



# News & Views

June 2011



## Mission Statement

The Andover Senior Center is a place of opportunities, a focal point in our community where services support positive aging and where educational, recreational and cultural programs enrich the lives of elders and the community.

### *A Message from the Director*

Have you wondered who the **Council on Aging Board** is and what they do? They invite you to **join them for a continental breakfast on Thursday, June 9, 2011 at 8:00 am**. Board members are appointed by the Town Manager to:

Identify the total needs of the community's elderly population

Educate the community and enlist support and participation of all citizens to meet those needs

Design, promote or implement services to fill those needs, or to coordinate existing services in the community

Promote and support any other programs which are designed to assist elders in the community

Enlist and develop capable volunteers and professional leadership for the purposes stated in this article

As adopted by Town Meeting, March 12, 1966.

**Applications** for the next SCRPT (**Senior Citizen Residential Property Tax Work off**) program will be available in June and **must be returned to the Senior Center by 2:00 pm on Thursday June 30, 2011**. **Anyone interested** in participating (even if you've done it before) **must submit an application and attend an informational forum**. Dates and times for the scheduled meetings will be listed in the packet. Qualifications for participation:

- Must be 60+
- Owner of record
- Property for which the abatement will be used must be primary residence
- No income guidelines for first qualifying owner  
Second owner must meet the needs requirement

Watch for further info: Line Dancing coming in the fall! BoomerVenture will be expanding to Thursday evening.

*Best Regards, Kathy Urquhart*

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**Town Manager**  
Reginald S. Stapczynski

**Senior Center Staff Director**  
Katherine Urquhart

**Outreach Coordinator**  
Kristine Arakelian, LCSW, MPH

**Senior Connections**  
Marion Aziz, RN  
Linda Lambert  
Kathleen Morin

**Acting Program Coordinator**  
Karen Payne-Taylor

**Office Staff**  
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Donna Morse, Editor  
Nell Saracusa

**Nutrition Staff**  
Frank Melendez  
Alan Klenner

**Transportation/Intake**  
Debbie Ryan

**Drivers**  
Ed Blinn  
Shawna McCloskey  
Jack Peterson

**Council on Aging**  
Mary Jane Bausemer  
Vincent Cottone  
Jo-Ann Deso, Co-Chair  
Kathleen Devanna, RN  
Ann Grecoe  
Katherine Grondin  
Emily Kearns  
Stuart McNeil  
Tracey Meech  
Ann O'Sullivan, Secretary  
Donald Robb, Co-Chair  
Mary Ryan

### Forums

Registration is requested for all Forums



**Special Forum:** Thursday, **June 2** from 1-2 pm for a special presentation. **Please join** Debra Katt-Lloyd, **Manager, NE/Merrimack Valley Region, Alzheimer's Association, Massachusetts/New Hampshire Chapter. Know the 10 Warning signs - Early Detection Matters.** If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. Pre-registration is requested.

#### SPECIAL TRIAD PROGRAM: SENIOR SAFETY DAY

Friday, **June 10**; 9 am -11 am; Please join the Andover Senior Center, the Chiefs of the Andover Police and Fire Departments and the Essex County Sheriff's Department for this important program. There will be a special demonstration from the Essex County Sheriff's Department K-9 Unit. Free Photo IDs will be available for seniors attending this forum. The Photo IDs provide seniors with a secondary form of identification. This ID *does not* replace a driver's license. "A primary ID is required for us to administer this secondary form of identification. Registration is appreciated.

#### LAWRENCE GENERAL HOSPITAL: DID YOU KNOW?

**July 22** at 9:30am. Free. Something new is right down the road. Learn about the changes and updates to our community hospital.

#### **LOCAL SHOPPING TRIPS**

Door-to-Door Service.  
Prices are round trip & are for transportation **only**.

**Wednesdays** - grocery shopping at the North Andover Market Basket/ Kohl's; \$4 round trip.

**June 6** - Mystery Seashore Tour -\$8

**June 13** - Rockingham Mall -\$8

**June 20** - Wal-Mart, Salem - \$8

**June 27** - Newburyport - \$ 8



#### **DID YOU SIGN IN?**

Knowing who is in the Senior 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 class or 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 your are involved in. In fact, this information is required by state law in order for the Senior Center to receive state funding.

