



NEWS & VIEWS

LOCATIONS

Monday - Friday 8 am - 4 pm

Senior Center Programs, Events, Classes: 23 Clark Road

Senior Connections Social Day Program: 2 Dundee Park Dr. #201

Administrative Offices: Town Hall, 36 Bartlet Street



AndoverSeniorCenter

CONTACT INFORMATION

Phone: 978.623.8320

Email: seniorcenter@andoverma.gov

Info Line: 978.623.8302

Web: andoverma.gov/seniorcenter**STAFF CONTACT INFORMATION****Director of Community Services**

Jemma Lambert

jemma.lambert@andoverma.us**Director of Elder Services**

Jane Burns

jane.burns@andoverma.us**Social Work/Outreach**

Kristine Arakelian, LCSW

karakelian@andoverma.gov**Transportation/Outreach**

Shawna McCloskey, LSW

smccloskey@andoverma.gov**Volunteer Coordinator**

Ashley English

ashley.english@andoverma.us**Office Assistant**

Chris Marshall

chris.marshall@andoverma.us**Senior Connections****Day Program Coordinator**

Stephanie McSurdy

stephanie.mcsurdy@andoverma.us**Nutrition Staff**

Frank Melendez, Chef

fmelendez@andoverma.gov

Welcome to summer! As we remain at home, it is good to see some sun and warmth. No excuses for not getting outside for a social distancing walk or sitting in the shade for some fresh air. The Center remains closed as we closely follow the Governor's phased reopening plan. It is our plan to slowly bring back services and programs based upon our ability to safely deliver those to the community.

Please be aware that several email domains are blocking Town of Andover emails. If you have a Yahoo or Verizon account, check your spam folder. If you still don't see our emails add me to your contact list jane.burns@andoverma.us. I have been sending out updates and want to make sure everyone is receiving them. We are excited and hopeful to be welcoming you all back as soon as possible! *Jane Burns and AES Team*

ZOOM– Everyone is doing it!

Zoom is an online meeting platform we are using to connect with everyone! Participating is easy. You need a computer or tablet with speakers, microphone, and video capabilities; a high-speed internet connection. You can dial in by phone but you will not be able to see anyone. Download the Zoom Client for Meeting App: <https://zoom.us/download>



To learn how to use Zoom this is a great tutorial: <https://www.youtube.com/watch?v=9isp3qPeQOE>

When you join a Zoom event, you will be sent a link and Meeting ID number or call in number.

SPECIAL EVENTS



Coffee & CONSTRUCTION —Monday, June 8 @ 10:00 am. Grab a cup of coffee and see/learn about the construction of the new Center. Go to www.myactivecenter.com and sign up for the “Coffee & Conversations” and you will get emailed a Zoom link to join our party! Or contact Elder Services at (978) 623-8320. You can join by phone or computer.



Coffee & Conversation—Father’s Day Edition Monday, June 22 @ 10:00 am. Join us for some light-hearted conversation about fathers. Share a funny dad story or tell us about your dad. Sign-up at www.myactivecenter.com for the “Coffee & Conversations” and you will get emailed a Zoom link to join our party! Or contact Elder Services at (978) 623-8320. You can join by phone or computer.



Trivia with Caren—Friday, June 12 @ 2:00 pm. Join us for this fun trivia program. You can connect through Zoom or by phone (no computer necessary). Caren Connor will test our knowledge on various topics.

Prizes! Go to www.myactivecenter.com and sign up for the “Zoom Trivia Party” or contact Elder Services at (978) 623-8320 and you will get emailed a link to join our party!



Birthday Party Lunch – Friday, June 19 @ 12:00 pm. Tired of lunching alone? Grab your lunch and join us for some light conversation and a game or music. If

June is your birthday month, you will be entered into a drawing for a gift card to a local business. Go to www.myactivecenter.com and sign up for the “Zoom Birthday Lunch” or contact Elder Services at (978) 623-8320 and you will get emailed a link to join our party!



Under the Sea: Deep Dive Tour —Tuesday, June 16 @ 10:00 am

Join Michelle Houlihan of Fusion Andover as she narrates a voyage down below.

Through NOAA immerse yourself in the ocean and your national marine sanctuaries without getting wet! This virtual reality voyage uses 360-degree images to highlight the amazing habitats, animals, and cultural resources you can find in a national marine

sanctuary. Go to www.myactivecenter.com and sign up for the “Deep Dive” or contact Elder Services at (978) 623-8320 and you will get emailed a link to join our party!



