

# NEWS & VIEWS

The Andover Senior Center: The Center at Punchard

November 2017, Vol. 1 Issue 11



**November**

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

*The Senior  
Center at  
Punchard  
Growing together*

## **Mission Statement:**

**To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.**

In honor of Veterans Day on November 11th, we, the Staff at the Senior Center at Punchard, would like to extend our gratitude to all the service members and their families, both present and past, for their commitment to our country.

We have rolled out our Community Tele-Check-In program to our seniors who are home during the day. This program is free and consists of matching seniors with volunteers. Volunteers will call weekly to check in with seniors and have friendly, stimulating conversations. If you know someone who may benefit from this program, please call the Senior Center to sign them up.

We want to wish you all a joyous Thanksgiving. We hope you can join us for our Annual Thanksgiving Luncheon on Wednesday, November 15th, tickets are \$5 each.

Follow us on Social Media!



@SeniorCenterAtPunchard



@SeniorCenter\_AtPunchard



@Center\_Punchard

## Book Club with guest Author Ellen Alden



Main Line: 978-623-8320

website: [www.andoverma.gov/seniorcenter](http://www.andoverma.gov/seniorcenter)

email: [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)

Physical Address: 30 Whittier Court, Andover

Mail: 36 Bartlett Street, Andover, MA 01810

Phone # 978-623-8320

A Division of the Department of Community Services

## Special Monthly Events

### **Friday Speaker Series**

Friday, November 3; 8:30 am; \$4.00

Join Richard Padova from the Global Studies Dept. at Northern Essex Community College for a look at World War I. This year marks the 100th anniversary of the U.S. entry into the war, and we will examine some of the historical content related to it.)

### **Halloween Harvest**

Saturday, November 4; 12:30 PM

The Andover Council on Aging will celebrate the season and the diverse heritage of the New England Region by presenting a performance by Parents' Choice Award winning performer Davis Bates. Entitled Halloween Harvest: Seasonal Songs & Stories, the program includes farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and family tales. There will also be plenty of sing-alongs, and a short lesson in how to play music with spoons from a kitchen drawer.

### **TRIAD Program**

Thursday, November 9; 10 am

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

### **Stories and Songs of WWII in honor of Veteran's Day**

Monday, November 13; 1:00 PM

Join us in honor of Veteran's Day for this patriotic presentation. Bill Flynn will lead us through stories and history of WWII while we enjoy patriotic songs performed by our very own SunRise Singers accompanied by Linda Kirk on the piano. We will also get to enjoy a solo performance by Terri Kelley! Pre-Registration required.

### **Computer Users' Group**

Monday, November 13; 1:30 pm at MHL

This group meets the second Monday of the month at Memorial Hall Library at 1:30 pm from September until June. "Open Mic Day" for the Computer User's Group. No topic this month since our usual leader is away, so bring your computer items to discuss and fellow members will attempt to answer them.

### **Pacific Northwest & California Trip – Informational Session**

Monday, November 13; 3:00 PM

You won't want to miss this informational session explaining everything this trip has to offer (Trip scheduled for 2018)! Featuring Washington, Oregon and California; 8 Days • 10 Meals; Explore the majestic Pacific Northwest and California on this 8-day adventure, from the wilds of Mount St. Helens and the Columbia River Gorge to the sophistication of Portland, Seattle and San Francisco. Visit Redwood National Park. Explore Eureka, and cross the Golden Gate Bridge!

## DECEMBER

### SAVE THE DATES

Our annual **Christmas Fair** will be held Friday December 1 from 3-6 PM and Saturday December 2, 9-2 PM.



### **Holiday Festival Concert**

Friday December 8th @ 1:00 PM at Veteran's Memorial Hall (Doherty Middle School Auditorium) featuring Joanna Porackova—Mezzo Soprano & Peggy Allen—Pianist  
Ms. Porackova has soloed with the Berlin Philharmonic conducted by Sir Simon Rattle, and the Washington National Opera, Kennedy Center

### **Holiday Lunch**

Wednesday, December 13  
At 12:00 PM—Roast beef and all the Holiday Fixings!



### **Sounds Of The Season**

Monday, December 18th @ 8:30 AM—Breakfast & Holiday Concert with our very talented SunRise Singers!

## Chinese

本中心的《英文月报》( News & Views ) 另附有《中文简讯》，而且都将分送到您的住处；您也可在本中心网站查阅，或者电邮给您。

若需电邮，请把邮址传给 Chris 女士，登记索要《中文简讯》，即

email to: [chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us) Translation of above statement. We offer a brief summary of our monthly newsletter for you in Chinese. These will be distributed to housing, on our web site or if you would like we can email them to you. Please give your email to Chris Marshall [chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us) to sign up for the Chinese summary. Thank you.

