

Preventing Falls as One Ages

Susan Chase, The Andover Hub

A workshop on reducing the risks of falling as one gets older will be offered at The Andover Hub on Tuesday, March 13, at 10:15 a.m. by the Concord Regional Visiting Nurse Association (VNA). The Hub is located at 157 Main Street, next to Pizza Chef, and all are welcome.

According to the VNA, while one in three older Americans fall each year, often resulting in continuing health problems, it is important to realize that falls do not need to be accepted as a

necessary or natural part of aging and can be prevented. This workshop will explore common factors that can lead to a fall and simple steps one can take to minimize the risk.

Since Tuesday morning is also community coffee time at the Hub, attendees can plan to drop in for a cup of coffee and conversation any time after 8:30 AM and then stay for the presentation as well. For more information about The Andover Hub and to be added to the ongoing email list, contact AndoverCommunitySpace@gmail.com.



The Craft of Decorating Ukrainian Easter Eggs

4 week workshop offered at the Hub

Susan Chase, The Andover Hub

A four-week Ukrainian Easter Egg-decorating workshop series will be offered at the Andover Hub beginning on Monday, March 5, 6:30 to 8:00 PM and continuing for three subsequent Mondays. The workshop is free, with a small fee charged for materials; donations toward The Hub are always welcome. Andover resident Nadja Hebert will lead the series.

Ukrainian Easter eggs, or Pysankas, are a centuries-old folk art in which beeswax is used to draw decorative

designs and traditional symbols on blown-out eggshells which are then dyed. Once decorated, the eggs can be saved and used as holiday decorations year after year.

Pre-registration is required for the workshop series in order to have enough materials available. To register, please contact Gisela Darling at 735-5681 or darlinggi@tds.net, or Nadja Hebert at 735-4084 or nhebert@tds.net.

The Andover Hub is located at 157 Main Street, next door to Pizza Chef in downtown Andover. For more information about The Hub and to be added to the ongoing email list, contact AndoverCommunitySpace@gmail.com.



New Endeavor at the Andover Hub—The Hub Closet

A place to collect, create & convert

Press release

What do you do with extra envelopes from a stationary set? How about yarn left over from a knitting project? Where can you go in Andover to find poster board for your third grader's school project? How about some file folders to get more organized?

All of these items can now be donated (and soon be purchased) through a new endeavor at The Andover Hub called the Hub Closet: a place to collect, create and convert. It is based on the concept of creative reuse centers located around the country such as SCRAP, Tinkertopia, and Scrapivity and does not carry items normally collected by a thrift store.

The goal for the Hub Closet is to provide a place for storing community excess and provide (at a very low cost) to those who can use it creatively. We want to prevent items from entering the

landfill while simultaneously providing affordable supplies to the community (including local schools).

Parents will find popsicle sticks and sea shells for their preschooler to create sculptures. Students can purchase materials for their school projects. Crafters will discover both wine corks and scrap wood pieces to create a one of a kind bulletin board. We hope the Hub Closet will be a place that inspires "upcycling."

The current focus is to collect donations from people and businesses in the Andover area. The list of materials desired and donation guidelines can be found at <https://goo.gl/PBGPBR>. Once the Hub Closet is stocked (late spring or early summer 2018), it will be open to the public as a non-traditional art, craft and office supply store.

Store hours will be based on The Andover Hub schedule and volunteer availability. Please contact Tina at hub-closet@gmail.com for additional information and to donate materials.



Rail Trail Board to Meet at Andover Hub

Wednesday, March 21 at 7 PM

Press release

Friends of the Northern Rail Trail of Merrimack County Board of Directors will meet at 7 PM on Wednesday, March 21, 2018 at the Andover Hub, 157 Main Street next to the Andover Pizza Chef. The Merrimack County rail trail friends group is happy to be meeting at this new location for the foreseeable future.

On the agenda will be discussions

about progress to date on maintenance projects, plans for 2018 projects and special events. Events planned are the April 5 Thursday's Child Dinner at the Coach House Restaurant at the New London Inn and National Trails Day celebration on June 2.

All are welcome to attend. For more information about the rail trail, membership, maps and volunteer opportunities, please visit www.frnt.org and Friends of the Northern Rail Trail on Facebook.



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