

NEWS & VIEWS

The Andover Senior Center

April 2017, Vol. 1 Issue 4

April

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



With April upon us, we hope not to see any more snow, rather tulips and crocuses. We have wonderful new programming that is continuing. We have a “Matter of Balance” class that is free and works on improving your balance. Our “Living Healthy” series is here to help educate you on the newest treatments, education, and more. The “Memory Café” is a great way to bring your loved ones who have mild memory loss and more in a safe environment to have fun. We hope you can join us.

We welcome new interns on-site of various ages and locations. You may see interns from high schools, local community colleges and beyond. These interns are working towards enhancing their clinical skills and providing support to the enhancement of services to the greater community of Andover.

We have some wonderful goals that we are working towards. One is to reach everyone. Some people have the connotation that the word “Senior”=Rocking chair & frailty. We look at seniors as those who have life knowledge that is superb and can who live vibrant and warm lives. We want you to join us, check out our programs, and see what is happening as there is so much more to come. We are looking to start a “Trips and Tours” program and are seeking volunteers to be part of a small committee to identify what day trips, overnight and long trips the community would like. If you are interested, please call me at 978-623-8320.

We have an open door policy. We have a suggestion box on the wall to the left when you enter. I try to have my recorded messages out the first week of the month. Please let us know if you do not want to receive any recorded calls. Thank you!

*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.



New Direct Phone Numbers:

Main Line: 978-623-8320
Meals on Wheels: 978-623-8322
Transportation: 978-623-8323
Kitchen/Catering: 978-623-8328
email:
annmary.connor@andoverma.us

NEW Phone # 978-623-8320

Special Monthly Events

Matter of Balance

Thursdays, April 6 - May 25; 10:05 am - 12:05 pm; free with pre-registration by calling 978-946-1211 or at www.healthyliving4me.org. Held at the Cormier Youth Center, 40 Whittier Court, Andover. If you have fallen in the past or have a fear of falling, this 8-week course is for you. Learn exercises to help improve balance, flexibility and strength. Sponsored by Elder Services of the Merrimack Valley.

Computer Users' Group

Monday, April 10; 1:30 pm at MHL
Theo Konos from Memorial Hall Library will update the group on some of the new tech equipment and digital resources at the Library.

Best American Short Stories of 2016

Wednesdays, April 12 - May 10; 9:00 - 10:30 am
Please join us for five Wednesdays to discuss selections from this annual collection of acclaimed American short stories. Eileen Reilly, a longtime book enthusiast, will facilitate discussion. Edited by Junot Diaz, the Best American Short Stories of 2016 can be requested from our town library or purchased for under \$10 (available in Kindle version on Amazon). For the first session please read "Apollo" and "Ravalushan."

Council on Aging Board Meeting

Thursday, April 13; 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

TRIAD Program

Thursday, April 13; 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.

Refugees in America Workshop

Thursday, April 20; 1:30 pm; \$3 donation (note date change)
In early March, Trump announced a revised ban on refugees from seven Muslim Middle East countries and a continuing 120 day hold on all refugees. To many, these revised actions continue to violate the founding principles and values of America and are currently being challenged in courts. But what do we know about refugees in America?

Refugees are a separate but allied issue to the undocumented population discussed in the Jan. 27 workshop. In this workshop, participants will learn about refugees, the bans and discuss policy options with Marcia Drew Hohn, retired director of Public Education Institute at The Immigrant Learning Center in Malden.

Friday Speaker Series

Mike Jones, Ph.D. - State Herpetologist for the Commonwealth

Friday, April 21; 8:30 am; \$4 fee; breakfast provided
Did you know that the Eastern Box Turtle is likely the longest-lived vertebrate in New England? Or that three of Andover's native turtle species are under consideration for protection under the U.S. Endangered Species Act? Learn this, and more, from Mike Jones, the Massachusetts State Herpetologist who also coordinates conservation and research programs for the Commonwealth's 44 species of amphibians and reptiles.

