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 we head towards the holiday season, I ask that you mark your calendar for Saturday, December 6th for the Holiday Fair. Volunteers have worked tirelessly for the past year on a number of crafts, hand knit items, American doll clothing, Poinsettias and other live plants as well as Christmas cookies and other baked goods. The quilters have donated a quilt to be raffled and there will also be local artisans who have rented space as well. Light refreshments will be available throughout the day. Several churches have fairs on that day as well, so when planning your schedule, be sure to include The Center at Punchard on your itinerary. Many thanks to all the volunteers who help in both the preparation and at the fair.

With winter approaching, it’s a safe bet that we’ll have snow. If you’ve missed out on some of your favorite activities because you hesitate to drive in the snow, now’s the time to plan for inclement weather. Contact Carol at The Center to sign up for transportation so you won’t have to worry. As the commercial said, “leave the driving to us”. Transportation is available for medical appointments, both locally and to Boston, for grocery shopping and other errands as well as to participate in programs at The Center.

Energy costs are predicted to rise as much as 30% this winter– a potential disaster for anyone already struggling to meet increased costs on a fixed budget. Appointments are being scheduled in January for those interested in applying for fuel assistance with GLAC. There may be other resources available as well; check with Kristine Arakelian, LCSW.

Open enrollment for Medicare runs through December 7th. If you’re thinking about changing plans but have questions, call to schedule an appointment with a SHINE (Serving Health Information Needs of Elders) counselor.

The Senior Needs Assessment survey will already have been mailed by the time you receive this newsletter. Surveys are being sent to 4,000 residents age 50+ and need to be returned by mid December. Ask your friends/neighbors if they received one and urge them to return it if they did. We will be scheduling focus groups to give those who didn’t receive a survey the opportunity to be heard as well. See the insert in this newsletter for additional information.

Best Regards, Kathy Urquhart

“Find out where joy resides and give it a voice far beyond singing. For to miss the joy is to miss all”. Robert Louis Stevenson
The Center

Town Manager
Reginald S. Stapczynski

The Center Staff
Director
Katherine Urquhart

Outreach Coordinator
Kristine Arakelian, LCSW, MPH

Senior Connections
Myles Costello, RN
Linda Lambert
Kathleen Morin

Program Coordinator
Karen Payne-Taylor

Office Staff
Jeanne Doucette
Donna Morse, Editor
Andrea Zaimes

Nutrition Staff
Frank Melendez, Chef
Michael LaChance

Transportation/Intake
Carol Howe
Shawna McCloskey

Driver
Ed Blinn

Council on Aging Board
Meets at 8 am on the
2nd Thursday each Month
All are Welcome!
The Board can be reached
via email at:
seniorcenter@andoverma.gov
(please put COAB in the subject
line) or by calling The Center and
leaving message with Donna.

Kenneth DeBenedictis
Kathleen Devanna, RN
Joan Fox
Ann Grecoe, Vice Chair
Jane Gifun
Stuart McNeil
Margaret O’Connor, Secretary
Joseph Ponti
Donald Robb, Chair
Michael Roli

Center Hours
Monday - Friday
8 am - 4 pm

FORUMS
No Charge but pre-registration is required for all Forums

HEALTHY EATING HABITS: SUGAR AND SALT
Friday, December 12; 9:30 am; Most people love the taste sensations of sugar and salt. Come discover the history of their use and impact they have on our bodies. Presenter: Pauline Provencher, Merrimack Valley Nutrition Program. Healthy Breakfast provided.

NUTRITION AND THE ELDERLY
Friday, January 9; 9:30 am; Do you want to live longer? Interested? Join us in learning to eat smart and how to keep your bodies strong for a long life. Presenter: Pauline Provencher, Merrimack Valley Nutrition Program. Healthy Breakfast provided.

FUEL ASSISTANCE FORUM
Friday, January 9; 9:30 am; Greater Lawrence Community Action Council, Inc (GLCAC) will be here for individual appointments to assist with Fuel Assistance Applications. Appointments are mandatory and proof of income is required. First come, first served. Please register at the front desk or call The Center at Punchard at 978-623-8321.

CODE RED
Friday, January 23; 9:30 am; come hear about this free, easy-to-use emergency alert system, currently being implemented nationally by public safety officials. This new, updated, web-based system will be replacing the current Reverse 911 programming. Andover Police Officer Robin Cataldo, our public safety liaison, will be presenting this important forum. A light breakfast will be provided.

