

NEWS & VIEWS

The Andover Senior Center: The Center at Punchard

February 2018, Vol. 2 Issue 2



February 2018

*Annmary I. Connor, LICSW
Director of Elder Services*

*The Senior
Center at
Punchard
Growing together*

We have endured a very trying winter thus far. Please know we are here to support you and should you need additional support or resources, to please reach out to us.

We continue to look for new volunteers as there are many unmet needs. Consider volunteering or volunteering a family member.

Important information: Medicare is sending out new Medicare cards starting April 2018 through April 2019. You will be receiving a Medicare card with a random number on it. This card is replacing your long standing old card. Please be sure to bring it with you to all medical appointments. These cards are being randomly distributed. You may receive it in April and your spouse may receive one in December. Know that at no point will Social Security or Medicare be calling you to verify information – this would be a scam. Should anything suspicious arise with your Medicare, please inform the local police or contact the Senior Center.

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.

For weather related closing information, please call the Info Line at 978-623-8302

Annual Chinese New Year Celebration.

Tuesday, February 13th at 9:30 am;

Old Town Hall

Performance starts at 10am

Tickets \$7 includes lunch.



Main Line: 978-623-8320

website: www.andoverma.gov/seniorcenter

email: 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

Special Monthly Events

Must RSVP

Fix it Shop

Monday, **February 5th** at 1:00 pm & Monday, **February 26th** at 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

Council on Aging Board Meeting

Thursday, February 8th 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

Paper Tole Workshop FREE (rescheduled from January snow storm)

Thursday, February 8th at 10 am

Come and join Sherry Santangelo, a Chinese American from Taiwan. She
discovered the joy of making three dimensional artwork. She will be leading
this workshop. RSVP

TRIAD Program

Thursday, February 8th; 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 programing.

Friday Speaker Series

Friday, February 9th at 8:30 am; \$4.00; Guest speaker, Richard Davis
From the Civil War through today, American funeral practices have evolved
into an highly formalized, cost intensive, and environmentally challenging
industry. Green burials can provide a meaningful, economical, and
aesthetic means for honoring the dead and providing families and friends
with a new (yet traditional) framework for funeral customs and practices.

Scams and Personal Safety

Friday, February 9, 2018 - 9:30 a.m.

Presented by: Andover Police Officer Joseph Allard

Home improvement scams, including pavers, roofers, landscapers, etc.
Personal Safety will also be discussed. Also to be discussed: Financial
Safety, including lottery scams, phone scams, and financial exploitation of
the elderly.

Computer Users' Group

Monday, February 12th, 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.

Andover Chinese New Year

Tuesday, February 13th at 10 am; Old Town Hall

Join us for the annual Chinese New Year Celebration. It is the year of the
Dog. Tickets will be on sale for \$7 which includes lunch. Purchase tickets
at the Center.

FRIDAY NIGHT

SPECIAL

Chinese American
Association of Andovers
and Andover Elder
Services are proud to
host Friday evening's
activities. The activity
will be including Zumba,
Yoga, Ping pong, 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 Ando-
ver 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

Mindfulness

Meditation

Fridays 3pm

**A Great way to become
more relaxed during this
hectic season:**

\$3 donation

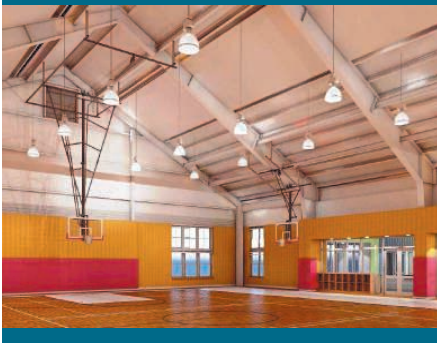
Chinese

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 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 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)



RSVP

Special Monthly Events

Sweetheart Gathering

Wednesday, February 14th, Noon to 2pm, Riverside Woods, 459 Riverside Rd. Come for a luncheon, raffles and a tour and festive gathering, FREE. All are welcome. RSVP Snow date 2/28. Please call for free transportation

Happy Birthday to You!

