

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

CONTACT INFORMATION

Phone: 978.623.8320

Info Line: 978.623.8302

Email: seniorcenter@andoverma.gov

Web: andoverma.gov/seniorcenter



AndoverSeniorCenter



the_robb_center

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Are we open? Not a day goes by without being asked that question. The answer is **Yes and No**. Elder Services has never closed. The team has been working a full schedule providing meals, essential transportation and virtual programming. It is the in-person programming that has been halted due to the pandemic. As the State guidelines evolve, our programming will evolve. Currently, we offer 'by appointment', Zoom and limited outside programming. In July we welcomed Kelly MacKay as our Program Coordinator. In just a few weeks she has taken over programs and is compiling an engaging schedule for the coming months. It will be offered in a variety of different formats to keep everyone healthy and active. We are not open for drop-in visits, but we are open and look forward to connecting with all our seniors.

Stay active, stay well...Jane Burns



For this month's Andover's Senior Newsletter, we are going fully digital. Starting again in September, we will go back to mailing hard copy newsletters.

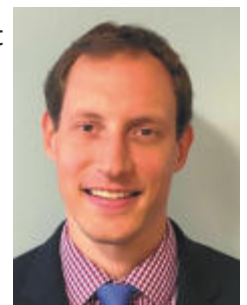
Featured August Event: Discussion with our Town Clerk, Austin Simko Wednesday, August 19 at 10:00 am. Topics will include information on how to vote in the September State Primary Election and the Historic Mill District/Town Yard redevelopment project.

Join by Phone: 646 558 8656

Zoom Meeting ID: 869 5527 8521

Password: 475554

Live Streamed on Andover TV



ANDOVER ELDER SERVICES

LIVE PROGRAMMING

Coffee & Conversation “COVID” Project Edition—Monday, August 10 @ 10:00 am.

Are you proud of a project you’ve accomplished during COVID19? Join the conversation to show off your creation or new hobby. Join the call to get inspired from other ideas.

Coffee & CONSTRUCTION —Monday, August 24 @ 10:00 am.

Grab a cup of coffee and see/learn about the construction of the new Robb Center.

To sign up for either session:

Go to www.myactivecenter.com to sign up 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.



Protect Yourself From Medicare Fraud!

Join Jackie Stern, a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program, on Tuesday, August 18, 2020, at 11:00 a.m. and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse for Andover Medicare and Medicaid beneficiaries via the Zoom video conferencing application.

Join by Phone: Dial 646-876-9923

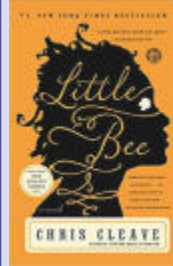
Zoom Meeting Number: 838 7466 0167

Password: 402 176

Live Streamed on AndoverTV



Short Stories Group—Every Monday in August from 1:00pm-2:30pm on Zoom. Join a dedicated group of short story enthusiasts to read and discuss “The Best American Mystery Stories 2019” by Jonathan Lethem. You will be responsible for getting this book on your own. To sign up please email Eileen at eileenreilly42@gmail.com. Space is limited.



Book Club—Thursday, August 27 @ 1:30

Join us for a conversation about the novel, Little Bee by Chris Cleve . To register, go to

www.myactivecenter.com and sign up for the “Book Club” or contact Elder Services at (978) 623-8320. Books are available for pick-up by contacting Elder Services. New readers welcome!

English Listening Skills Series for Chinese Speakers—Every other Friday at 10:00 starting August 7, 2020

Do you find that...You can't understand native English speakers? You find it difficult to improve your listening? You don't have time to improve your listening skills?

Listening is NOT Just One Skill. The process of listening includes: Hearing sounds, recognizing the sounds are parts of a word, connecting the word to its meaning, remembering what each word means, and understanding the concept of all of the words together. We'll help you improve in each of these skills and make “learning to listen” in English fun while we're at it. To sign-up please email William at weixuid@yahoo.com.



MONTHLY PROGRAMS

Watercolor Art Class with Gail: August 26 10:00am. Sparrows are lovely little songbirds that are very comfortable around people. 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 August 14 at www.myactivecenter.com If you have any questions, contact the Sr. Center at (978) 623-8320. Classes are funded by Andover Senior Community Friends.



Virtual Family Caregiver Support Group – Monday, August 17 @ 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 23 Clark Rd. Contact the Senior Center for an appointment (978) 623-8320

Parkinson's Disease Support Group will resume starting Thursday, September 10 at 1:30 p.m. at the Senior Center at 23 Clark Rd.

