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

What a busy month September has been! Appropriately so one might say, as we’ve been celebrating National Senior Center Month. If you’re reading this newsletter on-line, you may not have noticed a change, but if you have a paper copy, I hope you’ve noticed that the newsletter is now full color and it’s also been expanded to 16 pages! The change in format was possible because of additional support from local businesses who advertise in the newsletter. Many thanks to them for their support. The revenues generated provide your monthly newsletter with no cost to us for the publication. Our cost is for the quarterly mailing to each household with a resident age 60+, a list generated by the annual Town census. If you’re not receiving a newsletter by mail (in September, December, March and June) contact us so we can add you to the list. Please contact us if you would like your newsletter mailed monthly for a nominal charge or if you would prefer an email notification when the newsletter is on-line. If you know of someone who might like to support the senior community, either by advertising in the newsletter, supporting an event at The Center or making a donation, please have them contact us. Speaking of on-line, have you seen our newly designed web page?

We were very fortunate to have been chosen as the honored guest at this years’ Andover Day celebration; an event not to be missed! Downtown Main Street is closed to traffic and merchants and local non profit agencies set up booths so people can browse and see what’s available in our community. A great opportunity to people watch and bump into someone you haven’t seen in ages. The Merchants Association presented us with a check for $1,500 which will be used to support programs and our scholarship fund. I was both honored and humbled to accept this generous gift on your behalf.

We’re trying to make information easier to access and would like to hear your thoughts...what would you like to see in the newsletter? More news?...articles on health? ...finances?... We’ll be scheduling a focus group in November and hope you’ll join us and share your thoughts. Watch for the date or let me know if you’re interested and we’ll contact you when we set he date. We’re trying a new color coding system, so that (for example) cultural events will be under a heading that’s shaded green to make them easier to find. Do you like it? What are your suggestions?

Best Regards, Kathy Urquhart

“It takes a village...” African Proverb, in part
HEALTHY LIVING TIDBITS: 5 EXERCISES EVERY BOOMER AND SENIOR SHOULD BE DOING
Friday, October 2; 9:30 am; Many people are confused by the thought of a workout and especially lifting weights. What exercises should I be doing and how often? How much weight am I supposed to use? Should I use machines or free weights? We will look at some of the basic necessities of strength training and pinpoint the top 5 exercises and discuss exactly why they can improve your quality of life and overall health. Healthy breakfast offered.

PROTECTING YOUR ASSETS FROM NURSING HOMES
Friday, October 23; 9:30 am; Educating one’s self regarding long-term issues is essential for all retired and aging family members and loved ones. Don’t miss this comprehensive and interactive presentation which will discuss countable and non-countable assets, transfer penalties, and how to save your house and life estates. Welcome back Elder Law Attorney Robert Jutras.

HEALTHY LIVING TIDBITS: THE HOLIDAY SURVIVAL GUIDE
Friday, November 6; 9:30 am; It seems that starting in November right through the New Year, there is one social event after another. It is easy to pack on unwanted pounds during this time. We will get specific strategies for avoiding the “Vacation Mindset” and surviving the holidays the right way! Healthy breakfast offered.

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.

FORUMS
No Charge; register at www.myactivecenter.com

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

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

October 5: Join us for shopping, browsing, bargain hunting and “lunching” with friends. Take a bus tour of North Reading WalMart, Marshalls, Dollar Tree and Subway!

October 19: Calling all “Peepers.” Let’s find some peak foliage and take in the beauty of fall in New England. We’ll find a scenic driving route and take the Bus for a ride to view leaves and stop for a snack along the way. Sign up and enjoy the ride!

Don’t let transportation keep you from coming to The Center! Ask about transportation for any program. The cost is $4 round-trip and must be arranged when you register. Contact Carol for other transportation options. Sorry, Andover residents only.

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.

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

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 online

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

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 scheduled for the first week in August. Semester programs (ex: exercise) will be available the last week of the current semester at 9 am on Monday.

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. These events will have (Center at Punchard) next to them.
ASK THE LAWYER
Wednesday, October 7; 9 am; Local lawyer Ray Cannon will be on hand to meet individually and answer general questions. Sign up required. First come, first served day of appointment.

MEET THE STAFF: JEANNE DOUCETTE
Tuesday, October 13; 9 am; Just in case you have never met our beloved Jeanne Doucette, please come celebrate her 26 year career as she prepares to begin a well deserved retirement!

