

Four Seasons

North Andover Senior Newsletter

Summer Edition: June, July & August 2015

North Andover Senior Center
120R Main St.
North Andover, MA 01845
978-688-9560

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Council on Aging Mission

Our Mission is to advocate for older adults, to identify their needs, to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.



**Senior Center
Holiday Closings:
July 3**

July 4, 2015 will again feature the Annual North Andover 4th of July Road Race beginning at 8:00 AM at the Old Center Common on Massachusetts Avenue.



The Race will be hosted, managed and directed by the Borderline Running Club (BRC) with 100% of the NET proceeds to benefit the Friends of the North Andover Senior Center.

For more information about sign up for the 5K / 10K Run / and Kids Fun Run, please visit their website at www.july4thrace.com. Walkers are welcome in both the 5K and 10K events.

VOLUNTEERS are needed for the Road Race and may email directly to july4thrace@gmail.com for more information.

Please pass along this information to Friends and Family members to help support this worthy cause.

THE MEADOWS
HEALTH CENTER AT EDGEWOOD

Tuesday Night Dinner Buffet

\$4, June 9th @ 4 PM
Sign up begins May 26th limited to **35 N. Andover Seniors.**
Menus available with Reception.

Guest Speaker will be a Physical Therapist from the Meadows Select Rehab on the topic of "Pre-Hab."

Golf Packages

North Andover Country Club - (Dress Code)
Two (2) 7-week package

Monday Tee times are only between 12:30-2:30 PM
Courtesy Pass available at Senior Center for \$6.00

Program 1 - June 1, 15, 29, July 13, 27, August 10, 24
Program 2 - June 8, 22, July 6, 20, August 3, 17, 31
N. Andover Country Club rule states "Only 1 program purchase per senior!"

9 holes: \$15.00, 18 holes: \$20.00

North Andover 60+ Residents Only - No Guests!
Must show proof of residency



COA Board of Directors

*Board Meeting: 2nd Tuesday of month @
10 AM at Senior Center*

Elizabeth Poirier, Chairman
John Graham, Vice Chairman
Priscilla Cole, Treasurer
Margaret Shaheen, Secretary
Maria Rosati
Patricia Long
William Callahan
Peter Aziz
John Gilboard
Dorothy Consiglio
Joseph Sergi

Senior Center Staff

Irene M. O'Brien, Director
Donna Delaney, Outreach Manager &
Assistant Director
Cahla Ahlstrom, Program Coordinator
Paula Crudale, Administrative Secretary
Sandra Flaherty, Outreach Assistant
Lya Morse, Office Assistant
Jaime Phelan, Receptionist
Karen Talbott, Receptionist
Judith Lalmond & Maryann Ramsey,
Nutrition
Gloria Philbrick, Kitchen Volunteer
Coordinator
John Conlon, Custodian
Jose Morel, Bob Connelly & Ted Snell,
Van Drivers

HOURS OF OPERATION



**Monday, Wednesday,
Thursday:**
8:00AM to 4:30PM
Tuesday:
8:00AM to 6:00PM
Friday:
8:00AM to 4:00PM

INCLEMENT WEATHER POLICY



When schools in North Andover are canceled, classes and programs will not be held. This also applies to other emergencies, such as floods, hurricanes, etc. Tune in to TV or radio for the announcement of closings.

Meals at the Center & "Meals on Wheels" are provided by a 3rd party caterer.

FOUR SEASONS is published by the Senior Center, 120R Main Street, North Andover with the help, support and contributions of many of our seniors and patrons. Articles are published on a space available basis and can be submitted to the Center's address.

From the Director's Desk



National Volunteer Month is a time to celebrate people doing extraordinary things through their volunteer service. Whenever you see a successful, busy and active Senior Center, you can count on the fact that there are many volunteers working behind the scenes, making things happen. This year once again we will be honoring our volunteers who have given 50 hours or more of direct services or support to the North Andover Senior Center. We have chosen to do this special celebration in June. Volunteers are not necessarily just in the Senior Center building but they are representing the Senior Center throughout the town every day. Here is a list of the many volunteers that help us accomplish great things. Meals On Wheels Drivers, Friendly Visitors, and Medical Transport Drivers, use their own cars to assist and support the homebound elders in the community. We have over (62) Guest Speakers who give their time to educate and support the programs that are offered throughout the year. Group and program facilitators, COA Board of Directors, Nutrition Site Volunteers, and the Friends of the North Andover Senior Center, trip hostesses, income tax preparers, computer educators, attorneys, S.H.I.N.E. counselors and Medical Clinic volunteers all give back to our senior community. So, be sure and thank volunteers when you see them in action. They need to know they make a difference. Great things are accomplished every day because of volunteers.

