



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: senior.center@andoverma.us

Web: andoverma.gov/seniorcenter



AndoverSeniorCenter



the_rob中心

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Happy dog days of summer. It has been wonderful to see so many folks returning. We have also seen an influx of new friends embracing our beautiful Center. Our official grand opening is coming soon. We will have a ribbon cutting ceremony along with an open house. However, no need to wait for the official opening. We are fully open with no restrictions or limitations.

Congregate lunch has been ongoing and folks are enjoying a nutritious hot lunch daily. 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.

Starting this month, I will be hosting a coffee hour in the Café. Please join me each month for a cup of coffee and conversation. We can talk about the Center, the weather or a topic of your choice. I look forward to hearing your stories and ideas for our future.

Keep in mind on those hot week days, the Center is a great place to cool off. Enjoy your summer, *Jane*

August 26th 1:00-4:00pm: The Robb Center's Grand Opening & Ribbon Cutting Celebration— Join us for an open house

from 1pm-4pm. Bench and Brick dedication will be at 1pm.

Entertainment and performances throughout the afternoon.

Refreshments will be served. More details

to come!



Andover
ELDER SERVICES

THE ROBB CENTER

Congregate Lunch — Monday through Friday at 12:00 join us for Congregate Lunch.

Reservations are required by 3pm the previous day. Reserve a seat by calling 978-623-8320. \$3.00 donation is suggested. Daily entrée listed on pages 8 & 9. There will be no congregare lunch on August 26.



Monday, August 9 at 10:00am—Energy Scams: The Attorney General issued a report in 2019 that showed that Massachusetts residents who signed up for third-party competitive electricity suppliers lose millions of dollars per year. Indeed, hundreds of complaints about these suppliers who engage in deceptive and aggressive sales tactics are reported to the Attorney General's Office yearly. Come to the August Energy Hour workshop hosted by our Sustainability Coordinator, Joyce Losick-Yang, and learn how you can protect yourself from these businesses.



Wednesday, August 18 at 1:00pm—August is Cataract Awareness Month. Join us for "How to Maintain a Healthy Vision" by Dr. Nadio Zalatimo, OD from Andover Optometry on Central. Learn how to avoid common eye ailments from an expert. Dr. Zalatimo is a graduate of Indiana University School of Optometry. She completed the Residency in Ocular Disease at the Baltimore Veteran's Affairs Medical Center. She served as Chief of Optometry at the Veteran's Affairs Medical Center in Manchester, NH for over 10 years. She is currently on staff part-time at VA Manchester where she takes care of our veterans' complex eyecare needs.

Monday, August 23 at 10:00am—Suicide Prevention: You Can Make The Difference. Suicide is a public health



U.S. Department of Veterans Affairs
Veterans Health Administration
Bedford Healthcare System

issue but often is difficult to talk about and even harder to imagine how to intervene if you are having concerns that someone in your life might be thinking of dying by suicide. There is hope and we know that anyone might be "the one" to make a difference in the life of someone in crisis by knowing how respond. Suicide Prevention Coordinator Megan MacKay, LICSW and Community Reintegration Postdoctoral Fellow Andrew McRitchie, Psy.D. from the Bedford VA Hospital will share information on the prevalence of suicide in the Veteran and civilian population, and will provide training on recognition of signs of suicide risk as well as strategies and resources to intervene and get friends/family/acquaintances life-saving help when they are in need.

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 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 or by calling 978-623-8320.



July 30, August 9, 16, and 23 at 1:00pm— Summer Movie Series: Cool off and join us in our Lifelong Learning Center to watch a film on the “big screen.” Movie titles will be announced soon. Movie treats will be served. Free entry, registration requested.



Monday, August 2 at 10:00am— 1,000 Cups of Coffee with Jane Burns: Get to know the director of Andover Elder Services by joining her for a cup of coffee. Come and discuss the new Robb Center and your ideas and hopes for its future. We look forward to seeing you there.



Monday, August 9 at 10:00am — Non-Fiction Book Club: This club explores contemporary issues, history, biography, and more. This club meets indoors at the Robb Center. For any questions please contact Joanne at: joannedahlgrenma@gmail.com.

