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.

As you look through this month’s newsletter and consider the various programs you’d like to participate in, I hope that you’ve found the online registration process a help, not a hindrance. For those of you who “don’t do computers”, don’t let the new registration process throw you. You can still come in to the Center to register, but rather than filling out the paper forms, you will sit with a staff person as they set up your account and enter your information into the computer. Maybe once you’ve listened to your friends say how much easier it is to sign up, you’ll decide that you’d like to “be a computer person” and ask when we have computer classes scheduled. Those who have eagerly anticipated the 24/7 opportunity to register were a little disappointed to learn they would have to wait until the beginning of the month to sign up, just like the paper process. Events and programs listed in the newsletter will be available online on the first day of the month that the Center is open. In April, people can register beginning on Wednesday, April 1st. Events scheduled at the very beginning of the following month (May) will also be available at the beginning of April. Events scheduled later in May will be available online Friday, May 1st. Brochures explaining the process are available at The Center and additional information can be found on page 12 of this newsletter. We hope to have online registration available 24/7 in the not too distant future. Our thanks for your comments, suggestions and most importantly, your patience.

We continue to hear that not all tax preparers are checking to see if persons age 65+ are eligible for the Circuit Breaker tax credit which is available to both homeowners and renters who meet the eligibility requirements. More information is available online: http://www.mass.gov/dor/individuals/filing-and-payment-information/guide-to-personal-income-tax/credits/real-estate-tax-credit.html or stop by The Center to pick up a brochure.

As property taxes increase, many on a fixed income often find it difficult to make ends meet and the options available for those wanting to downsize and remain in Andover are limited. One possibility for those who meet the criteria is to remain in your home and defer your property taxes until your home is sold, freeing up monies that would have covered the taxes that can now be used for other living expenses.

Town Meeting this year is scheduled for May 4, 5, 11 & 12, 7:00 pm. Mark your calendars. In addition to the budget and “routine” warrant articles, there are some citizen petitions that could affect zoning which presently allows for “senior housing”. Shuttle bus service is available on site for those who drive. Contact us at The Center if you need a ride to Town Meeting.

Best Regards, Kathy Urquhart

“The only difference between death and taxes is that death doesn’t get worse every time Congress meets.” Will Rogers
Healthy Living Tidbits: The Anti-Aging Checklist
Friday, April 3; 9:30 am; Art McDermott, local nutritionist and coach, continues our popular Friday morning series with tidbits to keep living healthy. Many people accept aging as inevitable. Of course, we all get older but there is much more we can do about the rate of this process than we realize. We will focus on behaviors, nutrition and supplements which have been proven to slow the aging process. Healthy breakfast will be served.

Healthy Living Tidbits: Fighting Inflammation through Nutrition
Friday, May 1; 9:30; Science is showing that more and more of the disease conditions challenging older adults have inflammation as their triggers. Inflammation is not a random occurrence. There are many foods and supplements which can help battle this silent killer. 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.

MEMORIAL DONATIONS
In Memory of Claire Syiek

Patricia Zuchero
James & Laura McLeroy
Tammy Fuller
Jeanne Normandy
Dorothy O'Keefe
Lindsey Gwynne
Jennifer & George Wightman
James Syiek
Deborah & Jim Gowen
Rick & Cheryl Forster
Marc & Lynne Friedman
James & Kaythryn Steward
Dr & Mrs Ramzi Najjar
Daniel Sherr & Sherr Financial Assoc
Glen & Peggy O'Grady
Mike & Pat Lombard
Stephen & Robin Doherty
Brian Streb
Elaine Vaughan
Karen Vaughan
Kathleen Hogan-Matthes

GET THE FOOD YOU NEED TO STAY HEALTHY
APPLY FOR SNAP/FOOD STAMPS

Project Bread’s Food Source Hotline offers free, confidential screenings for SNAP/Food Stamp eligibility as well as assistance completing the application over the phone. Counselors are also available to help current recipients ensure they are receiving the maximum benefits.