## SCRPT

If you have signed up for SCRPT this year you should have been contacted. If you have not, please call Andrea.

## Decorating Committee

Do you love to decorate? We are looking for help decorating the center at the beginning of each month for all of the upcoming holidays! See Noelle for more info.

## Special Monthly Events

### Fix it Shop

Monday, November 6th; 1:00 pm & Monday, November 20th; 1:00 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 req), \$10 plus parts for non-seniors/non-residents, \$2 diagnostics fee.

### A Cup of Joe with Joe!

Wednesday, November 15; 8-9 AM

Come enjoy a hot cup of Joe with Community Services Director, Joe Connelly! This is your chance to learn more about our department as a whole, ask questions, and enjoy great company!

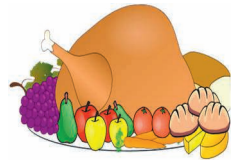
### Thanksgiving Lunch Celebration

Wednesday, November 15; 12:00 PM

Come celebrate Thanksgiving with us!

Enjoy a traditional Thanksgiving meal with all the fixings!

Tickets are **\$5.00**. There will be no congregated lunch served on this day so be sure to buy your ticket! Thank you Shaheen Brothers, US Foods and Donabedian Brothers for their food donations to help defray the cost.



### Council on Aging Board Meeting

Thursday, November 16; 8:30 am

Meets at 8:30 am on the second Thursday each month. All are Welcome! The Council can be reached via email at: [first.last@andoverma.us](mailto:first.last@andoverma.us)

### Happy Birthday to You!

Friday, November 17; 11:45 am; 3rd Friday of every month. This event is open to everyone. This is part of the congregated lunch, so be sure to sign up. Please join us in celebrating your birthday (and those of your friends!). Let us know if this is your birthday month, and you will be entered into a drawing for a prize. (You must be in attendance to win.) Enjoy entertainment with Sing Like A Bird, the lively pianist/singer duo of Dove Morissette and Susan Donahue a wonderful courtesy of the Andover Senior Community FRIENDS Inc. You won't want to miss this show!

### Ask the Lawyer - Legal Clinic

Monday, November 27; 10:00 am

Local attorney, Michael Furlong is holding office hours for one-on-one consultations (approximately 10-15 minutes each) to answer basic legal questions and refer our seniors to the appropriate resources. First come, first serve on the day of the clinic; however, **ADVANCE REGISTRATION IS REQUIRED**. Call 978-623-8320 to pre-register.

### FBI: A conversation on Justice and Counter-terrorism

Wednesday, November 29 8:30-9:30 am

Join this discussion group which will focus primarily on current developments in the area of criminal justice and counter-terrorism. Welcome Jay White, former FBI agent. Pre-Registration Required.

### Book Club

Thursday, November 30; 1:30 PM

"Redfield Farm" Judith Redline Coopey

## Special Monthly Events

**Chinese American Association of Andovers and the Elder Services of Town of Andover** are proud to host Friday evening's activities in the month of July. The activity will be including Zumba, Yoga, Pingpong, board/card/Mah Jong games, other socializing activities. Free of charge and all are welcome. Fridays 6:30pm - 9:30pm

安多福华人协会和 Elder Services of Town of Andover 很高兴在七月份联合举办星期五晚上的联谊活动。活动包括：Zumba，瑜伽，乒乓球，棋牌，麻将和其它社交。活动免费，欢迎光临。

时间：星期五晚上6:30-9:30

地点：The Center at Punchard, 30 Whittier Court, Andover, MA 01810

## Drop in Groups

**Craft Corner:** Thursdays; 9:30 am

**Fiber Arts:** Wednesdays; 10 am

**Fun and Games**– Tuesdays thru Fridays; 1 - 4 pm

**Knit Purl Repeat! You Can Knit Too:** Lessons on Wednesdays at 1 pm

**Knit Wits:** Wednesdays at 1 pm

**Mindfulness Meditation:** Fridays from 3 - 3:30 pm

**Model Building:** Wednesdays at 9 am

**Monday Movie Matinee:** Free movies on Mondays at 1 pm. Free popcorn. Sodas available for purchase. Come on in and enjoy popcorn and a water or soda!