Irene M. O'Brien

Summer Events

Senior Center Van Shuttle

Monday, Wednesday, Thursday & Friday unless a trip is scheduled. Pick up in front of your home (8:15-8:30) and bring you to Senior Center for program or class; return home after lunch (12:15). NO EXCEPTIONS. Call Center for reservation - Cost: \$2 round trip.

Grocery Shopping Shuttle

Tuesdays and Wednesdays:
Pick up begins at 12:30 PM
Fridays: Pick up begins at
9:00 AM



NEET Medical Transport -

Doctor & Therapy appointments.
One week advance notice required. Call Paula to make your appointment at 978-688-9560 \$.46 per mile.

Men's Breakfast

@ 9 AM

June 4th

At the Mass School of Law

Continental breakfast will be provided.

NO Men's Breakfast for JUL. & AUG.



The Senior Center is providing important information about future functions and programs in the *Town News* section on the Town's Website home page at www.townofnorthandover.com.

You must Subscribe to receive these notices in your email.

Follow the link on the Town's Home page which is on the left side titled Subscribe to News. Fill in your name, email address, check News and Announcements and choose Send My Request. You will receive all *Town News* Announcements by email.



We're on FACEBOOK and TWITTER!
Come over and follow all our updates!



In publishing the Newsletter three months in advance we put forth our best efforts to schedule dates and times for programs and events.

Occasionally because of changes in schedule and availability, the time or date of events may have to be changed. We encourage you to always confirm with the Senior Center the date and time of a special trip, activity, program and transportation pick up 24 hours before scheduled time.

A Monthly Activity List is available at the Reception Desk and on line at the Senior Center Web page with highlighted changes to any advertised program and trip. Also, no refunds are allowed on scheduled trips.

DAY TRIP!

Take a ride to see the annual **Sand Sculptures @ Hampton Beach** and fun in the sun.

When: Friday, June 19th

Time: 10:30 a.m.

Transportation: \$6

Lunch on your own.

Ice Cream on the way home.

Walking Group

Meets every Monday through Friday from 9-10 a.m. at the Youth Center until school closes and then they walk outside on the Olde Center Common on Mass Ave. Sign up to walk the July 4th Road Race. Distance is 3.2 miles (5K). Help support our Friends of N. Andover Senior Center.

"Walking is good for solving problems - it's like the feet are little psychiatrists."

~Pepper Giardino



Coming Soon

Tuesday Night Dinner Buffets

July 14th– TBD

Aug 11th– Methuen Village

Sept 15th– Brightview

Oct 20th– Prescott House

Reservations are at
4pm Sharp; Sign Ups
Begin 2 Weeks Prior



DAY TRIP!

Where: Wentworth by the Sea

When: August 13th

Sign ups begin July 30th.

Transportation available for \$6.

Lunch on your own at Latitudes!

SUPPER CLUB

Our Supper Club travels throughout the Merrimack Valley, visiting many of our favorite restaurants enjoying socialization and engagement with new friends and old.

June 18- Reservation: 5 PM

July 16- Reservation: 5 PM

August 20- Reservation: 5 PM

Watch for more information
Seating may be limited

Transportation available for a small charge



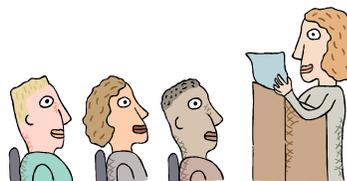
Did You Miss These Events?