TAX TALK
Friday, January 30; 9:30 am; Do you have a question about what you can write off? Medical bills sky high? How about what income needs to be reported? Do you have lottery winnings and a jar box of losing tickets? Debbie Cutrona has 33 years experience preparing tax returns and representing clients before the IRS.

FRIENDS CORNER

HOLIDAY BALL AT THE CRYSTAL BALLROOM
Sunday, December 14 at the Crystal Ballroom.
Advance ticket are $15/pp or $25/couple. Tickets at the door are $15/pp.

CHRISTMASTIME and CRYSTAL BALLROOM HOLIDAY BALL are synonymous. And they will soon be here. Preceding long-awaited Christmas and adding to the excitement of the event is the FRIENDS’ Holiday Ball at the Crystal Ballroom on Sunday, December 14! Put on your finery (black tie optional) and listen to and dance to the music of DB’s Orchestra from 7-10 pm in addition to dance instruction by Tom Webster of Dance New England from 6 - 7 pm. There will be complimentary refreshments/soda and, of course, free parking behind the Old Town Hall. So polish those dancing shoes and put on your fancy duds. We’ll be looking for you! Tickets may be purchased at The Center at Punchard or the Andover Book Store.
**TRIPS**
Advanced registration required

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.

**EASTERN US DANCESPORT COMPETITION, BOSTON**
Friday, February 20; 8:30 am - 3:30 pm; $51/49* includes admission and lunch. Witness the preliminary rounds of this Dancing With The Stars type ballroom dancing competition. Enjoy flashy gowns and formal wear with all styles of dancing.

**STONEHAM THEATER MATINEE: THAT HOPEY CHANGEGY THING**
Wednesday, March 11; 10:30 am - 5 pm; $61/59* includes show and lunch. This play visits a family reunion on the eve of 2010 elections. The story explores ideas big and small, personal and political, and fashions them into a heartfelt, funny and engaging snapshot of contemporary life.

*Members of the Andover Senior Community Friends (ASCF) receive a $2 discount

**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.

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

**MONDAY’S FUN TRIPS - 10 AM - 3 PM - $8**

December 1st
Ho, Ho, Ho! ‘Tis the Season for spreading Joy and for Shopping! Come join us for a trip to the Christmas Tree Shop Plaza in Salem, NH. Shop at Kohl’s, Bob’s, Off Broadway Shoe and stop for lunch at Papa Gino’s or Denny’s.

December 15th
Still have presents to buy?? Let’s go to WalMart in North Reading. Shop at the Dollar Store, Marshalls and grab a bite at Subway.

Don’t let transportation keep you from coming to The Center! Ask about transportation for any class. The cost is $4 round-trip and must be arranged when you register. Contact Carol for other transportation options. Look for this icon next to events.

**Holiday Fair**

Join us for a new date and time!
Saturday, December 6, 9 am to 3 pm
Monday, December 8, 9 am to 1 pm

Select hand-made holiday crafts, knitted items, live plants, garden club arrangements, vintage jewelry and a large baked goods table!

New This Year: In addition to Punchard Center Volunteer sale items, community artisans will have tables of their own hand-crafted items.

**Gift Certificates**

Gift certificates for The Center’s programs are always available in any amount. Ask about them at the front desk. Great gift for family, friends or the person who has everything!

**Holiday Fair Volunteers**

Thanks to all of you who are making the items for our upcoming Holiday Fair on December 6 and 8.

*Knitters: please specify size and washing instructions.
*Baked Goods: We need lots of baked goods for the Fair. All ingredients must be listed on the provided form.
*Volunteers: Needed for those days. Please let Karen or Andrea know which day(s) we can count on you for this important fundraiser.

**Wish List**

Donations of jewelry (even broken), wired ribbon, fabric.
MISTRAL: THE BAROQUE BIG BAND
Sunday, December 7, 3 pm; South Church, Andover. Festive concertos of Antonio Vivaldi with guitar celebrity Eliot Fisk. $15 tickets available at The Center.

THE NUTCRACKER
Thursday, December 11; 10 am; Free; The Collins Center at Andover High School. The Northeast Youth Ballet has invited us to enjoy a live performance of this beloved holiday classic. Transportation provided from The Center.

