



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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COME ON IN FOR A TOUR: If you haven't had a chance to tour the Robb Center, call us and make a reservation for a visit. The new spaces are beautiful. Whether you are crafting in the Art Room, taking a class in the Wellness room or sipping coffee in the Café, there is something for everyone. This is not your typical Senior Center. Be sure to check out our new Fitness Room complete with all accessible fitness equipment. This is the time to shed those Covid pounds and work your muscles. Alex is scheduling orientation meetings on Mondays, Wednesdays and Fridays. Give us a call to meet with him and learn how to use the machines.

I have been told parking has been challenging here at the Center. Our Facilities Dept. has been hard at work constructing a new lot to create more parking. The spaces directly in front of 30 Whittier Ct. are for Robb Center visitors. Employees and volunteers will be parking in the new lot by the field. There will still be times parking is difficult, so for those big events, please try to carpool with someone in your cohort.

The staff in Elder Services look forward to welcoming you back to the Center. It has been a long year but we are almost there. Put on your mask and give us a call for a visit. See you in June, *Jane & the AES Team*



The Andover Council on Aging Advisory Board has an opening for a new member. The Council meets monthly (or as necessary) to assist and advise the Elder Services staff on matters of importance to Andover seniors. We are looking for a new member to assist with creating a welcoming, inclusive environment for our diverse community. If you interested in learning more, please contact Jane Burns at (978) 623-8320 or Paul Mackay at ptm1951@yahoo.com



**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.

JUNE 2021

MEN'S HEALTH MONTH

Thursday, June 17 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.



Mondays & Fridays at 11:15am—Men's Fitness with Alex: Special introductory offer \$25 for 8 weeks of classes 2x a week. Mondays and Fridays 11:15am, June 14th through August 6th . When exercising into our later years, it is important to keep in mind our joint health. Help combat bone and muscle loss in this circuit style program. This class will combine strength and muscle endurance. Registration information page 5.



Wednesdays at 1:30pm—Veterans' Fitness with Alex: All veterans welcome (men & women), free of cost. This program is designed to specifically help veterans improve their health. This class starts on June 16. To register, please call 978-623-8320 or go on MyActiveCenter.com.



Monday, June 28 at 10:00am—Firearms Safety Presentation with the Andover Police Department: Lt. Greg Scott and Elder Services Officer Robin Cataldo, will discuss the process to obtain License to Carry (LTC) and Firearms Identification Card (FID) , safety and storage of firearms, and what to do with firearms if your loved one is in declining health. Limited in-person seating. To register please call 978-623-8320 or go on MyActiveCenter.com.



JUNE 2021

JUNE HIGHLIGHTS

Wednesday, June 16 at 1:30pm—Juneteenth Educational Presentation:

Speaker Ralph Bledsoe will discuss Andover's history in regard to slavery and black history. Specifically he will discuss the history of Salem Poor who was born in Andover. Gabby Womack, from the Merrimack Valley Black and Brown Voices organization will help us better understand how to celebrate and commemorate Juneteenth. Limited in-person seating. For in-person or Zoom registration please call or go on MyActiveCenter.com.



Monday, June 21—Longest Day Event: The Longest Day is the day with the most light — the summer solstice. On **June 21**, people from across the world fight the darkness of Alzheimer's through an activity of their choice. Join us on the Longest Day as we recognize the struggle of dementia and Alzheimer's. All are welcome, registration required. Our event will have raffles, a photo wall, refreshments, and more. We will also encourage you to sign-up for the AES Alzheimer's Walk Team for the October 3rd walk. Details and time for this event to come.



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

Mondays 10:15am—Rhythm Aires: Rhythm Aires is a costumed choreographed chair dancing group with tambourines to lively music (blue grass, dixie, etc.) No experience needed, just bring a joyful attitude and we'll teach you the rest. Get ready for good exercise, lots of laughs, and performances when the group is ready. Registration is required, space is limited.



Wednesdays at 9:00am—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—The Write Stuff: Join this group to write novels, poems and more. Registration is required, space is limited.



Wednesdays at 1:00pm—Knit Wits: Join a group of knitters to craft and share patterns. New knitters are always welcome. Registration is required, space is limited.

Thursdays at 10:00am—Open Art Studio: This group paints together using different mediums. They typically utilize watercolor. Join them for a group gathering to paint together, encourage creativity, and share tips. Registration is required, space is limited.