LECTURES

10:00 - 11:30 AM

A \$1.00 Suggested Donation is appreciated



June 1	To Be Determined!	
June 8	Professor Mary McHugh	Merrimack College
June 15	Atty. David Torrissi	North Andover School Committee
June 22	Julie Giglio	North Andover Water Treatment Plant – What's in your water?
June 29	Phil DeCologero–	North Andover Selectman
Monday's in July	Stay engaged with a new series of guests that bring interesting topics.	
Monday's in August	Stay Tuned to many wonderful topics!	

Intergenerational Fun!

Thomson School Fourth Graders and Stachey's Pizza are serving a FREE Pizza Party Lunch!

Friday June 19th at NOON!

Limited to the first 50 seniors that sign up.

Come, Converse and Promote Sharing with our Senior Community!

DAY TRIP!

Where: Rockport and Bearskin Neck

When: Thursday, July 23rd

Time: 9:00 a.m.

Transportation: \$6

Lunch on your own.

Chronic Pain Workshops

6 Consecutive workshops scheduled for Mondays starting

**July 13th from
12:30 to 3 p.m.**

Minimum of 10-12 persons.

Express your interest with reception.

978-688-9560

ASSISTANCE PROGRAM

SHINE Program (Serving Health Information Needs of Elders) - This program provides free, One-On-One health care information, counseling and assistance to Medicare beneficiaries of all ages. SHINE counselors are trained and certified by the Mass. Executive Office of Elder Affairs and meet with Medicare beneficiaries and caregivers to help them evaluate, compare and choose a health plan that best meets their personal needs. They also assist with payment denials or appeals, Medicare rights and protections, and Medicare bills. Call the Senior Center receptionist to schedule your meeting with a SHINE counselor. **Appointments are available on the 1st Tuesday of the month from 10-1 p.m. and the 3rd Tuesday from 12-3 p.m.**

OUTREACH PROGRAMS



TRIAD	3rd Tuesday of month, 11 AM <i>Seniors Get Involved in Your Community</i>	Partnership involving Law Enforcement, District Attorney and Council on Aging.
Scholarship for Seniors	For Seniors who need help paying their class fees at the Center.	Call Donna at the Center to apply for this program. All requests remain confidential.
Emergency Fund for Seniors	Friends Program of up to \$200 per year for <u>emergency</u> help with utilities, food, etc.	Call Donna at Senior Center for eligibility at 978-688-9560.
Brown Bag Program	1st Tuesday of month 11:30 AM - 12:30 PM	Call Donna at the Center to apply for this program.
Newcomer's Packet	Drop in to the Center to receive yours. <i>A guide to Community Senior Services</i>	Ask for Donna Delaney, Outreach Manager to assist you.
Outreach Clinics (B-12 shot available w/ doctor's order and B-12 vial)	Morkeski Meadows - July 9 - 10AM	Our Public Health Nurse will check your blood pressure and blood glucose level. Our Outreach Manager will be available during the clinic hours. <i>A donation is requested.</i>
Alzheimer's Support Groups	3rd Tuesday of the month	For more information and to book an appointment, please call Donna Delaney at 978-688-9560.

SENIOR HOME VISITS

Attention North Andover Seniors:

Are you lonely? Do you need someone to visit with you and chat, learn a hobby, teach a hobby or just make a friend? The North Andover Senior Center is looking for seniors who would like a Friendly Visitor to visit them one hour a week to chat and call a few times a week. This will keep you in touch with the outside world.

EARLY STAGE ALZHEIMER'S SUPPORT GROUPS

These groups are structured for both the person with the diagnosis and their care partner.

To obtain more information please call Donna Delaney at 978-688-9560.



1 on 1 Computer Training

Tuesdays with:
George Chory
and Thursdays with: Tom Kookan
45 minute appointments 9 - 12 for
- \$7

Call Reception to make your appointment!

DAY TRIP!



Where: State House Visit
When: Wednesday, July 29th
Van Leaves @ 9:00 a.m.
Meet and Greet brunch with your elected officials.



