**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**

It is not uncommon for **individuals** with Alzheimer’s Disease and other forms of **dementia** to **wander or lose their way**. According to the Alzheimer’s Association, six in every ten people with Alzheimer’s Disease exhibit wandering behavior. Over the past several weeks, the Andover Police Department has received several calls from families saying they couldn’t find a family member and were afraid they might have wandered off. It was **heartbreaking** to learn that although most people were returned home safely, by the time one person was found it was **too late**.

There are several **steps you can take** to both **decrease the chances** that someone will **wander** off and to **increase the likelihood** that they will **return home safely**. First and foremost, don’t dismiss the possibility that this might happen; there is always a first time. Educate yourself, your **neighbors, friends and family**; they can be an extra set of eyes for you.

- Provide supervision—don’t leave someone alone, even when watching TV; stay nearby
- **Register with the local Police “Project Lifesaver” or the Alzheimer’s “Safe Return” Program**
- Have a **current photo** and list of **places someone might go**, i.e. a favorite restaurant, former workplace, home or place of worship
- Have them wear an **electronic bracelet** that can utilize GPS

Here in Andover, a notice was sent out via Code Red alerting neighbors of the name and a brief description of a person who was missing. **We heard of the alert from many who received the call** and then again later when the notice went out that they had been found. Contact us or Andover Police to **register for the Red Alert Program**.

Regardless of any steps you may have taken, if a person wanders, search the **immediate area for no more than 15 minutes**. **Call 911** to report the situation to the Police; the sooner they can begin their search, the better the chance for a positive outcome.

We urge **families, friends and other caregivers to contact us to identify additional resources**, including informational forums, support groups, programs such as the Memory Café, Senior Connections and respite or to discuss other options which might be available. I can’t stress enough how often we hear “My friend told me” or “a neighbor suggested I contact you.” **Word of mouth** is one of the best ways to share information.

**Best Regards, Kathy Urquhart**

“Alone we can do so little; together we can do so much.” Helen Keller
FORUMS
No Charge; register at www.myactivecenter.com

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. Healthy breakfast included.

THE MASSACHUSETTS HOMESTEAD PROTECTION ACT
Monday, August 10; 1:30 - 2:30 pm; 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.

HEALTHY LIVING TIDBITS: STRESS IN OUR LIFE ~ IT’S IMPACT AND HOW TO REDUCE IT
Friday, September 4; 9:30 am; We all know stress is unavoidable. The goal is not zero stress, but the healthy management of it. We will discuss some of the sources of stress and the most common ways to deal with it. Healthy breakfast included.

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.

MEDICATION AND SYRINGE DISPOSAL
The Andover Police Department has a medication disposal box located in their lobby. You may dispose of any over-the-counter or prescription drugs you may have. No questions asked. They also have a syringe disposal box in the lobby.

Andover Police Dept: Public Safety Building
32 Main St., Andover

Questions: please call Officer Robin Cataldo, 978-475-0411, x 1004

There is also a syringe kiosk at The Center at Punchard.
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 - $8

AUGUST 17
Come join us for a trip to NEWBURYPORT. Relax dockside with the ocean as your companion. Pick from a variety of lunch options; eat in or sit on a bench and eat outside. Shop, browse, meander...your choice!

AUGUST 31
Let’s cross state lines and take advantage of “no sales tax”! Sign up for a shopping trip to Salem, NH. Christmas Tree Shops, Kohl’s, Bob’s, TJ Maxx, Marshalls/Home Goods, State Liquor and Wine Outlet, Papa Gino’s, Denny’s........Fun day out N’ about!!

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.

Coming September

CELEBRATE LIFE AT YOUR SENIOR CENTER!
September Is National Senior Center Month
Join us for a month-long celebration packed full of information and fun

FAREWELL TO SUMMER
Grill Night - Thursday, September 10; 5 - 7 pm with performance by The Jazz Disciples

COMMUNITY DRUM CIRCLE
Special Guests Genki Spark. Saturday, September 19 at 7 pm; $15. Tickets available NOW! Call for details for this fun and dynamic evening at The Townhouse on Main Street. Visit our booth at Andover Days on September 12 for $10 tickets! Supported in part by a grant from the Andover Cultural Council, which is supported by the MA Cultural Council.

COMMUNITY RESOURCES EVENT
Friday, September 25; We’ll highlight Town departments and their resources. Breakfast with the Council on Aging, buffet lunch and special afternoon programs.

Learning
Independence
Friends
Energy

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 Kristine.
SPECIAL EVENTS

Register at www.myactivecenter.com

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.

