



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

Web: andoverma.gov/seniorcenter



the_robb_center

STAFF CONTACT INFORMATION

Director of Community Services

Jemma Lambert

jemma.lambert@andoverma.us

Director of Elder Services

Jane Burns

jane.burns@andoverma.us

Program Coordinator

Kelly MacKay

Kelly.MacKay@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

Administrative Assistants

Caren Connor

Patty McCloskey

Senior Connections

Day Program Coordinator

Stephanie McSurdy

stephanie.mcsurdy@andoverma.us

Nutrition Staff

Frank Melendez, Chef

fmelendez@andoverma.gov



There are good things around the bend! 2020 is drawing to a close and as a community we have persevered. Some of us have learned a new skill, some have become closer to neighbors and some have found the courage to ask for help. We are not out of this struggle yet but have shown our resiliency

and ability to face a challenge. At the Senior Center as we plan for the future, we are weighing the challenges and quickly adapting to our changing world. Programs will be live (preregistered), on Zoom and on Andover TV but at the blink of an eye that could change and for the wellbeing of all, we could go fully remote. Stay in contact with us! We love to hear from folks, answer questions and offer support both technical and emotional. **Good things are coming ... plans are being put in place for the opening of the Robb Center, Spring 2021!**

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>



Coming soon to Andover Elder Services! Andover Elder Services is looking to connect Andover Seniors through the use of technology using a technology Pilot Program. Look out for more information coming in the January 2021 Newsletter.

Join us and get connected!

ANDOVER ELDER SERVICES

Holiday Cooking Demonstration—Friday, December 11th 1:00pm-3:00pm at 23 Clark Rd. Chef Naldo from Bridges by EPOCH will be preparing a delicious meal of roasted prime rib, twice baked potatoes, and a green bean casserole. Chef Naldo will present step-by-step instructions on how to prepare this wonderful holiday meal. Registration is required by calling us or registering on myactivecenter. Seats are limited. **If needed, we will make this event a Zoom call.** Be on the look out for details.



Holiday Grab & Go— Thursday, December 17th for only \$8.00— We will be distributing Frank’s Holiday Pot Roast Meal to those who have registered. We will place the food in your car at 23 Clark Rd. Register to pick-up Frank’s Holiday Pot Roast Meal by calling 978-623-8320 or on www.myactivecenter.com. Register and pay by Friday, December 11th.

Meal will include: a dinner roll, pot roast, whipped potatoes, glazed carrots, and Vermont apple crisp.

Holiday Celebrations around the World — Wednesday, December 9th at 1:30pm- Learn about the history, customs, and traditions of different ways people celebrate the holiday season. Our panel will include Rabbi Goldstein from Temple Emmanuel, Adam Isbitski from Ballard Vale United Church and Venkat Pula, a Hinduism Expert. This panel will be presented on Zoom and on AndoverTV.

Zoom information:
Meeting ID: 950 4323 5485
Passcode: 75Wp8p



Andover High School Tri-M Society Holiday Sing-along December 17th at



3:30pm—Join us on Zoom to sing-along with and enjoy music by Andover High School Tri-M Students. This is a perfect addition to our Holiday Grab & Go Meal that will be distributed on the same day. Have a great meal and enjoy some holiday music with us. Zoom participants will be muted in order to keep the clarity and quality of the music being performed.

Holiday Ornament Craft Kits with Senior Whole Health—Wednesday December 16th at 1:00pm on Zoom. This is a free craft opportunity. Register on myactivecenter.com or by calling us. Kits are limited, so act fast. Blue and green fabric kits will be available. Information on craft kit pick-up will be sent out via email and robo-call for those who register.



Order Frank’s Holiday Cookie Trays and Pies:

Order and pay by December 12th and pick-up on December 23rd from 9:00am-10:30am at 23 Clark Rd. Order by calling 978-623-8320.

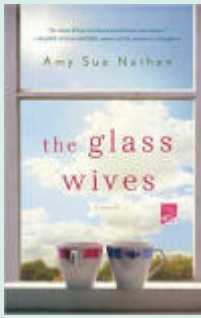
- Cookie Trays:**
Small (1 1/2 dozen) \$17.00
Medium (2 1/2 dozen) \$23.00
Large (3 1/2 dozen) \$28.00

Cookie tray includes an assortment of Macadamia White Chocolate Chip, Peanut Butter, Chocolate Chip, Fudge Brownie Bites, Old Fashion Oatmeal Raisin, Sugar, and Fudge Macaroon Scrumptious cookies.

- Pies:**
Apple \$13.00
Pumpkin \$12.00
Blueberry \$14.00



Book Club—Tuesday, December 22 on Zoom.



