



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

CONTACT INFORMATION

Phone: 978.623.8320

Info Line: 978.623.8302

Email: seniorcenter@andoverma.gov

Web: andoverma.gov/seniorcenter



AndoverSeniorCenter



the_robb_center

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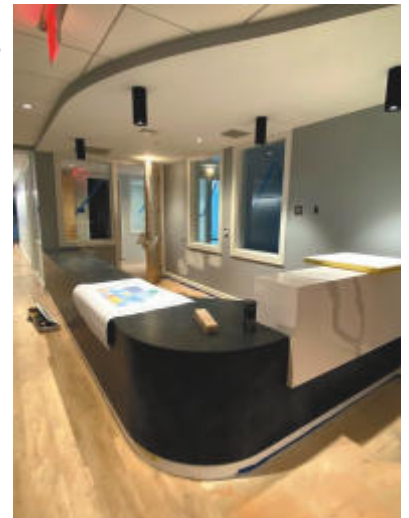
Frank Melendez, Chef

fmelendez@andoverma.gov



WELCOME TO THE ROBB CENTER...it has been 17 long months since we closed up shop and moved to 3 temporary locations. I am delighted to announce in May we will be back and beginning the process of safely opening our doors. We are packing boxes and making plans. There is no official date and it will be a few weeks before we have that date but the finish work is wrapping up

and the furniture is on its way. During the coming months, we are excited to be introducing some new programming. Aging Mastery Program and a Fitness Center are among two additions in the works. We are also looking at some more art programs and even a movie club. When we do return, folks will still be required to wear a mask and social distance even if you have been vaccinated. Stay tuned during the month for updates and notices about the return to the Center.



We're here to get you there...

Many of us are still in need of getting the Covid vaccine and continue to struggle finding an appointment. **Be persistent and patient!** Unfortunately, we are unable to hold clinics in Town (unless there is a change of course by the State) but more and more regional appointments will be available. If you have an appointment but need a ride, make sure to call us. Our Med Trans drivers are vaccinated and ready to help you out Monday—Friday.

The bus is running to grocery shopping each week and Townie trips are back. Give Shawna a call if you are ready to venture out.



**Andover
Elder Services**

We are moving this month into the Robb Center! While we organize and plan, we are limiting the amount of programming we are doing. We cannot wait to welcome you to the new Robb Center!



Tuesday, April 6 at 10:00 on Zoom—Planning for Medicare Countdown to 65 presented by Blue Cross Blue Shield of Massachusetts: If you're getting close to Medicare eligibility, this seminar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions.

Registration link:

https://well-b.zoom.us/webinar/register/WN_Gw5jActET1SwM7VX_o9lhA



Wednesday, April 18 at 1:30 on Zoom- Why do I need Prescription Advantage?

Even if you have a Medicare Part D plan or coverage from a former employer, there many reasons to join Prescription Advantage, including:

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap also known as the "donut hole;"
- It allows you to change your Medicare plan outside of Medicare's open enrollment; and at certain income levels it's **FREE!**

Kathy Devine from the Massachusetts Executive Office of Elder Affairs will explain how Prescription Advantage can lower your Prescription Drug costs. *You don't want to miss this important presentation!*

Email Kelly.MacKay@andoverma.us to receive the registration link



**Executive
Office of
Elder
Affairs**

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.



Are you interested in presenting at the new Robb Center? If you are an expert in a hobby, subject, or interesting trade and you would like to share your knowledge, please let us know! Call or email Kelly at 978-623-8372 or Kelly.MacKay@andoverma.us

Every Monday in April 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. Space is limited.

**English Listening Skills Series for Chinese Speakers—Every other Friday at 10:00 am starting April 2, 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.

Scan the QR code using your device's camera to access the ESL Website or use this url: andoverscf.org/esl


**Monday, April 12 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 colder 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 or by calling 978-623-8320. For any questions please contact Joanne at: joannedahlgrenma@gmail.com.



 **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 for the weekly updated free link.

Thursday, April 26 at 1:30 pm on Zoom – Book Club

 Join this wonderful group of people to discuss various books. The book choice for April is *The Book Woman of Troublesome Creek* by Kim Michele Richardson. To register, go to www.myactivecenter.com or contact Andover Elder Services at (978) 623-8320. Books are available for pick-up.

Monday, April 26 at 1:30 pm—Virtual Family Caregiver Support Group on Zoom.

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 April. If you need any assistance or support, please reach out to Kristine Arakelian at 978-623-8320.

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 for updates.

