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

Each month in preparing the newsletter, I do a quick mental review of both the upcoming and just ending months, considering what issues should be featured. Staff is always commenting that there isn’t enough room for everything and I imagine that there are topics that you might be interested in seeing included as well. While we can’t at present expand the newsletter (more about that another time), I would love to hear what you would like to see in your newsletter... more info on upcoming events..information and articles geared to those over 60..a volunteer corner..? The possibilities are endless. Feel free to stop at the front desk-if I’m not on the phone or at a meeting, I’m available, - drop a note in the suggestion box or call or email me (kurquhart@andoverma.gov) with your thoughts and suggestions.

I would like to take this opportunity to thank everyone who made our Annual Holiday Fair a huge success. Despite the torrential rains (and thank goodness it wasn’t snow) and the change from Friday to Saturday, we had a great turnout. None of this would have been possible if not for the contributions of baked goods, hand knit and crafted items, flowers and other live arrangements, jewelry and white elephant donations and the effort of the volunteers who helped in preparing, cooking, selling and cleaning up. A special thanks to those in the community who made it a point to support the Fair; revenues offset costs of programs scheduled throughout the year.

Phase 1 of on-line registration went well despite some glitches which we hope will be resolved before the next registration period. Thank you for your patience as we work with the software company to get them resolved. Moving forward, all registrations for Andover residents will be online. At present, Non-residents need to register at The Center. Staff will be available to assist in this process. We will also have computers available. Anyone who has not yet set up an account on “MyActiveCenter” should pick up a brochure explaining how to proceed. Demonstrations will also be scheduled.

As we start a new year, I’m wondering what you’ve planned to challenge yourself..improve your health..try something new..keep learning and growing. Check inside this newsletter for topics that are sure to inspire. As we look ahead, let’s not forget to look back over this past year and appreciate how beautiful the center is with new carpets and a fresh coat of paint.

Best Regards, Kathy Urquhart

Our best wishes to all of you for a happy, health New Year!
The Staff, The Center at Punchard
FORUMS
No Charge but pre-registration is required for all Forums

HEALTHY EATING TIDBITS: 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 lar box of losing tickets? Debbie Cutrona has 33 years experience preparing tax returns and representing clients before the IRS.

EVERYTHING YOU NEED TO KNOW ABOUT GRAINS AND GLUTENS
Friday, February 6; 9:30 am. Welcome Art McDermott, local nutritionist and coach as he continues our popular Friday morning series with tidbits to keep living healthy. Grain and Gluten are in just about every food we eat. Some people react strongly to eating these foods and other react poorly without even knowing it! Learn how they impact your health and weight management. Healthy breakfast will be served.

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 of implementation of any views, positions or method suggested, advocated or otherwise promoted by any lecturer.
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 Changey 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

You Asked. . . We Answered...
"How about computer use for seniors! North Andover Senior Center has about 8 computers for senior use. We in Andover have NONE! (yes, I’ve asked.)"

Let me play on a Christmas theme for a minute and say Yes, Virginia, there are computers.

It is upsetting to me to hear that not only have you not seen our notices that there is WiFi throughout The Center, and that we also have laptops available for Andover seniors to use on site, but that you asked and were told that there weren’t computers available. Unfortunately, we don’t have dedicated space to set up computers, but we do have a limited number of laptops available for people to use. Advance reservation recommended.

TRANSPORTATION CORNER
Happy New Year to All!!!

The Volunteer Medical Transportation Program at The Center at Punchard NEEDS YOU!!!

WE NEED YOU
This service provides approximately 90 rides per month for seniors who need transportation to their medical appointments. We have a dedicated group of volunteer drivers but we need more. Please consider joining our team in the worthy cause. Give Carol a call at 978-623-8321 for additional information. Let’s get you driving soon!

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 - $8 round trip.

MONDAY’S FUN TRIPS - 10 AM - 3 PM - $8
Don’t be stuck inside this January!

Monday, January 12 - Let’s go to Mann Orchards to enjoy a delicious, fresh lunch as we sit by the roaring fire. Bring home some local produce and homemade apple pie, muffins or scones. We’ll stop by The Loop on our way home to browse the stores… Come along!

Don’t let transportation keep you from coming to The Center! Ask about transportation for any programming. 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.

