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

Summertime, we look forward to being outside more, enjoying the fresh air and sunshine, but these pleasures can also bring hazards to be aware of.

I recently learned that someone who had been diagnosed with skin cancer after having a small “spot” on their face checked by a dermatologist had to have major reconstructive surgery as a result. Skin cancer — the abnormal growth of skin cells — most often develops on skin exposed to the sun; but this common form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight.

You can reduce your risk of skin cancer by limiting or avoiding exposure to ultraviolet (UV) radiation, as well as staying out of the sun when it is the strongest, (10 am – 4 pm), applying sunscreen, and wearing a hat, sunglasses and protective clothing. Checking your skin for suspicious changes can help detect skin cancer at its earliest stages. Early detection of skin cancer gives you the greatest chance for successful skin cancer treatment.

There are many different theories about why there are more instances of skin cancer than even 20 years ago, a discussion I’m going to avoid. Suffice it to say that there are steps you can take to both protect yourself and to identify a problem early when it is easily treated.

Most people with Lyme disease become infected during the late spring, summer, and early fall when immature ticks are out looking for their meal. Lyme disease imitates a variety of illnesses and its severity can vary from person to person. If you have been bitten by a tick and live in an area known to have Lyme disease, see your doctor right away so that a proper diagnose can be made and treatment started.

Tips to prevent tick bites:
- Wear light colored clothing, with pants tucked into your socks
- Keep grass trimmed as short as possible
- Apply tick repellent with DEET or Permethrin to shoes and clothes; avoid contact with skin
- Check for ticks as soon as possible; the longer they are on you, the greater the risk

We hope that whatever your summer activities, you enjoy yourself and take the necessary precautions to stay well. Remember that we are air conditioned, should you want a spot to cool off.

Best Regards, Kathy Urquhart

“There shall be eternal summer in the grateful heart.” Celia Thaxter
HEALTHY LIVING TIDBITS: THE SUGAR - CHOLESTEROL CONNECTION
Friday, July 10; 9:30 am; We have been told since we were young to watch our fat intake and avoid eggs so we can control our cholesterol levels. All this is now changing before our eyes! We will explore the facts behind sugar and cholesterol and what you need to know.

SCAMS AND FRAUD - PRACTICAL TIPS TO PROTECT YOURSELF
Friday, July 31; 9:30 am; Scams and fraud are now a part of our daily life. Take advantage of a new workbook written by Chief Patrick Keefe, with easy-to-follow tips on avoiding scams we are exposed to EVERY DAY. Officer Robin Cataldo, our local Elder Affairs liaison, will lead the discussion.

HEALTHY LIVING TIDBITS: FITNESS PAST FIFTY: WHAT EXACTLY SHOULD YOU BE DOING OR ABLE TO DO?
Friday, August 7; 9:30 am; As we age, some folks are able to do so much more than others on a physical basis. We will look at what you SHOULD be able to do, how to test for certain skills and show you how to improve your weaknesses.

THE MASSACHUSETTS HOMESTEAD PROTECTION ACT
Monday, August 10; 1:30 - 2:30 pm; Register starting July 1. Northern Essex Register of Deeds M. Paul Iannuccillo will conduct a seminar and answer questions regarding the Homestead Act in Massachusetts which offers protection for a person’s residence from most creditors up to $500,000. The fee for filing a Homestead is $35. Cash or check is acceptable, if you chose to do so at that time. A notary will be present and homeowners should bring their deed or they can help provide one. 10c per page for documents copied.

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.

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

SCHOONER FAME SAIL, SALEM, MA
Monday, July 27; 10:30 am - 5 pm; $61/59 includes cruise and lunch. Start the day with lunch at Salem’s top-rated “Red’s” and then head to Pickering Wharf to sail on a full-scale replica of the War of 1812 privateer, Fame. Learn about fishermen, privateers, merchants and men of war who shaped the North Shore while sailing.

WINNIPESAUKEE RAIL ROAD
Wednesday, August 12; 8 am - 4 pm; $61/59*. Enjoy a lake-view nostalgic excursion on a 1849 railroad line. Once a part of the Boston and Maine Railroad it brought vacationers to the lake from the late 1890’s to the 1950’s. After our scenic train ride we’ll enjoy a late lunch at the Water Street Café in Laconia.

