



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: <https://andoverma.gov/227/Elder-Services>



AndoverSeniorCenter



the_rob中心

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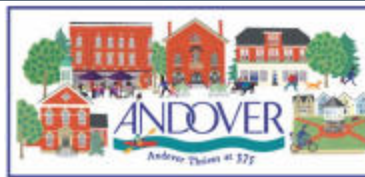


After a fast spring and summer, I am delighted that the Robb Center has officially opened and we are in full swing. The team has worked hard at restoring as much of the tried and true legacy of the past while also embracing the new. We had hoped Covid would be a thing of the past by now but it is still a part of our daily lives. We monitor the guidance closely and ask everyone to do their part in keeping us all safe.

This month join me in welcoming, Sophia Mellen, another fitness fellowship student from Merrimack College. Be sure to check out Sophia's Greek dancing class! Sophia will be here Tuesday—Thursday to assist with your fitness needs.

Our Senior Connections program is back full-time this month. We are excited to have this group in-house 5 days per week. If you or a loved one could use a little more support or structure in your day. Check out this great program. They always have something fun going on.

Finally, I'd like to give a shout out to Ashley English for all her hard work with our volunteers and SCRPT workers. With the shift in the SCRPT program, Ashley is working extra hard supporting folks as they navigate the changes and the program. I look forward to seeing all of you over the coming months—*Jane Burns*



Join us as at the Town of Andover's kickoff event to celebrate 375 years! Mark your calendars for Andover Thrives at 375 Community Day on Saturday, September 25th from 9 AM - 7 PM at the lower Shawsheen

Playground/Track. There will be a variety of activities that day including entertainment, food trucks, a movie on the big screen and a laser light show. Head to the website for more information www.andover375.org



Technology Help Desk: Thursdays at 1:30pm in the Lifelong Learning Center starting on September 16.

Have questions about your phone, tablet, or other device? Our team of tech experts is here to help. Drop-in to see if we can help you.



Andover
ELDER SERVICES

THE ROBB CENTER

Monday, September 13 from 1-3pm—Hispanic Latino Heritage Month

Celebration: Join us for a Guacamole making presentation, a Spanish language lesson, and a performance by *Mexico Lindo* Mariachi band! A huge thank you to Casa Blanca for doing the Guacamole demonstration and for funding the Mariachi Band. Registration requested by going on myactivecenter.com or by calling 978-623-8320



Tuesday, September 14 at 1:30pm—Young at Heart: Randolph, Radio, and the Road to Retirement

- Steve Yanofsky, longtime Andover resident, will share about his autobiography that chronicles his 41 years in radio, his upbringing, his poetry, and his unique life experiences. 100% of the proceeds of his book benefit finding a cure for Huntington’s Disease. Please join us for this fascinating presentation.



Monday, September 20 at 10:00am— Clipper Ship Presentation by Joe

Ponti: Joe Ponti will discuss the origins and history of Clipper Ships. While a cadet at the USCG Academy he sailed to Europe and other destinations onboard the U.S. Coast Guard Cutter EAGLE. The EAGLE is a three masted barque and has a lineage going back to the original clipper ships of the 1800's. Joe will share some of his personal experience while sailing onboard her. We hope you join us for this exciting presentation.



Tuesday, September 21 at 10:00am—Personal Safety Class with Sargent

Higginbottom: Come to a class to learn ways to protect yourself. Learn about self-awareness, personal protection, and overall safety. Registration requested by going on myactivecenter.com or by calling 978-623-8320.



Wednesday, September 22 at 1:30pm—Surviving Our Loved Ones Presented by

the Andover Mentors: The panel will include a widow that will share her experiences and recommendations, a co-author of “If I Had Only Known” who will share excerpts from the book, and professional social workers who will discuss local support programs. Registration requested by calling 978-623-8320 or on myactivecenter.com.



Thursday, September 23 at 10:30am—Bollywood Music Performance:

Join us to listen to and experience Bollywood music preformed by the Swaranjali *Devotional Music Team*. This group preforms all over New England. They preform Bollywood Music, Indian popular music, and devotional music. Please join us, registration requested by going on myactivecenter.com or by calling 978-623-8320.



