



# 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

**Director of Community Services**

Jemma Lambert

[jemma.lambert@andoverma.us](mailto:jemma.lambert@andoverma.us)

**Director of Elder Services**

Jane Burns

[jane.burns@andoverma.us](mailto:jane.burns@andoverma.us)

**Program Coordinator**

Kelly MacKay

[Kelly.MacKay@andoverma.us](mailto:Kelly.MacKay@andoverma.us)

**Social Work/Outreach**

Kristine Arakelian, LCSW

[karakelian@andoverma.gov](mailto:karakelian@andoverma.gov)

**Transportation/Outreach**

Shawna McCloskey, LSW

[smccloskey@andoverma.gov](mailto:smccloskey@andoverma.gov)

**Volunteer Coordinator**

Ashley English

[ashley.english@andoverma.us](mailto:ashley.english@andoverma.us)

**Office Assistant**

Chris Marshall

[chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us)

**Administrative Assistants**

Caren Connor

**Senior Connections**

**Day Program Coordinator**

Stephanie McSurdy

[stephanie.mcsurdy@andoverma.us](mailto:stephanie.mcsurdy@andoverma.us)

**Nutrition Staff**

Frank Melendez, Chef

[fmelendez@andoverma.gov](mailto:fmelendez@andoverma.gov)



February was an exercise in patience. We are all excited about the Covid vaccine becoming available but frustrated by the difficulty in scheduling an appointment. The key is to be persistent and flexible. The Town will not be receiving vaccines to do a clinic so continue to check for availability at regional and Mass sites. For further updates check the Covid Vaccine Line a (978) 623-8602.

On a happy note... the countdown to the Robb Center has begun. We are packing our boxes and getting ready for a late April return and opening the doors to the public in May!!

*Jane & the AES Team*

**Vaccine Update** (as of 2/17/21)

Regional clinics run by the state are currently accepting registrations for appointments for those age 65+; residents can register here: [www.mass.gov/covidvaccinemap](http://www.mass.gov/covidvaccinemap). If a resident is unable to access the internet to schedule an appointment on their own, the **state's 211 Center is available to assist.**




Dial 211 on your phone, and a representative will work to assist you.

**Veterans 50** and older who receive care at the Bedford VA Hospital may be eligible to receive their vaccine now. Veterans can call (781) 687-4000 between 8:00 a.m. and 4:30 p.m. to make an appointment. Additionally, the COVID Vaccination Clinic in the theater is open for appointments and walk-ins from 7:00 a.m. to 5:30 p.m. with the last appointment at 4:45 p.m.

**Transportation to Clinics:** For appointments within the Merrimack Valley or Double Tree in Danvers, the Medical Transportation team is providing one-on-one transportation. Appointments must be during the week. Contact Ashley at (978) 623-8320 for more information.


AES **Andover  
Elder Services**



 **Friday March 5 at 1:00pm—The Facts Behind The COVID-19 Vaccine on Zoom:** join a joint forum by Andover Elder Services and the Andover Board of Health. Amy Ewing, RN, Andover Assistant Director of Public Health, will discuss the science and safety of the vaccine. This discussion will not include information on how to get the vaccine. Please email [Kelly.MacKay@andoverma.us](mailto:Kelly.MacKay@andoverma.us) to register.


**Wednesday March 10 at 11:00am—You, Me and Sicily!** Join Eszter Vajda live from Sicily as she brings us through some popular spots to travel to in Sicily. Stay in the comfort of your home while being transported away to a beautiful place. We all have missed traveling this year, so join us on this virtual adventure. Email [Kelly.MacKay@andoverma.us](mailto:Kelly.MacKay@andoverma.us) for the registration link.



