



News and Views

September 2016

30 Whittier Court, Andover, MA 01810

Mail: 36 Bartlet Street, Andover, MA 01810

Phone: 978-623-8321

Info line: 978-623-8377

Web: andoverseniorcenter.org

Email: seniorcenter@andoverma.gov

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.

A Message from the Interim Director

Throughout the year, the Elder Services Division staff and all of our volunteers at the Center at Punchard work tirelessly to provide programming, activities, and a wide variety of services to our community. During the month of September, we celebrate **National Senior Center month**. If you have not been to the Center at Punchard yet, please stop by to see what we are celebrating! You can visit for a class, for lunch, check out a movie matinee, or spend the whole day. This newsletter is filled with events and programs to choose from, and we also post current information online at andoverseniorcenter.org.

If you did not get a chance to register for our fall programs, please call or stop by to see if there are any open spots. All of our programs are excellent, below I have highlighted a few:

- A conversation with the Town Manager on September 16th 8:30 am (see page 3)
- Essex County Sheriff's K9 Unit Demonstration October 7th 10:30 am (see page 6)
- Learn to speak basic French: Monday afternoons (see page 3)
- Belly Dancing: Have fun and learn some new dance moves (see page 8)
- Nordic Walking: Explore the AVIS trails and experience an excellent upper and lower body workout (see page 8)

Need a ride? Did you know that we provide round trip transportation to medical appointments and grocery shopping? We also provide transportation to the Center to attend our programs or to visit. Please call Carol at 978-623-8321 for more information.

Come to the Center for lunch! Hot meals are served daily at noon. Enjoy Chef Frank Melendez's take on classic dishes such as stuffed roast pork, chef salad, chicken pot pie, and meatloaf. We also deliver hot meals to home-bound residents. The menu for September is on page 9 or online at andoverseniorcenter.org.

Happy Senior Center Month!

~ *John Mangiaratti*

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The Center

Town Manager

Andrew P. Flanagan

Director of

Community Services

Joseph Connelly

The Center Staff

Interim Director

John Mangiaratti

Outreach Coordinator

Kristine Arakelian, LCSW, MPH

Senior Connections

Sharon Thomson, RN

Linda Lambert

Kathleen Gaunt

Program Coordinator

Karen Payne-Taylor

Office Staff

Christine Marshall, Editor

Andrea Zaines

Nutrition Staff

Frank Melendez, Chef

Michael LaChance

Transportation/Intake

Carol Howe

Shawna McCloskey

Drivers

Ed Blinn

George Perakis

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:

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.

SPECIAL EVENTS



KNIT, PURL, REPEAT! YOU CAN KNIT TOO!

Wednesdays, starting **September 7**; 1 pm; Free. Learn how to cast on, work knit and purl stitches, cast off and pattern reading at a basic level. We will talk about gauge, yarn, and needle selection. Experienced knitters welcome! You'll be ready to knit a scarf in no time for the holidays - perhaps for the C@P holiday fair in December. Bring your own yarn or look at ours. Knitters, please think of us as you knit—we depend on your donations for our fair!

BON JOUR! FRENCH CONVERSATION

Mondays, **Sept. 12 – Nov. 7**; 1:30 - 3 pm; \$48
Learn vocabulary and simple everyday phrases especially for travel. Georgia Renfroe instructs.

GEMS: NATURE'S MYSTERIOUS GIFTS

Mondays, **Sept. 12 - Oct. 17**; 2 - 4 pm; \$30.
This course is held at The Riverwalk in Lawrence through the NECC Cool program. Why do humans consider these "rocks" so precious? Explore gem geology, minerology, history, legends and the uses these beauties have in jewelry, art objects and industry.

ANDOVER DAY!

Saturday, **September 10** from 10 am - 3 pm.
Drop by our booth to meet our "Friends" group and see what is coming up this fall at the Center. Watch for our own "Sunset Tappers"!

FRIDAY SPEAKER SERIES: CONVERSATION WITH THE TOWN MANAGER

Friday, **September 16**; 8:30 am; \$4 includes breakfast. Enjoy some one-on-one time with Andrew Flanagan and his team as we get a close-up view of his vision for the future. Come with your questions & appetite!

FRANK'S FABULOUS BUFFET

Friday, **September 23**; 12:00 pm; \$6.
Join the staff, under the direction of our chef Frank, for a celebration of Senior Center month. We'll enjoy a variety of delicious foods and our staff will all be on hand to welcome you to the Center. This is **NOT** part of our regular congregant lunch, so get your tickets early!

