

The North Andover TRIAD is a community safety initiative that focuses on empowering, educating and improving the safety, security and peace of mind of our senior population. The goal of TRIAD is to reduce criminal activity which targets our senior community, alleviate senior's fear of victimization, build confidence and improve the quality of their life, and enhance the delivery of law enforcement services to the senior population. TRIAD consists of a partnership which involves the Sheriff & District Attorney, the Police and Fire Chief, the Council on Aging and supportive services in each community. Individual communities establish their own TRIAD Council that assesses and addresses the specific needs particular to their senior community. The TRIAD Council is presided over by a chairperson, vice chairperson and secretary who are active seniors in the community. The establishment of TRIAD councils empowers local seniors to assist members of their community by creating, organizing and operating various programs throughout the community. North Andover TRIAD has monthly meetings and is always pleased to have new members. We typically meet on the third Tuesday of the month at 11:00 a.m. at the North Andover Senior Center. Throughout the month of June we will be traveling to elderly housing locations to bring our programs of senior safety, fire safety, health care proxies, etc. These programs will be held at 10 a.m. If you wish to attend a meeting please call Donna Delaney at 978-688-9560.

MARK YOUR CALENDAR: Indoor Flea Market Saturday, March 24, 2012 9-2pm, Call the NA Senior Center and reserve your table space. 5 ft. tables: \$15.00, 12 ft. tables: \$30.00.

Boston Flower Show: Friday March 16, 2012, Seaport World Trade Center, "First Impressions" Ticket and transportation \$22.00, Lunch on your own at the "No Name Restaurant", have a bowl of their famous fish chowder or enjoy a light lunch overlooking Boston Harbor. **Senior Circuit Breaker Credit**

Information Session: N.A. Senior Center Thursday 2/16/12 11:00-12:00, **U.S. Atty. Carmen Ortiz: Top Priorities of a Federal Prosecutor:** Lawrence High School, Parish Road Lawrence, MA. 2/17/12 8:45 a.m. \$1 Bus departs from Senior Center at 8:15, **MVNP Luncheon:** NA Senior Center, \$2 Pizza Party, 2/28/12, Three pizza selections. Sign up closes 2/21/12 call Judy at 978-975-3884 to sign up in advance.

SUPPORT SERVICES AND PROGRAMS:

MEMORY SUPPORT GROUP: The Merrimack Valley Memory support Coalition is continuing the series of support groups for those with a diagnosis of dementia and their care partners. A new group will begin in mid-March and continue until June. If anyone is interested in participating in these support groups please call Donna Delaney at 978-688-9560 to learn more and to book a screening. The coalition members have been trained by the Alzheimer's Association of Massachusetts.

NEW PROGRAM: GIRL TALK with Lu, starts January 18, 2012, 12:30-1:30, no fee. Call to sign up. The group will explore life's transitions and related women's issues.

VALENTINE BREAKFAST: Come join us for a special Valentine Breakfast featuring "Just Harry" a One Man Ensemble. Tuesday morning February 14, 9:00-10:30. Tickets now available \$3.00.

VALENTINE PARTY: Hosted by the Lawrence Elks February 17th at 11:30-3:30. (Sold out)

FREE MEMORY SCREENING: February 23, 10:30-1:30 at 15 minute intervals, call Center for appointment.

STRESS RELIEF: Wednesdays from 2-4 pm, 20 minute sessions with Miriam Smith, Pranic Healer. \$5 donation to the North Andover Senior Center.

FOOT CARE SCHEDULE: Dr. Connolly is scheduled to see clients on the 2nd Wednesday of every month starting January 11th from 1 – 4 pm by appointment only; \$30 fee.

BLOOD PRESSURE CLINIC: Held every Wednesday, 9 to noon.

SHINE VOLUNTEERS: offer free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare. Call the North Andover Senior Center and ask for a SHINE appointment, on either the 1st, 3rd or 4th Tuesday of the month from noon to 2 pm (Serving Health Insurance Needs of Elders).

FOXWOODS: Next scheduled trip, Tuesday, February 21, \$25 includes lunch buffet, transportation and Kenos. Bus leaves from St. Michael's parking lot at 6:30 am.

Mr. FIX IT: Here at the Senior Center. 1st and 3rd Monday every month 12-3 pm (Feb. 6^h & 27)

ROCKINGHAM MALL: Last Monday of every month. Bus leaves Center at 12:30 and returns at 4 pm. (call for transp.)

TAX APPTS.: Ongoing appts. North Andover seniors only. Please call NA Senior Center to schedule with Paula.

MYSTERY RIDE: \$2-5 Lunch, trip and social visit with another Senior Center. 2nd Thursday every month. 11-3 call for reservation.

SUPPER CLUB: 3rd Tuesday of every month. Feb. 16th -**Roma Ristorante** Bradford, MA bus \$2 departs at 4:30, Order off menu/separate checks. Sign up opens 2/1/12 call to reserve a spot.

ONE ON ONE COMPUTER LAB: Thursdays 9-11:30, 45 minute sessions \$7 each at the Senior Center. Call to reserve your slot.