



NEWS & VIEWS

LOCATION 30 WHITTIER COURT ANDOVER, MA 01810

Monday - Friday 8 am - 4 pm (by appointment only)

CONTACT INFORMATION

Phone: 978.623.8320

Info Line: 978.623.8302

Email: seniorcenter@andoverma.gov

Web: andoverma.gov/seniorcenter



AndoverSeniorCenter



the_rob中心

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Happy Mother's Day! I would like to wish all the mothers, aunts, sisters, friends and anyone who has taken on the mothering role a happy, healthy Mother's Day. I am blessed with the best mom ever and I am grateful for her love and support. Check out our Mother's Day program on page 3.

Return to the Robb Center... it has been 18 long months since we closed up shop and moved to several temporary locations. We are grateful to our wonderful hosts. Both the larger sites at the Ballard Vale United Church and Dundee Park and also the Library, Bridges at Epoch and Stonehill Assisted Living who housed individual programs.

The Staff has returned to the Robb Center and will be slowly, safely welcoming back the Community. **Due to Covid restrictions, the Center is not open to the general public.** As with all municipal buildings, to enter you will need an appointment/reservation. All safety protocols continue to be in place including mask wearing and social distancing. It will not be a requirement to be vaccinated, but we encourage folks to get vaccinated when able.



During the summer months, we are excited to be introducing some new programming. The Aging Mastery Program and a Fitness Center are among two additions in the works. Stay tuned during the month for updates and notices about the return to the Center.

Finally, please also join me in welcoming Alex Cassell our Fitness Intern and Nina D'Agostino our Office Assistant to our Elder Services team. We are excited to see some fresh faces with new ideas.

- Jane Burns, Director of Elder Services



**Andover
Elder Services**



For all in-person programming, you must register on MyActiveCenter.com or by calling us. Many of these programs have a limit on participation. Masks must be worn and everyone must maintain social distancing whenever possible. We are working on getting many of our clubs and groups back to the Robb Center as soon as possible. Please bear with us as we navigate this process. When in-person indoor programming can return, we will let you know.

Monday, May 10 at 11:00 am —Non-Fiction Book Club Outdoors:

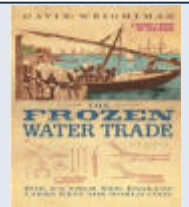
In this non-fiction book club we'll explore contemporary issues, history, biography, and more. In May, we are planning to meet outdoors. We will utilize Zoom if the weather does not co-operate. Please register for the meeting on www.myactivecenter.com or by calling 978-623-8320. For any questions please contact Joanne at: joannedahlgrenma@gmail.com.



Monday, May 17 at 1:30 pm—Family Caregiver Support Group Outdoors:

Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources. Please contact Ashley English at 978-623-8335 to register. Weather permitting, subject to change.

Thursday, May 27 at 1:30 pm—Book Club Outdoors: Join this wonderful group of people to discuss various books. The book choice for May is, *The Frozen Water Trade: A True Story* by Gavin Weightman. To register, go to www.myactivecenter.com or contact Andover Elder Services at 978-623-8320. Books are available for pick-up.



Outdoor Adventure Groups—For any participation in Adventure Groups, participants must sign our “Elder Services Event Registration Form” once a year (found on our website, <https://andoverma.gov/227/Elder-Services>) and adhere to all COVID guidelines. For each individual hike, participants must register on www.myactivecenter.com or by calling us at 978-623-8320

Women’s Outdoor Adventure Group: please contact Jane Gifun fleecy.godmother@verizon.net for updates.

May 6: Stevens Estate

May 20: South School & Woods

Men’s Outdoor Adventure Group: please contact Don dschroe153@aol.com for updates.

May 5: Skug and Hammond Reservations, Andover Parking area next to 323 Salem St.

May 19 : Steven Coolidge House & Garden, North Andover. 3 Osgood St. (old center, park along common just off Andover St.)



Nature Walks with Evelyn- These walks occur every Friday at 9am, weather permitting. All participants are required to sign a waiver for the year to participate. Please sign up at www.myactivecenter.com or by calling 978-623-8320.

Register for our Tea & Terrarium Mother's Day Zoom Celebration!

This will be a Zoom call on Friday, May 7 at 1:30pm.

We will distribute Tea & Terrarium kits to those who register. We will join together on May 7 on Zoom to drink our tea and create our terrariums together.

Kits are limited. Register by calling us or going on MyActiveCenter.com

This program is sponsored by the Andover Senior Community Friends!

