

News and Views

March 2016



The Center at Punchard
Growing together

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Web: andoverseniorcenter.org

Email: seniorcenter@andoverma.gov

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



A Message from the Director

As March approaches, I know spring is just around the corner, but this is New England and we still have a ways to go. It's been said "April is the cruelest month", but I think it's March; the days are longer and the snow doesn't last as long, yet it's still cold and the wind can just go right through you. If you've been hibernating, please check inside for lots of wonderful programs to inspire you to get out. Our **Corned Beef and Cabbage** dinner is on the 17th and an **Irish sing a long** on the 18th. Sign up to learn about **Songbirds of the Northeast** or join the **Conversational French** class. On Thursday afternoons, we **share stories** and play games with **students from the Doherty School**. There's something for everyone and if you don't see anything that interests you, please ask.

There are two **elections** this month: the **Presidential Primary** on **March 1st** and the **Town Election** on **March 22nd**. There have been some changes in polling locations:


- Precincts 1 and 3 vote at the **Center @ Punchard**
- Precincts 2,4,5 and 6 vote at the **Wood Hill Middle School**
- Precincts 7, 7A, 8, 9 and 9A vote at the **High School**

We are working with the Town Clerk to provide a **Shuttle Bus** that will run between the Center, the High School and Wood Hill. Check with either office for the schedule. There **won't be any classes or Congregate lunch** at the Center on voting days, but we are open and **staff is available** by phone.

We continue to try to reach out and make information available in a variety of ways. The **Andover Townsman** and **Eagle Tribune** often feature upcoming events. The **monthly newsletter** is available for pickup at various locations throughout town (short list: The Center, Town Hall, Drop in, Memorial Hall Library, Letourneau's Pharmacy) and is also **mailed** to all 'senior' households **quarterly** in March, June, September and December. We can mail it monthly for a small fee or send you a **link by email**. Information is also available on our web page: www.andoverseniorcenter.org. Check us out on **Facebook**; "like" the Center @ Punchard to get a free "**C@P**" cap. The monthly **cable TV show "Something About Andover"** and the **cable TV bulletin board** also highlight many of our programs.

Best Regards, Kathy Urquhart

*"May your day be touched by a bit of Irish luck, brightened by a song in your heart, and warmed by the smiles of the people you love."
Irish Blessing*

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The Center

Town Manager
Andrew P. Flanagan

The Center Staff Director

Katherine Urquhart

Outreach Coordinator

Kristine Arakelian, LCSW, MPH

Senior Connections

Emily Kearns, Coordinator

Sharon Thomson, RN

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Program Coordinator

Karen Payne-Taylor

Office Staff

Christine Marshall

Donna Morse, Editor

Andrea Zaimes

Nutrition Staff

Frank Melendez, Chef

Michael LaChance

Transportation/Intake

Carol Howe

Shawna McCloskey

Drivers

Ed Blinn

George Perakis

Council on Aging Board

Meets at 8 am on the
2nd Thursday each Month
All are Welcome!

The Council can be reached
via email at:

first.last@andoverma.us
(see names below)

or by calling The Center and
leaving a message with Donna.

Kenneth DeBenedictis, Sec'y

Kathleen Devanna, RN

Joan Fox

Jane Gifun

Ann Grecoe, Chair

Stuart McNeil

Margaret O'Connor, Vice Chair

Joseph Ponti

Donald Robb

Michael Roli

Center Hours

Monday - Friday

8 am - 4 pm

Thursday Evenings for

BoomerVenture Campus

6 pm - 9 pm

FORUMS

No Charge; register at www.myactivecenter.com

HEALTHY LIVING TIDBITS:

Let's Talk Cardio

Friday, **March 4**; 9:30 am; You have a LOT of choices when it comes to working out. You can lift weights, learn yoga, etc. However, when it comes to your cardio-vascular health, did you know that most people are simply getting this wrong? In fact, the way many folks do 'cardio' may be an almost complete waste of time! During this session, we will detail exactly what your cardio-vascular workouts should look like. Healthy breakfast is offered.



When Bad is Good Again...and Vice Versa

Friday, **April 1**; 9:30 am; One reason so many of us are confused when it comes to various nutritional topics is that the "latest science" seems to change constantly! Something that was declared harmful 10 years ago is now good for us (think eggs) and substances once part of a "healthy diet" should now be avoided like the plague! What are we to believe? This month we walk through many of the most common foods, liquids and other substances to see what the best minds have to say about them. Healthy breakfast is offered.

