



April 2009  
Supplement



*Turkey Town*



North Andover Council on Aging  
120R Main Street, North Andover 978.688.9560

*Between Seasons*

## Celebrate Older Americans' Month at our newly renovated Center

- ◆ May 13, Wednesday - 9:00 - 10:00 a.m.

### Senior Center Recognition Day

Free Coffee & Pastries



- ◆ May 15, Friday - 12:30 - 1:30 p.m.

### Ice Cream Social

- ◆ May 20, Wednesday - 9:30 - 11:30 a.m.

### Open House

Free Coffee & Pastries



*Friends of the North Andover  
Senior Center*



## High Tea & Fashion Show

(featuring fashions from Johnny Appleseed's)

June 7, Sunday

Wyndham Hotel, Andover

12:30 - 3 PM

Cost: \$20.00

Children 16 and under: \$5.00

Serving Fine English Teas, Finger Sandwiches, Scones,  
Miniature Pastries & Chocolates

Tickets on sale now at the Senior Center



## Mother's Day Breakfast

May 7, Thursday @ Senior Center

9:00 AM

Tickets: \$4.00

Hosted by our Men's Group

Limit: 100 North Andover Seniors

Tickets on sale now at the Senior Center

May 25, Memorial Day - Center Closed



## Mystery Ride & Luncheon

May 7, Thursday  
\$12.00  
Early Departure @ 10:00 AM  
Sign up opens on 4/27

## Walking Group

Monday, Wednesday & Friday  
9:00 - 10:00 a.m. (Free)  
At the Old Common



## Digital Camera

Computer Class (Limit: 4 students)  
4 - weeks - \$25.00  
Tuesday, May 5, 2009  
1:00 - 2:00 p.m.

New Beginnings by Lou Bonano  
April 10, Friday  
12:30 - 2:00 p.m.  
At the Senior Center - Free

A support group for adults dealing with life transitions due to illness, loss of a loved one or change in lifestyle.

## Merrimack Valley Hospice

Coping with Cancer  
April 15 - May 20, 2009  
Wednesday 12:30 - 2:00 p.m.

Grief Support  
May 14, 12:30 - 2:00 p.m.  
Thursdays, 6 weeks

Low Vision  
June 3, 12:30 - 2:00 p.m.  
Wednesdays, 4 weeks

All held at the Senior Center - Free



## Ice Cream Social

May 15 - Friday  
12:30 - 1:30 p.m.

Free  
North Andover Seniors only

Limit: 100 tickets  
Must be signed up by May 12  
Entertainment: Russ McQueen



## EXERCISE CLASSES



<u>Yoga</u>	Monday	April 27-June 8	9:00-10:00
<u>Tai Chi</u>	Tuesday	April 14-May 19	10:30-11:30
<u>Joy of Exercise</u>	Thursday	April 23-May 28	10:00-11:00
<u>Walking Group</u> @ the Old Common	M-W-F - Free	On-going	9:00-10:00
<u>Body Mechanics</u>	Friday	June 5-July 17	9:30-10:30

6-week sessions @ \$24.00 per session  
Call the Center at 978.688.9560 for start dates or email Barbara @  
Bchampigny@townofnorthandover.com



## LUNCH TRIP

To  
Wells Senior Center  
Wells, Maine  
June 1, 2009 - Monday  
\$10.00 (includes lunch & bus)

Baked stuffed Sole - Catered lunch  
Bus leaves Center at 10:00 a.m.



## Senior Center Transportation Schedule

The Senior Center Bus is available:

Monday, Wednesday, Thursday & Friday  
mornings

Pick ups are: 8:30 - 9:00 a.m.  
Return home after lunch

Round Trip: \$1.00

Call 978.688.9560 for reservation  
2-day advance notification

## Outreach Blood Pressure Clinics are back!

Debbie Rillahan, Public Health Nurse for the Town of North Andover, will be joining Donna Delaney, Outreach Coordinator, in providing clinics on the following dates and times:

May 14	10:00 a.m.	Morkeski Meadows
June 11	10:00 a.m.	Fountain Drive
June 11	11:00 a.m.	Foulds Terrace



## Computer Class

Classes are forming now!

Call for more information  
978.688.9560

## Senior Center Shopping Services

**Tuesday & Wednesday** Market Basket, North Andover \$2.00 r/t  
Bus leaves the Senior Center at 1:00 p.m. following a route for pick ups.  
(Approximate time: 3 hours) (Curb-to-Curb)

**Friday** Market Basket, North Andover \$2.00 r/t  
Bus leaves the Senior Center at 9:30 a.m. following a route for pick ups.  
(Approximate time: 2 hours) (Curb-to-Curb)

**2nd Thursday of Month** Target/Lowe's, Haverhill \$2.00 r/t  
Bus leaves Senior Center at 11:00 a.m. and leaves store at 2 p.m.  
(Approximate time: 4 hours)

**Last Monday of the Month** Rockingham Mall, Salem, NH \$2.00 r/t  
Bus leaves Senior Center at 12:30 p.m. and leaves Mall at 3:30 p.m.  
(Approximate time: 4 hours)

Sign up is limited to 9 passengers and we ask that you limit the size of your order to accommodate space in the van. Order of drop offs and pick ups is done at the driver's discretion.



# SENIORS ON THE GO

Payment due with reservation



<b>Foxwoods</b>	<b>\$25.00</b>	May 19	Round Trip transportation, \$10 Lunch voucher, \$10 Match play, \$15.00 Keno. 6:45 a.m. St. Michael's Church parking lot. pick-up.
<b>Maine Escapes</b>	<b>\$599 / double</b>	October 4-7 Sunday-Wednesday	Bar Harbor, Boothbay Harbor & Acadia National Park. Round trip motor coach, 3 nights waterfront lodging, 7 meals and Evening Cruise.
<b>Eastern Caribbean Cruise</b>	<b>From \$1,399 / double</b>	<b>February 20-28, 2010</b>	Florida, Virgin Islands, Puerto Rico, & Grand Turks. Stop by the Senior Center and pick up a flyer with all information.

## LECTURE SERIES

Mondays at 10:00 AM - 11:30 PM

DATE	SPEAKER	TOPIC
April 27	Ellen Keller	Ozzi Properties
May 4	Teruyo Shimazu	Japan
May 11	Richard Stanley, Police Chief	Public Safety
May 18	Robert Cuomo, PhD Merrimack College	Economics
May 25	Holiday	Center Closed



## PICTURE THIS!!!



We are looking for pictures of center regulars to use in an Anniversary Contest. The pictures should be of you when you were 12 or younger. We will try to guess who is in the picture.

The guessing will be from June 1-15th. Winners will be announced June 16th. Photos must be turned in by May 30th.

TO ENTER: Turn in a photo in a sealed envelope with your name and phone number written on the outside of the envelope. There will be no holes put in the photo.

### PLEASE NO FRAMES

The pictures will be placed on boards. Sheets with names will be provided for guessing. It should be fun to see where we started - way back when!

So start digging out those baby pictures and choose your favorite!