Introduction to Zentangle Art Class with Jean Stewart: Fridays at 1:30pm

September 17 through October 8. \$25 for a 4 week session, classes are 2 hours long. Registration required by calling 978-623-8320 or coming to our Front Desk. The Zentangle Method is an art form. It is a process of drawing structured patterns one stroke at a time, on a small 3 1/2 in square piece of paper called a “tile.” Zentangle focuses on a process that frees the mind from stress.



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.

Mondays, September 20 & 27 at 1:00pm— Monday Matinees: Join us to watch a film on the “big screen.” Movie titles will be announced soon. Movie treats will be served. Free entry.



Tuesday, September 7 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.



Tuesday, September 13 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.

September 13 & 27 from 1-3pm: Fix-IT Shop is open: Bring your lamps, small appliances, costume jewelry, 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 plus parts for seniors (ID required). \$10 plus parts for non-seniors and non-residents
\$2 diagnostics fee



Thursday, September 16 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 by going on myactivecenter.com or by calling 978-623-8320.



Thursday, September 23 at 1:30pm—Book Club: Join this wonderful group of people to discuss various books. The book choice for September is, *Nobody’s Fool (MCD)* by Richard Russo . To register, go to myactivecenter.com or call 978-623-8320. Books are available for pick-up.



Monday, September 20 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 978-623-8320 to register.

Tuesdays, September 14—October 19 at 10:30am —Grief Support Group: This group is led by Lois Marra from the Home Health Foundation. Registration required by going on myactivecenter.com or by calling 978-623-8320.

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 “Waiver for 2021” 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): please contact Jane fleecy1.godmother@verizon.net for updates

September 2: Jenkins

September 16: Ward reservation

September 30: Deer Jump

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

September 8: Pole Hill—Park at the end of Arline Dr. in North Reading

September 22 : Wildcat Conservation Area - Parking at 157 Herrick Rd. Boxford

**Hike locations subject to change*



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.

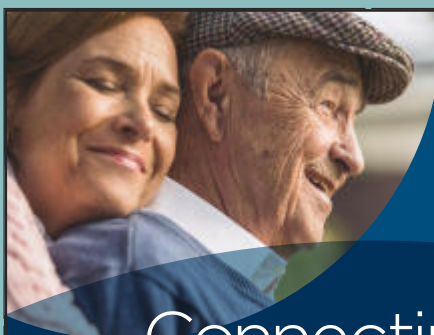
Nature Walks with Evelyn- Fridays at 9am. Join a group to explore and appreciate nature.



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Join our Fitness Room! The room includes a cable system, dumbbell rack, and cardio equipment. Our goal is to 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.



Fall Fitness: September 13—November 5

\$25 per 8 week session | Registration opens September 1



- 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 September 1 from 9am-2pm at the Robb Center
- Payment for classes will open when classes meet minimum capacity.
- *There will be no class on October 11th for an observed holiday*

Class	Day & Time	Location
Men & Women in Motion with Tracy	Mondays at 8:15am	Wellness Room
Strength & Stretch with Tracy	Mondays at 9:15am	Hybrid
Sit & Get Fit with Tracy	Mondays at 11:00am	Hybrid
Women's Fitness Class with Alex	Mondays & Fridays 11:15am	Fitness Room
Men's Fitness Class with Alex	Mondays & Fridays 1:30pm	Fitness Room
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	Wellness Room
Nordic Walking for Beginners with Denise	Tuesday at 8:00am	Outdoors
Continuing Taiji with Meg	Tuesdays at 9:15am	Hybrid
Beginning Taiji with Meg	Tuesdays at 10:30am	Hybrid
Men & Women in Motion with Denise	Wednesdays at 8:15am	Wellness Room
Strength & Stretch with Denise	Wednesdays at 9:15am	Hybrid
Sit & Get Fit with Denise	Wednesdays at 10:15am	Hybrid
Energize Rejuvenate with Pat	Wednesdays at 11:00am	Hybrid
Veteran's Class with Alex	Wednesdays at 1:30pm	Fitness Room
Corrective Exercise & Stretching with Alex	Wednesdays at 2:30	Wellness Room
Nordic Walking Intermediate with Denise	Thursdays at 8:00am	Outdoors
Zumba with Val	Thursdays at 8:15am	Wellness Room
Line Dancing with Val	Thursdays at 9:15am	Wellness Room
Strength & Cardio with Tracy	Thursday at 9:30am	Zoom only
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Wellness Room
Greek Dancing Class with Sophia	Thursday at 1:30pm	Wellness Room
Strength Training with Barb	Fridays at 8:30am	Hybrid

Discover Your Purpose—Monday, September 27 at 1:00pm: Looking to spend time giving back to the community but not sure where to start? “Discover Your Purpose” will educate, inspire, and motivate attendees to understand and explore purpose, develop their own personal purpose statements, and share them with others. The seminar uses an integrative framework that focuses on purpose, connections, and life balance and their impacts on health, longevity, and happiness. In structured discussions with peers, attendees will gain confidence about their own next steps and emerge ready to move forward in pursuing their goals for work with a social purpose.

