



# NEWS & VIEWS

LOCATIONS

Monday - Friday 8 am - 4 pm (by appointment only)

Temporary Senior Center: 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

Info Line: 978.623.8302

Email: [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)

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



the\_robb\_center

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Happy Thanksgiving to our Andover community. In this upside down world, it is important to give pause and be thankful even though at times it may be difficult. I am particularly thankful for all of our veterans who have sacrificed so much for so many.

As we move into the holidays, we are busy planning and preparing for a different type of celebration. On November 19 we will be having a **Grab n' Go Thanksgiving Lunch (see page7)**. If you find you need assistance this holiday season, our social workers are standing by ready to offer support.

We continue to expand our transportation offerings. Rest assured our drivers are trained on safely protocols and the vehicles are sanitized after each ride. If you need to get to the store, voting or want to take a Townie trip, give us a call.

Whether you celebrate Diwali, Bodhi Day, Hanukkah, Christmas or another holiday (so many to mention), I wish you peace and joy.

Jane & the AES Team

**We want to hear from you!** Please take our Andover Elder Services survey to help us create a dynamic and exciting Robb Center. Using your input and suggestions we will aim to fulfill the needs of the community in the best way possible. Hard Copies are available during business hours at 23 Clark Rd. OR take our survey online using the link below or QR code.

<https://www.surveymonkey.com/r/WZDP83C>



## ANDOVER ELDER SERVICES

# LIVE PROGRAMMING

**Coffee & Conversation: —Monday, November 9th at 10:00 am.** Join an exciting conversation with Merrimack College Students



**Coffee & CONSTRUCTION —Monday, November 23rd at 10:00 am.** Join us for coffee to see and learn about the construction of the new Robb Center.

**To sign up for either session:** Please go to [www.myactivecenter.com](http://www.myactivecenter.com) to sign up. You will receive an email with a Zoom link to join. Or contact Elder Services at (978) 623-8320.



## Short Stories Group—Every Monday in November from 1:00pm-2:30pm on Zoom.

Join a dedicated group of short story enthusiasts to read and discuss various pieces of literature. Please note you will need to obtain any of the scheduled reading material on your own. To sign



up, please email Eileen at [eileenreilly42@gmail.com](mailto:eileenreilly42@gmail.com). Space is limited.



**Dull Men's Club- Thursday, November 19th at 1:30 pm at 23 Clark Rd.** Andover is proud to have there very own chapter of the Dull Men's Club. No strings

attached, no skills required. Join a group of men to enjoy and discuss the simple, everyday, run of the mill things. This club meets monthly to enjoy each others' company, have some coffee, and every now and then, do some fundraising for charity. Please sign up at [www.myactivecenter.com](http://www.myactivecenter.com) or by calling 978-623-8320.

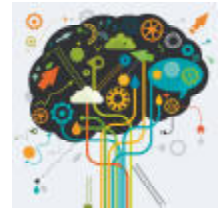
## Silk Scarf Art Kit and Instruction Seminar—Wednesday November 18th at 11:00am.

Registration was open during October. If you have registered be on the look out for information on how to pick up your kit via email or phone call. Brought to us by Tracy Valletti , MS, CDP from Methuen Village.



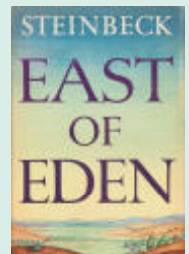
## Zoom Fall Trivia with Merrimack College Students—Friday, November 20th at 2:00

pm. Join us in an afternoon of fun and games. Merrimack students will be hosting and participating in this trivia session. To sign up please go to [www.myactivecenter.com](http://www.myactivecenter.com) or call us at (978) 623-8320.



## Book Club—Tuesday, November 24 at 1:30 pm at 23 Clark Rd.

Join us for a conversation about the novel, East of Eden by John Steinbeck. To register, go to [www.myactivecenter.com](http://www.myactivecenter.com) or contact Elder Services at (978) 623-8320. Books are available for pick-up.



## English Listening Skills Series for Chinese Speakers—Every other Friday at 10:00 am starting November 13, 2020



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](mailto:weixuid@yahoo.com).

## LIBRARY & AES EVENT

**The IRS is not coming to arrest you!**  
**Thursday, November 19<sup>th</sup> at 7:00pm**—Learn about protecting yourself from online and telephone scams. The panel will discuss what to do to make your financial and personal data more secure and protected from these and other fraudulent schemes. Presentation by the Andover Elder Services Money Mentors. Register on Zoom by visiting <https://mhl.org/events> or call 978-623-8430.