Join us for a conversation about the novel, the glass wives by Amy Sue Nathan. To register, go to www.myactivecenter.com or contact Andover Elder Services at (978) 623-8320. Books are available for pick-up.



Short Stories Group—Every Monday in December 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. Space is limited.



Coffee & CONSTRUCTION — Tuesday, December 15th at 1:30pm.

Join us for a Facebook Live presentation on the Andover Senior Center Facebook page. There has been a lot of progress on the new Robb Center and we would love to share some pictures with you. Get a behind the scenes look at the making of the Robb Center. This will be a presentation by Jane Burns our Director of Elder Services. Just go to our Facebook page “Andover Senior Center” on Tuesday December 15th at 1:30pm to tune in.

Coming soon! A Senior Living Series presented by the **Andover Senior Mentors**. Topics will include: “Where Should I Live?,” “Senior Finances,” “Relationships,” and Dealing with Changes.” More information to come.

English Listening Skills Series for Chinese Speakers—Every other Friday at 10:00 am starting December 11, 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.

NEW! Non-Fiction Book Club on Zoom—

December 14 at 10:00am —For readers who enjoy nonfiction, we are launching a nonfiction book club in mid-January. We’ll explore books about contemporary issues, history, biography, and more. On Monday, December 14 there will be an organizing session where we’ll choose the books we’ll be reading. After our first meeting, we will distribute information on book pick-up. During the winter months the meetings will be held via zoom. When the weather warms up, we’ll meet outdoors. Please register for the December 14th meeting on www.myactivecenter.com or by calling 978- 623-8320. For any questions please contact Joanne at joannedahlgrenma@gmail.com



Dull Men’s Club- Thursday, December 17th 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 or by calling 978-623-8320.

STAY ACTIVE STAY FIT

Women's Outdoor Adventure Group: We are putting a hold on REGULAR hikes until the spring. Weather conditions permitting, we may hike or snowshoe/X country ski. These will be short notice happenings. We will maintain a separate list for the winter, please contact Jane Gifun fleecy.godmother@verizon.net. to receive the notices. People will still need to register at myactivecenter.com and have signed a waiver.



Men's Outdoor Adventure Group: The men's group will be in hibernation for the winter. Stay tuned for the 2021 schedule after the first of the year.

However, if the weather turns out to be mild, the group will get out. Contact dschroe@aol.com to get on the email list for any change in plans. Thank you to the hike leaders for another year in the great outdoors.

Last men's scheduled hike: **12/2 Westford Stone Bridge**

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



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



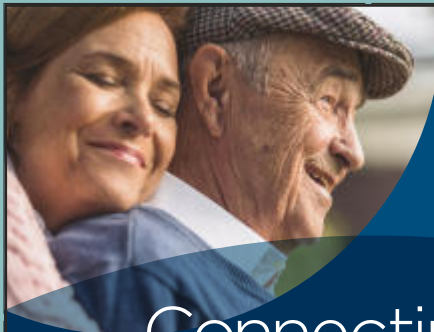
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Winter Fitness Session: November 30th to January 29th

\$25 per 8 week session



- ◆ In-person classes will be moved to a Zoom format depending on COVID 19 guidelines. No refunds will be available if a class moves to a Zoom format.
- ◆ 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 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

Nervous about Zoom classes? Call us and ask for a youtube link to see an example of how the classes are run. Recorded videos only include the instructor. Zoom is a great way to stay connected and stay in shape this winter.



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



DEPARTMENT OF HOUSING AND COMMUNITY DEVELOPMENT

Are you struggling with rent or mortgage payments because of COVID-19? There are eviction protections and financial programs available to help.

If you are struggling to make rent or mortgage payments, there are resources available:

VISIT: www.mass.gov/CovidHousing

CALL: 2-1-1 to connect with housing resources.

TALK: to your landlord to create a plan - do this early!

It is important to use your best efforts to obtain rental assistance, and to pay as much rent as you can before the protections under the Massachusetts eviction moratorium expire.



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.

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.

BROWN BAG

Tuesday, December 22, 9:30-10:30.
 December Brown Bag will be delivered. This once a month service provides a bag of shelf stable groceries. Applications available through Elder Services of the Merrimack Valley. (978) 683-7747.

HAVE A QUESTION?



Ask the Lawyer—Monday, December 28. 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.

SUPPORT GROUPS

Virtual Family Caregiver Support Group – Monday, December 21 at 1:30pm

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.



Parkinson’s Disease Support Group— Thursday, December 10th at 1:30 pm at 23 Clark Rd.- The group format for December 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.