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

Cost is $9.80 per book.
## Special Events

All Special Events require advance reservations

### 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.

### Continental Breakfast

Tuesday, January 13; 9 am: Please be our guest for a complimentary breakfast. Join us for refreshments and conversation. It’s a great time to see what is happening at your Center!

### Men’s Breakfast: The History of Phillips Academy

Friday, January 16; 8:30 am; $4; Marc Koolen, Instructor of Biology at Phillips Academy and an avid birder, returns to The Center to talk about the history of the buildings and grounds on the Phillips Academy campus. Learn about the aspects of the campus that folks can see as they pass through plus the areas the academy welcomes us to use or visit, such as the bird sanctuary, the track, the museums and cultural events.

### Soup’s On: Ye Olde Cemetery Headstones: Early Art, Poetry, Styles and Practices in Andover’s Graveyards

Tuesday, January 27; 12:15 pm; $5 includes soup, beverage and dessert. Join Charlotte Lyon as she takes you on a haunting journey of Andover’s oldest and liveliest graveyard: Warnings to the living, the angel of death with spectacles, a skull and crossbones or even a “written in stone” mistake or two.

### Bright Ideas: On the Road Again

Monday, February 2; 1:30 pm; Free: Share your ideas for quick get-a-ways. Do you have a special brunch spot? The BEST B & B around? When the weather is perfect where do you head? Share your ideas with others and perhaps find a new place or two to check out.

### Chocolate Extravaganza

Monday, February 9; 1:30 pm; $12; All you can eat! Chocolate Fountain with fresh fruit, chocolate lava cake, dark chocolate bark and pecan turtles! Sign up early as this is a sure sell-out!

### From Russia with Love: Valentine’s Concert; Featuring Tchaikovsky and Rachmaninoff

Sunday, February 8; 3 pm. West Parish Church. $15 tickets at The Center.

### Coming Attractions

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

### Your Passport to the World: EarthWatch

Thursday, February 26

Join us for a virtual trip around the world as we enjoy the experiences of travelers who have spanned the globe.

Travelers who are willing to share their travel experiences, please contact Karen.

### Chinese New Year Celebration

Friday, February 27

### Computer Users’ Group

Memorial Hall Library at 1:30 pm

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.

Monday, February 9: Looking at Tablet Computers: iPads and Androids. Bring in your devices and share your experiences with others.

Call The Center to get on the email list!

### 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!
SOCILOGY OF AGING
Tuesdays/Thursdays, January 20 to April 30; 9:30 - 10:45 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 - 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 but registration required. 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.

Friends Corner
2. Stay Healthy. Get your flu shot; your pneumonia shot - both on your doc’s recommendation.
3. Eat Well. Dr. Andrew Weil says a breakfast of Greek yogurt with fresh fruits and nuts and small piece of cheese or tofu and olives is his personal choice.
4. Stay in Touch. Daily communication with your friends and relatives makes a big difference.
5. Join the Friends. Applications can be found at The Center at Punchard and on our local website, www.andoverseniorcommunityfriends.org.

Or do what I do, look at last year’s list and just change the date!

January 2015

Lectures
Advanced registration required

Diabetes Self-management Workshop
Thursdays, January 8 – February 12; 1:15 - 3:45 pm; Free; 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 Elder Services of the Merrimack Valley.

The Art and Craft of Hooking
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.

New Year Resolutions 2015
2. Stay Healthy. Get your flu shot; your pneumonia shot - both on your doc’s recommendation.
3. Eat Well. Dr. Andrew Weil says a breakfast of Greek yogurt with fresh fruits and nuts and small piece of cheese or tofu and olives is his personal choice.
4. Stay in Touch. Daily communication with your friends and relatives makes a big difference.
5. Join the Friends. Applications can be found at The Center at Punchard and on our local website, www.andoverseniorcommunityfriends.org.
## January 2015 Calendar of Events

