

## February - Living Healthy

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

As we move into February and the holiday season is behind us, cold weather is ahead, but know that here at the Andover Senior Center it is warm and inviting. We have fun activities going on throughout the day. New items are on the forefront and expansion of other activities. We hope you like the new look of the newsletter. Some of the new items are:

- \* Our new Master in Social Work intern from Simmons College, Lynn Brown, has joined us.
- \* We have been able to expand our grant with podiatry and are adding seven more slots per month.
- \* Join us on Valentine's Day – fun events will be happening!
- \* This month we will have our annual Chinese New Year's celebration on February 17th at the Town House.

Here are some of the upcoming activities we are working on...

- \* In May: the *FRIENDS* will be hosting a Health Fair, with FREE giveaways and healthy events.
- \* New *Living Healthy Series* will bring you cutting-edge health information, and will be running from March until May.
- \* We have started a *Foxwoods trip*
- \* DCS is running a *Tall Ships event* and the
- \* Center at Punchard will be starting to run large "*Trips and Tours*" outside of Massachusetts.
- \* *SCRPT* will be launching again - forms will be rolling out in June.

We welcome your input and ideas. Stop on by, book a ride or come for lunch. Have some fun!