



# NEWS & VIEWS



**LOCATION** 30 WHITTIER COURT ANDOVER, MA 01810

Monday - Friday 8 am - 4 pm

**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)



AndoverSeniorCenter



the\_rob中心

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**WELCOME TO THE ROBB CENTER!** I have been waiting a long time to say that :) We are open with no restrictions or limitations. If you are not vaccinated, we ask that you continue to wear your mask and social distance. Also, if you are more comfortable wearing a mask, please do so. The Robb Center is a place for all and we respect everyone's decision to wear or not wear a mask.

We are excited to bring back congregated lunch. Starting on July 6, lunch will be served Monday—Friday (see page 10). Please make sure you sign-up in advance by calling the Robb Center. A suggested donation of \$3.00 is appreciated. You can drop your donation anonymously in the black box in the Café. There will be no more brown envelopes as we reduce paper and touch surfaces.

There are some new exciting programs coming this month. The Olympics are back this summer and we are excited to celebrate this world event. We will be having a series of presentations based upon the Core Values of the Olympics. Our first one is July 27 (see page 2). The Aging Mastery Program is a new 10 week program starting on July 13 that focuses on all aspects of living and aging successfully (see page 3).

I look forward to meeting everyone in the coming months and continue to reimagine our new Robb Center. *Jane*

## AGING MASTERY PROGRAM



**July 13th– Sept 14th, Tuesdays at 10:00am**

**\$30 for all ten weeks**

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. 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. Please call 978-623-8320 to register. Email [caren.fishman@andoverma.us](mailto:caren.fishman@andoverma.us) with questions.



**Andover**  
ELDER SERVICES

THE ROBB CENTER

# SUMMER OLYMPICS 2021 : THREE CORE CONCEPTS

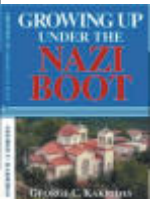
**Connecting to Tomorrow: "Passing on Legacy for the future" : Tuesday, July 27 at 1:30pm,** Dave McGillivray will present "Defining Moments." McGillivray is now race director of the B.A.A. Boston Marathon and has directed many of the countries most prestigious races, such as the 2004 and 2008 U.S. Women's Olympic Marathon Trials, the 1990 ITU Triathlon World Championship, the TD Beach to Beacon 10K, the New Balance Falmouth Road Race, and numerous other races. He addresses audiences with a motivational account that is not about running...it's about what's possible if you believe in yourself and your own ability to do the seemingly insurmountable . Register on [myactivecenter.com](http://myactivecenter.com) or by calling 978-623-8320.



**Achieving Personal Best: "Striving for your personal best": Monday, August 16 at 10:00am,** "Become your healthiest self with Coach Cassell." Increasing longevity and living an independent lifestyle is liberating as long as there is an ebb and flow to the balance you bring yourself. Making sure that happiness is at the forefront of our lives and remembering that you always come first. Register on [myactivecenter.com](http://myactivecenter.com) or by calling 978-623-8320.



**Unity in Diversity: "Accepting one another": Wednesday, August 25 at 1:30pm,** come to a presentation by Andover author and Veteran, George C. Kakridas. He will describe his novel, *Growing Up Under the Nazi Boot*. Listen to his inspiring story of how he overcame Nazi occupation and the Greek Civil War. Register on [myactivecenter.com](http://myactivecenter.com) or by calling 978-623-8320.




## JULY 2021

## JULY HIGHLIGHTS

**Monday, July 12 at 1:00pm, Wednesday, July 21 at 1:00pm, and Friday July 30 at 1:00pm— Summer Movie Series:** Cool off and join us in our Lifelong Learning Center to watch a film on the "big screen." Movies titles will be announced soon. Movie treats will be served. Free entry, registration requested.