 **Thursday March 11 at 1:30pm—We All Hold the Key to Preventing Health Care Errors, Fraud, and Abuse** with Scott Simundza from Massachusetts Senior Medicare Patrol Program: Participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse for Andover Medicare and Medicaid beneficiaries  
**Meeting ID: 928 1868 8315      Passcode: JA5jAU**


**Friday, March 12 at 1:30pm—Poetry Reading :** Please join Caren and Kelly in sharing a piece of Poetry. Join our call to share a poem that inspires, motivates, and brings positivity to your mindset. This will be a round robin sharing opportunity for all poetry admirers.  
**Meeting ID: 970 1122 4450      Passcode: uc9YRr**



 **Wednesday, March 17 from 11:15 am to 1:55 pm - St. Patrick's Day Grab n' Go**  
 Register for your meal by March 12 by calling us at 978-623-8320. Only \$8 per meal. On March 17 we will place the food directly into your car.  
**Menu:** Corn Beef, Cabbage, Carrots and Potatoes      **Dessert:** Pistachio cake

**Thursday, March 18 at 2:00pm—What's Up with Downsizing? – with Nancy Patsios, SMM-C, owner of Sort It Out Boston:** Thinking about downsizing or planning a move? Learn about the many aspects involved and how to work through the challenges. Nancy understands the emotional and stressful tasks a downsizing project or move brings and has a genuine desire to help every client experience a smooth transition into a new chapter in life. We hope to see you there! Email [Kelly.MacKay@andoverma.us](mailto:Kelly.MacKay@andoverma.us) for registration link.



 **Wednesday, March 24 at 3:00pm—Digital Art and Character Development with Sakshi on Zoom.** Sakshi is an Andover High School Student who has created incredible pieces of art. She is willing to share some of her tips and tricks in regard to digital art and character development with us.  
**Meeting ID: 959 1366 5837      Passcode: 2f9QZu**



**Friday, April 2 at 1:30 pm - Spring 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 April 2 at 1:30pm for instructions. We look forward to seeing you there!





### Every Monday in March 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.

### English Listening Skills Series for Chinese Speakers—Every other Friday at 10:00 am starting March 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).

Scan the QR code using your device's camera to access the ESL Website or use this url:

[andoverscf.org/esl](http://andoverscf.org/esl)



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

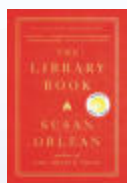


In this non-fiction book club we'll explore contemporary issues, history, biography, and more. During the winter months the meetings will be held via zoom. When the weather warms up, we'll meet outdoors. Please register for the meeting on [www.myactivecenter.com](http://www.myactivecenter.com) or by calling 978-623-8320. For any questions please contact Joanne at: [joannedahlgrenma@gmail.com](mailto:joannedahlgrenma@gmail.com).

### Monday, March 22 at 1:30 pm - Coffee & CONSTRUCTION

Join us for a Zoom presentation. We are only a few months away from opening our doors! There has been a lot of progress on the new Robb Center and we would love to share some pictures with you. This will be a presentation by Jane Burns our Director of Elder Services.

Meeting ID: 837 1646 2840 Passcode: Lu95Y5



### Thursday, March 25 at 1:30 pm on Zoom – Book Club

Join this wonderful group of people to discuss various different books. The book choice for March is The Library Book, By Susan Orlean. 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.

### Tuesday, April 20 at 10:30 on Zoom—Discovery Center for Civic Engagement: "Discover Your Purpose" Virtual Presentation

The Discovery Center for Civic Engagement in the Andover COA helps our participants to identify and secure meaningful volunteer work with a social purpose. Discover Your Purpose" provides a framework that focuses on purpose, connection and life balance and their positive impacts on health, longevity and happiness. Attendees gain an understanding of their own motivations and develop their own personal "Purpose Statements" through exercises that explore values, talents and interests during the seminar. Attendees will leave with a sense of how their personal meaning can benefit others through connected lives with purpose. Contact Ashley English, Volunteer Coordinator at 978-623-8320 to register and to receive log-in information.



# STAY ACTIVE STAY FIT

For any participation in Adventure Groups, participants must sign our waiver once a year (found on our website) and adhere to all COVID guidelines. For each hike, participants must register on MyActiveCenter or by calling us at 978-623-8320

**Women's Outdoor Adventure Group:** please contact Jane Gifun [fleecy.godmother@verizon.net](mailto:fleecy.godmother@verizon.net) to receive updates.

