



# 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 New Year & Good Bye 2020! I am sure we are all happy to see 2020 go as we look toward the future. As a community we have persevered through the ups and downs and can start to look forward.

Over the next couple of months we are going to talk a lot about the Robb Center. We are on track to move

in during late spring! Stay tuned for a transition plan. It's not too late to buy a brick or a bench to memorialize your time at the Center.

We are doing a lot more on Zoom this month given the pandemic and chance of snow. Give it a shot and you may find you like it. If you are scheduled for an in-person class and the weather is bad, please don't venture out without confirming the class is still on. **We will call you if it is cancelled.**

*Jane & the AES Team*



If you would like to receive our Newsletters, updates, and flyers by email please email [Kelly.MacKay@andoverma.us](mailto:Kelly.MacKay@andoverma.us). You will be added to our list. This is the best way to stay in the loop for all of our exciting programs.

Thank you to everyone who took our survey! We are so thrilled to have received so many responses. We are analyzing the responses and we will use them to plan programs at the new Robb Center.

## ANDOVER ELDER SERVICES

**Learn the CARS Routine for Articular Health and Longevity with Krista Simon, PT, MSPT— Wednesday, January 6th at 1:30pm on Zoom and AndoverTV.** CARS or Controlled Articular Rotations is a 10-15 minute daily routine consisting of moving 10 different joints from head to toe through their safest, greatest, pain-free range of motion. CARS helps to maintain and improve your current available range of motion at each joint. It has been shown to delay/prevent the onset of osteoarthritis by maintaining the integrity of the joint through purposeful movement. Join Krista Simon, PT, MSPT who has been practicing physical therapy for over 25 years. Currently she is providing fitness coaching and wellness programs via telehealth to people 55 and older. To join this **free** session please join our zoom call:

**Meeting ID:** 966 5942 2830

**Passcode:** 8kjDgf



**Smoothie Making Demonstration with Anna Forkan from Revitalize Juicery— Monday, January 25th at 11:00am on Zoom.** Learn about healthy ingredients during Healthy Weight Awareness Month. Anna will educate us on which ingredients are nutritious and beneficial for seniors. While demonstrating how to make a few delicious smoothies. Sign-up on [myactivecenter.com](http://myactivecenter.com) or by calling us. **Meeting ID:** 947 9258 7601



**Passcode:** vR5pH3



**Meditation with Chip on Zoom— Thursdays at 10:00am– 10:45am.**



Interested in reducing your stress, gaining mental clarity, and enjoying life more? Join our breathing meditation session every Thursday which includes a discussion on a mindfulness topic you select and a group meditation. To join, please email [chiprdcarter@gmail.com](mailto:chiprdcarter@gmail.com) for the weekly updated free link.

## MHL LIBRARY EVENTS

**Art Lecture about Norman Rockwell— Thursday, January 21st at 7:00pm on Zoom—**Join longtime art educator, Jane Oneail, for a Zoom webinar focused on the art of Norman Rockwell.

Rockwell is heralded for depicting and defining American life. He often captured bittersweet images of people experiencing universal and relatable feelings of being left out or left behind. Toward the end of his career, Rockwell painted several poignant works about race in America that can be seen as an extension of his earlier sense of the power of inclusion and exclusion. To register: go to [mlh.org](http://mlh.org) and click on events.



**Be Happy! The Science of Happiness and How to Be Happier— Thursday, January 7th at 7:00pm on Zoom.** Lizzie Linn Casanave, professor of philosophy, will explain the revolutionary concept of changing the way we think to become happier and provide you with practical tools for achieving this new mindset. To register: go to [mlh.org](http://mlh.org) and click on events.