FRIDAY SPEAKER SERIES:
AL FRENCH: A VOICE FROM 25 YEARS ON THE BAY CIRCUIT TRAIL
Friday, October 16; 8:30 am; $4 includes breakfast; Al French will talk to us about the Bay Circuit Trail Alliance, a permanent link of 57 community greenway corridors throughout Greater Boston. From Moor and Mountain, his iconic outdoor outfitter, Al spearheaded the formation of this grassroots organization.

SPECIAL THANKSGIVING LUNCH
Thursday, November 19; noon; $5 (tickets go on sale November 1); Join us in giving thanks at our Annual Thanksgiving Luncheon with all the trimmings. This is for Andover residents only. It is NOT our regular congregate luncheon. A meal (not the turkey dinner) will also be available by regular sign-up.

Coming Events

HOLIDAY FAIR
Saturday, December 5, 9 am - 3 pm and/or Monday, December 7, 9 am - 1 pm

UNDERSTANDING THE MIDDLE EAST
Thursdays, October 22, 29, November 5 and 12; 1:30 pm; $16; Where is the Middle East? How did it get where it is today? Who are the Arabs? What is Islam and why do Muslims attack other Muslims? What is going on in the Middle East today and why? Join Don Robb to explore what has happened both before and after 9/11 between Americans, Europeans, Israelis and the Muslim World.

Bewitched in Andover
This year the Andover Historical Society is delighted to explore the haunting subject of Victorian Spiritualism with event partners: The Center at Punchard; West Parish Cemetery; Andover Bookstore; Andover DCS; Circles of Wisdom; and the New England Ghost Project. The programs are for all ages. For complete listing: bewitchedinandover.com The Center is presenting a discussion of Arthur Miller’s The Crucible.

THE CRUCIBLE BY ARTHUR MILLER
Mondays, September 28 - October 26; 1:30 pm; $16; Do you believe in witches? Did Arthur Miller? Find parallels between 17th century Salem and 20th America. Four-session reading and discussion of and an optional visit to Salem and Salem Village. The Crucible is available on Amazon for under $10 and at the MHL. Eileen Reilly facilitates.

HINDU INDIAN TEMPLES AND CHURCHES
Thursday, October 1; 1:30 pm; $3; Enjoy photos of temples that have existed for eons plus churches built by British, French, and Portuguese rulers. Our speaker is Srinivas Madras, journalist.

CELEBRATE ITALY!
Mondays, November 2 - 30; 1:30 pm; $16; 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 how to appreciate the best that Italy has to offer. Music, videos and movies will accompany the linguistic aspect of this class. Sign up for Italian meals every Monday in November.
FRIENDS’ TRIPS
Advanced Registration
Checks should be made payable to ASCF

CHARLOTTE’S WEB
LEDDY PLAYHOUSE IN EPPING, NH
Sunday, October 25; 10 am - 4:30 pm; $51/49*;
Lunch at the Holy Grail, a very popular local restaurant.

ROGER WILLIAMS BOTANICAL GARDENS AND
HIGH TEA AT THE DUCK AND BUNNY SNUGGERY
Tuesday, November 10; 8:30 am - 5 pm; $45/43*

THE REAGLE PLAYERS: IT’S CHRISTMAS TIME!
Saturday, December 12; 10:45 am - 6 pm; $68/66*;
Noon show with an early dinner

*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.

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

VATICAN CITY’S ART AND ARCHITECTURE
Tuesdays, September 29 – November 3; 10 am;
$30 payable to NECC. $10 for transportation (if desired).
Learn about the artistic treasures housed in the Vatican museums and the architectural wonders found in this tiny city-state. See places one normally cannot see. Sponsored by Northern Essex Community College CoOL program. Held at the Lawrence Campus. Registration forms at The Center’s front desk.

MINDFULNESS MEDITATION
Fridays starting October 2; 3 pm; by donation.
Mindfulness is a modern, evidence-based way of increasing your mental clarity, calm, happiness and health. Chip Carter facilitates. Please pre-register!

KNIT, PURL, REPEAT! YOU TOO CAN KNIT!
Wednesdays, October 14 - November 4; 1 pm;
Free; Always wanted to learn to knit? This class is designed for anyone who has never picked up a pair of knitting needles. Learn how to cast on, work knit and purl stitches, cast off and pattern reading at a basic level. Also, we will talk about gauge, yarn, and needle selection. Experienced knitters welcome. You’ll be ready to knit a scarf in no time for the holidays - perhaps for the holiday fair on December 5 and 7! Bring your own yarn or look at ours!