**March 25:** location TBD, weather permitting

**April 8:** location TBD, weather permitting

**Men's Outdoor Adventure Group:** please contact Don [dschroe@aol.com](mailto:dschroe@aol.com) to receive updates

**March 24:** Goldsmith Reservation: Parking at 491 S. Main St. This is a 3 miles hike.



Nature Walks with Evelyn will be starting up again in April. These walks occur every Friday at 9am, weather permitting. Meeting location is to be determined. All participants are required to sign a waiver for the year to participate. Waiver is found on our website.

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



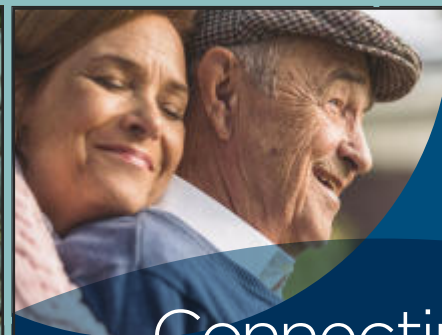
## re·tire'ment v. *living life on your own terms*

Who says you have to start slowing down?  
Be inspired. Be active. Be adventurous.  
Embrace the freedom of doing what you  
like and liking what you do at Edgewood.



**LEARN MORE:**  
**978-396-2153**  
**EdgewoodRC.com/Andover**

A NOT-FOR-PROFIT LIFECARE COMMUNITY  
IN NORTH ANDOVER, MA



## Connecting to What Matters

**That's the Benchmark Difference.**

Stay connected to the people, passions and things you love. It's a living experience shaped by over 20 years of proven experience.

**Call today to learn about Assisted Living and our Mind & Memory approach - 978.683.1300**



AT NORTH ANDOVER  
A Benchmark Senior Living Community

700 Chickering Road,  
North Andover MA  
978.683.1300  
[AshlandFarmAtNorthAndover.com](http://AshlandFarmAtNorthAndover.com)

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

**\$25 per 8 week session**



- ◆ 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.
- ◆ Spring Fitness Session Information will be in the April News & Views

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 (Clark Rd and Zoom)
Strength & Cardio	Tracy	Thursday 10:00 am	Zoom
Strength Training	Barbara	Friday 8:30 am	Zoom



**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.

**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.



## AARP TAX APPOINTMENTS



AARP Tax Preparation Appointments are currently full . We are creating a short waitlist for those trying to make appointments with us.

## TOWLE FUND IS HERE TO HELP

The purpose of the Towle Fund is to administer funds, bequeathed by the late Margaret G. Towle, to the Town of Andover for assistance to Andover residents in need of aid, comfort, or support on account of old age, disability, or unemployment.

Financial assistance is usually provided on a one time basis, in situations not covered by other government or private agencies.

Applications for funding are available on line at the Town of Andover website, through the town social worker, or through the Senior Center. Questions can be referred to the Towle Fund Board of Directors through the Town of Andover Treasurer’s office.



**Medical Transportation:** We continue to provide transportation to vital medical appointments. Please call 978-623-8335 to schedule an appointment. You must be an Andover resident.

**Transportation to Vaccine Clinics:** For appointments within the Merrimack Valley or Double Tree in Danvers, the Medical Transportation team is providing one-on-one transportation. Appointments must be during the week. Contact Ashley at (978) 623-8320 for more information.

**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:** Need a ride to a hair appointment or other errand? This is a Personal Ride Service that runs 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.