Brown Bag

Elder Services of the Merrimack Valley, Boston Food Bank, and The Senior Center at Punchard (C@P) are expanding the Brown Bag program. This is FREE to anyone 60+ with an income less than \$21,978 for a single person or \$29,637 for a couple, or on Mass Health, Chapter 115, food stamps or fuel assistance. This grocery bag is available on the fourth Tuesday of the month, **April 25, 2017**, at 9:15 am and must be picked up by 10:15 am. Call Annmary or Kristine to sign up or see if you are eligible.

Happy Birthday to You!

Friday, April 21; 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 at the front desk if this is your birthday month, and you will be entered into a drawing for a prize. (You must be in attendance to win.)

Have fun with the Flip Side Band, featuring our own Dolores Borques; courtesy of the Andover Senior Community FRIENDS Inc.



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.

Special Monthly Events

Memory Café

Monday, April 24; 1:30 pm (Note: new time); free and open to all; 4th Monday of the month – snow date is the following Monday.

Bring your loved one who maybe experiencing memory loss. This is funded through a grant from the Mass. Department of Developmental Disabilities. This program will be held from January to March in the morning and from April to June in the afternoon.

Ask the Lawyer - Legal Clinic

Monday, April 24; 3:00 - 4:30 pm; Free; *please note time change*

Local attorney, Kimberly Whitworth, 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.

Trivia Night

Trivia! Held at the Center at Punchard (note venue change)

Thursday, April 27; 3-5 trivia and 5 pm for dinner. Intergenerational. Come and have some fun with the our youth, team up and let's see who can win at TRIVIA! Call the Center to register 978-623-8320.

Medication Disposal Day

Andover Police Department in conjunction with the Drug Enforcement Administration (DEA) and TRIAD will be holding a Medication Disposal Day, Saturday, April 29, 2017; 10 am to 2 pm West Elementary School, 58 Beacon St., Andover, MA. Residents are encouraged to gather expired, unused and unneeded medication and drop it off. Andover Police Department will be picking up the medication at the following sites for residents who cannot get to the drop site:

- ◇ FRYE CIRCLE: 10:30 am pickup will be in the community room
- ◇ STOWE COURT: 11:00 am pickup will be at the community room.
- ◇ ANDOVER COMMONS: 11:30 am pickup will be at the Andover Commons
- ◇ ATRIA MARLAND PLACE: 12:00 pm pickup in the main lobby.

The medication disposal is completely anonymous and free of charge for residential users. Any questions, please call Officer Cataldo 978-475-0411 x1004.

Safe-Tea

Friday, May 5; 9:30 am; enjoy free tea and pastries with your registration

Did you know?

- People over 50 years old control over 70 percent of the nation's wealth
- Senior financial abuse is estimated to have cost victims at least \$2.9 billion last year alone.

Financial abuse is a growing crime and Reading Cooperative Bank wants to safeguard you by providing information on common scams and what you can do to protect yourself.

Spring Piano Concert

Monday, May 8; 1:30 pm; Free with registration

Relax and enjoy an hour of classical piano duets performed by Terri Kelley and Deborah Hamel. The light-hearted program features music by Haydn, Mozart, Schubert, Liszt, Brahms, and others.

Drop in Groups (Free & Fun—No Experience Required)

No need to be bored, no skill required, all are welcome... Have some fun!

Book Club

Thursday, April 27; 1:30 pm

“Fenway 1912: The birth of a Ballpark, a Championship Season, and Fenway's Remarkable First Year” by Glenn Stout.

Craft Corner: Thursdays at 9:30 am

Fiber Arts: Wednesdays at 10 am

Fun and Games— Tuesday-Friday 1-4 pm. We play games! Meet your friends or make new ones at the Senior Center. Volunteers are on-hand to teach and play games such as canasta, cribbage, bridge and 45”s. For Bridge, drop in on Tuesdays; Adult coloring books -Wednesdays.

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; 9 am

Monday Movie Matinee: Free movies on Mondays at 1 pm. Free popcorn. Sodas available for purchase.

April 3: “You Can’t Take It with You”

April 10: “The Accountant”

April 24: “Arrival”

Open Studio Art: Wednesdays and Thursdays at 9:00 am. No instructor, but you will trade ideas and informally learn from your peers. Bring your choice of medium and help us build up this drop-in group.