April 8: location TBD, weather permitting

April 22: location TBD, weather permitting

Men's Outdoor Adventure Group: please contact Don dschroe@aol.com for updates.

April 7: Shawsheen River Reservation, Andover. Park on Abbot Bridge Dr. next to Central St.

April 21 : West Parish, Indian Ridge, Bakers Meadow. Park outside cemetery arch at West Parish Cemetery main entrance off Reservation Rd and Lowell St. Cemetery main entrance off Reservation Rd Lowell St.



Nature Walks with Evelyn will be starting up again in April. These walks occur every Friday at 9am, weather permitting. The first walk will be April 2nd at 9:00am at 23 Clark Rd. All participants are required to sign a waiver for the year to participate.

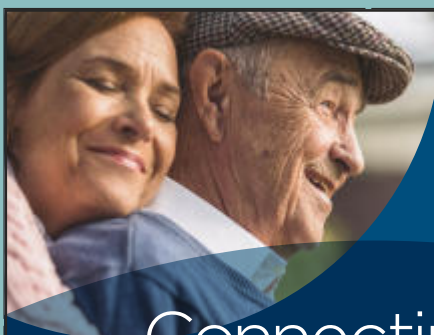
Podiatry Appointments: Wednesdays at 23 Clark Rd. Please contact Andover Elder Services for an appointment (978) 623-8320.



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Spring Fitness Session I: April 12 to June 4

\$25 per 8 week session



- ◆ Due to the unpredictability of moving, we are **only holding classes on Zoom or outside for this session.**
- ◆ Registration for this session opens **March 29th.** Register by going to our website at <https://andoverma.gov/227/Elder-Services> and filling out Elder Services Event Registration Form 2021
- ◆ The registration process includes filling out a waiver on our website and paying cash, check, or credit card over the phone.
- ◆ Classes will be held for 8 weeks. Monday classes will only be held for 6 weeks due to Holidays.

Class	Instructor	Day and Time	Location
Cardio Dance	Doreen	Monday 8:30 am	Zoom
Nordic Walking	Denise	Monday 10:00 am	In-Person Outdoors
Advanced Yoga for Beginners	Pat	Monday 1:30 pm	Zoom
Tai Chi and Qigong for Health	Meg Holmes	Tuesday 8:30 am	Zoom
Strength & Cardio	Tracy	Tuesday 10:00 am	Zoom
Sit & Get Fit	Denise	Tuesday at 1:30pm	Zoom
Men & Women in Motion	Denise	Wednesday at 9:00am	Town Lawn
Strength and Stretch	Tracy	Wednesday 10:00 am	Zoom
Line Dancing	Val	Wednesday at 1:30pm	Rec Park (April 21st on Zoom)
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.



PRESCRIPTION TAKE BACK DAY

Saturday, April 24, 2021 – Drug Enforcement Agency National Drug Take Back Day

West Elementary School, 58 Beacon St., 10:00am – 2:00pm

Residents are encouraged to gather expired, unused and unneeded medication and dispose of them in a safe manner.

The medication disposal is completely anonymous and free of charge for residents.

Any questions contact Andover Police Officer Robin Cataldo at 978-475-0411 x1004



MEDICARE FRAUD DIVISION

Office of the Massachusetts Attorney General: Maura Healey

Report Medicaid Fraud



Protecting citizens of the Commonwealth by investigating and prosecuting Medicaid providers that commit health care fraud. In 2020, the Medicaid Fraud Division recovered over 32 million dollars in civil and criminal penalties. This fraud was perpetrated by providers such as doctors, transportation companies, labs, home healthcare workers and nursing homes. MFD also investigates and prosecutes physical or financial abuse committed against any Medicaid member by a health care provider, in a nursing home, health care, home health, or community based setting.

MFD Hotline 617-963-2360 www.mass.gov/attorney-generals-Medicaid-fraud-division



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.



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.

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.

HAVE A QUESTION?



Ask the Lawyer—Monday, April 19. 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, April 27 9:30-10:30. April 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, April 7 at 2:00pm—Virtual Art Afternoons: Introduction to Frank Lloyd Wright and NH's Zimmerman House. This interactive presentation, led by art educator, Jane Oneail, will offer an introduction to Wright's career and explore his final house type, the Usonian, in depth, with special emphasis on the Zimmerman House in Manchester, NH.

Register on <https://mhl.org/>

Thursday, April 7 at 9:30 am—50+ Job Seekers Networking Group of Greater Lowell

If you are unemployed and actively looking, underemployed, seeking a new career direction, re-entering the job market after a long employment gap, or recently retired and looking for your "Encore Career", this networking group program is perfect for you.

