



News and Views

October 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.

Warm Autumn Greetings

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

I would like to thank the Town of Andover for giving me this wonderful opportunity and I am very excited to meet each of you as I begin to learn more about the Elder Services Division and the Center at Punchard.

First let me tell you a little about myself and my background. I was born and raised on the North Shore and I attended Fitchburg State College where I received a Bachelor Degree in Human Services. I later continued my education and received a Master in Social Work from New Mexico State University in Las Cruces. I lived in New Mexico for 4 ½ years and during that time I married, had our first child, and started my career working with older adults at a skilled nursing facility in El Paso, TX. I currently live in Amesbury, MA with my husband and two children.

I worked in long term care for nine years before becoming the Director of the Amesbury Council on Aging. I am a Licensed Independent Clinical Social Worker (LICSW) and have a strong clinical and case management background. I have taught at colleges and universities, worked for Hospice and VNA's, and I volunteer with a variety of organizations.

During my time at the Amesbury COA, I developed strong clinical support through the use of interns. I thrive on interdepartmental and agency collaborations to improve the overall quality of life in the community. I look at my work as true service and I am overjoyed to have been selected to serve as the Elder Services Director for the Town of Andover.

The Town of Andover is revered as a forward thinking and compassionate community that knows the meaning of hard work. I look forward to your support, wisdom, guidance, ideas and commitment as I embark on serving the Andover community for years to come.

TABLE OF CONTENTS	
Andover FRIENDS	2
Caregiving	3
Transportation	4
Drop In Groups	5
Special Events	6-7
Special Interest Classes	7
Community Events	8
Exercise Classes	9
Boomer Venture	10
Calendars	12-13
Health & Wellness	14
How to Register	16



ANDOVER SENIOR COMMUNITY FRIENDS

FRIENDS' TRIPS

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

FRANK LLOYD WRIGHT'S ZIMMERMAN HOUSE TOUR, MANCHESTER, NH

Thursday, **October 13**; 9:00 am - 4:00 pm; \$61/59 includes museum admission, guided house tour and lunch. The Currier Museum offers specially-scheduled guided tours of New England's only Frank Lloyd Wright designed home. We'll arrive early enough to enjoy some time exploring the Currier Museum's delightful collections before our 90-minute guided tour. Following our tour we'll enjoy a late lunch at KC's Rib Shack.

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!

*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.

BECOME A MEMBER

The Andover Senior Community FRIENDS is a non-profit organization whose purpose is to promote, support, and sponsor programs at the Center at Punchard. By becoming a member of the FRIENDS you will help to make this possible.

Members of the FRIENDS also receive a \$2 discount on the bus trips sponsored by the FRIENDS. Please join us by sending your tax deductible contribution to:

Andover Senior Community FRIENDS
c/o The Center at Punchard
30 Whittier Court
Andover MA 01810

CRYSTAL BALLROOM DANCE

The Friends have a Crystal Ballroom Dance scheduled for **October 30th** at the Town House in Andover. Mark your calendars!

VOLUNTEERS

The Andover Senior Community FRIENDS are 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. If this sounds good to you, please email our president Ann Cobleigh at anncobleigh@gmail.com

BOSTON POST CANE GALA

Friday, September 30, 2016 @ 6:00 pm
Andover Country Club



Honoring Special Guest Kathy Urquhart and the Presentation of Boston Post Cane Certificate to Andover's Oldest Resident

Cocktails, Dinner, and Dancing

Tickets are \$60 per person and can be purchased at the Center at Punchard or Andover Book Store

Sponsored by Andover Senior Community FRIENDS



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 ASCF. What better way to benefit the Center at Punchard, which the Friends supports. Try it next time you order!!



CAREGIVING

MEMORY MAKING CAFES: SALVATORE'S RESTAURANT—FOURTH MONDAYS—MONTHLY

Memory Cafés will soon be back after a summer hiatus! Kudos to Salvatore's Restaurant in Andover for hosting our cafes! Each café has a specific fun theme and activity facilitated by a presenter aimed to stimulate shared connection and joy. Memory Making Cafes create opportunities for diverse individuals living with memory challenges, their caregivers, families and friends to come together for a light-hearted social event – for memory making. Monthly, fourth Monday, 6:30 - 8:00 pm. **October 24th, November 28th, December 26th.** 6:30 – 8:00. Free. Pizza included. If you'd like more information on how you might get involved, please contact Emily Kearns, Memory Café Coordinator: 978-604-0830; emilykearns18@gmail.com.