 **Monday, July 12 at 10:00am—What is MassSave?** Is the energy cost from heating and cooling your home making you stressed? Come to the July Energy Hour workshop hosted by Andover's Sustainability Coordinator, Joyce Losick-Yang. Learn about ways to reduce your energy use and make your home more comfortable and efficient. She will share how you can take advantage of the many Mass Save program incentives to reduce your bill, and show you how to qualify for a \$25 VISA gift card\* by completing an online home energy assessment.  
\* Limited time offer. While supplies last\* Register on [myactivecenter.com](http://myactivecenter.com) or by calling 978-623-8320

**Monday, July 19 at 10:00am -Mass General Information Session with Victoria Nadel:** In 2023, Mass General Brigham plans to build a new health care center in Woburn. This facility will serve over 100,000 existing local patients who currently travel into Boston for their medical needs. This new comprehensive site, will bring world class care with academic hospital physicians and health professionals into the community to provide the same care of Mass General Brigham without the need to drive into Boston. Join us for a presentation to learn more about the center and the specialty services it will provide or to ask any questions. Refreshments will be provided.



## JULY 2021

## MONTHLY PROGRAMS

**Parkinson's Disease Support Group:** Group meetings will resume in October. Meetings are facilitated by Kristine Arakelian, LCSW, MPH, Outreach Coordinator. The guest speaker for October is Cathi Thomas, RN, MS, Program Director of Parkinson's Disease and Movement Support Center. Call 978-623-8320 for more info.

**Monday, July 12 at 10:00am — Non-Fiction Book Club:** This club explores contemporary issues, history, biography, and more. In July, we are planning to meet outdoors. For any questions please contact Joanne at: [joannedahlgrenma@gmail.com](mailto:joannedahlgrenma@gmail.com).

**Thursday, July 15 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. Registration is requested.



**Monday, July 19 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 978-623-8320 to register.

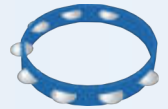
**Thursday, July 22 at 1:30 pm—Book Club Outdoors:** Join this wonderful group of people to discuss various books. The book choice for July is, *Garlic and Sapphires* by Ruth Reichl. To register, go to [myactivecenter.com](http://myactivecenter.com) or call 978-623-8320. Books are available for pick-up.

## JULY 2021

## WEEKLY PROGRAMS

**Mondays at 9:00am—Quilting Group:** Join a group of dedicated quilters to share tips and tricks. Registration is requested, go to [myactivecenter.com](http://myactivecenter.com) or call 978-623-8320.

**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 requested.



**Wednesdays at 9:00am—Comfort Critters:** Join a group of crafters that create little "comfort critters" that get donated to hospitals. Registration is requested, go to [myactivecenter.com](http://myactivecenter.com) or call 978-623-8320.

**Wednesdays at 10:30am—The Write Stuff:** Join this group to write novels, poems and more. Registration is requested, go to [myactivecenter.com](http://myactivecenter.com) or call 978-623-8320.



**Wednesdays at 1:00pm—Knit Wits:** Join a group of knitters to craft and share patterns. New knitters are always welcome. Registration is requested, go to [myactivecenter.com](http://myactivecenter.com) or call 978-623-8320.

**Thursdays at 10:00am—Open Art Studio:** This group paints together using different mediums. Join them for a group gathering to paint together, encourage creativity, and share tips. Registration is requested, go to [myactivecenter.com](http://myactivecenter.com) or call 978-623-8320.



**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 requested. Go to [myactivecenter.com](http://myactivecenter.com) or call 978-623-8320. See page 14 for more details.

**Outdoor Adventure Groups**—For any participation in Adventure Groups, participants must sign our “ Fitness Registration” form once a year (found on our website, <https://andoverma.gov/227/Elder-Services>). For each individual hike, participants must register on [myactivecenter.com](http://myactivecenter.com) or by calling us at 978-623-8320



**Women’s Outdoor Adventure Group (WOAG):** Women’s Outdoor Adventure Group is taking a break this summer. They will return in September for some more exciting hikes.

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

**July 14:** Methuen/Lawrence Rail Trail. Parking at 94 Railroad St. Methuen, MA

**July 28 :** Public Health Museum. 365 East Street, Tewksbury - \$5 entry fee

*\*Hike locations subject to change*

**Nature Walks with Evelyn-** These walks occur on Friday mornings, weather permitting. All participants are required to sign a waiver for the year to participate.