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

Thursday, **September 22** at 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.

HERBAL SAUCES AND PESTOS AT BETSY WILLIAMS' ANDOVER STUDIO

Wednesday, **September 28**; 1- 3 pm; \$30.00, includes all materials and tastings. Limit 10. Basil is only one of many flavorful greens that can become the heart of a pesto or herb paste. Learn how to turn arugula, kale, lettuce, spinach and other greens into delicious pestos and pastes. Each person will taste several pestos, then make one to take home. Pesto and paste recipe sheets included.

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.

Lynne McKenney Lydick's stage credits include musicals, comedies and dramas in N.E. *Richard Clark* is an actor with over thirty years of experience in N.E. regional theater, NY Theater and TV.



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.



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.

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.

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, **Sept. 22**; 1:30 pm

Oogy the Dog by Lawrence Levin

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, **September 12**; 1:30 pm; Windows 10, Edge, and Internet Explorer. See website for details.

This group 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, **Sept. 12 - Nov. 7**; 10:15 am; \$8
Make a joyful noise! Join this fun loving tambourine band.

SUNRISE SINGERS

Mondays, **Sept. 12 - Nov. 7**; 9 am; \$16
Like to sing? Beginners welcome. No sight reading required, just a love of music needed!

WOOD CARVING

Mondays, **Aug. 22 - Nov. 7**; 9 am; \$25
Some instruction provided for beginners. Come check it out to see how engrossing it is.

DUPLICATE BRIDGE

Thursdays, **Aug. 25 - Nov. 10**; 1 pm; \$22
Play in a fun, informal setting. Intermediate bridge skills are required as well as partners.

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!
- * If you have other game suggestions, speak to Zeff on Tuesday afternoon.

MONDAY MOVIE MATINEE

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

September 12: "1776" Fabulous musical about the declaration of Independence.

September 19: "Everest" 3D Based on a true-life tale of death and survival on the world's tallest mountain.

September 26: "Revenant", Leonardo DiCaprio thriller set in 1820's American frontier.

BOOMERVENTURE SCREENING ROOM

MOVIES

Free movies on Thursdays at 6:30 pm

September 15: "The Way" Camino de Santiago

September 22: "Manufactured Landscapes" documentary of photographer Edward Burtynsky

September 29: "Mountains May Depart" Chinese language drama



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.

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 and enjoy the comradery!

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



COMMUNITY EVENTS

MASSACHUSETTS STATE SENATOR

Monday, **September 26**; 8:30 am. Office hours by Senator Barbara L'Italien & staff.

MISTRAL: DREAMS AND PRAYERS:

Sunday, **September 18**; 5 pm; \$15 tickets available here. Temple Emanuel, 7 Haggetts Pond Road. Music to lure, move, and transport you. Moving from deeply meditative prayers to ecstatic klezmer-flavored dreams.

SENIOR CITIZEN'S (55+) TALENT SHOW!

Sunday, **September 25**; 1:00pm; Collins Center. \$20 seniors/\$25 general. Singers, magicians, comics, a barbershop quarter & more competing for cash prizes! Celebrity judges from "Days of our Lives" country star April Renzella and more. Fun for the whole family! The VFW is sponsoring as a benefit for Alzheimers and Dementia Research. Tickets and transportation available here by advance sign up.

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

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, **September 15** 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, addition, 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

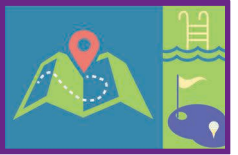
Friday, **October 7**; 10:30 am; Free

The K-9 Team will provide a demonstration of this instrumental law enforcement tool. Come see 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, Aug. 23 - Nov. 1; 2 pm; \$44; please call the Center for availability.

LINE DANCING

Tuesdays, Aug. 23 - 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, Aug. 23 - Nov. 1; 8 am; \$38.50
 Thursdays, Aug. 25 - Nov. 10; 8 am; \$38.50

SIT AND GET FIT

Tuesdays, Aug. 23 - Nov. 1; 10:15 am; \$38.50
 Fridays, Aug. 26 - Nov. 4; 10:15 am; \$38.50

STRENGTH TRAINING

Wed., Aug. 24 - Nov. 9; 8 am or 8:45 am; \$42
 Fri., Aug. 26 - Nov. 4; 8 am or 8:45 am; \$38.50

STRENGTHEN AND STRIDE

Tuesdays, Aug. 23 - Nov. 1; 9 am; \$38.50
 Thursdays, Aug. 25 - Nov. 10; 9am; \$38.50