Call Today! 1-800-645-8333
Seniors, press 2 for the dedicated Senior Line
Monday-Friday 8 am - 7 pm & Saturday 10 am - 2 pm

*Special hours for Seniors in February, March and April*
*Mondays & Wednesday 2 pm to 7 pm*
FRIENDS’ TRIPS
Advanced Registration
Checks should be made payable to ASCF

BOSTON SYMPHONY ORCHESTRA
OPEN REHEARSAL
Thursday, April 2; 8:30 am - 3 pm; $61/59* includes concert and late lunch. Beethoven’s *Violin Concerto* and Shostakovich’s *Symphony #10.*

WENHAM MUSEUM & WENHAM TEA HOUSE
Tuesday, May 5, 9:30 am - 4 pm; $51/49* includes admission, tours and luncheon tea. Following a tour of the museum’s doll collection, model trains and their historic 1690 Claflin House, the highlight of our trip will be a luncheon tea.

Coming Attractions
Tuesday, June 23: Wright Museum of WWII History
Monday, July 27: Schooner Fame Sail, Salem, MA

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.

You Asked. . . We Answered...
I have lived in my home for over 40 years and don’t want to move. However, my husband has recently had some health issues and I’ve been told that before he can be discharged from rehab, modifications need to be made to our house. The only bathroom which is on the second floor needs to be made accessible and a stair lift would need to be installed. I’m afraid that the costs of making these changes will be more than we can afford. Are there any funds that could help us with these expenses?

Massachusetts has a “Home Modification Loan Program” which offers low and no interest loans to both homeowners and landlords. Information can be found at www.mass.gov/mrc/hmlp.

Contact us if you would like additional information or to discuss your eligibility for the program in greater detail.

TRANSPORTATION CORNER

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 this 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.

GROCERY SHOPPING
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
April 13: Let’s do some errands, some browsing, some window shopping, all along Main Street right here in Andover! Then we’ll lunch at Papa Gino’s!
April 27: Who wants to get out of the house? The Mall is calling! Come shop, eat, and enjoy the newly renovated Rockingham Mall.

TOWN MEETING SHUTTLE
May 4 and 5: We will be offering shuttle service for annual town meeting. Park your car and we will shuttle you in our Center at Punchard bus.

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.
CONTINENTAL BREAKFAST
Monday, April 6; 9 am; Please be our guest for a complimentary breakfast. It’s a great time to see what is happening at your Center!

SPECIAL TRIAD PROGRAM - PHOTO ID
Friday, April 10; 11 am - 1 pm; The Center at Punchard, Andover Police Dept. and Essex County Sheriff’s Dept. will be providing free photo ids. The photo ids provide seniors with a secondary form of identification. This identification does not replace a driver’s license. Proof of I.D. is required for this I.D. Advance registration is required, space is limited. Please call 978-623-8321 to register.

CELEBRATE RED SOX OPENING DAY!
Monday, April 13; 1 pm; $3 for meal, by advance registration only. Join us at The Center to enjoy a special pre-game “Red Sox” version of Fever Pitch and then stay on for opening day at Fenway Park at 3:05 pm. Hot dogs, chips, soda and (O'Doul’s) beer will make the afternoon a “day at the park”!

HOLOCAUST REMEMBRANCE DAY
Wednesday, April 15; 1:30 pm; reception to follow. Ola and Wilhelm Dichter - born in and lived in Warsaw, Poland during WW II. Wilhelm, a Jewish Holocaust survivor (Hidden Child) during the war, has written a book about his life and will read some of the chapters. Ola, his wife was not Jewish but lived under the German occupation for six years and was a witness to all that happened. She has many stories to tell and will bring some collected materials such as memoirs and scrapbooks.

MEN’S BREAKFAST: A DAY IN THE LIFE OF A GRUNT
Friday, April 17; 8:30 am; $4; Andover resident, 1st LT Bob Lothrop, is a highly decorated Vietnam combat veteran. He will share his experiences and present pictures about his first-hand experience in small unit operations (Platoon, Company and Battalion level) with emphasis on the daily life of the Infantryman in Vietnam.

