

# NEWS & VIEWS

The Andover Senior Center: The Center at Punchard

December 2017, Vol. 1 Issue 12



**December**

**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 December, we enjoy celebrations, family, friends, traditions and changes. This can be a joyous, happy, stressful and saddening time of year. The Andover Elder Services staff wants you to know that we are here to support you, your families and the community.

Please reach out to us to see what fun events are occurring and what resources we can direct to you.

Please read the whole newsletter. Look for the hidden elves. Enter to win a raffle \$25 Center at Punchard gift card if you find them all. Only Annmary knows how many there are in the newsletter.

This newsletter is sent to print early in November. Please check the web page to see our updated happenings and changes. [www.andoverma.gov/seniorcenter](http://www.andoverma.gov/seniorcenter)



Follow us on Social Media!



@SeniorCenterAtPunchard



@SeniorCenter\_AtPunchard

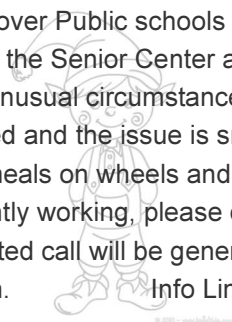


@Center\_Punchard

## Inclement Weather

When Andover Public schools are closed due to poor/unsafe driving conditions, the Senior Center at Punchard is closed to programming. If there are unusual circumstances, such as a high volume of snow, but it has stopped and the issue is snow removal, the Center will try to open to provide meals on wheels and other services. The information line is now currently working, please check in for updates. Also when possible an automated call will be generated by the director to relay any urgent information.

Info Line 978-623-8302



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 Bartlet Street, Andover, MA 01810  
Info Line: 978-623-8302

Phone # 978-623-8320

A Division of the Department of Community Services



**Annual Christmas/Holiday Fair** : Friday, December 1 from 3-7 PM and Saturday, December 2, 9-2 PM.

**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.)

**Merrimack College Interviews:**

Monday, December 4th; 11 am

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.

**Fix it Shop**

Monday, **December 4th**; 1:00 pm & Monday, **December 18th**; 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

**Equifax Security Breach – What to do to protect yourself**

Friday, December 8, 2017, 9:30 a.m.

Andover Police Dept. Elder Services Liaison Officer Robin Cataldo will be here to provide you with firsthand information on what you need to do to protect yourselves from the security breach. RSVP

**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

**Computer Users' Group**

Monday, December 11th; 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.

**Holiday Lunch**

Wednesday, December 13th; at 12:00 PM

Roast beef and all the Holiday Fixings, Tickets \$5

**Civil Defense Interviews  
with Gail Ralston**

Saturday December 9th 1pm

As part of my ongoing research on "Life in Andover" for the Andover Historical Society, I've been working on an extended project on Civil Defense, and how Andover has responded to its needs since the founding in 1646! While most of my research has been completed, I would like to finish the project with a series of interviews with folks today who have memories or were involved some way in Public Safety efforts during the World War II era.

I invite you to join me after lunch on Saturday, December 9 to share your stories and to be a part of history. If time permits, I will also bring some memories of that time to jog a memory or two. I look forward to seeing you! Please RSVP to 978-623-8320. FREE and fun share your stories with those who recall these events .

**Mindfulness Meditation  
Fridays 3pm**

**A Great way to become more relaxed during this hectic season: \$3 donation**

## 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.

### Walk the Gym

Did you know walk the gym resumed at the Cormier Youth Center. Every Tuesday and Thursday 9a-11a (Exclusion when school is out on break )



### TRIAD Program

Thursday, December 14th; 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.

### Council on Aging Board Meeting

Thursday, December 14th; 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, December 15th; 11:45 am; 3rd Friday of every month. This event is open to everyone. This is part of the congregate lunch, so be sure to sign up. Please join us in celebrating your birthday (and those of your friends!). Let us know 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!

