



# News & Views

## September 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*

*AOSO*

Andover Celebrates Experience

You're Invited to join us in celebrating

**National Senior Center Month**

When September 2011

Where Your Senior Center  
Whittier Court  
(behind Town Offices)

What Open House  
Continental Breakfast  
Buffet Luncheon  
Entertainment

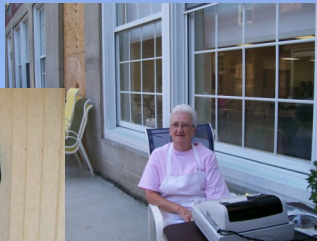
Check inside for more details

SEPTEMBER 2011

IT HAPPENS AT  
YOUR SENIOR CENTER



*My Life*



*AOSO*



*My Time*



*My Way*



**National Senior Center Month**

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*Best Regards, Kathy Urquhart*



**Town Manager**  
Reginald S. Stapczynski

**Senior Center Staff**  
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**Nutrition Staff**  
Frank Melendez  
Alan Klenner

**Transportation/Intake**  
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**Drivers**  
Ed Blinn  
Shawna McCloskey  
Jack Peterson

### Council on Aging

Jo-Ann Deso, Co-Chair  
Kathleen Devanna, RN  
Ann Grecoe  
Stuart McNeil  
Tracey Meech  
Ann O'Sullivan, Secretary  
Donald Robb, Co-Chair

### Senior Center Hours

**Monday—Friday**  
**8 am—4 pm**  
**Financial Transactions**  
**8 am—3 pm**

## Friday Forums

Pre-Registration is requested for all Forums

### SPECIAL TRIAD PROGRAM - TEENS TODAY

Friday, **September 9**; 9-10 am; **Deb MacGregor from the Essex County District Attorney's Office**, will be here to speak about **"Teens Today: Issues Facing Your Adolescent Grandchild"**. You don't have to be a computer expert or social worker to reach out to your grandchildren and listen. Want to know more about the problems your teen grandchildren are dealing with? What is sexting and cyberbullying? Is your grandchild a victim of bullying or teen dating violence? What kind of drugs are teens using today? What is social host liability and how does it affect you? Please call the Senior Center to register for this important forum.



### TIRED OF BURNING, DRY EYES?

Friday, **September 30**; 9:30 am; Free; Are you one of the 60 million Americans who suffer from Dry-eye Syndrome? Do your eyes feel dry, gritty or irritated? Learn the symptoms and causes. There are many treatment options on the market and in the pipeline. Learn about cutting edge research on ophthalmic development being done locally at the Ora research facility.

## Movie Matinees Contemporary & Classic

Mondays at 1pm; Free.

This summer we presented some of the greatest movies of all time (according to our resident film critic, Steve Levine!). We will continue to offer both classic and contemporary favorites into the fall with discussion after the classics. Give us your feedback.

**September 12** - *The Pink Panther Strikes Again*  
**September 19** - *The Moon is Blue-banned in Boston!*  
**September 26** - *The King's Speech*

## 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.

September 12—Walmart, Salem—\$8

September 19—Olive Garden—\$8

September 26—Rockingham Mall—\$8



**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.

**MAINE & NEW HAMPSHIRE SEACOAST**

Wednesday, **September 21**; 9 am - 4:30 pm; \$37/35\* includes transportation and admission to Fuller Gardens. Along the NH coast, we'll enjoy Rye, New Castle and Portsmouth with a stop at Fuller Gardens. Our route by the sea will continue around Kittery Point to the Yorks stopping at Nubble Light. We'll head to the Maine Diner for lunch on your own. Finally we'll take Shore Road back from Ogunquit with a last stop at Stonewall Kitchen.

**COCHECO RIVER FALL CRUISE**

Tuesday, **October 18**; 8:30 am - 3:30 pm; \$48/46\* includes transportation and brunch. We'll cruise from Portsmouth harbor to Great Bay during this fully narrated cruise. Hopefully Mother Nature will provide us with some colorful foliage to make our tour even more special. For a change of pace, rather than lunch, after the cruise, we'll enjoy a hearty breakfast at the Golden Egg prior to our cruise.