### November Movies:

November 6: **The Artist**

November 13: **Some Like It Hot**

November 20: **The Immortal Life of Henrietta Lacks**

November 27: **Top Hat**

**Open Studio Art:** Wednesdays and Thursdays at 9:00 am

**Ping Pong:** Fridays at 2 pm

**Quilting:** Mondays at 9 am

**"SHOP" Sewing Group:** Wednesdays at 9 am

**Social Bridge:** Tuesdays at 1 pm

## VETERANS DAY CEREMONIES

(November 11, 2017)

*On Saturday, November 11th the Town of Andover will be Memorializing Veterans Day.*

*There will be three brief ceremonies followed by a luncheon at the Masonic Temple located at 7 High Street at 1:00. The ceremonies will be at West Parish Cemetery at 10 a.m., Spring Grove Cemetery at 11:00 a.m. and Ballardvale Green at 12:00 p.m. Please note that the Veterans Day Program will be held even if there is inclement weather. If there is inclement weather (moderate to heavy rain) a brief ceremony will be held at Elm Green at NOON, followed indoors at the Masonic Temple. For more information please call the Veterans Office at (978) 623-8381.*

For further information please contact the Veterans' Office at (978) 623-8381.



## The Senior Center at Punchard

Town Manager  
Andrew P. Flanagan

Director of  
Community Services  
Joseph Connelly

The Senior Center Staff  
Director  
Annmary I. Connor, LICSW

Outreach Coordinator  
Kristine Arakelian, LCSW,  
MPH

Senior Connections  
Sharon Thomson, RN  
Linda Lambert

Program Coordinator  
Noelle Kaelblein

Office Staff  
Christine Marshall, Editor  
Andrea Zaines

Nutrition Staff  
Frank Melendez, Chef  
Sue Starbird

Transportation/Intake  
Shawna McCloskey, LSW  
Carol Howe  
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

Kenneth DeBenedictis,  
Chair  
Margaret O'Connor, Vice  
Chair  
Kimberly Rainen, Secretary  
Molly Bicking  
Joan Fox  
Tana Goldberg  
Jane Gifun  
Joseph Ponti  
Thomas Rando

Center Hours  
Monday - Friday  
8 am - 5pm  
Thursday Evenings for  
BoomerVenture Campus  
5 pm - 9 pm  
Saturday 8a-3p  
978-623-8320

web: [www.andoverma.gov/  
seniorcenter](http://www.andoverma.gov/seniorcenter)

## Health & Wellness

### Did you know?

#### **Massage . . . . Reflexology**

We offer both of these pain-relieving, gentle therapy practices here at the Center by appointment. Massage is only \$15 for 20 minutes for seniors over 60. Reflexology is \$1 per minute starting in 15 minute increments.

#### **Foot Care (Podiatry)**

Wednesday November 15th & 29—Call for an appointment

#### **Bereavement Support Group**

Thursday, November 2; 1:30 pm

To register please call Lois Marra of Home Health VNA Hospice at (978) 552-4537 and leave your message with name and phone number. Lois will return your call. This support program is designed to provide help coping with the loss of a loved one. Learn new ways together to carry on traditional ways of doing things and figure out how to commemorate these days that can trigger a lot of emotion.

#### **Parkinson's Support Group**

Thursday, November 9; 1:30 pm

This group meets the second Thursday of the month, September through June; 1:30-3 pm at The Center. Please call Kristine Arakelian, outreach coordinator, to confirm your attendance or for further information. All are welcome.

#### **Pain Management Support Group**

Monday, November 13; 1:30 pm

This helpful group usually meets the second Monday of the month, from September through June at 1:30 pm. This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Be sure to call to register. Facilitator: Gerry Rainville, RN, MSN

#### **Wellness Clinics**

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

#### **Memory Café**

Monday, November 27; 1:00 pm Please contact Linda for information on this fun and supportive group. Discussion is from Joe Gifun on Costa Rica.. Funded by the Department of Developmental Disabilities.

#### **FUEL ASSISTANCE APPLICATIONS**

Friday, November 3; 9 - 11 am; Greater Lawrence Community Action Council, Inc., will be here on for individual appointments. Appointments are mandatory and proof of income is required. First come, first served. Please register at the Front Desk or call the Senior Center – 978-623-8320

**Medical Equipment:** The Local Masons have a medical equipment loan program that is open to people in need of accessing hospital equipment. This loan program is free and open to all . Equipment can be picked upon Saturdays at 500 West Cummings park, Suite 1150 , Woburn. If you need help accessing this program call the center and ask for Kristine.

## Health, Wellness, Fitness

### Winter Session: November 20 – February 9

#### Registration Week: November 6—11

##### Breath, Balance and Body Wellness *Pat Dumont*

Tuesday, November 21—February 6; 2 pm; **\$48**

##### Line Dancing : Instructor *Valerie Cagnina*

Tuesdays, November 21—February 6; 2:15 pm; **\$48**

Beginners Brush-Up - 2:15 pm; entire group - 2:30 pm

Intermediate Challenges - 3 pm

##### Men and Women in Motion *Denise Boucher (Class meets at Youth Center)*

Tuesdays, November 21—February 6; 8 am; **\*\*\*FREE this term only!**

Thursdays, November 30—February 8; 8 am; **\$41.25**

**\*\*\* Class will NOT meet at Youth Center during school vacation week but will meet at the Senior Center at Punchard)**