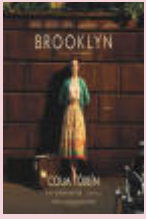
Get “up close and personal” with people from Andover’s history. In **Close Encounters**, you’ll hear about people who lived, worked, ran businesses and raised families in our community. We’ll share their stories through photos, letters, diaries, objects and clothing from our collection.



Tuesday, June 23 @ 1:00 pm—Meet June Carmichael Fitzgerald who joined the WAVES in WWII
Wednesday, July 1 @ 10:00 am—Meet Allen Hinton, ice cream entrepreneur

To register go to www.myactivecenter.com and sign up for the “ACHC June Fitzgerald” or contact Elder Services at (978) 623-8320 and you will get emailed a link to join.

MONTHLY PROGRAMS



Book Club—Thursday, June 25 @ 1:30

Join us for a Zoom chat about the novel, Brooklyn by Colm Toibin. To register go to www.myactivecenter.com and sign up for the “Book Club” and you will get emailed a link to join or contact Elder Services at (978) 623-8320. Books are available for pick-up by contacting Elder Services. New readers welcome, you can join by phone or computer.

Ask the Lawyer—Monday, June 22. Offered by Justin St. James, Esquire licensed in MA & NH. Appointments are 20 minutes over the phone and scheduled in chronological order.

Limit of one question/issue. Cost: Free



SHINE— Serving Health Insurance Needs of Everyone. Appointments are available via phone. Contact Ashley English at (978) 623-8335 to make an appointment



Best American Short Stories of 2019, Mondays

at 1:00 pm on Zoom. Eileen Reilly, a longtime book enthusiast will facilitate the discussion.

Contact Eileen at eileenreilly42@gmail.com for more information.

HEALTHY MIND, HEALTHY BODY



Virtual Family Caregiver Support Group – Monday, June 15th 1:30

The current health situation has been stressful and has presented new challenges for those caring for a loved one. Please join us for a virtual support group for family caregiver to connect with others, share concerns, and learn about available resources. Please contact Ashley English at 978-623-8335 for log-in/call-in instructions.

Blue Cross Blue Shield of Massachusetts is offering no-cost health education webinars brought to you in partnership with your local Councils on Aging.

All are welcome—you don’t have to be a Blue Cross member to participate. For a complete listing of offerings and registration information visit our website at www.andoverma.gov/elderservices or contact Elder Services at (978) 623-8320.

June 2

10:00 a.m.–11:00 a.m. ET

Calming Anxiety in Times of Uncertainty

June 8

10:00 a.m.–11:00 a.m. ET

Boost Your Health with Better Sleep

June 16

2:00 p.m.–3:00 p.m. ET

Nutrition and Sleep: Fascinating Connections

June 24

10:00 a.m.–11:00 a.m. ET

Super Foods and Nutrients for Your Immune System

Parkinson’s Support Group

The Parkinson’s support group is on hold. Please reach out to Kristine Arakelian, LCSW, MPH if you need community supports related to Parkinson’s or other supportive services. Additionally, you can reach out to the American Parkinson’s Disease Association Information and Referral Center, Massachusetts Chapter at 617-638-7737, <http://www.apdama.org>

VETERANS ASSISTANCE

Military Heroes Fund COVID-19 Emergency Financial Relief Program

The COVID-19 Emergency Financial Relief Program provides assistance to all Veterans, Active Duty, Reserves and National Guard who are experiencing a setback due to the pandemic.

<https://penfedfoundation.org/apply-for-assistance/coronavirus-emergency-financial-assistance/>

COVID-19 Massachusetts Military Family Relief Fund - Provides immediate financial relief to Massachusetts military families and Families of Fallen Service Members to purchase groceries, health supplies and other necessities. The Fund will be open to active military, National Guard, Reserves and Families of Fallen Service Members who reside in Massachusetts.

