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

I’m writing this on December 21st, the first day of winter and the shortest day of the year. Whatever comes next (and I think we’re all hoping that it’s nothing like last winter), spring is on the way! This year candles were placed in the windows of The Center at Punchard which got me to thinking about the symbolism of light in so many of the festivities that occur in early winter. We’re probably most familiar with Christmas and Chanukah. The pagan festival of Yule has given us the yule log and Shab-e Yalda, an ancient Iranian festival, celebrates the victory of light and goodness over darkness and evil.

Many begin the new year with resolutions to... (you fill in the blank) and statistics show that most of these resolutions fail. It’s not that it isn’t a good idea to eat better, to loose weight..., but you need more than a goal to accomplish it. There may be multiple steps to help reach the goal and perhaps some lifestyle changes as well. This can all be overwhelming, especially if you don’t know where to start and need to change some long established habits. I’m going to suggest that rather than say I’m going to eat healthier food when you may not have a plan or what the healthier food is or how to cook it, that you consider coming to one of the Healthy Living Tidbits programs listed in the newsletter, enjoy the healthy breakfast that’s served, pick up some information, ask a question or two. You may even meet someone on a similar “journey” and motivate and encourage each other.

If you’d like to begin to exercise, why not take advantage of our offer to try a class once, our compliment, to see what would work best for you. Still undecided? Join us on Friday, January 29th at 9:00 am to hear about the many volunteer opportunities both here at the Center and in other Town departments.

Best Wishes from all of us for a happy, healthy new year.

Kathy Urquhart

"When the song of the angels is stilled, When the star in the sky is gone, When the kings and princes are home, When the shepherds are back with their flock, The work of Christmas begins: To find the lost, To heal the broken, To feed the hungry, To release the prisoner, To rebuild the nations, To bring peace among people, To make music in the heart."

Reverend Howard Thurman


HEALTHY LIVING TIDBITS W/ ART MCDERMOTT:

Let’s Talk Cardio
Friday, January 8; 9:30 am; You have a LOT of choices when it comes to working out. You can lift weights, learn yoga, etc. However, when it comes to your cardio-vascular health, did you know that most people are simply getting this wrong? In fact, the way many folks do 'cardio' may be an almost complete waste of time! During this session, we will detail exactly what your cardio-vascular workouts should look like. Healthy breakfast is offered.

Diabetes and Your Diet
Friday, February 5; 9:30 am; The number of people in the United States who are “pre-diabetic” is massive and growing every day. What does this really mean and how can you avoid becoming such a statistic? How can you avoid the sugar and insulin cycle which leads to the preventable condition? We answer these questions and more in this month’s forum. Healthy breakfast is offered.

TAX TALK
Friday, January 22; 9:30 am; Do you have a question about what you can write off? Medical bills sky high? How about what income needs to be reported? Do you have lottery winnings and a large box of losing tickets? Debbie Cutrona has 34 years experience preparing tax returns and representing clients before the IRS.

MVRTA INFORMATIONAL FORUM
Monday, January 25; 1:30 pm; Come learn about your public transportation service. Meet the director of the MVRTA and hear all about your transportation options. Find out how to take advantage of the Charlie Card program. Don’t miss this opportunity to learn “How To Ride”!

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.

Donations In Memory of
Cora Ozoonian
Olga Sarkisian
Thank you
**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**

**January 4** - All aboard! The Bus is headed to the Rockingham Mall in Salem, NH. Post-holiday sales should be plentiful and lunch with friends is always fun at the food court. Call for a spot on the Bus. $8 round trip.

**January 25** - Winter’s here; "Let it Bowl, Let it Bowl, Let it Bowl!!!!" Candlepin Bowling; strike, spare, gutter balls. It’s fun to get out and play!!! We’ll go to Academy Lanes in Haverhill. Let’s work up an appetite and get lunch after bowling. Come join the fun! $4 transportation only.

_Don’t let transportation keep you from participating in activities at 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. Sorry, transportation is for Andover residents only.

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**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 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](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 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.

