



# 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\_rob中心

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I am delighted to announce that we received a grant from the Mass Office of Disability for an ADA compliant fitness room. We will be partnering with Merrimack College and their graduate program in Health Sciences to organize and staff the room. We are also continuing to develop our digital literacy program. If you would like to learn how to use a tablet, and be a part of our pilot program, give us a call. Think Spring, think Robb Center. *Jane & the AES Team*

**Covid-19 Vaccination Information:** As of this writing, the federal government has approved two different vaccines for use in combatting Covid-19, with more in the pipeline. Over the next several months, vaccine production will continue, and the state and federal health officials will be detailing how vaccine distribution will be prioritized.

In Phase 1, we are working to immunize health care workers, first responders like our fire and police personnel, and seniors living in congregate care facilities like nursing homes and assisted living settings. CVS and Walgreens will be working with these senior care facilities to make that happen.

Adults 65 years and older who do not reside in a congregate care facility are designated as Phase 2 recipients, and can expect to start that phase as early as March. This is subject to change, so stay informed by registering for email notifications at <https://andoverma.gov/670/Get-Connected>. The Town will use this notification system, among others, to keep you informed.

The Town is receiving numerous calls asking "to be put onto the list"; there is no list being kept, and we expect there will be plenty of vaccine. As each category of recipients is cleared to receive the vaccine, we will be offering an on-line reservation system so that residents can reserve the appointment time that works best for them. If you don't have the ability to make reservations on your own, or with the help of a child or grandchild, we will have an opportunity for you to call for the appointment.

While we can see the light at the end of the tunnel, we still have several months to continue taking our precautions to protect ourselves. Keep practicing the three W's; wear a mask, wash your hands, and wait 6' away from others. *This information was submitted on December 23, 2020.*

## HEALTHY HEART CAMPAIGN

### Week 1: Friday, February 5 - National Wear Red Day

Wear Red to Raise Awareness for Women's Heart Health. Join our staff and wear your red on February 5. Send us a picture to [Kelly.mackay@andoverma.us](mailto:Kelly.mackay@andoverma.us) and show your support.

Entries will be entered in to win a prize!



### Week 2: Stay Active to maintain a healthy heart

Register for our next fitness session that begins on February 16th (information on page 5), watch fitness classes on AndoverTV, or make it a point to get up and move every day.



### Week 3: Thursday, February 18 at 1:30 pm - Stress Management

Join us for a free Meditation session on Zoom with Laura Cardillo from Onward Inward. Laura is a Reiki Master Teacher and Medical Aesthetician who loves to educate people about the importance of breathing, meditation and mindfulness. With over 18 years of experience, she gives her clients the opportunity to experience a profound self-transformation both inside and out. Register on [www.myactivecenter.com](http://www.myactivecenter.com) or by calling us. **Meeting ID:** 996 5067 9586 **Passcode:** g2Wai7

### Week 4: Friday, February 26 at 1:00 pm - Eat Healthy!

We will be hosting a Cooking Demonstration with Bridges by Epoch on Friday, February 26 at 1:00 pm with Chef Naldo. Learn how to make a healthy Roasted Haddock with Fennel and Tomatoes. Register on [www.myactivecenter.com](http://www.myactivecenter.com) or by calling us. This will be an in-person and Zoom event.

**Meeting ID:** 939 8771 5925 **Passcode:** q054ZF



### Tuesday, February 9 at 2:00 pm—Attracting Birds, Butterflies, Bees, and Other Beneficials with John Root on Zoom and AndoverTV.

Enjoy this presentation that describes the essential roles played by pollinators and other beneficial organisms in our ecosystem and provides guidance on meeting their needs for food, cover, and water. Register on [myactivecenter.com](http://myactivecenter.com) or by calling us. **Meeting ID:** 933 2431 4508 **Passcode:** a15xe7



### Thursday, February 11 at 1:30 pm - Valentine February Craft Kit with Senior Whole Health

Register on [MyActiveCenter.com](http://MyActiveCenter.com) or by calling us. You will receive instructions on how to pick-up your free craft kit. We will all join together on Zoom on February 11 for instructions. We look forward to seeing you there!