**Chair Volleyball: Monday, November 16th at 1:30pm.** Join us for a free volleyball game. We will have an appropriate net, chairs, and beach ball set up for an afternoon of fun! Register on [myactivecenter.com](http://myactivecenter.com) or by calling 978-623-8320.



**Podiatry Appointments:** Wednesdays at 23 Clark Rd. Please contact Elder Services for an appointment (978) 623-8320.

## SUPPORT GROUPS

**Virtual Family Caregiver Support Group – Monday, November 16 at 1:30pm**

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.



## MEDICARE WEBINAR

**Medicare Webinar—Wednesday November 4th at 10:00am.** Join a call to discuss Medicare options and how to enroll. Please register for Andover COA Health Plan Options for People with Medicare on Nov 4, 2020 10:00 AM EST at: <https://attendee.gotowebinar.com/register/3140887315675903758>

After registering, you will receive a confirmation email containing information about joining the webinar.



BlueCross BlueShield

**Parkinson’s Disease Support Group—Thursday, November 12th at 1:30 pm**

Please join us on Thursday, November 12th, 2020 from 1:30-2:30pm in-person at 23 Clark Rd. The group format for November will be an open discussion with Kristine Arakelian, LCSW, MPH, Outreach Coordinator, as the facilitator. For additional information about the group format, please reach out to Kristine Arakelian. Registration is REQUIRED, to register for the group, please reach out to Kelly MacKay. Both Kristine and Kelly can be reached at 978-623-8320.

## MERRIMACK COLLEGE

Merrimack College students have been working hard on creating fun ideas and things to do for Andover Seniors. Please check out our youtube page to watch some of the videos they have created. They have also helped in many other small projects from letter writing to video editing. Thank you Merrimack College!

<https://www.youtube.com/channel/UChv1X8GYaJlakloiuB47Uyg>

Or search “Andover Elder Services” on YouTube to find our page.



MERRIMACK COLLEGE

# STAY ACTIVE STAY FIT

**Outdoor Adventure Groups:** Pre-register at [www.myactivecenter.com](http://www.myactivecenter.com) or by calling 978-623-8320. Carpooling is not allowed. 12 hiker limit. Face mask and social distancing required.



**Women's Outdoor Adventure Group:** Information as well as future hike information will be sent out to those on the WOAG email list. If you are NOT already on that list, please email Jane Gifun at [fleecy1.godmother@verizon.net](mailto:fleecy1.godmother@verizon.net). November hike dates are below.

11/5/20 Fish Brook

11/19/20 location to be determined

**Men's Outdoor Adventure Group:** Group Contact: Don at [dschroe153@aol.com](mailto:dschroe153@aol.com)

11/4/20 Tewksbury State Hospital

11/18/20 West Parish, Doyle Link



## Taiji (Tai Chi) and Qigong for Health with Meg Holmes– Tuesday November 17th at

**8:30am**—Participate in this **free** introduction to Meg Holmes' new course and discover why Taiji (tai chi) and qigong are often called moving medication. This course is a hybrid model—offered in person and on Zoom. To take advantage of the Zoom format, the emphasis will be on movements and exercises that can be done in a small space rather than the sequence of the Yang style 24 form. To register for in-person or on Zoom go to [myactivecenter.com](http://myactivecenter.com) or call 978-623-8320. In-person seats are limited. Zoom information below.

Meeting ID: 982 4374 6529

Passcode: w25JR5



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## Winter Fitness Session: November 30th to January 29th

**\$25 per 8 week session**



- ◆ Winter break will be held from December 24th through January 1st. Thursday and Friday class will run until February 5th to make up for winter break.
- ◆ Classes will be held for 8 weeks
- ◆ Registration begins November 12th:  
 In Person Registration will be November 12th and 19th from 10:00am-1:00pm at 23 Clark Rd.  
 Call 978-623-8320 to register over the phone
- ◆ Registration process includes filling out a waiver on our website and paying cash, check, or credit card over the phone.
- ◆ Classes being held indoors will have limited registration in order to adhere to state guidelines.
- ◆ No make up classes will be offered. Outdoor classes will run weather permitting.