WOMAN'S HEART HEALTH

Friday, **March 11**; 9:30; What is heart disease? How do woman's symptoms differ from men's symptoms? Join a discussion on menopause and heart disease, common tests for heart disease and lastly tips on staying heart healthy. Speaker: Kathy Caredeo, Director of Cardiovascular Services at Lawrence General Hospital.

Disclaimer: The Center at Punchard, Andover Council on Aging and Town of Andover do not endorse, suggest or advocate any views or positions presented. They disclaim any responsibility and any liability with respect to the advocacy, adoption, use or implementation of any views, positions or method suggested, advocated or otherwise promoted by any lecturer.

Election Information

The Town of Andover will be using 3 polling locations for the 2016 elections. This has been done to help reduce the traffic congestion and parking issues.

Voting Locations and Precincts

The Center at Punchard - Precincts 1 and 3

Wood Hill Middle School - Precincts 2, 4, 5 and 6

Andover High School - Precincts 7, 7A, 8, 9 and 9A

Election Dates

(Please note: There will not be any classes or lunch at The Center at Punchard. MOW delivery only)

Tuesday, March 1 and Tuesday, March 22

What's Going on @ The Center?

Nutrition Program
 Meals on Wheels
 Lunch Box
 Wellness Clinic
 Podiatry
 Senior Connections Social Day
 Lending Library
 Transportation to/from The Center
 Medical Transportation
 Health Forums
 The Fix-It Shop
 Parkinson's Disease Support Group
 Pain Management Support Group
 Trips
 Outdoor Adventure Groups
 Movies
 Workshops
 Special Events
 Lectures
 Cultural Programs
 SHINE Counselor
 Fitness Classes - Men/Women In Motion; Water Workout; Strengthen and Stride; Sit and Get Fit; Tai Chi; Yoga; Breath, Balance and Bodywork; Strength Training; Zumba; Energize with Exercise

Dance Classes - Line Dancing, Tap, Belly Dancing

Special Interest Classes - Sunrise Singers, Rhythm-Aires, Woodcarving, Duplicate Bridge, Piano, Mindfulness Meditation

Drop-In Groups - Writing Group, Bridge, "SHOP", Fiber Arts, Knit Wits, Fun and Games, Art, Crafts, ESL Chinese, Quilting



TRANSPORTATION CORNER

MEDICAL TRANSPORTATION

Transportation to medical appointments is available. A minimum of *one week advance notice* is required. Contact Carol at 978-623-8321 for more details and donation information.

GROCERY SHOPPING

Door-to-Door Service. Prices are for transportation **only**. **Wednesdays** - *Market Basket* grocery shopping - \$4 round trip.

MONDAY FUN TRIPS

Call Carol to sign up and reserve your seat!



March 14: The Bus is going to The Rockingham Mall. Shop, walk, browse, people watch.....have some lunch at one of the many eateries at the Mall.

March 28: Seacoast trip!!! Let's ride to the beaches; Salisbury, Hampton, Rye, and take in the sights, smells, and sounds of the ocean on a late winter day!! We'll go to the Hungry Traveler for lunch; always a favorite stop!!!

Don't let transportation keep you from participating in activities at The Center! Ask about transportation for any programming. The cost is \$4 round-trip and must be arranged when you register. Sorry, transportation is for Andover residents only. Contact Carol for other transportation options.

MVRTA AND "CHARLIE CARDS"

We had a great turn-out for the January 25th MVRTA Transportation Meeting. We hope you learned some of the ins and outs for using the system, where it goes, cost, etc.

We had been hoping to be able to have people apply for "Charlie Cards" at that session, but needed to have 15 people signed up. Although nearly 30 people attended only 7 had signed up in advance. There are two different cards; one for the local MVRTA and one for the Greater Boston MBTA. Please contact Carol if you would like to apply for a Charlie Card and let us know what card(s) you would like.


SPECIAL EVENTS

Register at www.myactivecenter.com

MERRIMACK COLLEGE INTERGENERATIONAL

Thursday, **March 3**, 2 pm; The Gender and Society class at Merrimack College would like to interview 10 -12 seniors about their experiences as women in America, from childhood to the present. Students will write up your "gender biography" and share it with you. Help them learn about the world you lived in!