Due to state regulation, we are able to have 8 registrants for the group and will require pre-registration. We ask that all participants, staff and speakers wear a mask and maintain the 6 feet of social distance.

Our guest speaker for September's meeting will be Cathi Thomas, RN, MS, Program Director, Parkinson's Disease and Movement Disorders Center, Dept. of Neurology, Boston University Medical Center, APDA Massachusetts Chapter. Cathi will be here to provide an overview of *Medication and Research for PD*.

Please reach out to Kristine Arakelian, LCSW, MPH at the Senior Center to pre-register – 978-623-8320, karakelian@andoverma.gov.

HEALTHY MIND, HEALTHY BODY

Commit to your Well-Being with Marie-Caroline Beaudoin, M.A., LPC



Tuesday, September 15th, 1pm-2pm

There are many habits we can change to improve our health and quality of life. Join this interactive workshop to discuss changes that are important to you. You will learn about the stages of change and the ingredients of motivation. Through conversations and demonstrations, you will feel energized and more committed to your well-being. For more information about Marie-Caroline, please visit www.counseling4change.com. Zoom information for this call will be released in the September Newsletter.

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.

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



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STAY ACTIVE STAY FIT



Women's Outdoor Adventure Group: Starting up again in September. If you are interested please keep September 10th and September 24th free. Details will be released in the next newsletter. Group contact: Jane at fleecy1.godmother@verizon.net.

Men's Outdoor Adventure Group: Pre-register on myseniorcenter.com or by calling 978-623-8372 . Carpooling is not allowed. 12 hiker limit. Face mask and social distancing required.

8/12/20 Keck Reservation: Meet at the northeast corner of Gould Road and Rte 125. This hike will have steep hills.

8/26/20 Osgood Hill: Parking will be at the Stevens Estate, 723 Osgood St., N. Andover.

For details on the hikes email Don at dschroe153@aol.com

This year our Fall Fitness session will run for 8 weeks at a rate of \$25 . Class will begin on September 8th and end on October 30th.

Below is a sneak peak at our current Fall Fitness schedule. This is subject to change. We will send out a final schedule before registration begins. Registration for classes will open August 19th. Register on www.myactivecenter.com or contact the Senior Center at (978) 623-8320.

Keep an eye out for our special 4-week trial classes in November at a discounted rate.

MONDAY

8:00 am—**Men and Women in Motion** with Denise Boucher. Location: Town Hall Lawn, near stone bridge.

1:30 pm— **Advanced Beginners Yoga** with Patricia Dumont. Location 23 Clark Rd (Ballard Vale United Church). Maximum participants, 10 people.

TUESDAY—

10:00 am—**Strength & Cardio** with Tracy Callahan on Zoom.

1:30pm—**Sit & Get Fit** with Denise. Location 23 Clark Rd (Ballard Vale United Church). Maximum participants, 10 people.

WEDNESDAY

8:00 am—**Men and Women in Motion** with Denise Boucher. Location: Town Hall Lawn, near stone bridge

10:00am—**Beginner Yoga Level 2** with Patricia Dumont on Zoom.

3:30pm - **Energize with Exercise—with** Andrea. Location: TBD

THURSDAY

8:30am—**Line Dancing** with Val Cagnina. Location: TBD

10:00 am—**Strength & Cardio** with Tracy Callahan on Zoom.

FRIDAY

8:30 am—**Strength Training** with Barbara Maguire on Zoom.



FRIENDLY CALLER

Elder Services volunteers continue to check in with folks. Please let us know if you would like to receive a call from a friendly voice.
Call (978) 623-8320

GROCERY TRIPS

Be sure to keep an eye out as we look to bring back our weekly grocery trips to the grocery store! These popular and enjoyable outings WILL return, we promise! We are targeting late August to safely resume grocery trips. Please call 978-623-8320 for more information.



FARMERS MARKET COUPONS

Beginning August 11, The Andover Senior Center, in partnership with Elder Services of Merrimack Valley, will have a limited supply of Farmers Market Coupons available to those who meet the guidelines. Coupons are for purchasing produce at nearby farmers markets; making locally grown fruits and vegetables more affordable for seniors.