##### Sit and Get Fit *Denise Boucher*

Tuesdays, November 21—February 6; 10:15 am; **\$45**

Fridays, December 1—February 9; 10:15 am; **\$41.25**

##### Strength Training *Wed: Pat Dumont; Fri: Barbara Maguire*

Wednesdays, November 22—February 7; 8:00 am or 8:45 am; **\$45**

Fridays, December 1—February 9; 8 am or 8:45 am; **\*\*\*FREE this term only!**

**(Please note only the 8AM Friday class is free this term)**

##### Strengthen and Stride *Tracy Callahan*

Tuesdays, November 21—February 6; 9 am; **\$45**

Thursdays, November 30—February 8; 9 am; **\$41.25**

##### Tai Chi Beginner *Meg Holmes*

Tuesdays, November 21—February 6; 1:10 pm – 2:10 pm; students new to tai chi; **\$33.75** **\*\*Please note there is no class on 12/12, 12/19, or 12/26**

##### Tai Chi Advanced Beginner *Meg Holmes*

Thursdays, November 30—February 8; 2:15 pm – 3:15 pm; students have learned some of the forms; **\$30** **\*\*Please note there is no class on 11/23, 12/14, 12/21, 12/28**

##### Tai Chi Intermediate *Meg Holmes*

Thursdays, November 30—February 8; 1:10 pm – 2:10 pm; students have learned the complete Yang style 24 Form; **\$30**; **\*\*Please note there is no class on 11/23, 12/14, 12/21, 12/28**

##### Tap Dancing Basic *Audrey Nason*

Wednesdays, November 22—February 7; 9:30 am; **\*\*\*FREE this term only!**

##### Tap Dancing Performance *Audrey Nason*

Wednesdays, November 22—February 7; 12:45 pm; **\$42**

##### Yoga Beginners *Pat Dumont*

Tuesdays, November 21—February 6; 10:30 am; **\$45**

**Yoga Advanced Beginners** *Pat Dumont.* (some prior experience suggested for this gentle yoga practice) Wednesdays, November 22—February 7; 1:00 pm;

##### ZUMBA

Tuesdays, November 21—February 6; 3:15 pm; **\$48**

**\*\*\*FREE classes courtesy of the Andover Senior Community Friends**

## No more out of town fees!

### Fix it Shop

November 6 & 20 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.

### ESL Classes

Mondays, November 20- February 5; 1 pm; off-site at Frye Circle; Free  
No class 12/25, 1/1, 1/15

### Nature Walks

Check back with us in the Spring when the weather gets nicer!

### SHINE

**(Serving Health Information Needs of the Elderly)**

This free and confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options.

Call The Center to schedule an appointment.

### Medication and Syringe Disposal

Medication disposal is available at the Andover Police Department. Syringe disposal is available at The Center at Punchard and the Andover Police Department Public Safety Building, 32 Main Street. Questions? Call the Andover Police Department at 978-475-0411.

## Monday Fun Trips

10 am - 2 pm

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

### **MONDAY NOVEMBER 27TH**

*Join us for the start of Holiday Shopping! Let's go to Walmart, Marshalls, and the Dollar Store. Ride the Bus with a group of friends and have a nice day out.*

### **Merrimack Valley Regional Transit Authority (MVRTA)**

The MVRTA offers transportation to many towns and cities.

You are eligible for EZ Trans non-ADA if you are 60+, for the ADA EZ Trans, you can speak with Kristine or Shawna. We encourage you to check out MVRTA's services.

Please stop by for information or call 978-469-6878

### **Brown Bag**

Elder Services of the Merrimack Valley, Boston Food Bank, and The Senior Center at Punchard (C@P) are expanding the Brown Bag program. This is FREE to anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, Chapter 115, food stamps or fuel assistance. This grocery bag is available on the fourth Tuesday of the month,

**November 28, 2017  
at 9:15 am**

and must be picked up by 10:15 am. Call Annmary or Kristine to sign up or see if you are *eligible*.

## **Transportation**

### Medical Transportation

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

### Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$5 round trip.

### Daily Ride to The Center

Daily trip fees to The Center \$2 each way or \$4 round trip.

### Townie Trips

The Center now offers Thursday Andover Townie trips – travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon. Other days and times may be available.

*Please call Carol at 978-623-8320 for transportation scheduling.*

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## **Senior Connections:**

### **an engaging program creating meaningful days**

#### **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.

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### Duplicate Bridge

Thursdays, November 30– February 8; 1-4:30 pm; **Free – Donations welcomed**  
Duplicate Bridge for intermediate level players for drop-in series. Must communicate to leaders in order to insure a multiple of 4 players per table. Fun and informative games. Call Center to register.