Fridays at 8:30am—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. See page 13 for more details.

Parkinson's Disease Support Group: Meetings are facilitated by Kristine Arakelian, LCSW, MPH, Outreach Coordinator and will provide a setting for participants to openly share concerns, suggestions and challenges. For information about the group, please contact Kristine by calling 978-623-8320.



Thursday, June 3 & June 17 at 9:00am—Andover Chroniclers Meeting: Join a group that produces videos. No experience necessary. Email AndovChron2@gmail.com to sign-up and ask questions.

Monday, June 14 at 10:00am —Non-Fiction Book Club: In this club we'll explore contemporary issues, history, biography, and more. In June, we are planning to meet outdoors. We will utilize Zoom if the weather does not co-operate. Please register for the meeting on MyActiveCenter.com or by calling 978-623-8320. For any questions please contact Joanne at: joannedahlgrenma@gmail.com.



Monday, June 21 at 1:30 pm—Family Caregiver Support Group: 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, June 24 at 1:30 pm—Book Club Outdoors: Join this wonderful group of people to discuss various books. The book choice for June is, *The Daughter of Time* by Josephine Tey. To register, go to MyActiveCenter.com or call 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 MyActiveCenter.com or by calling us at 978-623-8320

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

June 3: Mystery Tour. Stay Tuned.

June 17: Ward Reservation with Bog Tour.

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

June 2: Deer Jump Reservation, Andover. Parking just past 15 Launching Rd.

June 16 : Harold Rafton Reservation, Andover. Parking opposite 329 High Plain Rd.

June 30: Bald Hill-Wood Reservation, Andover. Parking at the Dog Park off High Plain Rd.



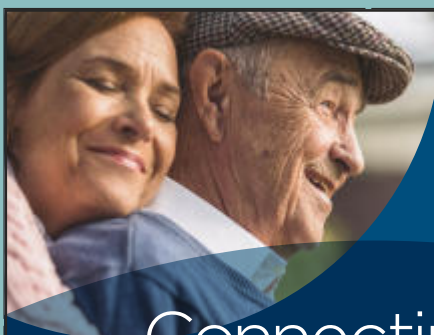
Nature Walks with Evelyn- These walks occur every Friday at 9am, weather permitting. All participants are required to sign a waiver for the year to participate. Please sign up at MyActiveCenter.com or by calling 978-623-8320.



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Summer Fitness: June 14 to August 6

\$25 per 8 week session



- Registration for fitness opens on June 1st. We will have in-person registration on June 1st from 9am-2pm. You can also sign-up online by filling out the waiver on the Andover Elder Services Website called “Elder Services Event Registration Form 2021”
- Once your class(es) have met minimum participation, we will notify you that you can pay.
- Classes will be held for 8 weeks except for Monday classes that will be held for 7 weeks due to holidays.
- Men’s Fitness meets Monday and Fridays at 11:15am.
- Taiji is an alternative spelling of Tai Chi

Class	Instructor	Day & Time	Location
Men & Women in Motion	Denise	Monday 8:15am	Robb Center
Men’s Fitness	Alex	Monday 11:15am (2x a week)	Robb Center
Advanced Yoga for Beginners	Pat	Monday 1:30pm	Robb Center / Zoom
Continuing Taiji for Health	Meg	Tuesday 8:30am	Robb Center / Zoom
Strength & Cardio	Tracy	Tuesday 10:00am	Zoom
Beginning Taiji for Health	Meg	Tuesday 11:00am	Robb Center/ Zoom
Men & Women in Motion	Denise	Wednesday 8:15am	Robb Center
Sit & Get Fit	Denise	Wednesdays 10:00am	Robb Center / Zoom
Energize Rejuvenate	Pat	Wednesday 11:00am	Robb Center / Zoom
Veterans’ Class	Alex	Wednesday 1:30	Robb Center
Golf Class	Alex	Wednesday 2:30	Robb Center
Movin’ & Groovin’	Val	Thursdays 8:15am	Robb Center
Line Dancing	Val	Thursdays 9:15am	Robb Center
Strength & Cardio	Tracy	Thursday 9:30am	Zoom
Energize with Exercise	Andrea	Thursday 1:30pm	Robb Center
Strength Training	Barbara	Friday 8:30am	Zoom
Men’s Fitness	Alex	Friday 11:15am (2x a week)	Robb Center



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

This groups is taking the summer off. We look forward to seeing everyone again to discuss short stories in the fall. Thank you for a great season.