<https://www.militaryfriends.org/military-friends-foundation-launches-covid-19-massachusetts-military-relief-fund/>

Clear Path for Veterans New England Pop-Up Empowerment Centers

We are currently providing Service Members, Veterans, and their families with boxes of non-perishable food supplies. Sign up to reserve your box at one of the following locations:

100 Sherman Ave, Devens, MA 01434 and 90 Pleasant Valley St, Methuen, MA 01844

<https://www.clearpathne.org/clear-path-for-vetera>



re·tire'ment^{v.} *living life on your own terms*

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STAY ACTIVE STAY FIT

Tune in each day at 10:00 am & 4:00 pm to **ANDOVER TV** (Comcast Channel 8)



Sunday	10:00 am 4:00 pm	Gentle Yoga Fitness for Adults over 60
Monday	10:00 am 4:00 pm	Sit & Get Fit Tai Chi (24 Posture Chuan Style)
Tuesday	10:00 am 4:00 pm	Men & Women in Motion Yoga with Pat 
Wednesday	10:00 am 4:00 pm	Sit & Get Fit Healthy Bones & Balance
Thursday	10:00 am 4:00 pm	Strength Training Yoga – Stress Relief
Friday	10:00 am 4:00 pm	Tai Chi (24 Posture Chuan Style) Yoga for Beginners
Saturday	10:00 am 4:00 pm	Healthy Bones & Balance Men & Women in Motion



Chair Yoga with Robin Gibb

Facebook (prerecorded)

<https://www.facebook.com/RobinsYogaandHealing/>



Tai Chi with Meg Holmes

<https://tinyurl.com/qtppbb3l>

Yoga with Pat

<http://www.patsyoga.com/videos/>



Meditation with Chip

Zoom: Thursdays 10am – 10:45am

To join email chiprdcarter@gmail.com for the weekly updated free link

SUMMER FITNESS

The status of fitness programs during the summer has not been finalized. Please continue to check our Facebook page and website for updates.

GROCERIES & PHARMACY

Grocery & Pharmacy Delivery Options:

Market Basket: Instacart 1-888-246-7822
help@instacart.com www.shopmarketbasket.com/

Stop & Shop: – Peapod 1-800-573-2763
www.peapod.com/

Whole Foods: Grocery Delivery 1-844-936-8255
www.wholefoodsmarket.com/grocerydelivery-and-pickup

Target: (Grocery)
www.target.com/c/grocery/-/N-5xt1a

Walmart – Delivery Unlimited
www.grocery.walmart.com/deliveryunlimited/landing

CVS Pharmacy: Sign up online at cvs.com or
Main Street CVS (978) 470-0542

Le Tourneau's Pharmacy (978) 475-7779

AARP TAX ASSISTANCE

AARP Tax Preparation Appointments at the Senior Center have been cancelled for the time being. We expect they will be restarted the second week of June. If you had a previous appointment, you will receive a call to reschedule as soon as new dates are made available. For questions or concerns, please contact Ashley at 978-623-8320.

The tax filing due date is automatically extended from April 15th, 2020 to July 15th, 2020. Taxpayers do not need to file any additional paperwork or contact the IRS to qualify for this extension.

MEALS ON WHEELS

Home Delivered Meals are available to any Andover elder who feels that would be helpful. If you would like to be added to that program, please give us a call at (978) 623-8320. We are waiving all eligibility requirements for the duration of this public health emergency.

TRANSPORTATION

Medical Transportation: We will continue to provide transportation to vital medical appointments. Call (978) 623-8335

FRIENDLY CALLER

Elder Services volunteers continue to check in with folks. Let us know of anyone we should be calling or if you would like to receive a call from a friendly voice. **Call (978) 623-8320**

LIBRARY NEWS

Coming soon! Memorial Hall Library will be offering contact-free, curbside pickup of library materials for Andover residents. Details will be available at <https://mhl.org>. Sign up for our weekly email newsletter at <https://mhl.org/newsletter> or call 978-623-8400 or email rdesk@mhl.org.

BROWN BAG

Tuesday, June 23 9:30—10:30 at 23 Clark Rd. June Brown Bag will be a drive-up event and not be delivered. For eligibility, please call Elder Services of the Merrimack Valley (978) 683-7747.

COMMUNITY CONNECTION



Virtual Volunteer Appreciation

Thursday, June 18

Social gatherings are difficult these days, but we're eager to recognize the dedication and service of our wonderful volunteers with a virtual celebration! RSVP's are required. Invitations have been mailed out, but if you haven't received yours, contact Ashley at 978-623-8335 or



Election Day is Tuesday, June 9

A new state law allows for absentee voting in town elections for "any person taking precaution related to COVID-19 in response to a declared state of emergency or from guidance from a medical professional, local or state health official, or any civil authority." To vote absentee, voters must submit an absentee ballot application. Absentee ballot applications can be found at <https://andoverma.gov/349/Absentee-Voting> and submitted by email to townclerk@andoverma.us.