VOLUNTEER RECEPTION APRIL 24, 2015
Friday, April 24; 2 pm; Spring is here, even if there is some snow left on the ground! Along with Spring comes our chance to thank the wonderful volunteers that help us here at The Center and all throughout the town. Please join us for a fun afternoon of socializing, refreshments. Mark your calendars! Please let us know if you volunteer but don’t receive an invitation in the mail.

ASK THE LAWYER
Monday, May 11; 1:30 pm; Local Attorney Mike Furlong will be on hand to meet individually and answer general questions. Advance sign up required and first come, first served.

CULTURAL
Register at www.myactivecenter.com

SONGS AND STORIES OF WWII
Thursday, April 30; 1:30 pm; $5 includes refreshments. Take a musical journey with “Ramblin’ Richard” as he revisits the popular songs from WWII and tells the fascinating and largely unknown stories about them. Richard is a retired professor who studied Gospel and American folk music. He accompanies himself on guitar, 5 string banjo and baritone ukulele.

MEET THE ARTIST: BILL SWANK
Friday, May 1; 1:30 pm; Bill Swank, a Salem NH artist, joined the Marine Corps when Japan attacked Pearl Harbor and won a Purple Heart medal. Bill did a lot of drawing while he was in the service, later became an illustrator, artist, and cartoonist. He still creates comics and illustrations while maintaining a studio where he holds art classes for all ages. At age 91, he is very active in painting, fishing, hunting, and coaching little league baseball. Enjoy Bill’s artwork through the month of April.

COMMUNITY EVENTS
MISTRAL: THE GYPSY SPIRIT
Sunday, April 12; 3 pm at South Church; $15 Merrimack Valley Philharmonic Orchestra
Sunday, May 3, 2:30 pm; Rogers Center. Beethoven, Tchaikovsky featured. 10 free tickets as of April 1.
LECTURES
Register at www.myactivecenter.com

THE SOCIOLOGY OF AGING
Monday, April 13, 1:30 pm; Merrimack College Professor Ray Dorney reflects on the dynamics of teaching a recent intergenerational class combining our participants with 19 - 22 year old students.

STONE PLACES: HISTORIAN JOAN PATRAKIS
Thursday, May 7, 1:30; $3; Stone Places can be historic houses, churches, mill buildings and even a castle. Maybe country walls, cobblestone paths and granite foundations. Through photographs explore the beauty of these local treasures and learn their architectural and historical significance.

COMING EVENTS

MAY 14 - ROUTE 133: SIGHTS AND SURPRISES

Workshops
Register at www.myactivecenter.com

MINDFULNESS MEDITATION
Fridays through May 8; 3 - 3:30 pm; by donation; Mindfulness is a modern, evidence-based way of increasing your mental clarity, calm, happiness and health. Join us each Friday for a meditation session aimed at learning and practicing mindfulness. Beginners welcome.

MEMORIAL HALL LIBRARY COMES TO THE CENTER! - BOOK CLUBS
Monday, April 27; 1:30 pm; free; Are you in a book group and needs some fresh ideas. Or want to start a group and don’t know how to begin or you are looking for resources to help with discussions? This workshop will show you what is available to you at Memorial Hall Library? Gerry Deyermond, Assistant Head of Circulation.

YOUR PASSPORT TO THE WORLD: SHIPS LARGE AND SMALL: “60 YEARS OF CRUISING”
Monday, May 4; 1:30 pm; $3 includes dessert and coffee. Memories of sailing “Tourist Class” on the QE1 in 1955 will set the stage for a discussion of large ships versus small ships of today. Whether you’ve sailed for 60 years or not at all, this will be a fun afternoon led by Moe and Marcia Murphy as well as Nancy and Terry Crossfield.