Friday, February 16th 11:45 am
Third 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 **Paul Wayne**, a wonderful courtesy of the Andover Senior Community FRIENDS Inc. You won't want to miss this show!

Foxwoods Day Trip

Wednesday, February 21st; \$35 per person. Includes \$10 food voucher or free buffet and \$15 bonus slot play. Depart at 8 am and return around 6 pm.

Ask the Lawyer - Legal Clinic

Date TBA

Afternoon Tea At Brightview North Andover

Thursday February 22nd 2:00pm. (snow day 3/1).
Come to Brightview for an engaging tea and social hour, connect with some friends. 1275 Turnpike St, North Andover, MA 01845

Book Club

Thursday, February 22nd 1:30 pm

American History (but not the way you learned it back in school!)

Thursday afternoons, 1:30 to 3:00 pm Feb 22, Mar 1. Ma 8, Mar 15, and Mar 22 2018. Price: \$15 for the five sessions
How did George Washington shape the United States we know today?
Why were John Adams and Thomas Jefferson such bitter enemies and such good friends?
Why did we enter the War of 1812?
What was the Missouri Compromise, and how did Massachusetts make it work?
Come and explore topics like these and many more in a 5-week program, part of our on-going series.
We'll be taking a look at the exciting early years of the United States (1790 to 1820) when our country was born and began to take shape. Join us with local historian Don Robb as we explore a fascinating period in the adventure of America.

Writing Group

Tuesdays; 10 - 11 am
Come and join Sreenivas Madras in this engaging writing process. \$2 suggested donation.

Coming in March.....Living Healthy returns, American Short Stories is back, St. Patrick's Day party to be had.

Andover Chinese New Year Festival Show in Collins Center*Saturday, February 3rd 2018, 7 - 9 pm*

Chinese New Year, also known as the Spring Festival, is the most important holiday in Chinese culture. It falls on February 16, 2018 as the beginning of year of the dog. It is one of the world's most widespread festivals with millions of people around the world celebrating it each year.

On Saturday, February 3rd, the Town of Andover Department of Community Service and the Chinese American Association of Andovers (CAAA) will co-sponsor a Chinese New Year's performance in the Collins Center at Andover High School.

The New Year's show will be performed by artists from Andover, Boston and nationwide. The program includes Chinese music, dance, acrobat and more. Tickets for the New Year's performance can be purchased online at caandover.org. We hope to see you there!

**Artist of the Month**

Biography: Eaden Huang is a photographer, videographer, nature lover and "let's chat over dim sum" kind of guy. On many weekends and evenings, Huang is an events photographer for weddings, banquets, performances and festivals. He is a well-known local artist in the Malden and Chinatown community of Massachusetts. Occasionally, Huang shoots studio portraits and outdoor portraits for his clients. He spends his free time capturing his favorite subject matter - nature, everyday people and (extra) ordinary things in timely moments.

Huang is originally from Canton, China and has been a resident of the US for many years. He first began his photography studies in China and has taken courses at the New England School of Photography and at the Bunker Hill Community College. Huang had also worked as a full-time staff photographer at a New York photography production company before parting ways to pursue his own work.

Huang's work has been shown in various art venues in the New England area as well as Guangzhou City in China. He served as a president of the North America Artists Association in 2013, and is currently an active Chairman. In 2014, the South Cove Community Health Center (Quincy, MA) acquired five of Huang's photographs as part of their permanent Asian art collection; one of the most notable pieces is the "Chinatown Gate" wall print located in the lobby.

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: on hold

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 9 am.

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 Zaines

Nutrition Staff
Frank Melendez, Chef
Sue Starbird

Transportation/Intake
Shawna McCloskey,
LSW

Carol Howe
George Perakis
George Thomson

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

Thursday Evenings for
BoomerVenture Campus
5 pm - 9 pm

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, February 7th & 21st. You must be an Andover Resident. For homebound residents, please call Kristine Arakelian. You do not need to wait to call the first of the month. You may call and book at any time. Appointments are scheduled every two months.