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

*Thank you.*

## TRIPS

Trip reservations are considered final and non transferable. A credit voucher will be issued only if a waiting list exists

Sponsored by  
**The Friends of The Andover Senior Center (FOASC)**  
 Checks for these trips should be made payable to the  
 Friends of the Andover Senior Center.

**Arundel Barn Playhouse Matinee: *Crazy For You***  
 Friday, **July 8**; 10 am - 6 pm; \$48/46\* show and transportation. We'll arrive in Kennebunkport early enough to have some free time for a little shopping and lunch on your own. *Crazy For You* is "the Gershwin Musical" featuring such favorite tunes as: *I Got Rhythm, Embraceable You* and *Who Could Ask For Anything More*.

**Cruise Around Cape Ann & Lunch at the Village Restaurant**

Friday, **July 29**; 10:30 am - 6 pm; \$58/56\* cruise, lunch and transportation. We'll head to Essex first for a delightful lunch at the Village Restaurant. Then it's on to Gloucester for *The Lighthouse Cruise* - a narrated boat trip that completely circumnavigates Cape Ann.

**78<sup>th</sup> Annual NH League of Craftsmen's Fair preceded by brunch**

Tuesday, **August 9**; 8:30 am - 4 pm; \$41/39\* includes brunch, admission to the fair and transportation. We'll leave early, so we can fortify ourselves for shopping at the Bradford Junction Restaurant prior to the fair. This is the "oldest craft fair in America" with over 200 juried crafters at a beautiful setting on Mount Sunapee.

# THE FIX-IT SHOP

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



**June 6 and 20**  
**No Fix-It Shop for July or August**  
 1:30—3:30 pm

Cost is:  
**\$4.00 plus parts for seniors (ID required)**  
**\$10.00 plus parts for non-seniors/non-residents**

## Men's Outdoor Adventure Group

Bring water and wear sturdy shoes or hiking boots. All hikes meet at the Andover Senior Center.

**MOUNT AUBURN CEMETERY**

Wednesday, **June 1**; 9:30 am; One of the most beautiful and historic landscapes in America. Its impressive collection of over 5,000 trees, shrubs and herbaceous plants weave through 175 acres. Mount Auburn is the final resting place of thousands of distinguished people.

**AYER BIKE TRAIL**

Thursday, **June 16**; 9:30 am; The Nashua River Rail Trail is a former railroad right of way that travels 11 miles with a 10-foot wide paved surface. Rides will vary depending on the group's interest. **Bike helmets required.** If you have a bike that hasn't been used in a while have one of the local bike shops go over the bike. Let us know if you need minor help.



Activities are subject to change due to weather and conditions so preregistration is a must. Call 978-623-8321. Any cancellation or changes will be communicated by email and phone to those registered.

## Women's Outdoor Adventures

**HAGGETTS POND HIKE**

Tuesday, **June 14**; Hike from 9 am - 11:45 am. Difficulty Level 2+. Lunch at Casa Blanca at 12pm; Car-pool from the Senior Center, leaving at 9 am. This basically flat four mile hike will follow the shoreline of Haggett's Pond enjoying beautiful views.

## POSTAGE STAMPS

Did you know that books of postage stamps are available at the Senior Center? Just stop by the front desk.



## OUTDOOR ACTIVITIES

### NATURE WALKS

Beginning Friday, April 29 and will run through May. Meet at 8 am in the parking lot. Check with the Center for any June walks that may be added. Led by Evelyn and Al Retelle.

### STRIDE RITE

Mondays, Tuesdays, and Wednesdays; 8 am weather permitting. Begin a fitness walking program this spring by joining the Stride Rights at Doherty Middle School track. Bring a companion or join the group and walk as much or as little as you choose. Once around the track is ¼ mile! Free.