## HAVE A QUESTION?



**Ask the Lawyer—Monday, March 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, March 23, 9:30-10:30.** March 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, March 3 at 2:00pm—**Virtual Art Afternoons: Frida Kahlo: Love, Pain and Painting—presented by Jane Oneail. Jane will go beyond the artist’s famous facial hair and penetrating stare to explore her life and her work, particularly as it relates to the trolley accident she survived as a teen and her passionate and often tumultuous marriage to fellow artist Diego Rivera. Register on <https://mhl.org/>

**Thursday, March 25 at 2:00 pm—Arm Chair Travel** - A Virtual Galapagos Islands Adventure by Scott Santino. Scott is the Education Manager and Teacher Naturalist at the Ipswich River Wildlife Sanctuary in Topsfield. The Galápagos are one of the worlds most isolated archipelagos. Approximately 600 miles off the coast of Ecuador, this collection of volcanic islands are a nature lover's dream. Register on <https://mhl.org/>



## SUPPORT GROUPS

**Virtual Family Caregiver Support Group – Monday, March 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 March. 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.



**"THE BEST VALUE ON HEARING AIDS"**



**Andover  
Hearing Center, LLC**

Call For An Appointment Today!

**978-470-4500 • [www.andoverhearing.com](http://www.andoverhearing.com)**

*Free Hearing Aid Consultations*

11 Chestnut Street, Suite 6, Andover

I am HERE FOR YOU, when your loved ones can't be... Services include: Transportation, Grocery shopping and errands, Patient liaison, Medication reminders & reconciliation, Meal prep, Household chores, Companionship, Assist with paying bills and help to balance checkbook.

**PEGGY CONNOLLY • (781)424-7999 • [Hereforyou728@yahoo.com](mailto:Hereforyou728@yahoo.com)**

**honest, reliable, caring**

servicing the Merrimack Valley BONDED & INSURED

## March Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>8:30</b> Cardio Dance (Zoom)</p> <p><b>10:00</b> Nordic Walking (outdoors)</p> <p><b>1:30</b> Advanced Yoga (Clark &amp; Zoom)</p>	<p><b>2</b></p> <p><b>8:30</b> Taiji and Qigong (Clark &amp; Zoom)</p> <p><b>10:00</b> Strength &amp; Cardio (Zoom)</p> <p><b>1:30</b> Sit &amp; Get Fit (Clark &amp; Zoom)</p>	<p><b>3</b></p> <p><b>10:00</b> Strength &amp; Stretch (Zoom)</p> <p><b>11:00</b> Tech Program (Clark)</p> <p><b>2:00</b> Art Lecture with the Library</p>	<p><b>4</b></p> <p><b>8:45</b> Line Dancing (Clark &amp; Zoom)</p> <p><b>10:00</b> Strength &amp; Cardio (Zoom)</p> <p><b>1:30</b> Tech Program (Clark)</p>	<p><b>8:30</b> Strength Training (Zoom)</p> <p><b>10:00</b> "How to improve your English listening" (Zoom)</p> <p><b>1:00</b> Facts on COVID-19 Vaccine (Zoom)</p>
<p><b>8</b></p> <p><b>8:30</b> Cardio Dance (Zoom)</p> <p><b>10:00</b> Nordic Walking (outdoors)</p> <p><b>11:00</b> Non Fiction Book Club (Zoom)</p> <p><b>1:30</b> Advanced Yoga (Clark &amp; Zoom)</p>	<p><b>9</b></p> <p><b>8:30</b> Taiji and Qigong (Clark &amp; Zoom)</p> <p><b>10:00</b> Strength &amp; Cardio (Zoom)</p> <p><b>1:30</b> Sit &amp; Get Fit (Clark &amp; Zoom)</p>	<p><b>10</b></p> <p><b>10:00</b> Strength &amp; Stretch (Zoom)</p> <p><b>11:00</b> Tech Program (Clark)</p> <p><b>11:00</b> You, Me and Sicily! (Zoom)</p>	<p><b>11</b></p> <p><b>8:45</b> Line Dancing (Clark &amp; Zoom)</p> <p><b>10:00</b> Strength &amp; Cardio</p> <p><b>1:30</b> We Hold the Key with Scott Simundza (Zoom)</p> <p><b>1:30</b> Tech Program (Clark)</p>	<p><b>12</b></p> <p><b>8:30</b> Strength Training (Zoom)</p> <p><b>10:00</b>ACCC Gathering (Zoom)</p> <p><b>1:30</b> Poetry Reading (Zoom)</p>
<p><b>15</b></p> <p><b>8:30</b> Cardio Dance (Zoom)</p> <p><b>10:00</b> Nordic Walking (outdoors)</p>	<p><b>16</b></p> <p><b>8:30</b> Taiji and Qigong (Clark &amp; Zoom)</p> <p><b>10:00</b> Strength &amp; Cardio (Zoom)</p> <p><b>1:30</b> Sit &amp; Get Fit (Clark &amp; Zoom)</p>	<p><b>17</b></p> <p><b>10:00</b> Strength &amp; Stretch (Zoom)</p> <p><b>11:00</b> Tech Program</p>	<p><b>18</b></p> <p><b>8:45</b> Line Dancing (Clark &amp; Zoom)</p> <p><b>10:00</b> Strength &amp; Cardio (Zoom)</p>	<p><b>19</b></p> <p><b>8:30</b> Strength Training (Zoom)</p> <p><b>10:00</b> "How to improve your English</p>