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### Wednesday, February 17 from 11:15 am to 1:55 pm - Mardi Gras Grab n' Go

Register for your meal by February 10 by calling us at 978-623-8320. Only \$8 per meal. On February 17 we will place the food directly into your car.

**Menu:** Center Cut Pork Loin with Chutney Sauce, Scallop Potatoes, and Green Beans. Indian Bread Pudding for dessert.



**Every Monday in February from 1:00 pm-2:30 pm on Zoom - Short Stories Group**

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.



**Thursday, February 4 at 7:00 pm Andover Money Mentors will present a panel discussion, "Independent Living Options for Seniors."** This will be a discussion on living options and resources as you age. Webinar registration will be sent out via email blast. Call or email to join our email blasts 978-623-8320 or [Kelly.MacKay@andoverma.us](mailto:Kelly.MacKay@andoverma.us)



**English Listening Skills Series for Chinese Speakers—Every other Friday at 10:00 am starting February 5, 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).

**Monday, February 8 at 11:00 am —Non-Fiction Book Club on Zoom.**

For readers who enjoy nonfiction, we are launching a nonfiction book club in mid-February. We'll explore books about contemporary issues, history, biography, and more. On Monday, February 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)

**Friday, February 19 at 7:30 pm - Chinese New Year Celebration on Zoom**

The American Chinese Charm Circle Community will be celebrating on Zoom. To join in on this beautiful presentation, please contact William at [weixuid@yahoo.com](mailto:weixuid@yahoo.com). The Celebration on Zoom is co-sponsored by the Robb Center and the ACCC.

**Tuesday, February 23 at 1:30 pm - Coffee & CONSTRUCTION**

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:** 885 4881 6468    **Passcode:** n4gFpc

**Thursday, February 25 at 1:30 pm on Zoom – Book Club**

Join this wonderful group of people to discuss various different books. The book choice for February is to be determined. 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.



# 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.



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



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



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## Winter Fitness Session II: February 16 to April 9

**\$25 per 8 week session**



- ◆ Currently, we are only conducting classes on Zoom. Once we can have in-person classes again, we will do so. If you register for a hybrid class, that class will move to an in-person and zoom format once we are given permission to do so.
- ◆ Classes will be held for 8 weeks. Monday classes will only be held for 7 weeks.
- ◆ The registration process includes filling out a waiver on our website and paying cash, check, or credit card over the phone.
- ◆ No make up classes will be offered. Outdoor classes will run weather permitting.
- ◆ **Registration opens February 1**

Class	Instructor	Day and Time	Location
Cardio Dance	Doreen	Monday 8:30 am	Zoom
Nordic Walking	Denise	Monday 10:00 am	Outdoors
Advanced Yoga for Beginners	Pat	Monday 1:30 pm	Hybrid model (Clark Rd and Zoom)
Tai Chi and Qigong for Health	Meg Holmes	Tuesdays 8:30 am	Hybrid model (Clark Rd and Zoom)
Strength & Cardio	Tracy	Tuesday 10:00 am	Zoom
Sit & Get Fit	Denise	Tuesday 1:30 pm	Hybrid model (Clark Rd and Zoom)
Strength and Stretch	Tracy	Wednesdays 10:00 am	Zoom
Line Dancing	Val	Thursday 8:45 am	Hybrid model
Strength & Cardio	Tracy	Thursday 10:00 am	Zoom
Strength Training	Barbara	Friday 8:30 am	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.



## ORDER FRANK'S COOKIE TRAYS

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



**Cookie Trays:** 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.

**Small (1 <sup>1/2</sup> dozen) \$17.00**

**Medium (2 <sup>1/2</sup> dozen) \$23.00**

**Large (3 <sup>1/2</sup> dozen) \$28.00**

## AARP TAX ASSISTANCE



AARP Tax Preparation Appointments are being scheduled at the Senior Center at 23 Clark Rd on Tuesdays starting on February 2. To make an appointment, please call Andover Elder Services at 978-623-8320.

## 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.

## 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.

## HAVE A QUESTION?



**Ask the Lawyer—Monday, February 22.** 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.

## 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, February 23, 9:30-10:30.** February 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.