June



Mon	Tue	Wed	Thu	Fri
1	2 12-2:30 S.H.I.N.E Consultations	3 10-12 PM Attorney Cannon Consultations	4 9 AM Men’s Breakfast @ Mass School of Law 12-3 Fix It Shop 	5 Book Club A– 10:00am Quilting 10-12:00pm 
8	9 COA Board Meeting 10-11 AM Tuesday Night Dinner: 4pm	10	11	12
15	16 12-2:30 S.H.I.N.E 11:30-1 PM Attorney Bahrawy Consultations TRIAD Meeting- 11 AM	17	18 Supper Club @4:30 12-3 Fix It Shop 	19 <u>Hampton Beach</u> <u>Day Trip</u> Foot Care Specialist: 9-3pm Book Club B– 10:00am Quilting 10-12:00pm 
22 <i>12:30-3:30 PM</i> <i>Rockingham Mall Trip</i>	23	24 Friends’ Meeting 4:00 pm	25	26
29 HOLIDAY- Senior Center Closed - Memorial Day!	30		Walking Group Meets Monday thru Friday from <i>9-10 AM</i> 	at the Youth Center on Johnson Street. <u>Athletic shoes are</u> <u>required on the</u> <u>Gym floor.</u>
Every Monday 9-10 Yoga 10-11 Combo Class 10-11:30 Lectures 1-3 Cards (canasta, poker) 1-3:30 Bridge 3:30-4:15 Zumba Gold 4:30-5:30 Zumba Fitness	Every Tuesday Grocery Shopping Shuttle @ 12:30pm 9-10 Tai Chi 9-12 Computer Training 9:30-11:30 Knitting 1-3 Art Class 12:30 -3 Bingo 1-3 Chess	Every Wednesday 9-12 Walk-in Clinic 10-11:30 Heart to Heart 10-11:30 News & Views 1-3 - Bridge Refresher 3:30-4:15 Zumba Gold 4:30-5:30 Zumba Fitness	Every Thursday 9-11:45 Woodcarving 9-12 Computer Training 10-11 Joy of Exercise 1-3 Cards (poker, canasta) 4:30-5:30 Zumba Fitness	Every Friday 10-12 Cuddles 1-3 Bridge Grocery Shopping Shuttle @ 9:00am



July



Mon	Tue	Wed	Thu	Fri
Walking Group Meets Monday thru Friday from 9-10 AM 	At the Olde Center Common. 	1 10-12 PM Attorney Cannon Consultations	2 12-3 Fix It Shop 	3  Holiday 4th of July Center Closed
6	7 12-2:30 S.H.I.N.E	8	9	10
13	14	15	16 Supper Club @ 5pm 12-3 Fix It Shop 	17  9 - 3 Foot Care Specialist Appts.  Book Club B- 10am Quilting- 10-
20	21 12-2:30 S.H.I.N.E 11:30-1 PM Attorney Bahrawy Consultations TRIAD Meeting- 11AM	22	23	24
27 12:30-3:30 PM Rockingham Mall Trip	28	29 <u>State House Visit</u> <u>Day Trip</u> Friends' Meeting 4:00 pm	30	31
Every Monday 9-10 Yoga 10-11 Combo Class 10-11:30 Lectures 1-3 Cards (canasta, poker) 1-3:30 Bridge 3:30-4:15 Zumba Gold 4:30-5:30 Zumba Fitness	Every Tuesday <div style="background-color: yellow; text-align: center; padding: 2px;">Grocery Shopping Shuttle @ 12:30pm</div> 9-10 Tai Chi 9-12 Computer Training 9:30-11:30 Knitting 1-3 Art Class 12:30 -3 Bingo 1-3 Chess	Every Wednesday 9-12 Walk-in Clinic 10-11:30 Heart to Heart 10-11:30 News & Views 1-3 - Bridge Refresher 3:30-4:15 Zumba Gold 4:30-5:30 Zumba Fitness	Every Thursday 9-11:45 Woodcarving 9-12 Computer Training 10-11 Joy of Exercise 1-3 Cards (poker, canasta) 4:30-5:30 Zumba Fitness	Every Friday 10-12 Cuddles 1-3 Bridge <div style="background-color: yellow; text-align: center; padding: 2px;">Grocery Shopping Shuttle @ 9:00am</div>



