

Weekend To Do List From Andover Elder Services

Andover Elder Service (978) 623-8320

1. Workout – Go for a walk in the sunshine or take a Senior Center Fitness Class

[HTTP://WWW.ADOVERTV.ORG/CENTER AT PUNCHARD VIDEO LIBRARY](http://www.andovertv.org/center_at_punchard_video_library)

- SIT & GET FIT
- STRENGTH TRAINING
- YOGA
- MEN AND WOMEN IN MOTION
- TAI CHI



Flowers outside of Clark Rd

2. Visit a virtual Museum.

<https://artsandculture.google.com/partner?hl=en>



3. Order take out and support our local restaurants



<https://andoverma.gov/847/Take-Out-or-Delivery-Options>

4. Take a virtual trip

<https://www.cnn.com/travel/videos>



5. Learn to use Facebook

<https://www.youtube.com/watch?v=6cbDDg7rH0k>

Like our page - Andover Senior Center