MONTHLY CAREGIVING MEETUP COFFEE HOUR: CAFFE NERO

Join us for a new networking and support opportunity for caregivers – the Caregiver Meetup Coffee Hour held monthly at Cafe Nero, 77 Main Street, Andover. Promising great conversation, support, and resource-sharing. Grab your coffee and join us in the back of the café. Monthly, first Wednesday, **October 5**, 9:30 to 10:30 am.

November 2, December 7. Free. For more information contact Emily Kearns, Caregiver Meetup Coordinator: 978-604-0830; emilykearns18@gmail.com.

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 and includes a hot lunch. 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

- * **October 17 & 31 at 1 pm**
- * **November 7 & 21 at 1 pm**



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

Our Phone number will be changing in November!



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, October 3rd

It's been awhile since we've visited The Mall...Let's go to ROCKINGHAM Salem, NH and have a day of shopping, walking, people-watching, and dining out with friends.

Monday, October 17th

The leaves are changing and the colors are popping! Let's ride the backroads of Haverhill, Georgetown, West Newbury and do some "leaf peeping". Our destination will be the Park Lunch in Newburyport. **In this location since 1957, Park Lunch** is famous for its delicious FRIED CLAMS. This is a Cozy, family-style eatery serving pizza, burgers and more. It's perfect for our lunch stop.



Monday, October 24th

Let's go to WALMART in North Reading. Other attractions include Marshalls, The Dollar Store, Joe Fish, Subway; plenty to do for an afternoon out...

\$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, bakery. Knitted items are needed - include size and cleaning instructions.

Newsletter online!

If you'd like to receive an email notification when our monthly newsletter is available on our website, please email us at: seniorcenter@andoverma.gov with your name and street address.



DROP IN GROUPS



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.

October 3: "Trumbo" with Bryan Cranston

October 17: "London has Fallen"—new thriller

October 24: "E.T."—Terrific Sci-Fi classic with a young Drew Barrymore

October 31: "Young Frankenstein"—Gene Wilder

BOOMERVENTURE SCREENING ROOM

MOVIES

Free movies on Thursdays at 6:30 pm

Oct 6: "Jafar Panahi's Taxi", award-winning Iranian documentary of quiet but profound outrage follows an ordinary cab ride through Tehran.

Oct 13: "Embrace of the Serpent" Colombian adventure drama; best foreign language nominee.

Oct 20: "The Letters" Award-winning biographical drama of the remarkable life of Mother Teresa and her correspondence with her spiritual mentor.

Oct 27: "Rams", Icelandic comedy of two estranged brothers.

ADULT COLORING PAGES

Wednesdays from 1 pm - 3 pm

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

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; by donation.

Mindfulness is a modern, evidence-based way of increasing your mental clarity, calm, happiness and health. Join us each Friday for a meditation session aimed at learning and practicing mindfulness. 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 comradery!

SPECIAL EVENTS



MEET THE NEW DIRECTOR OCTOBER 5TH AT 11AM! ALL ARE WELCOME!

TWO TO TANGO ~ DINNER SHOW

Saturday, **October 1**; 6 pm; \$10.

Enjoy an evening of wonderful food and a provocative performance! 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.



THE LION IN WINTER: DISCUSSION

Wednesdays, **Oct. 5, 12 & 19**, 9 - 10:30 am; \$9. James Goldman's play has something for everyone: an exciting historic setting, battling royalty, family strife, and wonderful dialogue about some universal conflicts. Read it with us! Copies of the play may be purchased from Amazon or bookstores for \$10 or borrowed through Andover's Library Consortium. Eileen Reilly will facilitate.

ASK THE LAWYER

Monday, **October 3**; 1:30 pm; Free. Attorney Karol Bisbee will be on hand to meet individually and answer general questions. Sign up required. First come, first served day of appointment.

SALUTE TO VETERANS

Thursday, **November 10**; 9:00 am. Students from High Plain elementary school present a special memorial to our Veterans. Call Carol if you need transportation.

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.

FRIDAY SPEAKER SERIES: WITCHCRAFT IN ANDOVER

Friday, **October 21**; 8:30 am; \$4 includes breakfast.

Did you know there were more witches in Andover than in Salem? And that three Andover residents were hanged as witches? Explore this tragic period in Andover history with local historian Don Robb and learn which Andover families were involved, and what effect the witchcraft scare had on the town.



MEDICARE OPEN ENROLLMENT FOR 2017

Friday, **October 28**; 9:30 am -- Free.