Register on <https://mhl.org/>

INTERESTED IN PLAYING GOLF?

Interested in joining a group of seniors to play golf? We gather each Tuesday until we see snow. Our tee times begin at 7:15am. Both Men and Women are invited to play. This year's outings will start Tuesday May 11, 2021. If interested please email Tom Ciaccia at TJCMIC@ATT.NET or call 978-902-9744 .

The Golf Course requires tee times so you must email Tom to obtain a tee time. This golf club plays at the Tewksbury Country Club.



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April Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>8:30 Cardio Dance (Zoom) 9:00 Nature Walk 10:00 Nordic Walking (outdoors) 1:30 Advanced Yoga (Clark & Zoom)</p>	<p>Programs are subject to change based on the needs of the community</p> <p>8:30 Taiji (Clark & Zoom) 10:00 Strength & Cardio (Zoom) 10:00 Planning for Medicare BCBS (Zoom) 1:30 Sit & Get Fit (Zoom)</p>	<p>9:00 MOAG 10:00 Strength & Stretch (Zoom) 11:00 Tech Program (Clark)</p>	<p>10:00 Strength & Cardio (Zoom) 1:30 Tech Program (Clark)</p>	<p>8:30 Strength Training 9:00 Nature Walk 10:00 "How to improve your English"</p>
<p>8:30 Cardio Dance 9:00 Nature Walk 10:00 Nordic Walking (outdoors) 11:00 Non-Fiction Book Club (Zoom) 1:30 Advanced Yoga</p>	<p>8:30 Taiji (Zoom) 10:00 Strength & Cardio (Zoom) 1:30 Sit & Get Fit (Zoom)</p>	<p>9:00 Men & Women in Motion (lawn) 10:00 Strength & Stretch 11:00 Tech Program 1:30 Prescription Advantage Discussion</p>	<p>10:00 Strength & Cardio (Zoom) 1:30 Tech Program (Clark)</p>	<p>8:30 Strength Training (Zoom) 9:00 Nature Walk 10:00 "How to improve your English" (Zoom)</p>

<p>(Zoom)</p> <p>Patriots Day</p>	<p>19</p> <p>8:30 Taiji (Zoom) 10:00 Strength & Cardio (Zoom) 10:30 Discovery Center (Zoom) 1:30 Sit & Get Fit (Zoom)</p>	<p>20</p> <p>9:00 MOAG 9:00 Men & Women in Motion (lawn) 10:00 Strength & Stretch (Zoom) 11:00 Tech Program (Clark) 1:30 Line Dancing (Zoom)</p>	<p>21</p> <p>9:00 WOAG 10:00 Strength & Cardio (Zoom) 1:30 Tech Program (Clark)</p>	<p>22</p> <p>8:30 Strength Training (Zoom) 9:00 Nature Walk 10:00ACCC Gathering (Zoom)</p>
<p>(Zoom)</p>	<p>26</p> <p>8:30 Cardio Dance 9:00 Nature Walk 10:00 Nordic Walking (outdoors) 1:30 Advanced Yoga (Zoom) 1:30 Virtual Caregiver Support Group</p>	<p>27</p> <p>8:30 Taiji (Zoom) 10:00 Strength & Cardio (Zoom) 1:30 Sit & Get Fit (Zoom)</p>	<p>28</p> <p>9:00 Men & Women in Motion (lawn) 10:00 Strength & Stretch (Zoom) 1:30 Line Dancing (Rec Park)</p>	<p>29</p> <p>10:00 Strength & Cardio (Zoom) 1:30 Book Club</p>
<p>Listening (Zoom)</p>	<p>23</p> <p>8:30 Strength Training (Zoom) 9:00 Nature Walk 10:00ACCC Gathering (Zoom)</p>	<p>30</p> <p>8:30 Strength Training (Zoom) 9:00 Nature Walk 10:00 “How to improve your English listening” (Zoom)</p>	<p>30</p> <p>8:30 Strength Training (Zoom) 9:00 Nature Walk 10:00 “How to improve your English listening” (Zoom)</p>	<p>30</p> <p>8:30 Strength Training (Zoom) 9:00 Nature Walk 10:00 “How to improve your English listening” (Zoom)</p>



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THANK YOU VOLUNTEERS



April is National Volunteer Month!

We are grateful to have the most dedicated and enthusiastic volunteers around. Your service and support truly makes a difference. For all that you've done and continue to do for the community, we thank you!