### GOLF GROUP

As soon as the weather permits, there will be a group of senior golfers hitting the links on Tuesday mornings at the Tewksbury Country Club. Tee off time for a friendly round of golf is at 7:30 am, and the approximate cost is \$16 for 9 holes. Newcomers are welcome for the upcoming session. For further information, contact Bob Henderson at 978-858-0815

## 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](mailto:seniorcenter@andoverma.gov) Please include your name and street address. Don't forget to let us know if you change your email address.

*Thank you*

## COOKIE TRAYS

Don't want to bake  
or don't have time?

Let Frank and his staff bake your cookies for you! There is a wonderful selection of yummy cookies in each tray, baked just for you.

You pick the date and time and Frank will have them ready to be picked up!

So stop by to place your cookie order now.

Small \$12, Medium \$17, Large \$23

Payment is due at the time the order is placed.

## Monthly Quote

For love of country  
they accepted death . . .

James A. Garfield



## SPECIAL EVENTS

All Special Events require advance reservations

### FUN AND GAMES

**Tuesday** is Fun Day! Bring your friends or join us here for games every Tuesday at 1:30 pm in the cheery Four Season Room. **Mah Jong!** Join a group Thursday afternoon from 1 - 4 pm to play and learn the basics starting in June.

### CONTINENTAL BREAKFAST

**Thursday, June 9 at 8 am** in our beautiful Four Season Room (note change of date and time). The Council on Aging invites you to join them at a continental breakfast to hear from you about what you feel they should address as they move forward.

### SUMMER FILM SERIES

This summer we will present the greatest movies of all time (according to our resident film critic, Steve Levine!). Every Monday at 1pm starting June 6. **Free.** To kick off the series:

**June 6:** *Best In Show*

**June 13:** *Band Wagon*

**June 20:** *The Philadelphia Story*

**June 27:** *High Society*

Local film buff Steve Levine will treat us to movies from his 1,000+ collection this summer.

### RED SOX NATION

Right here on our large screen TV! Wednesday, **June 22**; 1:35 pm and Wednesday, **August 17**; 1:35 pm; Free. Join the fans where "everybody knows your name"! Popcorn, peanuts and cracker jacks, as well as soda, will be available to purchase.



### CELEBRATE 4<sup>TH</sup> OF JULY ON JULY 1

**Noon**; This is a regular lunch so make your reservations. Come for a cookout!



### GRILL NIGHTS ARE BACK!

Wednesdays, **July 6 & 20 and August 3 & 17**; 5 pm. - 7 pm (last seating at 6:30). It's almost time to fire up the bar-b-que and start enjoying our patio grill nights again.

### LOBSTER BAKE

Mark your calendars and save the date for our most popular summer event! Saturday, **July 16**; 6 pm; Lobster \$18/Chicken \$15. Advance tickets only; Our dinner menu will consist of your choice of lobster or

chicken along with steamers, corn on the cob, watermelon, dessert & beverages. Tickets will go on sale for Andover residents beginning on Monday, June 27 and for non-residents on Monday, July 11.

### SIMPLE SUMMER PLEASURES

Summer's best desserts will be served on Tuesday, **July 19** at 2:30pm and Tuesday, **August 9** at 2:30pm in our lovely Four Season Room or patio. Both events are **free** and sponsored by Right at Home - In Home Care and Assistance.

### OUTDOOR PHOTOGRAPHY COMES INSIDE

Enjoy an entire year of outdoor photography created by the classes of Jack Holmes—on display in our lobby during the month of July. Jack will help to prepare photos the two weeks before. Open to anyone who has participated in the 4 Seasons of Photography. Participants please call to set up.

### "HAIRSPRAY"

Wednesday, **July 27**; 12:30 pm; Free; Enjoy the Summer Theater Ensemble's preview of songs from their upcoming production. Full performances are Friday, August 4; Saturday, August 5 and Sunday, August 6 at the Collins Center. \$14 senior rate.