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**THE FIX-IT SHOP**

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

**January 4 and 25**
**February 8 and 22**
**1 - 3 pm**
**Cost is:**
- $4 plus parts for seniors (ID required)
- $10 plus parts for non-seniors/non-residents
- $2 diagnostics fee
Friday Speaker Series: Mr. Olympia
Friday, January 15; 8:30 am; $4 includes breakfast; By day, Andover native Dr. Fred Arrig Jr. specializes in restoring patients’ hearing and treating their dizziness problems. By night, Arrig trades his medical coat for a high intensity workout that propelled the 62-year-old, Lawrence-based ear doctor to a win at the “Mr. Olympia” competition. Come and hear about Dr. Arrigg’s journey to the Mr. Olympia competition!

Meet the Staff: Emily Kearns
Wednesday, January 27; 9 am; Emily Kearns, our new Coordinator of Senior Connections Social Day program, will be on hand to share with you some exciting developments in the program, as well as our caregiver outreach initiative. Emily is from Andover and is delighted to be working with her home community. Light refreshments offered.

Valentine’s Sweet Serenade!
Friday, February 12; 1:30 pm; $8 (tickets on sale starting January 4); Enjoy an afternoon of chocolates and sweet music with a chocolate fountain, fresh fruit, petit fours, mini-fruit tarts and more as the “Gentlemen Songsters” serenade us with their acapella stylings. Music sponsored by Bayberry at Emerald Court. Transportations is available; contact Carol.

Ask the Lawyer
Monday, February 22; 1:30 pm; Attorney Lynda Saracusa will be on hand to meet individually and answer general questions. Sign up required. First come, first served day of appointment.

Celebrate Chinese New Year!
Friday, February 26; 12 pm; $10 (tickets on sale starting February 1; limit two per person); Ring in the New Year with a complete Chinese luncheon followed by regional performers and highlights from the annual Lantern Festival. This is not part of our regular congregate meal.

CULTURAL
Register at www.myactivecenter.com

Exploring the Culture of the Navajo
Thursday, February 4; 1:30 pm; $3; Elaine Meisinger presents the people, art and artifacts of her cultural exchange on the reservation in Tuba City, AZ. Enjoy Elaine’s original art during the month of February in our gallery.

The Healthy Brain
Thursdays, January 14 and 21; 1:30 pm; $6; What about those “little gray cells”? How can you actually change the anatomy and function of the brain? Understanding how it works, assessing your memory skills, adopting a brain-healthy lifestyle and ways to exercise your mind are topics that will be covered. Highlighting lectures by the authors Drs. Andrew Weil and Gary Small, learn how the advances in science have changed ways we view the aging process.

Lunch Box
Sandwiches and Salads
Breakfast Items, Beverages, Desserts
Specials

Do you know where to find these?
The Center’s Lunch Box!
Check out our menu!

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.
**MODEL BUILDING**

Wednesdays, January 6 – February 10; 9 am; $6. Want to make plastic or balsa model planes, trucks, tanks, ships, and cars like you did when you were a kid? Hey, pass some of those winter hours with some fellow model-building enthusiasts! Let’s get together and share building tips. Bring a model and the supplies you need. Facilitated by Dave Cook, long-time model building enthusiast.

**PRINT MAKING WITH FRANCES KILLAM: WORLD OF COLOR: MONOPRINTING WITH A GELATIN PRINT**

Thursday, January 7; 9 am; $22; Gelatin plate printing is easy, quick, intuitive and wonderfully fun! You will learn to make unique print images with acrylic paint and a plate 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 plates and prints on acid free paper ready for framing. Example? See Karen.

**BRIGHT IDEAS: WHO YA’ GONNA’ CALL?**

Monday, January 11; 1:30 pm; Free; Come find out whom your neighbors use for everything from Appliance repair to Zipper repair. Bring your list of “I need to find a ...” As well as your “I love my ...”. We will explore services for home, car, yard and person. Jane Gifun facilitates.

**LEARN THE ART OF SILK PRINTING!**

Wednesday, January 20; 10 am; $22; Choose from original designs created by your teacher, Sandra Golbert, ready to paint with French cold water silk dyes. The sun will flow through your designs to create a perfect light catcher! All materials included to take home your own work of art.

**MHL COMES TO THE CENTER: iPAD 101**

Thursday, February 25; 1:30; free; What is it? What can it do? Staff from our library will come in to talk about what an iPad can do. Please bring your iPad to this hands-on workshop. If you don’t have an iPad, we have a few available for you to try. We’ll also learn about some of the iPad apps that are available to you at MHL, free of charge. Registration is essential to plan this meeting, to have sufficient devices and staff on hand.