ANDOVER SENIOR SHOP LOCAL PROGRAM

Enjoy these exclusive Senior only deals through the month of December 2020. Enjoy and be safe!

Mr. Gelato Café
 89 Main St | 978-470-0582
 Order by phone & pick up
 Senior deal: medium sized Gelato \$4.95

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 24 Chestnut St.
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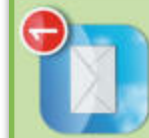
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December Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Location Key: Zoom: program online Clark: in-person at 23 Clark Rd.</p>	<p>1</p> <p>8:30 Taji (Clark & Zoom) 10:00 Strength & Cardio (Zoom) 1:30 Sit & Get Fit (Clark)</p>	<p>2</p> <p>9:00 MOAG Hike 10:00 Strength & Stretch (Zoom) 1:30 Sit & Get Fit (Clark)</p>	<p>3</p> <p>8:30 Line Dancing (Clark) 10:00 Strength & Cardio (Zoom)</p>	<p>4</p> <p>8:30 Strength Training (Zoom) 10:00 ACCC Gathering (Zoom)</p>
<p>7</p> <p>8:30 Cardio Dance (Zoom) 10:00 Nordic Walking (outdoors) 1:30 Advanced Yoga (Clark)</p>	<p>8</p> <p>8:30 Taji (Clark & Zoom) 10:00 Strength & Cardio (Zoom) 1:30 Sit & Get Fit (Clark)</p>	<p>9</p> <p>10:00 Strength & Stretch (Zoom) 1:30 Holiday Celebrations around the World (Zoom) 1:30 Sit & Get Fit (Clark)</p>	<p>10</p> <p>Hanukkah Begins 8:30 Line Dancing (Clark) 10:00 Strength & Cardio (Zoom) 1:30 Parkinson's Support Group (Clark)</p>	<p>11</p> <p>8:30 Strength Training (Zoom) 10:00 "How to improve your English listening" (Zoom) 1:00 Holiday Cooking Demonstration (Clark)</p>
<p>14</p> <p>8:30 Cardio Dance (Zoom) 10:00 Nordic Walking</p>	<p>15</p> <p>8:30 Taji (Clark & Zoom) 10:00 Strength & Cardio (Zoom)</p>	<p>16</p> <p>10:00 Strength & Stretch (Zoom)</p>	<p>17</p> <p>8:30 Line Dancing (Clark) 10:00 Strength & Cardio (Zoom) 11:30-1 Holiday Meal</p>	<p>18</p> <p>8:30 Strength Training (Zoom) 10:00 ACCC Gathering</p>

<p>(outdoors) 10:00 Non-Fiction Book Club Meeting (Zoom) 1:30 Advanced Yoga (Clark)</p>	<p>1:30 Sit & Get Fit (Clark) 1:30 Coffee & Construction (Facebook)</p>	<p>1:00 Holiday Ornament Craft Kits (Zoom) 1:30 Sit & Get Fit (Clark)</p>	<p>Grab & Go (registration required) 1:30 Dull Men's Club (Clark) 3:30 Holiday sing-along with Andover High School (Zoom)</p>	<p>10:00ACCC Gathering (Zoom)</p>
<p>21 8:30 Cardio Dance (Zoom) 10:00 Nordic Walking (outdoors) 1:30 Virtual Family Caregiver Support Group (Zoom) 1:30 Advanced Yoga (Clark)</p>	<p>22 8:30 Taji (Clark & Zoom) 10:00 Strength & Cardio (Zoom) 1:30 Sit & Get Fit (Clark) 1:30 Book Club (Zoom)</p>	<p>23 10:00 Strength & Stretch (Zoom) 1:30 Sit & Get Fit (Clark)</p>	<p>24 Winter Break: fitness will resume on January 4th</p>	<p>25 Christmas Day</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>1 New Years Day</p>
<p>New Years Eve</p>				<p>1 New Years Day</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 can continue to receive our emails. Also please check your junk/spam folder regularly.



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The SHINE program is a federally funded, free health insurance counseling program for Medicare beneficiaries. We are staffed by highly trained, knowledgeable counselors who can offer you an unbiased review of ALL your Medicare choices across all insurance companies and plan types offered in Massachusetts. Whether you are new to Medicare, reviewing your prescription drug coverage, or seeking assistance with the high costs of health care, our counselors are ready to assist you. During the current COVID-19 pandemic, counselors are still available for one on one appointments, either by phone, email, or possibly video conferencing. The easiest way to locate a counselor and book an appointment is to call 978-623-8320.

Check out more at <https://www.esmv.org/programs-services/shine-program/>, www.shinema.org or the Massachusetts SHINE YouTube channel: https://www.youtube.com/channel/UCS_D1jaKqzgOJIX0tI79qrg

JOIN US TO WALK WITH EASE!