*Members of the ASCF receive a $2 discount.
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.

TRANSPORTATION CORNER

MEDICAL TRANSPORTATION
Transportation to medical appointments is available. A minimum of one week advance notice is required. Contact Carol at 978-623-8321 for more details and donation information.

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

MONDAY FUN TRIPS
Monday’s Fun Trips - 10 am - 3 pm

You Asked. . . We Answered...
Q: I used to come to lunch quite often, but now I don’t drive. I heard you deliver meals. How can I get them?

A: We do deliver Meals on Wheels. This program is made possible by federal funding as granted through Elder Services of the Merrimack Valley to people who meet certain criteria:
* You must be age 60+ and homebound-that is unable to leave your home except with great difficulty and or assistance
* Unable to shop or prepare a meal
* Not have someone available who can prepare a meal for you.

If you believe you meet these guidelines, please contact either Elder Services at 1-800-892-0890 or Kristine Arakelian at 978-623-8321.

We can also provide transportation to The Center to Andover seniors who are interested in participating in programs at The Center. Please call us so we can discuss what might be most appropriate for you.

The monthly menu is published in the newsletter and we also offer a variety of salads and sandwiches through the Lunch Box café.

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.

Like us on facebook
CELEBRATE OUR COUNTRY’S BIRTHDAY!
Thursday, July 2; noon; $2.50 donation. Enjoy a cook-out including hot dogs, hamburgers, watermelon and more. This is part of our congregate lunch so be sure to get registered for that special day in advance. Outdoor seating, weather permitting.

GRILL NIGHT
Join us Thursdays, July 9 and 23; 5 – 7 pm (seatings at 5, 5:30, 6 and 6:30 pm) by advance reservation and payment for our outdoor “Grill Night”. Selections include salads, drink, and dessert, as well as a main course, starting at $5 per complete meal. Specials: July 9: Shrimp Kabob - $9 and July 23: NY Sirloin - $11. BoomerVenture Screening Room feature movie runs both evenings at 6:30 pm. All are welcome.

CONTINENTAL BREAKFAST
Thursday, July 16; 9 am; Please be our guest for a complimentary breakfast. Come and meet Carol Howe, our transportation coordinator. Bring your questions and/or concerns about transportation to such places as medical appointments, the grocery store or to The Center to participate in activities or lunch. It’s a great time to see what is happening at your Center!

MEET THE AUTHOR
Thursday, July 30; 1:30 pm; Gather round to enjoy local Andover resident and Korean war veteran Leo Griffin as he shares from his novel “Bunker Hill Day”. Using memories from his childhood in Charlestown as a foundation for his work, Leo’s character Fitzi travels from juvenile delinquency to a PhD at MIT in his search to find himself. Reception follows.

FUN AND GAMES
Enjoy a variety of games Tuesday through Friday running the gamut from cribbage to bridge. Canasta? Chess? Scrabble? 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. Check the calendar for bridge games running throughout the week, from drop-in social bridge to duplicate bridge. Badminton anyone? Let us know! All are welcome!

MONDAY MOVIE MADNESS!
TOO DARN HOT, words spoken all too often around Andover during July and August. They are also the title to one of the great songs featured in the Cole Porter musical KISS ME KATE which will be shown in 3D during the movie madness festival every Monday in July and August.

Join us Mondays at 10 am and 1 pm in July and August for a double-feature, extra exciting day at the movies. A different theme will be featured each week and our resident film expert, Steve Levine, will entertain us with stories about the movies and growing up in Hollywood. Popcorn and sodas will be available to purchase. Sign up for lunch for a mere $2.50 and you can make it a day in our cool, inviting Four Seasons room. See page 10 for the schedule.

LOBSTER ROLL LUNCHEON
Monday, August 3; 1 pm; $10 Includes drink, coleslaw, watermelon, chips and lobster roll. Join us for this summer-time treat with a price that can’t be beat! This is not our regular lunch. Tickets on sale as of July 1.