Eligibility: To be eligible to receive Senior Farmers Market Coupons, you must be:

- 60 years of age or older, or
- Disabled and living in senior housing where congregate nutrition services are provided
- Your income must be lower than the income guidelines listed below
- A resident of Andover

Income Guidelines for 2020: To be eligible to receive Senior Farmers Market Coupons, an applicant’s gross household income (i.e. before taxes are withheld) must be no more than:

<i>Household Size</i>	<i>Annual</i>	<i>Monthly</i>
1	\$23,606	\$1,968
2	\$31,894	\$2,658
3	\$40,182	\$3,349
4	\$48,470	\$4,040



Coupons will be distributed on a first come, first served basis until they are gone. Please contact Kristine Arakelian or Shawna McCloskey at 978-623-8320 starting on August 11. Proof of residency is required.

Using Coupons: A list of Farmers Markets that accept coupons is available when you pick-up your coupons. Please only take coupons if you will use them.

BROWN BAG



Tuesday, August 25, 9:30—10:30. August Brown Bag will be delivered. For eligibility, please call Elder Services of the Merrimack Valley (978) 683-7747.

MEALS ON WHEELS

Home Delivered Meals are available to any Andover senior who is eligible. To determine your eligibility please give us a call at (978) 623-8320.

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.

TRANSPORTATION

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



Ask the Lawyer—Monday, August 24. 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



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.

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August Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>8:00 Men & Women in Motion 10:00 Sit & Get Fit (ATV) 4:00 Tai Chi (ATV)</p>	<p>4</p> <p>10:00 Men & Women in Motion (ATV) 10:00 Strength & Cardio 4:00 Yoga w/Pat (ATV)</p>	<p>5</p> <p>8:00 Men & Women in Motion 10:00 Sit & Get Fit (ATV) 4:00 Healthy Bones & Balance (ATV)</p>	<p>6</p> <p>8:30 Line Dancing 10:00 Strength & Cardio 10:00 Strength Training (ATV) 4:00 Yoga Stress Relief (ATV)</p>	<p>7</p> <p>8:30 Strength Training 10:00 Tai Chi (24 Posture Chuan Style) ATV 10:00 "How to improve your English listening" (Zoom) 4:00 Yoga for Beginners (ATV)</p>
<p>10</p> <p>8:00 Men & Women in Motion 10:00 Coffee & COVID Projects (Zoom) 10:00 Sit & Get Fit (ATV) 4:00 Tai Chi (ATV)</p>	<p>11</p> <p>10:00 Men & Women in Motion (ATV) 10:00 Strength & Cardio 4:00 Yoga w/Pat (ATV)</p>	<p>12</p> <p>8:00 Men & Women in Motion 10:00 Sit & Get Fit (ATV) 4:00 Healthy Bones & Balance (ATV)</p>	<p>13</p> <p>8:30 Line Dancing 10:00 Strength & Cardio 10:00 Strength Training (ATV) 4:00 Yoga Stress Relief (ATV)</p>	<p>14</p> <p>8:30 Strength Training 10:00 Tai Chi (24 Posture Chuan Style) ATV 4:00 Yoga for Beginners (ATV)</p>
<p>17</p> <p>8:00 Men & Women in Mo-</p>	<p>18</p> <p>10:00 Men & Women in Motion (ATV)</p>	<p>19</p> <p>8:00 Men & Women in Mo-</p>	<p>20</p> <p>8:30 Line Dancing</p>	<p>21</p> <p>8:30 Strength Training</p>

<p>10:00 Sit & Get Fit (ATV) 4:00 Tai Chi (ATV)</p>	<p>10:00 Strength & Cardio 11:00 Protect Yourself From Medicare Fraud! (Zoom) 4:00 Yoga w/Pat (ATV)</p>	<p>10:00 Sit & Get Fit (ATV) 10:00 Check-in with our Town Clerk, Austin Simko 4:00 Healthy Bones & Balance (ATV)</p>	<p>10:00 Strength & Cardio 10:00 Strength Training (ATV) 4:00 Yoga Stress Relief (ATV)</p>	<p>10:00 Tai Chi (24 Posture Chuan Style) ATV 10:00 "How to improve your English listening" (Zoom) 4:00 Yoga for Beginners (ATV)</p>
<p>24 8:00 Men & Women in Motion 10:00 Coffee & Construction (Zoom) 10:00 Sit & Get Fit (ATV) 4:00 Tai Chi (ATV)</p>	<p>25 10:00 Men & Women in Motion (ATV) 10:00 Strength & Cardio 4:00 Yoga w/Pat (ATV)</p>	<p>26 8:00 Men & Women in Motion 10:00 Watercolor Painting 10:00 Sit & Get Fit (ATV) 4:00 Healthy Bones & Balance (ATV)</p>	<p>27 8:30 Line Dancing 10:00 Strength & Cardio 10:00 Strength Training (ATV) 1:30 Book Club 4:00 Yoga Stress Relief (ATV)</p>	<p>28 8:30 Strength Training 10:00 Tai Chi (24 Posture Chuan Style) ATV 4:00 Yoga for Beginners (ATV)</p>
<p>31 10:00 Sit & Get Fit (ATV) 4:00 Tai Chi (ATV)</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!