October 15 - December 7 is when *ALL* people with Medicare can change their Medicare Health Plan and prescription coverage for the coming year. This forum includes an explanation of Medicare, including the Medicare drug benefit.

If an individual consultation is desired at a later time, please indicate that at time of the meeting. Presentation and update by Klaus Lasch, SHINE Counselor.

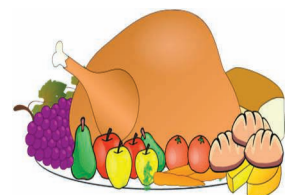
*** DATE CHANGE!***

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 iPad to this hands-on workshop. If you don't have an iPad, we have a few available. Limit 15.

SPECIAL THANKSGIVING LUNCH

Thursday, **November 17**; noon; \$6. Join us in giving thanks at our *Annual Thanksgiving Luncheon* with all the trimmings. This is for Andover residents only. It is NOT our regular congregational luncheon. A meal (not the turkey dinner) will also be available by regular sign-up.





SPECIAL EVENTS

THE GREAT DEPRESSION

Thursday, **October 13**; 1:30 - 3:00 pm; \$3.
When did the Great Depression start? What caused it? Why did it last so long? How did it affect people? What did we learn from the experience? Are we likely to have another Great Depression? Explore these and other questions with local historian Don Robb in a nostalgic look at the 1930s in America.

THE NEW DEAL

Thursday, **October 20**;
1:30 - 3:00 pm; \$3.
What was the New Deal? How did it affect average Americans?



Was it a liberal experiment or a conservative approach to economic problems? How effective was the New Deal in solving the problems of the Depression? What are the lasting effects of the New Deal today?

Take a look back at the days of Franklin Roosevelt and the American people in the 1930s with local historian Don Robb.

ENACTING LAWS IN MASSACHUSETTS

Monday, **October 24**; 1:30 - 3:00; \$3.
Gain a good working knowledge of how the legislative process works in the Commonwealth of Massachusetts with Joe Ponti, a long-time docent at the Statehouse. Joe will share his insider knowledge acquired over the past decade.



SPECIAL INTEREST CLASSES

BOOK CLUB

Thursday, **October 27**; 1:30 pm

Founding Brothers: The Revolutionary Generation a Pulitzer prize-winning book by Joseph Ellis

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, **October 17**; 1:30 pm; "**Backup**" - since so much of our digital life is stored on computers, phones and tablets, this topic is worth revisiting about once a year. Its not *if* your device will fail, but *when!* To be safe, backing up our machines is a necessity.

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, **through - Nov. 7**; 10:15 am; \$8
Make a joyful noise! Join this fun loving tambourine band.

SUNRISE SINGERS

Mondays, **through - Nov. 7**; 9 am; \$16
Like to sing? Beginners welcome. No sight reading required, just a love of music needed!

WOOD CARVING

Mondays, **through - Nov. 7**; 9 am; \$25
Some instruction provided for beginners. Come check it out to see how engrossing it is.

DUPLICATE BRIDGE

Thursdays, **through - Nov. 10**; 1 pm; \$22
Play in a fun, informal setting. Intermediate bridge skills are required as well as partners.



COMMUNITY EVENTS

MASSACHUSETTS STATE SENATOR

Monday, **October 24**; 8:30 am. Bring your questions for the monthly office hours held by Senator Barbara L'Italien & staff.

MISTRAL CHAMBER MUSIC: YOUNG AT HEART!

Sunday, **October 30**; 5pm; Temple Emanuel. \$15 tickets here. St. Saens - "Carnival of the Animals", Dukas - "The Sorcerer's Apprentice" and Bizet - "Jeux D'Enfant".

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

Two "High Dose" Flu clinics have been scheduled for residents aged 65 and older on Tuesday, **October 4** and Thursday, **October 6**. The clinics will be held at the Cormier Youth Center (**New Location**) from 9:00 am - 12 noon. By Appointment ONLY. Appointments can be made after September 1st by calling the Health Department at 978-623-8295 during office hours (8:00am to 3:00pm.)

The Community Flu Clinic for residents 3yrs 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.

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.

We will be talking about scams and how prevalent they are. Learn how to distinguish them.

Next meeting at The Center at Punchard is:
Thursday, **October 13** at 10:00 am

COFFEE WITH SOBHAN

Friday, **September 30**; 9:30 am; Free

Sobhan works closely with public safety's first responders and emergency response staff to intervene and connect with individuals in need. The goal is to connect individuals and close the gap as much as possible. The focus covers mental health, addiction, and substance abuse needs for community members of all ages. Refreshments will be served. Registration requested. Call 978-623-8321 to register.