**LIVING LEGACY**

New Program Thursday afternoons in January; Kick off date: January 7; We will be ringing in the New Year by kicking off a new partnership with Wood Hill Middle School called, *Legacy Matters*! Now is the time to dust off those photographs and memories. This is a perfect opportunity to ensure that your precious stories are told now, and forever – for your children, their children, and our entire community. Collect and share your stories working with middle school students to create a family history legacy project. Capture your meaningful adventures through interviews with students who will learn as well as share their knowledge using multimedia technology and research about key events in your life. Create your legacy story as it emerges from your work together – crafted with journals, storytelling, poetry, taped stories, photo collages, music, and more. Imagine the photo book, videotape, written story and more you will create to make your memories last forever! For more information and to RSVP, contact Emily Kearns at 978-623-8321.

**COMING EVENTS**

Black Americans: From Slavery to Civil Rights

MHL Comes to The Center: PayPal
Exercise and Special Interest Classes

Register at www.myactivecenter.com

Winter session: through February 12
No classes: January 1 and 18

Exercise and Dance Classes

MEN AND WOMEN IN MOTION
Tuesdays; through Feb. 9; 7:50 am; $42
Thursdays; through Feb. 11; 7:50 am; $38.50

STRENGTHEN AND STRIDE
Tuesdays; through Feb. 9; 9 am; $42
Thursdays; through Feb. 11; 9 am; $35

SIT AND GET FIT
Tuesdays; through Feb. 9; 10:15 am; $42
Fridays; through Feb. 12; 10:15 am; $31.50

YOGA
Beginners: Tues; through Feb. 9; 10:30 am; $42
Inter: Weds.; through Feb. 10; 1 pm; $42

BREATH, BALANCE AND BODYWORK
Tuesdays; through Feb. 9; 2 pm; $48

TAI CHI
Beginners: Thurs; through Feb. 4; 2:15 pm; $17.50
Adv. Beg: Tues; through Feb. 2; 1:10 pm; $17.50
Intermed: Thurs; through Feb. 4; 1:10 pm; $17.50

LINE DANCING
Tuesdays, through Feb. 9; 2:15 pm; $48
Beginners Brush Up - 2:15 pm
 Entire Group - 2:30 pm
 Intermediate Challenges - 3 pm

STRENGTH TRAINING **PLEASE NOTE NEW TIME
Wed., through Feb. 10; 8 am or 8:50 am; $42
Fri.; through Feb. 12; 8 am or 8:50 am; $31.50

TAP DANCING
Wednesdays, through Feb. 10
Basic: 9:45 am; $36
Performance: 12:45 pm; $42

WATER WORKOUT AT EDGEWOOD
Tuesdays, through Feb. 9; 9 am; $48; Contact Carol for transportation options.

Special Interest Classes

SUNRISE SINGERS
Mondays; through Feb. 8; 9 am; $18
Beginners welcome. No sight reading required.

WOOD CARVING
Mondays; through Feb. 8; 9 am; $25; Some instruction provided for beginners.

RHYTHM-AIRES
Mondays; through Feb. 8; 10:15 am; $9
Join this fun loving tambourine band.

DUPLICATE BRIDGE
Thursdays, through Feb. 11; 1 pm; $16.
Intermediate bridge skills are required as well as partners.

FOUL WEATHER POLICY

When Andover Public Schools are closed for weather related issues, The Center at Punchard is also closed for all programs, activities, classes, lunch, and Meals on Wheels deliveries.

School cancellations are announced on TV stations 4, 5, and 7, Andover cable channel 10, as well as radio station WCCM, beginning about 6 am. Please listen to these stations in the morning for announcements.

For up-to-date information on any schedule changes, Please call our information line at 978-623-8377 at any time.

Please note: This info line is an announcement line only; please do NOT leave a message on this special line. Thank you.
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. Please call Kristine Arakelian, Outreach Coordinator, to confirm your attendance or for further information. This is an open group and all are welcome. Our next meeting will be Thursday, **January 14** from 1:30 - 3 p.m. Shawn McKallagat, Owner, Compounding Pharmacist, Letourneau’s Pharmacy, Parkinson’s Medications - Advances and Treatments. For further information, contact Kristine Arakelian, LCSW, MPH at The Center.