1:30 Advanced Yoga (Clark & Zoom)	1:30 Sit & Get Fit (Clark & Zoom)	(Clark) <b>11:15-1:15 Grab n' Go : St. Patrick's Day</b>	1:30 Tech Program (Clark) <b>2:00pm What's Up with Downsizing</b> (Zoom)	listening" (Zoom)
22 8:30 Cardio Dance (Zoom) 10:00 Nordic Walking (outdoors) 1:30 Advanced Yoga (Clark & Zoom) 1:30 Caregiver Support Group 1:30 Coffee & Construction (Zoom)	23 <b>Annual Town Election Day</b> 8:30 Taiji and Qigong (Clark & Zoom) 10:00 Strength & Cardio (Zoom) 1:30 Sit & Get Fit (Clark & Zoom)	24 9:00 MOAG Hike 10:00 Strength & Stretch (Zoom) 11:00 Tech Program (Clark) 3:00 Digital Art and Character Development with Sakshi (Zoom)	25 8:45 Line Dancing (Clark & Zoom) 9:00 WOAG Hike 10:00 Strength & Cardio 1:30 Tech Program (Clark) 1:30 Book Club (Zoom) 2:00 Arm Chair Travel with the Library	26 8:30 Strength Training (Zoom) 10:00ACCC Gathering (Zoom)
29 8:30 Cardio Dance (Zoom) 10:00 Nordic Walking (outdoors) 1:30 Advanced Yoga (Clark & Zoom)	30 8:30 Taiji and Qigong (Clark & Zoom) 10:00 Strength & Cardio (Zoom) 1:30 Sit & Get Fit (Clark & Zoom)	31 10:00 Strength & Stretch (Zoom) 11:00 Tech Program (Clark)		<b>All programs are subject to change based on the needs of the community</b>



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.



# NEED ASSISTANCE WITH MEDICARE? SHINE CAN HELP!



## SHINE OFFERS FREE, UNBIASED, KNOWLEDGEABLE ASSISTANCE WITH ALL OF YOUR MEDICARE CHOICES!

Are you confused by all of the information you're receiving on Medicare Advantage plans, Medigap plans and prescription drug plans? Overwhelmed with mailings and solicitations from insurance companies? Are you concerned about making the right choice tailored to your specific needs? 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. 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](http://www.shinema.org) or the Massachusetts SHINE YouTube channel: [https://www.youtube.com/channel/UCS\\_D1jaKqzgOJIX0tI79qrg](https://www.youtube.com/channel/UCS_D1jaKqzgOJIX0tI79qrg)

# SPRING PIE FUNDRAISER

## ORDER DELICIOUS PIES TO HELP SUPPORT ASCF SPONSORED PROGRAMS AND EVENTS

**Order by March 24th**  
**Pick up at 23 Clark Rd., April 2nd from 1:00-3:00pm**  
**Each pie only \$12!**

To order go to [www.andoverscf.org](http://www.andoverscf.org) (or scan QR code on bottom left). Or mail in this order form with a check. Please make checks out to ASCF inc. and mail to PO 576 . Andover, MA 01810 Call Dana Mackay with any questions: 978-475-4451