LET’S GO TO THE BALL PArk!
LOWELL SPINNERS
Monday, August 3; free; Sponsored by the Andover Firefighters. Meet at 5 pm 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! Must pre-register to hold a spot.

GRILL NIGHT
Join us Thursdays, August 6 and 27 from 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: August 6: Boneless Pork Ribs $9 and August 27: Salmon $9. BoomerVenture Screening Room feature movie runs both evenings at 6:30 pm. All are welcome.

MEET THE STAFF!
Tuesday, August 25; 9 am; Come meet Andrea Zaimes as she talks about volunteer opportunities at The Center. Please take this opportunity to ask any questions about volunteering you might have. It’s a great time to see what is happening at your Center! Light refreshments. RSVP appreciated.

FUN AND GAMES
Enjoy a variety of games Tuesday through Friday 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. 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
Join us Mondays at 10 am and 1 pm in 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.

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 free attractions. Check them out online at www.highlandstreet.org or stop by to see the schedule.

FRIENDS’ TRIPS
Advanced Registration
Checks should be made payable to ASCF

WINNEPESAUKEE 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.

THE NEW EDWARD M. KENNEDY INSTITUTE FOR THE U.S. SENATE
Friday, September 18; 9am-3:30pm; $38/36*; Your visit is a very clever and engaging interactive experience as a “Senator-in-Training.” It ends up in a full replica of the US Senate where you are allowed to debate and ultimately vote on a bill. We will stop at Quincy Market where travelers will have time to get lunch on their own as well as a little browsing time.

*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.
**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](http://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](http://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 are examples. Periodically there may be other programs as well.

**WORKSHOPS**
Register at [www.myactivecenter.com](http://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](http://www.myactivecenter.com)

**Coming in September**

- Harmonica Lessons
- Art and the Inner Journey with Uli Kapp
- Print Making with Frances Killam
- Inside The Vatican - sponsored by NECC

**LECTURES**
Register at [www.myactivecenter.com](http://www.myactivecenter.com)

**AARP DRIVER SAFETY PROGRAM**
Thursday, **August 13**; 9:30 am - 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 EVENTS**

**MISTRAL: MASTERS OF MELODY~**
**MOZART, WEBER & MESSAGER** Sunday, **September 20** at 5 pm; $15 tickets here, West Parish Church.

**MASSACHUSETTS STATE SENATOR**
Barbara L’Italien ,or a member of her staff, will hold monthly office hours at The Center at Punchard on the second Tuesday of every month; 8:30 - 9:30 am.
### August 2015 Calendar of Events

<table>
<thead>
<tr>
<th>MONDAY</th>
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<tr>
<td>10:00 Movie Madness</td>
<td>9:00 Men’s Outdoor</td>
<td>9:00 Andover Chroniclers</td>
<td>9:30 Healthy Living</td>
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<td>1:00 Movie Madness</td>
<td>10:00 Grocery Shopping</td>
<td>1:30 Last Wishes</td>
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<td>1:00 Lobster Roll Luncheon</td>
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<td>5:00 Grill Night</td>
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<td>5:00 Lowell Spinners</td>
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<td>6:30 Screening Room</td>
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<td>10:00 Movie Madness</td>
<td>8:30 Barbara L’Italien Office hours</td>
<td>8:00 Winnipesaukee RR</td>
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<td>1:00 Movie Madness</td>
<td>12:30 Podiatry by Appointment</td>
<td>10:00 Grocery Shopping</td>
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<td>1:30 MA Homestead Protection Act</td>
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**Every Monday**
- 9:00 Town House Drop-In
- 9:00 Sunrise Singers
- 9:00 Woodcarving
- 9:00 Quitting
- 10:00 Drop In Bridge
- 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 Water Workout @ YMCA
- 9:00 Town House Drop-In
- 9:00 Strength Training
- 9:00 Strength Training
- 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

**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

**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

**Every Friday**
- 8:30 Strength Training
- 9:00 Town House Drop-In
- 10:15 Sit and Get Fit
- 1:00 Duplicate Bridge Lessons
- 1:00 Piano Lessons
- 1:00 ESL Lessons
- 1:30 Fun and Games
- 2:00 Ping Pong
- 3:00 Mindfulness Meditation

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*Registration at [www.myactivecenter.com](http://www.myactivecenter.com)*

*REGISTRATION WEEK - AUGUST 10 - 14 - PLEASE REGISTER AT www.MyActiveCenter.com*

*SEMESTER BREAK WEEK - August 17 - 21 Make Up Classes ONLY*

*Tagging:*
- Week of August 10 - 14
- Week of August 17 - 21
- Make Up Classes ONLY
August 2015 Lunch Menu