### TAKE ME OUT TO THE BALL GAME!

#### LOWELL SPINNERS

Thursday, **August 4**; meet here at 5:30 pm; **Free**. Provided by our local Andover Firefighters. Transportation included. Spaces are limited and will be available on July 11 to Andover seniors and July 25th to relatives of seniors. 80 people max. Must pre-register to hold a spot.



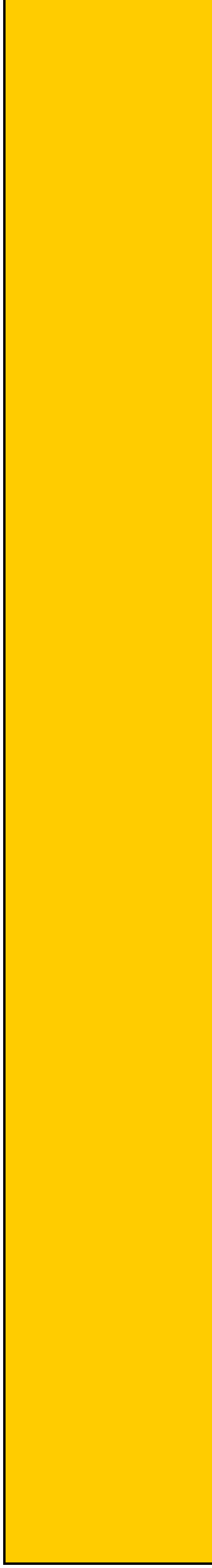
### LOBSTER ROLL LUNCHEON

Monday, **August 15**, 1pm; \$9; Reservations a must, not part of our regular lunch. Tickets will be available July 25.



### BEAUTY CONTINUES AT "PLANET COLOR"

As a special gift to Andover's seniors, this salon will offer services for ½ price or less every Monday. Appointments are necessary.; 978-475-4956; 90 Main Street (in Bertucci's building).