LET’S GO OUT TO THE BALL PARK!
LOWELL SPINNERS
Monday, August 3; free. Meet at 5pm here at The Center. Admission, food vouchers and transportation included. Have fun watching our Red Sox local farm team - it’s a great night out! Sponsored by our local Andover Firefighters. Must pre-register to hold a spot. Spaces are limited and will be available on July 1 to Andover seniors and July 27 to relatives of seniors and out-of-towners.

FREE FUN FRIDAYS!
Fridays through August 28; From Museum of Fine Arts to the Boston Children’s Museum, the Highland Street Foundation is treating greater Boston residents to over 70 area attractions. Check them out online at www.highlandstreet.org or stop by to see the schedule.

Memory Café
The Center at Punchard Memory Café is a welcoming place for individuals and families living with memory changes. Enjoy a light meal with new friends of all ages. Join us the 2nd Thursday of the month; 1-3 pm. There is no charge but donations are gratefully accepted. Please RSVP at 978-623-8321 and ask for Myles.
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

When to sign up for programming
Each month that month’s programming, as well as the first week of the next month, is available on www.MyActiveCenter.com. For example: From the July newsletter, July programming would be available as well as anything schedule for the first week in August. Semester programs (ex: exercise) will be available the last week of the current semester at 9 am.

However, there are a few things that will not be available for online registration. Grill Nights and the FRIENDS trips on page 3 are examples. Periodically there may be other programs as well.

WORKSHOPS
Register at www.myactivecenter.com

LAST WISHES
Thursday, August 6; 1:30 pm; Free; Tom Sawyer attended his own funeral and heard what folks had to say about him. What would you like your loved ones to hear about you? Discuss practical matters to ensure your wishes are met and to make life easier for your survivors: wills, trusts, obituaries and funerals. Fred Hopkins, instructor, has prepared a work-book by this title that will be available.

CULTURAL
Register at www.myactivecenter.com

CELEBRATE ITALY!
Mondays, July 6 - 27; 1:30 - 3 pm; $12; Join us in a virtual escape to Italy by exploring its language, culture, and cuisine. You will learn how to communicate, verbally and with gestures, and to appreciate the best Italy has to offer. Music, videos, and movies will accompany the linguistic aspect of this class. Italian meals will be served at lunch every Monday in July.

LECTURES
Register at www.myactivecenter.com

AARP DRIVER SAFETY PROGRAM
Thursday, August 13; 9:30am - 2:30 pm; $15 AARP members; $20 non-AARP members, payable to AARP. $2 donation appreciated for The Center. Understand the updated technologies in new vehicles, provide a refresher on the rules of the road, and learn strategies to compensate for age-related changes in vision, hearing, and response time.

COMMUNITY EVENT
SO-HIP (Society for Historically Informed Performances) SUMMER CHAMBER MUSIC CONCERTS - West Parish Cemetery Chapel, 129 Reservation Road; 8 pm; $10 half-price tickets at the door by mentioning “The Andover Senior Center”. Parking available. Enjoy these delightful period instrument concerts in this lovely historic setting.

July 1: 7 Hills Renaissance Wind Band
Music from the Regensburg Manuscript.

July 8: Cavalier Consort; “Defeat, Exile, and Return Music of King Arthur and the English Civil War.
## July 2015 Calendar of Events