### Massage

Mondays, 10 am; \$15 for 20 minutes of chair massage

### Rhythm-Aires

Mondays, November 20– December 18 and will resume again Monday, January 8 ; 10:15 am; **\$10**

### Sunrise Singers –*Come and sing your heart out, no experience required!*

Mondays, November 20– December 18 and will resume again Monday, January 8 9:00 am; **\$20**

### Wood Carving

Mondays, 9 am; FREE

### Model Building

Wednesdays, 9 am; FREE

**Belly Dancing** *Maggie Class*

Thursdays, November 30– February 8; 6:00 – 7:00 pm this session! **\$71.50** 11 sessions

Learn basic moves from fast and fiery to slow and smooth set to a fantastic mix of world music. Improve flexibility & self-confidence working all muscles and have FUN! Suitable for women of all body types and fitness levels. Great core workout and lots of laughs too! Bring out your “inner dancer”!

**ZUMBA** *Valerie Cagnina*

Tuesdays, November 21– February 6; **\$48**; 3:15 pm;

An aerobic fitness program featuring movements inspired by various styles of Latin American dance

**Serenity Yoga** *Sheila Wescott*

Thursday, November 30–February 8; 7:15 – 8:30 pm; **\$71.50**; 11 sessions

Active, calming practice of flowing postures with 15 minutes of meditation. Instructor Sheila Wescott combines the traits of gentleness, spirituality and a genuine “teacher’s heart.” Previous experience suggested by not required. Beginners always welcome!

**Energize with Exercise** *Denise Boucher*

Monday, November 20– February 5; 3:30 – 4:30 pm; **\$49.50**; 9 classes

Thursday, November 30– February 8; 3:30 – 4:30 pm; **\$60.50**; 11 classes

Fun aerobics and weight training workout. Instructor Denise Boucher.

**Reflexology with Uli Kapp**

Call or stop by to make an appointment! \$1/1 minute (15 minute minimum)

A deep, delightful and effective way to alleviate stress accessing pressure points on each foot that correlate to various parts of the body. This alternative medicine therapy is based on a system of zones and reflex areas with the premise that such work effects a physical change to the body.

**Living Healthy Series**

Thursday evenings; 5:30-7:00 pm; \$5 suggested donation. Light dinner at 5:30 with presentation at 6:00. Pre-registration requested by calling 978-623-8320. Join us for any or all of these cutting-edge presentations by local experts in each field.

- Thursday, November 2—**Where Do I Go?** Join local realtor Margaret O’Connor in the third part of her Downsizing series in discussion about where to go after you downsize and make your home stand out. She will help you better understand your needs whether it be a condo, assisted living, or a small ranch.
- Thursday, November 9— **Take Control of Your Joint Pain**; Take the first step towards understanding your joint pain while Dr. Benjamin Schwartz answers your questions and discusses: Arthritis of the hip and knee, surgical and non-surgical alternatives, Mako Robotic Arm Assisted Technology.
- There will be no Living Healthy Series November 16, 23, or 30. The Living Healthy Series will resume on Thursday, December 7th.

## Outdoor Adventures

### Women's Outdoor Adventures

- November 2** Osgood Hill to view what is left of the fall glory  
**November 13** Vale Reservation  
**December 7** Academy Road , Stevens Pond to Weir Hill

### Men's Outdoor Adventures

- November 1** Breakheart Reservation, Saugus  
**November 15** Great Brook Farm, Carlisle  
**December 6** Robert S. Peabody Museum of Archaeology

## November Art Exhibit in the Senior Center at Punchard Lobby



### ***Deborah A. Venuti***

Even though New England photographer Deborah Venuti has been a professional portrait, commercial and wedding photographer for over 25 years, her main passions are wildlife, nature and exploring. The nature photographs in this exhibit you will see in November are mainly from Massachusetts' Merrimack Valley. Other photos were taken in the Tuscan region of Italy, where, over the course of four weeks, Deb traveled with Montserrat College of Art, studying drawing, painting and photography.

## Intergenerational Programs to start in November

- Come share your story! Merrimack students enrolled in a Women's Studies course entitled "Gender and Society" are interested in interviewing seniors about their lives as part of a gender-based Oral History project. The students will be working in teams of 2-3 people interviewing seniors in the hopes of learning about the circumstances and events that transpired in her/his life and affected her/his role as a female/male in society. The students will come prepared with questions, but they are also open to exploring whatever topics or themes you're most interested in sharing. The students will be writing papers on these interviews, and copies of those papers will be provided to the interviewees (so you can see what they wrote!) They are very excited for this chance to hear your stories. Feel free to volunteer for one or BOTH classes! The class will conduct the interviews at the Senior Center on 11/1, time: 11:00-12:15 we are looking for 8-10 volunteers for this date.
- Pen Pal Program will be rolling out in November with a 4th grade group from West Elementary School. If you are interested in being a pen pal, **please call or email Noelle.**

 **Home Health VNA**  
The Leader in Home Health Care  
360 Merrimack Street, Lawrence, MA 01843

Home Health VNA offers the most comprehensive medical and supportive services including :  
Skilled nursing • Rehabilitation • Orthopedics  
Chronic disease management • Oncology • Diabetes care  
For more information call 1-800-933-5593, or visit our website at [HomeHealthVNA.org](http://HomeHealthVNA.org).