Ping Pong: Fridays at 2 pm

Quilting: Mondays at 9 am

“SHOP” Sewing Group: Wednesdays; 9 am
No experience necessary

Social Bridge: Tuesdays; 1 pm

“Write Stuff”: Tuesdays; 10 am.
Join the Writing Group

Fuel Assistance Applications

Contact Kristine or Annmary to schedule an appointment to complete fuel assistance applications.

Mass State Senator

Monday, **April 24**; 8:30 am.

Bring your questions for the monthly office hours held by Senator Barbara L’Italien and her staff.

Concert

Sunday, April 9, 5:00 pm; \$15 tickets available at the Center
Andover: Temple Emanuel

Copland’s ever-enchanting ‘Appalachian Spring,’ in its original chamber version for 13 players, & two Boston-area premiere performances of stunning orchestral works in chamber arrangements, performed without a conductor!

COPLAND Appalachian Spring
RAVEL & STRAUSS

Postage Stamps

Did you know that books of postage stamps are available at The Center at Punchard? Just stop by the front desk!

Gift Cards for The Center

Gift Cards for the Center’s programs 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!

**Merrimack Valley
Philharmonic
Orchestra:**

Sunday, May 7; 2:30 pm
Veterans Memorial
Auditorium, 50 Bartlet Street,
Andover.

Enjoy Wagner, Prokofiev and
Tchaikovsky featuring Jorge
Avila on violin.

10 free tickets are available at
the Senior Center as of
March 1. \$12 Senior tickets
at the door or pre-sale from
MVPO:
by calling 978.685.3505 or
email: info@mvpomusic.org
or www.mvpomusic.org

**The Andover Health
Department is offering
several vaccinations
for Seniors.**

- Pevnar
- Tdap
- Zostavax
- Flu shots

It's not too late to vaccinate!
Cost covered by Medicare
and most insurances.

Call the Health Department
for an appointment with the
Public Health Nurse or for
more information.
978-623-8640.

Health & Wellness

Foot Care

Foot care appointments (nail clipping only) are available for Andover residents, with a limit of one appointment every other month. The fee is \$10. Call The Center to make your appointment on the first day of the month.

Tuesday, April 18; 9 am - 3:30 pm

Wednesday, April 26; 9 am - noon

Bereavement Support Group

Thursday, April 6; 1:30 pm.

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

Parkinson's Support Group

Thursday, April 13; 1:30-3:00 pm

Parkinson's Medications - Advances and Treatments presented by Shawn McKallagat, Owner & Compounding Pharmacist, Letourneau's Pharmacy.

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, April 10, 1:30 pm

This monthly group usually meets the second Monday of the month, from September through June at 1:30 pm. This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers 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.

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.

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. The SHINE counselor can assist you in becoming a more informed consumer, by presenting you with accurate and unbiased information. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in topics including Medicare, the Medicare appeals process, Medigap insurance, retiree insurance plans, long-term care insurance, Medicaid and health care programs. The SHINE counselor is available for individual appointments or by phone. Meetings are held at The Center at Punchard. Call The Center for a counselor to contact you.

Spring Session: Feb. 21 - May 12

Breath, Balance and Body Wellness

Tuesdays, Feb. 21 - May 9; 2 pm; \$48

Line Dancing

Tuesdays, Feb. 21 - May 9; 2:15 pm; \$48

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

Intermediate Challenges - 3 pm

Men and Women in Motion

Tuesdays, Feb. 21 - May 9; 8 am; \$42

Thursdays, Feb. 23 - May 11; 8 am; \$42

Sit and Get Fit

Tuesdays, Feb. 21 - May 9; 10:15 am; \$42

Fridays, Feb. 24 - May 12; 10:15 am; \$42

Strength Training

Wednesdays, Feb. 22 - May 10; 8:00 am or 8:45 am; \$42

Fridays, Feb. 24 - May 12; 8 am or 8:45 am; \$42

Strengthen and Stride

Tuesdays, Feb. 21 - May 9; 9 am; \$42

Thursdays, Feb. 23 - May 11; 9am; \$42

Tai Chi:

Beginners: Tuesdays, Feb. 21 - May 9; 1:10 pm; \$31.50
(no class from 4/11/17 - 4/25/17)

