Thursday, Dec. 1: Ward Reservation, coffee to follow.



MEN'S OUTDOOR ADVENTURES

- ◇ Wednesday, Nov. 2: Skug River Reservation
- ◇ Wednesday, Nov. 30: Great Brook Farm, Carlisle, MA
- ◇ Wednesday, Dec. 14: Maudslay State Park, Newburyport, MA

All hikes meet at The Center at Punchard at 9 am. 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 wear sturdy shoes or hiking boots, bug spray, and walking stick.

Coming this winter!

Skiing at Bradford & Pickle Ball! Watch for details in the December newsletter.

Registration is a must - Register online, in person, or over the phone. We start registering November 1st



BOOMERVENTURE

Thursday evening classes designed to accommodate our 50 plus community
 No classes November 24, December 26 or 29, January 2 or 16:

Register for all BoomerVenture activities online, in person, or over the phone.

EXERCISE CLASSES

ENERGIZE WITH EXERCISE

Mondays, **Nov. 21-Feb. 6**; 3:30 pm. \$49.50. Get a great workout without going to the gym! Fun aerobics and weight training workout, ending with a meditative cool down.

BELLY DANCING

Thursdays, **Dec. 1—Feb. 9**; 6 pm; \$65. Bring out your “inner dancer”! Learn basic moves from fast and fiery to slow and smooth. Improve flexibility and increase self-confidence as you work all muscles, dance off calories, and have FUN! Suitable for women of all body types and fitness levels. Great core workout and lots of laughs too!

DANCE FITNESS

Thursdays, **Dec. 1 - Feb. 9**; 3:30 - 4:20 pm; \$55 This fun and easy-to-follow cardio-dance class will mix it up with musical genres that make you feel like you are on the dance floor. We’ll add some upper-body strengthening, but no floor work. No dance experience necessary!

SPECIAL INTEREST

FOOD MATTERS

Thursdays, **November 3 & 10**; 7 - 8 pm; \$10. Discuss disease prevention and healing through food. Jaxon Stallard, professional chef, author and holistic nutritionist. Learn a new way of life with food. Recipes, demos, tastings and take-aways.

REFLEXOLOGY WITH ULI KAPP

Thursday evenings starting at 6 pm by advance appointment only. \$1 per minute, in 15 minute intervals. Uli will massage pressure points that correlate to Qi in the body. Refreshing, healing therapy for hands or feet. Must register by the day before to hold spot.

SERENITY YOGA

Thursdays, **Dec. 1—Feb. 9**; 7:15 pm; \$65. Active, calming practice of flowing postures includes 15 minutes of meditation. Beginners always welcome! Sheila Wescott, instructor, combines the traits of gentleness, spirituality and a genuine “teacher’s heart”.

REGULARLY SCHEDULED PROGRAMMING

The programming below is held every week, except during Semester Break Weeks & holidays

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Town House Drop-In	7:00 Golf Group	8:00 Strength Training	8:00 Men/Women in Motion	8:00 Strength Training
9:00 Sunrise Singers	8:00 Men/Women in Motion	8:45 Strength Training	9:00 Strengthen & Stride	8:45 Strength Training
9:00 Woodcarving	9:00 Town House Drop-In	9:00 Town House Drop-In	9:00 Art Drop-In	9:00 Town House Drop-In
9:00 Quilting	9:00 Strengthen and Stride	9:00 Model Building	9:00 Current Events @ OTH Drop-In	10:15 Sit and Get Fit
10:00 Massage by Appointment	9:00 Writing Group	9:00 Art Drop-In	9:30 Craft Group	1:00 Piano Lessons
10:15 Rhythm-Aires	10:00 Sit and Get Fit	9:00 “SHOP” Group	1:00 Fun and Games	1:00 Fun and Games
1:00 Piano Lessons	10:15 Beginner's Yoga	9:35 Basic Tap	1:00 Duplicate Bridge	1:00 ESL lessons
1:00 Movie Matinee	10:30 Fun and Games	10:00 Fiber Arts	1:10 Tai Chi - Inter.	2:00 Ping Pong
3:30 BV Energize with Exercise	1:00 Social Bridge Drop-In	10:00 Grocery Shopping	3:30 Dance Fitness	3:00 Mindfulness Meditation
	1:00 Tai Chi - Beginner	12:45 Performance Tap	6:00 Reflexology	
	2:00 Breath, Balance and Wellness	1:00 Knit Wits	6:00 Belly Dancing	
	2:15 Line Dancing	1:00 Piano Lessons	6:30 Screening Room	
		1:00 Fun and Games	7:15 Serenity Yoga	
		1:00 Adult Coloring		
		1:00 Yoga-Inter.		
		2:00 Wellness Clinic		
		3:30 Nordic Walking		



HEALTH & WELLNESS

HEALTHY LIVING TIDBITS:

Friday, **November 4 & December 9**; 9:30 am
Healthy Breakfast is offered. Art McDermott presents. Free of charge.