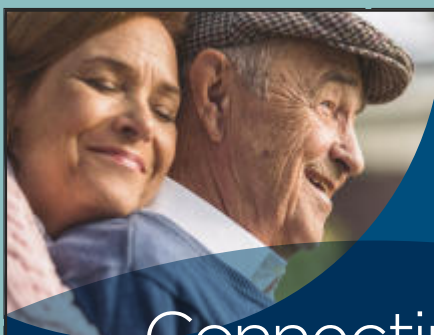
**Thursdays at 10:00am—Meditation with Chip on Zoom.** Join our breathing meditation session every Thursday which includes a discussion on a mindfulness topic you select and a group meditation. To join, please email [chiprdcarter@gmail.com](mailto:chiprdcarter@gmail.com) for the weekly updated free link.



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**Join our new Fitness Room!** The room includes a cable system, dumbbell rack, and cardio equipment. Our goal is the help older adults and adults with disabilities remain active, engaged, and independent in their community. The use of the gym requires an initial orientation and intake. Email our fitness graduate intern, Alex, at [Cassella@merrimack.edu](mailto:Cassella@merrimack.edu) to schedule your orientation.



**Summer Fitness: June 14 to August 6**

**\$25 per 8 week session**



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 2:00pm	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

**Are you newly retired? Looking to spend time giving back to the community?** The Discovery Center for Civic Engagement at Andover Elder Services can help you find your perfect volunteer match! Schedule an appointment with one of our *Transition Navigators* to learn more about local volunteer opportunities that need your help, can utilize your skills, all while supporting a mission that's important to you. Call Ashley English 978-623-8335 for more information.



**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.

**Let's Go Shopping: Wednesday July 21st 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.

**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:** Appointments are at the Robb Center and conducted by the Andover Board of Health on Thursdays from 10:00-11:30am. Appointments are free. Call 978-623-8320 to schedule.



**Friendly Caller:** Andover Elder Services volunteers continue to check in with folks. Please 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, July 19:** 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, July 27 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. July 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. 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

**Wednesday, July 7, 2021 - 2:30pm : Gold Coast History with Old Westbury Gardens.** Discover the picture perfect grounds and intricate, inner workings of Westbury House--Long Island, New York's quintessential Gold Coast Country home at Old Westbury Gardens. The education team at OWG give you a behind the scenes peek into the daily task of delivering a high-level lifestyle of luxury in the early 1900's. Register on mhl.org  
*Hosted by Wilmington Memorial Library in collaboration with libraries in Andover, Billerica, Chelmsford and Tewksbury.*

**Wednesday, July 14, 2021 - 2:00pm :** Virtual Gallery Talk: The Addison at 90: An Exploration of the Archives with Gordon Wilkins. Join Gordon Wilkins, the Addison's Associate Curator of American Art, to explore what the Addison Gallery of American Art's rich archives can reveal about the museum's collection, history, and relationship with artists. Register on mhl.org  
*Hosted by Wilmington Memorial Library in collaboration with libraries in Andover, Billerica, Chelmsford and Tewksbury.*

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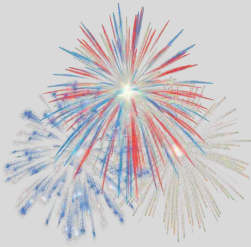

