



A variety of handmade tote bags from the Crafty Fox are available at the Andover Thrift and Gift Shop. Caption and photo: Nancie Jacobson

Thrift and Gift Shop April Special Features \$5 Bag Sale

Also featuring local artisan creations

Nancie Jacobson
Andover Thrift and Gift Shop

Mark your calendar for a stop at the Andover Thrift and Gift Shop this month, and take advantage of the annual \$5 bag sale!

That's right. During the month of April, shoppers can fill a full-size brown bag of clothing items for just \$5. The shop has a great selection of new and gently used clothing for the whole family, including the kids! From casual clothing to attire for an occasion, you'll find great bargains at the shop.

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From designer suits to casual sweaters for spring, you'll find a great selection at the Andover Thrift and Gift Shop.

Caption and photo: Nancie Jacobson



Liz Dymont of Wilmot will be offering a barre class, followed by a yoga class, at the Andover Community Hub on Tuesdays and Thursdays.

Photo: Susan Chase

The Hub Now Offers "Mind Body Barre" Classes Each Week


Followed by "Slow Flow Yoga" class

Susan Chase
Andover Community Hub

Even if you haven't heard of barre yourself, its reputation as a workout with amazing results has been widespread since its development in the 1950s as practiced by Marilyn Monroe, Audrey

Hepburn, and, more recently, by actress Natalie Portman. It's a workout that strengthens the whole body with low-impact, high-intensity movements set to upbeat music, often described as a combination of ballet, yoga, and Pilates.


Certified barre and yoga teacher Liz Dymont of Wilmot (pictured above in the Hub's studio) is now offering two
See Barre on page 21




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