		QUANTITY	PRICE	TOTAL
Name: _____	APPLE PIE	_____	\$12.00	_____
Phone Number: _____	BOSTON CREAM	_____	\$12.00	_____
Email address: _____	STRAWBERRY/RHUBARB	_____	\$12.00	_____
	LEMON MERINGUE	_____	\$12.00	_____
	TOTAL	_____		_____



COMMUNITY LIVING AT ITS BEST

Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

One Nichols Way  
Groveland, MA 01834  
Nichols-Village.com

CALL 978-372-3930

Bridges

EXPERT, LIFE-ENRICHING  
MEMORY CARE

BY EPOCH

MEMORY CARE ASSISTED LIVING  
AT ANDOVER

978.775.3161

Your Resource for Dementia Care,  
Support & Education

View Upcoming Events:  
MemoryCareAndover.com

254 Lowell Street  
Andover, MA 01810

     MASS RELAY 711

## Congdon Law Offices

Jerry S. Congdon, ESQ

Wills • Trusts • Probate • Real Estate • Elder Law

978.500.5978

WILL VISIT YOU  
IN YOUR HOME

1310 Main St., Tewksbury, MA 01876

Protect your **LARGEST** investment with a new roof.

Call Today!

978-670-4747

www.morganconstructionma.com

100 Iron Horse Park, N. Billerica, MA 01862

SENIOR ROOFING SPECIAL

UP TO \$750 OFF

Some restrictions apply. Call for details.  
Must mention this offer prior to sale.  
New clients only

REFERRAL BONUS

\$100 VISA GIFT CARD

When You Refer Morgan Construction - NO LIMIT!  
With any new referral that results in closed business.  
New clients only



We help seniors remain happy,  
safe, and comfortable at home.

 **Griswold**  
HOME CARE

Delivered with heart.™

978.912.7666 | GriswoldHomeCare.com

© 2019 Griswold International, LLC

Christopher R Buckley  
ATTORNEY AT LAW

Wills • Trusts • Probate  
Real Estate

Home visits available

978-689-0002

600 Andover St. Lawrence

 [chris@crbuckleylaw.com](mailto:chris@crbuckleylaw.com)

FROMME ANTIQUES

Restoration, Repair and  
Refinishing of Antique and  
Contemporary Wood Furniture

– Buying & Selling –

Lance Fromme, 23 Burton Farm Drive,  
Andover, MA 01810

[lfromme@comcast.net](mailto:lfromme@comcast.net)

[www.LanceFrommeAntiques.com](http://www.LanceFrommeAntiques.com)

By Appointment

(978) 475-7370 • (508) 397-7949

Thrive  
Locally


## Confused about Medicare Plans?

Open Enrollment? Turning 65?

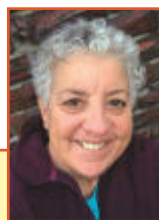
Let's compare health & prescription drug plans costs & benefits together  
How do you choose? Which is better for you? When can you switch plans?  
Compare Medicare Advantage, Medigap & PDP supplement plans  
Phone and virtual meetings • In person meetings available

Call 978-314-3760

NO APPLICATION, ENROLLMENT  
OR CONSULTING FEES CHARGED.

  
Deb Haley  
Certified Enrollment Broker/Agent MA, NH, VT & FL  
Licensed Health Insurance Broker - NPN#18509337

## Seen Your Feet



Hand and Foot Care for the older adult  
in the comfort of their own home

BARBARA ULLMAN RN  
MANICURIST- TYPE 3 #3090105 | FULLY INSURED

978-376-2433

seenyourfeet@gmail.com



Join us on Zoom for Coffee & Construction, Monday, March 22 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!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

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

Last day to order a brick is March 12th. Only 29 bricks left. First come, first served.