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# July Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All programs are subject to change to meet the needs of the town.</p>		<p>Congregate Lunch Main Entrée. Subject to change.</p>	<p><b>1</b></p> <p>9:15 Line Dancing 9:30 Strength &amp; Cardio 10:00 Open Art Studio 10:00 Meditation with Chip 10:00 Blood Pressure 1:00 Duplicate Bridge 1:30 Energize w/ Exercise</p>	<p><b>2</b></p> <p>8:30 French Group 8:30 Strength Training 9:00 Nature Walk 10:00 ACCC Gathering 1:00 Canasta 1:00 45's</p>
<p><b>5</b></p> <p>The Senior Center and Town Offices will be closed in observance of July 4th</p> 	<p><b>6</b></p> <p>8:30 Continuing Taiji 10:00 Strength &amp; Cardio 11:00 Beginning Taiji <b>Chicken Marsala</b> 1:00 Social Bridge 1:00 Canasta</p>	<p><b>7</b></p> <p>8:15 M &amp; W in Motion 9:00 Comfort Critters 10:00 Sit &amp; Get Fit 10:30 Write Stuff 11:00 Energize Rejuvenate <b>Pot Roast</b> 1:00 Knit Wits 1:30 Veterans' Fitness 2:30 Golf Class</p>	<p><b>8</b></p> <p>9:15 Line Dancing 9:30 Strength &amp; Cardio 10:00 Open Art Studio 10:00 Blood Pressure 10:00 Meditation with Chip <b>Chicken Meat Balls w/ Pasta</b> 1:30 Energize w/ Exercise</p>	<p><b>9</b></p> <p>8:30 French Group 8:30 Strength Training 9:00 Nature Walk 11:15 Men's Fitness <b>Baked Fish</b> 1:00 Canasta 1:00 45's</p>
<p><b>12</b></p> <p>8:15 M &amp; W in Motion 9:00 Quilting Group 10:00 Non-Fiction Book Club <b>10:00 What is MassSave?</b></p>	<p><b>13</b></p> <p>8:30 Continuing Taiji 10:00 Strength &amp; Cardio 10:00 AMP</p>	<p><b>14</b></p> <p>8:15 M &amp; W in Motion 9:00 MOAG 9:00 Comfort Critters 10:00 Sit &amp; Get Fit 10:30 Write Stuff</p>	<p><b>15</b></p> <p>8:15 Movin' &amp; Groovin' 9:15 Line Dancing 9:30 Strength &amp; Cardio 10:00 Open Art Studio 10:00 Meditation with Chip</p>	<p><b>16</b></p> <p>8:30 French Group 8:30 Strength Training 9:00 Nature Walk 10:00 ACCC Gathering 11:15 Men's Fitness</p>