### Sounds Of The Season

Monday, December 18th @ 8:30 AM

Breakfast & Holiday Concert with our very talented SunRise Singers! Cost \$4

### Ask the Lawyer - Legal Clinic

Monday, December 18th ; 10:00 am

Local attorney, Joseph Moran, Esq. 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.

### Holiday Coffee, Coco, Tea and Treats:

December 21st and 21nd 7am to 2pm. \$1

Stop by for a hot drink and treat . Enjoy some time with a friend.

### Book Club

Thursday, December 28th; 1:30 pm

*The Boston Girl (MCD)* by Diamant, Anita



## Special Monthly Events

**Chinese American Association of Andovers and the Elder Services of Town of Andover** are proud to host Friday evening's activities. 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:



## Drop in Groups

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

**Fiber Arts:** Wednesdays; 10 am

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

**Tuesdays 1pm Mahjong stop by to check out this group**

**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!

**December Movies:**

Holiday specials on month long. Call the on Monday to see what is showing

**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

Cable Group meets 3rd Thursday at 9am.

Check out group.. Join us!



## Artist of the Month



"Sherry Santangelo is a Chinese American from Taiwan. She discovered the joy of making these three dimensional artwork when she strolled down a Café Gallery in Taipei in 2006 and continued her enthusiasm by using this traditional technique since then. For Sherry, a paint brush is an Exacto knife, her paint is open-copyright print. A final piece results a very detailed, deep perspective three dimensional end artwork.

Paper Tole is the art of constructing a 3-dimensional image from a 2-dimensional print resulting in a spectacular and beautiful image. It is a process of taking identical prints, cutting out its component parts, shaping and sizing these 'components', then layering them on the 'base' print to give the finished piece its special 3-D effect."

## In the Know

### Emergency Preparedness: Some Helpful tips

- Sign up for Code Red - add cell phone number and text to ways to notify
- If you have a computer – sign up for Town news ( gets blast news items) through email. Have town website listed under favorites.
- If have a cell phone – have emails sent to phone so will still get Town news items on phone.
- Social media, Facebook or twitter
- Have emergency contacts – friends or family that will check on you
- Have gas in your vehicle
- Car charger for phone and computer. Don't forget that you can charge things in the car!
- Emergency phone numbers posted – usually on fridge. That way a person will know who to call in case there is an emergency and they need to take the person out of the house
- List of medications – usually on fridge and if any need refrigeration.
- FLASHLIGHTS and BATTERIES

## The Senior Center at Punchard

Town Manager  
Andrew P. Flanagan

Director of  
Community Services  
Joseph Connelly

The Senior Center Staff  
Director  
Anmary I. Connor,  
LICSW

Outreach Coordinator  
Kristine Arakelian,  
LCSW, MPH

Senior Connections  
Sharon Thomson, RN  
Linda Lambert

Office Staff  
Christine Marshall, Editor  
Andrea Zaimes

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, Secre-  
tary  
Molly Bicking  
Joan Fox  
Tana Goldberg  
Jane Gifun  
Joseph Ponti  
Thomas Rando

Center Hours  
Monday - Friday  
8 am - 4pm/5pm  
Thursday Evenings for  
BoomerVenture Campus  
5 pm - 9 pm  
Saturday 8a-3p  
978-623-8320

## 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)**

Wednesdays: December 6, 20, January 3, 17

#### **Bereavement Support Group :**

Thursday, December 7th; 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. This is a group that you can attend one time or monthly. All are welcomed.

**This meeting is being focused on coping with holidays and special days after the death of a loved one.**

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

Thursday, December 14; 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, December 11th ; 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.

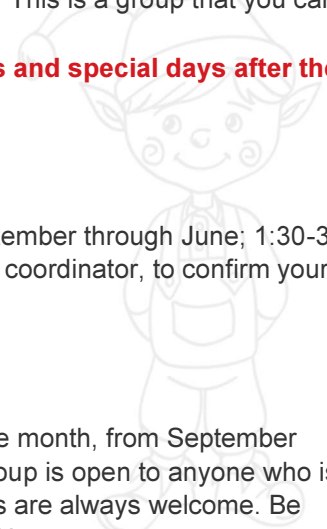
#### **Memory Café**

Monday, December 18th; 1:00 pm Please contact Linda for information on this fun and supportive group. Russ McQueen. Funded by the Department of Developmental Disabilities.