ST. PATRICK'S DAY CORNED BEEF LUNCH

Thursday, **March 17**; noon; \$5; Registration starts March 2 for Andover residents for a  traditional corned beef and cabbage lunch. Not part of the congregate lunch. Out of town guests may purchase tickets starting March 14.



FRIDAY SPEAKER SERIES: DIGGING THREE CONTINENTS WITH JACK HOLMES

Friday, **March 18**; 8:30 am; \$4 includes breakfast. "Indiana Jones?" "Well...not so much. More like Northeast Jack." Look over Jack's shoulder as he digs in old dirt, looking for old things, in far-away places such as a 17th century trading post on the edge of Hudson Bay in Canada; a Napoleonic fort on Mauritius in the Indian Ocean and a two millennia old Etruscan/Roman site on a cliff above the Ligurian Sea. See Jack's photos in our gallery.



LOVELY, LILTING SONGS OF THE IRISH

Friday, **March 18**; 2 pm; \$5 includes light refreshments. Songs by American/Irish composers as well as Irish Airs and traditional Irish melodies. Join soprano Terry Morgan accompanied by Carolyn Skelton for this lively afternoon and the luck of the Irish!



Women's History Month

SELF DEFENSE FOR WOMEN

Thursday, **March 24**; 1:30; \$22; Take control and find courage as you learn techniques to defend yourself from aggressors. Learn to recognize imminent danger as well as verbal and physical aggression before the possibility of an attack can occur. Kristin LaShoto, Homeland Security.



CAMINO DE SANTIAGO: MANY JOURNEYS, ONE WAY

Wednesday, **March 30**; 1:30; \$4 includes refreshments. In 2011, Meg Holmes walked 200 miles of the famous Camino de Santiago, returning in 2015 to hike the entire 500+ miles from France to Spain. Share Meg's reflections on her pilgrimage on *The Way*.



CELEBRATE RED SOX OPENING DAY - AT THE CENTER AT PUNCHARD!

Monday, **April 11**; 11:45 am congregate lunch: hot dogs, chips and beverage (be sure to pre-register). 12:15 pm we'll show the Boston version of "Fever Pitch"; 2:05 pm - Opening Day against the **Baltimore Orioles** begins. Hot Dogs and snacks available before the game, a la carte.

"SONGBIRDS OF THE NORTHEAST" WITH NATURALIST JOHN ROOT

Friday, **April 15**; 11:30 am; \$5 includes dessert and beverage. Please brown bag or order a meal at our lunch box café in advance. Learn how to recognize songbirds by their songs and calls; discover intriguing information about these birds' behavior and learn how to attract songbirds to your property. *Perennials to attract birds will be available for sale.*



SILK PAINING WITH SANDRA GOLBERT

Wednesday and Thursday, **April 27 and 28**; 10 am; \$22 class/\$25 materials fee; Learn to paint on silk with cold water dyes that can be 'set' with just an iron. Working with water-soluble resist, white silk and beautiful dyes, we'll create a colorful works of art. On the first day, we will practice with using resist and make a 'sampler' with all the methods of using the dyes. Then we will work on a design for the scarf you will be creating the following day. On the second day, we will make your scarf or banner with bright, vibrant colors.

CULTURAL
Register at www.myactivecenter.com

BON JOUR! FRENCH CONVERSATION

Mondays, **March 14 – April 25**; 10 am; \$42; Learn vocabulary and simple everyday phrases especially for travel.



LECTURES
Register at www.myactivecenter.com

CELEBRATE BLACK HISTORY MONTH: BLACK AMERICANS: FROM SLAVERY TO CIVIL RIGHTS

Mondays, **February 29 - March 14**; 1:30 pm; \$9; Local historian Don Robb will be presenting a three-session seminar on the African-American experience in the United States. These sessions will explore questions ranging from the establishment of slavery in America to the "Black Lives Matter" movement. Learn about Black History month as it relates to today's headlines.



THE 'TINY' FACTOR: HISTORICAL MINIATURES AND CONTEMPORARY INTERPRETATIONS

Wednesday, **March 2**; 11 am; Held at the Addison Gallery. In conjunction with the exhibition *In and Around the House*, this talk will trace the layers of shifting meaning held by miniatures - whether painted portraits, antique dollhouses, or contemporary artists' installations.