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<td>9:00 Wail with Your Harmonica</td>
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<td>8:00 COAB Meeting</td>
<td>9:30 Healthy Eating Tidbits</td>
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<td>1:00 Fix-It Shop</td>
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<td>10:00 TRIAD Program</td>
<td>9:30 Fuel Assistance Forum</td>
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<td>9:00 Town House Drop-In</td>
<td>7:50 Men/Women in Motion @ YMCA</td>
<td>8:00 Strength Training</td>
<td>7:50 Men/Women in Motion @ YMCA</td>
<td>8:00 Strength Training</td>
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<td>9:00 Sunrise Singers</td>
<td>9:00 Town House Drop-In</td>
<td>8:50 Strength Training</td>
<td>9:00 Town House Drop-In</td>
<td>8:50 Strength Training</td>
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<td>9:00 Woodcarving Group</td>
<td>9:00 Strengthen &amp; Stride</td>
<td>9:00 Town House Drop-In</td>
<td>9:00 Art Group</td>
<td>9:00 Strengthen &amp; Stride</td>
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<td>9:00 Quilting</td>
<td>10:00 Writing Group</td>
<td>9:00 “SHOP” Group</td>
<td>9:00 Art Group</td>
<td>9:00 Art Group</td>
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<td>10:00 Massage by Appointment</td>
<td>10:15 Sit &amp; Get Fit</td>
<td>9:30 Basic Tap</td>
<td>9:30 Craft Group</td>
<td>9:30 Craft Group</td>
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<td>10:15 Rhythm-Aires</td>
<td>10:30 Beginner’s Yoga</td>
<td>10:00 Hooking</td>
<td>9:30 Current Events @ OTH</td>
<td>9:30 Current Events @ OTH</td>
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<td>10:15 Starlight Players</td>
<td>12:30 Social Bridge Lessons</td>
<td>1:00 Knit Wits</td>
<td>1:00 Mah Jong/Bridge</td>
<td>1:00 Mah Jong/Bridge</td>
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<td>1:00 Movie Matinee</td>
<td>1:10 Tai Chi - Balance</td>
<td>1:00 Performance Tap</td>
<td>1:10 Tai Chi - Intermediate</td>
<td>1:10 Tai Chi - Intermediate</td>
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<td>3:30 BV Energize with Exercise</td>
<td>1:30 Fun and Games</td>
<td>1:15 Intermediate Yoga</td>
<td>2:15 Tai Chi - Balance</td>
<td>2:15 Tai Chi - Balance</td>
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<td>2:00 Beginner’s Yoga</td>
<td>2:00 Blood Pressure</td>
<td>3:30 BV Zumba</td>
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<td>2:15 Line Dancing</td>
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<td>6:30 BV Screening Room</td>
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<td>7:15 Serenity Yoga</td>
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### January 2015 Lunch Menu

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<tr>
<td>American Chop Suey</td>
<td>Chicken Pot Pie</td>
<td>Veal Piccata</td>
<td>Oriental Chicken Stir</td>
<td>Fish Florentine</td>
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<td>Mixed Vegetables</td>
<td>w/Veggies</td>
<td>Wild Rice Broccoli</td>
<td>Fry w/ Mixed Vegetables</td>
<td>Rice Pilaf</td>
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<td>Orange &amp; Cookie</td>
<td>Whipped Potatoes</td>
<td>Peach Melba</td>
<td>White Rice</td>
<td>Green Peas</td>
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<td>Strawberry Shortcake</td>
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<td>Apple</td>
<td>Sliced Peaches</td>
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<td>Baked Chicken</td>
<td>Stuffed Cabbage Roll</td>
<td>Meatloaf w/Gravy</td>
<td>Chicken Marsala</td>
<td>Clam Chowder</td>
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<td>Baked Potato</td>
<td>Whipped Potatoes</td>
<td>Whipped Potatoes</td>
<td>Rice Pilaf</td>
<td>Lemon Pepper Fish</td>
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<td>Sautéed Vegetables</td>
<td>Green Beans</td>
<td>Glazed Carrots</td>
<td>Green Peas &amp; Pearl</td>
<td>Baked Potato</td>
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<td>Canned Pineapple</td>
<td>Fresh Banana &amp; Cookie</td>
<td>Chocolate Pudding</td>
<td>Pearl Onions</td>
<td>Mixed Vegetables</td>
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<td>Fresh Strawberries &amp; Cookie</td>
<td>Fruit &amp; Cookie</td>
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<td>Fish Florentine</td>
<td>Happy New Year 2015</td>
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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.
**BoomerVenture Campus**

Winter Semester: November 24 - February 13

Call for class availability. Sign up for the e-mail newsletter to keep up to date. **Note:** No BV classes 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, through February 9; 3:30pm;

**ZUMBA TONING**

Weight training & cardio fitness as you dance!