**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.

#### **Used Cell Phones**

Did you know you can donate your old used cellphones to help support our TRIAD program? These monies support programing and materials to enhance services to our community.



## 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; **\$41.25** (corrected amount)

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; **\$45**

**ZUMBA**

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

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

## Fix it Shop

December 4th & 18th 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.

## Methuen Loop

### Fun Shopping Trips 10 am - 2 pm

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

#### **Tuesday, December 19th**

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



#### **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 Pynchard (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,

**Dec. 26, 2017 at 9:30 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.*

## 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.

#### **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**

On hold for the month of December

***Thursday Night Movies are on hold until January***

**FRIENDS Trips**

**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 Gainer, 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!”

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.

## Outdoor Adventures

### Women's Outdoor Adventures

January 18, 2018

February 15, 2018

March 5, 2018

March 22, 2018

April 9, 2018

April 22, 2018

All winter hikes will be subject to the weather, we hope to be able to snow shoe if the conditions are to our liking. We will announce locations as we get closer to the dates.

The leadership team is researching a few special locations for some of the hikes, which will be longer trips than we generally do. Again, we will keep you posted. If you are not on our email list and would like to join us, please email Jane Gifun at fleecy.godmother@verizon.net to be added to our list.



### Men's Outdoor Adventures

**December 6**

Robert S. Peabody Museum of Archaeology

**More to follow**



## Cookie Trays & Pies

We sell pies and cookies trays. Want to bring something yummy to a holiday event, but don't want to bake. You can order your fresh pies and cookies from us and bring them to your family gatherings. By buying from us, you support the Senior Center at Punchard. Monies go to help programs, purchase items for the kitchen and so much more. Thank you for your support!



### Pie Prices

Apple \$12.00

Pumpkin \$12.00

Blueberry \$14.00

Pecan \$15.00



### Cookie Tray Prices

Small \$14.00

Medium \$18.00

Large \$24.00

Stop by the Center and see the Front Desk Volunteer to place your order

 **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.

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	8:00 Men/Women in Motion	8:00 Strength Training	8:00 Men/Women in Motion	8:00 Strength Training
9:00 Woodcarving		8:45 Strength Training		8:45 Strength Training
9:00 Quilting	9:00 Strengthen and Stride	9:00 Model Building	9:00 Strengthen & Stride	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	



### Gift Cards for The Center

Gift Cards for the Center's programs, lunch, transportation, etc. are always available in any amount. Ask about them at the front desk. They make great gifts for family, friends or the person who has everything!



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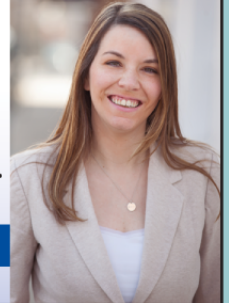


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# December 2017 Calendar of Events