Are you interested in the Boston Pops? How about the Rockettes in Boston? Can you make a commitment now? This trip must be purchased in early September due to high costs per ticket. Please let us know this week if these events are of interest to you.

\* Members of The Friends of the Andover Senior Center (FOASC) receive a \$2 discount.

**THE FIX-IT SHOP**

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



**September 19**  
**October 3 and 24**  
 1—3 pm **(new time)**

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



**SUNSET ROCK & STANLEY RESERVATIONS**

Wednesday, **September 7**; 9:30 am; The reservations contain woodlands, stone walls and a vernal pool. Short climbs, and of course, we will find Sunset Rock. The hike of both Avis properties will be less than 2 miles.

**WILDCAT CONSERVATION AREA**

Thursday, **September 29**; 9 am; The Wildcat area is in the Town of Boxford and is owned by the Boxford Conservation Commission. There are 319 acres of wetlands and wooded uplands. This hike will be about 2.5 miles.

**Women's Outdoor Adventures**

Wednesday, **September 7**, 9-11:30. Phillips Academy Bird Sanctuary Hike and Coffee Wednesday,

Welcome back! Outdoor Adventures for Women continues its seventh season.

Walk from the Senior Center at 9:00 to the Phillips Academy Bird Sanctuary and enjoy the scenery and the moderate hills. Return about 11:00 to the Senior Center for coffee. This is a three mile hike

Thursday **September 22**, 9:00-1:00. Pomp's Pond Hike and Picnic. Difficulty Level 5. This is a very challenging hike which includes some very steep hills, an old gravel pit, narrow slippery paths, water crossings, and beautiful views.

**Fall Fair**

Begins Thursday, **October 7**; 9 am

Autumn and Halloween gifts and treasures to keep or to share.

## OUTDOOR ACTIVITIES

### NATURE WALKS

September 2, 9, 16, 23, and 30. Led by Evelyn and Al Retelle. Meet in the parking lot at 8 am. Enjoy guided nature walks through Andover's lovely protected AVIS properties. Walks may extend into the fall pending weather and interest. Call to let us know you are joining us. Free.

### STRIDE RITE

Mondays, Tuesdays, and Wednesdays; 8 am weather permitting. Begin a fitness walking program this fall 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

There is a group of senior golfers hitting the links on Tuesday mornings at the Tewksbury Country Club through October, weather permitting. 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 further information, contact Bob Henderson at 978-858-0815.

### NORDIC WALKING

Nordic walking poles available at desk for \$2 per day - out by 8 am and in by 3 pm. Great aerobic work-out which engages in the upper body.

### BOWLING

Seniors welcome! Candlepin bowling at Candlewood Lanes in North Reading. Wednesdays, 9 am. \$8 includes shoe rental and free donuts. Call Rita Arsenault at 978-475-2103 for information.

## BOOMERVENTURE

Continued from page 8

### SERENITY YOGA - BEGINNERS

Thursdays, **September 15 - November 17**; 7:30 - 8:30 pm; 10 classes for \$55; Relaxing, basic yoga practice with a series of gentle postures to build strength, balance and flexibility. Geared for beginners and returning yoga students. Just bring a yoga mat, towel and pillow. Pat DuMont, certified yoga instructor.

### OPTIMIZING BRAIN FITNESS

Thursdays, **September 15 - November 17**; 7:15 - 8:30 pm; 10 classes for \$25. "Great Courses" video lecture series centering on concepts of brain development, especially attention, general and working memory. Have fun with brain challenges that will improve your brain's essential functions. Video lecture by Professor Richard Restak, MD, Georgetown University of Medicine. Facilitated by Dr. Malvena Baxter, visiting professor, Salem State University.