Intermediate I: Thursdays, Feb. 23 - May 11; 1:10 pm; \$31.50
(no class from 4/6/17 - 4/20/17)

Intermediate II: Thursdays, Feb. 23 - May 11; 2:15 pm; \$31.50
(no class from 4/6/17 - 4/20/17)

Tap Dancing Basic

Wednesdays, Feb. 22 - May 10; 9:35 am; \$42

Tap Dancing Performance

Wednesdays, Feb. 22 - May 10; 12:45 pm; \$42

Yoga Beginners

Tuesdays, Feb. 21 - May 9; 10:30 am; \$42

Yoga Intermediate

Wednesdays, Feb. 22 - May 10; 1:00 pm; \$42

Ask about enrolling in partial sessions using a punch card.

Rhythm-Aires

Mondays, Feb.27 - May 8; 10:15 am; \$11

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

Mondays, Feb. 27 - May 8; 9 am; \$22

Wood Carving

Mondays, Feb. 27 - May 8; 9 am; FREE

Nature Walks

Fridays, April 28 through May 26; 8:30 am; meet in the lobby. Rainy weather cancels trip. Please come inside to swipe in before going.

Registration is a must - register online, in person or over the phone.

Golf

Tuesday mornings, 7 am; \$18 for 9 holes

A group of senior golfers will hit the links on Tuesday mornings starting in early May at the Tewksbury Country Club.

Newcomers always welcome!

To get started call Tom C. at 978-470-1087.

Walk the Gym: The Cormier Youth Center

Every Tuesday and Thursday from 9-10:30 am for you to exercise by walking the gym, regardless of the weather. Thank you to the Youth Center for sponsoring "Walk the Gym" for the winter months. The last walk will be April 13. Stay tuned for details on walking the track!

Health Fair Coming on May 16:

FREE FUN! Watch for more information!

Lunch Box

Sandwiches and Salads,
Breakfast Items, Beverages,
Desserts, Daily Specials

Check out our menu at:
www.andoverseniorcenter.org

Orders must be placed
by 1 pm
and picked up by 4 pm.

Women's Outdoor Adventures

Thursday, April 6 (please note date change)

Sudden Pond, Harold Parker Look for Vernal Pools and learn the importance of these natural wonders.

Thursday, April 20

Ipswich River Wildlife Sanctuary - admissions for non-Mass Audubon members is \$3.00 plus bus transportation. Bring a lunch.

THE WOAG EMAIL LIST SERVER CRASHED, MANY ADDRESSES WERE LOST.

If you did not receive the February email regarding snowshoeing or would like to get on our list, please email Bev @ bevol@comcast.net, to receive the latest updates on our adventures.

All hikes meet at The Center at Punchard at 9 am and are subject to change due to weather and conditions. Any cancellations or changes will be communicated by email and/or phone to those registered. All participants need a health release form on file at The Center, updated annually. Bring binoculars, water, and walking stick and wear sturdy shoes or hiking boots.

Men's Outdoor Adventures

Wednesday, April 5

Lowell Walking Tour, Richard Howe

Wednesday, April 19

Weir Hill, Trustees of Reservations, No. Andover

Wednesday, May 10

Shawsheen River, hike, Andover

Wednesday, May 24

Bald & Wood Hill, Andover

Transportation

Please call Carol at 978-623-8323 for transportation scheduling.

Medical Transportation

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

Grocery Shopping

Door-to-door service – We pick you up at your house and bring you home. Wednesdays - Market Basket grocery shopping, \$6 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.

Monday Fun Trips, 10-2pm

\$10. Sign up to reserve your seat on the bus.