MONDAY	TUESDAY	WEDS	THURSDAY	FRIDAY	SATURDAY
Menu Subject to Change Without Notice			1 Book Club  Lunch: Beef Stew  <b>Set up for Holiday Fair</b>	1  <b>Holiday Fair 3pm to 7pm</b>  Lunch: Chicken Stir Fry	2  <b>Holiday Fair 9am to 2pm</b>  
4 11 Merrimack College Intergenerational 1 Fix it Shop  Lunch: Sweet & Sour Pork	5  Lunch: Baked Chicken Breast Quarter	6 9 Podiatry 10 WRAP 2 Wellness Clinic  Lunch: Baked Ziti w/ Meat & Cheese	7 1:30 Bereavement Group 5:30 Living Healthy  Lunch: Meatloaf	8 8:30 Friday Speaker 9:30 Equifax Forum 1:00 Concert <b>Holiday Festival Concert Veterans Memorial Hall</b>	9 10:30 STROKE Signs 11:00 Sing A long with Katherine 1pm Civil Defense Interview  Lunch: TBA
11 Computer users 1:30pm @ MHPL 1:30 Pain Mgmt  Lunch: Chicken Stir Fry	12 <b>Hanukkah Begins</b> Lunch: Lasagna  	13 10:00 WRAP 2 Wellness Clinic  Holiday Luncheon, Roast Beef Dinner, Tickets \$5  No congregate meal	14 8:30 COA Board Meeting  10 TRIAD meeting 1:30 Parkinson's Support Group  Lunch: Roast Chicken Quarters & <b>Potato Pancakes</b>	15 11:45 <b>Birthday Lunch</b>  Lunch: Pot Roast Brisket	16 Events to be determined.  Lunch: TBA
18 8:30 Sounds of the Season 10 Ask the Lawyer 1 Fix it Shop 1:00pm Memory Café Lunch: Pesto Chicken	19 Fun trips \$10 to N.Reading  Lunch: Shepherd's Pie	20 <b>Hanukkah ends</b> 9 Podiatry 10:00 WRAP 2 Wellness Clinic  Lunch: Fish	21  <b>Holiday Coffee, Teas and treat \$1 all day</b>  Lunch: Low-sodium Ham	22  <b>Holiday Coffee, Teas and treat \$1 all day</b>  Lunch: Seafood Newburg	23 <b>CLOSED</b>  
25 <b>CLOSED</b>  	26 Brown Bag 9:30am Close 4pm  Lunch: Chicken Marsala	27 8:30 FBI Discussion 2 Wellness Clinic Close 4pm  Lunch: Chowder and Side Salad	28 1:30 Book Club No Boomer Venture Close at 4pm  Lunch: Spinach Pie	29  Lunch: Fish	30 <b>CLOSED</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.

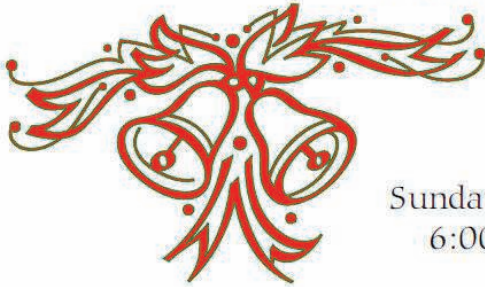
When your table is called up for lunch, place your envelope in the box on the counter with your lunch donation. The suggested donation is \$2.50.

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





# the CRYSTAL BALLROOM Holiday Ball



Old Town Hall  
20 Main Street  
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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

Tickets available at The Center at Punchard or  
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**The Andover Senior  
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upcoming meetings:**

**December 15th @ 10:30 AM**

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many of the **free** programs at the  
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Website: [andoverscf.org](http://andoverscf.org)