August 9 & 23 from 1-3pm: Fix-IT Shop is open: Bring your lamps, small appliances, chairs, small tables, and any other small project and this group will try to fix it!

If you would like to join the group, stop by and say "hi!"

Cost: \$4.00 plus parts for seniors (ID required)
\$10 plus parts for non-seniors and non-residents
\$2 diagnostics fee



Thursday, August 19 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.

Thursday, August 26 at 1:30 pm—Book Club Outdoors: Join this wonderful group of people to discuss various books. The book choice for August is, *The Handmaid's Tale* by Margaret Atwood. To register, go to myactivecenter.com or call 978-623-8320. Books are available for pick-up.



Monday, August 16 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.

Grief Support Group: This group is led by Lois Marra from the Home Health Foundation. This group will resume in September on Tuesday mornings. Details to come.

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.

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 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 for updates.

August 11: Harold Parker. Park at the end of Arline Drive in N. Reading

August 25 : Keck Reservation . Park at the corner of Gould Road and Rte. 125.

**Hike locations subject to change*

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.



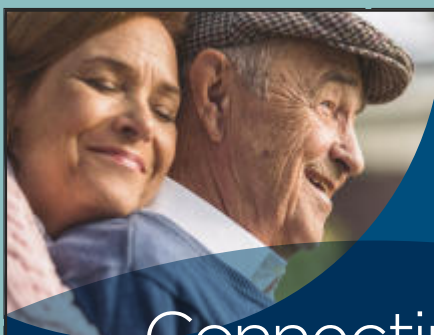
Need locker space? We are renting out lockers at the Robb Center for \$10 per month. Keep your fitness gear and items here at the Center. Lockers limited, first come, first served. Ask the front desk for details.



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Join our 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 to schedule your orientation.



August Mini Session Fitness: August 16th—September 3rd

\$10 per 3 week session | Registration opens August 2nd



- Please register in-person at the Robb Center, on our website at <https://andoverma.gov/227/Elder-Services>, or by calling us at 978-623-8320
- In-person registration day is August 2 from 9am-2pm at the Robb Center
- Payment for classes will open when classes meet minimum capacity.

Class	Day & Time	Location
Advanced Yoga for Beginners Pat	Mondays at 2:00pm	Hybrid
Women’s Fitness with Alex	Mondays & Fridays at 11:15am	Robb Center
Energize with Exercise with Andrea	Tuesdays at 9:30am	Robb Center
Strength & Cardio with Tracy	Wednesdays at 10:00am	Hybrid
Corrective Exercise & Stretching with Alex	Wednesdays at 1:30pm	Robb Center
Men & Women in Motion Denise	Thursdays at 8:15am	Robb Center/ Outdoors
Sit & Get Fit with Denise	Thursday 9:30am	Hybrid
Nordic Walking with Denise	Thursdays 10:30am	Outdoors
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Hybrid
Line Dancing with Val	Thursdays at 1:00pm	Robb Center
Zumba with Val	Thursdays at 1:45pm	Robb Center
Bands & Balls with Barbara	Fridays 8:30am	Zoom

The Fall Fitness Schedule will run from September 13th through November 5th. The schedule will be published in the September Newsletter.

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, August 25th 10:00-2:00. We are going to the Rockingham Mall (Macy's, JCPenney, and food court). Call 978-623-8320 to reserve a spot on our bus.

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.

Ask the Lawyer—Monday, August 16: 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.



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



Blood Pressure Clinics: Drop-in free clinic at the Robb Center. Conducted by the Andover Board of Health on Thursdays from 10:00-11:30am. No Blood Pressure Clinics on August 26th.



Brown Bag- Tuesday, August 24 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. August 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.



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.



Need Help with Medicare? SHINE Can Help!