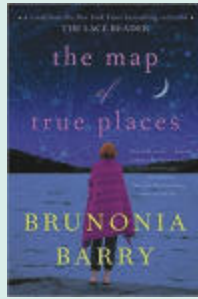
**Arm Chair Travel with Stephen Farrar— Thursday, January 28th at**

**2:00pm on Zoom—**Armchair Travel takes people to faraway places without leaving home. It provides a sensory experience and the opportunity to learn about exotic lands and important past events in a meaningful manner. Tune in to learn about the Alaskan National Parks. To register: go to [mlh.org](http://mlh.org) and click on events.



**Book Club—Thursday, January 28 at 1:30pm on Zoom.**

Join us for a conversation about the novel, *The Map of True Places* by Brunonia Barry. To register, go to [www.myactivecenter.com](http://www.myactivecenter.com) or contact Andover Elder Services at (978) 623-8320. Books are available for pick-up.



**Short Stories Group—Every Monday in January 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.



**Coffee & CONSTRUCTION — Wednesday, January 20th at 1:30pm.**

Join us for a Zoom presentation. 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.

**Meeting ID:** 937 0304 6396  
**Passcode:** 1peKZp

**Non-Fiction Book Club on Zoom— Monday, January 11 at 11:00am**

—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, January 11 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 meeting on [www.myactivecenter.com](http://www.myactivecenter.com) or by calling 978- 623-8320. For any questions please contact Joanne at

[joannedahlgrenma@gmail.com](mailto:joannedahlgrenma@gmail.com)



**English Listening Skills Series for Chinese Speakers—Every other Friday at 10:00 am starting January 8, 2021**

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).

**Bright Ideas Group  
Who Ya' Gonna' Call?**

Free Round Table Discussion Group. Starting up this Spring.  
Come find out who your neighbors use for everything from Attic clean out to Zipper repair.  
Bring your list of "I need to find a ....."  
As well as your "I love my ....."  
We will explore services for home, car, and yard as well as great services for your beauty routine.

Watch for updates on date, time and PLACE.



# 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](mailto:fleecy.godmother@verizon.net). to receive the notices. People will still need to register at [myactivecenter.com](http://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](mailto: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.



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



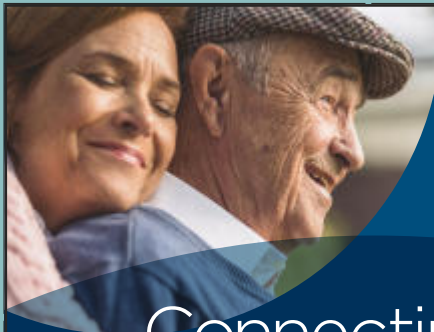
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## SNEAK PEAK: Winter Fitness Session II: February 16th to April 9th

**\$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.
- ◆ 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.
- ◆ Registration opens February 1st



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	Hybrid model (Clark Rd and Zoom)
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
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.



## HAVE A QUESTION?



**Ask the Lawyer—Monday, January 25.** 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.

## TECHNOLOGY PILOT PROGRAM



Andover Elder Services is working hard to establish a Technology Pilot Program. If you are a senior who would like to learn how to use technology, this could be a great opportunity for you. We will be issuing tablets and holding classes to teach seniors how to use apps like Zoom, YouTube, Email and more. To be eligible for this program you must have at-home Wi-Fi capability. If you, or anyone you know would be appropriate for this program please reach out to us for more information 978-623-8320.

## STAY BUSY THIS WINTER

1. Update your Recipe Book—try new recipes.
2. Make hand-made cards for all occasions.
3. Pick up a pen and write. Journal, write letters, start your own memoir.
4. Exercise! On Zoom, TV or by yourself. Make it a point to get up and move everyday.
5. Reach out to an old friend by calling or mailing a letter. Reconnect and check-in with loved ones.

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

## BROWN BAG

**Tuesday, January 26, 9:30-10:30.** January 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.

## SUPPORT GROUPS

### Virtual Family Caregiver Support Group – Monday, January 25 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**—This group will not be meeting for the month of January. We will suspend all meetings until further notice. If you need any assistance or support, please reach out to Kristine Arakelian at 978-623-8320.