Class	Instructor	Day and Time	Location
Cardio Dance	Doreen	Monday 8:30am	Zoom
Nordic Walking	Denise	Monday 10:00am	Outdoors
Advanced Yoga for Beginners	Pat	Monday 1:30pm	Clark Rd
Tai Chi and Qigong for Health	Meg Holmes	Tuesdays 8:30am	Hybrid model (Clark Rd and Zoom)
Strength & Cardio	Tracy	Tuesday 10:00am	Zoom
Sit & Get Fit	Denise	Tuesday 1:30pm	Clark Rd
Strength and Stretch	Tracy	Wednesdays 10:00am	Zoom
Sit & Get Fit	Denise	Wednesdays 1:30pm	Clark Rd
Line Dancing	Val	Thursday 8:30am	Clark Rd
Strength & Cardio	Tracy	Thursday 10:00am	Zoom
Strength Training	Barbara	Friday 8:30am	Zoom

**Meditation with Chip on Zoom.** Thursdays at 10:00am– 10:45am. To join, please email [chiprdcarter@gmail.com](mailto:chiprdcarter@gmail.com) for the weekly updated free link.



## FUEL ASSISTANCE APPLICATIONS

Greater Lawrence Community Action Council will once again be facilitating Fuel Assistance applications this year. Unfortunately, because of COVID restrictions, they are not able to provide in-person appointments and everything will be handled remotely, by telephone, from your homes. Phone-in Appointments will take place with the following guidelines:

- pre-registered appointments in 15 minute increments
- please make appointments by calling the Andover Senior Center to register for a specific timeslot
- we will let you know what phone number to call at what time for your appointment
- please have bank statements handy, as well as last year's applications/paperwork, if applicable

**GLCAC has set aside the following dates and times for individual phone-in appointments:**

**Thursday, December 3, 2020 – 9 a.m. – 11 a.m.**

**Thursday, January 7, 2021 – 9 a.m. – 11 a.m.**

There will *NOT* be any walk-in appointments



## 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. Please call (978) 623-8320.

## BROWN BAG

**Tuesday, November 24, 9:30-10:30.**

November Brown Bag will be delivered. This service provides fresh groceries on a monthly basis. For eligibility, please call Elder Services of the Merrimack Valley (978) 683-7747.

## HAVE A QUESTION?



**Ask the Lawyer—Monday, November 30.** 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. Please contact Ashley English at (978) 623-8335 to make an appointment.

## ALL THINGS TRANSPORTATION



**Medical Transportation:** We continue to provide transportation to vital medical appointments. Please call 978-623-8335.

**Grocery Trips:** Market Basket Plaza: Thursdays, door-to-door service. Call to register by Tuesday every week. Cost: **Free**. Please call 978-623-8320 for more information.

**Townie Trips:** Andover Elder Service's Personal Ride Service on Tuesdays. \$8.00 round-trip, \$5.00 one-way. Call to make an appointment 978-623-8320. Local Andover trips only.

**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.

**Drivers Wanted:** Our Meals-on-Wheels team is looking for volunteers to deliver lunches to Andover seniors Monday thru Friday. Please call Shawna or Ashley to inquire at 978-623-8320.



**Card Collection Project**—Andover Elder Services will be acknowledging our Veterans this month with a special Grab & Go Meal. To add to their meals, we would love to gather cards from the community. If you would like to donate cards to our veterans please bring your cards to the town hall service desk open Monday-Friday 9-4pm. Let them know that the cards are for Andover Elder Services. Please do this before November 9th.

**We would like to honor all current and former members of the armed services. We are forever grateful for your courage, sacrifice, and bravery for our country. Thank you!**

## THANKSGIVING GRAB & GO MEAL

**The Andover Elder Services Thanksgiving tradition will continue!**

**On Thursday, November 19th for only \$8.00** we will be distributing Frank's Thanksgiving Day Meal to those who have registered. We will place the food in your car. Register to pick-up Frank's Thanksgiving Meal by calling 978-623-8320 or on [www.myactivecenter.com](http://www.myactivecenter.com). Register and pay by Friday, November 13th.



**Meal will include:** roasted turkey with herb stuffing and gravy, whipped potatoes, butternut squash, sweet peas, pearly onions, a dinner roll and a slice of apple pie.