Thursdays, through February 12; 3:30pm

**SERENITY YOGA**

Gentle yoga with meditation

Thursdays, through February 12; 7:15pm

**SPECIAL INTEREST SEMINARS**

Register online by visiting www.myactive center.net

**INSPIRED RETIREMENT: YOU’VE RETIRED, NOW WHAT?**

Thursday, January 15; 6:45 pm; $5; Discover hidden talents and interests for a meaningful and rich retirement. Come with an empty notebook, leave with a plan. Joe Ponti, life coach and engineering manager.

**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 and the “ecstasy” worth it. Joe Ponti.

**DOWNSIZING TO RIGHT SIZING**

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

**Exercise and Special Interest Classes**

The current session runs 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 offered. **No classes** on 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

**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.

**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.

**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. We will feature specific games, but come to play others of your interest any afternoon except Monday (movie matinee).

Tuesday: 45’s and Drop-In Bridge

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.

**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!
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, January 8; 1:30 - 3 pm. Maria Hanley, Community Service Representative, Home Instead Senior Care, “The Power of Positive Thinking.” For further information contact Kristine Arakelian, LCSW, MPH at The Center at Puchard.

PAIN MANAGEMENT SUPPORT GROUP
The next monthly support meeting is Monday, January 12 at 1:30 pm. This monthly support group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Facilitated by Gerry Rainville, RN, MSN.

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
Registration for all of our programming is done online.

12-week Semester Programming: 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. Andover residents should register for full classes online by going to www.MyActiveCenter.net. Non-residents and anyone registering for part of a class must come into The Center to register.

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.

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.

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 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 Puchard. The TRIAD group is seeking senior volunteers to assist with identifying, developing and initiating programming. Our next meeting will be Thursday, January 8, from 10-11am.

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.

**January 15:** A Reliable Wife by Robert Goolrick

**February 12:** Finding Colin Firth by Mia March (note change in monthly date)

Books must be returned the day of the meeting or contact Evelyn Retelle at 978-475-4412. Let us know in advance if you prefer large print or book on tape and we will request from MHL.

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**THANK YOU**

Thanks to all who made this year's Holiday Fair a great success! We could not do it without all our great staff and volunteers!

It's never too early to plan ahead for next year's Fair as well. Winter is a great time to cozy up to the fire with a ball of yarn and start knitting. If we have any knitters out there who could start knitting now, we'd appreciate your goods for next year!

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**MONDAY MOVIE MATINEES**

**1PM; FREE**

January 5: Railway Man (Colin Firth)

January 12: Airplane

January 26: To Rome With Love (Woody Allen)

**BOOMERVENTURE SCREENING ROOM**

**Thursdays; 6:30 pm; Free**

January 8: Hannah Arendt (German, subtitled)

January 15: Wadjda (Arabic, subtitled)

January 22: Nebraska

January 29: The Patience Stone (Farsi, subtitled)

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**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**

January 12: Berry Pond possible Snow Shoeing

February 5: Goldsmith Reservation possible Snow Shoeing

March 19: State House Tour

**Outdoor Adventures for Men**

*Taking the Winter off! See you in the Spring.*

If you are interested in helping with activities or have any suggestions for hikes, please contact Karen.

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**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.

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**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
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and in Most Cases in Just
High Performance
One to Two Days

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Andover Senior Center, Andover, MA, 06-5052
ANDOVER CHRONICLERS
Watch Andover’s Award Winning TV Show ‘There Is Something About Andover’

There’s "Something about Andover" is a 30 minute TV show that features stories of interest to all Andover residents airing on local access TV.

Sponsored by The Center at Punchard and produced by The Andover Chroniclers, a group of local volunteers, the goal of the program is to inform, enlighten and entertain. ‘There Is Something About Andover’ airs 6 days a week on Comcast Channel 8 and Verizon Channel 47. Tune in today and you’ll see for yourself why ‘There Is Something About Andover’!

Sunday, Monday and Tuesday at 9 am
Wednesday and Saturday at 7 pm
Friday at 6:30 pm
Also available on our website www.andoverseniorcenter.org

Lunch Box

Sandwiches and Salads
Daily Specials
Ice Cream Novelties
Coffee or Ice Coffee
Soda or Water

Do you know where to find these?
The Center’s Lunch Box!
Pick up a sandwich or salad to take home for dinner on those nights when you don’t want to cook.

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

THE FIX-IT SHOP

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

January 5 and 26
February 2 and 23
1 - 3 pm
Cost is:
$4 plus parts for seniors (ID required)
$10 plus parts for non-seniors/non-residents

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.

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.

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.

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.