ESSEX COUNTY SHERIFF'S DEPT. K-9 UNIT

Friday, **October 7**; 10:30 am; Free

The K-9 Team will provide a demonstration of this instrumental law enforcement tool. Enjoy seeing the K-9 Team in action during an outdoor

demonstration at The Center at Punchard. Come hear how the K-9 community works for our senior population.

Pre-registration is required and appreciated. Call 978-623-8321 to register.



EXERCISE CLASSES

Fall Session: August 22-November 10



REGISTER ONLINE, IN PERSON, OR OVER THE PHONE. NO CLASSES ON 9/5, 9/8, 10/10, 11/8, 11/11. (YOU ARE NOT CHARGED FOR THESE DAYS). TRY ANY EXERCISE CLASS ONCE FOR FREE! ASK ABOUT ENROLLING IN PARTIAL SESSIONS USING A PUNCH CARD.

BREATH, BALANCE AND BODY WELLNESS

Tuesdays, **through - Nov. 1**; 2 pm; \$44

LINE DANCING

Tuesdays, **through - Nov. 1**; 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, **through - Nov. 1**; 8 am; \$38.50
 Thursdays, **Aug. 25 - Nov. 10**; 8 am; \$38.50

SIT AND GET FIT

Tuesdays, **through - Nov. 1**; 10:15 am; \$38.50
 Fridays, **through - Nov. 4**; 10:15 am; \$38.50

STRENGTH TRAINING

Wed., **through - Nov. 9**; 8 am or 8:45 am; \$42
 Fri., **through - Nov. 4**; 8 am or 8:45 am; \$38.50

STRENGTHEN AND STRIDE

Tuesdays, **through - Nov. 1**; 9 am; \$38.50
 Thursdays, **through - Nov. 10**; 9am; \$38.50

TAI CHI

Advanced Beginners - Tuesdays, **through - Nov. 1**; 1:10 pm; \$38.50

Intermediate - Thursdays, **through - Nov. 10**;
 1:10 pm; \$35 (no class Sept. 8 or 29)

Beginners - Thursdays, **through - Nov. 10**; 2:15
 pm; \$35 (no class Sept. 8 or 29)

TAP DANCING BASIC

Wed., **through - Nov. 9**; 9:35 am; \$42

TAP DANCING PERFORMANCE

Wed., **through - Nov. 9**; ; 12:45 pm; \$42

YOGA BEGINNERS

Tuesdays, **through - Nov. 1**; 10:30 am; \$38.50

YOGA INTERMEDIATE

Wednesdays, **through - Nov. 9**; 1pm; \$42

OUTDOOR ACTIVITIES

WOMEN'S OUTDOOR ADVENTURES

- ◇ Thursday, **Oct. 6**: New Forster's Island trail
- ◇ Monday, **Oct. 17**: Baker's Meadow
- ◇ Thursday, **November 3**: Brackett Pond in Harold Parker forest

MEN'S OUTDOOR ADVENTURES

- ◇ Wednesday, **Oct. 5**: Carmel Woods
- ◇ Wednesday, **Oct. 19**: Foster Pond & Goldsmith Reservations
- ◇ Wednesday, **Nov. 2**: Skug River Reservation
- ◇ Wednesday, **Nov. 30**: Great Brook Farm, Carlisle, 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.



NATURE WALKS

Fridays, **through - October 28**; 8:30am; Meet in The Center parking lot. Rainy weather cancels trip. Please come inside to swipe in before going.

Registration is a must - Register online, in person, or over the phone.

BOOMERVENTURE

Thursday evening classes designed to accommodate our 50 plus community

EXERCISE CLASSES

BELLY DANCING

Thursdays, **through November 10**; 6 pm; \$58.50. Enjoy a special guest series taught by Naharin, experienced teacher and performer for over 30 years! 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!



ENERGIZE WITH EXERCISE

Mondays, **through November 7**; 3:30 pm. \$55. Fun aerobics and weight training workout, ending with a meditative cool down. Summer is a great time to check out this popular class.

NORDIC WALKING

Wednesdays, **through October 12**; 3:30 pm; \$33. Poles provided. Highly rated cardiovascular upper and lower body workout while hiking Avis Trails.

DANCE FITNESS

Thursdays, **through Nov. 10**; 3:30 – 4:20 pm; \$49.50
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!

SERENITY YOGA

Thursdays, **through November 10**; 7:15 pm; \$58.50. Active, calming practice of flowing postures with 15 minutes of meditation. Sheila Wescott leads.