**Mondays at 1:00pm on Zoom - Short Stories Group**

Join a dedicated group of short story enthusiasts to read and discuss *The Great American Mysteries of 2020*. 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.



Wednesday, May 5 at 1:30pm - Bees & Your Environment by Thomas Rando on Zoom: Join us to learn about the history, evolution, and social structure of Bees. Tom will also discuss bee products and how we play an important role in keeping bees around. Please email Kelly.MacKay@andoverma.us to receive a registration link.

**Wednesday, May 12 at 1:30pm—Financial Challenges in Retirement on**

Zoom: Presentation by the Andover Mentors. The Mentors will discuss planning & budgets, investing & saving, and what can go wrong. Email Kelly.MacKay@andoverma.us to receive a registration link.



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

**Every other Friday at 10:00 am starting May 14, 2021—English Listening Skills Series for Chinese Speakers-**

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





It's that time of year again! Enrollment/renewal for the SCRPT Program.

- Those interested in joining should contact Ashley English, Volunteer Coordinator, at 978-623-8320 for phone interview.
- If you are currently enrolled in the SCRPT Program, an email will be sent to you with an attached FY22 Renewal Application. Volunteers without email can request forms by contacting Ashley. Deadline to enroll is Tuesday, June 30th at 12pm. Please complete all application forms and mail to:

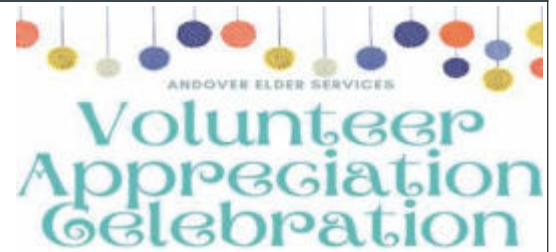
Town of Andover
 Elder Services SCRPT Program
 36 Bartlet St. Andover, MA 01810

TOWN OF ANDOVER

SCRPT PROGRAM

Senior Citizen Residential Property Tax Work-off Program

Volunteer Appreciation Celebration: We're excited for the opportunity to recognize our wonderful team of volunteers this month! Invitations and event details are on their way by mail and email. To RSVP, please contact Ashley at 978-623-8335



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Registration for the groups and activities below is not open yet. As things change, we will update you by Newsletter, Email Blasts, and Facebook posts. Thank you for your patience.

Congregate Lunch — We are very excited to welcome folks back to join us at lunch time. Stay tuned for Congregate Lunch information in the June newsletter.



Mondays at 9:00am, start date TBD —Quilting Group: Join a group of dedicated quilters to share tips and tricks. Registration is required, space is limited.



Mondays 9:15am, start date TBD—Rhythm Aires: Our first meeting will be a discussion on how this group will operate. Rhythm Aires is a costumed choreographed chair dancing group with tambourines to lively fun music (blue grass, dixie, etc.) No experience needed, just bring a joyful attitude and we'll teach you the rest. Good exercise, lots of laughs, performing as ready. Registration is required, space is limited.



Tuesdays at 10:00am, start date TBD — Aging Mastery Program: We are thrilled to offer this National Council on Aging's evidence based program at the Robb Center. This program is a comprehensive and fun program that empowers older adults to take key steps toward positive behavior change. More information on page 10.



Wednesdays at 9:00am, start date TBD —Comfort Critters: Join a group of crafters that create little "comfort critters" that get donated to hospitals. Registration is required, space is limited.

Wednesdays at 10:30am, start date TBD —The Write Stuff: Join this group to write novels, poems and more. Registration is required, space is limited.



Fridays at 8:30am, start date TBD—Le Petit Dejeuner, the French Conversation Group: Enjoy speaking French? Join this group to have enjoyable conversation with friends in French! Registration is required, space is limited.



Thursday, June 17th at 10:00am—Dull Men's Club: No strings attached, no skills required. Join a group of men to enjoy and discuss the simple, everyday, run of the mill things. DMCs traditionally meet monthly to enjoy each others company, have some coffee, and every now and then, do something fun. Registration is required, space is limited.

Thursday, June 10th at 1:30 pm—Parkinson's Disease Support Group: This group meets the 2nd Thursday of the month between September-June (July & August off). June's meeting will be facilitated by Kristine Arakelian, LCSW, MPH, Outreach Coordinator and will provide a setting for participants to openly share concerns, suggestions and challenges. Registration is mandatory and Covid guidelines will be followed. Please register by calling 978-623-8320. For information about the group, please contact Kristine.