## HEALTHY RECIPE BY FRANK: HERB CHICKEN MARSALA

### INGREDIENTS:

- 4- 4oz chicken Breast Cutlets
- 1 Tsp of Kosher Salt
- 1 Tsp of Ground Pepper
- 1/3 cup of Whole wheat Flour
- 1 ½ Tbsp Extra Virgin Olive Oil
- ¾ cup Low Sodium chicken broth
- 1/3 cup Sun Dri Tomatoes (not packed in oil or Rehydrated) finely Chopped
- ½ Tsp of Chopped Finely Rosemary
- 10 ounces of White Button or Cremini Baby Bella Sliced Mushroom
- 1/3 cup Sweet Marsala Wine
- 2 Tbsp of unsalted Butter
- 2 Tbsp of Chopped Fine Flat Leaf Parsley



### DIRECTIONS:

1. Put Flour in a medium plate, and then heat oil in a large non-stick skillet over medium high heat , dredge the chicken in the flour to fully coat. Shaking off any excess flour. Add the chicken to the skillet and fry until fully cooked. Transfer it to a platter and foil it to keep warm.
2. Add ½ cup of the broth , the Sun Dri Tomatoes and rosemary to the remaining drippings of the skillet and cook stirring it frequently for a minute. Add Mushrooms , ¼ Tsp of Salt, ½ Tsp of Pepper and cook until mushrooms are soft (after 5 mins). Add Marsala wine and then bring to a boil. Add the remaining ¼ cup of the broth and the butter and simmer until butter is melted (about 30 seconds).
3. Spoon the mushroom mixture and sauce over the chicken and sprinkle parsley over chicken.
4. Serve and Enjoy!

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# January Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Location Key:</b> Zoom: program online <b>Clark:</b> in-person at 23 Clark Rd.</p>				<b>Happy New Year!</b>
<p><b>4</b></p> <p><b>8:30</b> Cardio Dance (Zoom) <b>10:00</b> Nordic Walking (outdoors) <b>1:30</b> Advanced Yoga (Clark &amp; Zoom)</p>	<p><b>5</b></p> <p><b>8:30</b> Taiji (Clark &amp; Zoom) <b>10:00</b> Strength &amp; Cardio (Zoom) <b>1:30</b> Sit &amp; Get Fit (Clark)</p>	<p><b>6</b></p> <p><b>10:00</b> Strength &amp; Stretch (Zoom) <b>1:30pm</b> Learn the CARS Routine (ZOOM)</p>	<p><b>7</b></p> <p><b>8:30</b> Line Dancing (Clark &amp; Zoom) <b>10:00</b> Strength &amp; Cardio (Zoom) <b>7:00</b> Be Happy! Lecture with the Library (Zoom)</p>	<p><b>8</b></p> <p><b>8:30</b> Strength Training (Zoom) <b>10:00</b> "How to improve your English listening" (Zoom)</p>
<p><b>11</b></p> <p><b>8:30</b> Cardio Dance (Zoom) <b>10:00</b> Nordic Walking (outdoors) <b>10:00</b> Non-Fiction Book Club Meeting (Zoom)</p>	<p><b>12</b></p> <p><b>8:30</b> Taiji (Clark &amp; Zoom) <b>10:00</b> Strength &amp; Cardio (Zoom) <b>1:30</b> Sit &amp; Get Fit (Clark)</p>	<p><b>13</b></p> <p><b>10:00</b> Strength &amp; Stretch (Zoom)</p>	<p><b>14</b></p> <p><b>8:30</b> Line Dancing (Clark &amp; Zoom) <b>10:00</b> Strength &amp; Cardio (Zoom)</p>	<p><b>15</b></p> <p><b>8:30</b> Strength Training (Zoom) <b>10:00</b>ACCC Gathering (Zoom)</p>

1:30 Advanced Yoga  
(Clark & Zoom)