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 10:00am starting June 11, 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 your skills in English and make "learning to listen" fun. 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



Let's Go Shopping: Wednesday, June 30 10:00am– 2:00pm. Ride our bus to TARGET in Methuen. After shopping, pick up a homemade pie and local produce at Mann Orchards. To reserve a seat, call 978-623-8320.

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, 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.

Blood Pressure Clinics: We have resumed our Blood Pressure Clinics with the Andover Board of Health. Appointments are required. Appointments are Thursdays from 10:00-11:30am, please call 978-623-8320 to book your 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.



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



Ask the Lawyer—Monday, June 21: Offered by Justin St. James, Esquire licensed in MA & NH. Appointments are 20 minutes in-person and scheduled in chronological order. Limit of one question/issue. Cost: Free. No tax questions, please.



Brown Bag- Tuesday, June 22nd 9:30-10:30am: This once a month service provides a bag of shelf stable groceries for those already approved by Elder Services of the Merrimack Valley. Eligibility cards must be presented at pick-up. June Brown Bag will be picked-up from the Robb Center (30 Whittier Court) between 9:30—10:30am.

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



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 call 978-623-8320 to schedule an appointment.



MHL LIBRARY EVENTS

From Struggle to Hope through Music in Harlem with Kevin Harris via Zoom—

Thursday, June 3, 2021 a 7:00pm: From an innovative community-based response to the hardship of the 1920s and 1930s, to today's reprise of that creativity to overcome isolation and also, again, financial adversity, Kevin Harris will discuss musical innovation born of struggle. This is hosted by Groton Public Library. To register go to gpl.org

The Cooking Gene: Tracing My African American Story Through Food with Michael Twitty via Zoom: Thursday, June 10, 2021 at 7:00pm:

Join a community of 25 public libraries from across the state to welcome Michael Twitty, as he discusses his book, The Cooking Gene, the 2018 James Beard Foundation's Book of the Year Award-winner. Massachusetts-based chef and author, Chef Bill, will facilitate this event's discussion. This is hosted by Groton Public Library. To register go to gpl.org

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June Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All programs are subject to change to meet the needs of the town.</p> <p>7</p> <p>9:00 Quilting Group 10:15 Rhythm Aires 1:30 Advanced Yoga</p>	<p>1</p> <p>9am-1pm Summer Fitness Registration Opens 8:30 Tai Chi for Health (Zoom) 10:00 Strength & Cardio (Zoom)</p>	<p>2</p> <p>9:00 M & W in Motion 9:00 MOAG 9:00 Comfort Critters 10:00 Strength & Stretch 10:30 Write Stuff 1:00 Knit Wits 1:30 Line Dancing</p>	<p>3</p> <p>9:00 WOAG 9:00 Andover Chroniclers 10:00 Strength & Cardio 10:00 Open Art Studio 10:00 Meditation with Chip (Zoom) 10:00 Blood Pressure Clinic</p>	<p>4</p> <p>8:30 French Group 8:30 Strength Training 9:00 Nature Walk 10:00 ACCC Gathering (Zoom)</p>
<p>14</p> <p>Flag Day</p> <p>8:15 M & W in Motion 9:00 Quilting Group 10:00 Non-Fiction Book Club</p>	<p>8</p> <p>8:30 Continuing Taiji 9:30 SCRPT Info Session 10:00 Strength & Cardio</p>	<p>9</p> <p>9:00 Comfort Critters 10:30 Write Stuff 1:00 Knit Wits</p>	<p>10</p> <p>10:00 Open Art Studio 10:00 Blood Pressure Clinic 10:00 Meditation with Chip (Zoom) 1:30 Parkinson's Disease Support Group</p>	<p>11</p> <p>8:30 French Group 9:00 Nature Walk 10:00 "How to improve your English listening" (Zoom)</p>
<p>15</p> <p>8:30 Continuing Taiji 9:30 SCRPT Info Session 10:00 Strength & Cardio</p>	<p>16</p> <p>8:15 M & W in Motion 9:00 MOAG 9:00 Comfort Critters 10:00 Sit & Get Fit 10:30 Write Stuff</p>	<p>17</p> <p>8:15 Movin' & Groovin' 9:00 WOAG 9:00 Andover Chroniclers 9:15 Line Dancing 9:30 Strength & Cardio</p>	<p>18</p> <p>8:30 French Group 8:30 Strength Training 9:00 Nature Walk 10:00 ACCC Gathering (Zoom)</p>	