**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 **January 11**. Call us to add your name to the list.

Facilitator: Gerry Rainville, RN, MSN.

**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 Emily Kearns 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 - 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, **January 14**.

**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.

**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.
## January 2016 Calendar of Events

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td></td>
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<td></td>
<td>CLOSED</td>
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<tr>
<td>1:00 Fix-It Shop</td>
<td>4</td>
<td>5:00 Model Building</td>
<td>6:00 Chroniclers Meeting</td>
<td>1:30 Health Living Tidbits</td>
</tr>
<tr>
<td><strong>LUNCH:</strong> American Chop Suey</td>
<td><strong>LUNCH:</strong> Baked Chicken</td>
<td><strong>LUNCH:</strong> White Vegetable Lasagna</td>
<td><strong>LUNCH:</strong> Roasted Turkey</td>
<td><strong>LUNCH:</strong> Seafood Newburg</td>
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<tr>
<td>9:00 Women’s Hike</td>
<td>11</td>
<td>8:00 Model Building</td>
<td>10:00 COAB Meeting</td>
<td>8:30 Friday Speaker Series</td>
</tr>
<tr>
<td>1:00 ESL for Serious Learners</td>
<td>12</td>
<td>10:00 Grocery Shopping</td>
<td>10:00 TRIAD Meeting</td>
<td>9:30 Tax Talk</td>
</tr>
<tr>
<td>1:30 Bright Ideas</td>
<td>13</td>
<td>1:00 Knit, Purl, Repeat</td>
<td>1:00 Memory Café</td>
<td>1:30 Book Club</td>
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<tr>
<td>1:30 Pain Management</td>
<td>14</td>
<td>1:30 Parkinson’s Group</td>
<td>1:30 Healthy Brain</td>
<td>1:30 Healthy Brain</td>
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<tr>
<td>1:30 Computer User’s @ MHL</td>
<td>15</td>
<td>6:15 Meditative Relaxation</td>
<td>6:15 Meditative Relaxation</td>
<td>6:15 Meditative Relaxation</td>
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<tr>
<td><strong>LUNCH:</strong> Chicken Parm</td>
<td><strong>LUNCH:</strong> Beef Stew</td>
<td><strong>LUNCH:</strong> Chicken Marsala</td>
<td><strong>LUNCH:</strong> Meatloaf</td>
<td><strong>LUNCH:</strong> Fish Florentine</td>
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<td>8:30 Office Hours Sen. L’Italien</td>
<td>18</td>
<td>9:00 Podiatry by Appointment</td>
<td>9:00 Chroniclers Meeting</td>
<td>9:30 Do you want to Volunteer?</td>
</tr>
<tr>
<td>1:00 ESL for Serious Learners</td>
<td>19</td>
<td>10:00 Model Building</td>
<td>1:30 Book Club</td>
<td><strong>LUNCH:</strong> Lemon Pepper Fish</td>
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<tr>
<td>1:00 Fix-It Shop</td>
<td>20</td>
<td>10:00 Silk Painting</td>
<td>1:30 Healthy Brain</td>
<td><strong>LUNCH:</strong> Lemon Pepper Fish</td>
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<tr>
<td>1:30 MVRTA Forum</td>
<td>21</td>
<td>10:00 Grocery Shopping</td>
<td>6:15 Meditative Relaxation</td>
<td><strong>LUNCH:</strong> Lemon Pepper Fish</td>
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<tr>
<td><strong>LUNCH:</strong> Stuffed Chicken Breast</td>
<td><strong>LUNCH:</strong> Salisbury Steak</td>
<td><strong>LUNCH:</strong> Shepherd’s Pie</td>
<td><strong>LUNCH:</strong> Veal Parm</td>
<td><strong>LUNCH:</strong> Spinach Pie</td>
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<tr>
<td>8:30 Fix-It Shop</td>
<td>22</td>
<td>9:00 Meet the Staff</td>
<td>6:45 Community Drum Circle</td>
<td><strong>LUNCH:</strong> Spinach Pie</td>
</tr>
</tbody>
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## Regularly Scheduled Programming