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:00 Stride Rites</p> <p>9:00 Choral Group</p> <p>9:00 Woodcarving Group</p> <p>9:00 Quilting</p> <p>9:00 Massage by Appointment</p> <p>10:00 Starlight Players</p> <p>10:00 Boomer Beginning Bridge</p> <p>10:15 Rhythm-Aires Group</p> <p>12:00 Lunch</p> <p>1:00 Art Instruction</p> <p>1:30 Fix-It Shop</p> <p>1:30 Boomer Bridge</p> <p>3:30 Boomer Exercise</p>	<p>8:00 Stride Rites</p> <p>8:00 Men &amp; Women in Motion</p> <p>9:00 Water Workout @ YMCA</p> <p>9:15 Aerobics</p> <p>10:00 Writing Group</p> <p>10:15 Sit &amp; Get Fit</p> <p>10:30 Beginner's Yoga</p> <p>12:00 Lunch</p> <p>1:15 Tai Chi</p> <p>1:30 Fun and Games</p> <p>2:30 Beginner's Yoga</p> <p>2:30 Ping Pong/Wii</p>	<p>1</p> <p>8:00 Stride Rites</p> <p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:00 Art Group</p> <p>9:00 "SHOP" Group</p> <p>9:00 Hooking</p> <p>9:30 Men's Outdoor Group</p> <p>9:30 Basic Tap Dance Class</p> <p>12:00 Lunch</p> <p>1:00 Performance Tap Dance</p> <p>1:00 Knit Wits</p> <p>1:30 Intermediate Yoga</p> <p>2:00 Blood Pressure</p>	<p>2</p> <p>8:00 Men &amp; Women in Motion</p> <p>9:00 Art Group</p> <p>9:00 Andover Chroniclers Meeting</p> <p>9:15 Aerobics</p> <p>9:30 Craft Group</p> <p>12:00 Lunch</p> <p>1:00 Bridge Group</p> <p>1:00 TRIAD Forum</p> <p>1:15 Tai Chi</p> <p>2:40 Pilates</p> <p>3:30 Boomer Zumba</p>	<p>3</p> <p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:00 SHINE by Appointment</p> <p>12:00 Lunch</p> <p>1:00 Bridge Group</p>
<p>6</p> <p>8:00 Stride Rites</p> <p>9:00 Choral Group</p> <p>9:00 Woodcarving Group</p> <p>9:00 Quilting</p> <p>9:00 Massage by Appointment</p> <p>10:00 Starlight Players</p> <p>10:00 Boomer Beginning Bridge</p> <p>10:15 Rhythm-Aires Group</p> <p>12:00 Lunch</p> <p>1:00 Art Instruction</p> <p>1:30 Fix-It Shop</p> <p>1:30 Boomer Bridge</p> <p>3:30 Boomer Exercise</p>	<p>7</p> <p>8:00 Stride Rites</p> <p>8:00 Men &amp; Women in Motion</p> <p>9:00 Water Workout @ YMCA</p> <p>9:15 Aerobics</p> <p>10:00 Writing Group</p> <p>10:15 Sit &amp; Get Fit</p> <p>10:30 Beginner's Yoga</p> <p>12:00 Lunch</p> <p>1:15 Tai Chi</p> <p>1:30 Fun and Games</p> <p>2:30 Beginner's Yoga</p> <p>2:30 Ping Pong/Wii</p>	<p>8</p> <p>8:00 Stride Rites</p> <p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:00 Continental Breakfast</p> <p>9:00 Art Group</p> <p>9:00 "SHOP" Group</p> <p>9:00 Hooking</p> <p>9:30 Basic Tap Dance Class</p> <p>12:00 Lunch</p> <p>1:00 Performance Tap Dance</p> <p>1:00 Knit Wits</p> <p>1:30 Intermediate Yoga</p> <p>2:00 Blood Pressure</p> <p>7:00 American Legion</p>	<p>9</p> <p>8:00 Men &amp; Women in Motion</p> <p>8:00 COA Meeting</p> <p>9:00 Art Group</p> <p>9:15 Aerobics</p> <p>9:30 Craft Group</p> <p>10:00 TRIAD Meeting</p> <p>12:00 Lunch</p> <p>1:00 Bridge Group</p> <p>1:15 Tai Chi</p> <p>2:40 Pilates</p> <p>3:30 Boomer Zumba</p>	<p>10</p> <p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:00 TRIAD Forum</p> <p>9:00 SHINE by Appointment</p> <p>12:00 Lunch</p> <p>1:00 Bridge Group</p>
<p>13</p> <p>8:00 Stride Rites</p> <p>9:00 Choral Group</p> <p>9:00 Woodcarving Group</p> <p>9:00 Quilting</p> <p>9:00 Massage by Appointment</p> <p>10:00 Starlight Players</p>	<p>14</p> <p>8:00 Stride Rites</p> <p>8:00 Men &amp; Women in Motion</p> <p>9:00 Water Workout @ YMCA</p> <p>9:00 Women's Hike</p> <p>9:15 Aerobics</p> <p>10:00 Writing Group</p>	<p>15</p> <p>8:00 Stride Rites</p> <p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:00 Art Group</p> <p>9:00 "SHOP" Group</p> <p>9:00 Hooking</p>	<p>16</p> <p>8:00 Men &amp; Women in Motion</p> <p>9:00 Art Group</p> <p>9:00 Andover Chroniclers Meeting</p> <p>9:15 Aerobics</p> <p>9:30 Craft Group</p> <p>9:30 Men's Hike</p>	<p>17</p> <p>8:00 Strength Training</p> <p>8:45 Strength Training</p> <p>9:00 SHINE by Appointment</p> <p>12:00 Lunch</p> <p>1:00 Bridge Group</p>



## BOOMERVENTURE

Summer is almost here and that means bathing suits! Come get healthy with your fellow baby boomers!

Talk to us about our new treadmill. After a brief orientation, you can walk before class. Take advantage of this easy way to add to your cardio workout. We now offer personal training as well.

### **ENERGIZE WITH EXERCISE**

Mondays, **June 6 – August 15**; 3:30 pm; 10 classes for \$55; Great aerobic workout without going to the gym. Weight training and stretching included. No prior exercise experience required.