THE SOUNDS OF THE SEASON
MEN’S (AND WOMEN’S!) BREAKFAST
Friday, December 19; $4; 8:30 am; Advance reservations only. Be sure and join us for our annual holiday breakfast. Come enjoy a special festive meal followed by “Sounds of the Season” performed by our own Sunrise Singers. This is a holiday tradition here, so make your reservations early!

NEW YEAR’S CELEBRATION
Wednesday, December 31; 1:30 pm; $5; Advance reservations only. Sign up begins December 1. Come help us ring in the New Year! There will be food, fun and entertainment with Vic & Sticks, who blend music with a mix of comedy. With Vicki on vocals, ukulele and guitar and Rick on washboard and suitcase percussion their tunes take on a vintage, vaudeville flair! Get a group of friends together to toast the New Year.

ASK THE LAWYER
Monday, January 12; 2 pm; Local lawyer, Kimberly Whitworth, will be on hand to meet individually and answer general questions. Advance sign up required. First come, first served day of appointment.

COMING ATTRACTIONS
Watch our upcoming newsletters and/or our website for more information on “Coming Attractions”.

YE OLDE CEMETERY HEADSTONES:
EARLY ART, POETRY, STYLES AND PRACTICES IN ANDOVER’S GRAVEYARDS
Tuesday, January 27

BRIGHT IDEAS: ON THE ROAD AGAIN
Monday, February 2

CHOCOLATE EXTRAVAGANZA
Monday, February 9

YOUR PASSPORT TO THE WORLD
Thursday, February 26

CHINESE NEW YEAR CELEBRATION
Friday, February 27

COMPUTER USERS’ GROUP
Memorial Hall Library at 1:30 pm
December 8: Printers - we all dream about the paperless office or home, but at times, we need paper copies. We covered this topic before but that was in October 2010, an eternity in the world of computers, even to some of us it seems like yesterday!

January 12: Computer Terminology - what do bits and bytes, zip files and mp3’s mean? Bring your questions and we’ll try to figure out what all this lingo means.

TOWNHOUSE WELCOME DROP-IN CENTER
Want some friends to share a cup of coffee with? How about someone to talk over the events of the day? The front room of the Townhouse on Main Street is open every morning, Monday - Friday; 9 am to noon for coffee and conversation. Current Events Discussion every Thursday at 9:30 am. Afterwards, join the group and come to the Center for lunch!
**STRESS BUSTER CLASS**
Monday, December 15; 1:30 – 3:30; $3; Holiday Stress? Focus on several proven techniques for reducing unwanted stress. Learn an easy technique that boosts energy, improves memory, sharpens cognitive skills and elevates mood in just a few minutes. Martha Erdem, RN.

**SOCIETY OF AGING**
Tuesdays/Thursdays, January 20 to April 30; 9:30 am; Free; Attend all or any by pre-registration. Held at Merrimack College. Ask us about transportation and parking. Join a semester-long course of study about various aspects of aging such as stereotyping, retirement, friends and social support in later life, aging and driving. Lend your unique perspective as you participate in this college course designed for 19 – 22 year olds.

**PATRIOTISM:**

**LIFE’S LESSONS THROUGH GREAT BOOKS**
Wednesdays, January 7 - February 11; 10 am - 11 am; $6; Lead by Malvena Baxter, PhD of Salem State University. Focus on Patriotism as we enjoy a video lecture and then discuss selected authors such as Cato, George Washington, Abraham Lincoln, George Patton and Theodore Roosevelt. Suggested readings recommended for group discussion will be available 3 weeks prior.

**CULTURAL**

**WAIL WITH YOUR HARMONICA**
Mondays, January 5 - February 9; 9 - 10 am; $25; Expand your lungs, stretch your musical mind, pucker up and have fun! You’ll need a diatonic harmonica, Key of C. No experience necessary. Dave Cook, experienced harmonica teacher and performer. The closest source is Bider’s Music in Lawrence.

**ADDISON GALLERY OF ART: ART OF THE DAY**
Wednesday, February 11: 1:30 pm; free of charge with registration. Private tour of the exhibition “Light/Dark, White/Black” which showcases a wide range of aesthetic and symbolic functions of black and white in modern and contemporary American art, both as light and color. Meet in the gallery lobby.

**SPEAKING ENGLISH**
Fridays; 12:30 pm - 2 pm; Major Gao leads an English conversational drop-in for our Chinese community.