## ANDOVER SENIOR DINING PROGRAM

**SMYTHE  
& DOVE STEAK**  
Dakota Bar

**November 5th, 4:00pm-6:00pm.** Enjoy a special three course meal at a great price for seniors. Upstairs limited to seniors only. There is an elevator. Reservations required by calling 978 -470-0001. Smythe and Dove 89 Main Street Courtyard, Main St, Andover, MA 01810

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**November 10th, 9:00am - 11:30am.** 10% off breakfast and coffee . No reservations required. Private area set aside for seniors. Handicap accessible. Town Market 429 S Main St, Andover, MA 01810

**BUENO  
MALO**  
DOWNTOWN ANDOVER

**November 17th, 3:00pm– 5:00pm. Free Churro Ice Cream Dessert with purchase of a meal.** Reservations required by calling (978) 409-2119 or emailing [eat@buenomalo.com](mailto:eat@buenomalo.com). Wheel chair accessible. Bueno Malo, 93 Main Street, Andover, MA 01810

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## November Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30 Cardio Dance (Zoom)</p> <p>1:30 Advance Beginners Yoga (Clark)</p>	<p>3</p> <p>1:30 Barre Work (Clark)</p>	<p>4</p> <p>10:00 Medicare Webinar</p> <p>1:30 "Exerplay" (Clark)</p>	<p>5</p> <p>10:00 Strength &amp; Stretch (Zoom)</p> <p>4:00-6:00 Senior Dining at Smythe and Dove</p> <p><b>SMYTHE &amp; DOVE STEAK</b> Dakota Bar</p>	<p>6</p> <p>10:00 ACCC Gathering (Zoom)</p> <p>1:30 Dance Expressions (Clark)</p>
<p>9</p> <p>8:30 Cardio Dance (Zoom)</p> <p>10:00 Coffee and Conversation (Zoom)</p>	<p>10</p> <p>9:00-11:30 Senior Dining at Town Market</p> <p><b>ANDOVER TOWN MARKET</b> MADE FRESH. WASH LOCAL. 01810</p> <p>1:30 Barre Work (Clark)</p>	<p>11</p> <p><b>VETERAN'S DAY</b></p>	<p>12</p> <p>10:00 Strength &amp; Stretch (Zoom)</p> <p>10:00—1:00 In-Person Fitness Registration (Clark)</p> <p>1:30 Parkinson's Support Group (Clark)</p>	<p>13</p> <p>10:00 "How to improve your English listening" (Zoom)</p> <p>1:30 Dance Expressions (Clark)</p>
<p>16</p> <p>8:30 Cardio Dance (Zoom)</p> <p>1:30pm Chair Volleyball (Clark)</p>	<p>17</p> <p>8:30 Tai Chi Class (Clark &amp; Zoom)</p> <p>1:30 Barre Work (Clark)</p> <p>3:00-5:00 Senior Dining</p>	<p>18</p> <p>11:00 Silk Scarf Seminar</p> <p>1:30 "Exerplay" (Clark)</p>	<p>19</p> <p>10:00 Strength &amp; Stretch (Zoom)</p> <p>10:00—1:00 In-Person Fitness Registration</p>	<p>20</p> <p>10:00 ACCC Gathering (Zoom)</p> <p>1:30 Dance Expressions</p>

	<p><b>23</b></p> <p>10:00 Coffee and Construction (Zoom)</p> <p>1:30 Virtual Family Caregiver Support Group (Zoom)</p>	<p><b>24</b></p> <p>1:30 Book Club (Clark)</p>	<p><b>25</b></p> <p>1:30 "Exerplay" (Clark)</p>	<p><b>26</b></p> <p><b>HAPPY THANKSGIVING</b></p>	<p><b>27</b></p> <p>10:00 "How to improve your English listening" (Zoom)</p>
<p>Thanksgiving Grab &amp; Go Pick -Up</p> <p>1:30 Dull Men's Club (Clark)</p>	<p>(Clark)</p> <p>2:00 Trivia with Merrimack College Students</p>	<p><b>Location Key:</b>  <b>Zoom:</b> Program online  <b>Clark:</b> in-person at 23 Clark rd.</p>	<p><b>All programming subject to change to adjust to the needs of the community.</b></p>	<p><b>The Andover TV fitness schedule is located on page 14 of this newsletter.</b></p>	
	<p><b>30</b></p> <p>8:30 Men and Women in Motion (Zoom)</p> <p>10:00 Cardio Dance (Zoom)</p> <p>1:30 Advanced Yoga for Beginners (Clark)</p>				



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Check out more at <https://www.esmv.org/programs-services/shine-program/>, [www.shinema.org](http://www.shinema.org) or the Massachusetts SHINE YouTube channel: [https://www.youtube.com/channel/UCS\\_D1jaKqzgOJIX0tl79qrg](https://www.youtube.com/channel/UCS_D1jaKqzgOJIX0tl79qrg)



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 Licensed Health Insurance Broker - NPN#18509337



**Your voice matters to us:**

Please take our Andover Elder Services Survey. The Survey Link is on the first page of this newsletter. This will guide us in opening and planning for the Robb Center.