### Registration at
www.myactivecenter.com

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<td>BV Screening Room</td>
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<td>3:45</td>
<td>12:30</td>
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<td>6:30</td>
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<tr>
<td>BV Express Workout</td>
<td>Nordic Walking</td>
<td>BV Express Workout</td>
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<td>6:30</td>
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<td>7:15</td>
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<td>BV Express Workout</td>
<td>BV Express Workout</td>
<td>BV Express Workout</td>
<td>Serenity Yoga</td>
<td>Serenity Yoga</td>
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<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
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<tr>
<td>Meat Lasagna</td>
<td>Chicken Stir Fry with Fresh Sautéed Veggies</td>
<td>Meatloaf w/ Gravy Whipped Potatoes</td>
<td>Hot Dog in a Roll</td>
<td>CLOSED</td>
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<tr>
<td></td>
<td>over Rice</td>
<td>Glazed Carrots Fresh Fruit</td>
<td>Baked Beans Cole Slaw</td>
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<tr>
<td></td>
<td>Fresh Strawberries</td>
<td></td>
<td>Sliced Watermelon</td>
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<tr>
<td>Stuffed Shells Italian</td>
<td>Pork Roast Roasted Potatoes</td>
<td>Chicken BLT on a Roll</td>
<td>Chicken Cordon Bleu Scalloped Potatoes</td>
<td>Salmon Boar Whipped Potato Asparagus Watermelon</td>
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<tr>
<td>Vegetables</td>
<td>Green Peas w/ Pearl Onions</td>
<td>Potato Salad</td>
<td>Broccoli</td>
<td></td>
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<tr>
<td>Fresh Strawberries</td>
<td>Apricots</td>
<td>Strawberry Jello</td>
<td>Fresh Fruit</td>
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<tr>
<td>Chicken Cacciatore</td>
<td>Roast Turkey Whipped Potatoes</td>
<td>Chef Salad w/ Roast Beef, Turkey, Ham, Cheese,</td>
<td>Stuffed Chicken Breast Rice Pilaf Broccoli</td>
<td>Cheeseburger Potato Salad Corn on the Cob</td>
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<tr>
<td>Penne Pasta</td>
<td>Whipped Potatoes Broccoli &amp; Red Peppers</td>
<td>Egg, Black Olives, Lettuce, Tomato, Peppers</td>
<td>&amp; Red Peppers Pudding</td>
<td>Pear &amp; Cookie</td>
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<tr>
<td>Fresh Fruit Cup</td>
<td>Apple Crisp</td>
<td>Chef’s Choice Dessert</td>
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<tr>
<td>Eggplant Parmesan Penne Pasta</td>
<td>Chicken Pot Pie w/ Fresh Veggies</td>
<td>Pot Roast Boiled Potatoes</td>
<td>Chicken Marsala Wild Rice Asparagus Peach Melba</td>
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<tr>
<td>Italian Vegetables</td>
<td>Whipped Red Bliss Potatoes</td>
<td>Carrots Pudding w/ Topping</td>
<td></td>
<td>Lemon Pepper Fish Wild Rice Glazed Carrots</td>
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<tr>
<td>Sliced Strawberries</td>
<td>Pineapple Chunks</td>
<td></td>
<td></td>
<td>Cantaloupe</td>
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</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

Summer semester runs **June 1 - August 14.** Don’t let vacation keep you from exercising – buy a punch card to come and go as you can! View the calendar of events on page 6 to see all classes that are offered. No classes on July 3. Please call with any questions! Register at www.myactivecenter.com

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

**ENERGIZE WITH EXERCISE**

Mondays, **Through August 10:** 3:30 pm. Join a group of baby boomers who are having a blast getting fit. Each class includes a variety of floor aerobics as well as weight training, balance practice and stretching. We end the hour with a quick guided meditation ready to go out and conquer the world!

**SELF DEFENSE FOR WOMEN**

Thursday, **July 23:** 6:45; $22; Take control and find courage as you learn techniques to defend yourself from aggressors. Learn to recognize imminent danger as well as verbal and physical aggression before the possibility of an attack can occur. Techniques will include diversion/distraction, action vs. reaction and information about your personal “bubble zones” of safety. Daughters and granddaughters welcome - you will work in pairs. Kristin LaShoto, Homeland Security. Registration opens July 1.

**WATER WORK OUT AT THE YMCA**
Tuesdays, **June 30 - August 18:** $36; 8:45 – 9:40 am

**SUNRISE SINGERS**

Mondays, **through August 10:** 9 am; $22
Beginners always welcome. No sight reading required.

**WOOD CARVING**

Mondays, **through August 10:** 9 am; $27.50
Some instruction provided for beginners.

**RHYTHM-AIRES**

Mondays, **through 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, **Through August 14** (no class July 3); **12:30 - 3 pm; $20;** Duplicate Bridge class 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.

Join us in the fall for Zumba Toning on Thursdays at 3:30 pm and Serenity Yoga on Thursday at 7:15 pm.