WORKSHOPS
Register at www.myactivecenter.com

MODEL BUILDING

Wednesdays, **February 24 – March 30**; 9 am; \$6. Bring a model and the supplies you need. Facilitated by Dave Cook, long-time model building enthusiastic.



MHL COMES TO THE CENTER: PAY PAL

Thursday, **March 31**; 1:30 pm; Is it safe? How do we set it up? How can I use it to register for my classes at The Center? Staff from our library will talk about the safety of paying on-line and help with initial set up of your own Pay pal account.



BEST AMERICAN SHORT STORIES OF 2015

Mondays, **April 4, 11, 25, May 2 and 9**; 1:30pm; \$15; Enjoy discussing selections from this annual collection of acclaimed American short stories. Eileen Reilly, a longtime book enthusiast, will facilitate discussion. See flier for details.

BRIGHT IDEAS: ON THE ROAD AGAIN

Thursday, **April 7**; 1:30 pm; Brown bag or order from our lunch box in advance. Do you have a special brunch spot? The *BEST* B&B around? When the spring weather is perfect where do you head? Share your ideas with others and find a new place or two to check out!

SUMMER CONTAINER GARDENING AT KONJOIANS GREENHOUSES

Make a beautiful container of your own design. \$12/class includes soil and container. Or \$7 with your own container. Plants at your cost on-site with 25% senior discount. Register as of March 2.

- *Designing with Succulents*
Thursday, **April 14**; 1:30 pm; Indoor or out for the lazy gardener
- *Beginner Container Design*
Thursday, **May 5**; 11 am; Plant selection, soil, light, drainage and fertilizers
- *Advanced Container Design*
Thursday, **May 5**; 1:30 pm; Design with color and texture

New Caregivers Meetup Group!

Welcome to our exciting group. We aim to create caregiver-friendly communities so that the places we work, shop, meetup, and play are supportive of our caregiving efforts. Our objective is to better identify, coordinate and implement existing and innovative supports for caregivers of all ages and their families, friends, and employers. Join by following this link: <http://www.meetup.com/Merrimack-Valley-Caregiving-Innovations/events/228331726/>

Caregiving Innovations

March 23: *Technology Innovations for Caregivers* - Salvatore's Restaurant, Andover, 6:30 - 8:30 pm. Learn about phone apps and other technology to help caregivers coordinate support more effectively. Pizza provided.

April 19: *Respite Revisited* - Memorial Hall Library, 6:30 - 8:30 pm. A panel of experts explores different programs and practices that allow caregivers and their care recipients to enjoy time apart and together – in community and with one another.

May 26: *Supportive Connections* - The Center at Punchard, 6:30 - 8:30 pm. Learn how stimulating programming and access to necessary support services provided by the town's Department of Elder Services' staff can help you and your loved ones experience a sense of safety and well-being as you care for yourselves and one another.

For information on the caregiver series events above, contact Emily Kearns at Emily.Kearns@andoverma.us or 978-623-8321.

Respite Voucher Program: Needing a break from caregiving responsibilities that sometimes feel overwhelming? Respite vouchers provide you a well-deserved rest while your loved one receives quality care. For more information, contact Kristine Arakelian at 978-623-8321.



Special Interest Classes

Register at www.myactivecenter.com

Spring session: February 22 - May 13

Ask us about enrolling in half sessions or try any exercise class once, free of charge.

No classes on March 1, 22 and April 18.

Please call the info line at 978-623-8377 when in doubt about weather-related closings.

Special Interest Classes

SUNRISE SINGERS

Mondays, Feb. 22 – May 9; 9 am; \$22

Beginners welcome. No sight reading required.

WOOD CARVING

Mondays, Feb. 22 – May 9; 9 am; \$27.50

Some instruction provided for beginners.

RHYTHM-AIRES

Mondays, Feb. 22 – May 9; 10:15 am; \$11

Join this fun loving tambourine band.

OPEN ART STUDIO DROP-IN

Wednesdays and Thursdays, Feb. 24 – May 12;

9 am; Free. Join a group of like-minded artists in an open, drop-in group. No instructor, but you will trade ideas and informally learn from your peers. Bring your choice of medium.

DUPLICATE BRIDGE

Thursday, Feb. 25 – May 12; 1 pm; \$12. Learn in a fun, informal setting. Intermediate bridge skills are required as well as partners.