Monday, April 24: North Reading

*It's always fun to go to Walmart,
the Dollar Store, Marshalls,
and get some lunch!
Join us!*

A new fee schedule went into effect on February 1st for all transportation





THE CRYSTAL BALLROOM WELCOME SPRING BALL



presented by the Andover Senior Community FRIENDS

Sunday, May 21 from 6 PM – 10 PM

Old Town Hall • 20 Main Street • Andover
Free parking behind the Old Town Hall

For your listening and dancing pleasure, music by
D. B.'S Orchestra from 7 PM – 10 PM

Dance Instruction by Tom Webster of Dance New England
6 PM – 7 PM

Advance ticket sales \$15/pp or \$25/couple
Tickets may be purchased at:
The Center at Punchard or The Andover Bookstore
also available at the door for \$15 per person

Sponsored By:
Ashland Farm N Andover • **BrightView** N Andover
Atria Marland Place Andover

The Andover Senior Community FRIENDS upcoming meetings:

- Fri., April 14; 7:00 am
- Fri., May 12; 7:00 am
- Fri., June 9; 7:00 am

FRIENDS' TRIPS

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.

Silver Fountain Tea Parlor, Dover, NH

Wednesday, April 19; 10:30 - 4:30 pm; \$45/43* includes high tea and transportation. The Duchess of Bedford High Tea is rated by Yankee Magazine as New England's Best Tea Experience.

Volunteers

The Andover Senior Community FRIENDS is always looking for volunteers – one for recording secretary and someone to do press releases and related promotions. This would require an early morning meeting once a month with a group of interesting people. For more information, contact Ann Cobleigh 978-387-7160. Officers: Ann Cobleigh, President; Dan McDuffie, Treasurer; Ann O'Sullivan, Clerk.

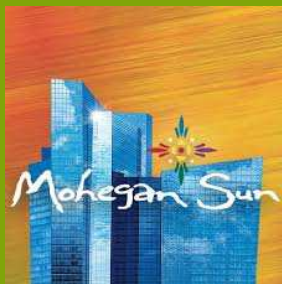
The Andover Senior Community FRIENDS, Inc.
c/o The Center at Punchard
30 Whittier Court, Andover, MA 01810

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



Mohegan Sun:
Wednesday, April 26

Enjoy a Show, Shop, Eat, Relax

Cost \$35 per person. Tickets must be purchased by April 10.

Includes FREE:

- ◇ \$15 Food Coupon
- ◇ \$15 in Money Wheel Bet

Leave The Center at 8am return 6pm. Seats are first come, first serve.

More & More.....

Tax Preparation Assistance

AARP-trained tax-aides are available at the Center at Punchard to assist with simple tax preparation. Hourly appointments are available on Friday mornings from February 10 to April 14 from 9am until Noon. Please call the Center at 978-623-8320 to schedule a confidential appointment.

Am I eligible for property tax relief of some sort?

The Board of Assessors annually approves over \$175,000 in property tax relief. Relief may be granted because of age, marital status, physical infirmity, or veterans status. Exemptions typically have conditions that must be met. Please contact the Board of Assessors for specific information. All information we request from you is kept in the strictest confidence and is not available to the public. You may stop by the Assessor's Office or call us at 978-623-8930. One additional program to pursue is the Town's program that allows senior citizens to provide a service to the Town in return for a \$1,000 tax credit. Contact the Department of Elder Services for more information on the program.

"Circuit Breaker" Tax Credit Program

YOU MAY GET A CASH REFUND ON YOUR STATE INCOME TAXES

The Massachusetts "Circuit Breaker" tax credit program is a program for adults age 65 + whose property taxes and half of the water and sewer bills are more than 10% of their annual gross income (or for renters, if their rent is greater than 25% of their income) and who meet a few other rules. Adults can get this income tax credit even if they owe no income taxes. Also, you can get this refundable tax credit if you also receive a property tax exemption from the town Assessor. Set up an appointment with our FREE AARP tax volunteers.

ANDOVER CHRONICLERS

This group meets on: Thursday, April 6 & 20; 9 am

ANDOVER CHRONICLERS WANT YOU! Andover Chroniclers cordially invite you to join our TV crew! Andover Chroniclers produces the award winning program, "There's Something About Andover", sponsored by The Punchard Center for the benefit of our viewers. Experience is not required. We will provide training to help create a TV show in a friendly environment. You can explore new skills:

- *Field Production - Learn to shoot in the field.
- *Editing - Learn how to polish audio & video. Create your program.
- *Producing a show - Learn how to create a show & bring ideas to life.
- *Hosting a show - Learn how to present yourself on TV. Interact with guests.

