



# 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](mailto:seniorcenter@andoverma.gov)

Info Line: 978.623.8302

Web: [andoverma.gov/seniorcenter](http://andoverma.gov/seniorcenter)

**STAFF CONTACT INFORMATION**

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**Nutrition Staff**

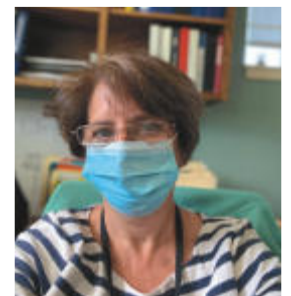
Frank Melendez, Chef

[fmelendez@andoverma.gov](mailto:fmelendez@andoverma.gov)

Who said summer was a slow time of year? It is certainly not the case in Elder Services. We are working hard to bring back programming safely, construction on the Robb Center is charging forward and we have a new Program Coordinator! Join me in welcoming Kelly MacKay to our community. Kelly will be starting June 29 and has a wealth of experience and new invigorating ideas. We will be having a Zoom Coffee Social for Kelly on July 13 at 10:00 am. Sign up for the coffee and be one of the first to meet Kelly.

At the current time, Senior Connections and the Clark Rd site remain closed to visitors with the exception of scheduled podiatry and tax appointments at Clark Rd. You must have an appointment and wear a mask to enter the building. Fitness will be starting up on Zoom and outside on July 6. See page 4 for more details. Hopefully, as the summer progresses and it is safe, we will have more opportunities for live programs. In the meantime, check out some of our Zoom programs.

As a reminder, 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](mailto: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*



## LIVE PROGRAMMING



**Coffee & Conversation—Meet Kelly MacKay, Program Coordinator Monday, July 13 @ 10:00 am.** Sign-up at

[www.myactivecenter.com](http://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.



**Coffee & CONSTRUCTION — Monday, July 27 @ 10:00 am.**

Grab a cup of coffee and see/learn about the construction of the new Center. Go to [www.myactivecenter.com](http://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.



**Trivia with Caren—Thursday, July 9 @ 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](http://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!



**Wednesday, July 1 @ 10:00am—Meet Allen Hinton, ice cream entrepreneur**

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.

To register, go to [www.myactivecenter.com](http://www.myactivecenter.com) and sign up for the “ACHC Allen Hinton” or contact Elder Services at (978) 623-8320 and you will get emailed a link to join.

**Book Club—Thursday, July 23 @ 1:30**



Join us for a Zoom chat about the novel, The Lost Family by Jenna Blum . To register, go to

[www.myactivecenter.com](http://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.



**Watercolor Painting with Gail—Tuesday, July 21 @ 10:00 am.** Draw and paint a cheerful Chickadee (MA state bird). Step-by-step process. No art skills necessary. This is a free 90 minute Zoom class. Upon registration you will receive a Zoom link and instructions for picking up your supply kit (included). Class size is limited; please register by July 10 at [www.myactivecenter.com](http://www.myactivecenter.com) If you have any questions, contact the Sr. Center at (978) 623-8320

## MONTHLY PROGRAMS



**Ask the Lawyer—Monday, July 27.** 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



### Virtual Family Caregiver Support Group – Monday, July 20 @ 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.



Podiatry is Back! Wednesdays at Clark Rd. Contact the Senior Center for an appointment (978) 623-8320

**WE'RE BACK!**

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. <http://www.apdama.org>

## HEALTHY MIND, HEALTHY BODY



**Chair Yoga with Robin Gibb**  
**Facebook (prerecorded)**

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



**Tai Chi with Meg Holmes**

<https://tinyurl.com/qtpbb3l>

**Yoga with Pat**

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

**Meditation with Chip**

**Zoom:** Thursdays 10am – 10:45am

To join email [chiprdcarter@gmail.com](mailto:chiprdcarter@gmail.com) for the weekly updated free link

Tune in each day at 10:00 am & 4:00 pm to **ANDOVER TV** (Comcast Channel 8 or Verizon Channel 47). The schedule is subject to change.

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



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## STAY ACTIVE STAY FIT

Summer Fitness is back for an 8 week session: July 6—August 24. Cost of session is \$25 and classes will take place on Zoom or outside. For the Zoom classes, participants are responsible for their own connectivity. Outdoor classes are subject to rain delays. There are no refunds for missed classes. For all classes there is a minimum requirement, signup early! *This schedule was developed mid-June and may change by the newsletter distribution date.*

To register go to [www.myactivecenter.com](http://www.myactivecenter.com) or contact the Senior Center at (978) 623-8320.

### MONDAY

8:00 am—**Men and Women in Motion** with Denise Boucher. This class is outside, location to be determined.

3:00 pm—**Cardio Dance** with Doreen Dunlevy on Zoom. *If you like to exercise through dance, this is the class for you. We will incorporate basic steps like step touch, grapevines, and beginner salsa & merengue. We will be “sweating to the Oldies” and moving to familiar classic hits. All movements will be low impact, and modifications are provided.*



### TUESDAY

3:00 pm—**Sit & Get Fit** with Tracy Callahan on Zoom

4:00 pm—**Strength & Cardio** with Tracy Callahan on Zoom

### WEDNESDAY

8:00 am—**Men and Women in Motion** with Denise Boucher. This class is outside, location to be determined.