The Programming below is held every week except during Semester Break Week

<table>
<thead>
<tr>
<th>Every Monday</th>
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<th>Every Wednesday</th>
<th>Every Thursday</th>
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<tr>
<td>Town House Drop-In</td>
<td>Men/Women in Motion</td>
<td>Strength Training</td>
<td>Men/Women in Motion</td>
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<tr>
<td>Sunrise Singers</td>
<td>Water Workout</td>
<td>Strength Training</td>
<td>Town House Drop-In</td>
<td>Strength Training</td>
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<tr>
<td>Woodcarving</td>
<td>Town House Drop-In</td>
<td>“SHOP” Group</td>
<td>Town House Drop-In</td>
<td>Town House Drop-In</td>
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<tr>
<td>Quilting</td>
<td>Strengthen and Stride</td>
<td>Basic Tap</td>
<td>“SHOP” Group</td>
<td>Strengthen &amp; Stride</td>
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<tr>
<td>Drop In Bridge</td>
<td>Writing Group</td>
<td>Fiber Arts</td>
<td>“SHOP” Group</td>
<td>Art Group</td>
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<td>9:00</td>
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<tr>
<td>Massage by Appointment</td>
<td>Sit and Get Fit</td>
<td>Knit Wits</td>
<td>Art Group</td>
<td>9:00</td>
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<td>12:45</td>
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<tr>
<td>Rhythm-Aires</td>
<td>Beginner’s Yoga</td>
<td>Performance Tap</td>
<td>“SHOP” Group</td>
<td>Craft Group</td>
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<tr>
<td>Movie Matinee</td>
<td>Fun and Games</td>
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<tr>
<td>ESL Chinese</td>
<td>Social Bridge Drop In</td>
<td>Intermediate Yoga</td>
<td>Duplicate Bridge Lessons</td>
<td>1:00</td>
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<td>3:30</td>
<td>1:00</td>
<td>2:00</td>
<td>Lessons</td>
<td>Fun and Games</td>
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<tr>
<td>BV Energize with Exercise</td>
<td>1:00</td>
<td>2:00</td>
<td>Fun and Games</td>
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<td>2:15</td>
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<td>Ping Pong</td>
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<td>Line Dancing</td>
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## January Spotlight

**Congratulations!**

To quilt winner **Kathy Casey** (left) accepting the quilt from **C@P Director Kathy Urquhart**
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 (January 14) 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.

**FRIENDS’ TRIPS**

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

**SONGS THAT MAKE US LAUGH, DURHAM, NH**
Friday, January 15; 8:30 am – 2:30 pm; $35/33*; Enjoy a fun-filled program featuring popular songs with humorous lyrics from Colonial times to the present followed by lunch.

**RHODE ISLAND SPRING FLOWER & GARDEN SHOW, PROVIDENCE, RI**
Thursday, February 18; 9:30 am – 4:30 pm; $51/49* includes the show and lunch. Treat all your senses to a break from winter while enjoying the beautiful flowers and gardens at this show.

**BSO OPEN REHEARSAL: BEETHOVEN AND MAHLER, BOSTON, MA**
Thursday, March 17; 8 AM – 3 pm; $61/59*; Enjoy performances of Beethoven’s Piano Concerto #4 and Mahler’s Symphony #1 includes concert and lunch.

*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.
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 Donna. Fee of $1 per semester to help cover cost of lost books. Leader: Evelyn Retelle.

January 21: “Drawing on the Right Side of the Brain”
By Betty Edwards

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

January 11 – Ward Reservation
(possible snow shoeing)

February 8 – Harold Parker
(possible snow shoeing)

MEN’S OUTDOOR ADVENTURES

The men’s hiking group is taking the winter off – they will see you in the spring! If you want to be informed via email let us know.

COMMUNITY EVENTS

MASSACHUSETTS STATE SENATOR

Monday, January 25; 8:30 am Sen. Barbara L’Italien, or a member of her staff, will hold monthly office hours at The Center at Punchard.


Sunday, February 7; 4 pm at Temple Emanuel. Music of Brahms, Korngold and Cohen’s “I Remember” with text from Anne Frank’s Diary.

MONDAY MOVIE MATINEE

1 pm Free
Popcorn and sodas to purchase.

January 4: “Cabaret”
January 11: “Jurassic World” – 3D
January 25: “Chappie”

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.