The Fix-It Shop

- Lamps with new cords & sockets
- Small Appliances
- Chairs and Small Tables
- Anything Special - we'll give it a shot



March 7 and 21; 1 - 3 pm

Cost is:

\$4 plus parts for seniors (ID required)

\$10 plus parts for non-seniors/non-residents

\$2 diagnostics fee

SUPPORT GROUP NEWS

PARKINSON'S DISEASE SUPPORT GROUP

Meets the 2nd Thursday of the month, September through June, from 1:30 - 3 pm at The Center. Please call Kristine Arakelian, Outreach Coordinator, to confirm your attendance or for further information. This is an open group and all are welcome. Our next meeting will be Thursday, **March 10**, from 1:30 - 3 p.m.

Chuck Brown, Mass. State Director, Parkinson's Action Network, "Updates with PAN and the upcoming State Parkinson's Caucus" For further information, contact Kristine Arakelian, LCSW, MPH at The Center.



Senior Connections Social Day Program

A structured, individualized program focusing on life enrichment, socialization and stimulating activities. Our program offers intergenerational activities which include interaction with a diverse population from preschool through high-school interfaced with community based activities. Senior Connections offers light exercise for both the mind and body and seasonal craft projects.



The program offers respite to spouses and families caring for an elderly person. We provide a nurturing and safe environment for your loved one. Based at The Center at Punchard transportation is also offered for Andover residents. For more information or to schedule a tour please contact Emily Kearns at 978-623-8321.

PAIN MANAGEMENT SUPPORT GROUP

This monthly group usually meets the *second Monday of the month*, from September through June at 1:30 pm. This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. New-comers always welcome. This group will meet **March 14**.



Call us to add your name to the list. Facilitator: Gerry Rainville, RN, MSN.

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TRIAD PROGRAM



TRIAD is a joint collaboration between The Center at Punchard, the Andover Police Dept., the Essex County District Attorney's Office and the Essex County Sheriff's Dept. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. Group meets the *2nd Thursday of the month* from 10 - 11am at The Center at Punchard. The TRIAD group is seeking senior volunteers to assist with identifying, developing and initiating programming. Our next meeting will be Thursday, **March 10** am.

MEDICATION AND SYRINGE DISPOSAL

The Andover Police Department has a medication disposal box located in their lobby. You may dispose of any over-the-counter or prescription drugs you may have. No questions asked. They also have a syringe disposal box in the lobby.

Andover Police Dept: Public Safety Building
32 Main St., Andover

Questions: please call Officer Robin Cataldo,
978-475-0411, x1004

There is also a syringe kiosk at
The Center at Punchard.

FOOT CARE



We offer foot care appointments (nail clipping only) for Andover residents *twice a month* on a first come, first served basis. Call The Center to make an appointment. The fee is \$10.

Did you know?

Council on Aging

These past two years have been exciting ones for the Council on Aging. We worked with the University of Massachusetts, Boston to do a needs assessment survey of residents age 50+. It became clear that a major concern of citizens over age 50 is their ability to remain in town. A number of areas from the report were singled out in regard to their concerns and have been addressed by the board.

Tax relief: A subcommittee worked on a warrant article which the board presented to Town Meeting; it passed and is now working its way through the legislative process to offer property tax relief to seniors over age 70.

Senior housing in the downtown area: A subcommittee is working to present an overlay district of smaller homes at this year's Town Meeting.

Public transportation: A subcommittee is working with the local transit authority to fill gaps, which were noted in the report.



Council on Aging Mandate

Town Meeting, Article 35, March 12, 1966



The general purposes and functions of this Council shall be:

- Identify the total needs of the community's elderly population.
- Educate the community and enlist support and participation of all citizens these needs.
- Design, promote or implement services to fill these needs, or to coordinate existing services in the community.
- Promote and support any other programs which are deigned to assist elderly in the community. Enlist and develop capable volunteers and professional leadership for the purposes stated in the Article.

The COA Advisory Board members, who are appointed by the Town Manager, are the eyes and ears in the community to hear concerns from their friends and neighbors. This collaboration results in programs that are planned, services provided and advocacy initiatives.