Bereavement Support Group:

Thursday, February 1st at 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.

Pain Management Support Group

Monday, February 12th; 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

Parkinson's Support Group

Thursday, February 15th at 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. Presenter:

Cathi Thomas, RN, MS, Program Director, Parkinson's Disease and Movement Disorders Center, Dept. of Neurology, Boston University Medical Center, APDA Massachusetts Chapter

"What's new for Medication & Research for Parkinson's Disease"

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.

Brown Bag: Tuesday, February 27th, 9:30 am. 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, and must be picked up by 10:15 am. Call Anmary or Kristine to sign up or see if you are eligible.

Memory Café

Monday, February 26th at 1:00 pm. Please contact Linda for information on this fun and supportive group. 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 up on 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

Spring Session: February 20 – May 11th

Registration Week: February 5—10

Breath, Balance and Body Wellness *Pat Dumont*

Tuesday, February 20th to May 8th; 2 pm; **\$48**

Line Dancing: *Valerie Cagnina*

Tuesdays, Feb 20th to May 8th ; 2:15 pm; *****FREE this term only!**

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, Feb 20th to May 8th ; 8 am; **\$45**

Thursdays, February 22nd to May 10th; **\$45**

***** 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, February 20th to May 8th; 10:15 am; **\$45**

Fridays, February 23rd to May 11th; 10:15 am; **\$45**

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

Wednesdays, Feb 21 to May 9th; 8:00 am or 8:45 am; **\$45**

Fridays, Feb 23 to May 11th; 8 am or 8:45 am; **\$45**

Strengthen and Stride *Tracy Callahan*

Tuesdays, Feb 20th to May 8th; 9 am; **\$45**

Thursdays, Feb 22nd to May 10th; 9 am; *****FREE this term only! (Thur only)**

Tai Chi Beginner *Meg Holmes*

Tuesdays, Mar 6-May 8th; 1:10 pm – 2:10 pm; students new to tai chi; **\$37.50**

****Please note there is no class on 2/20 & 2/27**

Tai Chi Advanced Beginner *Meg Holmes*

Thursdays, Mar 8th to May 10th; 2:15 pm – 3:15 pm; students have learned

some of the forms; **\$37.50**Please note there is no class on 2/22, 3/1**

Tai Chi Intermediate *Meg Holmes*

Thursdays, Mar 8 to May 10th ; 1:10 pm – 2:10 pm; students have learned the complete Yang style 24 Form; **\$37.50; **Please note there is no class on 2/22,3/1**

Tap Dancing Basic *Audrey Nason*

Wednesdays, Feb 21st to May 9th; 9:30 am; **\$42**

Tap Dancing Performance *Audrey Nason*

Wednesdays, Feb 21st to May 9th 12:45 pm; *****FREE this term only!**

Yoga For All *Pat Dumont* **(NEW!)**

Mondays, Feb 26th to May 7th; 1:00 pm; **\$37.50**



Yoga Beginners *Pat Dumont*

Tuesdays, Feb 20 to May 8th; 10:30 am; **\$45**

Yoga Advanced Beginners *Pat Dumont.* (some prior experience suggested for this gentle yoga practice) Wednesdays, Feb 21st to May 9th 1:00 pm; **\$45**

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

ESL Classes

Mondays, February 26 - May 7;
1 pm; off-site at Frye Circle;

Free

No class 4/16

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.

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 Anmary.

MORE ACTIVITIES

Duplicate Bridge

Thursdays, Feb 22nd to May 10th; 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, Feb 26– May 7th; 10:15 am; **FREE Courtesy of the Andover Senior Community Friends**

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

Mondays, Feb 26 – May 7th, 9:00 am; **\$20**

Wood Carving

Mondays, Feb 26th - May 7th; 9 am; FREE

Model Building

Wednesdays, Feb 21st - May 9th; 9 am; FREE

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 to The Center; no charge; donations welcome.

