



# 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](mailto:senior.center@andoverma.us)

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



AndoverSeniorCenter



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**STAFF CONTACT INFORMATION**

**Director of Community Services**

Jemma Lambert  
[jemma.lambert@andoverma.us](mailto:jemma.lambert@andoverma.us)

**Director of Elder Services**

Jane Burns  
[jane.burns@andoverma.us](mailto:jane.burns@andoverma.us)

**Program Coordinator**

Kelly MacKay  
[Kelly.MacKay@andoverma.us](mailto:Kelly.MacKay@andoverma.us)

**Social Work/Outreach**

Kristine Arakelian, LCSW  
[karakelian@andoverma.gov](mailto:karakelian@andoverma.gov)

**Transportation/Outreach**

Shawna McCloskey, LSW  
[smccloskey@andoverma.gov](mailto:smccloskey@andoverma.gov)

**Volunteer Coordinator**

Ashley English  
[ashley.english@andoverma.us](mailto:ashley.english@andoverma.us)

**Office Assistant**

Amy Heidebrecht  
[amy.heidebrecht@andoverma.us](mailto:amy.heidebrecht@andoverma.us)

**Administrative Assistants**

Nina D'Agostino, Pat Kelly

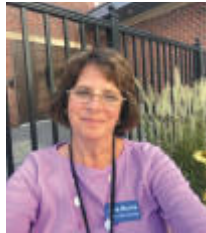
**Senior Connections**

**Day Program Coordinator**

Stephanie McSurdy  
[stephanie.mcsurdy@andoverma.us](mailto:stephanie.mcsurdy@andoverma.us)

**Nutrition Staff**

Frank Melendez, Chef  
[fmelendez@andoverma.gov](mailto:fmelendez@andoverma.gov)



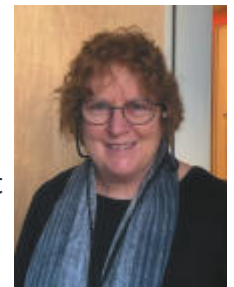
Happy New Year! This year that is a statement with many different meanings. As we say good bye to a year when we could get together and rebuild social connections, we are faced with another Covid variant. Going into the new year we will continue to wear masks. Depending upon how the virus develops, we will adjust programming to keep everyone safe. Rest assured we are monitoring Covid very closely and following the latest guidance.

Covid very closely and following the latest guidance.

This is also a time of year many of us think about making changes. For those interested in improving their balance, be sure to check out our Matter of Balance Program. This isn't an exercise program but a way of thinking about falling to reduce incidents of falls. We are bringing this to the community with support from the Pfizer Corporation.

As a reminder to our community. We are open to all. If you find you would like to participate in a program but cannot afford the cost, please reach out to me. We have a scholarship fund for those who qualify. The cost of a program or special event should never be a hinderance to participation.

Finally, join me in officially welcoming Pat Kelly to our staff. Pat has been a volunteer and last month made the jump to staff member. She is on the front desk Monday/Wednesday/Friday. We are delighted to have her as part of the team. Stay safe & warm, Jane & the AES team



**A Matter of Balance** is a program designed to reduce the fear of falling and increase activity levels. This nationally recognized program was developed at the Roybal Center at Boston University and is proven to reduce the incidents of falls.

We will be offering this 8-week program on Tuesdays at 10:00am from January 25 to March 15. The class is 2 hours long and participants should be available for the full 8 weeks. Participants will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home and exercise to increase strength and balance. Free to Andover Residents, \$25 for non-Andover residents. Limited seats available. Call to register (978) 623-8320. Registration opens on January 10th.



THE ROBB CENTER

**Community Curiosities:** Every first and third Tuesday of the month.

**January 4 at 2:00pm:** Denise Boucher on Nordic Walking: Learn about the history and health benefits of Nordic Walking.

**January 18 at 2:00pm:** Bob Frishman will present on Horology in Art. Since the invention of mechanical timekeeping in the 13th century, clocks and watches have appeared in fine art.

