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

When May was first designated as “Older Americans Month” in 1963, life in the United States was very different than it is today. You may remember when gas was .30/gallon, JFK was still alive, the Beatles had not yet landed on our shores and fewer than 1 in 10 would reach their 65th birthday. One third of older Americans lived in poverty and there were few programs or services available to meet their needs. Today, we are not only living longer, we are healthier and have many more options available to us. According to Andover’s most recent census, 15 Andover residents will reach 100+ this year. Our Older Americans Month celebration celebrates the lives of those residents who have or will turn 85 in 2015. Invitations have been sent. If you are one of that select group, we hope you can join the celebration. Transportation is available.

The theme chosen by the NCOA for this year’s Older Americans Month celebration is “Get into the Act... to make the benefits of community living a reality for more older Americans. Together we can promote healthy aging, increase community involvement for older adults, and tackle important issues like the prevention of elder abuse”.

Please be sure and check for any schedule changes this month. The wooden floor in the cafeteria is going to be refinished and is off-limits the last two weeks in May, which will have some impact on our scheduling. Work is also being done at the front entrance; the bricks are being removed. You may access The Center by the patio door on the far side of the building. There is also parking on that side. As always, staff is available to assist should you have difficulty.

In April, over 100 turned out for the Annual Volunteer Reception at the Town House. Our thanks to the Andover Senior Community Friends for a generous donation in support of this event. Over 200 volunteers work throughout the Town, sharing their time, talent and enthusiasm. We don’t know what we would do without them! If you would like to share your skills, please drop in and speak with Andrea.

We’ve been planning summer activities. Check the calendar for grill nights, as well as an afternoon outing to Pomp’s Pond on June 16th for picnicking, swimming, boating, hiking or just relaxing. We’re also looking for someone who can would like to help us get Badminton up and running this summer.

Best Regards, Kathy Urquhart

‘Today is the oldest you’ve ever been, and the youngest you’ll ever be again.’
Eleanor Roosevelt.
HEALTHY LIVING TIDBITS: FIGHTING INFLAMMATION THROUGH NUTRITION
Friday, May 1; 9:30 am; 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.

MASS BAR ASSOCIATION: TAKING CONTROL OF YOUR FUTURE: A LEGAL CHECKUP
Friday, May 29; 9:30 am; Presented with the generous assistance and cooperation of the MASS Chapter of the National Academy of Elder Law Attorneys. This program will offer you the opportunity to explore important planning issues.

HEALTHY LIVING TIDBITS: FOOD AND YOUR MOOD
Friday, June 5; 9:30 am; Sometimes bad moods can just happen, we all know that, but did you know often times the fuel we take into our bodies can cause our moods to change? We will look at the ups and downs of food and moods in this presentation.

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.

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.

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
**FRIENDS’ TRIPS**

**Advanced Registration**
Checks should be made payable to ASCF

**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.

**WRIGHT MUSEUM OF WW II HISTORY in WOLFEBORO, NH**

Tuesday, June 23; 9:30 am - 4 pm; $50/48* includes admission and lunch. This museum presents the stories of America’s Greatest Generation. Offering accounts from both the battlefields and particularly the home front shows how Americans pulled together as never before - or since. Lunch at Downtown Grille with time to explore the shops/waterfront.

*Members of the ASCF receive a $2 discount.

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**TRAFFIC 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.

**Fun Trips**

May 4: I feel a bit LOOPY!!!! Let’s go to THE LOOP for Shopping and Lunch. Any maybe even snake over to MANN ORCHARDS for a yummy dessert!

May 11: Sign Up! The NORTHSHORE MALL beckons! A clean, comfortable, and stylish mall with many stores and a delicious food court. Come join the fun!

**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.

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**You Asked... We Answered...**

**Q:** I’ve been volunteering in the SCRPT property tax work off program and received my tax bill which is due on May 1st. Even though I’ve finished my hours the abatement doesn’t show on my tax bill.