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**LECTURES**
Advanced registration required

**WORKSHOPS**
Advanced registration required

**CARD & GIFT TAG MAKING WORKSHOP**
Monday, December 1; 10 - 12 pm; $5; Explore the art of personalized card making as you create your own small piece of art to share with loved ones or to frame as a small picture. Georgia Renfroe, artist, sculptor and jewelry maker will bring her special aesthetic to this miniature medium. Materials supplied.

**DIABETES SELF-MANAGEMENT WORKSHOP**
Thursdays, January 8 – February 12; 1:15 - 3:45 pm; Free but space is limited to 20. This participatory program teaches self-management techniques to deal with the symptoms of the disease, with tips on exercise, diet, medication, and working with health care providers. Presented by ESMV.

**THE ART AND CRAFT OF Hooks**
Wednesdays, January 14 – February 11, 10 am; $25 includes all materials to complete your project; Learn this ancient craft from long-time artisan Ann Lange. You will finish the class with at least one completed project and are welcome to join a long-running group to enjoy the friendship of a crafting group.

**MEMORIAL HALL LIBRARY COMES TO THE CENTER!**
**LEARN WHAT OUR LOCAL LIBRARY CAN DO FOR YOU**

* eBook How-To: Monday, January 26; 1:30 pm; Free; Bring your eBook reader, USB cord, library card, and your questions for a hands-on session with Overdrive. Kindle users should bring their Amazon login and password, and iPad users their Apple ID.

* Stream and Download: Monday, February 23; 1:30 pm; Free; Music, movies, TV shows and audio books: an overview of Hoopla Digital, IndieFlix and Freegal Music services available through the library.

**JEWELRY MAKING WORKSHOP**
Thursdays, February 5 and 12; 6:30 – 8:30 pm; $20; Learn the basics of bead stringing, wire wrapping and simple jewelry design to make earrings, bracelets and a necklace. We will talk about design, color and how to plan a “matching set” of jewelry. Any level; see flier for complete information. Georgia Renfroe, sculptor and jewelry maker.
## December 2014 Calendar of Events