## MHL LIBRARY EVENTS

**Wednesday, February 3 at 2:00pm—Virtual Art Afternoons: African American History in American Art.** Join longtime art educator, Jane Oneail, for a Zoom webinar focused on the art of Norman Rockwell. From colonial era portraits to 19th-century, and Jim Crow-era prints, to 1960s Civil Rights photography, this program will provide a visual overview of African American oppression, struggle and progress towards equality. Register on <https://mhl.org/> under events.

**Thursday, February 25 at 2:00 pm—Arm Chair Travel with Patricia Harris and David Lyon.** *Historic New England: A Tour of the Region's Top 100 National Landmarks*, authors Patricia Harris and David Lyon, will discuss and show photos of a dozen New England sites associated with some of our most beloved authors and artists. Register on <https://mhl.org/> under events.



## SUPPORT GROUPS

**Virtual Family Caregiver Support Group – Monday, February 22 at 1:30 pm**

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 February. 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.



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## February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Location Key:</b> Zoom: program online <b>Clark:</b> in-person at 23 Clark Rd.</p>				
<p><b>1</b></p> <p><b>Registration Week for Fitness</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>2</b></p> <p><b>2:00</b> Art Lecture with the Library</p>	<p><b>3</b></p>	<p><b>4</b></p> <p><b>8:45</b> Line Dancing (Clark &amp; Zoom) <b>10:00</b> Strength &amp; Cardio (Zoom) <b>7:00pm</b> Independent Living Options for Seniors (Zoom)</p>	<p><b>5</b></p> <p><b>Wear Red Day for Women's Heart Health</b></p> <p><b>8:30</b> Strength Training (Zoom) <b>10:00</b> "How to improve your English listening" (Zoom)</p>
<p><b>8</b></p> <p><b>Registration Week for Fitness</b></p> <p><b>11:00</b> Non Fiction Book Club (Zoom)</p>	<p><b>9</b></p> <p><b>2:00</b> Attracting Birds, Butterflies, Bees, and Other Beneficials (Zoom)</p>	<p><b>10</b></p>	<p><b>11</b></p> <p><b>1:30</b> Craft Kit with Senior Whole Health</p>	<p><b>12</b></p> <p><b>9:00am</b> Cookie Tray Pick-Up <b>10:00</b>ACCC Gathering (Zoom)</p>

<p><b>15</b></p> <p><b>President's Day</b></p> <p><b>CLOSED</b></p>	<p><b>16</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 (Zoom)</p>	<p><b>17</b></p> <p><b>10:00</b> Strength &amp; Stretch (Zoom)  <b>11:15-1:15</b> Grab n' Go :  Mardi Gras</p>	<p><b>18</b></p> <p><b>8:45</b> Line Dancing (Clark &amp; Zoom)  <b>10:00</b> Strength &amp; Cardio (Zoom)  <b>1:30</b> <b>Stress Management Meditation (Zoom)</b></p> 	<p><b>19</b></p> <p><b>8:30</b> Strength Training (Zoom)  <b>10:00</b> "How to improve your English listening" (Zoom)  <b>7:30pm</b> Chinese New Year Celebration (Zoom)</p>
<p><b>22</b></p> <p><b>8:30</b> Cardio Dance (Zoom)  <b>10:00</b> Nordic Walking (outdoors)  <b>1:30</b> Advanced Yoga (<b>Clark &amp; Zoom</b>)  <b>1:30</b> Caregiver Support Group</p>	<p><b>23</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 (Zoom)  <b>1:30</b> Coffee and Construction (Zoom)</p>	<p><b>24</b></p> <p><b>10:00</b> Strength &amp; Stretch (Zoom)</p>	<p><b>25</b></p> <p><b>8:45</b> Line Dancing (Clark &amp; Zoom)  <b>10:00</b> Strength &amp; Cardio (Zoom)  <b>1:30</b> Book Club (Zoom)  <b>2:00</b> Arm Chair Travel with the Library</p>	<p><b>26</b></p> <p><b>8:30</b> Strength Training (Zoom)  <b>10:00</b>ACCC Gathering (Zoom)  <b>1:00pm</b> <b>Cooking Demonstration with Bridges by EPOCH</b></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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## ANDOVER DIVERSITY AUDIT: UPDATE

The Town of Andover is committed to creating a community which embraces inclusiveness and respect for all. By hearing from and listening to the experiences of those who live and/or work in Andover we will, together, create a path forward.