Stay tuned for more information on plans to celebrate following our move to the Robb Center!

RECENT AES PICTURES



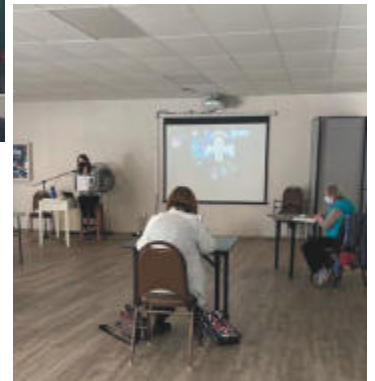
Our drivers and kitchen staff working hard at the Grab n' Go!

Hybrid Sit & Get Fit fitness class with Denise



Hybrid Cooking Demonstration with Bridges by EPOCH

New Technology Literacy Pilot Program



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Shows air on Andover TV : Channel 47 - Verizon, Channel 8 – Comcast check us out.

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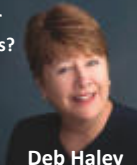
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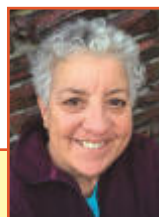
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There are several openings on the FRIENDS board. If you are interested in participating you can contact Dana MacKay 978-475-4451. Want another way to support us? Make your Amazon purchases through AmazonSmile (smile. Amazon.com) and enter the name 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.

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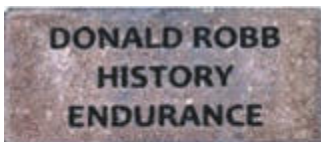
	Qty	Price	Total	Name: _____
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6" Impatiens	_____	\$8.99	_____	Email: _____
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Grand Total			_____	

To order mail this form with a check to **ASCF Inc. at P.O. Box 576, Andover MA**
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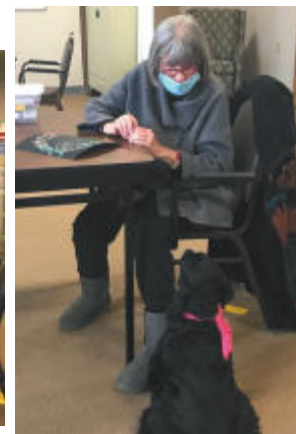
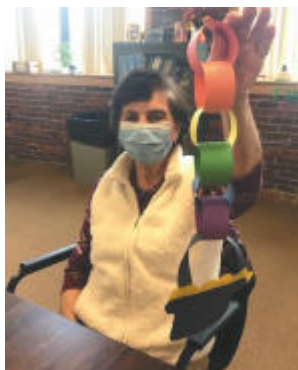
Plants supplied by
Konjoian's Greenhouse

Pave the Patio of the Robb Center



The campaign to Pave the Patio was an enormous success! To all who purchased engraved bricks on the Robb Center patio, the Andover Senior Community Friends and the Andover Senior Center Renovation Capital Campaign Committee would like to extend their most heartfelt "Thank You!"

Spring brings wonderful things! Senior Connections is expected to move to the Robb Center this month and we could not be more excited! The Robb Center will offer many new opportunities and programming for our participants. The wellness and fitness centers, the arts & crafts room, game room, and recreation room will allow participants to engage in new activities and to create new friendships as well. Senior Connections has also received a grant from the Massachusetts Council on Aging to purchase 12 Amazon Fire Tablets in order to teach our participants some basic technology skills. Over the past year we've seen how much society relies on technology to communicate by email, video calls, text messages, etc. We hope that these skills will allow you to maintain relationships with those you may not talk to or see often. We can't wait to begin this new journey! If you or a loved one 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.

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



Access previous Andover Elder Services Programs on AndoverTV using this URL: <http://andovertv.org/elder-services>



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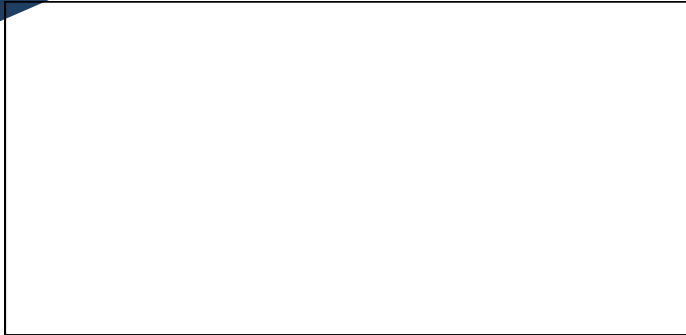
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