8:30 am—**Yoga Basics/Gentle Yoga** with Andrea Deyermond on Zoom

### THURSDAY

8:30 am—**Line Dancing outside** with Val Cagnina. Location to be determined, starting 7/16 (7 week session)

9:00 am—**Strength & Cardio** with Tracy Callahan on Zoom

10:00 am—**Sit & Get Fit** with Tracy Callahan on Zoom

### FRIDAY

8:30 am—**Strength Training** with Barbara Maguire on Zoom (7 week session)

## 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)  
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**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 are being rescheduled at the Senior Center. The tax filing due date is automatically extended from April 15th, 2020 to July 15th, 2020.

If you had a previous appointment, you will receive a call to reschedule. For questions or concerns, please contact Ashley at 978-6238335.

## 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**

## BROWN BAG



**Tuesday, July 28, 9:30—10:30.** July Brown Bag will be delivered. For eligibility, please call Elder Services of the Merrimack Valley (978) 683-7747.

# COMMUNITY CONNECTION

## LIBRARY NEWS



Memorial Hall Library is 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](mailto:rdesk@mhl.org).

The Town of Andover's Fourth of July fireworks have been postponed until September 4, 2020 due to public health protocols and restrictions related to gatherings. The Town of Andover will host a fireworks display on September 4th to celebrate the end of summer as a community.



The Town of Andover has opened a Customer Service Center in Town Offices. This is part of a phased approach in reopening Town Offices. Initially, the Customer Service Center is open weekdays from 9:00 AM to 1:00 PM. Visitors will be greeted by a town employee at the front of Town Offices. After registering, you will be directed to the Customer Service Center on the second

floor. The Service Center will be staffed with two computers to conduct business with the town, as well as two video phones. An employee will assist with any transactions and coordinate with other town staff. The only public entrance to the building will be the main entrance at 36 Bartlet Street. Visitors may use the elevator or the stairs.

- Only one person – or two people from the same household will be allowed in the elevator at one time
- Access to Town Offices will be limited to the Customer Service Center
- Masks or face coverings must be worn inside Town Offices. Members of the public will not be allowed to enter if they are experiencing symptoms of COVID-19.

## VETERANS ASSISTANCE

As we address a pandemic that will no doubt become a chapter in the history books, Andover Veterans' Services commitment to you will not waver. You can call **(978) 623-8381** or email [mark.comeiro@andoverma.us](mailto:mark.comeiro@andoverma.us) to speak with the Director of Veterans' Services, Mark Comeiro. Visit the Andover Veteran's website, <https://andoverma.gov/234/Veteran-Services> to find helpful resources and information on benefits and services. Mark is available Monday through Friday from 8:30am – 4:30pm to assist you. Thank you and continue to stay safe.

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## July Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 10:00 Sit & Get Fit 10:00 ACHC Allen Hinton 4:00 Healthy Bones & Balance	<b>2</b> 10:00 Meditation w/Chip 10:00 Strength Training (ATV) 4:00 Yoga Stress Relief	<b>3</b> Closed for 4th of July Holiday
<b>6</b> 8:00 Men & Women in Motion 10:00 Sit & Get Fit (ATV) 3:00 Cardio Dance 4:00 Tai Chi (ATV)	<b>7</b> 10:00 Men & Women in Motion (ATV) 3:00 Sit & Get Fit 4:00 Strength & Cardio 4:00 Yoga w/Pat (ATV)	<b>8</b> 8:00 Men & Women Motion 8:30 Yoga on Zoom 10:00 Sit & Get Fit (ATV) 4:00 Healthy Bones & Balance (ATV)	<b>9</b> 8:30 Line Dancing 900 Strength & Cardio 10:00 Sit & Get Fit 10:00 Meditation w/Chip 10:00 Strength Training (ATV) 2:00 Trivia w/Caren 4:00 Yoga Stress Relief	<b>10</b> 8:30 Strength Training 10:00 Tai Chi (24 Posture Chuan Style) /ATV 4:00 pm Yoga for Beginners (ATV)
<b>13</b> 8:00 Men & Women in Motion 10:00 Coffee & Kelly 10:00 Sit & Get Fit (ATV) 3:00 Cardio Dance	<b>14</b> 10:00 Men & Women in Motion 3:00 Sit & Get Fit 4:00 Strength & Cardio	<b>15</b> 8:00 Men & Women Motion 8:30 Yoga on Zoom 10:00 Sit & Get Fit (ATV) 4:00 Healthy Bones & Balance (ATV)	<b>16</b> 8:30 Line Dancing 900 Strength & Cardio 10:00 Sit & Get Fit 10:00 Meditation w/Chip 10:00 Strength Training	<b>17</b> 8:30 Strength Training 10:00 Tai Chi (24 Posture Chuan Style) /ATV 4:00 pm Yoga for Beginners (ATV)