Friday, **November 4**: Investigate how to improve **balance and coordination**.

Friday, **December 9**: Pros and Cons of the **Top Five diets**.

FOOT CARE

Offering foot care appointments (nail clipping only) for Andover residents. 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.*

- * **November 15** afternoon appointments
- * **November 23** morning appointments

MEDICATION AND SYRINGE DISPOSAL

- ◇ Medication Disposal available at the Andover Police Department.
- ◇ Syringe Disposal available at Andover Police Department and The Center at Punchard.

Public Safety Building :32 Main Street, Andover
Questions? Call Andover Police Department at 978-475-0411

“COPING WITH HOLIDAYS AND SPECIAL DAYS”

Thursday, **December 15**; 1:30; 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. Starting January 5 at 1:30 Lois Marra, of Home Health VNA Hospice, will facilitate a monthly support group.

PARKINSON’S DISEASE SUPPORT GROUP

Meets the 2nd Thursday of the month, September through June, from 1:30-3 pm at The Center. This is an open group and all are welcome. Next meeting:

Thursday, November 10 from 1:30-3 pm

Please call Kristine Arakelian to sign up. Free

PAIN MANAGEMENT SUPPORT GROUP

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 always welcome.

Facilitator: Gerry Rainville, RN, MSN
Next meeting: **November 14; December 12 off-site! Be sure to call ahead for details.**

SHINE

(Serving Health Information Needs of the Elderly) is a free and confidential counseling service to help individuals understand their Medicare insurance benefits and other health insurance options. The SHINE counselor can assist you in becoming a more informed consumer, while presenting accurate and unbiased information.

The SHINE counselor is available for individual appointments or by phone and meetings are held here at The Center at Punchard. *Call 978-623-8321 with your information and our counselor will contact you.*

WELLNESS CLINICS

Wednesdays at 2:00 pm. Stop in for a blood pressure and weight check with our trained nurses. They are here to help you stay with your day-to-day health needs.



NEW CLINIC SPACE

A new health has been designed to increase privacy, it located at the end of room accessible just after the doors by our library.

BROWN BAG

Elder Services of the Merrimack Valley, Boston Food bank, And C@P are expanding this program. This is FREE to anyone 60+ with a income of \$21,978 single person or \$29,637 for a couple, or on Mass Health, chap 115, food stamps, fuel assistance. This grocery bag is available the first Tuesday of the month at 9:30. Call Annmary or Kristine to sign up or see if you are eligible.



November 2016 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 1:00 Fix-it 1:30 French Conversation LUNCH: Chicken a la King	1 9:30 Brown Bag pick up 9-10:30 walk the gym LUNCH: Chicken Pot Pie	2 9:00 Men's Outdoor LUNCH: American Chop Suey	3 9:00 Women's Outdoor 11:00 Listening session w/ Annmary 1:30 I-Pad LUNCH: Stuffed Chicken w/ Sundried Tomato	4 9:30 Healthy Living 7:00 PM US Army Band and chorus LUNCH: Sweet & Sour Pork
7 Sunday Nov 6th Chinese Health Fair 12:30-4:30: open 1:00 Fix It Shop 1:30 French Conversational LUNCH: Baked Chicken Breast Quarter	8 Election Day Closed  MOW are delivered today—Mixed Veg Lasagna	9 9:00 Andover Garden Club LUNCH: Meatloaf	10 8:00 COAB Meeting 9:00 Salute to Veterans 10:00 TRIAD Meeting 1:30 Parkinson's Support Group LUNCH: Chicken Parm	11 Veterans Day Closed 
14 9:00 Women's Outdoor 9:30 Residential Lock Box 1:30 Pain Mgmt Support Group 1:30 Computer Users LUNCH: Baked Fish	15 9-10:30 walk the gym 12:00 Merrimack College Gender Studies 12:30 Podiatry 1:30 Mandarin case management drop in 4:00 Flu Clinic LUNCH: Chicken Piccata	16 12:00 Thanksgiving Dinner, \$6.00 plus a Show at 1:30! Please sign up in advance No congregate meal today, MOW will be delivered. LUNCH: Turkey & all the fixings	17 11:00 Lunch at Windsor Place LUNCH: Open Faced Roast Beef	18 11:30 Monthly Birthday luncheon  LUNCH: Salmon w/ Dill Sauce
21 1:00 Fix It Shop 1:30 Ask the Lawyer LUNCH: Chicken Pesto	22 9:30am Brown Bag pick up 9-10:30 Walk the gym LUNCH: Pot Roast	23 9:00 Podiatry LUNCH: Liver w/ Onions	24 Closed Thanksgiving 	25 9:30 Sea Festival of Trees LUNCH: Tilapia w/ Lemon Sauce
28 8:30 MA State Senator 1:30 Meet the Artist 1:30 Identity Theft LUNCH: Chicken Marsala	29 9-10:30 Walk the gym LUNCH: Eggplant Parm	30 9:00 Men's Outdoor LUNCH: Beef Stew	MENU SUBJECT TO CHANGE WITHOUT NOTICE	Congregate meal runs 11:55am to 12:25pm, kindly sign up two days in advance.