TAI CHI

Advanced Beginners - Tuesdays, Aug. 23 - Nov. 1; 1:10 pm; \$38.50

Intermediate - Thursdays, Aug. 25 - Nov. 10; 1:10 pm; \$35 (no class Sept. 8 or 29)

Beginners - Thursdays, Aug. 25 - Nov. 10; 2:15 pm; \$35 (no class Sept. 8 or 29)

TAP DANCING BASIC

Wed., Aug. 24 - Nov. 9; 9:45 am; \$42

TAP DANCING PERFORMANCE

Wed., Aug. 24 - Nov. 9; ; 12:45 pm; \$42

WATER WORKOUT AT EDGEWOOD

Tuesdays, Aug. 23 - Nov. 8; 9 am; \$42; please call the Center for availability.

YOGA BEGINNERS

Tuesdays, Aug. 23 - Nov. 1; 10:30 am; \$38.50

YOGA INTERMEDIATE

Wednesdays, Aug. 24 - Nov. 9; 1pm; \$42

OUTDOOR ACTIVITIES

WOMEN'S OUTDOOR ADVENTURES

- ◇ Monday, Sept. 26: Stevens Trail to Weir Hill
- ◇ Thursday, Oct. 6: New Forster's Island trail
- ◇ Monday, Oct. 17: Winnekenni Castle trail to Konoza Lake

MEN'S OUTDOOR ADVENTURES

- ◇ Wednesday, Sept. 7: Hike Burn's Reservation and Historic Ballardvale
- ◇ Wednesday, Sept. 21: Ward Reservation
- ◇ Wednesday, Oct. 5: Carmel Woods
- ◇ Wednesday, Oct. 19: Foster Pond & Goldsmith Reservations

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, September 2- 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, **September 15 - 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! Maggie will return this winter!

ENERGIZE WITH EXERCISE

Mondays, **August 22 - 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, **September 7 - October 12**; 3:30 pm; \$33. Poles provided. Highly rated cardiovascular upper and lower body workout while hiking Avis Trails.

DANCE FITNESS

Thursdays, **Sept. 15 - 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, **September 15 - November 10**; 7:15 pm; \$58.50. Active, calming practice of flowing postures with 15 minutes of meditation.

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.

SPECIAL INTEREST

CAMINO DE SANTIAGO: MANY JOURNEYS, ONE WAY

Thursday, **September 22**; 6:30—8:00 pm; \$3; refreshments will be served.
In 2011, Meg Holmes walked 200 miles of the famous Camino de Santiago, returning in 2015 to hike the entire 500+ miles from France to Spain. Share Meg's reflections on her pilgrimage on *The Way*.

PLANNING FOR MEDICARE: COUNTDOWN TO 65

Thursday, **September 29**; 6:30—8pm; 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 Na 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, prof. chef, author and holistic nutritionist. Learn a new way of life with food. Recipes, demos, tastings and take-aways.

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

September 2016 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE WITHOUT NOTICE			1 LUNCH: Stuffed Roast Pork	2 8:30 Nature Walk LUNCH: Fish Cakes
5 LABOR DAY CLOSED 	6 LUNCH: Chicken Pot Pie	7 9:00 Men's Outdoor LUNCH: Meatloaf	8 STATE ELECTION CLOSED LUNCH (MOW only): Pot Roast	9 8:30 Nature Walk 9:30 Healthy Living LUNCH: Garden Salad w/ Tuna
12 1:00 Fix It Shop 1:30 Bon Jour! French Conversation 1:30 Computer Users 1:30 Pain Mgmt Group 2:00 Gems: Nature's Mysterious Gifts LUNCH: American Chop Suey	13 LUNCH: Stuffed Chicken	14 LUNCH: Roasted Turkey	15 8:00 COAB Meeting 10:00 TRIAD Meeting 1:30 Parkinson's Support Group LUNCH: Chef Salad	16 8:30 Friday Speaker Series 8:30 Nature Walk LUNCH: Lemon Scrod
19 1:30 Bon Jour! French Conversation 2:00 Gems: Nature's Mysterious Gifts LUNCH: Eggplant Parm	20 12:30 Podiatry LUNCH: Chicken Pesto	21 9:00 Men's Outdoor LUNCH: Open Faced Roast Beef	22 1:30 iPad 101 1:30 Book Club 6:30 Camino De Santiago LUNCH: Chicken Marsala	23 9:30 SCRIPT Meeting 12:00 Frank's Fabulous Buffet 8:30 Nature Walk LUNCH: Baked Salmon
26 8:30 State Senator 9:00 Women's Outdoor 1:00 Fix It Shop 1:30 Bon Jour! French Conversation 2:00 Gems: Nature's Mysterious Gifts LUNCH: Chicken Stir Fry	27 LUNCH: Turkey Burger	28 9:00 Podiatry 1:00 Herbal Sauces and Pestos at Betsy Williams' Andover Studio LUNCH: Shepherd's Pie	29 6:30 Planning for Medicare LUNCH: L.S. Hot Dog & Beans	30 Friends' Trip 9:30 Meet & Greet 8:30 Nature Walk LUNCH: Seafood Newberg