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

Fun Shopping Trips


10 am - 2 pm , \$10; sign up to reserve your seat on the bus Monday, **February 12th**, N. Reading-Walmart

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Break week is February 12th to 16th, make up classes to be held. Drop in groups are running unless otherwise stated.</p> <p>Registration Week Feb 5th.</p> <p>Menu Subject to Change Without Notice</p>			<p>1</p> <p>8:00 Men/Wom in Motion 9:00 Strengthen Stride 9:00 Art drop-in 9:00 Walk the Gym 9:30 Craft Group 10:00 Bereavement Group 1:00 Fun & Games / Bridge 1:10 Tai Chi Inter. I 2:15 Tai Chi Inter II 3:30 Energize w/ Exercise 6:00 Reflex / Belly Dancing 7:15 Serenity yoga LUNCH: Chicken stir fry</p>	<p>2</p> <p>8:00 Strength Training 8:45 Strength Training 10:15 Sit & Get Fit 1:00 Fun & Games 1:00 ESL Lessons 2:00 Ping Pong 3:00 Meditation 6:30 Chinese American Activities LUNCH: Fish</p>
<p>5</p> <p>9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 10:00 Massage 10:15 Rhythm-Aires 1:00 Movie Matinee 1:00 ESL (off site) 1:00 Fix it Shop 3:30 BV Energize w/ Exer</p> <p>LUNCH: Stuffed chicken</p>	<p>6</p> <p>8:00 Men/Wom in Motion 9:00 Strengthen Stride 9:00 Walk the Gym 10:15 Sit & Get Fit 10:30 Beginner Yoga 10:00 Fun & Games 1:00 Social Bridge drop-in 1:10 Tai Chi beginner 2:00 Breath Balance Well 2:15 Line Dancing 3:15 Zumba</p> <p>LUNCH: Salisbury steak</p>	<p>7</p> <p>8:00 & 8:45 Strength Train 9:00 Foot Care 9:00 Art drop-in 9:00 "SHOP" Group 9:30 Basic Tap 10:00 Matter of Balance 10:00 Fiber Arts 10:00 Grocery Shopping 12:45 Performance Tap 1:00 Knit Wits/Fun & Games 1:00 Yoga intermediate 2:00 Wellness Clinic</p> <p>LUNCH: Chicken quarters</p>	<p>8</p> <p>8:30 COAB Meeting 8:00 Men/Wom in Motion 9:00 Strengthen Stride 9:00 Art drop-in 9:00 Walk the Gym 9:30 Craft Group 10:00 TRIAD 10:00 Paper Tole 1:00 Fun & Games / Bridge 1:00 Parkinson Group 1:10 Tai Chi Inter. I 2:15 Tai Chi Inter II 3:30 Energize w/ Exercise 6:00 Reflex / Belly Dancing 7:15 Serenity Yoga LUNCH: Meatloaf</p>	<p>9</p> <p>8:00 Strength Training 8:30 Breakfast & Green Burials 8:45 Strength Training 10:15 Sit & Get Fit 1:00 Fun & Games 1:00 ESL Lessons 2:00 Ping Pong 3:00 Meditation 6:30 Chinese American Activities LUNCH: Yankee pot roast</p>
<p>12</p> <p>BREAK WEEK 9:00 Sunrise Singers 9:00 Woodcarving 9:00 Quilting 10:00 Massage 10:15 Rhythm-Aires 1:00 Movie Matinee 1:00 ESL (off site) 1:00 Pain Mgmt Group 1:30 Computer Users @ MHPL</p> <p>LUNCH: Baked chicken</p>	<p>13</p> <p>No Drop in Groups. Chinese New Year event at Old Town Hall 9:30a to 2pm, Tickets \$7</p>  <p>LUNCH: no congregate meal</p>	<p>14</p> <p>Valentines Day 9:00 Model Building 9:00 Art drop-in 9:00 "SHOP" Group 10:00 Matter of Balance 10:00 Fiber Arts 10:00 Grocery Shopping 1:00 Knit Wits/Fun & Games 2:00 Wellness Clinic</p> <p>LUNCH: Lemon pepper fish</p>	<p>15</p> <p>9:00 Art drop-in 9:00 Walk the Gym 9:00 WOAG 9:30 Craft Group 1:00 Fun & Games 1:00 Duplicate Bridge</p> <p>LUNCH: Chicken pot pie</p>	<p>16</p> <p>Birthdays Lunch 9:30 SCAMS 10:30 FRIENDS Meeting 11:45 Birthdays Lunch 1:00 Fun & Games 1:00 ESL Lessons 2:00 Ping Pong 3:00 Meditation 6:30 Chinese American Activities LUNCH: Spinach pie</p>