The board has four positions open this year. If you would like to be a part of the changes that are still to come, please join us at a board meeting the second Thursday of the month at 8 am at The Center @ Punchard. Those interested in becoming Board members should fill out the Town Manager's talent bank form which can be found on the town web site <http://andoverma.gov/publish/talentbank.pdf> You may also contact any member of the Nominating Subcommittee: Joan Fox, Ken DeBenedictis, Jane Gifun, as well as Kathy Urquhart, Director of Elder Services.

March 2016 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Voting Precincts 1 & 3 No classes or lunch MOW only MOW: Chicken Salad Sandwich	9:00 Model Building 11:00 Addison Gallery LUNCH: Baked Ham	9:00 Chroniclers Meeting 9:00 Women's Outdoor 1:30 Exploring Culture of Navajo 2:00 MC Intergenerational LUNCH: Chicken Pot Pie	9:00 Tax Appointments 9:30 Health Living Tidbits LUNCH: Macaroni & Cheese
7	8	9	10	11
1:00 Fix-It Shop 1:30 Black History Month LUNCH: Chicken Caesar Salad	LUNCH: Meatloaf	9:00 Model Building LUNCH: Chicken Parm	8:00 COAB Meeting 10:00 TRIAD Meeting 1:00 Memory Café 1:30 Parkinson's Group 6:30 In-Town Dwellings LUNCH: Baked Beans & Hot Dog	9:00 Tax Appointments 9:30 Woman's Heart Health 2:00 Lovely, Liltng Songs LUNCH: Baked Haddock
14	15	16	17	18
10:00 Fun Trip 10:00 Bon Jour! 1:30 Pain Mgmt Support 1:30 Computer Users' 1:30 Black History Month LUNCH: Turkey Burger	12:30 Podiatry by Appointment LUNCH: Stuffed Chicken Breast	9:00 Model Building LUNCH: Spaghetti & Meatballs	 12:00 Corned Beef & Cabbage Lunch by advanced ticket only 1:30 Book Club 6:30 Rightsizing LUNCH: Tuna Sandwich	8:30 Friday Speaker Series 9:00 Tax Appointments 2:00 Lovely, Liltng Songs  LUNCH: Grilled Cheese Sandwich & Tomato Soup
21	22	23	24	25
10:00 Bon Jour! 10:00 Fun Trip 1:00 Fix-It Shop LUNCH: Chicken Marsala	Voting Precincts 1 & 3 No classes or lunch MOW only MOW: Salisbury Steak	9:00 Podiatry 9:00 Model Building 9:00 Men's Outdoor 6:30 Caregivers Series LUNCH: Chicken Broccoli Ziti	1:30 Self Defense for Women LUNCH: Chef Salad	9:00 Tax Appointments LUNCH: Shrimp Scampi
28	29	30	31	
10:00 Bon Jour! LUNCH: Chicken Cordon Bleu	LUNCH: Meat Lasagna	9:00 Model Building 1:30 Camino de Santiago LUNCH: Chicken Corn Chowder	1:30 MHL Comes to C@P 6:30 Addison Gallery LUNCH: Hot Turkey Sandwich w/Gravy	

Regularly Scheduled Programming

The Programming below is held every week **except during Semester Break Weeks**

Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
9:00 Town House Drop-In	7:50 Men/Women in Motion	8:00 Strength Training	7:50 Men/Women in Motion	8:00 Strength Training
9:00 Sunrise Singers	9:00 Water Workout	8:45 Strength Training	9:00 Town House Drop-In	8:45 Strength Training
9:00 Woodcarving	9:00 @ Edgewood	9:00 Town House Drop-In	9:00 Strengthen & Stride	9:00 Town House Drop-In
9:00 Quilting	9:00 Town House Drop-In	9:00 "SHOP" Group	9:00 Art Drop-In	10:15 Sit and Get Fit
10:00 Drop In Bridge	9:00 Strengthen and Stride	9:45 Basic Tap	9:30 Craft Group	1:00 Piano Lessons
10:00 Massage	10:00 Writing Group	10:00 Fiber Arts	9:30 Current Events @ OTH	1:00 ESL Chinese
by Appointment	10:15 Sit and Get Fit	10:00 Grocery Shopping	1:00 Fun and Games	1:00 Fun and Games
10:15 Rhythm-Aires	10:30 Beginner's Yoga	1:00 Knit Wits	1:00 Duplicate Bridge Lessons	2:00 Ping Pong
1:00 Movie Matinee	1:00 Fun and Games	1:00 Piano Lessons	1:10 Tai Chi - Intermediate	3:00 Mindfulness Meditation
1:00 ESL Chinese off-site	1:00 Social Bridge Drop In	12:45 Performance Tap	2:15 Tai Chi - Beginner	
3:30 BV Energize with Exercise	1:10 Tai Chi - Beginner	1:00 Fun and Games	3:30 Zumba	
	2:00 Breath, Balance and Bodywork	1:00 Intermediate Yoga	6:00 Belly Dancing	
	2:15 Line Dancing	2:00 Wellness Clinic	6:00 Reflexology	
			6:30 Screening Room	
			7:15 Serenity Yoga	