**A:** The property tax bills are prepared in advance, so it is unlikely that you will see a credit reflected in the actual bill you receive. If you completed your hours by early April, there should be ample time for the different departments involved in processing the paperwork to have it completed before the taxes are due on May 1st. After Elder Services has verified your hours, Accounting confirms deductions, the Assessor records and issues the abatement certificate and the Treasurer records the payment. For those who complete their hours after May 1st, a check will be issued in July for the amount your taxes were overpaid. Remember, all work in the program must be completed between July 1st and June 30th. Information about the FY 16 SCRPT program will be in the June newsletter.
CONTINENTAL BREAKFAST
Wednesday, May 6; 9 am; Please be our guest for a complimentary breakfast. It’s a great time to see what is happening at your Center!

MEN’S BREAKFAST:
PHILLIPS ACADEMY PEABODY MUSEUM
Friday, May 8; 8:30 am; $4; Ryan Wheeler, Director of the Phillips Academy Peabody Museum, one of the nation’s major repositories of Native American archaeological collections, will discuss the museum's mission, collections, and areas of public access and interest.

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 is first come, first served.

OLDER AMERICANS MONTH:
85+ BIRTHDAY PARTY
Wednesday, May 13; 2 - 3pm; We invite those Andover residents who are 85+ years old to join us for a cake and ice cream party. Watch for your invitation in the mail in early May. When you RSVP, please let us know if you would like a ride or if you will need any special accommodations when you arrive at the party. We’re happy to valet your car if you can let us know in advance.

GRILL NIGHT
Join us Thursdays, June 4 and 18; 5 - 7 pm (seatings are at 5, 5:30, 6 and 6:30 pm) for our summer outdoor “Grill Nights” and an optional BoomerVenture Screening Room feature movie each evening at 6:30 pm. These meals require advance reservation and payment. Selections include salads, drink, and dessert as well as a main course, starting at $5 per complete meal. Specials: June 4 - salmon for $9 and June 18 - steak tips for $8. All are welcome. We’ll start taking reservations May 1 for June 4.

FUN AND GAMES
Games, games, games! We are hosting a variety of games almost every day of the week running the gamut from scrabble to bridge. We’re looking for Canasta players (or those you would like to learn) as well as chess players. We are running a variety of bridge games throughout the week, from drop-in social bridge to duplicate bridge. Stop by the front desk if you haven’t connected with a group yet – or if you want to start one! Volunteers are available to teach and play – just let us know what sounds fun to you and we’ll try to get a group going. All are welcome!

ICE CREAM SOCIAL
Monday, June 22; 1:30 pm; $3; Hard to believe, but summer is here! Celebrate with your friends as we have an informal gathering to make our own sundaes and share our stories of the worst winter on record! Advance registration required and will start June 1.

Volunteer Corner
This year is flying by! It’s now May and most of you are wrapping up obtaining your hours for the SCRPT program. If you have any questions about achieving this goal, please give me a call. Remember to turn in the Yellow time sheets so I can tally your hours and get you processed at the Assessor’s office. Do not worry if it takes you to the last day in June to gain your hours. As long as I receive the time sheets on June 30th, you will be processed quickly.

There is still a need for help in our gardens. The winter was hard on these areas and we would love to have a few people help bring them back to life! This position would also extend into the next SCRPT year so there is an opportunity to gain hours throughout the summer. We are also in great need for Medical Transportation drivers. This is a very rewarding position to ease someone’s mind about having to get to a doctor’s appointment. If you have completed your hours, please use a ‘Green’ sheet to track your hours and return this to me as well. All these hours are vital to our reporting of services to the Town and State.

Thank you, Andrea
**LECTURES**

**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.

**Stone Places with Historian Joan Patrakis**
Thursday, May 7; 1:30 pm; $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.

**CULTURAL**

**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. 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. We enjoyed Bill’s artwork through the month of April.