The Arthritis Foundation's Walk With Ease Program is a physical activity and health promotion program. While walking is the central activity, Walk With Ease also includes health education, stretching and strengthening exercises, and motivational strategies. You can walk at your own pace, any days and times that work for you. You can walk indoors or outdoors, even in place! You will be provided a Walk With Ease Guidebook to complete the six-week program on his/her own and can also participate in a weekly call with a program leader and others to help keep you motivated.

maintain their walking and try other physical activity.

For more information or to register:
hlce@ESMV.org or 978-946-1211



TOWN OF ANDOVER - RENTAL AND MORTGAGE ASSISTANCE PROGRAM

The Town of Andover is offering a program that can assist low and moderate income residents.

Assistance will be provided for up to one month and will not exceed \$5,000 per household.

You must demonstrate a loss of income due to COVID-19. You must be income eligible.

Application Deadline: December 15, 2020

Program requirements and Applications online at
AndoverCLT.org/rental-and-mortgage-assistance

or call Andover Community Trust at 978-276-9228.



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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, Tuesday, December 15th at 1:30pm on Facebook Live 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!

Name: _____

Address: _____

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Phone: _____ Cell: _____

Email: _____

Membership (mark one)

Senior/Student \$10 _____ Individual _____ Premium _____

Patron \$50 _____ Benefactor \$100 _____ Other \$ _____

Help the FRIENDS support the free programs at the Andover Senior Center! Check out all we do at our website: 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

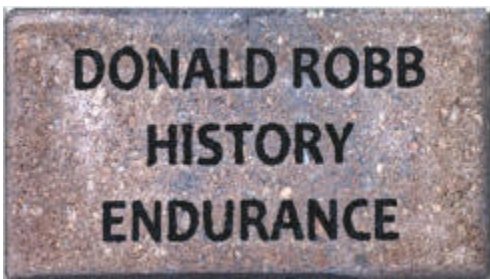
YOU can help the Andover Senior Community Friends pave the patio of the new Robb Center! By buying a brick you can permanently **celebrate a grand occasion, commemorate past accomplishments or remember a fond memory of someone dear.** These 4" by 8" bricks will pave our new outdoor patio. For only **\$100**,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

Senior Connections is gearing up for the holidays! During Halloween and Thanksgiving, participants enjoyed a costume contest, a variety of arts & crafts activities such as making thank you cards for Veterans, programs hosted by Merrimack College students over Zoom, and plenty of other stimulating activities! Senior Connections is a warm and inviting space where seniors are able to do the things they enjoy and create friendships along the way. If you or a family member are interested in learning more about Senior Connections, please reach out to Stephanie McSurdy at 978-623-8339.



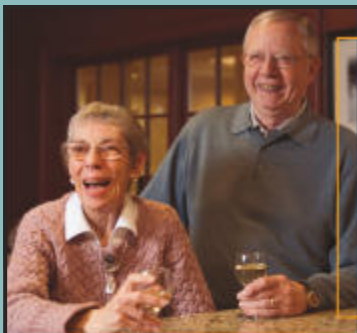
Tune-in to ANDOVERTV (Comcast Channel 8 or Verizon Channel 47). This schedule is subject to change.

Sunday	10:00 am 4:00 pm	Gentle Yoga Fitness for Adults over 60
Monday	10:00 am 4:00 pm	Sit and Get Fit Tai Chi (24 Posture Chuan Style)
Tuesday	10:00 am 4:00 pm	Men & Women in Motion Yoga for Hip Mobility
Wednesday	10:00 am 4:00 pm	Sit & Get Fit Yoga for a Healthy Back
Thursday	10:00 am 4:00 pm	Strength Training Yoga – Stress Relief
Friday	10:00 am 4:00 pm	Circuit Class Yoga for Beginners
Saturday	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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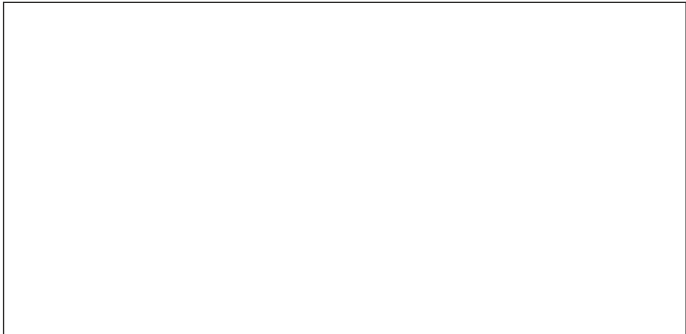
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