Interested? Please contact The Center at Punchard at 978-623-8320 or email: chroniclers2@yahoo.com

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	9:00 Art Drop-In	9:00 Art Drop-In	1:00 Fun and Games
10:15 Rhythm-Aires	10:00 Writing Group	9:00 "SHOP" Group	9:00 Walk the Gym	1:00 ESL lessons
1:00 Movie Matinee	10:15 Sit and Get Fit	9:35 Basic Tap	9:30 Craft Group	2:00 Ping Pong
1:00 ESL Lessons (off site)	10:30 Beginner's Yoga	10:00 Fiber Arts	1:00 Fun and Games	3:00 Mindfulness Meditation
3:30 BV Energize with Exercise	1:00 Fun and Games	10:00 Grocery Shopping	1:00 Duplicate Bridge	
	1:00 Social Bridge Drop-In	12:45 Performance Tap	1:10 Tai Chi - Inter.I	
	1:10 Tai Chi - Beginner	12:50 Legacy	2:15 Tai Chi—Inter.II	
	2:00 Breath, Balance and Wellness	1:00 Knit Wits	3:30 Energize with Exercise	
	2:15 Line Dancing	1:00 Fun and Games	6:00 Reflexology	
	3:30 Serenity Yoga	1:00 Adult Coloring	6:00 Belly Dancing	
		1:00 Yoga-Inter.	6:30 Screening Room	
		2:00 Wellness Clinic	7:15 Serenity Yoga	

April 2017 Calendar of Events

April 2017 Calendar of Events				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; margin: 0;">3</p> <p>Lunch: American Chop Suey</p> <p>1:30 Lucky 13</p>	<p style="text-align: right; margin: 0;">4</p> <p>Lunch: Stuffed Chicken</p>	<p style="text-align: right; margin: 0;">5</p> <p>Lunch: Roasted Pork</p> <p>9:00 Men's Outdoor</p>	<p style="text-align: right; margin: 0;">6</p> <p>Lunch: Chicken Piccata</p> <p>9:00 Women's Outdoor</p> <p>10:05 Matter of Balance</p> <p>1:30 Bereavement Support</p> <p>5:30 Living Healthy</p>	<p style="text-align: right; margin: 0;">7</p> <p>Lunch: Baked Fish</p> <p style="text-align: center; margin-top: 20px;">Sunday, April 9; 5 pm Concert at Temple Emanuel</p>
<p style="text-align: right; margin: 0;">10</p> <p>Lunch: Chicken Parm</p> <p>1:00 Fix It Shop</p> <p>1:30 Computer Users Group</p> <p>1:30 Pain Mgmt Support</p> <p>1:30 Lucky 13</p>	<p style="text-align: right; margin: 0;">11</p> <p>Lunch: Roast Turkey</p>	<p style="text-align: right; margin: 0;">12</p> <p>Lunch: Spaghetti & Meatballs</p> <p>9:00 Best American Short Stories</p>	<p style="text-align: right; margin: 0;">13</p> <p>Lunch: Chicken Drumsticks</p> <p>8:30 COA Board Mtg.</p> <p>10:00 TRIAD Mtg.</p> <p>10:05 Matter of Balance</p> <p>1:30 Parkinson's Support</p> <p>5:30 Living Healthy</p>	<p style="text-align: right; margin: 0;">14</p> <p>Lunch: Lemon Cod</p> <p>7:00 FRIENDS Mtg.</p>
<p style="text-align: right; margin: 0;">17</p> <p style="text-align: center; font-weight: bold; margin-top: 10px;">Closed for Patriots' Day</p>	<p style="text-align: right; margin: 0;">18</p> <p>Lunch: Chicken Pesto</p> <p>9:00-3:30 Podiatry</p>	<p style="text-align: right; margin: 0;">19</p> <p>Lunch: Pot Roast</p> <p>9:00 Best American Short Stories</p> <p>9:00 Men's Outdoor</p> <p>10:30 FRIENDS Trip</p>	<p style="text-align: right; margin: 0;">20</p> <p>Lunch: Chicken Pot Pie</p> <p>9:00 Women's Outdoor</p> <p>10:05 Matter of Balance</p> <p>1:30 Refugees in America</p> <p>5:30 Living Healthy</p>	<p style="text-align: right; margin: 0;">21</p> <p style="text-align: center; font-weight: bold; margin-bottom: 5px;">Birthday Lunch</p> <p>Lunch: Baked Ziti</p> <p>8:30 Friday Speaker Series</p> <p>11:45 Birthday Lunch</p>
<p style="text-align: right; margin: 0;">24</p> <p>Lunch: Chicken Cordon Bleu</p> <p>8:30 State Senator</p> <p>1:00 Fix It Shop</p> <p>1:30 Memory Café</p> <p>1:30 Lucky 13</p> <p>3:00 Ask the Lawyer</p>	<p style="text-align: right; margin: 0;">25</p> <p>Lunch: Hot Dogs</p> <p>9:15 Brown Bag Pick Up</p>	<p style="text-align: right; margin: 0;">26</p> <p>Lunch: Meatloaf</p> <p>8:00 Mohegan Sun</p> <p>9-12 Podiatry</p> <p>9:00 Best American Short Stories</p>	<p style="text-align: right; margin: 0;">27</p> <p>Lunch: Chef Salad</p> <p>10:05 Matter of Balance</p> <p>1:30 Book Club</p> <p>3:00 Trivia Night</p> <p>5:30 Living Healthy</p>	<p style="text-align: right; margin: 0;">28</p> <p>Lunch: Chicken Stir Fry</p> <p>8:30 Nature Walk</p> <p style="text-align: center; margin-top: 10px;">Saturday, April 29; 10 am-2 pm Medication Disposal Day at West Elementary School</p>
<p style="text-align: center; font-weight: bold; color: #76b82a; margin: 0;">MENU SUBJECT TO CHANGE WITHOUT NOTICE</p> <p>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</p>			<p style="font-weight: bold; color: #76b82a; margin: 0;">LUNCH REGISTRATION:</p> <p>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.</p>	