PRINT MAKING WITH FRANCES KILLAM:
WORLD OF COLOR: MONOPRINTING WITH A GELATIN PRINT
Wednesday, October 28; 10 am;
$12; Gelatin plate printing is easy, quick, intuitive and wonderfully fun! You will learn to make unique print images with acrylic paint and a print made with gelatin. The process is simple and straightforward; the results are colorful and graphic. Bring your own items such as leaves or lace and enjoy our materials as well. You will leave with your own prints, made on acid free paper ready for framing! Example? See Karen.

FOCUS ON FAMILY
WITH PHOTOGRAPHER JACK HOLMES
Mondays, October 26 and November 2; 1:30 pm;
$15; Learn some camera basics as we head into holiday time. Bring your cell phone, digital cameras or even film. Professional Photographer, Jack Holmes, will give tips on making your family photos those memories you see through the view finder!
**Exercise and Special Interest Classes**

Register at www.myactivecenter.com

Fall semester runs through November 13. There is room in most classes to join for a 1/2 session. No classes on October 12 or November 11.

### Exercise and Dance Classes

**Men and Women in Motion**
 Tuesdays; **through November 10**; 7:50 am  
Thursdays; **through November 12**; 7:50 am

**Strengthen and Stride**
 Tuesdays; **thru November 10**; 9 am  
Thursdays; **thru November 12**; 9 am

**Sit and Get Fit**
 Tuesdays; **thru November 10**; 10:15 am  
Fridays; **thru November 13**; 10:15 am

**Yoga**
Beginners - Tuesdays; **thru Nov. 10**; 10:30am  
Intermed. - Wednesdays; **thru Nov. 12**; 1:15pm

**Tai Chi**
Beginners - Tuesdays; **thru Nov. 10**; 1:10 pm  
Intermed. – Thursdays; **thru Nov. 12**; 2:15 pm

**Line Dancing**
 Tuesdays; **thru November 10**; 2:45 pm

**Strength Training**
 Wednesdays; **thru Nov. 3**; 8 am or 8:50 am  
Fridays; **thru Nov. 13**; 8 am or 8:50 am

**Tap Dancing**
 Wednesdays; **thru November 3**  
Basic - 9:30 am  
Performance - 1 pm @ Dance Infusion

**Water Workout at Edgewood**
New term starts Tuesday, November 24; 9 am; Transportation from The Center is suggested ($2 donation) as parking is very limited. Bus leaves at 8:30 am sharp.

### Special Interest Classes

**Sunrise Singers**
Mondays **through November 9**; 9 am; Beginners always welcome. No sight reading required.

**Wood Carving**
Mondays **through November 9**; 9 am  
Some instruction provided for beginners.

**Rhythm-Aires**
Mondays **through November 9**; 10:15 am

**Open Art Studio Drop-In**
**Thursdays**; 9 am; Free; Join a group of like-minded artists in 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). Watch for special art instructional classes in the fall. See calendar for Wednesday open art studio as well.

### New Exercise Classes

**Breath, Balance and Bodywork**
 Tuesdays, **through November 10**; 2 pm; Improve oxygen to the body and find balance through the mind body connection, using props and our own body weight to increase bone density and strength.

**Stretch, Release and Relax**
 Wednesdays, **through November 4**; 2 pm; Improve flexibility, balance and stability with a series of simple exercises. Release tight spots and reduce pain in your muscles through self massage, deep breathing and progressive relaxation. Start by standing then finish the class on the floor. Chair participants limited to 2. Meditation will end this class.
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, October 8, from 1:30 - 3 pm. Dr. Katharine Cronk, MD, PhD, New England Neurological, “An Overview of Deep Brain Stimulation” For further information contact Kristine Arakelian, LCSW, MPH, The 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.

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 10-11 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, October 8.

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.

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.

ANDOVER CHRONICLERS

Watch Andover’s Award Winning TV Show ‘There Is Something About Andover’

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

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

Sunday, Monday and Tuesday at 9 am
Wednesday and Saturday at 7 pm
Friday at 6:30 pm

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. The fee is $10.
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**HomeCare, Inc.**
Affiliated with Home Health VNA and Merrimack Valley Hospice

Celebrating 120 years of caring for our community

Your choice for quality, dependable care at home
- Personal care
- Light housekeeping
- Meal preparation
- Medication reminders
- Transportation/errands
- Companionship

Services can begin quickly and easily. Call 978-552-4444 or visit HomeCareInc.org

PROUD to partner with the Center at Funchard
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
1:00 Movie Matinee
3:30 BV Energize with Exercise