### **BOOMER ZUMBA**

Thursdays, **June 2 – August 18**; 3:30 pm; 12 classes for \$65; Cardio fitness with a Latin flair. Dance to Afro-Caribbean music and Latin beats, with flamenco, belly dance, rock and hip hop.

### **YOGALATES**

Thursdays, **June 2 – August 18**; 2:40 – 3:20 pm; 12 classes for \$52; Building on our spring Pilates class this combination of Yoga and Pilates will draw from both traditions. Focus on core strengthening and breathing as you enjoy a complete mind and body workout. Bring a mat (2 preferable) and wear comfortable clothing.

### **BOOMER BRIDGE: LET'S PLAY!**

Mondays, **July 11, 18, 25, August 1, 8, 15**; 1pm; \$100 for 6 weeks or \$60 for half series. Start with open Q & A each session and move quickly to supervised play. We'll deal the cards and put everything you've learned into practice. Terry Kay Bargar, ACBL/ABTA Accredited Bridge Instructor.

Coming in the Fall of 2011 – BoomerVenture returns to Thursday evenings. Email or call with suggestions for what classes you would like to see! BoomerVenture classes may be audited free first time and joined late, pending space. Call or come by to get more information. Visit us at [www.boomerventure.com](http://www.boomerventure.com).

## BOOK CLUB – 1:30 pm

Books available one month before the next meeting. New members always welcome. Leader: Evelyn Retelle.

**June 16** “The Thirteenth Tale” by Diane Setterfield

**July 21** “Saving Fish From Drowning” by Amy Tan

Books must be returned the day of the meeting or contact Evelyn Retelle at 978-475-4412

# WORKSHOPS & LECTURES

PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS & LECTURES

## MY FIRST COMPUTER

Thursday, **June 9**; 1:30 pm; \$5; Can you do it? Is it worth it? Do you need it? Talk about your expectations for computer use and find out the basics for your first computer. Or get to first base with the computer that is sitting in your house. Private classes available; \$5 each. Tuesdays at 9:30 starting in September.



## HIGH TEA AND HISTORY

This summer every **3rd Wednesday** at 2 pm join us at the Andover Historical Society's lovely in-town garden. **Free.** On **June 15** enjoy lemonade and one of the 104 Stories that celebrate the 100th anniversary of the Society.

## HYPNOSIS DEMYSTIFIED

Friday, **July 15**, 9:30 am; Free; Presented by Don Glass, Certified Hypnotherapist. Separate the facts from the myths. Group hypnosis session is included. Find out why people think it's better than a spa! Learn the alternative to Gastric Band operation. Hypnosis takes place only in the mind and can get better results than a medical solution without the risks.

## MAKING THE MOST OF YOUR LEISURE TIME

Thursday, **June 16**; 1:30 pm; Free; Ever wonder if you are doing all the things that you want to be doing at this time in your life? This workshop, and the companion workbook, use concepts of healthy aging, retirement planning and time management to help you have a healthier and happier retirement. Teacher: Jeannie Martin.

## GREAT CASES: THE SUPREME COURT IN ACTION

Tuesdays, **June 21 and 28**; 2 pm; \$6; Don Robb, instructor; Starting as an insignificant branch of government, the Supreme Court has grown to influence almost every aspect of American life. Explore significant cases in the development of the Supreme Court's ever-increasing impact on American life.



Part 1: Examine the important role of Chief Justice John Marshall and how one Supreme Court case led directly to the Civil War.

Part 2: Focus on the Court's relationship with American business from the 1880s through the New Deal, and conclude with the story of how the Court dealt a death blow to segregation and ignited the Civil Rights Movement.

## SENIOR GAMBLING: WHAT YOU NEED TO KNOW.

Thursday, **June 23**; 1:30 pm; Free; Gambling: definitions, forms of gambling, perils and pitfalls. When does gambling move from a harmless pastime to a real problem? Look at risk factors, warning signs, and what to do if someone you know might have a gambling problem. Consider how to prevent gambling from becoming a problem for us and our communities. These two workshops are sponsored by the Massachusetts Council on Compulsive Gambling.