Blood Pressure Clinics: We are planning on resuming our Blood Pressure Clinics with the Andover Board of Health. These will take place in the health office at the Robb Center. Appointments will be required. Appointments are not available yet, keep an eye out for more information



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.



Podiatry Appointments: Wednesdays at The Robb Center. Please contact Andover Elder Services for an appointment 978-623-8320.



Ask the Lawyer—Monday, May 17: 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. Appointments will be in-person starting in June.



Need Help with Medicare? SHINE Can Help!

The SHINE program is a federally funded, free counseling program for current and future Medicare beneficiaries. We are staffed by trained counselors who will offer you an unbiased review of all your Medicare insurance choices, questions and concerns. Due to COVID-19, counselors are available for one on one appointments by phone, e-mail, or possible video conferencing. Please contact Ashley English at 978-623-8320 to schedule an appointment.



It's Back! - Let's Go Shopping: Wednesday, May 26th 10:00-2:00. Call 978-623-8320 to



reserve a spot on our new bus. We are going to North Reading Plaza. Shop at Walmart, Marshalls, and the Dollar Tree.

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.

BROWN BAG

Tuesday, May 25 9:30-10:30: This once a month service provides a bag of shelf stable groceries for those already approved. Eligibility cards must be presented at pick-up. May Brown Bag will be picked-up from the Robb Center (30 Whittier Court). You must have an arranged pick-up time to be let into the building.

Applications available through Elder Services of the Merrimack Valley. 978-683-7747.



A MESSAGE FROM YOUR TOWN CLERK

The Town departments and the School Department have collaborated to make possible during this challenging time the continuation of two important Andover traditions. On Saturday, June 5th, Annual Town Meeting will be held outdoors under a tent in the field behind West Middle School at 70 Shawsheen Road. Two days later on Monday, June 7th, the Andover High School Graduation will be held at the same location.

Both events will be held under two connected tents that allow for more than 1,200 residents to gather safely. Chairs will be socially distanced; check-in will be diffused to avoid crowding; and audio-visual equipment will be in place to allow attendees to see and hear the important programs of both these events. Because of collaboration between the Town and the schools, we are able to hold both events safely and without regard to weather.

Additional information about Annual Town Meeting will be forthcoming and available on the Town's website. A Finance Committee Report will be mailed to each household, and information about the Town Meeting warrant and particular articles will be available on the Town's website (<https://www.andoverma.gov/>) and through public forums. The Andover High School Graduation will begin at 4:30 pm on June 7th. A communication will be sent out shortly highlighting the Graduation program to the Class of 2021.

June is customarily a time when the community – our families and neighbors – celebrate the start of summer. This June will have added importance as the onset of warmer weather and additional COVID-19 vaccinations herald a slow return to normalcy. In this environment, it is important that the community gather to honor its civic and academic traditions.



MHL LIBRARY EVENTS

Tuesday, May 18 at 7pm: Virtual Field Trip: Artifacts from the Public Health Museum: The Stories They Tell From Our Past History of Disease. We'll take a virtual walk through the museum and learn how selected artifacts from the museum's collection played a significant role to treat and mitigate disease before the discovery of vaccinations and antibiotics. Register on the Library's website: <https://mhl.org/>



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May Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 Cardio Dance (Zoom) 10:00 Nordic Walking (outdoors) 1:30 Advanced Yoga	4 8:30 Tai Chi for Health (Zoom) 10:00 Strength & Cardio (Zoom) 1:30 Sit & Get Fit (Zoom)	5 9:00 MOAG 9:00 Men & Women in Motion 10:00 Strength & Stretch 1:30 Line Dancing 1:30 Bees & Your Environment (Zoom)	6 9:00 WOAG 10:00 Strength & Cardio (Zoom)	7 8:30 Strength Training 9:00 Nature Walk 10:00 ACCC Gathering (Zoom) 1:30 Mother's Day Craft Kit
10 8:30 Cardio Dance (Zoom) 10:00 Nordic Walking (outdoors) 10:00 Non-Fiction Book Club (outdoors) 1:30 Advanced Yoga	11 8:30 Tai Chi for Health (Zoom) 10:00 Strength & Cardio (Zoom) 1:30 Sit & Get Fit (Zoom)	12 9:00 Men & Women in Motion 10:00 Strength & Stretch 1:30 Line Dancing 1:30 Financial Challenges In Retirement (Zoom)	13 10:00 Strength & Cardio (Zoom)	14 8:30 Strength Training (Zoom) 9:00 Nature Walk 10:00 "How to improve your English listening" (Zoom)
17 Ask the Lawyer (by phone)	18 8:30 Tai Chi for Health (Zoom) 10:00 Strength & Cardio	19 9:00 MOAG 9:00 Men & Women in Motion (lawn)	20 9:00 WOAG	21 8:30 Strength Training