*Registration requested by calling 978-623-8320 or on [myactivecenter.com](http://myactivecenter.com)*

**Wednesday, January 12 at 1:30pm—Medicare Supplement versus Medicare Advantage:** When people are covered by Medicare, they often buy other plans to give them more coverage. Ever wonder what the differences are between Medicare supplements and Medicare Advantage plans and which one is better for you? We will review the two types of plans and do a case study illustrating how they differ. Your questions will be answered by Heather Hurd from Blue Cross Blue Shield.

*Registration requested by calling 978-623-8320 or on [myactivecenter.com](http://myactivecenter.com)*



**Tuesday, January 25 at 1:30pm: Energy Efficiency Workshop for Every Andover Home** by Joyce Losick— Yang Andover’s Sustainability Coordinator. Are you concerned about the utility price spikes this winter? This workshop covers how residents can save energy, in big and small ways. Joyce will cover practical energy-saving tips you can act on right away, and go through the Mass Save process to take advantage of generous rebates and incentives available for larger energy-saving improvement projects.



**Wednesday, January 26 at 1:00pm: Arthritis Presentation by Michaela Van Antwerp:**

Presentation on common sites of arthritis, ways to protect hands, and adaptive equipment to promote functional use of upper extremities during meaningful & daily activities. *Registration requested by calling 978-623-8320 or on [myactivecenter.com](http://myactivecenter.com)*

**Thursday, January 27 at 12:00pm: January Birthday Social—** All are welcome! Lunch entrée will be Roast Pork. Music by Mel Stiller sponsored by ASCF. Delicious desserts & raffles from Bear Mountain. Registration required by calling 978-623-8320. Suggested \$3 donation collected day of (cash only).



**Friday, January 28 at 1:30pm— Andover Show Choir Performance:** Join us for an afternoon of singing and dancing from the Andover Show Choir Group.

*Registration requested by calling 978-623-8320 or on [myactivecenter.com](http://myactivecenter.com)*

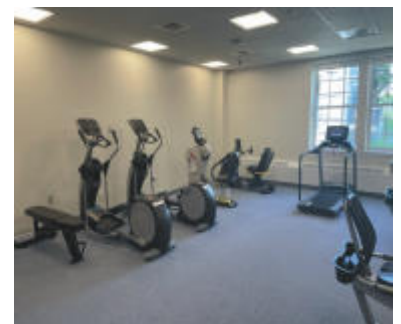


**Start your new year off right! Join the fitness room.**

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.

Fitness room hours are 8am– 3:30pm Monday—Friday.

Email our fitness graduate intern at [robfitnesscenter@gmail.com](mailto:robfitnesscenter@gmail.com) to schedule your general intake & orientation or call us 978-623-8320.



**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 entrées listed on pages 8 & 9.

**Mondays in January at 1:00pm— Monday Matinees:** Join us to watch a film on the “big screen.” Movie titles will be announced weekly. Movie treats will be served. Free entry.



**Monday, January 3 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 Robb Center and your ideas and hopes for its future. We look forward to seeing you there.



**Monday, January 10 at 10:00am —Non-Fiction Book Club:** This club explores contemporary issues, history, biography, and more. This club meets at the Robb Center. For any questions please contact Joanne at [joannedahlgrenma@gmail.com](mailto:joannedahlgrenma@gmail.com).

**Monday, January 10 & 24 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 plus parts for seniors (ID required). \$10 plus parts for non-seniors and non-residents  
\$2 diagnostics fee



**Thursday, January 6 & 20 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 calling 978-623-8320 or by going on [myactivecenter.com](http://myactivecenter.com).



**Thursday, January 27 at 1:30pm—Book Club:** Join this wonderful group of people to discuss various books. Books are available for pick-up. **This club is currently full.**



**Thursday, January 13 at 1:30pm—Parkinson’s Disease Support Group:** This month, the guest speaker will be Swati Gupta, Therapy Consultant, Boston Scientific. She will present on “An Overview of Deep Brain Simulation.” Ask for Kristine or Kelly for more information. Registration required by calling 978-623-8320 or by going on [myactivecenter.com](http://myactivecenter.com).