March Spotlight

Greetings From The Andover Senior Community Friends!

We are excited about a new year of activities and programs offered at The Center at Punchard and as always will be doing our best to provide funding to support current programs and develop new ones! We also are very grateful for the professional and talented staff we get to work with at The Center as well as the dedicated members of our own Board of Directors.

Our Next Event Promises to Be Lots of Fun! Antiques Appraisal Show, April 28, 6 - 9 pm

Bring your treasured antiques to The Center and get them valued by professional appraiser Ron Wackowski. Bring a friend, too!

In 2015, we want you to know that memberships, donations and events made it possible to support a variety of exciting bus trips, three very successful Krystal Ballroom Dances at the Old Town Hall, we revived the "Boston Post Cane" tradition honoring Andover's oldest resident, and we were able to use our 501(c)(3) status to submit, on behalf of The Center at Punchard, a successful application to the Commonwealth for a \$10,000 mini-grant to fund The Center's Memory Café program. We also provided hot hors d'oeuvres for The Center's Volunteer Appreciation event, and flowers for the Holiday Fair. You, our members, made it all possible. For questions or information contact: Ann Cobleigh, President, Andover Senior Community Friends. 978-387-7160 or anncobleigh@gmail.com Thank you.

Join us for

Memory Café...

Second Thursday of every month, The Center at Punchard, 1 - 3 PM. Join us for refreshments and companionship in a new program facilitating engaging conversation and fun-filled community experiences through unique, interactive presentations including singing, poetry, music, movement, film, and more allowing everyone to enjoy meaningful activity and respite - a well-deserved break from caregiving responsibilities. For information, contact Emily Kearns at 978-623-8321.

This mini-grant project is funded through the Massachusetts Respite Coalition and the Administration on Community Living.

Legacy Matters!

The Center at Punchard, Thursday afternoons (except the 2nd Thursday) from 12:50 pm - 1:50 pm. Ensure that your precious stories are told now and forever. Working with middle school students, come create a family history crafted from journals, storytelling, poetry, taped stories, photo collages, and music. For information, contact Emily Kearns at 978-623-8321.



FRIENDS' TRIPS

Advanced Registration

Checks should be made payable to ASCF

BSO OPEN REHEARSAL:

BEETHOVEN AND MAHLER, BOSTON, MA

Thursday, **March 31**; 8 am - 3 pm; \$61/59*;

Enjoy performances of Beethoven's *Piano Concerto #4* and Mahler's *Symphony #1* includes concert and lunch.

Sweet Charity : Stoneham, MA Theatre

Wednesday, **April 13**, 10:45 am - 4:30 pm; \$71/69 includes show and lunch at the Bunnratty Tavern.

*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.

MEETING REGULARLY

New members always welcome

Quilting - 9 am; Mondays

"Write Stuff" Writing Group - 10 am; Tuesdays

"SHOP" Sewing Group - 9 am; Wednesdays

Fiber Arts - 10 am; Wednesdays

Knit-Wits - 1 pm; Wednesdays

Open Studio Art - 9 am; Wednesdays & Thursdays

Andover Chroniclers

9 am; First and Third Thursdays

Craft Corner - 9:30 am; Thursdays

Ping Pong - 2 pm; Fridays





BOOK CLUB

Thursday - 1:30pm

Books available one month before the next meeting. New members always welcome. If not checked out or returned at the meeting, must see Karen or Donna. ***Fee of \$1 per semester to help cover cost of lost books.*** Leader: Evelyn Retelle.

March 17: "Gone with the Wind"
by Martha Mitchell

Let us know in advance if you prefer large print or book on tape and we will request from MHL.