Every Tuesday
7:50 Men/Women in Motion
9:00 Water Workout @ Edgewood
9:00 Town House Drop-In
9:00 Strengthen and Stride
10:00 Writing Group
10:15 Sit and Get Fit
10:30 Beginner’s Yoga
1:00 Scrabble
1:10 Tai Chi - Beginner
1:30 Fun and Games
2:00 Breath, Balance and Bodywork
2:45 Line Dancing

Every Wednesday
8:00 Strength Training
8:50 Strength Training
9:00 Town House Drop-In
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
2:00 Stretch, Release and Relax

Every Thursday
7:50 Men/Women in Motion
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 - Beginner
3:30 BV Zumba
6:00 BV Belly Dancing
6:15 Reflexology
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 and Get Fit
1:00 Duplicate Bridge Lessons
1:00 Piano Lessons
1:00 ESL Chinese
1:30 Fun and Games
2:00 Ping Pong
3:00 Mindfulness Meditation

October Spotlight
We are beginning a new feature, highlighting a talent or area of special interest each month. This month, it is the book, Desire of the Month. The author, Champa Bilwakesh, was born in India. She earned her MFA from the Warren Wilson Program for Writers. Her story "The Boston Globe Personal Line" was published by Kenyon Review in the fall of 2005. It won honorable mention in the Pushcart Prize XXXI. Her other works have won prizes as well. She lives in Andover, Massachusetts, where she produces TV shows for the community channel.

In the novel, a fifteen-year-old widow runs across a bridge to catch a train bound for Trichi. Thus begins Sowmya’s transformation in the city by the sea, Madras, which is in the grip of its own political and social changes while India is struggling to seize its independence from the imperial British raj. Here she learns the beauty of dance from Mallika, and the sweetness and agony of falling in love with a married man. The cinema brings unimagined opportunities and all the power and riches that she could desire, but it also consumes her relentlessly. (This synopsis and the reader’s comment that follows were taken from Amazon.com where the book can also be purchased).

“This book is a literary masterpiece – but not in a dull, preachy, high-brow way. It has all the appeal of a cool movie like Footloose (dare to dance and face the consequences) but with the importance of a classic, timeless novel. Bilwakesh has managed to write a novel with such attention to literary detail, precision of language, and historical significance that you almost forget while you are reading it that the plot is spellbinding, surprising, and relatable”. Watch for date for “Meet the Author”.

LET US PLACE YOUR AD HERE.
BOOK CLUB
Thursday - 1:30 pm

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.

October 15 - “To Kill A Mocking Bird” by Harper Lee

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

October 1 - Bear Pond/Jenkins Quarry Loop

October 19 - Indian Ridge

November 5 - Brackett/Delano Ponds Hike

MEN’S OUTDOOR ADVENTURES

October 7 - Phillips Academy

October 21 - Sunset Reservation Hike

November 4 - Nat Smith

GOLF GROUP

Hit the links on Tuesdays with a group of senior golfers at the Tewksbury Country Club. To get started call Bob Henderson at 978-455-2050.

COMPUTER USERS’ GROUP

MEMORIAL HALL LIBRARY AT 1:30 PM

This group meets the 2nd Monday of each month; at 1:30 pm from September to June at Memorial Hall Library to share information and hints on computer use. Call The Center to add your name to the email list.

Monday, October 19 (due to holiday): Overview of Windows 10. Most PCs will be equipped with the latest Microsoft operating system. We will discuss changes from previous versions. Users of Windows 7 and 8 are eligible for a free upgrade. We will discuss the pros and cons.
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** (October 8) 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.

**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.

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**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 & Third Thursdays
- Craft Corner - 9:30 am; Thursdays
- Ping Pong - 2 pm; Fridays

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**FRIENDS’ CORNER**

October is party month. I know, you’re thinking Halloween, right? Well, yes and no.

FIRST comes the FRIENDS’ GALA DINNER DANCE on Friday, **October 2**. Get your fancy duds ready and polish up those dance steps to trip the light fantastic. (Whatever does that mean, anyway?) The beautiful Andover Country Club is the venue for this elegant affair which will start at 6 pm with a Cocktail Hour and then dinner and dancing till 10 pm to the music of DB’s Orchestra. In between there will be a program to honor our most senior Senior, and additionally, to honor Buzz Stapczynski for his 25 years of service as Andover’s Town Manager. The tickets are $60/pp and are available at The Center at Punchard. Join us for fun and frolic!

WAIT! THERE’S MORE!