<p>8:30 Cardio Dance 10:00 Nordic Walking (outdoors) 1:30 Advanced Yoga 1:30 Family Caregiver Support Group (outdoors)</p>	<p>10:00 Strength & Cardio (Zoom) 10:30 Andover Senior Community Friends Meeting 1:30 Sit & Get Fit (Zoom)</p>	<p>10:00 Strength & Stretch (Zoom) 1:30 Line Dancing (Rec Park)</p>	<p>10:00 Strength & Cardio (Zoom) 9:00 Nature Walk 10:00 ACCC Gathering (Zoom)</p>
<p>8:30 Cardio Dance 10:00 Nordic Walking (outdoors) 1:30 Advanced Yoga (Zoom)</p>	<p>8:30 Tai Chi for Health 9:30 Brown Bag Distribution 10:00 Strength & Cardio 1:30 Sit & Get Fit (Zoom)</p>	<p>9:00 Men & Women in Motion (lawn) 10:00 Let's Go Shopping 10:00 Strength & Stretch 1:30 Line Dancing (Rec Park)</p>	<p>8:30 Strength Training 9:00 Nature Walk 10:00 "How to improve your English listening" (Zoom)</p>
<p>31 Memorial Day </p>	<p>On Memorial Day, we honor and mourn our military personnel who are no longer with us. We thank them and their families for their sacrifice and dedication to our country. "May we never forget, freedom is not free."</p>		



We have greatly improved our email communication. If you would like to receive bi-weekly updates about Andover Elder Services via email, please email Kelly.MacKay@andoverma.us. You will be added to our email blasts.

SUPPORT OUR ADVERTISERS!



AGING MASTERY PROGRAM

We are thrilled to announce that we will be hosting an Aging Mastery Program (AMP) at the Robb Center!



AMP is a ten week program that encourages mastery of sustainable behaviors that will lead to improved health, stronger financial security, and overall well-being. The AMP core curriculum covers 10 topics. The classroom experience is a mix of didactic and interactive learning with an emphasis on peer-to-peer interaction. Older Adults that have participated in this program have found an increase in their social connectedness, physical activity levels, healthy eating habits, use of advanced planning, and adoption of several other healthy behaviors. Keep an eye out for our registration. We are really looking forward to starting this program with you.

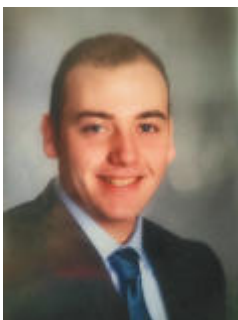


WELCOME NINA

We are thrilled to Welcome Nina to our team as one of our Office Assistants. Nina has been volunteering with Andover Elder Services since 2016. She is wonderful at talking to folks and always getting them the right information. Nina emigrated from the United Kingdom as a young adult. In her professional career, she worked in the Tech field in New York City. She married the cute 'Italian' fellow at the desk next to her, and raised two children in New York. Nina became semi-retired in North Carolina before moving to Andover. She has been living in Andover for seven years now. Welcome Nina!



MEET OUR FITNESS GRADUATE STUDENT



Alex Cassell was born in Peru, Illinois, adopted to Lexington MA where he was raised. All his life he was surrounded by health problems of differing variables between family and friends. At the age of 16 he found himself at the Dr.s with his own obesity issue. Taking matters into his own hands he hired a trainer that sparked his passion for helping people like himself. This led him to an undergraduate program in Sports Medicine at Merrimack College, where he got his degree. Since then he has worked in a myriad of fitness positions ranging from private to "Big Box" gyms, and has specialty certifications in TPI Golf and Corrective Exercise. With recent times and there being a pause in the world, Alex has resurfaced himself back at Merrimack for a Masters in Exercise Science. He hopes one day help a close friend of his (Dr. U) bridge the gap of her psychiatric practice with physical care. "I truly believe that you can heal your mind by healing your body". Currently Alex is living in Chestnut Hill, MA where he works out at the local BSC in Wellesley and still regularly goes and sees his family back home. On his free time he makes and produces music with a background of 20 years of percussion. "Become your healthiest self" -Dr. M