COMING EVENTS

MAY 14 - CONTAINER GARDENING

Coping with Caregiving Series
Register at www.myactivecenter.com

Join us for this information packed program that explores resources available to those coping with caregiving of senior loved ones, as well as meeting demands of daily living. Prepare for a discussion of the book, Still Alice (on which the current movie of the same name is based) lead by Director Kathy Urquhart on the final night of the series. Pick up a copy of Still Alice from a staff member at The Center at Punchard.

April 2: Navigating the Legal Aspect of Caregiving. 7 pm; Free at Memorial Hall Library. Estate Planning Attorney, Debra Silberstein, discusses legal documents including: Health Care Proxy, Power of Attorney, MOLOT forms and community resources which are essential to help elders and their families.

April 9: What Next? Options After the Call
Whether it is a sudden crisis or gradual decline, many stages of Care must be understood & acted upon while caring for loved ones. Dina Finos, Wingate Healthcare

April 16: Practical Tips for Caregivers
Learn some proven tips to manage day to day aspects of care giving. Tricia Horgan, Atria Marland Place.

April 23: Caring for The Caregiver

April 30: Meet The Staff
Senior staff members present an overview of Center at Punchard’s support services and community-based resources. Refreshments by Under My Roof in Home Care.

May 7: Still Alice, Book Discussion
Join Kathy Urquhart, Director at The Center at Punchard, to discuss this provocative book.
## April 2015 Calendar of Events

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td><strong>Trip: Boston Symphony</strong></td>
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<td><strong>Holocaust Remembrance Day</strong></td>
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<td><strong>Parkinson’s Support</strong></td>
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<td><strong>Coping w/Caregiving at The Center at Punchard</strong></td>
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<td><strong>Podiatry by Appointment</strong></td>
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<td><strong>Town House Drop-In</strong></td>
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<td><strong>Art Group</strong></td>
<td><strong>Nature Walk</strong></td>
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<td><strong>9:30</strong></td>
<td><strong>“SHOP” Group</strong></td>
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<td><strong>Basic Tap</strong></td>
<td><strong>Volunteer Reception</strong></td>
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<td><strong>Fiber Arts</strong></td>
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<td><strong>Performance Tap</strong></td>
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<td><strong>Intermediate Yoga</strong></td>
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<td><strong>Fun and Games</strong></td>
<td><strong>Mindfulness Meditation</strong></td>
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<td><strong>2:00</strong></td>
<td><strong>Wellness Clinic</strong></td>
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<td><strong>Nordic Walking</strong></td>
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<td><strong>Strength Training</strong></td>
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<td><strong>Strength Training</strong></td>
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<td><strong>Art Group</strong></td>
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<td><strong>9:30</strong></td>
<td><strong>Craft Group</strong></td>
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<td><strong>10:00</strong></td>
<td><strong>Current Events @ OTH</strong></td>
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<td><strong>Mah Jong/Bridge</strong></td>
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<td><strong>Fun and Games</strong></td>
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<td><strong>Tai Chi - Balance</strong></td>
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<td><strong>3:30</strong></td>
<td><strong>BV Zumba</strong></td>
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<td><strong>BV Express Workout</strong></td>
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<td><strong>BV Screening Room</strong></td>
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<td><strong>7:15</strong></td>
<td><strong>Serenity Yoga</strong></td>
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**Every Monday**
- 9:00 Town House Drop-In
- 9:00 Sunrise Singers
- 9:00 Woodcarving
- 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

**Every Tuesday**
- 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
- 10:30 Scrabble
- 12:30 Social Bridge Lessons
- 1:10 Tai Chi - Balance
- 1:30 Fun and Games
- 2:00 Beginner’s Yoga
- 2:15 Line Dancing

**Every Wednesday**
- 8:00 Strength Training
- 8:50 Strength Training
- 9:00 Town House Drop-In
- 9:00 Art Group
- 9:00 “SHOP” Group
- 9:30 Basic Tap
- 10:00 Fiber Arts
- 1:00 Knit Wits
- 1:00 Performance Tap
- 1:15 Intermediate Yoga
- 1:30 Fun and Games
- 2:00 Wellness Clinic
- 3:50 Nordic Walking