The Senior Center at Punchard

Town Manager
Andrew P. Flanagan

Director of
Community Services
Joseph Connelly

The Senior Center Staff
Director
Annmary I. Connor, LICSW
Outreach Coordinator
Kristine Arakelian, LCSW,
MPH

Senior Connections
Sharon Thomson, RN
Linda Lambert

Program Coordinator
Karen Payne-Taylor

Office Staff
Christine Marshall, Editor
Andrea Zaines

Nutrition Staff
Frank Melendez, Chef
Sue Starbird

Transportation/Intake
978-623-8323
Shawna McCloskey
Carol Howe
George Perakis

Meals on Wheels
978-623-8332

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

Margaret O'Connor, Chair
Kenneth DeBenedictis, Vice
Chair

Jane Gifun, Secretary
Molly Bicking
Kathleen (Kaye) Devanna
Joan Fox
Tana Goldberg
Joseph Ponti
Kimberly Rainen
Thomas Rando

Center Hours
Monday - Friday
8 am - 4 pm

Thursday Evenings for
BoomerVenture Campus
6 pm - 9 pm
978-623-8320

Boomer Venture

Nordic Walking

Wednesdays, April 19 - June 14; 2:30-3:30 pm; \$49.50
Poles provided. Highly rated cardiovascular upper and lower body workout while hiking Avis Trails.

Belly Dancing

Thursdays, February 23 - May 11; 6 pm; \$78

Energize with Exercise

Mondays, February 27 - May 8; 3:30 pm; \$55
Thursdays, February 23 - May 11; 3:30 pm; \$66

Serenity Yoga

Tuesdays, February 21 - May 9; 3:30 pm; \$72
Thursdays, February 23 - May 11; 7:15 pm; \$78

BV Screening Rooms: Thursdays at 6:30 Screening Room

- April 6: "The Eagle Huntress"
- April 13: "The Notebook"
- April 20: "Saint Ralph"
- April 27: "Beginners"

Reflexology with Uli Kapp

Thursday evenings. \$1 per minute, in 15 minute intervals.
Refreshing, healing therapy for hands or feet. Must register the day before to hold spot.