Monday, January 11 - Backing Up your computer and data and making sure that it works. Since many of us have family photos, financial information, and other irreplaceable items stored on our computers, it is imperative that we have a system for preserving this information. This topic has have covered in the past, but is so important, that we like to run it once a year.

Call Karen to add your name to the email list!
Thanks to all who made this year’s Holiday Fair a great success! We could not do it without all our amazing volunteers!

Happy New Year to All!
EXERCISE CLASSES

ENERGIZE WITH EXERCISE
Mondays; through February 8; 3:30 pm; $60.50; Fun aerobics and weight training workout, ending with a meditative cool down.

ZUMBA TONING
Thursdays; through February 18; 3:30 pm; $49.50; Combine weight training with cardio-fitness as you dance. It’s a 500 calorie work-out!

SERENITY YOGA
Thursdays; through February 18; 7:15 pm; $54; Active practice of flowing postures with 15 minutes of meditation.

NEW BELLY DANCING
Thursdays; through February 18; 6 pm; $54; Bring out your “inner dancer”! Learn basic moves from fast and fiery to slow and smooth. Improve flexibility and 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!

SCREENING ROOM
Thursdays at 6:30 pm; Free
January 7: Tangerines (Estonian drama)
January 14: The Artists and the Model (French drama)
January 21: The Salt of the Earth (Portuguese documentary)
January 28: The Girl from Paris (French drama)
February 4: All is Lost (with Robert Redford, drama)

SPECIAL INTEREST

REFLEXOLOGY WITH ULI KAPP
Thursday evenings starting at 6 pm by advance appointment only. $1 per minute, in 15 minute intervals. A deep, delightful foot treatment accessing pressure points on each foot that correlate to various parts of the body.

MEDITATIVE RELAXATION AND SELF-CARE
Thursdays, January 14 and 21; 6:15 pm; $10; Try out loving kindness meditation, autogenic training, progressive relaxation and emotional freedom techniques. Learn the basics of these body-based meditative relaxation/self-care methods everyone’s talking about in a relaxed group format. Dr. Ruth Naylor, AT, CBH.

SELF DEFENSE FOR WOMEN
Thursday, January 21; 6:30 pm; $22; session will be open to beginners as well as previous participants. A refresher of level 1 will be discussed at the beginning of class before we start the second session. This class will focus on Pressure Points, Principle of Center, Defense from Dynamic/Static Attacks and Response to Edged Weapons.

COMMUNITY DRUM CIRCLE WITH SURPRISE GUESTS!
Thursday, January 28, 6:45 pm; $7; Drum in the New Year and shake off those winter blues! A variety of percussion instruments, West African and Japanese drums will be available for you to use. No prior experience necessary. Join us . . . have fun and reduce stress.

Winter session: through February 12
There is often space in exercise classes to join for a 1/2 session. Ask us about this or a 6 class punch card.
No BoomerVenture classes: January 18
**DID YOU SIGN IN?**

Knowing who is in The Center is important for a number of reasons. **First of all**, having an accurate count of who is here is important for safety and emergency purposes. **Secondly**, in order for us to schedule rooms and get instructors, we need to know whether there are 2 people or 20 people in the program.

Also, when we are planning new programs or applying for additional funding, it is very important for us to have an **accurate count** of who is here at The Center and what activity you are involved in. In fact, this information is required by state law in order for The Center to receive state funding.

So, **please**, be sure to sign in with your swipe card each and every time you come to visit. If you don’t have a swipe card, please pick one up at the front desk. It only takes a minute.

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**SHINE**

SHINE (Serving Health Information Needs of Elders) is a free and confidential counseling service to help individuals understand their Medicare insurance benefits and other health insurance options.

The SHINE counselor can assist you in becoming a more informed consumer, while presenting accurate and unbiased information. SHINE counselors are trained and certified by the Executive Office of Elder Affairs in many areas such as Medicare, the Medicare appeals process, Medigap insurance, retiree insurance plans, long-term care insurances, Medicaid and health care programs. The SHINE Counselor is available for individual appointments or by phone. Meetings are held here at The Center at Punchard. Call The Center for our counselor to contact you.

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**ANDOVER CHRONICLERS**

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

“There Is 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’!

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**POSTAGE STAMPS**

Did you know that books of postage stamps are available at The Center at Punchard?

Just stop by the front desk.

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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.

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