

# BOOMERVENTURE<sup>™</sup>

Andover activities for the adventurous 50+

## BoomerVenture grows up with familiar, new offerings

This fall marks the start of the second year for Andover's BoomerVenture, developed to engage the town's baby-boomer population in a series of activities and events.

Over the past year, BoomerVenture has grown from an upstart to a more fully developed program garnering statewide recognition, say organizers. The program has been issued a formal invitation to present its concept, programming, public relations and potential regional expansion to the Massachusetts Council on Aging at its Fall Conference in October. In addition, the town has encouraged and assisted in the submission of the BoomerVenture program for the state's Kenneth Pickard Municipal Innovation Award.

The BoomerVenture "campus," as the program's facility at the Andover Senior Center has become affectionately known, will again host program favorites, including Energize with Exercise, Serenity Yoga, Nordic Walking and Boomer Bridge. It also will increase its focus on what developers term "issue-oriented" programming, adding "The Power of Ritual" and "Transitioning to the Second Half of Life" sessions.

"While we want to do things that get people up and out, we also want to provide opportunities for looking inward, to start thinking about how to address life issues that are of greatest concern to our generation," said

Karen Payne-Taylor, BoomerVenture program coordinator.

Kicking it all off will be a BoomerVenture Back-to-School BBQ Blast Party Sept. 4, on the BoomerVenture campus at the Andover Senior Center. The objective is to provide an opportunity for Andover's boomers to check out the program and have a little "boomers night out" fun. Highlights include:

- Barbecue — salads, dessert, grilled selections and drink for \$6 (advance purchase requested)

- Live music from the '60s, '70s, '80s and '90s

- Wii video games

- Free chair massage

- Consultation for organic rejuvenating make-up

BoomerVenture staff and event instructors will be there with both their party and informational hats on, ready to talk with people about present and possible programs, according to Payne-Taylor.

"Baby-boomers are and will continue to change the face of aging far into the future," said Kathy Urquhart, Elder Services director for Andover. "Developing programming of interest to these citizens creates a natural link between them and their community aimed at forestalling a 'retirement exodus' which could have a dramatic impact on our town in terms of increased service demands and diminished revenue base."

### PROGRAMS FOR THE FALL 2008 SEMESTER

**Energize with Exercise:** aerobic workout; 12-week series, Thursdays, Sept. 11 to Dec. 11, 6 to 7 p.m. No prior experience required. \$75.

**Serenity Yoga:** Relaxing, basic yoga practice with a series of gentle postures to build strength, balance and flexibility. Geared for beginners and returning yoga students. 12-week series, Thursdays, Sept. 11 to Dec. 11, 7:15 to 8:15 p.m. Just bring a yoga mat, towel and pillow. \$75.

**Nordic Walking:** Complete outdoor aerobic walking workout utilizing special poles. Poles provided. Six-week series, Tuesdays, Sept. 9 to Oct. 14, 6 to 7 p.m. Limited to 10 participants. \$40.

**Boomer Bridge:** New workshops. Terry Kay Bargar, instructor.

- Bridge Conventions You Can't Live Without: Sept. 11 to Nov. 13, 5:15 to 6:15 p.m.; \$49 for nine weeks or \$10 per drop-in.

- Advanced Beginners Bidding: Sept. 11 to Oct. 2, 6:30 to 8:30 p.m.; \$75.

- Play of the Hand: Oct. 16 to Nov. 13, 6:30 to 8:30 p.m.; \$95 (\$150 if taking both session 2 and 3).

- Boomer Bridge Holiday Party: Dec. 11, 6:30 to 8:30 p.m. Celebrate the season while improving your skills. Surprise gifts for all. \$5 per participant or \$10 per drop-in.

**"The Power of Ritual":** Explore the power and role of ritual in our daily lives and the world. Why are we creatures of habit? Three-week interdisciplinary session, facilitated by Emily Kearns, sociologist/anthropologist. Meets alternating Tuesdays, Sept. 18, Oct. 2 and 16, 7 to 8:30 p.m. Refreshments. \$35 per session.

**"Transitioning to the Second Half of Life":** Led by life coach Alex Mezey. Meets alternating Thursdays, Sept. 25, Oct. 9 and 23, Nov. 6, 7 to 8:30 p.m. Refreshments and text included. \$50 per session.

**Boomer Book Club:** Call for information on monthly meetings. Begins Sept. 18, 7:15 p.m.

Registration for BoomerVenture's Fall semester starts Sept. 2. All programs require preregistration. For details, call 978-623-8381, or visit [www.boomerventure.com](http://www.boomerventure.com).

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# Andover Townsman

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