PROUD  
to partner with  
the Center at  
Punchard

## Regularly Scheduled Programming

The programming below is weekly, some exceptions during semester break weeks & holidays

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Sunrise Singers	7:00 Golf	8:00 Strength Training	8:00 Men/Women in Motion	8:00 Strength Training
9:00 Woodcarving	8:00 Men/Women in Motion	8:45 Strength Training	9:00 Strengthen & Stride	8:45 Strength Training
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 Walk the Gym (YC)	9:00 Art Drop-In	9:00 Art Drop-In	1:00 Fun and Games
10:15 Rhythm-Aires	10:15 Sit and Get Fit	9:00 "SHOP" Group	9:00 Walk the Gym (YC)	1:00 ESL lessons
1:00 Movie Matinee	10:30 Beginner's Yoga	9:30 Basic Tap	9:30 Craft Group	2:00 Ping Pong
1:00 ESL Lessons (off site)	1:00 Fun and Games	10:00 Fiber Arts	9:30 Townie Trips	3:00 Mindfulness Meditation
3:30 BV Energize with Exercise	1:00 Social Bridge Drop-In	10:00 Grocery Shopping	1:00 Fun and Games	6:30 Chinese American Association Activities - drop in
	1:10 Tai Chi - Beginner	12:45 Performance Tap	1:00 Duplicate Bridge	
	2:00 Breath, Balance and Wellness	1:00 Knit Wits	1:10 Tai Chi - Inter.I (Sept.)	
	2:15 Line Dancing	1:00 Fun and Games	2:15 Tai Chi—Inter.II	
	3:15 Zumba	1:00 Yoga-Adv. Begin.	3:30 Energize with Exercise	
		2:00 Wellness Clinic	6:00 Reflexology	
			7:15 Serenity Yoga	

**FREE CEU OPPORTUNITY FOR THE WORKING PROFESSIONAL—Tuesday, November 14 at 8:00 AM**

**Dementia Live™** offers a unique inside-out understanding of dementia and aging. Participants will gain a heightened awareness of the challenges faced by those who live with dementia. Learn tips and tools to improve communications and care. Please allow two hours for this engaging and remarkable experience.

This opportunity will be held at the Senior Center at Punchard (30 Whittier Ct) and is being offered at no charge to participants. Email [Noelle.Kaelblein@andoverma.us](mailto:Noelle.Kaelblein@andoverma.us) to reserve your spot!



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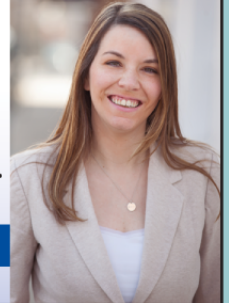


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## November 2017 Calendar of Events

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 10 WRAP  Lunch: Chicken Pot Pie	<b>2</b> 1:30 Bereavement Support Group 5:30 Living Healthy  Lunch: American Chop Suey	<b>3</b> 8:30 Friday Speaker Series  Lunch: Chicken Stir Fry	<b>4</b> 10:30 Health & Wellness Series 12:30 Halloween Harvest w/ Davis Bates  Lunch: 3 Cheese Lasagna
<b>6</b> 1 Fix it Shop  Lunch: Sweet & Sour Pork  <b>REGISTRATION WEEK</b>	<b>7</b> 4 Flu Clinic  Lunch: Baked Chicken Breast Quarter	<b>8</b> 10 WRAP 2 Wellness Clinic  Lunch: Mixed Veg Lasagna	<b>9</b> 10 TRIAD meeting 1:30 Parkinson's Support Group 5:30 Living Healthy  Lunch: Meatloaf	<b>10</b>   <b>CLOSED</b>	<b>11</b>   <b>CLOSED IN HONOR OF VETERAN'S DAY</b>
<b>13</b> 1:00 Stories & Songs of WWII 1:30 Computer Users @ MHL 1:30 Pain Mngmt Support Group 3 Pacific Northwest & California Trip – Informational Session Lunch: Chicken Parmesan <b>BREAK WEEK</b>	<b>14</b> 8:00 Dementia LIVE CEU program for the working Professional  Lunch: Open Faced Roast Beef Sandwich	<b>15</b> 8:00 Cup of Joe w/ 9 Podiatry Appt's Joe Connelly 10:00 WRAP 2 Wellness Clinic  THANKSGIVING LUNCH (no congregate meal)	<b>16</b> 8:30 COA Board Meeting  Lunch: Chicken Pesto	<b>17</b> <b>Birthday Lunch</b> 11:45 Birthday Lunch  Lunch: Salmon	<b>18</b> 10:30 Health & Wellness Series  Lunch: Tomato Soup & Grilled Cheese
<b>20</b> 1 Fix it Shop  Lunch: Pot Roast	<b>21</b>  Lunch: Liver w/ Onions & Bacon	<b>22</b> 10:00 WRAP 2 Wellness Clinic  Lunch: Tilapia w/ Lemon Sauce	<b>23</b>   <b>CLOSED HAPPY THANKSGIVING</b>	<b>24</b>   <b>CLOSED</b>	<b>25</b>   <b>CLOSED</b>
<b>27</b> 10 Ask the Lawyer 1 Memory Cafe  Lunch: Chicken Piccata	<b>28</b>  Lunch: Chicken Marsala	<b>29</b> 8:30 FBI Discussion 9 Podiatry Appt's 10:00 WRAP 2 Wellness Clinic  Lunch: Eggplant Parmesan	<b>30</b> 1 Book Club  Lunch: Beef Stew		<b>Menu Subject to Change Without Notice</b>