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
</table>
| 1 10:00 Card and Gift Tag Workshop  
  10:00 Christmas Tree Shops Plaza Trip | 2 9:00 Men’s Outdoor | 3 9:00 Chronicler’s Meeting | 4 | 5 |
| 8 Holiday Fair  
  9 am - 1 pm  
  9:00 Women’s Outdoor  
  1:30 Pain Management Support Group  
  1:30 Computer Users’ Group @ MHL | 9 | 10 8:00 COAB Meeting  
  10:00 TRIAD Program  
  10:00 The Nutcracker  
  1:30 Parkinson Support Group  
  1:30 Book Group | 11 9:30 Healthy Eating Tidbits | 12 |
| 15 10:00 WalMart Trip  
  1:30 Computer Users’ Group @ MHL  
  1:30 Stress Buster Class | 16 12:15 Podiatry by Appointment | 17 9:00 Chronicler’s Meeting  
  1:30 Book Club | 18 8:30 Men and Women’s Breakfast | 19 |
| 22 22 | 23 Closing at Noon  
  9 - 11 Join us for Eggnog | 24 CLOSED | 25 | 26 |
| Every Monday | Every Tuesday | Every Wednesday | Every Thursday | Every Friday |
| 9:00 Town House Drop-In  
  9:00 Sunrise Singers  
  9:00 Woodcarving Group  
  9:00 Quilting  
  10:00 Massage by Appointment  
  10:15 Rhythm-Aires  
  10:15 Starlight Players  
  1:00 Movie Matinee  
  3:30 BV Energize with Exercise | 7:50 Men/Women in Motion @ YMCA  
  9:00 Town House Drop-In  
  9:00 Strengthen & Stride  
  10:00 Writing Group  
  10:15 Sit & Get Fit  
  10:30 Beginner’s Yoga  
  12:30 Social Bridge Lessons  
  1:10 Tai Chi - Balance  
  1:30 Fun and Games  
  2:00 Beginner’s Yoga  
  2:30 Line Dancing | 8:00 Strength Training  
  8:50 Strength Training  
  9:00 Town House Drop-In  
  9:00 “SHOP” Group  
  9:30 Basic Tap  
  10:00 Hooking  
  1:00 Knit Wits  
  1:00 Performance Tap  
  1:15 Intermediate Yoga  
  2:00 Blood Pressure | 7:50 Men/Women in Motion @ YMCA  
  9:00 Town House Drop-In  
  9:00 Strengthen & Stride  
  9:00 Art Group  
  9:30 Craft Group  
  9:30 Current Events @ OTH  
  1:00 Mah Jong/Bridge  
  1:10 Tai Chi - Intermediate  
  2:15 Tai Chi - Balance  
  3:30 BV Zumba  
  6:00 Energize w/Exercise  
  6:30 BV Screening Room  
  7:15 Serenity Yoga | 8:00 Strength Training  
  8:50 Strength Training  
  9:00 Town House Drop-In  
  10:15 Sit & Get Fit  
  1:00 Bridge Group  
  1:00 Piano Lessons  
  1:00 Speaking English  
  2:00 Ping Pong |
### December 2014 Lunch Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Chicken Marsala Whipped Potatoes Asparagus Frozen Strawberry Cup</td>
<td>2 Salisbury Steak w/Gravy Whipped Potatoes Mixed Vegetables Fruit Cup &amp; Cookie</td>
<td>3 Chicken Pot Pie w/Vegetables &amp; Potatoes Apple Pie</td>
<td>4 Roast Pork w/Gravy Roasted Potatoes Broccoli &amp; Red Peppers Fresh Fruit Cup</td>
<td>5 Fish Florentine Wild Rice Julienne Vegetables Mandarin Oranges</td>
</tr>
<tr>
<td>8 Chicken w/Supreme Sauce Whipped Potatoes Glazed Carrots Fresh Apple</td>
<td>9 American Chop Suey Mixed Vegetables Peach Melba</td>
<td>10 Chicken Piccata Roasted Potatoes Brussels Sprouts Frozen Strawberry Cup</td>
<td></td>
<td>12 Lemon Pepper Fish Scalloped Potatoes Mixed Vegetables Apple Crisp</td>
</tr>
<tr>
<td>15 Stuffed Cabbage Roll Mashed Potatoes Roll &amp; Butter Fruit &amp; Cookie</td>
<td>16 Chicken Stir Fry White Rice Oriental Vegetables Apple Crisp</td>
<td>17 Meatloaf w/gravy Whipped Potatoes Glazed Carrots Vanilla Pudding</td>
<td>18 Chicken Parmesan Penne Pasta Italian Vegetables Fresh Fruit Cup</td>
<td>19 Stuffed Haddock Roasted Potatoes Mixed Vegetables Apple Crisp</td>
</tr>
<tr>
<td>29 Chicken Piccata Rice Pilaf Zucchini &amp; Summer Squash Fresh Fruit Cup</td>
<td>30 Chicken Patty on a Roll Lettuce &amp; Tomato Cole Slaw &amp; Potato Salad Fruit &amp; Cookie</td>
<td>31 Roast Turkey w/Gravy Whipped Potatoes Glazed Carrots Pumpkin Pie</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Menu is subject to change without notice

Suggested donation is $2.50

Lunch reservations will be taken until 2 pm the day before you wish to come. Better yet, make your reservations on the touch screen in the lobby. See the Greeter if you need help.

This program has been made possible in part by funding from the Older American’s Act as granted by Elder Services of the Merrimack Valley, Inc.
Exercise and Special Interest Classes

The current session runs from November 24 to February 13. If space allows, you may enroll for a 1/2 session or audit a class once to see if it is right for you. View Calendar of Events on page 6 to see all classes of our offerings. No classes on November 27, 28, December 24 (at noon), 25, 26, January 1, 2 or 19. Many special interest groups are free of charge and all welcome new members.

WATER WORK OUT AT THE YMCA
Tuesdays, January 6 - February 10; 9 am; $27

OPEN ART STUDIO DROP-IN
Wednesdays and Thursdays; 9 am -11:30 am; Free. This is an open, drop-in group. No instructor. Your choice of medium (such as water, pastels, gouache, oil, acrylic or pencil.) Bring your own materials and please plan to clean up the sink area.

SUNRISE SINGERS
Mondays; 9 am; $18; Beginners always welcome. No sight reading required.

WOOD CARVING
Mondays; 9 am; $27.50; Some instruction provided for beginners.

RHYTHM-AIRES
Mondays, 10:15 am; $9; This is a tambourine group with no try-out required.

TAI CHI: MOVING FOR BETTER BALANCE
November 25 - February 5; Tuesdays, 1:10 pm; and Thursdays, 2:15 pm; $66.50; For best results students should plan to attend all classes.