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<th>MONDAY</th>
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<tr>
<td>Salisbury Steak&lt;br&gt;Whipped Potatoes&lt;br&gt;Glazed Carrots&lt;br&gt;Strawberry Fruit Cup</td>
<td>Chicken Marsala&lt;br&gt;Wild Rice&lt;br&gt;Spinach&lt;br&gt;Peaches and Cookie</td>
<td>Baked Ham&lt;br&gt;Au Gratin Potatoes&lt;br&gt;Asparagus&lt;br&gt;Apple Pie</td>
<td>Chicken Salad Sandwich&lt;br&gt;Potato Salad&lt;br&gt;Cola Slaw&lt;br&gt;Watermelon</td>
<td>Fish Florentine&lt;br&gt;Baked Potato&lt;br&gt;Mixed Vegetables&lt;br&gt;Fresh Fruit and Cookie</td>
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<tr>
<td>Chicken Stir Fry&lt;br&gt;w/Oriental Mixed Vegetables&lt;br&gt;Lo Mein Noodles&lt;br&gt;Mandarin Oranges</td>
<td>Roast Pork&lt;br&gt;Glazed Butternut Squash&lt;br&gt;Vegetable Blend&lt;br&gt;Mandarin Oranges</td>
<td>Shepherd’s Pie&lt;br&gt;Whipped Potatoes&lt;br&gt;Chocolate Pudding</td>
<td>Chicken Pot Pie&lt;br&gt;Mashed Potatoes&lt;br&gt;Mixed Vegetables&lt;br&gt;Fresh Fruit Cup</td>
<td>Potato Haddock&lt;br&gt;Au Gratin Potatoes&lt;br&gt;Green Beans&lt;br&gt;Apple and Cookie</td>
</tr>
<tr>
<td>Chicken Piccata&lt;br&gt;Rosemary Roasted Potatoes&lt;br&gt;Brussel Sprouts&lt;br&gt;Brownie and Fresh Strawberries</td>
<td>Chef’s Salad with all the fixings&lt;br&gt;Strawberry Shortcake</td>
<td>Meatloaf w/Gravy&lt;br&gt;Mashed Potatoes&lt;br&gt;Glazed Carrots&lt;br&gt;Banana and Cookie</td>
<td>Baked Chicken&lt;br&gt;Sweet Potatoes&lt;br&gt;California Mixed Vegetables&lt;br&gt;Apricots</td>
<td>Lemon Pepper Fish&lt;br&gt;Rice Pilaf&lt;br&gt;Green Beans&lt;br&gt;Orange and Cookie</td>
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<tr>
<td>Baked Chicken&lt;br&gt;Baked Potato&lt;br&gt;Com on the Cob&lt;br&gt;Chocolate Pudding</td>
<td>Hamburger on a Roll&lt;br&gt;Potato Salad&lt;br&gt;Cola Slaw&lt;br&gt;Apple Pie</td>
<td>Chicken Cordon Bleu&lt;br&gt;Rice Pilaf&lt;br&gt;Brussel Sprouts&lt;br&gt;Strawberry Fruit Cup</td>
<td>Eggplant Parmesan&lt;br&gt;Penne Pasta&lt;br&gt;Italian Vegetables&lt;br&gt;Orange and Cookie</td>
<td>Tuna Salad on a Roll&lt;br&gt;Potato Salad&lt;br&gt;Fresh Tomato and Cuke&lt;br&gt;Orange and Cookie</td>
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<tr>
<td>Stuffed Chicken Breast&lt;br&gt;Scalloped Potatoes&lt;br&gt;Sugar Snap Peas&lt;br&gt;Fresh Fruit and Cookie</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.
Exercise and Special Interest Classes

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

ENERGIZE WITH EXERCISE
Mondays, August 24 - November 16; 3:30 pm; $55.
Join a group of baby boomers who are having a blast getting fit. Floor aerobics, weight training, balance practice & stretching. Ending the hour with a quick guided meditation ready to go & conquer the world!

ZUMBA TONING
Thursdays, September 10 - November 12; 3:30 pm; $55. Cardio fitness, flexibility and strength training as you dance! It’s a 500 calorie burn!

SERENITY YOGA
Thursdays, September 10 - November 12; 7:15 pm; $60. An active practice of flowing postures, focusing on various parts of the body. Each night will include 15 minutes of meditation.

NORDIC WALKING
Wednesdays, September 9 - October 28; 3:30 pm; $44. Enjoy the company of friends as you benefit from this top-rated cardio workout. Use special poles that activate upper and lower body muscles, hike local public trails.