## HAIKU HERE AND NOW

Wednesday, **July 13, 20, 27 and August 3**; 1:30 pm; Series cost: \$20; Writing haiku takes us more deeply into the present moment, using our senses to increase our awareness of nature and human nature. Learn haiku essentials, try some supported writing and take a Renga walk, which is a quiet walk outdoors, to stimulate our writing. New, old, famous and not so famous haiku poems will also be presented for us to review together.

## ANDOVER AT 365 YEARS

Friday, **July 29**; 10 am; \$5. This year marks the 365<sup>th</sup> anniversary of Andover's incorporation as a town. Join local historian and Northern Essex professor Richard Padova as he journeys through the development of Andover from its agricultural days to today's bustling, modern suburb.

**Disclaimer** The Andover Senior Center, 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 of implementation of any views, positions or method suggested, advocated or otherwise promoted by any lecturer.

## NAMING CONTEST

Help us choose a name for a new morning exercise class to begin in the fall. The best name wins free tuition to any exercise class this summer. Please submit names to Karen. Winning name will be chosen by teachers and staff.

The description of the class is as follows:

"Have fun and move to the music through a variety of exercises (low impact aerobics, strength training, balance and flexibility) - all designed to increase bone density, combat osteoporosis, increase range of flexibility and motion, prevent falls and improve day-to-day activities. Exercises may be performed sitting or standing. All levels welcome!"

## EXERCISE OPPORTUNITIES

Registration for the summer semester of exercise classes took place at the Center the week of May 16<sup>th</sup> with classes running May 31 - August 19. Classes are offered for men & women in motion (aerobics, strength training and balance exercises - held at the YMCA), strength training, low impact aerobics, gentle & intermediate yoga and tap dancing and seated exercise.

### TAI CHI

#### BEGINNER'S

Tuesdays, June 28 - August 16; 1:15 pm; \$32

#### INTERMEDIATE

Thursdays, June 30 - August 18; 1:15 pm; \$32



### WATER WORK-OUT AT THE Y

Summer session: Sign up for an 8 week session/2 classes per week: Tuesdays/Thursday, July 5 - August 25; 8:45 am \$72 for 8 week session 2x per week.

Early fall begins Tuesday, September 6.

Registration begins June 14 at 8 am. Space is limited to first 15 registrations. Y membership is not required.

### **COMING THIS FALL:**

Line Dancing! Tuesdays from 2:30 pm to 3:30pm.

The summer semester will get underway on May 31<sup>st</sup>. Come down, register and join us. Any class may be audited the first time.

**POLICY:** Please be aware that our registration period is two weeks prior to the start of any exercise or multi-week class. This registration period occurs every 12 weeks. Due to late registration by some of our students, some recent classes have been cancelled that may have otherwise run. This policy allows us to predict class size and determine if we will be able to run the class and pay the instructors. Thank you for helping us with this very important part of our administrative policies

## SENIOR CONNECTIONS

- ◆ Are you living alone and enjoying it less?
- ◆ Are you trying to balance work while caring for your spouse or parents?
- ◆ Have you noticed a family member or friend who has become less interested in activities they used to enjoy?



If you answered "yes" to any of these questions, we may be able to help.

The Senior Connections Program is the Andover Senior Center's Social Supportive Day Program designed to enhance the quality of a senior's life and enable them to participate in a variety of activities in a community setting. If you know of someone who could benefit from an individualized, structured program with a focus on socialization and stimulation, call Kristine at the Senior Center.



## TRIAD PROGRAM



**TRIAD** is a joint collaboration between the Andover Senior Center, the Andover Police Department, the Essex County District Attorney's Office and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. The group meets the 2nd Thursday of the month from 9:30-10:30 am at the Andover Senior Center. The TRIAD group is seeking senior volunteers to assist with identifying, developing and initiating programming. Our next meeting will be Thursday, **June 9**; 10 -11 am.

signed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. The group meets the 2nd Thursday of the month from 9:30-10:30 am at the Andover Senior Center. The TRIAD group is seeking senior volunteers to assist with identifying, developing and initiating programming. Our next meeting will be Thursday, **June 9**; 10 -11 am.