**LUNCH REGISTRATION:** Phone reservations will be taken until 2:00 p.m. the day before you wish to come. Better yet make your reservations on the touch screen in the lobby. Need help with that just ask the greeter.

When your table is called up for lunch, place your envelope in the box on the counter with your lunch donation. The suggested donation is \$2.50.

**SATURDAY LUNCH REGISTRATION: MUST REGISTER 2 DAYS IN ADVANCE. MEALS ON WHEELS NOT AVAILABLE ON SATURDAYS.**

## The Andover Senior Community FRIENDS, Inc.



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

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
TELEPHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_  
EMAIL: \_\_\_\_\_

### MEMBERSHIP:

Senior/Student \$10 \_\_\_\_\_ / Individual \$15 \_\_\_\_\_ /  
Family \$30 \_\_\_\_\_ / Patron \$50 \_\_\_\_\_  
Benefactor \$100 \_\_\_\_\_ Other \_\_\_\_\_

Help the FRIENDS support the programs at the Center at Punchard. Come enjoy a trip or two. Check out all we do! The FRIENDS are a 501c3

### The Andover Senior Community FRIENDS upcoming meetings:

November 9 at 10:30 AM

Please join us as we support so many of the **free** programs at the Center!

Website: [andoverscf.org](http://andoverscf.org)

## FRIENDS Trips

### The Corvettes Doo Wop Revue Wednesday, November 8th

Price: \$87 for Friends members / \$89 non members—Includes :  
Transportation, Lunch, Show, Tax & Meal Gratuity

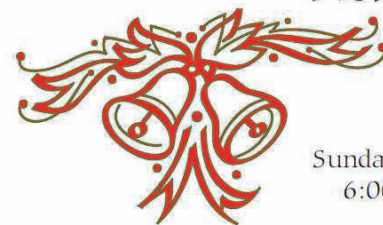
The Corvettes Doo Wop Revue is dedicated to preserving and performing the greatest music ever made - the music of the 1950's Doo Wop era. Their incredibly entertaining show and comical stage antics have left many a happy audience screaming for more! In the tradition of legendary Doo Wop revivalists Sha Na Na, every Corvettes show is more than a concert - it's an all out Doo Wop Celebration!

### Michael Buble Christmas Tribute Wednesday, December 6th

Price: \$87 for Friends members / \$89 non members—Includes :  
Transportation, Lunch, Show, Tax & Meal Gratuity

Meet Scott Keo, a fantastic entertainer and vocalist who has established himself as North America's #1 Michael Bubl  Tribute Artist. He looks like Michael...moves like Michael....sounds like Michael....and swings like Michael -- with unbelievable accuracy, energy and crowd involvement. Scott's charm and vocal stylings have brought him to Michael Bubl 's Canada for performances, at venues that didn't even know it wasn't the real deal until after the show! Keo has had the pleasure of sharing the stage with Reba McEntire, Ronnie Dunn, Kelly Clarkson, Josh Groban, Blake Shelton, David Foster, Frank Caliendo, Gloria Gainor, Gary Anthony, Donnie and Marie, Olivia Newton John, and many more. Scott Keo will have women from 15 to 85 swooning and wanting to take him "Home!"