SPECIAL INTEREST

PLANNING FOR MEDICARE:

COUNTDOWN TO 65

Thursday, **September 29**; 6:30 - 8 pm; Free. Health care coverage is crucial to your retirement. How to enroll, what supplements are necessary/available. BCBS leads interactive seminar.

"SOLAR ENERGY SAVINGS: GETTING OFF THE GRID AND LOVIN' IT"

Thursday, **October 6**; 7 – 8:00 pm. Free. Learn about local energy options. Presented by Anil Navkal, Lead, Energize Andover Program and member of the Andover Green Advisory Board.

ORGANIZING ONCE AND FOR ALL

Thursdays, **Oct. 13, 20 & 27**; 6:30 – 8:00 pm; \$25 for series. People have been raving about the Kon Mari method of organizing. Come learn some practical tips on getting organized once and for all.



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.

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

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Andover Senior Center, Andover, MA 06-5052

October 2016 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>1:30 Ask the Lawyer 1:30 French Conversational</p> <p>LUNCH: Chicken Pot Pie</p>	<p style="text-align: right;">4</p> <p>LUNCH: American Chop Suey</p>	<p style="text-align: right;">5</p> <p>9:00 Men's Outdoor 9:00 Lion in Winter</p> <p style="text-align: center;">11:00 Meet the new Director : Annmary Connor</p> <p>LUNCH: Stuffed Chicken</p>	<p style="text-align: right;">6</p> <p>9:00 Women's Outdoor 7 pm Solar Energy Presentation</p> <p>LUNCH: Roast Pork</p>	<p style="text-align: right;">7</p> <p>8:30 Nature Walk 9:30 Healthy Living 9:30 Sheriff's K-9 demonstration</p> <p>LUNCH: Spinach Pie</p>
<p style="text-align: right;">10</p> <p style="text-align: center;">COLUMBUS DAY CLOSED</p>	<p style="text-align: right;">11</p> <p>LUNCH: Chicken Parm</p>	<p style="text-align: right;">12</p> <p>9:00 Lion in Winter</p> <p>LUNCH: Meatloaf</p>	<p style="text-align: right;">13</p> <p>8:00 COAB Meeting 10:00 TRIAD Meeting 1:30 Parkinson's Support Group 1:30 Great Depression 6:30 Organizing Once and For All</p> <p>LUNCH: Beef Stir Fry</p>	<p style="text-align: right;">14</p> <p>8:30 Nature Walk 9:30 Elder Abuse Forum</p> <p>LUNCH: Lemon Scrod</p>
<p style="text-align: right;">17</p> <p>9:00 Women's Outdoor 1:00 Fix It Shop 1:30 Pain Mgmt Support Group 1:30 Computer Users 1:30 French Conversational</p> <p>LUNCH: L.S. Hot Dog & Mac and Cheese</p>	<p style="text-align: right;">18</p> <p>12:30 Podiatry</p> <p>LUNCH: Chicken Pesto</p>	<p style="text-align: right;">19</p> <p>9:00 Men's Outdoor 9:00 Lion in Winter</p> <p>LUNCH: Shepherd's Pie</p>	<p style="text-align: right;">20</p> <p>1:30 The New Deal 6:30 Organizing Once and For All</p> <p>LUNCH: Pot Roast</p>	<p style="text-align: right;">21</p> <p>8:30 Nature Walk 8:30 Friday Speaker Series</p> <p>LUNCH: Salmon w/ Dill Sauce</p>
<p style="text-align: right;">24</p> <p>1:30 Enacting Laws in Massachusetts 1:30 French Conversational</p> <p>LUNCH: Eggplant Parm</p>	<p style="text-align: right;">25</p> <p>LUNCH: Chicken Piccata</p>	<p style="text-align: right;">26</p> <p>9:00 Podiatry</p> <p>LUNCH: Open Faced Roast Beef</p>	<p style="text-align: right;">27</p> <p>6:30 Organizing Once and For All</p> <p>LUNCH: Chicken Drum sticks</p>	<p style="text-align: right;">28</p> <p>8:30 Nature Walk 9:30 Medicare Open Enrollment</p> <p>LUNCH: Seafood Newberg</p>
<p style="text-align: right;">31</p> <p>1:00 Fix It Shop 1:30 French Conversational</p> <p>LUNCH: Chicken a la King</p>			<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	

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REGULARLY SCHEDULED PROGRAMMING