COMMUNITY EVENTS

MASSACHUSETTS STATE SENATOR

Monday, **March 28**; 8:30 am; Senator Barbara L'Italien, or a member of her staff, will hold monthly office hours at The Center at Punchard.

MISTRAL CHAMBER MUSIC: "SENSE AND SENSIBILITY"

Sunday, **April 10**; 5 pm; West Parish. Music of Schumann, Kuhlau and Massachusetts composer Horatio Parker. Tickets \$15 at The Center.

MONDAY MOVIE MATINEE

1 pm Free
Popcorn and sodas to purchase.

March 7: "Spectre" (new James Bond!)

March 14: "Inside Out" (Disney animated film)

March 21: "Foul Play" (comedy/thriller with Goldie Hawn & Chevy Chase)

March 28: "Vantage Point" (action movie - one of Karen's all-time favorites)



OUTDOOR ACTIVITIES

All hikes meet at The Center at Punchard at 9 am. Activities subject to change due to weather and conditions. **Registration is a must** at www.myactivecenter.com. Any cancellation or changes will be communicated by email and/or phone to those registered. All participants need a health release form on file at The Center.

Bring water and wear sturdy shoes or hiking boots, bug spray and walking stick. Please be sure we have your email and phone to keep you informed.

WOMEN'S OUTDOOR ADVENTURES

March 3: Peabody Museum
private behind-the-scenes tour

April 4: - West Parish Cemetery

MEN'S OUTDOOR ADVENTURES

March 23: Cochran Wildlife Sanctuary

April 6: Den Rock

April 20: Lowell National Historical Park walk

COMPUTER USERS' GROUP

This group meets the *2nd Monday of each month*; at 1:30 pm from September to June at Memorial Hall Library to share information and hints on computer use.



March 14 - Working with multiple windows and the icons at the bottom of the screen. Do you know how to move and copy information between open windows? What do all those symbols at the bottom and top of the screen do? Learn about them and how to customize Windows to suit your personal preferences.

Call Karen to add your name to the email list!

BOOMERVENTURE

Spring session: February 22 - May 13.

Ask us about enrolling in half sessions and try any exercise class once, free of charge.
No classes on April 18.

Please call the info line at 978-623-8377 when in doubt about weather-related closings.

NORDIC WALKING

Wednesdays, **April 6 - May 11**; 3:50 pm; \$33
Cardio workout while hiking Avis Trails

*See page 10 for exercise classes and
www.Boomervenuter.com*

SPECIAL INTEREST

FOOT AND HAND REFLEXOLOGY WITH ULI KAPP

Thursday evenings starting at 6 pm by advance appointment only. \$1/minute, in 15 minute intervals.

IN-TOWN DWELLINGS FOR SENIORS: NEW POSSIBILITIES

Thursday, **March 10**; 6:30 pm; free. Join an informational session that will explore downsized ownership options for those 50 and up. Discussion will include the proposed bylaw which will be a Town Meeting warrant article.



RIGHTSIZING

Thursday, **March 17**; 6:30 pm; \$5 donation; Practical steps to begin the shedding of possessions. Discover the peace and inner richness of creating space in one's home.



TAPPING INTO THE TINY HOUSE MOVEMENT

Thursday, **March 31**; 6 pm; free; Join Addison Gallery as they host a panel to discuss the designing and building of rentable and highly innovative tiny houses. Meet in the Addison Learning Center.

SCREENING ROOM

Thursdays at 6:30 pm; Free

March 3: About Elly (Farsi drama)

March 10: Strange Color of Your Body's Tears (French drama)

March 17: He Named Me Malala (documentary)

March 24: The Square (Arabic drama)

March 31: Zero Motivation (Israeli drama)

April 7: Meet the Patels (Indian comedy/documentary)

SPECIAL INTEREST

THE SKINNY ON DIETS: WHICH ONES WORK AND WHY

Thursday, **April 7**; 6:30 pm; \$5; Discover some of the most successful approaches out there and why they work.

THE 5 MOST DANGEROUS FOODS AT THE SUPERMARKET

Thursday, **April 14**; 6:30 pm; \$5; Take a look at the most dangerous food products sitting on our shelves so you don't risk your health!

AROMATHERAPY FOR A BOOMING BOOMER LIFE!

Thursday, **April 21**; 6:30 pm; Free; Learn about the benefits of these essential oils that are used to promote overall wellness. There will be samples to try as part of this alternative medicine lecture.