SEPTEMBER STATE PRIMARY ELECTION INFORMATION

The State Primary Election will be held on Tuesday, September 1st, 2020.



Voters will have several options for casting a ballot. Voters may, based on eligibility under state law, vote in one of the following ways:

1. In-Person on Election Day (September 1st) at a polling location in Town: Polling hours are from 7:00 AM to 8:00 PM. Precincts 1 and 3, which have in past elections voted at the Senior Center, will vote at the Youth Center on Whittier Court. This change in polling location is due to the renovation project underway at the Senior Center. Precincts 4, 5 and 6 will vote at the Wood Hill Middle School. Precincts 2, 7 (including sub-precinct 7A), 8 and 9 will vote at the Andover High School Field House on Shawsheen Road.

2. In-Person during the Early Voting Period: In-person Early Voting will be available between Saturday, August 22nd and Friday, August 23rd (including Sunday, August 23rd). The Early Voting hours and location will be announced by early August.

3. By Mail: Voters may cast a ballot through the mail via two methods: (1) Mail-in Early Voting and (2) Absentee Voting. Any registered voter can vote Early by mail without the kind of justification needed for absentee voting. To vote Early by mail, voters need to request a ballot by submitting an application, receive the ballot from the Town Clerk's Office, and return the completed ballot to the Town Clerk's Office.

Vote by Mail applications can be found on the Town Clerk's website and submitted by email to townclerk@andoverma.us. Electronically-submitted applications must have handwritten signatures. Completed applications can also be mailed to the Town Clerk's Office at 36 Bartlet Street. The last day and hour to submit an application is 5:00 PM on Wednesday, August 26th

After receiving completed applications, the Town Clerk's Office will mail voters an Early Voting ballot a with pre-paid postage envelope. Then, voters should return their completed ballots by mailing them to the Town Clerk's Office at 36 Bartlet Street. Mail-in Early Voting ballots must be received by the Town Clerk's Office at 8:00 PM on Tuesday, September 1st (Election Day).

NEW ANDOVER PROPERTY TAX EXEMPTION

ANDOVER PROPERTY TAX EXEMPTION, DO YOU QUALIFY?



Were you 65 years of age on December 31, 2019?

Have you owned an Andover property as your domicile for the last 10 years?

Did you receive the Circuit Breaker Income Tax Credit when you filed your 2019 Massachusetts Income Tax?

If you answered yes to all of these questions, you may be eligible for the Andover Means-Tested Senior Citizen Property Tax Exemption that could exempt up to a match of your MA Income Tax Circuit Breaker Tax Credit off of your FY2021 Real Estate Tax Bill.

Applications and information can be found online at www.andoverma.gov on the Assessors page under the link at the bottom of the page titled FY2021 ANDOVER CIRCUIT BREAKER MATCH. [Applications are due in the Assessors' Office by OCTOBER 2, 2020.](#) If you have questions, call the Assessors' Office at 978-623-8930.

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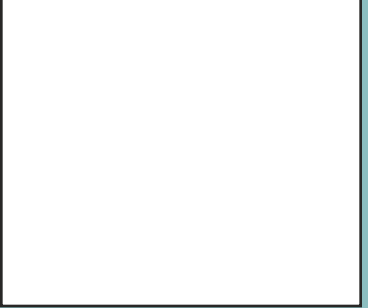
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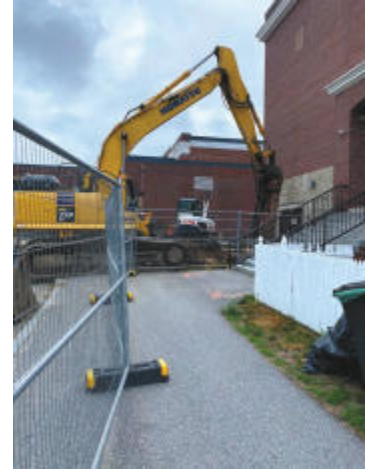
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ROBB CENTER CONSTRUCTION CORNER



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, August 24 to see more photos.** For more updates, check out our Instagram: [the_robb_center](#).