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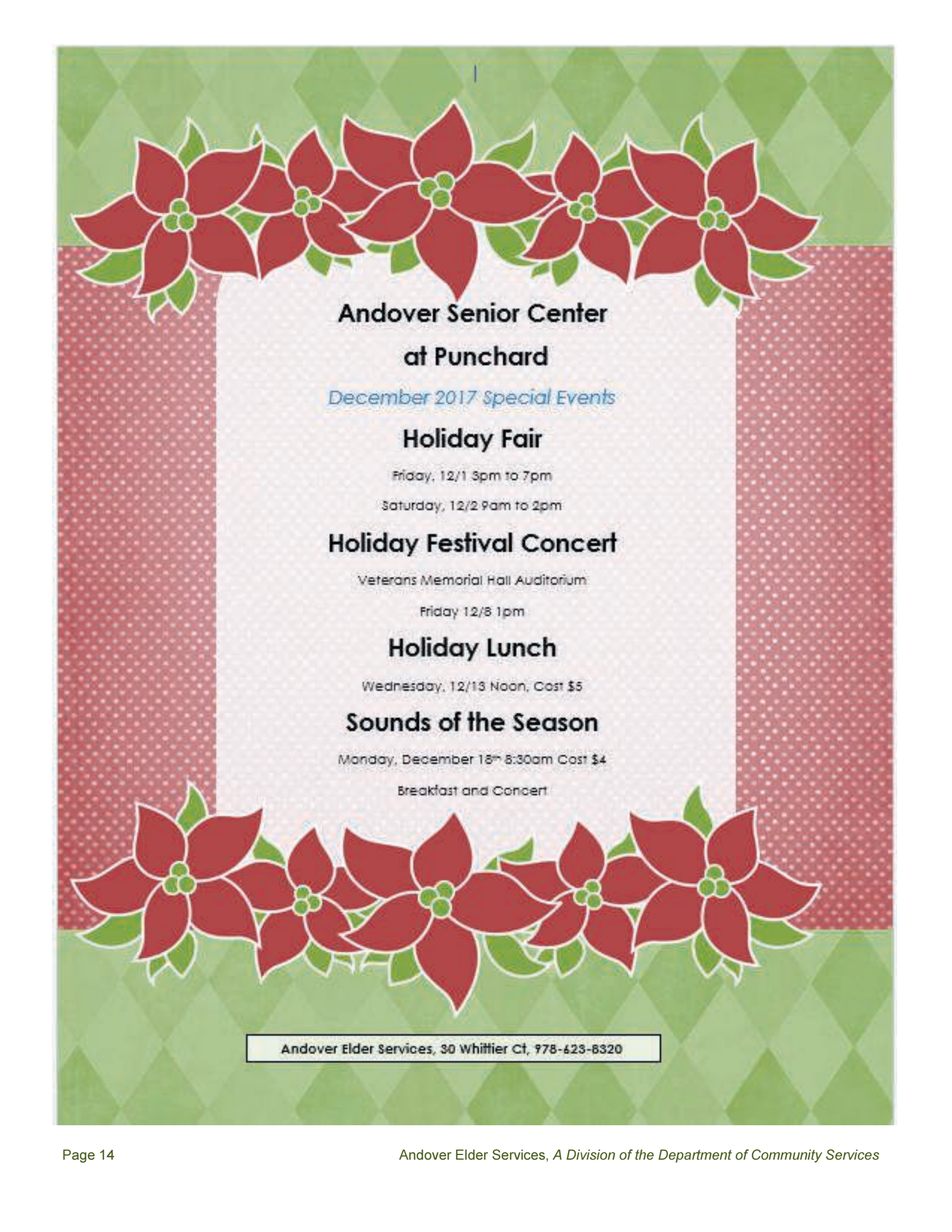
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Help the FRIENDS support the programs at the Center at Punchard. Come enjoy a trip or two.  
Check out all we do! The FRIENDS are a 501c3



**Andover Senior Center  
at Punchard**

*December 2017 Special Events*

**Holiday Fair**

Friday, 12/1 3pm to 7pm

Saturday, 12/2 9am to 2pm

**Holiday Festival Concert**

Veterans Memorial Hall Auditorium

Friday 12/8 1pm

**Holiday Lunch**

Wednesday, 12/13 Noon, Cost \$5

**Sounds of the Season**

Monday, December 18<sup>th</sup> 8:30am Cost \$4

Breakfast and Concert

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## Saturday Happenings at the Center

Week 1 (December 2)- **Holiday Fair 9am to 2pm**

Week 2 (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. Presented by **Radiant Homecare Services—Health & Wellness Series Prevention Through Education**

**12/9 Holiday Sing-a-long with Katherine Time 11:00am**

**12/9 Civil Defense Interviews with Gail Ralston 1:00pm**

Week 3 (December 16) -TBD

Closed : December 23rd, 30th