4:00 Tai Chi (ATV)	4:00 Yoga w/Pat (AIV)	4:00 Healthy Bones & Balance (ATV)	10:00 Strength Training (ATV) 2:00 Trivia w/Caren 4:00 Yoga Stress Relief	ners (ATV)
20 8:00 Men & Women in Motion 10:00 Sit & Get Fit (ATV) 1:30 Caregiver Support Group Cardio Dance 4:00 Tai Chi (ATV)	21 10:00 Men & Women in Motion 3:00 Sit & Get Fit 4:00 Strength & Cardio 4:00 Yoga w/Pat (ATV)	22 8:00 Men & Women Motion 8:30 Yoga on Zoom 10:00 Sit & Get Fit (ATV) 4:00 Healthy Bones & Balance (ATV)	23 8:30 Line Dancing 900 Strength & Cardio 10:00 Sit & Get Fit 10:00 Meditation w/Chip 10:00 Strength Training (ATV) 2:00 Trivia w/Caren 4:00 Yoga Stress Relief	24 8:30 Strength Training 10:00 Tai Chi (24 Posture Chuan Style) ATV 4:00 pm Yoga for Beginners (ATV)
27 8:00 Men & Women in Motion 10:00 Coffee & Kelly 10:00 Sit & Get Fit (ATV) 3:00 Cardio Dance 4:00 Tai Chi (ATV)	28 10:00 Men & Women in Motion 3:00 Sit & Get Fit 4:00 Strength & Cardio 4:00 Yoga w/Pat (ATV)	29 8:00 Men & Women Motion 8:30 Yoga on Zoom 10:00 Sit & Get Fit (ATV) 4:00 Healthy Bones & Balance (ATV)	30 8:30 Line Dancing 900 Strength & Cardio 10:00 Sit & Get Fit 10:00 Meditation w/Chip 10:00 Strength Training (ATV) 2:00 Trivia w/Caren 4:00 Yoga Stress Relief	31 8:30 Strength Training 10:00 Tai Chi (24 Posture Chuan Style) ATV 4:00 pm Yoga for Beginners (ATV)

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## DISCOVERY CENTER FOR CIVIC ENGAGEMENT



After building careers and raising families, older adults increasingly seek opportunities to continue to live a meaningful life, full of possibility and purpose. The question is how to go about finding these opportunities.

The Discovery Center for Civic Engagement is a pilot program being launched by the Andover Council on Aging to assist people 55 and over find opportunities that will make a difference in their lives and in their communities.

“The goal of The Discovery Center is to help people expand their thinking about what is possible in retirement, finding purpose by contributing their time and talent to help meet needs in the community,” said Paul McKay, Chair of the Andover Council on Aging. The Andover council received a grant to establish the new program from the Massachusetts Council on Aging.

Administered by the Andover Senior Center, the Discovery Center will offer ideas, resources, and a peer support system to help people use their skills and experience by engaging with nonprofits, government agencies, and other organizations.

“The Discovery Center is designed to support our goal of being a resource in the community,” said Jane Burns, Director of the Andover Division of Elder Services and the Andover Senior Center. “This new program will provide a valuable service for people who are newly retired or approaching retirement and can increase the positive impact that older adults make in our community.”

The Andover Council on Aging provides guidance to the Town of Andover and its Elder Services Division, which coordinates and carries out programs designed to meet the needs of seniors, including Andover Senior Center activities.

The goal of the Andover Senior Center is “to provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.”

For more information about the Discovery Center for Civic Engagement, call or email Ashley English, Volunteer Coordinator, Andover Senior Center, (978) 623-8335, [ashley.english@andoverma.us](mailto:ashley.english@andoverma.us).

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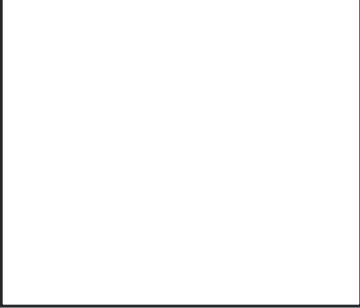
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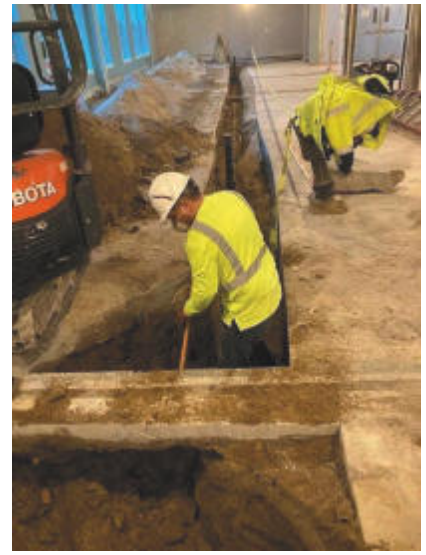
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# ROBB CENTER CONSTRUCTION CORNER



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, July 27 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"

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Line 2

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City, State,

Zip: \_\_\_\_\_

Line 3

--	--	--	--	--	--	--	--	--	--	--	--	--

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