TAI CHI INTERMEDIATE
Thursdays, December 4 - February 5; 1:10 pm; $28

FUN AND GAMES
The Four Seasons room is now hosting games Tuesday through Friday afternoons from 1 – 3:30 pm! If you want to play a particular game, please sign up at the front desk so we can get a group together! If you can teach a game, let us know. This fall we will feature specific games, but come to play others of your interest any afternoon except Monday (movie matinee).

TUESDAYS
Tuesday: 45’s
Wednesday: Cribbage & Backgammon
Thursday: Mah Jong & Chess
Friday: Mexican Train Dominos

* Please note: Social Bridge on Tuesdays from 12:30 pm – 3:15 pm requires a registration form.

BoomerVenture Campus
Winter Semester: November 24 - February 13
Please register now! Sign up for the e-mail newsletter to keep up to date. Note: No BV classes November 27, December 25, January 1, or January 19.

SCREENING ROOM
See pg. 10 for details or visit www.boomerventure.com

ENERGIZE WITH EXERCISE
FUN, AEROBIC & WEIGHT TRAINING WORKOUT
Mondays, November 24 - February 9; 3:30pm; $60 or Thursdays, December 4 - February 12; 6pm; $50

ZUMBA TONING
WEIGHT TRAINING & CARDIO FITNESS AS YOU DANCE!
Thursdays, December 4 - February 12; 3:30pm; $50

SERENITY YOGA
GENTLE YOGA WITH MEDITATION
Thursdays, December 4 - February 12; 7:15pm; $50

STRETCH, RELAX, RELEASE
Thursdays, December 4, 11, 18; 7:15 pm; $18 OR $8 for drop-in per class. Release tension in your body and mind through stretching, breath, self-massage techniques and soothing meditation. No experience needed. Bring a cover-up, mat and blanket or large towel.

SPECIAL INTEREST SEMINARS

INSPIRED RETIREMENT: YOU’VE RETIRED, NOW WHAT?
Thursday, January 15; 6:45 pm; $5; Discover hidden talents and interests for a meaningful & rich retirement. Come with an empty notebook, leave with a plan. Joe Ponti, life coach.

DOWNSIZING: THE AGONY AND THE ECSTASY
Thursday, January 22; 6:45 pm; $5; Approach this transition with a step-by-step plan to make “the agony” manageable & the “ecstasy” worth it. Joe Ponti, life coach.

DOWNSIZING TO RIGHTSIZING
Thursday, January 29; 6:45 pm; $5; Motivational & practical steps to begin the process of shedding possessions from Julie Bernardin, The Executor’s Assistant, who talks about what delaying or avoiding downsizing can mean for seniors and their families.

JEWELRY MAKING WORK SHOP - SEE PAGE 5
SUPPORT GROUP NEWS

Parkinson’s Disease Support Group
Meets the 2nd Thursday of the month, September through June, from 1:30-3pm at The Center. This is an open group and all are welcome. Our next meeting will be Thursday, December 11; 1:30 - 3 pm. Dawn Calautti, Physical Therapist, NorthEast Rehab Hospital will be here to discuss PD & Exercise, from Aquatics to Zumba. Please call Kristine Arakelian, Outreach Coordinator, to confirm your attendance or for further information.

Bereavement Support Group
This group is temporarily on hold. In the event that someone would like individual bereavement services or resources during the time the group is not meeting, you may contact Lois Marra, Bereavement Counselor, directly at the Home Health VNA Merrimack Valley Hospice at 978 552 4537.

Pain Management Support Group
Our monthly pain management support group will meet off site in December. Contact Gerry, our facilitator, for information if you are a new participant. (978-387-5008). Newcomers are always welcome.

Senior Connections is a structured, individualized program that focuses on socialization and stimulating activities based at the Center at Punchard. The program offers respite to spouses and families caring for an elderly person. We provide a nurturing and safe environment for your loved one. Transportation is also offered. For more information or to schedule a tour, please contact Myles Costello, RN or Kristine Arakelian, LCSW, MPH at 978-623-8321.

TRIAD Program
TRIAD is a joint collaboration between The Center at Punchard, the Andover Police Department, the 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 group meets the 2nd Thursday of the month from 10 - 11 am 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, December 11, from 10-11am.

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. There is a $10 fee.

Policy for The Center’s Programs
Fees charged for programs are used to offset costs associated with that program. When we are unable to cover those costs, the program may be cancelled.

Please help us by signing up during the last week of the current semester for next semester. Ask about trying a new class and our half semester fees.

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.