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the Center at
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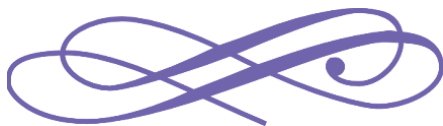
REGULARLY SCHEDULED PROGRAMMING

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 Town House Drop-In	8:45 Strength Training
9:00 Woodcarving	9:00 Town House Drop-In	9:00 Town House Drop-In	9:00 Strengthen & Stride	9:00 Town House Drop-In
9:00 Quilting	9:00 Strengthen and Stride	9:00 Model Building	9:00 Art 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	9:30 Current Events @ OTH	1:00 Fun and Games
1:00 Piano Lessons	10:15 Sit and Get Fit	9:45 Basic Tap	1:00 Fun and Games	2:00 Ping Pong
1:00 Movie Matinee	10:30 Beginner's Yoga	10:00 Fiber Arts	1:00 Duplicate Bridge	3:00 Mindfulness Meditation
1:00 ESL Chinese off-site	1:00 Fun and Games	10:00 Grocery Shopping	1:10 Tai Chi - Inter.	
3:30 BV Energize with Exercise	1:00 Social Bridge Drop-In	12:45 Performance Tap	2:15 Tai Chi - Beginner	
	1:00 Tai Chi - Beginner	1:00 Knit Wits	3:30 Dance Fitness	
	2:00 Breath, Balance and Bodywork	1:00 Piano Lessons	6:00 Reflexology	
	2:15 Line Dancing	1:00 Fun and Games	6:00 Belly Dancing	
		1:00 Adult Coloring	6:30 Screening Room	
		1:00 Yoga-Inter.	7:15 Serenity Yoga	
		2:00 Wellness Clinic		
		3:30 Nordic Walking		



The Center Staff wishes Kathy Urquhart a happy retirement.



BoomerVenture Belly Dancers' Performance



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ANDOVER SENIOR COMMUNITY FRIENDS

FRIENDS' TRIPS

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

PICKITY PLACE, MASON, NH

Friday, **September 30**; 9:00 am - 3:30 pm; \$46/44 includes 5-course gourmet lunch.

We'll step back in time to visit this quaint little red cottage at the end of a dirt road on top of a hill. This enchanting cottage from 1786 was chosen by Elizabeth Orton Jones as the model for her illustrations of Little Red Riding Hood. Today it is a mecca for gardeners, food lovers and anyone looking for inspiration and relaxation. Of course they have a gift shop for inspired shoppers. During our scenic ride we'll hope to enjoy foliage along with a stop at the Hobart Antique Mall.

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 to explore 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.

*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!!

HEALTH & WELLNESS



HEALTHY LIVING TIDBITS:

"Do you really need to 'detox' your body?"
Friday, **September 9**; 9:30 am; Healthy breakfast is offered. Free.

It seems like every other week another celebrity comes out with some sort of 'detox' diet they claim makes them remarkably healthy. Consumers jump at these diets in an effort to be just "like the stars". But how do these detox diets really work...Do they work at all?

As we jump into fall, we will take a look at one of the most popular diets on the market today. Do you need to detox after a long summer? Let's find out. Art McDermott, presents.

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.*



- * **September 20** afternoon appointments
- * **September 28** 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.*

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.

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: **September 12**

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, September 15 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.*



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. **September 26th, 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 Caffe 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, 9:30 to 10:30 am. **September 7, October 5,**

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.



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, **September 19**, 10 am - 3 pm; \$8.00 **MANN ORCHARDS**

It is that time of the year again! Our favorite trip to Mann Orchards. Take a ride in the new van!

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



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



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Cost:

\$4 plus parts for seniors (ID required)
\$10 plus parts for non-seniors/non-residents
\$2 diagnostics fee

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.

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.