### Focus Groups:

Scheduled to take place during the month of January, a series of virtual conversations will be facilitated by VISIONS, Inc., Andover's consulting partner in this important work. These focus groups will provide an opportunity for those that wish to speak to be heard.

The process is designed to collect information about the racial climate in Andover, including strengths, challenges and desired outcomes as well as to provide a chance for participants to share their experiences, interpersonally, institutionally and culturally in and around these critical matters.

### We are improving our email blasts!

If you would like to receive our Newsletters, updates, and flyers by email, please email Kelly at:

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.



### Here are some great websites for seniors:



1. <https://www.suddenlysenior.com/>
2. <https://sixtyandme.com/>
3. <https://thirdage.com/>
4. <https://seniors.lovetoknow.com>

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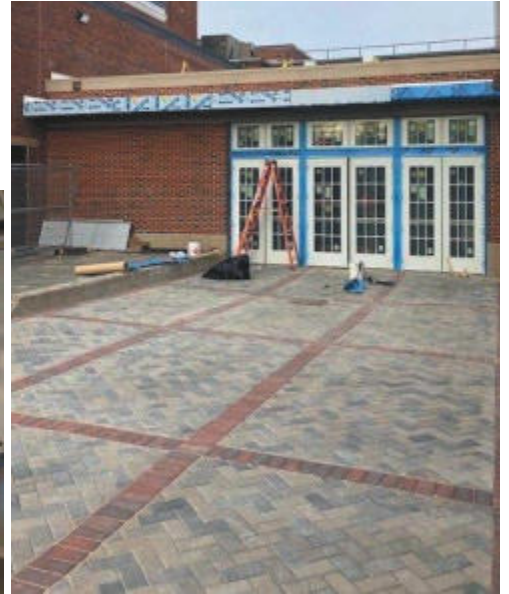
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Join us on Zoom for Coffee & Construction, Tuesday, February 23 at 1:30 pm on Zoom to see more photos. For more updates, check out our Instagram: the\_rob中心er.



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 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

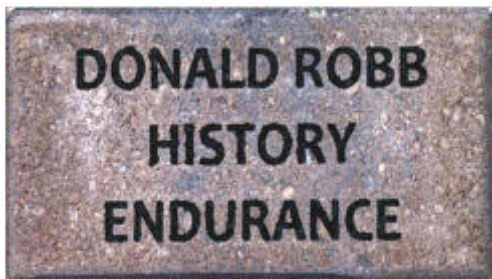
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3 lines per brick 13 characters per line (INCLUDES SPACES)

We are officially one month into the new year and there is so much to look forward to! Senior Connections is working to introduce a technology program where we will be teaching participants how to use tablets. If we've learned anything from 2020, it's how much we rely on technology in our everyday lives. But don't worry, we will start with the basics! We are also gearing up for our transition back to the Robb Center and cannot wait for everyone to be under one roof again. Senior Connections participants will have access to all the wonderful, new amenities such as the wellness and fitness centers & art and game rooms. If you or a loved one 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.

<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 5:00 pm, Wednesdays at 12:30 pm and Fridays at 8:30pm. We hope you enjoy!





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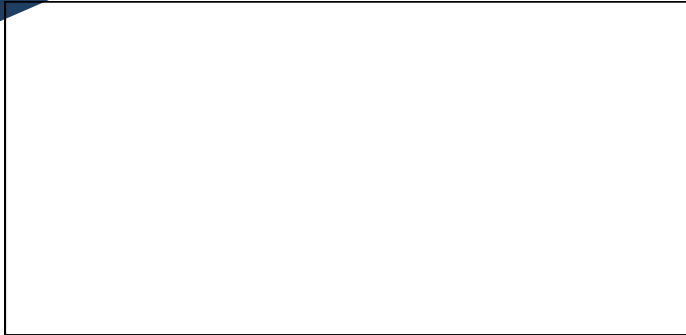
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