<p>19</p> <p>Closed Presidents' Day</p> 	<p>Spring Session Starts 20</p> <p>8:00 Men/Wom in Motion</p> <p>9:00 Strengthen Stride</p> <p>10:15 Sit & Get Fit</p> <p>10:30 Beginner Yoga</p> <p>10:00 Fun & Games</p> <p>1:00 Social Bridge drop-in</p> <p>2:00 Breath Balance Well</p> <p>2:15 Line Dancing</p> <p>3:15 Zumba</p> <p>LUNCH: Chicken pesto</p>	<p>Foxwoods Trip 21</p> <p>8:00 & 8:45 Strength Train</p> <p>9:00 Model Building</p> <p>9:00 Art drop-in</p> <p>9:00 Foot Cafe</p> <p>9:00 "SHOP" Group</p> <p>9:30 Basic Tap</p> <p>10:00 Matter of Balance</p> <p>10:00 Fiber Arts</p> <p>10:00 Grocery Shopping</p> <p>12:45 Performance Tap</p> <p>1:00 Knit Wits/Fun& Games</p> <p>1:00 Yoga intermediate</p> <p>2:00 Wellness Clinic</p> <p>LUNCH: Beef Stew</p>	<p>23</p> <p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>10:15 Sit & Get Fit</p> <p>1:00 Fun & Games</p> <p>1:00 ESL Lessons</p> <p>2:00 Ping Pong</p> <p>3:00 Meditation</p> <p>6:30 Chinese American Activities</p> <p>LUNCH: Fish</p>
<p>26</p> <p>9:00 Sunrise Singers</p> <p>9:00 Woodcarving</p> <p>9:00 Quilting</p> <p>10:00 Massage</p> <p>10:15 Rhythm-Aires</p> <p>1:00 Yoga for All</p> <p>1:00 ESL (off site)</p> <p>1:00 Fix it Shop</p> <p>1:00 Memory Cafe</p> <p>3:30 BV Energize w/ Exer</p> <p>LUNCH: Eggplant parm</p>	<p>27</p> <p>8:00 Men/Wom in Motion</p> <p>8:30 State Senator</p> <p>9:00 Strengthen Stride</p> <p>9:00 Walk the Gym</p> <p>10:15 Sit & Get Fit</p> <p>10:30 Beginner Yoga</p> <p>10:00 Fun & Games</p> <p>1:00 Social Bridge drop-in</p> <p>2:00 Breath Balance Well</p> <p>2:15 Line Dancing</p> <p>3:15 Zumba</p> <p>LUNCH: Chicken cacciatore</p>	<p>28</p> <p>8:00 & 8:45 Strength Train</p> <p>9:00 Model Building</p> <p>9:00 Art drop-in</p> <p>9:00 "SHOP" Group</p> <p>9:30 Basic Tap</p> <p>10:00 Matter of Balance</p> <p>10:00 Fiber Arts</p> <p>10:00 Grocery Shopping</p> <p>12:45 Performance Tap</p> <p>1:00 Knit Wits/Fun& Games</p> <p>1:00 Yoga intermediate</p> <p>2:00 Wellness Clinic</p> <p>LUNCH: Italian sausages</p>	<p>22</p> <p>8:00 Men/Wom in Motion</p> <p>9:00 Strengthen Stride</p> <p>9:00 Art drop-in</p> <p>9:30 Craft Group</p> <p>1:00 Fun & Games</p> <p>1:00 Duplicate Bridge</p> <p>1:30 Book Club</p> <p>1:30 History w/ Don Robb</p> <p>3:30 Energize w/ Exercise</p> <p>6:00 Reflexology</p> <p>6:00 Belly Dancing</p> <p>7:15 Serenity yoga</p> <p>LUNCH: Baked ziti</p>



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

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Outdoor Adventures

Women's Outdoor Adventures

February 15, 2018

March 5, 2018

April 9, 2018

March 22, 2018

April 22, 2018

Hikes are usually at 9am. 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

More to follow in March.....