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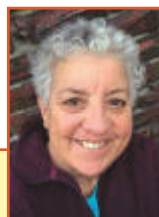
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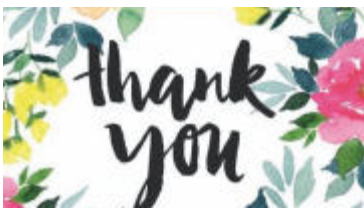
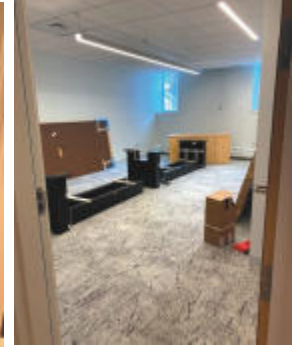
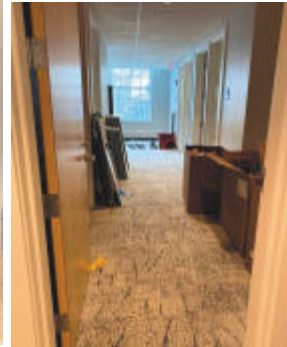
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Andover Senior Center, Andover, MA 06-5052

As construction draws to a close, we would like to thank the Andover community for their generous support. The construction of the Center would not have been possible without the countless organizations and individuals who gave their time and money towards this project. There are too many to mention everyone by name here; however, a special thank you goes to Paul and Dana MacKay (pictured below) who spearheaded the fundraising efforts and worked tirelessly at ensuring the community has a Senior Center deserving of the Robb Family name.



The Friend's want to say a big "Thank you" to all who supported Andover Senior Community Friends Spring Pie fundraiser (and enjoyed a delicious confection at the same time). Our Spring Pie fundraiser was a great success and so many of our patrons requested we do it again that we've decided to make it an annual event. Keep on the lookout for the ASCF Spring Pie Fundraiser 2022!

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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Membership (mark one)

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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.

Spring Fitness: April 12 to June 7

\$25 per 8 week session



- ◆ Summer Fitness Session Information will be released in the June Newsletter
- ◆ 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 7 weeks due to Holidays.
- ◆ No make up classes will be offered. Outdoor classes will run weather permitting.

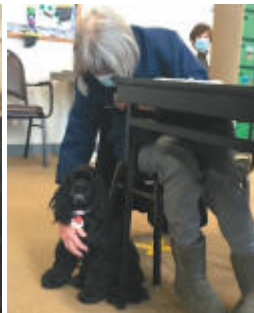
Class	Instructor	Day and Time	Location
Cardio Dance	Doreen	Monday 8:30 am	Zoom
Nordic Walking	Denise	Monday 10:00 am	In-Person Outdoors
Advanced Yoga for Beginners	Pat	Monday 1:30 pm	Zoom
Tai Chi and Qigong for Health	Meg Holmes	Tuesday 8:30 am	Zoom
Strength & Cardio	Tracy	Tuesday 10:00 am	Zoom
Sit & 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
Strength & Cardio	Tracy	Thursday 10:00 am	Zoom
Strength Training	Barbara	Friday 8:30 am	Zoom

Towle Fund: 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.

Welcome back to the Robb Center, Senior Connections! Our participants, staff, and volunteers have settled into our new space and we could not be happier. Great things are on the horizon as we introduce new programming, including our technology program and much more, as Senior Connections will have access to all the wonderful amenities the Robb Center has to offer. Senior Connections will have the opportunity to utilize the Fitness Center and work with Merrimack College graduate student, Alex, who will provide personal training to those interested. 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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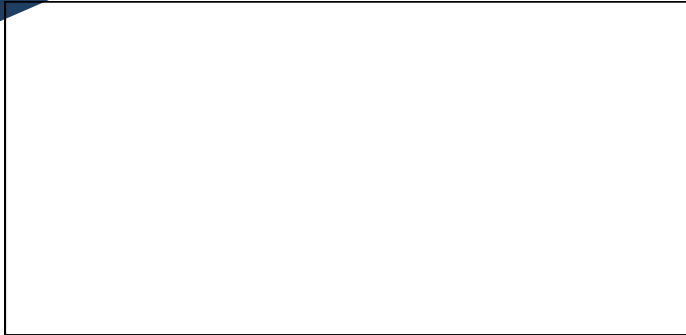
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