**Every Thursday**
- 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
- 1:30 Fun and Games
- 2:15 Tai Chi - Balance
- 3:30 BV Zumba
- 6:45 BV Express Workout
- 6:30 BV Screening Room
- 7:15 Serenity Yoga

**Every Friday**
- 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 ESL Chinese
- 1:30 Fun and Games
- 2:00 Ping Pong
- 3:00 Mindfulness Meditation

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Registration at www.myactivecenter.com
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<th>MONDAY</th>
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<td>Sliced Roast Beef w/Gravy</td>
<td>Chicken Piccata</td>
<td>Fish Florentine</td>
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<td>Whipped Potatoes</td>
<td>Roasted Potatoes</td>
<td>Scalloped Potatoes</td>
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<td>Vegetable Medley</td>
<td>Glazed Carrots</td>
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<td>Fresh Fruit Cocktail</td>
<td>Diced Apricots</td>
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<td>Chicken Supreme</td>
<td>Shepherd’s Pie</td>
<td>Roast Turkey w/Gravy</td>
<td>Chef’s Salad w/</td>
<td>Lemon Pepper Fish</td>
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<td>Sweet Potatoes</td>
<td>Mixed Vegetables</td>
<td>Whipped Potatoes</td>
<td>Lettuce, Tomato, Tomato, Cukes, Black Olives, Egg, Roast Beef, Turkey, Ham &amp; Cheese</td>
<td>Roasted Potatoes</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Mandarin Orange</td>
<td>Broccoli</td>
<td></td>
<td></td>
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<tr>
<td>Fresh Fruit &amp; Cookie</td>
<td>Rice Pudding</td>
<td>Banana &amp; Cookie</td>
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<tr>
<td>Pot Roast</td>
<td>Hamburger on a Roll</td>
<td>Chicken Stir Fry</td>
<td>Meatloaf w/Gravy</td>
<td>Tuna Salad in a Roll</td>
</tr>
<tr>
<td>Whipped Potatoes</td>
<td>Lettuce &amp; Tomato</td>
<td>Mixed Vegetables</td>
<td>Mashed Potatoes</td>
<td>Lettuce &amp; Tomato</td>
</tr>
<tr>
<td>Glazed Carrots</td>
<td>Potato Salad</td>
<td>Baked Potato</td>
<td>Green Peas</td>
<td>Pasta Salad</td>
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<tr>
<td>Canned Pineapple</td>
<td>Cole Slaw</td>
<td>Peach Melba</td>
<td>Jello w/Whipped Topping</td>
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<tr>
<td>&amp; Cookie</td>
<td>Cookie</td>
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<tr>
<td></td>
<td>Fruit &amp; Cookie</td>
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<tr>
<td>CLOSED</td>
<td>Chicken Pot Pie</td>
<td>American Chop Suey</td>
<td>Stuffed Chicken</td>
<td>Spinach Pie</td>
</tr>
<tr>
<td>Patriots’ Day</td>
<td>Whipped Potatoes</td>
<td>Mixed Vegetables</td>
<td>Italian Vegetables</td>
<td>Wild Rice</td>
</tr>
<tr>
<td></td>
<td>Mixed Vegetables</td>
<td>Fresh Orange</td>
<td>Roasted Potatoes</td>
<td>Canned Pineapple</td>
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<tr>
<td></td>
<td>Fruit &amp; Cookie</td>
<td></td>
<td>Strawberries</td>
<td>&amp; Cookie</td>
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<tr>
<td>Chicken Piccata</td>
<td>Eggplant Parmesan</td>
<td>Chicken Cordon Bleu</td>
<td>Veal Parmesan</td>
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<tr>
<td>Wild Rice</td>
<td>Garlic Bread</td>
<td>Roasted Potatoes</td>
<td>Boiled Potatoes</td>
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<tr>
<td>Julienne Vegetables</td>
<td>Italian Vegetables</td>
<td>Julienne Veggies</td>
<td>Italian Vegetables</td>
<td></td>
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<tr>
<td>Orange</td>
<td>Fresh Strawberries</td>
<td>Fruit &amp; Cookie</td>
<td>Arctic Fruit Punch</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.
BoomerVenture Campus
Spring Semester runs through May 15.
Register at www.myactivecenter.com

Note: No classes April 20.