**Registration starts August 15.** All programs require pre-registration here at the center, or download form and send to 36 Bartlet Street, c/o BoomerVenture. Checks made payable to *The Town of Andover*. Fitness classes require a yearly health form. All events located at 30 Whittier Ct., ground floor. 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). If you'd like to join our email list, just let us know and we'll keep you informed! Suggestions welcome.

## SPECIAL EVENTS

All special events require advance reservations

### FUN AND GAMES

Games every Tuesday at 1:30 pm in the cheery Four Seasons Room. Mahjong, Thursday afternoon from 1—4 pm. Interested in learning and playing 45's? Or Mexican Dominos – complete with sound effects! Let us know! Stretch your mental skills and have fun!

### *September is Senior Center Month* *Let's celebrate with events* *through the Month*

### FRANK'S FABULOUS BUFFET

Tuesday, **September 13**; 1 pm; \$6; Advance purchase only. Stop by to see the menu.

### CONTINENTAL BREAKFAST

Wednesday, **September 14**; 9:00; Free; open to all seniors.

### MEN'S BREAKFAST - CHASING THE STORM!

Friday, **September 16**; 8:30; \$4; Veteran storm chaser Rich Hamel has been chasing storms on the Central Plains for 11 years and has seen 60 tornadoes across 9 different states. Learn the science and strategy of chasing monster thunderstorms, see videos from the heart of the storm, and hear about some favorite chases.

### ERNEST HEMINGWAY ALIVE! DINNER SHOW

#### LIFE, LANGUAGE AND THE PURSUIT OF HAPPINESS

Saturday, **September 17**; 6 - 9 pm; \$9 by advance ticket only. Celebrate Fall with a delightful show and roast beef dinner. Back by popular demand, Richard Clark will reenact, as Hemingway, the days from WWII through the inauguration of JFK. Richard Clark, who last fall presented Mark Twain, has spent over 30 years in New York and New England regional theater. This program is supported in part by a grant from the Andover Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



### NEW! HAIKU POETRY CLASS

Monday, **September 19**; 3 pm; \$3 donation per class. Haiku poetry class will now meet to write and read on the 3rd Monday of the month. Jeannie Martin, instructor. New members welcome.

### HIGH TEA AND HISTORY—"LUCY'S ACRE"

Wednesday, **September 21**; 2 pm; Free. Held at the Andover Senior Center. RSVP to hold your spot. In the 1940s archaeologists, Ripley & Adelaide Bullen, con-

ducted an archaeological dig of Lucy's Acre which sits on the west side of Woburn Street in Ballardvale. The site is named for its early 19<sup>th</sup> century resident, Lucy Foster, a freed slave. Join us as we talk about Lucy's story and archaeology in Andover. Return to the Senior Center's Four Season.



### SENIOR CENTER OPEN HOUSE

Friday, **September 23**; 9 am - 3 pm; Join us for a full day of events as we celebrate Senior Center Month. Free continental breakfast at 9 am and free buffet lunch starting at 11:30 am. From 9—11:30 am meet folks from our many groups (over 200 per month!). At 1:30 pm, our own performers will entertain us followed by free refreshments. All groups welcome new members. Our cable group will be on hand in case you've ever wanted to see yourself on camera—and we'll be playing Wii and other games. Please call to tell us you will join us, especially for meals. We want to show you what makes your center such a diverse and wonderful place to get involved!

### ANDOVER CHAMBER MUSIC: AN EQUAL MUSIC

Sunday, **September 25**; 4 pm; West Parish Church. \$15 tickets available here.

### ROGERS CENTER POPS

Sunday, **September 25**; 2:30 pm. Tickets at the Rogers Center only. 978-837-5355. Adults \$20 - Seniors/Students \$15.

### MEET THE AUTHOR

Tuesday, **September 27**, 11:30; \$3 includes dessert and beverage. Bring your own lunch or order it here. RSVP required. June Fitzgerald, one of our beloved kitchen volunteers for over 15 years, talks about her new book "A Dream That Became a Reality", a true story of her husband's dream and how the family survived it! June will donate ½ of all proceeds to the Andover Senior Center.