ANDOVER SENIOR COMMUNITY FRIENDS

The Andover Senior Community FRIENDS, Inc.
 PO Box 576
 Andover, MA 01810

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 ADDRESS: _____
 CITY: _____ STATE _____
 ZIP CODE _____
 TELEPHONE: _____
 CELL PHONE: _____
 EMAIL: _____

MEMBERSHIP:

Senior/Student \$10 _____ Individual \$15 _____ Premium \$30 _____
 Patron \$50 _____ Benefactor \$100 _____ Other \$ _____

There are several openings on the FRIENDS board. If you are interested in participating please contact Ann O'Sullivan at (978) 623-8112.

Make your Amazon purchases through AmazonSmile (smile.amazon.com) and enter the name of the Andover Senior Community Friends, Inc. as your charity. Amazon will donate a portion of the purchase price to the FRIENDS. It costs you nothing and will benefit our organization.

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Please join us as we support so many of the free programs!

Website: andoverscf.org

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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Or scan this code now



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City, State, Zip: _____

Phone: _____ Date: _____

Email: _____

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Line 2

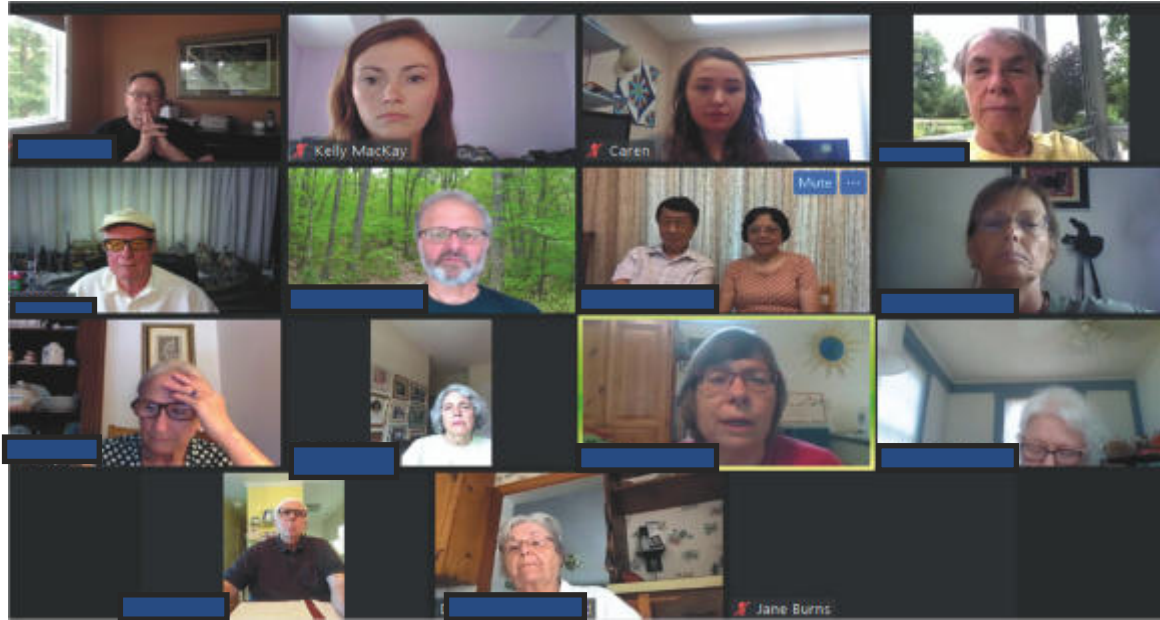
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Line 3

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13 spaces per line (INCLUDES SPACES)

THIS MONTH'S COFFEE & CONVERSATION



THINGS ARE HAPPENING!

**WE'RE
BACK!**

We are so thrilled to have fitness classes again! Check out our Fall Fitness Calendar to see what's coming next.





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CENSUS INFORMATION

The 2020 federal census is here and it's important that all residents are counted.

The census is a once--every-decade count of everyone living in the country. It is required by the U.S. Constitution and important to every community, including Andover.

When we know how many people live in Andover, the government is better equipped to evaluate the services and programs needed, such as clinics, schools, police, fire rescue, and roads. The census is particularly important to our senior residents because it informs the formulas by which important social services are funded with federal and state dollars. Also, census data helps businesses decide where to locate their offices and where to hire professionals. The census count also determines how seats in Congress are distributed among the 50 states.

This spring, the U.S. Census Bureau sent to every household an invitation to complete a simple questionnaire about who lives at your address. You can respond online, by phone, or by mail, and federal law keeps those responses safe and secure. The information you give is confidential and protected under federal law. It is not shared with any other organization or used to determine eligibility for government benefits.



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