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

ENERGIZE WITH EXERCISE
FUN, AEROBIC AND WEIGHT TRAINING WORKOUT
Mondays through May 11; 3:30 pm

ZUMBA TONING
WEIGHT TRAINING AND CARDIO FITNESS & DANCE!
Thursdays through May 14; 3:30 - 4:30 pm

SERENITY YOGA
GENTLE YOGA WITH MEDITATION
Thursdays through May 14; 7:15 - 8:30 pm

*NEW* EXPRESS WORK-OUT
IN AND OUT; GREAT WORK-OUT; ALL MAJOR MUSCLE GROUPS.
Thursdays through May 14; 6 - 6:45 pm
No floor work. Pick up a dinner-to-go (salads, wraps or soup). Call our kitchen by 11am that day to pick up that night; prices start at $3.50. What’s stopping you? Get fit and get dinner in less than an hour!

NORDIC WALKING
CARDIO WORKOUT WHILE HIKING AVIS TRAILS
Wednesdays, April 1 through May 6; 3:50-5:15 pm; $33

SIP, PAINT, CREATE AT METAMORPHOSIS
Thursday, April 2; 7 pm; $25; After March 12, registration is open to the public at $35. Enjoy fun night with friends. No painting experience necessary. Artists will guide you; leave with your own masterpiece. BYOB and snacks. Register by March 12 at: www.metamorphosisartanddesign.com/events/spirited-painter-boomer-ventures.

COPING WITH CAREGIVING
See page 5 for details on this important series.
**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, **April 9**: 1:30 - 3 pm. Charles Brown, Parkinson’s Action Network, Massachusetts Assistant State Director, will be here to discuss “What the PAN and what government bills are bring monitored and supported by this important agency.” For further information contact Kristine Arakelian, LCSW, MPH at The Center at Punchard.

**PAIN MANAGEMENT SUPPORT GROUP**

The next monthly support meeting is Monday, **April 13** 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.

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**Senior Connections**

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

Come join us

The program offers respite to spouses and families caring for an elderly person. We provide a nurturing and safe environment for your loved one. The program is based at The Center at Punchard. Transportation is also offered, for Andover residents. For more information or to schedule a tour, please contact Myles Costello, RN or Kristine Arakelian, LCSW, MPH at 978-623-8321.

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**TRIAD PROGRAM**

TRIAD is a joint collaboration between The Center at Punchard, the Andover Police Dept., the Essex County District Attorney’s Office and the Essex County Sheriff’s Dept. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. The group meets the 2nd **Thursday of the month** from 10-11am at The Center at Punchard. The TRIAD group is seeking senior volunteers to assist with identifying, developing and initiating programming. Next meeting: Thursday, **April 9**.

* See also page 4 for special TRIAD event.

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**FRIENDS’ CORNER**

The Crystal Ballroom Welcome Spring! at the Town House

Sunday, **April 26**, 6 -10 pm. Town House, 20 Main Street, Andover (free parking behind building)

Dance Instruction by Tom Webster, Dance New England, 6-7pm

Music by D.B.’s Orchestra For Dancing and Listening 7–10pm

Complimentary Hors D’oeuvres and Cash Bar. Please no outside food or beverage allowed.

Advanced Tickets $10
Tickets at door: $15 singles; $25 per couple

Tickets available at The Center at Punchard @ 978-623-8321; Andover Bookstore @ 978-475-0143

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**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.
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.