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)

**Senior Connections is preparing to transition back to the Robb Center this spring!** While we have enjoyed our time at Dundee Park, we are looking forward to all being at one location with the rest of the community and the Elder Services staff. The pandemic has changed so much in our everyday lives and it will be wonderful to get back to some sense of normalcy by returning the Robb Center. If you or a loved one are interested in learning more about Senior Connections, please reach out to Stephanie McSurdy at 978-623-8339 or [stephanie.mcsurdy@andoverma.us](mailto:stephanie.mcsurdy@andoverma.us).



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!





## Let Your Bright Life Shine

at Essex County's Premier  
Senior Living Community

Gorgeous community. Resort-like amenities. Choice and independence. No large entrance fees... The vibrant, carefree lifestyle you desire is waiting at Brightview North Andover. *Come live it.*

**BRIGHTVIEW**  
SENIOR LIVING  
NORTH ANDOVER

Call Eileen or Dave  
to schedule your  
personal visit.

**978.686.2582**

Independent Living • Assisted Living • Dementia Care

1275 Turnpike Street • North Andover, MA 01845  
[www.BrightviewNorthAndover.com](http://www.BrightviewNorthAndover.com)



# WELCOME HOME!

Call today for more information and to arrange your complimentary chef-prepared meal and personal tour!

**978-851-2063**

Seniors 60+ only please

**HEATHERWOOD**  
Gracious Retirement Living

1624 Main Street, Tewksbury, MA 01876

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Call Lisa Templeton to place an ad today!  
[ltempleton@lpiseniors.com](mailto:ltempleton@lpiseniors.com) or (800) 477-4574 x6377

Living Well & Loving Life - *Safely Together*



Now, more than ever, assisted living is a safe and engaging way of life for those who want to live without worry and may need a helping hand.

For more information  
contact Patty & Dina:

**978.664.2600**

[stonehillandover.com](http://stonehillandover.com)

**Stone Hill**  
at Andover

A SENIOR LIVING COMMUNITY  
MANAGED BY NORTHBRIDGE COMPANIES

Independent Living, Assisted Living & Avita Memory Care  
141 Elm Street in Andover, MA



The Law Offices of  
Kimberly Butler Rainen

Offering Personalized, Affordable Estate  
Planning Services Right in the Heart of Andover.

68 Main Street, Suite 4, Andover

**(978) 409-1928**

[www.ButlerRainen.com](http://www.ButlerRainen.com) • [kbr@butlerrainen.com](mailto:kbr@butlerrainen.com)



*Please support our  
advertisers and  
mention you saw  
their ad here.*



**BEAR MOUNTAIN**  
HEALTHCARE  
AT ANDOVER

Formerly Wingate at Andover

Short Term Rehab  
Long Term Care  
Special Respite rates

Caring for your loved one  
with respect, honesty,  
communication and  
emotional support

80 Andover St. Andover

**978-470-3434**

[www.bearmountainhc.com](http://www.bearmountainhc.com)  
Accepting most major insurances



On February 5th, our team, volunteers, and friends all took part in National Wear Red Day to Raise Awareness for Women's Heart Health.



## BURKE-MAGLIOZZI FUNERAL HOME

390 North Main Street • Andover, MA 01810

Gracious Facility • Personalized Funerals for all Faiths • Pre-need Specialists on Site

Joel J. Maglioizzi • Garry A. Burke

978-475-5200

WWW.BURKEMAGLIOZZI.COM

## HomeWell<sup>®</sup>

CARE SERVICES

Personalized, Cost Effective Care  
In the safety of your own home

Post Surgery & Rehab  
Meals • Bathing • Toileting  
Light Housekeeping • Dementia Care  
4 Hour Minimum • Bonded & Insured

978-409-2729

Ask about our Veterans programs  
[www.homewellcares.com/Andover](http://www.homewellcares.com/Andover)

# NEVER MISS A BULLETIN !

Sign up to have our weekly parish bulletin emailed to you at [www.parishesonline.com](http://www.parishesonline.com)