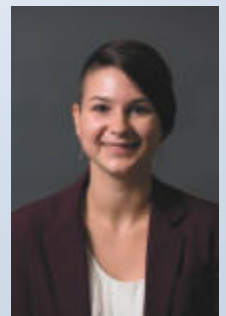
The SHINE program is a federally funded, free counseling program for current and future Medicare beneficiaries. We are staffed by trained counselors who will offer you an unbiased review of all your Medicare insurance choices, questions and concerns. Counselors are available for one on one appointments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



MHL LIBRARY EVENTS

Wednesday August 4 & August 18—Massachusetts Library Collaborative 50+ Job Seekers Networking Group: 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. Remember, 85% of jobs are found through networking! The Massachusetts Library Collaborative's 50+ Job Seekers Group meets on the 1st and 3rd Wednesdays of the month, from 9:30am to 11:30am, via Zoom. Register on MHL.org

Tuesday August 24 at 7:00pm—An Introduction To Pronouns & Gender Diversity: A Virtual Talk. Join us for a discussion on gender identity and the importance of pronouns with Dr. Shannon Peters, PhD, of Boston University. Learn about sexual orientation and gender diversity terminology; how sexuality and gender are seen as on a spectrum; and why gender pronouns are becoming more prominently used in society today. Register on MHL.org



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August Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:15 M & W in Motion</p> <p>9:00 In-Person Fitness Registration</p> <p>9:00 Quilting Group</p> <p>10:00 1,000 Cups of Coffee </p> <p>10:15 Rhythm Aires</p> <p>11:15 Men's Fitness</p> <p>Chicken Pot Pie</p> <p>2:00 Advanced Yoga</p>	<p>3</p> <p>8:30 Continuing Taiji</p> <p>10:00 Strength & Cardio</p> <p>10:00 AMP</p> <p>Vegetable Lasagna</p> <p>1:00 Social Bridge</p> <p>1:00 Canasta</p> <p>1:00 Afternoon Classics</p>	<p>4</p> <p>8:15 M & W in Motion</p> <p>9:00 Comfort Critters</p> <p>10:00 Sit & Get Fit</p> <p>10:30 Write Stuff</p> <p>11:00 Energize Rejuvenate</p> <p>Chicken Marsala</p> <p>1:00 Knit Wits</p> <p>1:30 Veterans' Fitness</p> <p>2:30 Golf Class</p>	<p>5</p> <p>9:15 Line Dancing</p> <p>9:30 Strength & Cardio</p> <p>10:00 Scale Modeling Club</p> <p>10:00 Open Art Studio</p> <p>10:00 Meditation with Chip</p> <p>10:00 Blood Pressure</p> <p>Veal Parm</p> <p>1:00 Duplicate Bridge</p> <p>1:30 Energize w/ Exercise</p>	<p>6</p> <p>8:30 French Group</p> <p>8:30 Strength Training</p> <p>10:00 ACCC Gathering</p> <p>Salmon</p> <p>1:00 Canasta</p> <p>1:00 45's</p> <p>2:00 Kung Fu Fan Dancing</p>
<p>9</p> <p>9:00 Quilting Group</p> <p>10:00 Non-Fiction Book Club</p> <p>10:00 Energy Scams </p> <p>10:15 Rhythm Aires</p> <p>Hot Dogs</p> <p>1:00 Summer Movie</p> <p>1:00 Fix-It Shop</p>	<p>10</p> <p>10:00 AMP</p> <p>Chicken Caesar Salad</p> <p>1:00 Social Bridge</p> <p>1:00 Canasta</p> <p>1:00 Afternoon Classics</p>	<p>11</p> <p>9:00 Comfort Critters</p> <p>10:30 Write Stuff</p> <p>Shepard's Pie</p> <p>1:00 Knit Wits</p>	<p>12</p> <p>9:30 Strength & Cardio</p> <p>10:00 Scale Modeling Club</p> <p>10:00 Open Art Studio</p> <p>10:00 Blood Pressure</p> <p>10:00 Meditation with Chip</p> <p>Lemon Pepper Turkey</p> <p>1:00 Duplicate Bridge</p>	<p>13</p> <p>8:30 French Group</p> <p>Potato Crunch Fish</p> <p>1:00 Canasta</p> <p>1:00 45's</p> <p>2:00 Kung Fu Fan Dancing</p>
<p>16</p> <p>9:00 Quilting Group</p> <p>9:30 Ask the Lawyer</p> <p>10:00 Become your Healthiest Self</p> <p>10:15 Rhythm Aires</p> <p>11:15 Women's Fitness</p>	<p>17</p> <p>9:30 Energize Class</p> <p>10:00 AMP</p> <p>11:00 Beginning Taiji</p> <p>Chicken Piccata</p> <p>1:00 Social Bridge</p>	<p>18</p> <p>9:00 MOAG</p> <p>9:00 Comfort Critters</p> <p>10:00 Strength & Cardio</p> <p>10:30 Write Stuff</p> <p>11:00 Energize Rejuvenate</p> <p>Omelets</p>	<p>19</p> <p>8:15 M & W in Motion</p> <p>9:30 Sit & Get Fit</p> <p>10:00 Scale Modeling Club</p> <p>10:00 Open Art Studio</p> <p>10:00 Meditation with Chip</p> <p>10:00 Blood Pressure</p>	<p>20</p> <p>8:30 Bands & Balls</p> <p>8:30 French Group</p> <p>10:00 ACCC Gathering</p> <p>11:15 Women's Fitness</p> <p>Salmon</p> <p>1:00 Canasta</p>