April 16: Cutting For Stone
by Abraham Verghese

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.

OUTDOOR ACTIVITIES

All hikes meet at The Center at Punchard at 9:00am. Activities subject to change due to weather and conditions. Registration is a must at www.myactivecenter.com. Any cancellation or changes will be communicated by email and/or phone to those registered. All participants need a health release form on file at The Center. Bring water and wear sturdy shoes or hiking boots, bug spray and walking stick. Please be sure we have your email and phone to keep you informed.

Women’s Outdoor Adventures
April 23: Hike with AYS

Men’s Outdoor Adventures
April 8: Ward Reservation
April 22: Deer Jump
May 6: Windham Bike Trail

Nature Walks
Fridays, April 24 through May 29. Meet at 8:30am in parking lot to join a group of nature lovers. Carpool to AVIS properties to enjoy a gentle walk and enjoy the spring! Bring binoculars and wear good walking shoes. Register at www.myactivecenter.com and fill out new medical form.

Coming Soon
Golfing Group

COMPUTER USERS’ GROUP
MEMORIAL HALL LIBRARY AT 1:30 PM
Monday, April 13: Word and Excel hints - repeat by popular demand. Bring questions. Call The Center to get on the email list!

TOWNHOUSE WELCOME DROP-IN CENTER
Monday - Friday; 9 am to noon
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, for coffee and conversation. Current Events Discussion every Thursday at 9:30 am. Afterwards, join the group and come to The Center for lunch!

Ask A Nurse
Q: My doctor wants me to monitor my blood pressure. Where can I go for that?

A: There is a Wellness Clinic offered every Wednesday from 2 pm – 3 pm at The Center at Punchard. It is a walk-in clinic, no appointment is needed, but you do need to put your name on the sign in sheet to be seen. Because it is a Wellness Clinic the nurses can do more than just take your blood pressure. They can discuss medications, diet, lab results, medical visits, hospitalizations/surgery, social issues, or other issues related to you and your health. The clinic will be held every week unless The Center is closed.

Monday Movie Matinees
1 pm; Free

April 6: Gone Girl based on best selling novel
April 27: Birdman starring Michael Keaton - Academy Award Winner - Best Picture!

BoomerVenture Screening Room
Thursday; 6:30 pm; Free

April 2: Finding Vivian Meier (documentary)
April 9: The Past - French and Persian
April 16: Kill Your Darlings
April 23: Simon and Oaks (Swedish subtitles)
April 30: Love is Strange (featuring John Lithgow)

Townhouse Welcome Drop-in Center
Monday - Friday; 9 am to noon
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, for coffee and conversation. Current Events Discussion every Thursday at 9:30 am. Afterwards, join the group and come to The Center for lunch!
The Center at Punchard - Phone No. 978-623-8321 - Info Line 978-623-8377
www.andoverseniorcenter.org
e-mail us at seniorcenter@andoverma.gov

**POLICY for The Center’s Programming**

Registration for all of our programming is done online at [www.MyActiveCenter.com](http://www.MyActiveCenter.com)

We now accept cash, checks and credit cards.

**Andover residents** should register for all programming online by going to www.myactivecenter.com. Payments may be made online using PayPal or at The Center at Punchard

**Non-residents** may sign up online one week before the start of a program and must come to The Center to pay.

Anyone registering for part of a program must come to The Center to register and pay.

**12-week Semester Programming**: Please help us by signing up during the last week of the current semester for the next semester. Non-residents cannot sign up until the Friday of registration week. Ask about auditing a class once for free and our half semester fees.

Fees charged for programs are used to offset costs associated with that program. The program may be cancelled when we are unable to cover those costs.

**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.

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**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.

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**The Fix-It Shop**

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

**April 6 and 27**
**May 11**
1 - 3 pm

**Cost is:**
$4 plus parts for seniors (ID required)
$10 plus parts for non-seniors/non-residents
$2 diagnostics fee

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**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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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.