Join in with others from your community to find your own purpose and “discover what’s next!”

Register for “Discover Your Purpose” by calling 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.

Let’s Go Shopping: Wednesday, September 22 from 10:00-2:00. We are going to Walmart, North Reading Plaza. Call 978-623-8320 to reserve a seat. Come ride the bus with us!



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, September 20: 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.



Brown Bag- Tuesday, September 28 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. September 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, September 1, 2021 - 7:00pm :
Virtual Author Talk: 'American Sherlock' with Kate Winkler Dawson—Kate Winkler Dawson is a seasoned documentary producer, whose work has appeared in *The New York Times*, ABC News Radio, PBS NewsHour, and Nightline. She is the author of *Death in the Air: The True Story of a Serial Killer*, *the Great London Smog*, and *the Strangling of a City* and teaches journalism at The University of Texas at Austin.

Register on MHL.org

Thursday, September 23, 2021 - 7:00pm :
Virtual Bestselling Author Series: James Patterson in Conversation with Hank Phillippi Ryan— Bestselling author James Patterson will discuss his book, *The Jailhouse Lawyer*, coming out September 20, 2021, with author Hank Phillippi Ryan, whose book, *Her Perfect Life* comes out September 14, 2021.

Register on MHL.org

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AES September 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 is subject to change. Veggie Burger available upon request.</p>	<p>9:00-2:00 Fitness Registration 9:00 Comfort Critters 10:30 Write Stuff Stuffed Peppers 1:00 Knit Wits</p>	<p>9:00 WOAG 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 Meditation with Chip 10:00 Blood Pressure Chicken Tenders w/ Fruit Glaze 1:00 Duplicate Bridge 2:30 Ping-Pong</p>	<p>8:30 French Group 10:00 ACCC Gathering 10:30 Cribbage Salmon 1:00 Canasta 1:00 45's 1:00 Social Bridge 2:00 Kung Fu Fan Dancing</p>
<p>LABOR DAY Town Offices and the Robb Center are closed</p>	<p>10:00 AMP 10:00 1,000 Cups of Coffee with Jane Burns 11:00 WISC Chicken Parm 1:00 Afternoon Classics 1:00 Canasta 1:00 Mah Jong 1:00 Social Bridge</p>	<p>9:00 MOAG 9:00 Comfort Critters 10:30 Write Stuff Salisbury Steak 1:00 Knit Wits</p>	<p>9:30 Strength & Cardio 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 Blood Pressure 10:00 Meditation with Chip BBQ Chicken 1:00 Duplicate Bridge 2:30 Ping-Pong</p>	<p>8:30 French Group 10:00 ESL Class 10:30 Cribbage Potato Crunch Fish 1:00 Canasta 1:00 45's 1:00 Social Bridge 2:00 Kung Fu Fan Dancing</p>
<p>9:00 Quilting Group 9:00 Sunrise Singers 10:00 Non-Fiction Book Club 10:15 Rhythm Aires 11:15 Men's Fitness</p>	<p>10:00 AMP 10:30 Grief Support Group 11:00 WISC Chicken Cacciatore</p>	<p>9:00 Comfort Critters 10:30 Write Stuff 11:00 Energize Rejuvenate American Chop Suey 1:00 Knit Wits</p>	<p>9:00 WOAG 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 Meditation with Chip 10:00 Blood Pressure 10:00 Dull Men's Club</p>	<p>8:30 French Group 10:00 ACCC Gathering 10:30 Cribbage Salmon 1:00 Canasta 1:00 45's</p>