Nature Walks

Nature Walks to resume on April 27th at 8:30am.

Oak and Iron

Beer tasting event \$15 per person.

Oak and Iron event will be in March, date to follow.

Purchase tickets at the Center.

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!

Mistral Presents: "A Valentine Schubertiade"

Julie Scolnik, artistic director

Saturday, February 10, 5pm

West Parish Church

129 Reservation Road

Andover

Franz Schubert never achieved enormous fame during his short lifetime. He was, however, held in high esteem by a small group of admirers in Vienna, who would organize informal salon concerts to celebrate his work. This type of intimate gathering became known as a Schubertiade, which Mistral will emulate in honor of Valentine's Day.

Schubert Quartettsatz

Schubert Sonata in A minor, D.821, "Arpeggione"

Schubert String Quintet in C
Robyn Bollinger, violin; Cornelia Gartmann, violin; Jan Müller-Szeraws, cello; Sasha Scolnik-Brower, cello; Stephanie Fong, viola; Julie Scolnik, flute



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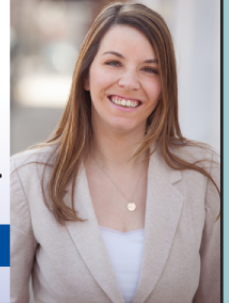


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The Andover Senior Community FRIENDS, Inc.

ANNUAL MEMBERSHIP DRIVE
PLEASE RENEW YOUR MEMBERSHIP



WE are pleased to report that the Andover Senior Community Friends are offering numerous free classes for this spring session. This has been accomplished through fundraising, memberships and contributions.

This semester the free classes are:

- ⇒ Line dancing on Tuesdays at 2:15pm
- ⇒ Nordic Walking Wednesdays at 2:30pm
- ⇒ Strength N Stride Thursdays at 9am
- ⇒ Tap Dancing performance Wednesdays at 12:45pm

You **MUST** register in advance for all these sessions

We are also sponsoring the Birthday party entertainment on February 16th, featuring Paul Wayne

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:

Fridays @ 10:30 AM

February 16

March 16

April 20

May 18

June 15

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

Belly Dancing *Maggie Class*

Thursdays, February 22nd to May 10th 6:00 – 7:00 pm this session! **\$78.00**
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, Feb 20th to May 8th **\$48**; 3:15 pm. An aerobic fitness program featuring movements inspired by various styles of Latin American dance

Serenity Yoga *Sheila Wescott*

Thursday, Feb 2/22 to May 10th ; **\$78**;

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, Feb 26th to May 7th; 3:30 – 4:30 pm; **\$55.00**;

Thursday, Feb 22nd to May 10th ; 3:30 – 4:30 pm; **\$66.00**;

Fun aerobics and weight training workout.

Reflexology with Uli Kapp

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

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Living Healthy Series

New exciting programs coming in March. Look in the March Newsletter to see what is happening. Every Thursday night is booked!

Nordic Walking

Wednesday February 21st to May 9th 2:30pm to 3:30pm. *****FREE this term only!**

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

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, Ping Pong, board/card/Mahjong games, other socializing activities. **Free of charge and all are welcome. Fridays 6:30 - 9:30 pm**

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：

Chinese New Year 2018

Tuesday, February 13, 2018

9:30 am - 1:15 pm

Old Town Hall, Andover

Sponsored by:

The Andover Chinese Charm Circle &
The Senior Center @Punchard &
United Health Care SCO

Tickets on sale for \$7.00 @
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Lunch 12:15pm



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Inclement Weather Closures

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 it for updates. Also when possible an automated call will be generated by the Director to relay any urgent information.
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