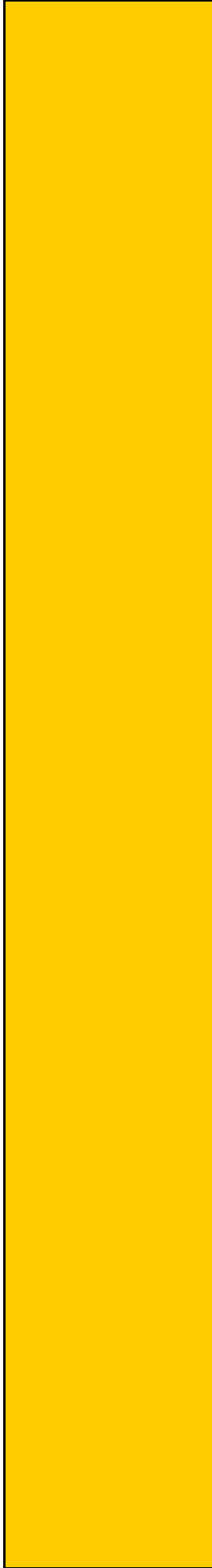
### "SENTIMENTAL JOURNEY, SONGS FROM PURCELL TO PORTER"


**October 2**; 1:30 pm. Classical concert and reception. Carolyn Skelton and Wendy Heckman perform.

### THE CRYSTAL BALLROOM MASQUERADE BALL

Sunday, **October 23**; 6 - 10 pm at The Andover Townhouse; \$10 for singles/ \$18 for couples. At the door: \$12 single, \$20 couple. More info next month.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p>  <p>8:00 Stride Rites 8:00 Men &amp; Women in Motion 8:45 Water Workout @YMCA 9:00 Strengthen &amp; Stride 10:00 Writing Group 10:15 Sit &amp; Get Fit 10:30 Beginner's Yoga 12:00 Lunch 1:15 Tai Chi 1:30 Fun and Games 2:30 Beginner's Yoga 3:30 Line Dancing</p>	<p>6</p> <p>8:00 Stride Rites 8:00 Men &amp; Women in Motion 8:45 Water Workout @YMCA 9:00 Strengthen &amp; Stride 10:00 Writing Group 10:15 Sit &amp; Get Fit 10:30 Beginner's Yoga 12:00 Lunch 1:15 Tai Chi 1:30 Fun and Games 2:30 Beginner's Yoga 3:30 Line Dancing</p>	<p>7</p> <p>8:00 Stride Rites 8:00 Strength Training 8:45 Strength Training 9:00 Art Group 9:00 Women's Hike 9:00 "SHOP" Group 9:30 Men's Hike 9:30 Basic Tap Dance Class 10:00 Hooking 12:00 Lunch 1:00 Performance Tap Dance 1:00 Knit Wits 1:30 Intermediate Yoga 2:00 Blood Pressure</p>	<p>8</p> <p>8:00 COA Meeting 8:00 Men &amp; Women in Motion 8:45 Water Workout @YMCA 9:00 Art Group 9:00 Strengthen &amp; Stride 9:30 Craft Group 10:00 TRIAD Meeting 12:00 Lunch 1:00 Mah Jong 1:00 Climate Change 1:00 Bridge Group 1:15 Tai Chi 2:00 Ping Pong/Wii</p>	<p>9</p> <p>8:00 Strength Training 8:00 Nature Walk 8:45 Strength Training 9:00 Friday Forum – TRIAD 9:00 SHINE by Appointment 10:15 Sit &amp; Get Fit 12:00 Lunch 1:00 Bridge Group</p>
<p>12</p> <p>8:00 Stride Rites 9:00 Choral Group 9:00 Woodcarving Group 9:00 Quilting 9:00 Massage by Appointment 10:00 Starlight Players 10:00 Beginning Bridge 10:15 Rhythm-Aires Group</p>	<p>13</p> <p>8:00 Stride Rites 8:00 Men &amp; Women in Motion 8:45 Water Workout @YMCA 9:00 Strengthen &amp; Stride 10:00 Writing Group 10:15 Sit &amp; Get Fit 10:30 Beginner's Yoga 12:00 Lunch</p>	<p>14</p> <p>8:00 Stride Rites 8:00 Strength Training 8:45 Strength Training 9:00 Continental Breakfast 9:00 Art Group 9:00 "SHOP" Group 9:30 Basic Tap Dance Class 10:00 Hooking</p>	<p>15</p> <p>8:00 Men &amp; Women in Motion 8:30 Andover Chroniclers 8:45 Water Workout @YMCA 9:00 Art Group 9:00 Strengthen &amp; Stride 9:30 Craft Group 10:15 Addison Gallery 12:00 Lunch</p>	<p>16</p> <p>8:00 Strength Training 8:00 Nature Walk 8:30 Men's Breakfast 8:45 Strength Training 9:00 SHINE by Appointment 10:15 Sit &amp; Get Fit 12:00 Lunch 12:30 Reiki by Appointment</p>