<p>Roast Pork 1:00 Summer Movie 1:30 Family Caregiver Support Group 2:00 Advanced Yoga</p>	<p>1:00 Canasta 1:00 Afternoon Classics</p>	<p>1:00 Knit Wits 1:00 Healthy Vision Presentation 1:30 Corrective Exercise</p> 	<p>10:00 Dull Men's Club 10:30 Nordic Walking 10:45 Gentle Yoga Chicken Pesto 1:00 Duplicate Bridge 1:00 Line Dancing 1:45 Zumba</p>	<p>23</p> <p>9:00 Quilting Group 9:30 Energize with Exercise 10:00 Suicide Prevention 10:15 Rhythm Aires 11:15 Women's Fitness Cheeseburger 1:00 Summer Movie 1:00 Fix-It Shop 2:00 Advanced Yoga</p>	<p>24</p> <p>9:30 Energize Class 9:30-10:30 Brown Bag Distribution 10:00 AMP Stuffed Chicken 1:00 Social Bridge 1:00 Canasta 1:00 Afternoon Classics</p>	<p>25</p> <p>9:00 Comfort Critters 10:00 Strength & Cardio 10:00 Let's Go Shopping 10:30 Write Stuff Tuna Salad Roll 1:00 Knit Wits 1:30 Corrective Exercise 1:30 George Kakridas Growing Up Under the Nazi Boot</p> 	<p>26</p> <p>1:00-4:00pm Grand Opening & Ribbon Cutting Celebration 8:15 M & W in Motion (outdoors) 9:30 Sit & Get Fit (indoors) 10:30 Nordic Walking (outdoors) 10:45 Gentle Yoga (indoors) 1:30 Book Club (outdoors)</p> 	<p>27</p> <p>8:30 Bands & Balls 8:30 French Group 11:15 Women's Fitness Baked Fish 1:00 Canasta 1:00 45's 2:00 Kung Fu Fan Dancing</p>	<p>30</p> <p>9:00 Quilting Group 9:30 Energize with Exercise 10:15 Rhythm Aires Mac & Cheese 2:00 Advanced Yoga</p>	<p>31</p> <p>9:30 Energize Class 10:00 AMP Spinach Pie 1:00 Social Bridge 1:00 Canasta 1:00 Afternoon Classics</p>		<p>All programs are subject to change to meet the needs of the town.</p>	<p>Congregate Lunch Main Entrée. Subject to change. Veggie Burger available upon request.</p>
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SUPPORT OUR ADVERTISERS!



Mondays at 9:00am—Quilting Group: Join a group of dedicated quilters to share tips and tricks.

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 .



Tuesdays at 10:00am— Women’s Intercultural Sharing Club: Join a group of women to share, discuss, and appreciate different cultures. This group will focus on empowering women to become independent by learning and sharing. This group is welcoming to all and is excited to have presentations, demonstrations, and great conversation.



Tuesdays at 1:00pm—Afternoon Classics: You'll watch classic films from the Golden Age of Hollywood and then join an open discussion about what makes these films stand the test of time.