August



Mon	Tue	Wed	Thu	Fri
3	4	5 10-12 PM Attorney Cannon Consultations	6 12-3 Fix It Shop 	7 Book Club A- 10:00am Quilting 10-12:00pm 
10	11 12-2:30 S.H.I.N.E 11:30-1 PM	12 1-4 Foot Care	13	14
17	18	19	20 Supper Club @ 5pm 12-3 Fix It Shop 	21 Foot Care Specialist: 9-3pm Book Club B- 10:00am Quilting 10-12:00pm
24	25 12-2:30 S.H.I.N.E 11:30-1 PM Attorney Bahrawy Consultations TRIAD Meeting- 11AM	26 Friends' Meeting 4:00 pm	27	28
31 12:30-3:30 PM Rockingham Mall Trip			Walking Group Meets Monday thru Friday from 9-10 AM 	at the Youth Center on Johnson Street. <u>Athletic shoes are required on the Gym floor.</u>
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What Programs and Classes are you joining this summer? Check out the list and call to schedule your visit!

CARD GAMES

Bridge -

Bridge Refresher

Cards - 45's, Nickel, Poker (nickel and dime, dealer's choice), Canasta

EXERCISE

Combo Exercise Class

Joy of Exercise

Tai Chi & Chi Gong

Walking Group

Yoga

Zumba Basic & Fitness

Zumba Gold

GAMES

Bingo

Bowling

Chess

Mahjong

Scrabble

CRAFTS/DIY CLASSES

Art Class

Cuddles

Knitting and Crocheting

Quilting

Woodcarving

PROGRAMS/CLASSES

Book Club

Computer Lab

Computer Training (Individual)

Heart to Heart

Lecture Series

Men's Breakfast

Mr. Fix It

News and Views

TRIAD

Women's Forum

Great Events that the N.A.Senior Center Participated In!



MOCK TRAIL @ MASS SCHOOL of LAW ANDOVER

Did you come to the Ladies Tea?



Ladies Tea with the NA Youth Center @ Brightview

Have you attended our Lecture Series on Mondays?



Did you Miss Our Spring Flea Market?



Ashland Farm's Free BBQ Summer Concert Series

June 17th Dave Caponigno
 July 15th Tony Funches
 Aug 19th Singing State Trooper
 Sept 16th Russ McQueen

Calling all N. Andover Ladies!
 Join the WOMEN'S FORUM
 4th Thursday of the Month

North Andover Senior Center Presents Coastal Maine Botanical Gardens

... one of America's most beautiful gardens all yours to discover!

Saturday, July, 11, 2015-
\$79.00 per person

Reservation Forms available in front desk area. If you have further questions, please contact Cahla— programs coordinator
 978-688-9560



June 28th at 2PM
 The Greater Lowell Music Theater presents:
 Cole Porter's timeless classic about the craziest voyage with memorable songs. A dancing, singing and laughing extravaganza.

Bus departs @ 1:15PM
 Limited to 12 NA Seniors.
 Great PRICE- \$25.00
 Sign Up with Reception!



WELLNESS PROGRAMS

*Please make Wellness appointments with the Reception
@ 978-688-9560*

Senior Walk in Clinic - The North Andover Senior Center and Home Health Inc/VNA operate a wellness clinic every **Wednesday from 9 AM until noon.**

Foot Care Specialist (Catherine) - This Clinic is held on the 3rd Friday of each month with appointments from 9-3 PM. Nails are clipped, filed and followed by a foot massage. The cost is \$25 for a 30 minute session.

ASSISTANCE PROGRAMS

Legal Assistance - Innovative Legal Solutions, Estate Planning, Health Care Proxy, Power of Attorney, Family Law Issues and Employment Issues. Call for a free consultation appointment with an Elder Law attorney.

VOLUNTEER OPPORTUNITIES

The North Andover Senior Center is looking for Volunteers to:

- Visit lonely, homebound seniors living in North Andover
- Drive seniors to medical appointments

For more information please call the Outreach Assistant, Sandy Flaherty at 978-688-9560 or email: sflaherty@townofnorthandover.com.

VOLUNTEER Opportunity

Brightview Assisted Living in No. Andover is looking for a senior volunteer to operate their gift shop a couple of days a week. Express your interest by calling Kathleen Barbarisi at 978-686-2583 or Cahla Ahlstrom, program coordinator at the NA Senior Center.