<p>10:15 Rhythm Aires 11:15 Men's Fitness 1:30 Advanced Yoga</p> 	<p>11:00 Beginning Taiji</p>	<p>11:00 Energize Rejuvenate 1:00 Knit Wits 1:30 Juneteenth Educational Presentation 1:30 Veterans' Fitness 2:30 Golf Class</p>	<p>10:00 Open Art Studio 10:00 Meditation with Chip 10:00 Blood Pressure Clinic 10:00 Dull Men's Club 1:30 Energize w/ Exercise 1:30 SCRPT Info Session</p>	<p>10:30 Andover Senior Community Friends Meeting 11:15 Men's Fitness</p>
<p>21 Longest Day 8:15 M & W in Motion 9:00 Quilting Group 10:15 Rhythm Aires 9:30 Ask the Lawyer 11:15 Men's Fitness 1:30 Family Caregiver Support Group 1:30 Advanced Yoga</p>	<p>22 8:30 Continuing Taiji 9:30 Brown Bag Distribution 10:00 Strength & Cardio 11:00 Beginning Taiji</p>	<p>23 8:15 M & W in Motion 9:00 Comfort Critters 10:00 Sit & Get Fit 10:30 Write Stuff 11:00 Energize Rejuvenate 1:00 Knit Wits 1:30 Veterans' Fitness 2:30 Golf Class</p>	<p>24 8:15 Movin' & Groovin' 9:15 Line Dancing 9:30 Strength & Cardio 10:00 Open Art Studio 10:00 Meditation with Chip (Zoom) 10:00 Blood Pressure 1:30 Book Club 1:30 Energize w/ Exercise</p>	<p>25 8:30 French Group 8:30 Strength Training 9:00 Nature Walk 10:00 "How to improve your English listening" (Zoom) 11:15 Men's Fitness</p>
<p>28 8:15 M & W in Motion 9:00 Quilting Group 10:00 Firearms Safety 10:15 Rhythm Aires 11:15 Men's Fitness 1:30 Advanced Yoga</p>	<p>29 8:30 Continuing Taiji 10:00 Strength & Cardio 11:00 Beginning Taiji</p>	<p>30 8:15 M & W in Motion 9:00 MOAG 9:00 Comfort Critters 10:00 Let's Go Shopping 10:00 Sit & Get Fit 10:30 Write Stuff 11:00 Energize Rejuvenate 1:00 Knit Wits 1:30 Veterans' Fitness 2:30 Golf Class</p>	<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.</p> 	

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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. This program is coordinated by Caren Fishman, see her biography below.



WELCOME CAREN



Caren is excited to be joining the Andover Elder Services team to coordinate the Aging Mastery Program (AMP). Caren brings with her several years of experience working with older adults in a hospital setting, as well as with people with intellectual disabilities. In addition, Caren has been the caregiver and primary advocate for several family members as they have matured and gone through many of the phases AMP seeks to prepare us for. Caren and her husband moved to Andover to raise their family nearly 20 years ago. When not at the Senior Center, you can find her on the baseball field or dance studio cheering on her two teenagers, or walking her pup Jack. Whenever time allows, Caren sneaks away to the beach or do a yoga class with friends.

VOLUNTEER CORNER



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

- **NEW APPLICANTS** should contact Ashley English, Volunteer Coordinator, at 978-623-8320 for phone interview and to register for one of the mandatory info sessions on **Tuesday, June 15 at 9:30am OR Thursday, June 17 at 1:30pm**. These sessions will be held in-person at the Robb Center.
- **RETURNING SCRPT** Program participants will receive FY22 Renewal Applications by email. Those without email can request forms by contacting Ashley.
- Deadline to enroll is Tuesday, June 30 at 12pm. Please complete all application forms and mail to:
Town of Andover Elder Services SCRPT Program
36 Bartlet St. Andover, MA 01810.