**Monday, January 24 at 1:30pm—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. Registration required by calling 978-623-8320 or by going on [myactivecenter.com](http://myactivecenter.com)



**Walking Hours at the Youth Center:** Every Tuesday & Thursday this winter, walk the Youth Center from 9:15am– 11:15am. When you arrive, please check-in with the front desk volunteer at the youth center. Nordic walking poles are available to use.



**Outdoor Adventure Groups**—For any participation in Adventure Groups, participants must sign our “Waiver for 2022” 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):** The WOAG will have surprise hikes throughout the winter when the weather co-operates. If you are interested in receiving email updates for surprise hikes, please email Jane at [fleecy1.godmother@verizon.net](mailto:fleecy1.godmother@verizon.net)

**Men’s Outdoor Adventure Group (MOAG):** The men's group will be in hibernation for the winter. Stay tuned for the 2022 schedule after the first of the year. However, if the weather turns out to be mild, the group will get out. Contact [dschroe@aol.com](mailto:dschroe@aol.com) to get on the email list for any change in plans. Thank you to the hike leaders for another year in the great outdoors.



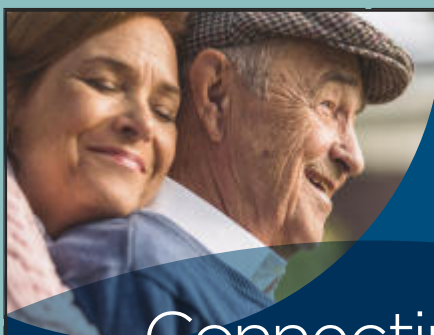
**Need locker space?** We are renting out lockers at the Robb Center for \$10 per month. Keep your fitness gear and items here at the Center. Lockers limited, first come, first served. Ask the front desk for details.



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**January 24th—March 18**

Registration opens January 10th for Andover Residents. Non-Andover Residents can register starting on January 12th. Any registrations received before the appropriate registration days will not be accepted.



**Cost:** \$25 per 8 week session per class.

**Ways to register:**

1. On <https://andoverma.gov/227/Elder-Services>
2. By coming in-person to the Robb Center
3. By calling 978-623-8320 to register over the phone

To learn more about each class, please check out the Fitness Brochure found on our website.

Class	Day & Time	Location
Men & Women in Motion with Tracy	Mondays at 8:15am	In-person only
Strength & Stretch with Tracy	Mondays at 9:15am	Hybrid
Sit & Get Fit with Tracy	Mondays at 10:15am	Hybrid
Veterans/ Men’s Fitness with Sophia	Mondays at 11:00am	In-person only
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	Hybrid
Continuing Taiji with Meg	Tuesdays at 9:15am	Hybrid
Beginning Taiji with Meg	Tuesdays at 10:30am	Hybrid
Cardio & Strength with Andrea	Tuesdays at 1:00pm	In-person only
Women’s Fitness with Sophia	Tuesdays at 2:00pm	In-person only
Men & Women in Motion with Denise	Wednesdays at 8:15am	In-person only
Strength & Stretch with Denise	Wednesdays at 9:15am	Hybrid
Sit & Get Fit with Denise	Wednesdays at 10:15am	Hybrid
Men’s Fitness with Sophia	Wednesdays at 10:30am	In-person only
Energize Rejuvenate with Pat	Wednesdays at 11:00am	Hybrid
Line Dancing with Val	Thursdays at 9:15am	In-person only
Strength & Cardio with Tracy	Thursday at 9:30am	Zoom only
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Hybrid
Nordic Walking with Denise	Thursdays at 1:00pm	In-person only
Strength Training with Barb	Fridays at 8:30am	Hybrid
Intro to Move & Groove with Lourdes	Fridays at 9:30am	In-person only
Pilates Fundamentals with Lourdes	Fridays at 10:30am	In-person only

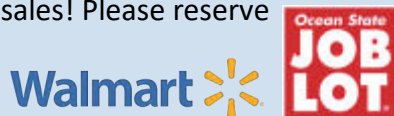
**Happy New Year!** Senior Connections ended the year with a bang. Participants got into the holiday spirit by decorating the room and attending a Holiday Dance Performance put on by former intern, Savannah Melo, and her dance students from Showcase Dance & Performing Arts Center. After indulging in lots of holiday treats, this month Senior Connections will be making their own healthy snacks (yogurt parfait and fruit kabobs). If you are interested in learning more about Senior Connections, please contact Stephanie McSurdy at 978-623-8339.