<p>11:15 Women's Fitness Chef Salad</p> <p>1:00 Fix-It Shop</p> <p>1:00 – 3:00 Hispanic Latino Heritage Month</p> 	<p>1:00 Afternoon Classics</p> <p>1:00 Canasta</p> <p>1:00 Mah Jong</p> <p>1:00 Social Bridge</p> <p>1:30 Young at Heart Presentation</p>	<p>Chicken Stir Fry</p> <p>1:00 Duplicate Bridge</p> <p>1:30 Tech Help Desk</p> <p>2:30 Ping-Pong</p> 	<p>1:00 Social Bridge</p> <p>1:30 Zentangle Art Class</p> <p>2:00 Kung Fu Fan Dancing</p>
<p>9:00 Quilting Group</p> <p>9:00 Sunrise Singers</p> <p>9:30 Ask the Lawyer</p> <p>10:00 Clipper Ship Presentation</p> <p>10:15 Rhythm Aires</p> <p>11:00 Non-Fiction Book Meat Ball Subs</p> <p>1:00 Monday Matinee</p> <p>1:30 Family Caregiver Support Group</p>	<p>10:00 Personal Safety Class</p> <p>10:30 Grief Support Group</p> <p>11:00 WISC</p> <p>Rosemary Chicken</p> <p>1:00 Afternoon Classics</p> <p>1:00 Canasta</p> <p>1:00 Mah Jong</p> <p>1:00 Social Bridge</p>	<p>9:00 MOAG</p> <p>9:00 Comfort Critters</p> <p>10:00 Let's Go Shopping</p> <p>10:30 Write Stuff</p> <p>Stuffed Shells</p> <p>1:00 Knit Wits</p> <p>1:30 Surviving Our Loved Ones</p>	<p>8:30 French Group</p> <p>10:00 ESL Class</p> <p>10:30 Cribbage</p> <p>Baked Fish</p> <p>1:00 Canasta</p> <p>1:00 45's</p> <p>1:00 Social Bridge</p> <p>1:30 Zentangle Art Class</p> <p>2:00 Kung Fu Fan Dancing</p>
<p>9:00 Quilting Group</p> <p>9:00 Sunrise Singers</p> <p>10:00 Discovery Center</p> <p>10:15 Rhythm Aires</p> <p>Breakfast Omelet</p> <p>1:00 Monday Matinee</p> <p>1:00 Fix-It Shop</p>	<p>9:00 WOAG</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>10:30 Bollywood Music Ham (LS)</p> <p>1:00 Duplicate Bridge</p> <p>1:30 Tech Help Desk</p> <p>1:30 Book Club</p> <p>2:30 Ping-Pong</p>	<p>9:00 Comfort Critters</p> <p>10:30 Write Stuff</p> <p>Roast Pork</p> <p>1:00 Knit Wits</p>	<p>24</p>
<p>27</p>	<p>28</p> <p>9:30-10:30 Brown Bag Distribution</p> <p>10:30 Grief Support Group</p> <p>11:00 WISC</p> <p>Chicken Sandwiches</p> <p>1:00 Afternoon Classics</p> <p>1:00 Canasta</p> <p>1:00 Mah Jong</p> <p>1:00 Social Bridge</p>	<p>29</p>	<p>30</p> <p>Refer to page 5 for the Fitness Schedule</p> 

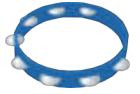
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Quilting Group: Mondays at 9:00am—Join a group of dedicated quilters to share tips and tricks.

Sunrise Singers: Mondays at 9:00am —Join a wonderful choral group that preforms as ready.

Rhythm Aires: Mondays 10:15am—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 .



Women's Intercultural Sharing Club: Tuesdays at 11:00am— 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 !



Afternoon Classics: Tuesdays at 1:00pm—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.

Comfort Critters: Wednesdays at 9:00am—Join a group that creates little "comfort critters" that get donated to hospitals.

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



Knit Wits: Wednesdays at 1:00pm—Join a group of knitters. New knitters are always welcome.

Scale Modeling Club: Thursdays at 10:00am—Join a group to discuss, build and share scale models.



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

Ping-Pong: Thursdays at 2:00pm—Drop-in to play a round of Ping-Pong. Looking for new players.



Le Petit Dejeuner, the French Conversation Group: Fridays at 8:30am—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.