# MLK Jr. Day

19	<p>8:30 Taiji (Clark &amp; Zoom)</p> <p>10:00 Strength &amp; Cardio (Zoom)</p> <p>1:30 Sit &amp; Get Fit (Clark)</p>	20	<p>10:00 Strength &amp; Stretch (Zoom)</p> <p>1:30 Coffee and Construction (Zoom)</p>	21	<p>8:30 Line Dancing (Clark &amp; Zoom)</p> <p>10:00 Strength &amp; Cardio (Zoom)</p> <p>7:00 Norman Rockwell Art Lecture with the Library (Zoom)</p>	22	<p>8:30 Strength Training (Zoom)</p> <p>10:00 "How to improve your English listening" (Zoom)</p>
25	<p>8:30 Cardio Dance (Zoom)</p> <p>10:00 Nordic Walking (outdoors)</p> <p>11:00am Smoothie Demonstration (Zoom)</p> <p>1:30 Advanced Yoga (Clark &amp; Zoom)</p> 	26	27	28	29		
		<p>8:30 Taiji (Clark &amp; Zoom)</p> <p>10:00 Strength &amp; Cardio (Zoom)</p> <p>1:30 Sit &amp; Get Fit (Clark)</p>	<p>10:00 Strength &amp; Stretch (Zoom)</p>	<p>8:30 Line Dancing (Clark &amp; Zoom)</p> <p>10:00 Strength &amp; Cardio (Zoom)</p> <p>1:30 Book Club (Zoom)</p> <p>2:00 Arm Chair Travel with the Library (Zoom)</p>	<p>8:30 Strength Training (Zoom)</p> <p>10:00ACCC Gathering (Zoom)</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\\_D1jaKqzgOJIX0tI79qrg](https://www.youtube.com/channel/UCS_D1jaKqzgOJIX0tI79qrg)

## FROM THE CLERK'S OFFICE

Does Andover's Open Town Meeting governance system serve the community well? Do Andover's residents feel they can have input in decisions? These are among the dozens of critical questions the Andover Town Governance Study Committee has been examining for more than a year.

Chartered by the Select Board and Town Manager to study and recommend beneficial changes to Andover's governance, the committee has focused first on the foundational question of whether Andover should retain Open Town Meeting or adopt another form of government.

Before the committee adopts a position on Andover's form of government, the committee will host two virtual public forums to present information and to gather community input. All Andover residents are encouraged to attend these forums and help inform the committee's recommendations to the Select Board and Town Manager.

The public forums will be held as follows:

Saturday, January 9, 2021 at 10:00 a.m.

Tuesday, January 12, 2021 at 7:00 p.m.

These upcoming forums will provide an opportunity to talk with residents about these form of government options.

The forums will be held virtually. If you wish to participate in a forum, please go to [andoverma.gov](http://andoverma.gov) and look for the appropriate heading under news. No pre-registration is necessary. Residents can also view the forums live on Comcast Channel 22 and Verizon Channel 45, and recordings will be available at [andoverma.org](http://andoverma.org).

Questions can be directed to (978) 623-8230 and [townclerk@andoverma.us](mailto:townclerk@andoverma.us)

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Join us on Zoom for Coffee & Construction, Wednesday, January 20th at 1:30pm on Zoom to see more photos. For more updates, check out our Instagram: the\_robb\_center.



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!

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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 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

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

**Senior Connections had a blast celebrating the holidays!** Participants did a fabulous job decorating the Christmas tree and even created their own decorations to help decorate the space. Thanks to one of our wonderful volunteers, participants were also able to decorate vases and plant paper white flowers inside. Needless to say, December was a very festive month at Senior Connections! But we are ready for the new year and would love to welcome some new faces to our supportive day program. If you are interested in learning more about Senior Connections, please contact Stephanie McSurdy at 978-623-8339.



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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Photography by Jack Holmes, local Andover Photographer. Below are "Mixed Digital Art" images taken each season in NH, MA, or ME . Jack Holmes will be giving lectures and holding a class at our new Robb Center.



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