As we plan our fall schedule of activities – we’d like to hear from you! Thursday evening is BoomerVenture Campus from 6 - 9 pm. Help us fill it with activities that you’d like to be a part of! Contact Karen with ideas.
**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, **September 10**, from 1:30 - 3 pm. Aaron Bujdos, DPT, Rehabilitation Manager, Ace Medical Services, “An overview of LSVT – Lee Silverman Voice Therapy”. For further information contact Kristine Arakelian, LCSW, MPH at The Center at Punchard.

**PAIN MANAGEMENT SUPPORT GROUP**

This monthly support meets the second Monday of the month, from September through June at 1:30 pm. This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. This group will meet again starting in September. Call us to add your name to the list. Facilitated by Gerry Rainville, RN, MSN.

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**FRIENDS’ CORNER**

This month we are featuring a FAST way to identify Strokes. Prevention Magazine says FAST is the key to learning the warning signs of Stroke. Stay with me.

- **F** FACE DROOPING – Does one side of your face droop, or is it numb? Is your smile suddenly uneven?

- **A** ARM WEAKNESS – Try to raise both arms. Does one drift downward, or has your overall coordination declined?

- **S** SPEECH DIFFICULTY – Is it hard to speak or pronounce words correctly? Try a simple sentence like ‘The sky is blue’ as a test.

- **T** TIME TO CALL 911 - If you notice any one of these symptoms, call right away; even if they go away, you may have suffered a mini-stroke and be at risk of another in the near future."

Source: Jose Biller, M.D.

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**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 10-11 am at The Center at Punchard. The TRIAD group is seeking senior volunteers to assist with identifying, developing and initiating programming. Our next meeting will be Thursday, **September 10**, from 10-11 am.

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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.

July 16: "Emperor’s Children" by Claire Messud

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

July 16: Lowell Canal Trip; Meet here at The Center at 8:45 am; $20 covers transportation as well as admission for the trip. Plan to bring a brown bag lunch and drink - you can order one at The Center to take when you go.

Get on our email list for info on boating in August

MEN’S OUTDOOR ADVENTURES

July 8: Rafton Reservation
July 22: Boston Harbor Islands
August 5: Kayaking trip
August 19: Weir Hill Hike

GOLF GROUP

Hit the links on Tuesdays with a group of senior golfers at the Tewksbury Country Club. Tee off time for a friendly round of golf is at 7:30 am; cost is $17 for 9 holes. Newcomers always welcome! To get started call Bob Henderson at 978-455-2050.

COMPUTER USERS’ GROUP

MEMORIAL HALL LIBRARY AT 1:30 PM

2nd Monday of the month. See you in September!

BOOMERVENTURE SCREENING ROOM

Thursdays; 6:30 pm; Free

*July 9: Still Alice
*July 23: Magic in the Moonlight
*August 6: A Birders Guide to Everything
*August 27: The Best of Men

*Grill Nights begin at 5 pm! See page 4 for details.

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!
Join us at the **Memory Café**…

What’s more enjoyable than having a cup of coffee sweets and enjoying some music with a friend? It may seem like one of life’s simple pleasures, but for people living with memory loss it can be a rare one. Now there’s a new way for people living with memory changes, their partners and friends to come together at the Memory Café at The Center at Punchard.

Held on the second Thursday of each month 1:00 to 3:00 at The Center at Punchard, Memory Café offers a welcoming place for people living with memory changes due to Alzheimer’s, vascular disease, Parkinson’s, dementia, or any other related conditions.

Memory Cafés reduce isolation, unite people facing similar challenges, creating an opportunity to give and receive support. Regular interaction with a group of friends also brings joy and a sense of normalcy to an existence that all too often becomes focused on disease and disability. Memory Cafés can provide a much-needed break from normal routines and a source of ideas, information and connection to other community support mechanisms.

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**MEETING REGULARLY**

New members always welcome

- **Quilting** - 9:00am; Mondays
- **“Write Stuff” Writing Group** - 10:00am; Tuesdays
- **“SHOP” Sewing Group** - 9:00am; Wednesdays
  - Fiber Arts - 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
- **Ping Pong** - 2:00pm; Fridays

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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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**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.

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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.