Gaming Groups



Mah Jong (looking for new players)	Tuesdays	1:00pm— 3:30pm
Canasta	Tuesdays & Fridays	1:00pm—4:00pm
Social Bridge	Tuesdays & Fridays	1:00pm—3:30pm
Duplicate Bridge	Thursdays	1:00pm—4:00pm
Cribbage (looking for new players)	Fridays	10:30am—11:30am
45's (looking for new players)	Fridays	1:00pm—3:30pm

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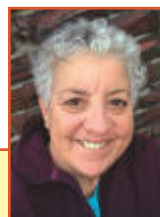
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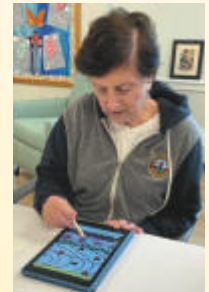
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Senior Connections has openings! We will also be resuming Wednesdays on September 8th, which will get us back to our five-day schedule. The program is open 8:30am-3:00pm. Senior Connections offers a lot of fun and engaging programming, such as no-bake cooking, fitness classes, therapeutic music activities, games, and occasionally some field trips! We went to Mad Maggie's for ice cream in July and we are also planning to visit the Addison Gallery of American Art this month! We've also been learning how to use tablets. Participants have been learning to play different games, such as solitaire, bingo, and WordScapes. If you are interested in learning more about Senior Connections, please 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!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

Email: _____

Membership (mark one)

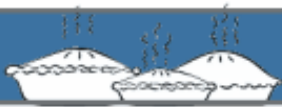
Senior/Student \$10 _____ Individual _____ Premium _____

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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.



ASCF Fall COMFORT Food FUNDRAISER!



The Andover Senior Community Friends fund a variety of programs and events at the Robb Center. Help the Friends help the Center by ordering Harrow's Chicken Pies and Robb Center Apple Pies. Orders will be taken through **October 15th**. Pick up

Thursday, **October 22nd** between 1:00 and 4:00 pm at 30 Whittier Court. The Harrows Pies are delivered frozen and ready to pop in the oven or the freezer! Cooking Instructions are included. To order, visit the Friends website at www.andoverscf.org or complete and mail the form below with check to ASCF, PO BOX 576, Andover, MA 01810. Questions? Call Dana at (978) 475-4451.

Name: _____

Street Address : _____

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Phone: _____ Email: _____



Harrows Chicken Pie with Vegetables	Price	Quantity	Subtotal
Individual	\$8.50 ea		
Apartment (2-3 servings)	\$17.75 ea		
Family (4 servings)	\$23.50 ea		
Jumbo (6 servings)	\$28.00 ea		
Harrows Chicken Pie without Vegetables			
Individual	\$8.50 ea		
Apartment (2-3 servings)	\$19.25 ea		
Family (4 servings)	\$24.50 ea		
Jumbo (6 servings)	\$29.00 ea		
Robb Center 10" Apple Pie	\$12.50 ea		
	Total		

- ◆ **Walk to End Alzheimer's — October 3:** Join our Andover Elder Services Walk Team.
Team Name: Andover Elder Services
Page link: <http://act.alz.org/goto/AndoverElderServices>


- ◆ **Oktoberfest Celebration—October 6 from 12pm-2pm:** Come for German Food and music by the Schwarz Schafe German Band. *Prost!*
- ◆ **Flu Shot Clinics with Andover Board of Health—October 14 and 29 from 9am-12pm at the Robb Center:** Website to make appointments is not available yet. Details to come.
- ◆ **Birthday Social— October 22 at 11:30am:** Join us for music by John Ambrosio, birthday raffles, and cake!
- ◆ **13 Things About Ed Carpolotti - Del Vena Theatre Company Performance—October 28:** Join us for a lunch and a show! Details to come.




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.





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



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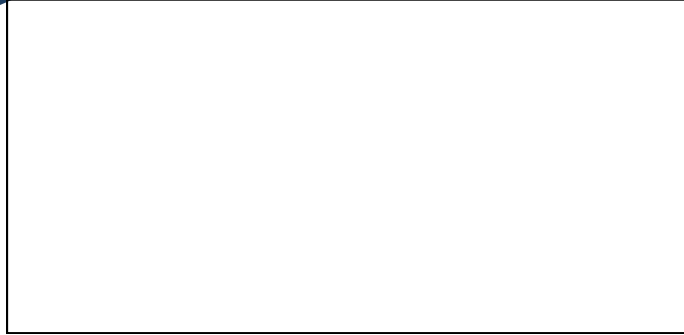
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