Absentee ballot applications are also available at the Municipal Services Facility at 5 Campanelli Drive and at the Andover Town Offices, 36 Bartlet Street, in the ground floor entrance. These applications can be obtained between the hours of 8:30 AM and 4:30 PM, Monday through Friday. Questions can be directed to the Town Clerk's Office by email or by phone at (978) 623-8230.

FY21 SCRPT (Senior Citizen Residential Property Tax Work Off) Volunteer Program

It's that time of year again! Enrollment/renewal for the SCRPT Volunteer Program.

- New volunteers should contact Ashley English, Volunteer Coordinator, at 978-623-8320 for phone interview.
- If you are currently enrolled in the SCRPT Volunteer Program, an email will be sent to you with an attached FY21 Renewal Application.

Volunteers without email can request forms by contacting Ashley.

Deadline to enroll is Tuesday, June 30th.

Please complete all application forms and mail to:

Town of Andover
Elder Services SCRPT Program
36 Bartlet St.
Andover, MA 01810



A group of High School students is looking to connect with Andover Seniors to provide an environment that improves the welfare, happiness, and comfort. A couple of activities that we can provide are live music, online board games (chess and checkers), or just talking about life. Any senior citizen who would like to be connected to a student, please contact Chad at

chadcao102@gmail.com

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June Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00 Sit & Get Fit (ATV)</p> <p>10:00 Calming Anxiety in Times of Uncertainty</p> <p>1:00 Short Stories</p> <p>4:00 Tai Chi (ATV)</p> <p>Shepard's Pie</p>	<p>2</p> <p>10:00 Men & Women in Motion</p> <p>4:00 Yoga w/Pat</p> <p>Chicken Pesto</p>	<p>3</p> <p>10:00 Sit & Get Fit</p> <p>4:00 Healthy Bones & Balance</p> <p>Turkey Pot Pie</p>	<p>4</p> <p>10:00 Meditation w/Chip</p> <p>10:00 Strength Training (ATV)</p> <p>4:00 Yoga Stress Relief</p> <p>Lemon Chicken</p>	<p>5</p> <p>10:00 Tai Chi (24 Posture Chuan Style) ATV</p> <p>4:00 Yoga for Beginners (ATV)</p> <p>Fish</p>
<p>8</p> <p>10:00 Coffee & Construction</p> <p>10:00 Boost Your Health with Better Sleep</p> <p>10:00 Sit & Get Fit (ATV)</p> <p>1:00 Short Stories</p> <p>4:00 Tai Chi (ATV)</p> <p>Cheeseburger on a roll</p>	<p>9</p> <p>Election Day</p> <p>10:00 Men & Women in Motion</p> <p>4:00 Yoga w/Pat</p> <p>Hotdog on a roll</p>	<p>10</p> <p>10:00 Sit & Get Fit</p> <p>4:00 Healthy Bones & Balance</p> <p>Chicken Marsala</p>	<p>11</p> <p>10:00 Meditation w/Chip</p> <p>10:00 Strength Training (ATV)</p> <p>4:00 Yoga Stress Relief</p> <p>Roast Turkey</p>	<p>12</p> <p>10:00 Tai Chi (24 Posture Chuan Style) ATV</p> <p>2:00 Trivia w/Caren</p> <p>4:00 pm</p> <p>Stuffed chicken w/ broccoli & cheese</p>
<p>15</p> <p>10:00 Sit & Get Fit (ATV)</p> <p>11:00 CCA Public Forum</p> <p>1:30 Caregiver Support Group</p> <p>1:00 Short Stories</p>	<p>16</p> <p>10:00 Deep Sea Tour</p> <p>10:00 Men & Women in Motion</p> <p>2:00 Nutrition and Sleep:</p>	<p>17</p> <p>10:00 Sit & Get Fit</p> <p>4:00 Healthy Bones & Balance</p>	<p>18</p> <p>10:00 Meditation w/Chip</p> <p>10:00 Strength Training (ATV)</p> <p>1:00 pm Volunteer Come-</p>	<p>19</p> <p>10:00 Tai Chi (24 Posture Chuan Style) ATV</p> <p>12:00 Birthday lunch</p> <p>4:00 Yoga for Beginners</p>