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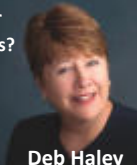
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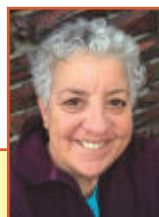
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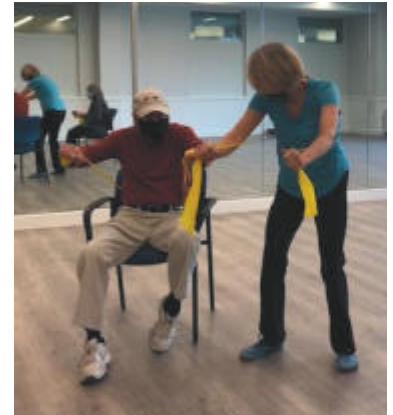
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JUNE 2021

SENIOR CONNECTIONS

Summer is almost here, and we are ready for sunshine and warm weather! Senior Connections will take advantage of being next to the park by taking walks and playing ring toss or horseshoes when the weather permits. If we can't take a stroll outside due to the weather, we will continue to work on our fitness with Denise on Mondays and with Alex on Fridays. After all, June is Men's Health Month, so it is important for us to stay active! If you are interested in learning more about Senior Connections, contact Stephanie McSurdy at 978-623-8339.



JUNE 2021

ANDOVER SENIOR COMMUNITY FRIENDS

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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Please Mail to Andover Senior Community Friends, P.O. Box 576, Andover, MA. 01810.



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 at 9:30am, 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. Due to collaboration between the Town and the schools, we are able to hold both events safely and without regard to weather.

This Town Meeting will decide on issues of critical importance to the Town, including the FY 2022 budget, construction of a new elementary school, and the Town's pension liability. On Tuesday, June 1st at 7:00pm, the Town Manager will host a Pre-Town Meeting Forum. This forum will be held virtually and will allow residents to learn about every article on the Town Meeting warrant. In addition to the Town Manager, all Town senior managers will be available to present information and answer questions. Details about this forum will be available on the Town's website in the coming weeks.

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/>).

Monday, May 17, 2021 is the last day to register to vote in the Annual Town Meeting. The Board of Registrars will hold extended hours on May 17th from 8:30 A.M. until 8:00 P.M. at the Town Offices, 36 Bartlet Street, Andover for the purpose of registering new voters. Residents with a license or an I.D. issued by the Registry of Motor Vehicles may also register to vote online by visiting: www.RegisterToVoteMA.com. Mail-in registration forms must be postmarked by the May 17th deadline.

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.



Fridays at 8:30am—Le Petit Dejeuner, the French Conversation Group: Venez parler français dans un cadre convivial en petit groupe. Il n'y a pas de chef, alors les membres assument leurs responsabilités. Quelques fois nous lisons à haute voix un livre et tenons une conversation ouverte. À tour de rôle, choisissez un thème à présenter. La littérature française, la géographie, la culture, la grammaire ... à vous de choisir. Le groupe est gratuit et il se réunit le vendredi à 8:30-10am. Il faut s'inscrire. Les nombres sont limités.



隔周五的10:00 am: 参加安多福华人联谊会**Zoom**网上聚会 (Andover Chinese Charm Circle)。请发送电子邮件给William: weixuid@yahoo.com

ANDOVER

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JUNE 2021

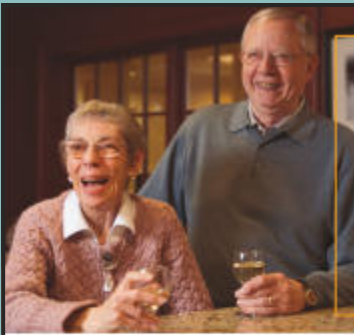
ANDOVERTV FITNESS CLASSES

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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



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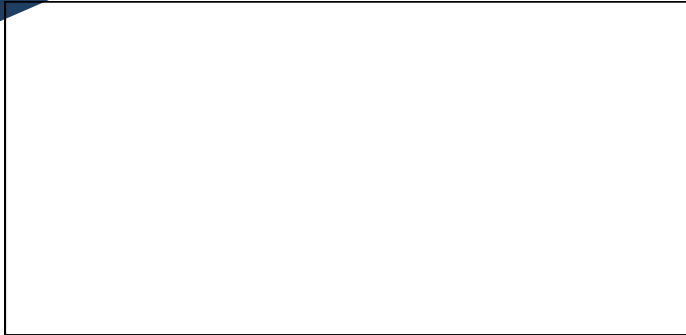
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