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

PROUD
to partner with
the Center at
Punchard

TRANSPORTATION



MEDICAL TRANSPORTATION

Transportation to medical appointments is available. A minimum of *one week advance notice* is required. Contact Carol for more details and donation information.

GROCERY SHOPPING

Door-to-Door Service - We pick you up at your house and bring you home. **Wednesdays** - Market Basket grocery shopping - \$4 round trip.

MONDAY FUN TRIPS

Monday, **November 14**; 10:00-3:00

Let's go to **Mann Orchards** where you can have lunch from the Country Lunch Menu. You'll find homemade pies, local produce, fully stocked farm store and a bakery. The aromas alone will draw you in and keep you shopping. We can also go to The Loop across the street and continue the browsing and shopping. Let's get outside and breathe the fresh air!

Monday, **November 28**; 10:00-3:00

We're going to **The Christmas Tree Shops**, come along!!!

You can have a nice day out with friends and enjoy the shops, the eateries, and the sales. The plaza also has a Bob's Store, Kohl's, NH Liquor & Wine Outlet, and Papa Gino's.

\$8.00 round trip. Sign up to reserve your seat on the bus. Please call Carol at 978-623-8321

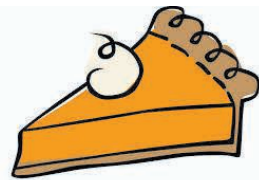
Thanksgiving Pies

Pumpkin \$9 each

Apple \$11 each

Pecan \$13 each

Blueberry \$13 each



- Must be picked up November 22 or 23
- Must be paid for when order is placed.
- Friday, November 18 by 2pm last day to order!

HOLIDAY FAIR



Saturday, **December 3**; 9 am - 3 pm

Monday, **December 5**; 9 am - 1 pm

Reserve a Table

If you are a crafter, please contact Andrea or Karen to reserve a table (fee \$30).

Wish List

We are looking for donations of jewelry (even if broken), wired ribbon, fabric, Christmas decorations, bakers. Knitted items are needed - include size and cleaning instructions.

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Andover Senior Center, Andover, MA 06-5052



北美中华医学会将在安多福镇 (Andover) 老年中心举办医学讲座和健康咨询

美国的医疗服务水平与许多其他国家相比是比较先进的，而麻州的居民更受益于全民健保系统。由于语言障碍和对美国的医疗体系不甚了解等原因，在美国的华人都感觉看病难，不知从何开始，与医护人员沟通不畅等。为了帮助大家熟悉在美就医相关流程及普及医学知识，并提供用中文与各科医生交流的机会，北美中华医学会 (American Chinese Medical Association, ACMA) 的医学专家们将于 2016 年 11 月 6 日下午 1:00 PM 在安多福镇 (Andover) 老年中心举办健康教育活动。

多年来，北美中华医学会在大波士顿地区的不同地方定期举办社区服务活动，服务于华裔及其它族裔民众。本次在安多福镇的活动，医学专家们将用中文讲解大家感兴趣的专题。来自普通内科，家庭科，老年科，心脏内外科，神经内外科，消化科，精神科，泌尿科，风湿科，内分泌科，儿科，麻醉疼痛科，肿瘤科，病理科，牙科，药剂科等能说中英文的专家们等将为大家提供免费健康咨询。欢迎大家踊跃参加。