Wednesdays at 9:00am—Comfort Critters: Join a group of crafters that create little “comfort critters” that get donated to hospitals.

Wednesdays at 10:30am—The Write Stuff: Join this group to write novels, poems, and more.



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

Thursdays at 10:00am—Scale Modeling Club: Join a group to discuss, build and share scale models. No meeting on August 26.



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 or call 978-623-8320. No Open Art Studio on August 26

Thursdays at 2:00pm—Ping-Pong: Drop-in to play a round of Ping Pong. No Ping-Pong on August 26



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 or call 978-623-8320. See page 14 for more details.



Games are back!



Mah Jong (looking for new players)	Tuesdays	1:00pm— 4:00pm
Canasta	Tuesdays & Fridays	1:00pm—4:00pm
Social Bridge	Tuesdays & Fridays	1:00pm—3:30pm
Duplicate Bridge	Thursdays (no bridge on August 26)	1:00pm—4:00pm
45's (looking for new players)	Fridays	1:00pm—3:30pm

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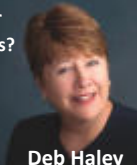
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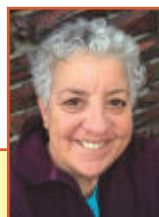
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Senior Connections is back in full swing! Last month, participants went on an outing to Mad Maggie's in North Andover for ice cream and we are planning an outing in August as well. We will take a ride up to Hampton Beach for a drive along the coast and then stop at a local restaurant for a delicious lunch. Senior Connections currently has openings on Monday, Tuesday, Thursday, and Friday. Full and half-days available. Please contact Stephanie McSurdy at 978-623-8339 if you are interested in learning more about Senior Connections.



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)

Senior/Student \$10 _____ Individual _____ Premium _____

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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.

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

For more information go to: andoverscf.org and become a Friend!

Project Lifesaver is the premier search and rescue program operated internationally by public safety agencies, and is strategically designed for “at risk” individuals who are prone to the life threatening behavior of wandering. The primary mission of Project Lifesaver is to provide a timely response to save lives and reduce potential injury for adults and children with the propensity to wander due to a cognitive condition.

The Andover Police Department currently has 15 clients on the Project Lifesaver program.

The system works with Radio Frequency (RF) waves:

RF technology is typically used by law enforcement and first responder agencies but is also available to individual caregivers. RF locating technology includes an RF transmitter worn by the individual who is prone to wandering and an antenna which receives signals from the transmitter. The major advantage to RF technology is the accuracy of signal and the strength of the signal which is only minimally diminished by physical obstructions, if the individual is in a building, or by weather conditions. Additionally, the signal is detectable by both ground and air assets.



For more information about our program please contact:

Sgt. Neal: 978-623-3544 snea@andoverps.net

Officer Cataldo: 978-623-3558 rcat@andoverps.net



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.

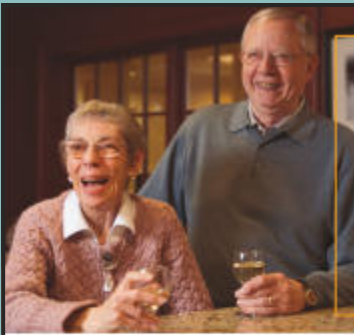
This class is taking a break in August. Class will resume in September. Have a great summer!



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



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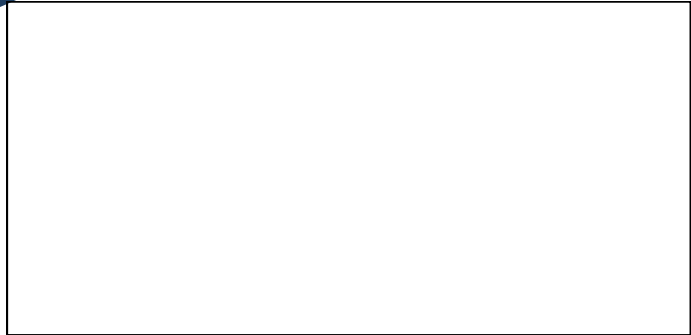
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