Dining

Senior Dining @ The Senior Center

Every weekday @ 11:45 AM. Menus available; call the Senior Center. Reserve a meal by calling 978-686-1422 at least 2 days prior to coming. \$2.00 is requested.

Meals on Wheels - Homebound seniors only. Monday through Friday. Call Donna Delaney at 978-686-9560 for more information.

**A special Thank You to the
Middleton Jail for printing this
Newsletter**



**&
Knights at Work for Assembly**

WATCH FOR:

Upcoming TRIPS on
FREE FUN FRIDAYS in
JULY and AUGUST!

First of the Season!



Here at the Senior
Center we all Scream
for Ice Cream!

Hosted by
Peregrine's Landing at Tewksbury
**Wednesday, June 24th @
12:30pm**

Sundaes with all the fixings!

We APPRECIATE the generosity of the
North Andover Friends and Families
during the recent months!





RENEW or JOIN TODAY!

The Friends of North Andover Senior Center are reaching out to you for your support.

Your contribution allows us to maintain programs at your North Andover Senior Center such as:

- ◆ Discount MVRTA Tickets
- ◆ Newsletter Mailings
- ◆ Emergency Utility Support
- ◆ Grocery Gift Card Assistance
- ◆ Leased Copy Machine
- ◆ Socials and Events
- ◆ Class Scholarship Fund

Mailing a check? Send it to:

Friends of the North Andover Senior Center, Inc.

P.O. Box 661

North Andover, MA 01845

Please make selections below and provide your contact information:

Without donations many of the services offered by the Senior Center would not be possible. Your support is greatly appreciated! The Friends of the North Andover Senior Center, Inc. is a 501(c)3 organization.

Make checks payable to: Friends of the North Andover Senior Center, Inc.

<input type="checkbox"/> \$10.00	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$30.00	<input type="checkbox"/> OTHER
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Would you like to remain on the membership list?

YES, Keep Me on the Membership List

NO, Remove Me from the Membership List

Date:	
Name:	
Address:	
City, State ZIP	
Email	

North Andover Council on Aging
120R Main Street
North Andover, MA 01845

Phone: 978-688-9560
Fax: 978-688-9563

Website: www.townofnorthandover.com

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The mailing of this newsletter is made possible through your donations to the Friends of the North Andover Senior Center

[CLICK HERE to Return to MAIN SENIOR CENTER Website](#)

SUMMER ZUMBA® @ THE CENTER

North Andover Senior Center * 120R Main Street
North Andover, MA 01845 * 978-688-9560

* ALL WELCOME *

First Class is FREE!

WALK-IN Rate \$6 per Class

10 CLASS PUNCH CARD \$45 (You Save \$15)

20 CLASS PUNCH CARD \$80 (You Save \$40)

ALL Class Punch Cards Can be used for ALL ZUMBA® CLASSES

Changes & Daily Updates can be found on Facebook at:
Zumba Dance with Tallie or zumbadancewithtallie@gmail.com

Schedule Effective June 28th - September 13th 2015

MONDAY ZUMBA® TONING
ZUMBA® GOLD/TONING 4:30PM - 5:30PM
3:30PM - 4:15PM INSTRUCTOR: MARY RUSSO
INSTRUCTOR: NANCY RYAN

TUESDAY ZUMBA® FITNESS
4:30PM - 5:30PM
INSTRUCTOR: MARY RUSSO

WEDNESDAY ZUMBA® FITNESS
ZUMBA® GOLD/TONING 4:30PM - 5:30PM
3:30PM - 4:15PM INSTRUCTOR: TALLIE ABERNATHY
INSTRUCTOR: NANCY RYAN

THURSDAY ZUMBA® FITNESS
4:30PM - 5:30PM
INSTRUCTOR: TALLIE ABERNATHY

NO CLASSES

MON JUNE 29th thru SUN JUL 5th

MON AUG 31st thru SUN SEP 13th

THANK YOU to our Summer
ZUMBA® Instructor Team:
Nancy Ryan
Kristen Piekos
Tracey Hall
Laura Stevens
Christine Cochrane

Please join in on our FUN "Special Events" & "Road Trips" ALL Summer Long by checking the facebook page and calendar at tallieabernathy.zumba.com/calendar