SHINE
SHINE (Serving Health Information Needs of Elders) is a free and confidential counseling service to help individuals understand their Medicare insurance benefits and other health insurance options.

The SHINE counselor can assist you in becoming a more informed consumer, while presenting accurate and unbiased information. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in many areas such as Medicare, the Medicare appeals process, Medigap insurance, retiree insurance plans, long-term care insurances, Medicaid and health care programs.

The SHINE Counselor is available for individual appointments or by phone. Meetings are held here at The Center at Punchard.

Call The Center for our counselor to contact you.
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 Jeanne. Leader: Evelyn Retelle.

December 18: *The Tenderness of Wolves* by Stef Penney

January 15: *A Reliable Wife* by Robert Goolrick

Books must be returned the day of the meeting or contact Evelyn Retelle at 978-475-4412. Some books are available in large print or on tape at Memorial Hall Library.

You Asked... We Answered...

Q: Why do we have to register online if we’re already here at the Center?

A: We have been working towards implementing online registration for three years. Our patience with the computer software company was running thin and for those who kept asking when it would happen, our credibility was fading. So we are excited that despite a few glitches online registration is finally up and running. Staff assisted those who don’t use computers to set up accounts and people can either pay online or over the counter here. Once you’ve registered online and paid, you are accepted into a class in the order you’ve registered which is the reason all registrations need to be done on the computer. You can now pay for classes with a credit card.

OUTDOOR ACTIVITIES

All hikes meet at The Center at Punchard. Activities subject to change due to weather and conditions. Pre-registration is a must. Call 978-623-8321. 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 & phone to keep you informed.

WOMEN’S OUTDOOR ADVENTURES

*Meet at The Center at 9 am*

December 8: Vale Trail with coffee after
January 12: Berry Pond possible Snow Shoeing
February 5: Goldsmith Reservation possible Snow Shoeing
March 19: State House Tour

OUTDOOR ADVENTURES FOR MEN

*Meet at The Center at 9 am*

December 2: Goldsmith Reservation
December 16: Carmel Woods.

BOWLING

Candlepin Bowling Senior League seeks new members. No trophies, no prizes, just fun! Join us every Wednesday at 9:00am for donuts, coffee and fun at Candlewood Lanes, 35 Main Street, North Reading. 978-664-3145. $7 includes shoes, games & refreshments.

MEETING REGULARLY

New members welcome

Quilting - 9:00am; Mondays
"Write Stuff" Writing Group - 10:00am; Tuesdays

"Shop" Sewing Group - 9:00am; Wednesdays
Hooking - 10:00am; Wednesdays

Knit-Wits - 1:00pm; Wednesdays
Open Studio Art - 9:00am; Wednesdays & Thursdays

Andover Chroniclers - 9:00am; First & Third Thursdays
Craft Corner - 9:30am; Thursdays
Wii and Ping Pong - 2:00pm; Fridays
C Congdon Law Offices
Jerry S. Congdon, ESQ
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Real Estate • Elder Law
Reverse Mortgages
978.500.5978
841 Main St., Tewksbury, MA 01876

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The Center at Punchard
36 Bartlet Street
Andover, MA 01810

The Center at Punchard receives partial funding for this newsletter from the Commonwealth of Massachusetts Executive Office of Elder Affairs. We thank taxpayers for supporting The 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.

Please call The Center’s Information Line at 978-623-8377 to check for changes of scheduled events.
Please do not leave messages on this special line.

SNOW POLICY
When Andover Public Schools are closed for weather related issues, The Center at Punchard is also closed for all programs, activities, classes, lunch, and Meals on Wheels deliveries.
School cancellations are announced on TV stations 4, 5, & 7, Andover cable channel 10, as well as radio station WCCM, beginning about 6 am. Please listen to these stations in the morning for announcements.
For up to date information on special events that may also be affected by weather, please call our information line at 978-623-8377.

THE FIX-IT SHOP

- Lamps with new cords & sockets
- Vacuum Cleaners
- Small Appliances
- Chairs & Small Tables
- Anything Special - We'll give it a shot!

December 1 and 22
January 5 & 22
1 - 3 pm
Cost is:
$4 plus parts for seniors (ID required)
$10 plus parts for non-seniors/non-residents
$2 diagnostics fee

Newsletter online!
If you’d like to receive an email notification when our monthly newsletter is available on our website, please email us at: seniorcenter@andoverma.gov with your name and street address.

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