**Medical Transportation:** We continue to provide transportation to vital medical appointments. Please call 978-623-8320 to schedule an appointment. You must be an Andover resident.

**Let's Go Shopping: Wednesday, January 12**

**10am—2pm:** This month we are shopping at Walmart and Ocean State Job Lot in North Reading. Get your after holiday sales! Please reserve your seat by calling 978-623-8320.



**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.

**AARP Tax Appointments:** Beginning February 8 and continuing through April 12, AARP Foundation is providing tax assistance and preparation through its Tax-Aide program for free. AARP Foundation Tax-Aide is the nation's largest volunteer-based free tax preparation service. Volunteers are trained and IRS-certified every year to ensure they understand the latest changes to the U.S. Tax Code. The program is open to taxpayers of all ages and you don't need to be an AARP member. We'll be using a low-contact model where you will interact with Tax-Aide volunteers in two in-person meetings to exchange documents. Call 978-623-8320 after January 18<sup>th</sup> to make an appointment.



**Ask the Lawyer—Monday, January 31:** 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.



**Blood Pressure Clinics—Thursdays from 10:00-11:30am:** Drop-in free clinic at the Robb Center. Conducted by the Andover Board of Health.



**Brown Bag- Tuesday, January 25 from 9:30-10:30am:** This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. Eligibility cards must be presented at pick-up. January Brown Bag may be picked-up from the Robb Center (30 Whittier Court) between 9:30—10:30am. Applications available through AgeSpan: 978-683-7747.

**Diabetic Shoe Clinic: February 8 from 1:30pm—4pm.** Appointments are required by calling 978-623-8320. All diabetics are entitled to one new pair of Diabetic Shoes and inserts every calendar year. This is covered by their insurance. Prior to the appointment, a doctor's order will need to be completed. Andover Elder Services can provide the physician order form.

**Friendly Caller:** 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.



**Hearing Aid Checks/ Cleanings and Hearing Screenings—Friday, January 7 from 9:30am—10:30am** by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



**Medicare Help Desk:** Starting in February, Blue Cross Blue Shield will be hosting a Medicare Help Desk every month on the 2nd Wednesday of the month. Come on February 9 from 12pm-1pm to visit this Help Desk.