**Addison Gallery of Art: Crossing the Pond: American Artists’ European Sojourns**
Thursdays, May 7, 14 and 21; 2 pm; free of charge with registration. Meet in the museum’s lobby. The first and third lectures will broadly trace the phenomenon of American artists traveling to Europe from the late 18th century to the present day, while the second lecture will focus specifically on Alfred Maurer and his exhibition “At the Vanguard of Modernism”.

**WORKSHOPS**

**Mindfulness Meditation**
Fridays through May 15; 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.

**Container Gardening at Konjoians Greenhouses**
Thursday May 14; 1:30 – 3:30 pm; $9 for container and potting soil, plants at your cost with 25% discount at the greenhouse. Coffee, tea and snacks. Must pre-register by May 11. You don’t need a yard to garden. Plant indoors or out in a portable container. Enjoy the company of friends, relieve stress, and lift your spirits while soaking up some Vitamin D in the healing environment of the greenhouses. Staff will be available to guide you through material selection. Plenty of parking at Konjoians Greenhouses and Landscape Solutions, 221 Chandler Road, Andover, Ma. Pre-registration required starting May 1 at myactivecenter.com. Let us know if transportation is a problem.

**Diabetes Self-Help Workshop**
Thursdays, June 11 – July 23; (not including July 2); 1:00 – 3:30 pm; free of charge. Take control of your diabetes today with a free Diabetes Self-Management Workshop. In the six week program we will be learning new ways to deal with the symptoms of diabetes, fatigue, pain, stress, emotional difficulties, healthy eating, use of medication, and goal setting. If you’re interested in registering or finding out more about this workshop, please contact The Healthy Living Center of Excellence (ESMV) at 978-946-1211.

**Check us out on line!**
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. Please include your name and street address.

This also helps reduce our postage costs when we mail our newsletter in March, June, September and December.

Don’t forget to let us know if you change your email address. Email it to: seniorcenter@andoverma.gov along with your name.
### May 2015 Calendar of Events

**Registration at**

www.myactivecenter.com

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**REGISTRATION WEEK**  SIGN UP MAY 11 - 15 FOR NEXT SEMESTER

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**SEMESTER BREAK WEEK**  MAY 18 - 22  - MAKE - UP CLASSES ONLY

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**NO PROGRAMMING - May 26 - 29 DUE TO WORK BEING DONE - LUNCH WILL BE SERVED**

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 Energee with Exercise

Every Tuesday

7:50 Men/Women in Motion @ YMCA
9:00 Town House Drop-In
9:00 Strength & 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
3:45 Nordic Walking

Every Thursday

7:50 Men/Women in Motion @ YMCA
9:00 Town House Drop-In
9:00 Strength & 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
6:00 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
### May 2015 Lunch Menu

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<tr>
<td>American Chop Suey Mixed Vegetables Orange &amp; Cookie</td>
<td>Chicken Pot Pie w/Veggies Whipped Potatoes Strawberry Shortcake</td>
<td>Veal Piccata Wild Rice Broccoli Peach Melba</td>
<td>Garden Salad w/ Scoop of Chicken Salad Oatmeal Roll Apple &amp; Cookie</td>
<td>White Vegetable Lasagna Italian Vegetables Sliced Peaches</td>
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<td>Baked Chicken Baked Potato Sautéed Vegetables Canned Pineapple</td>
<td>Stuffed Cabbage Roll Whipped Potatoes Green Beans Fresh Banana &amp; Cookie</td>
<td>Meatloaf w/Gravy Whipped Potatoes Glazed Carrots Chocolate Pudding</td>
<td>Chicken Marsala Rice Pilaf Green Peas w/ Pearl Onions Fresh Strawberries &amp; Cookie</td>
<td>Baked Potato Haddock Scalloped Potatoes Julienne Vegetables Lime Sherbet</td>
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<td>Shepherd’s Pie Whipped Potatoes Creamed Corn Rice Pudding &amp; Banana</td>
<td>Eggplant Parmesan Ziti w/Sauce Italian Vegetables Fresh Fruit Cup</td>
<td>Baked Chicken w/Sun Dried Tomato Sauce Whipped Potatoes Butternut Squash Apple Pie</td>
<td>Roasted Turkey &amp; Gravy Whipped Potatoes Glazed Carrots Fresh Cut Fruit &amp; Cookie</td>
<td>Seafood Newberg White Rice Brussel Sprouts Arctic Ice</td>
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<td>CLOSED</td>
<td>Hamburger on a Roll w/Lettuce &amp; Tomato Potato Salad &amp; Cole Slaw Banana</td>
<td>Chef’s Salad Meal Peach Melba</td>
<td>Chicken Piccata Sweet Potatoes Greent Beans Orange &amp; Cookie</td>
<td>Spinach Pie Rice Pilaf Fresh Fruit Cup</td>
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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.
Screening Room
See pg. 10 for details or visit www.boomerventure.com