Coming in September

BOOMER BLOW-OUT BASH!
Thursday, September 10 starting at 5 pm. Purchase tickets in advance for our last grill night of the season and then rock to the sounds of the “Jazz Disciples.”

MEDICARE COUNT - DOWN
Thursday, September 17

COMMUNITY DRUM CIRCLE ~ SPECIAL GUEST GENKI SPARK
Saturday, September 19; 7 pm; $15 tickets available NOW! Call for details for this fun and dynamic evening at The Townhouse on Main Street. Visit our booth at Andover Days on September 12 for $10 tickets! Program supported in part by a grant from the Andover CC, supported by the MA Cultural Council.

WATER WORK OUT AT THE YMCA
Tuesdays, September 8 - October 20; 9 am; $31.50

SUNRISE SINGERS
Mondays; September 14 - November 9; 9 am; $16. Beginners always welcome. No sight reading required.

WOOD CARVING
Mondays, August 24 - November 9; 9 am; $25
Some instruction provided for beginners.

RHYTHM-AIRES
Mondays, September 14 - November 9; 10:15 am; $8

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). Starting in September: Thursday mornings only. Watch for special art instructional classes in the fall.

TAI CHI BEGINNER
Tuesdays, September 1- November 3; 1:10 pm; $35
Begin a new discipline that promotes peace, balance and well-being. Appropriate for all graduates of Tai Chi for Balance.

TAI CHI INTERMEDIATE
Thursdays, September 3- November 5; 1:10 pm; $35
Advance your intermediate practice.

DUPLICATE BRIDGE
Fridays, August 28 - November 13; 1 – 3:30 pm; $24. 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.

Fall semester runs August 24 - November 13. Let us help you get in shape as the fall gears up! View the calendar of events on pg 6 to see all classes that are offered. No classes on September 7, October 12 or November 11. Please call with any questions! Register at www.myactivecenter.com or call for assistance.
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.

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, Center at Punchard.

PAIN MANAGEMENT SUPPORT GROUP
This monthly support usually 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 always welcome. This group will meet again starting on September 21 (note date change). Call us to add your name to the list. Facilitator: Gerry Rainville, RN, MSN.

FRIENDS’ CORNER
THINK ABOUT THIS
Our diets determine how long we live and our quality of life. Many of our chronic illnesses from obesity to diabetes to heart disease can be either prevented or improved by changing what we eat. Yet one in three Americans is overweight or obese. Experts now predict that the current generation of children will live shorter lives than their parents. Clearly, there is a lot of work still to do to make sure that fresh, healthy food is affordable and available to all families.

Source: U.S. Department of Agriculture, President’s Council on Fitness, Sports & Nutrition

Save The Date
Friday, October 2, 2015 ~ DINNER DANCE GALA
In honor of BUZZ STAPCZYNSKI

Senior Connections
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. Based at The Center at Punchard transportation is also offered for Andover residents. For more information or to schedule a tour please contact Kristine Arakelian, LCSW, MPH at 978-623-8321.

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. 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. Our next meeting will be Thursday, September 10.

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
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.
“The Hard Life and Times of Micky Ward” by Bob Halloran will be available August 24 for the September meeting.
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 am. 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
Coming Events
September 3 and September 14
Send us your email for updates!

MEN’S OUTDOOR ADVENTURES
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
2nd Monday of the month. See you in September!

TOWNHOUSE WELCOME DROP-IN CENTER
Monday - Friday ~ 9am 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 from 1 to 3 pm 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.

This mini-grant project is funded through the Massachusetts Respite Coalition and the Administration on Community Living.

**MEETING REGULARLY**
New members always welcome

- Quilting - 9 am; Mondays
- "Write Stuff" Writing Group - 10 am; Tuesdays
- "SHOP" Sewing Group - 9 am; Wednesdays
- Fiber Arts - 10 am; Wednesdays
- Knit-Wits - 1 pm; Wednesdays
- Open Studio Art - 9 am; Thursdays
- Andover Chroniclers - 9 am; First and Third Thursdays
- Craft Corner - 9:30 am; Thursdays
- Ping Pong - 2 pm; Fridays

**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! Check out our new menu.

Pick up a sandwich or salad to take home for dinner on those nights when you don’t want to cook.

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.

*The Center at Punchard receives partial funding for this newsletter from the Commonwealth of Massachusetts Executive Office of Elder Affairs. We thank taxpayers for supporting The Center. Upon request, auxiliary aides will be provided to ensure effective communications and participation in Andover Elder Services programming as specified in the Americans with Disabilities Act.*

*Please call The Center’s Information Line at 978-623-8377 to check for changes of scheduled events.*

*Please do not leave messages on this special line.*