Living Healthy Series

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

- **March 30: Women's Health Month: Incontinence - common causes and solutions presented by Judith West, RPT Physical Therapist; Holy Family Hospital
- April 6: Non-pharmaceutical approaches to pain management. Pavilion Medical Home Care
- **April 13: Hand Pain, Carpal Tunnel & Osteoarthritis present by Xavier Simcock, MD Orthopedic Surgeon; Holy Family Hospital
- **April 20: Joint Replacements and Robotics presented by Gregory Johnson, MD Orthopedic Surgeon; Holy Family Hospital
- **April 27: Pain Management: General and Back present by Stephanie Gianoukos, MD Pain Specialist; Holy Family Hospital
- **May 4: Shoulder Pain present by Joshua Philbrick, MD Orthopedic Surgeon; Holy Family Hospital
- May 11: Home Town Resources...*powerful age-related information.* Panel discussion with Elder Services of the Merrimack Valley: take this opportunity to hear all the many services ESMV provides.

These events were arranged with the assistance of Lawrence General Hospital, Holy Family Hospital, Atria Marland Place, Pavilion Medical Home Care, Humble Home Care, All in One Home Health Care and Great Lakes Caring. Thank you!



Senior Connections:

an engaging program creating meaningful days

Andover Elder Services currently has openings in the Senior Connections program. Senior Connections is a dynamic program that provides structure and support to older adults in a nurturing and respectful environment. Senior Connections offers a dynamic community presence that is woven into the fabric of Andover. Participants in the Senior Connections program will enjoy daily activities, fun games, outings, and so much more. Residents from surrounding communities are also welcome to join our Senior Connections supportive day program.

Senior Connections is open Monday through Friday, 8 AM to 4 PM. Affordable transportation is available for Andover residents. For more information, contact Outreach Coordinator, Kristine Arakelian at 978-623-8320.

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.

Memory Café on March 27th FREE 10 - 11:30 am. Open to all!

Special Classes & Items

ESL Classes

Mondays, Feb. 27 - May 8; 1 pm; off-site at Frye Circle; Free
Fridays, Feb. 24 - May 12; 1 pm; Free

FREE Tax Service

Fridays thru April 14
Call to schedule your appointment!

Fix it Shop:

Monday, April 10 at 1pm
Monday, April 24 at 1pm

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

Duplicate Bridge

Thursdays, Feb. 23 - May 11; 1 pm; \$24; Learn in a fun, informal setting. Intermediate bridge skills are required as well as partners.

Disclaimer

The Senior Center, 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.

The Senior Center receives partial funding for this newsletter from the Commonwealth of Massachusetts Executive Office of Elder Affairs and through the generous advertisers. We ask that you thank our advertisers. We thank taxpayers for supporting The Senior Center. Upon request, auxiliary aides will be provided to ensure effective communications and participation in Andover Elder Services programming as specified in the Americans with Disabilities Act.

Coming Soon this Spring

- ◆ Registration for Summer Semester - May 8 - 12
- ◆ Sunday, May 7; Merrimack Valley Philharmonic Orchestra; 2:30 pm; at Veterans Memorial Auditorium, 50 Bartlet Street, Andover
- ◆ Monday, May 8; Spring Piano Concert; 1:30-2:30 pm; free
- ◆ Sunday, May 21; Andover Senior Community FRIENDS Spring Ball; 6-10pm; Old Town Hall
- ◆ Monday, June 19; Boston's Tall Ships; \$82 per person; contact Kim Stamas at 978-623-8341 to purchase your tickets. Information on the DCS web site. This will be an amazing day!

Volunteer Reception - May 15

Monday, May 15; 10:30 am - 1:00 pm
Cormier Youth Center, 40 Whittier Court
RSVP by May 9th to be entered into a drawing for a
FREE Senior Center at Punchard Gift Card worth \$25.00
RSVP at 978-623-8320



Health & Wellness Fair - May 16

Tuesday, May 16; 10 am-2 pm
Sponsored by the Andover Senior Community FRIENDS
Come and get some great give-a-ways, freebies, health information, and learn about all aspects of living healthy from physical to legal and beyond!
Open to all ages (adult)!



Thank You

A special thank you to Senior Whole Health and Andover Senior Community FRIENDS for supporting our St. Patrick's Day Event.



SENIOR WHOLE HEALTH

Simple. Secure. Independent.