Energize with Exercise
Fun, aerobic and weight training workout
Mondays, June 1 – August 10; 3:30 pm; $60.50

Zumba Toning
Weight training and cardio fitness while you dance!
Thursdays, June 4 – August 13 3:30 pm; $55
(no class July 2)

Serenity Yoga
Gentle yoga with extended meditation
Thursdays, June 4 – June 25; 7 – 8:15 pm; $24

Express Work-out
Thursdays, June 4 – June 25; 6pm $22; Great work out with no floor work – hit all the muscle groups and hit the road in 45 minutes. Pick up a dinner to go (salads or wraps) by calling our kitchen by 11 am that day. Prices start at $4.50. Get fit and get dinner in less than an hour!

Nordic Walking
Top rated cardio workout while hiking AVIS trails
Wednesdays, May 27 – June 24; 3:45 – 5:15pm; $27.50

Social Security: Someday or Today?
Thursday, June 11; 6:45 pm; Free; Learn about the programs, benefits, and services.

Community Drum Circle
Thursday, June 25; 6:45 pm; $10; Make some noise and find your joy! Reduce stress, improve immune system and have a blast! Play West African, Japanese, and a variety of percussion instruments. Bring your instrument or enjoy the ones we provide. Register starts June 1.

Water Work out at the YMCA
Tuesdays, April 28 – June 16; $36

Sunrise Singers
Mondays, June 1 – August 10; 9 am; $22
Beginners always welcome. No sight reading required.

Wood Carving
Mondays, June 1 – August 10; 9 am; $27.50
Some instruction provided for beginners.

Rhythm-Aires
Mondays, June 1 – August 10; 10:15 am; $11

Open Art Studio Drop-In
Wednesdays and Thursdays; 9 -11:30 am; Free.
Join a group of like-minded artists and enjoy the camaraderie of an open, drop-in group. No instructor, but you will trade ideas and informally learn from your peers. Bring your choice of medium (such as pastels, gouache, oil, acrylic or pencil).

Tai Chi Beginner
July 21 – August 13; $28; Tuesdays at 1:10 and Thursdays at 2:15pm. Two times per week for this intensive beginner’s tai chi program. You will be ready to go for the fall to join a newly forming beginner’s tai chi program.

Tai Chi Intermediate
Thursdays, July 23 – August 13;1:10 pm; $14;
Continue your intermediate practice with this 4 week summer session.

Duplicate Bridge
Fridays, June 5 – August 14 (no classes July 3); 1 – 3:30 pm; $20; A Duplicate Bridge class is forming in a fun, informal setting. Intermediate bridge skills are required as well as partners. For more information drop by on Tuesday or Thursday afternoon and ask for Ed or Charles.
SUPPORT GROUP NEWS

PARKINSON’S DISEASE SUPPORT GROUP

Meets the 2nd Thursday of the month, September through June, from 1:30 - 3 pm at The Center. This is an open group and all are welcome. Our next meeting will be Thursday, May 14, from 1:30 - 3 pm. Paula Evans, PharmD, MS, CGP, Assistant Professor of Pharmacy Practice, Director, Pharmacy Outreach Program, Massachusetts College of Pharmacy, will be here to discuss “Drug Coverage, Drug Safety & Drug Coverage Costs”. For further information contact Kristine Arakelian, LCSW, MPH at The Center at Punchard.