The famous Masquerade Ball at the Crystal Ballroom will be held on Sunday, **October 25**. It will start at 6 pm with one hour of dance instruction by Tom Webster of Dance New England and will be followed by the most pleasurable music East of the Mississippi, with D.B.’s Orchestra, so you can dance till you get blisters until 10 pm. Advance ticket sales are $15/pp or $25 per couple ($15/pp for tickets at the door) and are available at The Center at Punchard and The Andover Bookstore. AND there will be complimentary refreshments/soda. Sorry, no outside food or beverages per order of the Andover Health Department.

LET’S THROW ALL CAUTION TO THE WINDS AND ATTEND BOTH THESE EVENTS!

HOPE TO SEE YOU THERE!
Did you know?

Senior Connections at Pomp's Pond

Artist Bea Pattullo

Woodcarver Dan Conlon

Rhythm Kung Keul Kung

Kathy Urquhart accepting check from Andover Community Association.

Council on Aging Board members

Tapper Mary Ellen Dunbar
**Exercise Classes**

**Energize with Exercise**
Mondays through November 9; 3:30 pm

**Zumba Toning**
Thursdays through November 12; 3:30 pm

**Serenity Yoga**
Thursdays through November 12; 7:15 pm

**Nordic Walking**
Wednesdays through November 4; 3:30 pm

**New Belly Dancing**
Thursdays through November 12; 6 pm; Bring out your “inner dancer”! Learn basic moves from fast and fiery to slow and smooth. Improve flexibility, increase self-confidence as you work all muscles, dance off calories, and have FUN! Suitable for women of all body types and fitness levels. Great core workout.

**Boomer Venture Screening Room**
Thursdays; 6:30 pm; Free

- **October 1:** Whiplash with JK Simmons (drama)
- **October 8:** As It Is In Heaven (Swedish)
  Academy Award: Best Foreign Film
- **October 15:** Sun Li and the Poet
  (Italian/Mandarin drama)
- **October 22:** Nono, the Zigzag Kid
  (English/Dutch drama)
- **October 29:** Cache (French Thriller)
- **November 5:** The Music Never Stopped
  (drama based on Oliver Sacks essay)

**Special Interest**

**Reflexology with Uli Kapp**
Thursday evenings starting September 17; 6 pm by advance appointment only. $1 per minute, in 15 minute intervals. Pressure points on hands and feet that correlate to Qi in the body. Must register by the day before to hold spot.

**Living Legacy: How Do I Want To Be Remembered?**
Thursdays, October 1, 8 and 15; 6 pm; $20; Treasures of our memories, values, stories, insights and special wisdom are things of real value we can leave the generations yet to come. Join Dr. Susan H. Smith on a journey to discover and create your ‘living legacy,’ by using a variety of media, from scrapbooking to photo albums to paper quilts to writing.
Supported in part by a grant from the Andover Cultural Council, supported by the MA Cultural Council.

**The Spirituality of Organizing**
Thursdays, October 22 and 29; 6:45 pm; $20.
Once you begin the journey to de-clutter, clean out and organize your life, you begin to discover there is much more to organizing than just getting rid of physical things around you. Learn the techniques to internally organize and prepare yourself for the next steps on your path. Diana Noble of Noble Balance and Susan Walco, professional and lecturer, will lead. Participation in both nights is highly recommended.

**Everyday Mindfulness with Chip Carter**
Thursdays, 6:45 pm; $5 per session.

- **November 5:** Mindfulness and Conversation: Learn to listen deeply to friends, loved ones and new acquaintances. See how mindfulness can improve the quality of your conversations. Learn how to have a “good” argument.
- **November 12:** Mindfulness and Exercise: Mental hurdles can diminish and even prevent the intrinsic leisure of exercise and often prevents us from doing it! Bring mindfulness to get you there, improve performance and help recovery!
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**Holiday Fair**

Saturday, **December 5**, 9 am - 3 pm
and/or
Monday, **December 7**, 9 am - 1 pm

Select hand-made crafts, knitted items, live plants, garden club arrangements, vintage jewelry and a large baked goods table.

In addition to The Center’s volunteer items, community artists will have tables of their own hand-crafted items.

**Crafts Corner**

Our Holiday Fair elves are already working on special crafts for the Annual Holiday Fair. The Crafts Corner meets Thursdays at 9:30 am.

We’re looking for fun ideas to make and share, especially for the Holiday Fair. You are welcome to bring your own project!

**Holiday Fair Wish List**

Donations of Jewelry (even if broken) wired ribbon, fabric, Christmas decorations and many bakers needed.

Knitted Items are needed: colorful scarves, mittens, hats, children sweaters, American Girl knitted items, etc. Size and cleaning instructions should be included.

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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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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.