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

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 Water Workout	9:00 Art Drop-In	9:30 Craft Group	1:00 Piano Lessons
10:15 Rhythm-Aires	10:00 Writing Group	9:00 "SHOP" Group	1:00 Fun and Games	1:00 Fun and Games
1:00 Piano Lessons	10:15 Sit and Get Fit	9:35 Basic Tap	1:00 Duplicate Bridge	1:00 ESL lessons
1:00 Movie Matinee	10:30 Beginner's Yoga	10:00 Fiber Arts	1:10 Tai Chi - Inter.	2:00 Ping Pong
3:30 BV Energize with Exercise	1:00 Fun and Games	10:00 Grocery Shopping	2:15 Tai Chi - Beginner	3:00 Mindfulness Meditation
	1:00 Social Bridge Drop-In	12:45 Performance Tap	3:40 Dance Fitness	
	1:10 Tai Chi - Beginner	1:00 Knit Wits	6:00 Reflexology	
	2:00 Breath, Balance and Wellness	1:00 Piano Lessons	6:00 Belly Dancing	
	2:15 Line Dancing	1:00 Fun and Games	6:30 Screening Room	
		1:00 Adult Coloring	7:15 Serenity Yoga	
		1:00 Yoga-Inter.		
		2:00 Wellness Clinic		
		3:30 Nordic Walking		

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HEALTH & WELLNESS



HEALTHY LIVING TIDBITS:

Friday, **October 7 & November 4**; 9:30 am
Healthy Breakfast is offered. Art McDermott presents. Free of charge.

October 7: Breaking through **Body Weight Plateau's** - When diet and exercise don't work and your weight seems to stay still no matter what...or even gain slightly...What can you do to get your metabolism 'unstuck'?

November 4: Can you really improve **balance and coordination**? Some may believe these traits deteriorate with age, but we will investigate exactly how to halt the breakdown or even improve these crucial skills.

ELDER ABUSE - AN EDUCATIONAL FORUM

Friday, **October 14**; 9:30

Learn the signs and symptoms and how to get help if you or an elder you know might be a victim of elder abuse. Bring your questions to this informal overview of the Adult Protective Services program presented by Diane Powell, Adult Protective Services Supervisor with Elder Services of the Merrimack Valley.

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.*

- * **October 18** afternoon appointments
- * **October 26** 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.

Andover Police Department
Public Safety Building
32 Main Street, Andover

Questions? *Call Andover Police Department at 978-475-0411.*

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: **October 17**

Call The Center to sign up. Free

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, October 13 from 1:30-3 pm

Please call Kristine Arakelian to sign up. Free

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. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in many areas such as Medicare, the Medicare appeals process, Medigap insurances, retiree insurance plans, long-term care insurances, Medicaid and health care programs.

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 on track with your day-to-day health needs.



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Council on Aging Board

Meets at 8 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.

Kenneth DeBenedictis, Vice Chair

Kathleen Devanna, RN

Joan Fox

Jane Gifun, Secretary

Margaret O'Connor, Chair

Joseph Ponti

Michael Roli

Center Hours

Monday - Friday

8 am - 4 pm

Thursday Evenings for

BoomerVenture Campus

6 pm - 9 pm

How to Register:

*******Our Phone number will be changing in November! *******

To Register Online

- Must have been signed up at The Center and have a "MySeniorCenter" key tag.
- Go to **www.MyActiveCenter.com** to set up your account.

To Register "off-line" (no computer)

- Contact us so we can set up your account.
- Once set up, you can register in person or over the phone.
- When registering over the phone, please have your "My Senior Center" swipe card number ready.

Payment can be made:

- Online with PayPal
- In person: cash, check, or credit card
- By mail: check
- By phone: credit card
- Payments must be made within 3 business days to reserve your spot.

Punch Cards

- Punch cards are available for 6 classes.
- Punch cards are for ONE particular class and time
- We need to know in order to assure adequate enrollment for each class

Drop-In Groups

- Registration not required, but suggested.
- By registering you will be contacted if a program is cancelled.

Break Week

- Make up classes only during those times
- No drop-in groups
- Lunch is available

Cancellations

- Check the **info line: 978-623-8377** for class cancellations due to weather and unforeseen circumstances.
- You will be notified if a class is cancelled due to under-enrollment.

Important Dates

- Fall Semester is **August 22 - November 10; many classes are still open for registration—but please contact us ASAP to check availability.**

There are things that will not be available for online registration. FRIENDS trips are examples. Periodically there may be other programs as well. Check at the front desk when in doubt.

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.