时间：2016 年 11 月 6 日 (星期日)，下午 12:30-4:30

地点：安多福镇老年活动中心 (Center at Punchard), 30 Whittier Ct, Andover, MA 01810

日程：12:30-1:00 注册

- | | | |
|-----------|------|--|
| 1:00-2:15 | 专题讲座 | <ol style="list-style-type: none"> 1. 在美国怎么看病? (高红医生) 2. 我需要做体检吗? (钱红医生) 3. 怎样预防心血管疾病? (朱彤医生) 4. 我是不是老年痴呆了? (纪静医生) 5. 什么是 DNR (do not resuscitate)? (叶智勇医生) |
|-----------|------|--|

2:15-2:30 休息

2:30-4:30 免费健康咨询

交通提示：乘坐 MBTA 公交车的朋友们，请坐 32 路，在 Andover Square 站 (bus stop 5) 下车。请参考 MBTA 周末时刻表。对于居住在安多福镇的老人们，Town of Andover Elder Services 将特别为本次活动提供免费 公车 (shuttle) 服务。

ACMA 联系人：刘建康博士 (email: jkliu01@yahoo.com)

CAAA 联系人：曹轶参 (email: yican@caandover.org)

主办单位：北美中华医学会 American Chinese Medical Association (ACMA)

协办单位：安多福镇华人协会 Chinese American Association of the Andovers (CAAA)

Town of Andover Elder Services - A Division of the Community Services Department

In facing the rapidly ever-changing healthcare and better health care service demands, American Chinese Medical Association (ACMA) will host a community health education event at the Andover Senior Center on Sunday, **Nov. 6**, from 12:30—4:30. This event will be attended by bilingual (Mandarin and English) physicians and other health care professionals from various medical specialties. This event is **FREE** and open to all.

* Also starting on **November 15th** at 1:30pm, the 3rd Thursday of every month Mandarin speaking clients can have a case management meeting with Annmary Connor, an interpreter will be on hand—this will be to discuss community services and needs. This is a drop in appointment time.

DROP IN GROUPS (FREE & FUN)



FUN AND GAMES

We play games! Meet your friends or make new ones at 1 pm Tuesday through Friday in the Four Seasons Room.



Volunteers are on-hand to teach and play games such as canasta, cribbage, bridge and 45's.

- * If you're a bridge player, drop in for bridge on Tuesdays.
- * We're enjoying adult coloring books on Wednesdays —come have fun and relax with this new hobby sweeping the nation!
- * Other game suggestions? Speak to Zeff on Tuesdays. Anyone for canasta or Mah Jong? Looking for players to make a foursome.

MONDAY MOVIE MATINEE

Free movies on Mondays at 1:00 pm. Popcorn and sodas available for purchase.

Nov. 7: "Eye in the Sky" with Helen Mirren

Nov. 14: "Blazing Saddles" - 10 am

"Weekend at Bernie's" - 1 pm

Nov. 21: "Brooklyn"

Nov. 28: "Silver Streak"

BOOMERVENTURE SCREENING ROOM

MOVIES

Free movies on Thursdays at 6:30 pm

November 3: "Our Brand is Crisis" - Sandra Bullock & Billy Bob Thornton as campaign consultants in a comedy/drama election winner!

November 10: "Louder than a Bomb", documentary on the world's largest poetry slam.

December 1: "Joy", housewife strikes gold on QVC that turns her Miracle Mop into an overnight marketing miracle.

*donations always welcomed but never expected

ADULT COLORING PAGES

Wednesdays from 1 pm - 3 pm

Coloring is not just for kids! Adult coloring pages, markers and colored pencils provided.

CRAFT CORNER

Thursdays at 9:30 am

FIBER ARTS

Wednesdays at 10 am

KNIT WITS

Wednesdays at 1 pm

MINDFULNESS MEDITATION

Fridays; 3 - 3:30 pm

Mindfulness is a modern, evidence-based way of increasing your mental clarity, calm, happiness and health. Beginners welcome.

OPEN STUDIO ART

Wednesdays and Thursdays at 9 am

No instructor, but you will trade ideas and informally, learning 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; 9 am

Quilting experience required.

"SHOP" SEWING GROUP

Wednesdays at 9 am

No experience necessary!

"WRITE STUFF"

Tuesdays at 10 am—join the Writing Group

MODEL BUILDING

Wednesdays at 9 am

Join a group of model enthusiasts. Bring your own project and enjoy the camaraderie! Even if you've not made one since you were 10—it's fun!

Register for all Drop-In Groups online, in person, or over the phone.