<p>1</p> <p>8:00 Men &amp; Women in Motion 8:45 Water Workout @YMCA 9:00 Art Group 9:00 Andover Chroniclers 9:00 Strengthen &amp; Stride 9:30 Craft Group 12:00 Lunch 1:00 Mah Jong 1:00 Bridge Group 1:15 Tai Chi 2:00 Ping Pong/Wii</p>	<p>2</p> <p>8:00 Strength Training 8:00 Nature Walk 8:45 Strength Training 9:00 SHINE by Appointment 10:15 Sit &amp; Get Fit 12:00 Lunch 1:00 Bridge Group</p>	<p>3</p> <p>8:00 Strength Training 8:00 Nature Walk 8:45 Strength Training 9:00 SHINE by Appointment 10:15 Sit &amp; Get Fit 12:00 Lunch 1:00 Bridge Group</p>	<p>4</p> <p>8:00 Strength Training 8:00 Nature Walk 8:45 Strength Training 9:00 SHINE by Appointment 10:15 Sit &amp; Get Fit 12:00 Lunch 1:00 Bridge Group</p>	<p>5</p> <p>8:00 Strength Training 8:00 Nature Walk 8:45 Strength Training 9:00 SHINE by Appointment 10:15 Sit &amp; Get Fit 12:00 Lunch 1:00 Bridge Group</p>



**BOOMERVENTURE**

Fall Fitness is in Season at BoomerVenture!

**ENERGIZE WITH EXERCISE**

Mondays, **September 12 – November 14**; 3:30 pm; 9 classes for \$50; Great aerobic workout without going to the gym. Weight training and stretching included. No prior exercise experience required. Denise Boucher, Instructor.

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

Mondays, **September 12 – November 14**; 9 weeks \$150. Terry Kay Bargar, ACBL/ABTA Accredited Instructor.

**Beginning Bridge:** 10 am - noon; Learn to play the most fascinating game in the world. Each lesson features one hour discussion and one hour actual playing time.

**Intermediate Bridge:** 1:30 - 3:30 pm. Review everything you've learned! Each week play hands to practice basic bidding and conventions alike.

**BOOMER ZUMBA**

Thursdays, **September 15 – November 17**; 3:30 pm; 10 classes for \$55; Cardio fitness with a Latin flair. Dance to Afro-Caribbean music and Latin beats, with flamenco, belly dance, rock and hip hop. Katie Pina, Instructor.

**SERENITY YOGA – FLOW!**

Thursdays, **September 15 – November 17**; 2:30 – 3:20 pm; 10 classes for \$55. Relax & renew your mind, body and spirit with yoga flow. Class focus on core work and linking breath with movement. Strengthen, stretch, balance and breathe! Cheryl Cronin, certified yoga instructor.