<p>10:15 Rhythm Aires 11:15 Men's Fitness <b>Stuffed Chicken</b> 1:00 <b>Summer Movie</b> Series 1:30 Advanced Yoga</p>	<p>11:00 Beginning Taiji <b>Stewed Tomatoes with Mac and Cheese</b> 1:00 Social Bridge 1:00 Canasta</p>	<p>11:00 Energize Rejuvenate <b>Chicken Pot Pie</b> 1:00 Knit Wits 1:30 Veterans' Fitness 2:30 Golf Class</p>	<p>10:00 Blood Pressure 10:00 <b>Dull Men's Club</b> <b>Roast Pork</b> 1:00 Duplicate Bridge 1:30 Energize w/ Exercise</p>	<p><b>Baked Fish</b> 1:00 Canasta 1:00 45's</p>
<p>19 8:15 M &amp; W in Motion 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 <b>MassGeneral Info</b> Session 10:15 Rhythm Aires 11:15 Men's Fitness <b>Chicken Broccoli Ziti</b> 1:30 Family Caregiver Support Group 1:30 Advanced Yoga</p>	<p>20 8:30 Continuing Taiji 10:00 Strength &amp; Cardio 10:00 AMP 11:00 Beginning Taiji <b>Omelets</b> 1:00 Social Bridge 1:00 Canasta</p>	<p>21 8:15 M &amp; W in Motion 9:00 Comfort Critters 10:00 Let's Go Shopping 10:00 Sit &amp; Get Fit 10:30 Write Stuff 11:00 Energize Rejuvenate <b>Lemon Chicken</b> 1:00 Knit Wits 1:00 <b>Summer Movie</b> 1:30 Veterans' Fitness 2:30 Golf Class</p>	<p>22 8:15 Movin' &amp; Groovin' 9:15 Line Dancing 9:30 Strength &amp; Cardio 10:00 Open Art Studio 10:00 Meditation with Chip 10:00 Blood Pressure <b>Pulled Pork</b> 1:00 Duplicate Bridge 1:30 Book Club 1:30 Energize w/ Exercise</p>	<p>23 8:30 French Group 8:30 Strength Training 9:00 Nature Walk 11:15 Men's Fitness <b>Baked Fish</b> 1:00 Canasta 1:00 45's</p>
<p>26 8:15 M &amp; W in Motion 9:00 Quilting Group 10:15 Rhythm Aires 11:15 Men's Fitness <b>Chicken Pesto</b> 1:30 Advanced Yoga</p>	<p>27 8:30 Continuing Taiji 9:30 <b>Brown Bag Distribution</b> 10:00 Strength &amp; Cardio 10:00 AMP 11:00 Beginning Taiji <b>Stuffed Shells</b> 1:00 Social Bridge 1:00 Canasta 1:30pm <b>Dave McGillivray, "Defining Moments"</b></p>	<p>28 8:15 M &amp; W in Motion 9:00 MOAG 9:00 Comfort Critters 10:00 Sit &amp; Get Fit 10:30 Write Stuff 11:00 Energize Rejuvenate <b>Roast Turkey</b> 1:00 Knit Wits 1:30 Veterans' Fitness 2:30 Golf Class</p>	<p>29 8:15 Movin' &amp; Groovin' 9:15 Line Dancing 9:30 Strength &amp; Cardio 10:00 Open Art Studio 10:00 Meditation with Chip 10:00 Blood Pressure <b>American Chop Suey</b> 1:00 Duplicate Bridge 1:30 Energize w/ Exercise</p>	<p>30 8:30 French Group 8:30 Strength Training 9:00 Nature Walk 10:00 ACCC Gathering 11:15 Men's Fitness <b>Baked Fish</b> 1:00 <b>Summer Movie</b> Series 1:00 Canasta 1:00 45's</p>

# SUPPORT OUR ADVERTISERS!



**Congregate Lunch will return July 6th** — Monday through Friday at 11:30-12:30 join us at The Robb Center, 30 Whittier Ct for Congregate Lunch. Reservations are required by 3pm the previous day. Reserve a seat by calling 978-623-8320. \$3.00 donation is suggested.



Menu entrées are listed in the calendar on pages 8 & 9. Menu subject to change.

**Card Playing Groups are back!** Please register on myactivecenter.com or by calling 978-623-8320.

Canasta	Tuesdays & Fridays	1:00pm—3:30pm	
Social Bridge	Tuesdays & Fridays	1:00pm—3:30pm	
Duplicate Bridge	Thursdays	1:00pm—4:00pm	
45's	Fridays	1:00pm—3:30pm	



**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](mailto:ptm1951@yahoo.com)

**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](mailto:Kelly.MacKay@andoverma.us) . You will be added to our email blasts. Email blast sign ups can also be found on our website : <https://andoverma.gov/227/Elder-Services>



**Alzheimer's isn't waiting and neither are we!** Join our staff and step up in the fight against Alzheimer's!

Join our team to walk together on October 3rd for the Alzheimers Walk.

**Team Name :** Andover Elder Services

**Page link:** <http://act.alz.org/goto/AndoverElderServices>

**Contact:** Kelly MacKay, [kelly.mackay@andoverma.us](mailto:kelly.mackay@andoverma.us)



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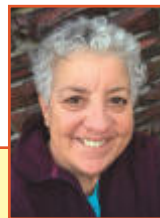
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**Men's Group is back at Senior Connections!** This group resumed back in mid-May and is held by one of our amazing volunteers, Fred Stern (left). Fred has been volunteering in Senior Connections and with the Meals on Wheels program since 2018. Men's Group allows the male participants to sit together and chat about things that are of interest to them, such as, sports, politics, current events, and so much more. Fred encourages the participants to engage in the conversation and think of topics to discuss the following week. Meanwhile, the ladies get to enjoy spending time together doing the things they enjoy, such as gardening. Helen Ann Knepper (upper right), another wonderful volunteer, assisted the participants in planting beautiful flowers right outside the Senior Connections window! If you are interested in learning more about Senior Connections, contact Stephanie McSurdy at 978-623-8339.