The Center

Town Manager

Andrew P. Flanagan

Director of Community Services

Joseph Connelly

The 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

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Christine Marshall, Editor

Andrea Zaimes

Nutrition Staff

Frank Melendez, Chef

Transportation/Intake

Shawna McCloskey

Carol Howe

Drivers

Ed Blinn

George Perakis

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
(see names below)

or by calling The Center and leaving a message with office staff.

Margaret O'Connor, Chair

Kenneth DeBenedictis, Vice Chair

Jane Gifun, Secretary

Molly Bicking

Kathleen (Kaye) Devanna

Joan Fox

Joseph Ponti

Kimberly Rainen

Thomas Rando

Center Hours

Monday - Friday

8 am - 4 pm

Thursday Evenings for

BoomerVenture Campus

6 pm - 9 pm

Disclaimer: The Center at Punchard, 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 United States Army Field Band & Soldiers' Chorus

@ the Collins Center, Andover High School

On Friday, November 4, 2016 the Director of Veterans' Service Office is hosting a Patriotic Concert at the Collins Center at 7:00 p.m. This is a free concert yet tickets are required. Tickets available - please stop by the C@P.

~~~~~

## Legacy Matters

FREE

Wednesday afternoons, 12:50 - 1:50 PM

Location: The Center at Punchard (Andover Senior Center)

Kick off date, October 26, 12:50 - 1:50 p.m., Openings still available!

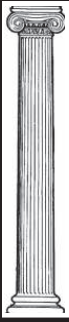
A partnership with Wood Hill Middle School 7<sup>th</sup> grade students called, *Legacy Matters* - location is at The Center at Punchard.

Dust off those photographs and memories. Ensure that your precious stories are told now and forever - for your children, their children, and our entire community.

Capture your meaningful adventures through interviews with students who will learn as well as share their knowledge using multimedia technology and research about key events in your life.

Create your legacy story as it emerges from your work together - crafted with journals, storytelling, poetry, taped stories, photo collages, music, and more. Imagine the photo book, videotape, written story and more you will create to make your memories last forever!

The Center at Punchard receives partial funding for this newsletter from the Commonwealth of Massachusetts Executive Office of Elder Affairs. We thank taxpayers for supporting The Center. Upon request, auxiliary aides will be provided to ensure effective communications and participation in Andover Elder Services programming as specified in the Americans with Disabilities Act.



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Andover Senior Center, Andover, MA 06-5052



# ANDOVER SENIOR COMMUNITY FRIENDS

## FRIENDS' TRIPS

**Advanced Registration at The Center**  
Checks should be made **payable to ASCF**

### **SEA FESTIVAL OF TREES, SALISBURY BEACH, MA**

Friday, **November 25**; \$46/44 includes lunch at the Oceanside Seaglass Restaurant right on Salisbury beach. 9:30 – 3:00 p.m.

Get ready for a forest of sparkling holiday trees and wreaths, fancily decorated with unique and fun themes. Watch skating on Seaside Ice (an indoor rink), a coastal arts and crafts show, a giant gingerbread house castle display, gift and sweet shop, and festival café. Begin your holiday season with this fun trip!

### **CHRISTMAS FINERY AT VICTORIA MANSION IN PORTLAND, ME**

Monday, **December 12**; 9:30 – 4:30pm; \$51/49 includes the house tour and lunch.

\*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.

## **SMILE**

Did you know that orders you place with Amazon can benefit the Andover Senior Community Friends (ASCF). Just log into Amazon Smile (either Google it or type smile.amazon.com into the browser) and type in the name Andover Senior Community Friends as the non-profit organization. A portion of your purchase will be donated to the SCF. What better way to benefit the Center at Punchard, which the Friends supports. Try it next time you order!!



**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

## **Andover Senior Community FRIENDS, Inc.**

The Board always looking to welcome new FRIENDS and fresh ideas for their projects and fundraising events. Members of any age are welcome to become FRIENDS.

Please complete the form and send it along with your check to:

The Andover Senior Community FRIENDS, Inc  
c/o The Center at Punchard  
36 Bartlett St. : Andover, MA 01810

**NAME:** \_\_\_\_\_ **ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE** \_\_\_\_ **ZIP CODE** \_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_ **CELL PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**MEMBERSHIP:** Senior/Student \$10.00 \_\_\_\_ / Individual \$15.00 \_\_\_\_ /Family \$30.00 \_\_\_\_

Patron \$50.00 \_\_\_\_ Benefactor \$100.00 \_\_\_\_ 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