**ENERGIZE WITH EXERCISE**

Thursdays, **September 15 – November 17**; 6:00 – 7:00 pm; 10 classes for \$55; See description above.

**BoomerVenture Programs continued on Page 4**

## WORKSHOPS & LECTURES

PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS & LECTURES

### ART INSTRUCTIONAL

Mondays, **August 29 to November 14**; 1 - 3 pm; 10 classes \$60; drawing, watercolor, acrylic, oil or pastels - Reach new levels and feel safe trying new ideas in a group setting. Beginners welcome. Bring your own materials. Professional artist Vicky Enright will join our teaching staff.

### GREAT COURSES: "HOW TO LISTEN TO AND UNDERSTAND GREAT MUSIC"



Wednesday, **September 7**; 10 am; \$3 donation; Begin a monthly journey as you view a 45 minute lecture and learn the language of music in a social and spiritual context. In a discussion setting you will experience the unmatched beauty, genius, and power of great music. First Wednesday of every month. Led by Linda Kirk, musician.

### CLIMATE CHANGE: TALK ABOUT DRAMA

Thursday, **September 8**; 1 pm; Free; Our world's climate history is riddled with drama and intrigue! There is no doubt that humans are having an impact on the world's climate but did you know that global increases in temperature have been occurring cyclically for millions of years? Join Mike Cross, Ph.D. Instructor of Chemistry at NECCC to explore the exciting aspects of our ever-changing world.

### ART & NATURE WITH THE ADDISON GALLERY

Thursdays, **September 15, 22, 29 and October 6**; 10:15 am; \$12; Explore artists' interpretations of nature with two presentations from the Addison collection and two outdoor expeditions. We will observe with a pencil and camera- using point and shoot cameras provided by the Addison or participants' own cameras, not making works of art and with **absolutely no artistic experience or intentions necessary!** Meet in the Addison's Museum Learning Center, across from the Andover Inn. (Museum reopens in October, 2011.) Register at the Center.

### YOUR DIGITAL CAMERA & YOU

Monday, **September 26**; 1:30 pm; \$5; Discuss exposure, loading images into your computer & editing. Bring your digital camera & accessories, manual, notebook, some samples of your photography. Try to read your manual before class. Jack Holmes, professional photographer, instructor.



### COMPUTER 101

Wednesday, **September 28**; 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 also available; \$5 each starting in September. Call to register.

### THE FIVE FRONTIERS OF THE OLD WEST

Thursdays, **September 29, October 6, 13, 20 & 27**; 1 - 2:30 pm; \$12; Explore the Wild, Wild West in five sessions, focusing on the Indian frontier, the mining frontier, the cattle frontier, the railroad frontier and the farming frontier. Don Robb, historian, teacher.



### PHOTOGRAPHY: SHARING YOUR TRAVEL EXPERIENCES

Wednesdays, **October 5, 12, and 26** (October 19 weather day); 1:30 pm; \$15. Focus on what and how to photograph and ways to write about your travel and holidays. Email and blog writing will be explored, as well as self-published books. Camera operation is covered sparingly. Jack Holmes, travel photographer and writer.

### STREETCAR NAMED DESIRE

Monday, **October 17 to November 14**, 1 pm; \$12; *A Streetcar Named Desire* is a 1947 play by Tennessee Williams for which he received the Pulitzer Prize for Drama in 1948. Study the play in three sessions, view the movie on November 7 and conclude with a follow-up discussion on November 14. Students can order the Signet paperback of the play for \$7.99. ISBN# 9780451167781. UMass Instructor Ned Martin.



### OLD WIVES' TALES AND SCIENCE

#### SO MANY MYTHS AND SO LITTLE TIME

Wednesday, **October 19**; 9 am; Free; In this presentation, common myths are discussed and classified as TRUE or FALSE based on scientific evidence. Is it dangerous to hold your sneeze? Would cracking the knuckles cause arthritis? Carrots, do they really help with vision? Can you swim immediately after eating? Noemi Custodia-Lora, Associate Professor Natural Sciences, Instructor.