## COMPUTER USER'S GROUP

Meets at Memorial Hall Library at 1:30 pm. Call the Center for information if you are not currently on the email list for this group.

**June 16** - Scanners

No meetings in July or August

## SUPPORT GROUP NEWS

### Alzheimer's Caregivers Support Group

**Please note these important changes:**

**Effective 12/09, the Alzheimer's Caregivers Support Group** is temporarily suspended due to lack of response. ***At this time, the group will not be meeting for the indefinite future.*** If you have any further questions or suggestions on group options or meeting times, please call Kristine or Kathy at the Senior Center. Please look for updated changes to the group meeting times & group topics in future newsletters.

### PARKINSON'S DISEASE SUPPORT GROUP

meets the 2nd Thursday of the month, September through June, from 1:30-3 p.m. at the Andover Senior 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, **June 9**, 1:30 - 3 pm. For further information, contact Kristine Arakelian, LCSW, MPH at the Senior Center. Our speaker will be Beth Desrochers, RN, Nursing Coordinator, Spectrum at North Andover, Adult Day Program - *"Parkinson's Disease and Lewy Body Disease - What you need to know about the connection"*

### BEREAVEMENT SUPPORT GROUP

is offered at the Andover Senior Center for anyone grieving a loved one. Lois Marra, Grief Counselor and Educator from Merrimack Valley Hospice, will facilitate this monthly group and will offer a place to share your thoughts and concerns. It will be held the 4th Thursday of the month, **June 23**; 1:30 - 3 pm. This is an open group and all are welcome. There is no charge for this group but please call Kristine Arakelian at the Senior Center or Lois Marra directly at 978 -552-4539 to *pre-register*.

### PAIN MANAGEMENT SUPPORT GROUP

Meets the second Monday of every month. The next meeting is Monday, **June 13**; 1:30 pm. No meetings for July or August. This confidential group is for anyone suffering from chronic pain.

## FOOT CARE

Funding from Andover Home for Aged People has allowed us to provide foot care appointments for Andover residents. We offer foot care appointments (nail clipping only) three times a month on a first come, first served basis. Call the Center to make an appointment. There is a \$5 fee.

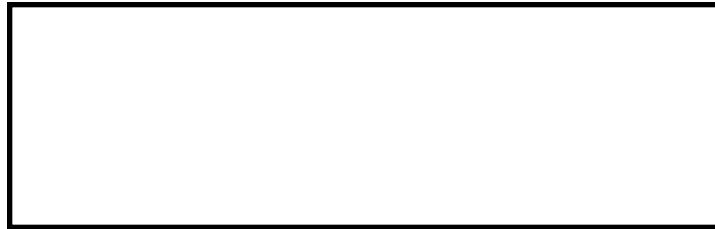


Andover Senior Center— Phone No. 978-623-8377—Info No. 978-623-8377  
www.andoverseniorcenter.org

Andover Senior Center  
36 Bartlet Street  
Andover, MA 01810

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Andover, MA 01810

To the home of:



**Hot Lunch**  
**Monday - Friday  
at Noon**

24 hour advance registration  
is necessary.

This program is made possible in part  
by funding from  
the Older American's Act  
as granted by  
ESMV, Inc.

**Suggested donation is \$2.50**

**MEETING REGULARLY**

**All groups welcome new members**

Andover Chroniclers - 9 am; First & Third Thursdays  
Craft Corner - 9:30 am; Thursdays

"Knit-Wits" - 1:00 pm; Wednesdays  
Open Studio Art - 9:00 am; Wednesdays & Thursdays

Quilting - 9:00 am; Mondays  
"Shop" Sewing Group - 9:00 am; Wednesdays

Wii and Ping Pong - 2:30 pm; Tuesdays for the summer  
"Write Stuff" Writing Group - 10:00 am; Tuesdays

Please call the Senior Center Information Line at 978-623-8377  
To check for changes of scheduled events.  
Please do not leave messages on this special line.