## the CRYSTAL BALLROOM Holiday Ball



Old Town Hall  
20 Main Street  
Andover

Sunday, December 3rd  
6:00 PM to 10:00 PM

Music by D.B.'s Orchestra

Dance instruction by Tom Webster of  
Dance New England from 6 PM to 7 PM

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Advanced Registration at The Center. Checks should be made payable to ASCF. \*Members of the ASCF receive a \$2 discount. Trip reservations are considered final and non-transferable. A refund will be issued only if a waiting list exists and we can fill the space.



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**Here's how you can get ready:**

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at [ssa.gov/myaccount](http://ssa.gov/myaccount) or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

**ANDOVER HEALTH DIVISION**

**COMMUNITY FAMILY FLU CLINIC  
 2017**

**Tuesday, November 7th – CENTER AT PUNCHARD  
 (Andover Senior Center)  
 4:00 P.M. – 7:00 P.M.  
 3 years of age and older**

Please complete the form [2017 – 2018 Insurance Information and Consent Form](#).

Your Health Insurance Number is being requested for reimbursement purposes.

If you are covered by Medicare, please remember to add the letter at the end of your Medicare number. If you are covered by more than one plan, please list them all.

Not all insurances have both a member and group ID. Complete the form according to your health plan.

Bring your healthcare insurance cards (and a photocopy if possible) with you to the clinic.

**There is no out of pocket charge regardless of your health care coverage.**

The November 7th clinic is for all residents aged 3 years of age and older.

☆High Dose flu vaccine - for persons aged 65 and older - will be available☆

\*\*Flumist is **not** available this year.\*\*

We ask that participants **do not** arrive more than a half hour before the clinic is scheduled to begin to allow for adequate set up time.

astions???

Call the Health Department at (978) 623-8640  
 Monday - Friday 8:00 A.M. - 3:00 P.M.  
[www.andoverma.gov/health](http://www.andoverma.gov/health)

This environment is **NOT** latex free

*Please Join Us*

Sanborn School's 39<sup>th</sup> Annual  
 Harvest Festival Musical Celebration!



*"We Are One"*

Tuesday, November 21st, 2017  
 10:00 a.m. - 11:15 a.m.  
 Sanborn Elementary School  
 90 Lovejoy Road, Andover, MA

You will be delighted with musical entertainment provided by the Sanborn students and the Andover Senior Center Chorus, the Sunrise Singers.  
 Light refreshments will follow in the Sanborn Library.

Please call Kristine Arakelian @ 978-623-8321  
to arrange a ride to this event.



*Sanborn Elementary*

*Harvest Festival Gift Bag*

Sanborn Elementary School is proud to be celebrating 39 years of giving to the senior citizens of Andover. Please sign up to receive your special gift bag delivery.

**DELIVERY DATE: FRIDAY, NOVEMBER 17th 2017**  
**TIME: 9:30 am—12:00 pm**

TO RECEIVE A BAG CONTACT:  
 Kristine Arakelian @ 978-623-8321  
 By Friday, November 11th

The fifth grade students along with their parents will be delivering the bags. They will be filled with items such as cheese & crackers, fruit cocktail, juice boxes, handmade bookmarks, hand-made cards, tea bags and a small plant. The entire Sanborn Community, including the Girl Scouts and Boy Scouts, contributes to this gift.

**YOU WILL NEED TO BE HOME ON FRIDAY MORNING, 11/17  
 TO RECEIVE THE BAG.**

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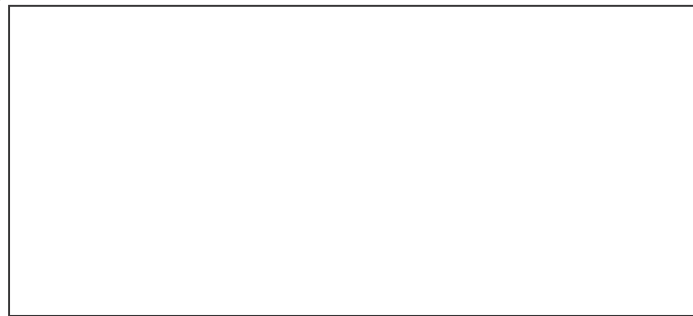


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## Saturday Happenings at the Center

### ***Radiant Homecare Services—Health & Wellness Series*** **Prevention Through Education**

**Saturday November 4, 18, December 9, 16 at 10:30 AM**

- Week 1 (November 4) - Preventing falls.
- Week 2 (November 18) - DASH diet for hypertension through American heart association), ADA (American Diabetic association), Homey thickened diet, nectar thickened diet, pureed diet.
- Week 3 (December 9) - STROKE prevention-How to act "FAST.", CHF signs and symptoms to look for, COPD signs and symptoms to look for, preventing pressure ulcers.
- Week 4 (December 16) -Advanced directives, health care proxy, vaccination for pneumonia prevention, cancer screening for cervical and prostate cancer, preventing urinary tract infections, Reminder watches for Parkinson's.