There are several openings on the FRIENDS board. If you are interested in participating you can contact Dana MacKay 978-475-4451. Want another way to support us? Make your Amazon purchases through AmazonSmile (smile.Amazon.com) and enter the name of the Andover Senior Community Friends Inc. as your charity. Amazon will donate a portion of your purchase price to us. It costs nothing and will benefit us!

**Become a Friend!**

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Help the FRIENDS support the free programs at the Andover Senior Center! Check out all we do at our website: [www.andoverscf.org](http://www.andoverscf.org) or scan this code



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

## ANDOVER SENIOR COMMUNITY FRIENDS, INC AWARDED \$100,000 CUMMINGS GRANT



Andover, May 26, 2021 - Andover Senior Community Friends, Inc. (ASCF) is one of 140 local nonprofits to receive grants of \$100,000 to \$500,000 each through the Cummings Foundation's \$25 Million Grant Program. The Andover-based ASCF was chosen from a total of 590 applications during a competitive review process. It will receive \$100,000 over 1 year.

The ASCF is a private, non-profit 501(c)(3) that works closely with the Andover Department of Elder Services, The Robb Center, its Executive Director, and the Andover Council on Aging by promoting, sponsoring, and supporting programs and services designed to enrich the quality of life for all Andover citizens by holding fund-raising events throughout the year.

"The members of the ASCF Board are proud to receive this generous award and to fulfill our Capital Campaign goals for the Robb Center," said Dana MacKay, president of the ASCF.

The Woburn-based Cummings Foundation was established in 1986 by Joyce and Bill Cummings and has grown to be one of the three largest private foundations in New England. Its purpose is to give back to the area in which it owns commercial buildings. "We aim to help meet the needs of people in all segments of our local community," said Cummings Foundation Executive Director, Joel Swets. "It is the incredible organizations we fund, however, that do the actual work to empower our neighbors, educate our children, fight for equality, and so much more." Using a democratic approach to philanthropy, the foundation volunteers from diverse backgrounds and perspectives decide more than half of all grant winners each year, providing new advocates and increased exposure.

Additional information is available at [www.CummingsFoundation.org](http://www.CummingsFoundation.org)

For more information go to: [andoverscf.org](http://andoverscf.org). and become a Friend!

On May 12<sup>th</sup>, the Federal Communications Commission (FCC) kicked off the Emergency Broadband Benefit. The benefit provides eligible consumers discounts on broadband service and devices. The benefit will continue until there is no longer funding or six months after the federal government declares an end to the pandemic.



Eligible households will be able to receive:

- \$50/month discount for high-speed internet services.
- \$75/month discount for high-speed internet services for households on Tribal lands.
- A one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider.

In Massachusetts, 26 broadband providers are offering the benefit. The benefit is available to eligible new, prior, and existing customers of participating providers.

The eligibility for the benefit is broad. It includes any household with an income at or below 135% of the federal poverty guidelines, or if *any member* of the household qualifies through various means. This includes but is not limited to participation in SNAP, Medicaid, Supplemental Security Income, the Free and Reduced-Price School Lunch Program, as well as certain qualifying events such as experiencing substantial loss of income or receiving a federal Pell Grant in the current award year.

Customers can sign up by contacting a participating provider, enrolling online at <https://getemergencybroadband.org/>, or sending forms via mail. More information about the application process is available online or by calling (833) 511-0311.

The FCC has also created outreach materials, including flyers, brochures, application forms and instructions. Application forms and instructions are available in ten languages.

**Every other Friday at 10:00am resuming on Sept 10th, 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](mailto:weixuid@yahoo.com).

This class is taking a break in July & August. Class will resume in September. Have a great summer!



**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.



**隔周星期五的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](mailto:weixuid@yahoo.com)





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