<p>4:00 Tai Chi (ATV) Mac & cheese stew tomato</p>	<p>Fascinating Connections 4:00 Yoga w/Pat</p> <p>Baked Fish</p>	<p>Lemon Chicken</p>	<p>dy Show 4:00 Yoga Stress Relief</p> <p>Roast Turkey</p>	<p>(ATV) Chicken Pot Pie</p>
<p>22 10:00 Coffee & Conversation: Father's Day 10:00 Sit & Get Fit (ATV) 1:00 Short Stories 4:00 Tai Chi (ATV)</p> <p>Chicken Pesto</p>	<p>23 10:00 Men & Women in Motion 1:00 ACHC Program 4:00 Yoga w/Pat</p> <p>Vegetable Lasagna</p>	<p>24 10:00 Sit & Get Fit 10:00 Super Foods and Nutrients for Your Im- mune System 4:00 Healthy Bones & Bal- ance</p> <p>Grilled Chicken Strips</p>	<p>25 10:00 Meditation w/Chip 10:00 Strength Training (ATV) 1:30 pm Book Club 4:00 Yoga Stress Relief</p> <p>Hot dog on a roll</p>	<p>26 10:00 Tai Chi (24 Posture Chuan Style) ATV 4:00 Yoga for Beginners (ATV)</p> <p>Meatloaf</p>
<p>29 10:00 Sit & Get Fit (ATV) 4:00 Tai Chi (ATV)</p> <p>Baked Sole</p>	<p>30 10:00 Men & Women in Motion 4:00 Yoga w/Pat</p> <p>Chicken Marsala</p>	<p>The menu item is for Meals on Wheels only. Clark Rd is temporarily closed. The menu is subject to change. Please note meals are being delivered on Monday/Wednesday/Friday.</p>		
<p>ATV- Andover TV</p>				

Our emails are going into the spam or junk folder for certain internet providers such as Yahoo, AOL and Verizon. Please add us to your contact list so you get our emails. Also check your junk/spam folder regularly!





CORONAVIRUS TESTING SCAM

COVID-19 testing should only be ordered by your treating physician. Never accept a test from someone:

- Who comes to your door;
- Who approaches you at the grocery store or other community venue, parking lot, etc.;
- Who calls you on the telephone offering a mail-in test in exchange for money or Medicare number;
- Who calls you to request your bank card or account information to pay for a test.

If someone comes knocking at your door with offers of medical testing, call your local police department. Do not let them in.

Contact the Massachusetts Senior Medicare Patrol (SMP) Program with questions and to report suspicious testing at 800-892-0890 or at www.MASMP.org.

Remember: Never give out your Medicare number to someone you don't know.

Funded in part by ACL Grant No. 90-MPPG0051



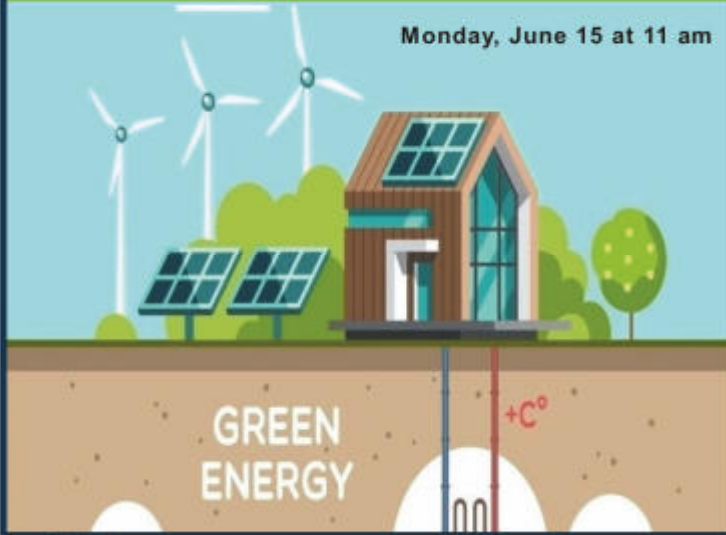
PLEASE JOIN US TO LEARN ABOUT...