PAIN MANAGEMENT SUPPORT GROUP

The next monthly support meeting is Monday, May 11 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.

FRIENDS’ CORNER

WE ARE MOST PLEASED TO BELATEDLY ANNOUNCE

Our latest and greatest growth spurt and new WEBMASTER, JIM MURPHY.

If we were to list all of Jim’s accomplishments, we would need the space of the entire newsletter. Jim has, under his belt, over 35 years of company management and career building, marketing, sales and business training expertise, including the fields of electronics and audio video. He is an entrepreneur and volunteers for S.C.O.R.E and now FRIENDS. How lucky are we!

Stay tuned for more information on our new domain, www.andoverseniorkomunityfriends.org, as we continue to grow.

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.

Bill Mitchell will be walking in June in support of Parkinson’s Disease; sponsors welcomed.

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 10-11 am at The Center at Punchard. The TRIAD group is seeking senior volunteers to assist with identifying, developing and initiating programming. Next meeting: Thursday, May 14.

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.

**May 14:** *Come Home* by Lisa Scottoline

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.

A special thanks...

I’d like to introduce the newly elected Officers of the Council on Aging Board:

- Ann Grecoe, Chairperson
- Margaret O’Connor, Vice Chairperson
- Kenneth DeBenedictis, Secretary

and thank the outgoing Officers:

- Donald Robb, Chairperson
- Ann Grecoe, Vice Chairperson
- Margaret O’Connor, Secretary

The Council on Aging Board members are appointed by the Town Manager to a three year term. As adopted by Town Meeting in 1966, the Council on Aging identifies the needs of our older residents, educates the community and enlists their support to design and implement services to meet those needs.

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**

May 4: Vale Trail
May 21: Phillips Academy Bird Sanctuary
June 1: West Parish Meadow

**MEN’S OUTDOOR ADVENTURES**

May 6: Windham Bike Trail
May 20: Methuen State Park Bike Trail
June 3: Forest Hills Cemetery; Jamaica Plain, MA

**NATURE WALKS**

Fridays, through May 29. Meet at 8:30 am in the 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.

COMPUTER USERS’ GROUP

MEMORIAL HALL LIBRARY AT 1:30 PM

Monday, May 11; 1:30 pm at Memorial Hall Library in the lower level activities room. We will take another look at tablet computers such as iPads and Android devices. Please bring your tablet device in and help share your experiences with others.

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!
FROMME ANTIQUES

Restoration, Repair and Refinishing of Antique and Contemporary Wood Furniture
– Buying & Selling –
Lance Fromme, 23 Burton Farm Drive, Andover, MA 01810
lfromme@comcast.net

SeekAndFind.com is NEW and IMPROVED
Now it’s even easier to shop these advertisers.
Show them your support!
How to Register:

To Register Online
- Must have been signed up at The Center and have a "MySeniorCenter" key tag
- Go to www.MyActiveCenter.com to set up your account

To Register "off-line" (no computer)
- Contact us so we can set up your account
- Once set up you can register in person or over the phone

Payment can be made:
- Online with PayPal
- In person: cash, check, or credit card
- By mail: check
- By phone: credit card

Andover residents
- Can register online for programs and a full semester of classes
- Registration for partial (half) sessions cannot be done on-line

Non-residents
- May sign up online one week before the start of a class/program
- Payment cannot be made on-line

Cancellations
- Check the info line: 978-623-8377 for class cancellations due to weather and unforeseen circumstances
- May be cancelled due to under enrollment

THE FIX-IT SHOP

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

May 11
June 8 and 22
1 - 3 pm
Cost is:
$4 plus parts for seniors (ID required)
$10 plus parts for non-seniors/non-residents
$2 diagnostics fee

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.

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.