Join us on Zoom for Coffee & Construction, Monday, November 23 to see more photos. For more updates, check out our Instagram: the\_rob中心.



There are several openings on the FRIENDS board. If you are interested in participating you can contact Dana MacKay 978-475-4451. Want another way to support us? 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 your purchase price to us. It costs nothing and will benefit us!

**Become a Friend!**

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Help the FRIENDS support the free programs at the Andover Senior Center! Check out all we do at our website: [www.andoverscf.org](http://www.andoverscf.org) or scan this code



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

# Pave the Patio of the Robb Center

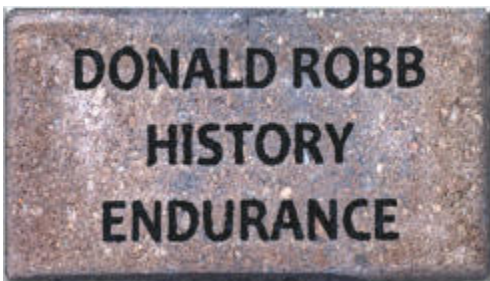
YOU can help the Andover Senior Community Friends pave the patio of the new Robb Center! By buying a brick you can permanently **celebrate a grand occasion, commemorate past accomplishments or remember a fond memory of someone dear.** These 4" by 8" bricks will pave our new outdoor patio. For only **\$100**, you can **support our community and make a permanent mark on the new Robb Center.** Step on it and contribute now!



You can scan this code with your smartphone to be directed to [www.andoverscf.org](http://www.andoverscf.org) to purchase a brick on-line

Fill out the info then send this page & your check in the amount of \$100 to  
**Andover Senior Community Friends, P.O. Box 576, Andover, MA. 01810.**  
 Questions? Call 978-623-8320

**Name:** \_\_\_\_\_  
**Street Address :** \_\_\_\_\_  
**City, State, Zip:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Email:** \_\_\_\_\_




3 lines per brick 13 characters per line (INCLUDES SPACES)



In order to thank those who have served our country, Senior Connections will be creating and mailing cards to veterans in the local community. If you wish to thank a veteran for their service and bring a smile to their face, please contact Stephanie McSurdy at 978-623-8339. You may also contact Stephanie if you have any interest or questions regarding the Senior Connections Social Day Program. The program currently has openings and is operating Monday, Tuesday, Thursday, and Friday from 8:30am-3:00pm at our temporary location (2 Dundee Park Dr. #201 Andover, MA).



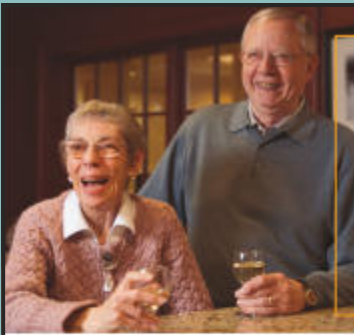
Tune-in to ANDOVERTV (Comcast Channel 8 or Verizon Channel 47). This schedule is subject to change.

<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 and Get Fit Tai Chi (24 Posture Chuan Style)
<b>Tuesday</b>	10:00 am 4:00 pm	Men & Women in Motion Yoga for Hip Mobility
<b>Wednesday</b>	10:00 am 4:00 pm	Sit & Get Fit Yoga for a Healthy Back
<b>Thursday</b>	10:00 am 4:00 pm	Strength Training Yoga – Stress Relief
<b>Friday</b>	10:00 am 4:00 pm	Circuit Class Yoga for Beginners
<b>Saturday</b>	10:00 am 4:00 pm	Healthy Bones & Balance Yoga with Pat Dumont



In addition to exercise, AndoverTV will also be broadcasting “Feel Good” programs on Mondays at 5:00pm, Wednesdays at 12:30pm and Fridays at 8:30pm. We hope you enjoy!





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