### HOOKEED ON HOOKING

Wednesday, **October 26 to November 16**; 10 am; \$40 for 4 weeks, includes kit. Create your own signature handbag with a mix of old and new fibers for a joyful, textural, portable piece of art! Bring small balls of yarn to share if available. You provide your own 10" or 12" embroidery hoop. Group will continue weekly pending interest.

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.

## EXERCISE OPPORTUNITIES

Classes began August 29th for the fall semester. Extensive array of classes range from Zumba to seated exercise to Tai Chi. Specialty groups, such as performing arts, art instruction, wood carving, etc. meet weekly - beginners are welcome. Please stop by to see what is still open or audit a class or view calendar for schedule of classes.

### TAI CHI

#### BEGINNER'S

Tuesdays, **September 27—November 15**; 1:15 pm; \$32

#### INTERMEDIATE

Thursdays, **September 29—November 17**; 1:15 pm; \$32

### WATER WORK-OUT AT THE Y

Tuesdays, **September 6 - October 18**; 9 am;  
7 week series; \$32. Y membership is not required.

### STRENGTHEN AND STRIDE - NEW CLASS/NEW TIME!

Tuesdays and Thursdays at 9 am. Combine stretching for balance and fall prevention, weight training for strengthening and aerobics for endurance. Wrap those up with lively music and a little line dancing and you have our newest health and wellness class. Welcome new instructor Valerie Cagnina for the Thursday class!

### LINE DANCING!

Tuesdays from 2:30 to 3:15 pm; \$35; Welcome Valerie Cagnina, dance instructor

**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.

## BOOK CLUB - 1:30 pm

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



**September 15** - "The Guernsey Literary and Potato Peal Society"

by Mary Ann Shafter

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

## 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. TRIAD Our next meeting will be Thursday, **September 8**; 10 -11 am. Please note the special TRIAD program on page 2.

## 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.

Monday, **September 12** - Scanners

If the Computer Users group is too technical for you, Computer 101 may be the right place to start. See Page 9 for more information.

## SUPPORT GROUP NEWS

### 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, **September 8**, 1:30 - 3 pm. Nancy Emerson Lombardo, PhD, Adjunct Research Assistant, Professor of Neurology, Boston University School of Medicine & special adviser to Methuen Village at RiverWalk Assisted Living will be here to discuss *"The Importance of Nutrition and Parkinson's Disease"*. For further information, contact Kristine Arakelian, LCSW, MPH at the Senior Center.

### 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, **September 8**; 1 - 2:30 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, **September 12**; 1:30 pm. This confidential group is for anyone suffering from chronic pain.

## REIKI

**September 16, 30, October 14, 28 and December 9** beginning at 12:30 pm. Reiki is the Japanese energy therapy used for thousands of years. All new clients \$5, returning clients \$10 per session.

So that new participants will have the chance to sign up, returning clients will only be able to sign up one week before. Must call to pre-register for this 30 minute session.

## 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.

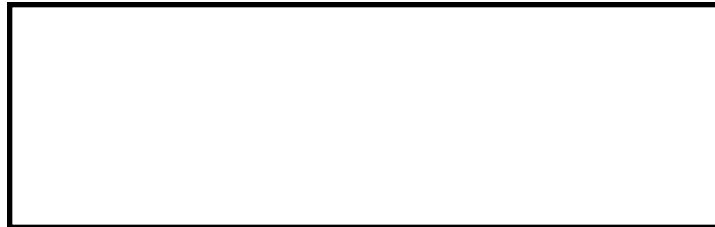


Andover Senior Center— Phone No. 978-623-8377—Info No. 978-623-8377  
www.andoverseniorcenter.org

Andover Senior Center  
36 Bartlet Street  
Andover, MA 01810

PRSR STD  
U.S POSTAGE  
PAID/0  
Permit No.41  
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

Hooking - 10 am; Wednesdays  
"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 pm; Thursdays  
"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.