COMMUNITY CHOICE AGGREGATION in Andover:

Please join Joyce Losick-Yang, Sustainability Coordinator, and Mike Lindstrom, Deputy Town Manager, for a virtual public forum on the benefits of CCA. Virtual meeting on WebEx. Sign up in the link above.

COMMUNITY CHOICE AGGREGATION FORUM

Monday, June 15 at 11 am



Town of Andover - 30 Eagle Street - Andover, MA 01810 - Phone: 978-621-0200



To register for this program go to <http://AndoverCCA.org>

Questions:

Joyce Losick-Yang, PhD
Sustainability Coordinator
Town of Andover
joyce.losickyang@andoverma.us

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ROBB CENTER CONSTRUCTION CORNER



Instagram

Demolition is continuing on schedule! We expect to see some good forward movement in the coming weeks. **Join us on Zoom for Coffee & Construction, Monday, June 8 to see more photos.** For more updates, check out our Instagram—the_rob中心_center.

Celebrate! Commemorate! Remember!



Buy a brick and help the Andover Senior Community Friends pave the patio. You can permanently celebrate a grand occasion, commemorate past accomplishments or a fond memory of someone dear. All by inscribing a brick and in doing so you can show your commitment to our new Robb Center (previously the Senior Center). So, step on it and contribute now.



Dimensions: Height 4" Length 8"

It's easy! Just fill out the information below and send your check in the amount of \$100 to

Andover Senior Community Friends, P.O. Box 576,
Andover, MA. 01810.

Or scan this code
now



Purchaser's Name: _____

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Street Address : _____

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City, State,

Zip: _____

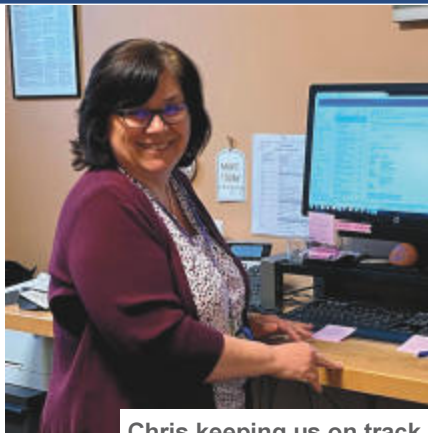
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13 spaces per line (INCLUDES SPACES)

A DAY IN THE LIFE AT ELDER SERVICES



Kristine's smile always brightens the day



Chris keeping us on track



Welcome Back Sue!



Thank you to the Andover High Sophomore Class and Youth Center for your messages of support for our volunteers, staff and seniors!

Father's Day Word Search

F C E H L E B R A F E G I F S
 A O L O V I N G U A S B I N T
 Y D A L F A M I N M P S O F N
 C A F I N G P N J I O R T O T
 E G M D B E A G T L T I N S U
 L E O A C L R C O Y R D I F G
 E C T Y H O E A J I C T S U N
 B D A D I V N P U F A T H E R
 R O H R F I T O A G R D A T H
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 G L C H O P R E T H I N G I F
 O C H I L D R E N O J U N E T
 C A D F I R T H I N G N U J I



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 CELEBRATE
 CHILDREN
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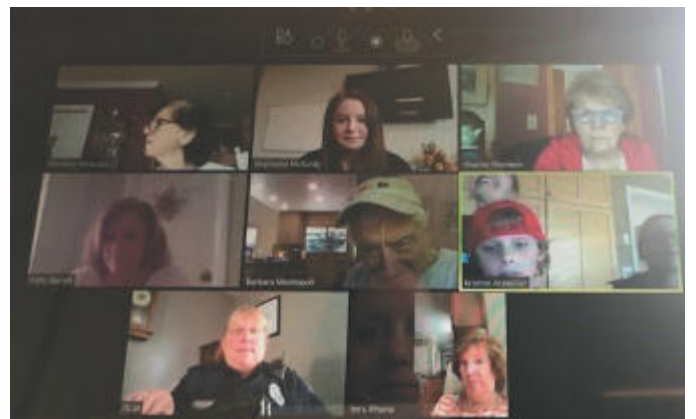
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 JUNE
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Senior Connections Social Day Program

Our supportive day program remains closed, however, the staff and participants are connecting weekly to play games and chat. We look forward to welcoming back everyone as soon as we are able. For information about Senior Connections Social Day, contact Stephanie McSurdy at (978) 623-8339.





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