**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.



**Technology Help Desk— Tuesdays at 10:00am:** 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.



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# AES January Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>9:00 Quilting Group 9:00 Sunrise Singers <b>10:00 1,000 Cups of Coffee with Jane Burns</b> 10:15 Rhythm Aires <b>Salisbury Steak</b> <b>1:00 Monday Matinee</b> 2:00 Ping-Pong</p>	<p><b>4</b></p> <p>9:00 Comfort Critters 10:00 Tech Help Desk 11:00 WMSG <b>Ziti with Meatballs</b> 1:00 Mah Jong 1:00 Social Bridge 2:00 <b>Community Curiosities –Nordic Walking</b></p>	<p><b>5</b></p> <p>9:30 Morning Crafting Group 10:30 Write Stuff <b>Roast Pork</b> 12:30 Knit Wits  <b>The Robb Center is closing at 3pm today</b></p>	<p><b>6</b></p> <p>9:00 Chroniclers 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic 10:00 DMC <b>Chicken Marsala</b> 1:00 Duplicate Bridge 2:00 Ping-Pong</p>	<p><b>7</b></p> <p>8:30 French Group 9:30am Hearing Aid Checks &amp; Cleanings 9:30 ACCC Gathering <b>Cod Fish</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p><b>10</b></p> <p><b>8:00 Andover Fitness Registration</b> 9:00 Quilting Group 9:00 Sunrise Singers 10:00 Non Fiction Book Club 10:15 Rhythm Aires <b>Mac &amp; Cheese</b> 1:00 Monday Matinee 1:00 Fix-It Shop 2:00 Ping-Pong</p>	<p><b>11</b></p> <p>9:00 Comfort Critters 10:00 Tech Help Desk 11:00 WMSG <b>Lemon Pepper Chicken</b> 1:00 Mah Jong 1:00 Social Bridge</p>	<p><b>12</b></p> <p><b>8:00 General Fitness Registration</b> <b>9:00 Mobile Food Pantry</b> 9:30 Morning Crafting 10:00 Let's Go Shopping 10:30 Write Stuff <b>Hot Dogs</b> 12:30 Knit Wits <b>1:30 Medicare Supplement vs Medicare Advantage</b></p>	<p><b>13</b></p> <p>10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic <b>Chicken Piccata</b> 1:00 Duplicate Bridge 1:30 Parkinson's Support Group 2:00 Ping-Pong</p>	<p><b>14</b></p> <p>8:30 French Group 9-12 GLCAC Appointments <b>10:00 ESL Class</b> <b>Baked Fish</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p><b>18</b></p> <p>9:00 Comfort Critters 10:00 Tech Help Desk</p>	<p><b>19</b></p> <p>9:30 Morning Crafting Group 10:30 Write Stuff</p>	<p><b>20</b></p> <p>9:00 Chroniclers 10:00 Scale Modeling Club</p>	<p><b>21</b></p> <p>8:30 French Group 9:30 ACCC Gathering</p>	

<p><b>MLK Jr. Day</b></p> <p>11:00 WMSG  <b>Chicken Parmesan</b>  1:00 Mah Jong  1:00 Social Bridge  2:00 <b>Community</b>  <b>Curiosities— Horology in Art</b></p>	<p>10:00 Open Art Studio  10:00 BP Clinic  10:00 DMC  <b>Stuffed Chicken</b>  1:00 Duplicate Bridge  2:00 Ping-Pong</p>	<p>10:00 White Star  <b>Pot Roast</b>  12:00 <b>COA Lunch</b>  12:30 Knit Wits</p>	<p>1:00 45's  1:00 Social Bridge  2:00 Tai Chi Fan Dancing</p>	<p><b>Pollack</b></p>
<p>24</p> <p>9:00 Quilting Group  9:00 Sunrise Singers  10:15 Rhythm Aires  <b>Stuffed Peppers</b>  1:00 Monday Matinee  1:00 Fix-it Shop  1:30 Family Caregiver Support Group  2:00 Ping-Pong</p>	<p>25</p> <p>9:00 Comfort Critters  9:30-10:30 <b>Brown Bag</b>  10:00 Tech Help Desk  11:00 WMSG  11:30 Canasta  <b>Chicken Pesto</b>  1:00 Mah Jong  1:00 Social Bridge  1:30 <b>Energy Talk</b></p>	<p>26</p> <p>9-11am Frank Moran Office Hour  9:30 Morning Crafting Group  10:30 Write Stuff  <b>Lasagna</b>  12:30 Knit Wits  1:00 <b>Arthritis Presentation</b></p>	<p>27</p> <p>10:00 Scale Modeling Club  10:00 Open Art Studio  10:00 BP Clinic  <b>Birthdays Social: Roast Pork</b>  1:00 Duplicate Bridge  1:30 Book Club  2:00 Ping-Pong</p>	<p>28</p> <p>8:30 French Group  9:30 ESL Class  <b>Salmon</b>  1:00 45's  1:00 Social Bridge  1:30 <b>Show Choir Performance</b>  2:00 Tai Chi Fan Dancing</p>
<p>31</p> <p>9:00 Quilting Group  9:00 Sunrise Singers  9:30 Ask the Lawyer  10:15 Rhythm Aires  <b>American Chop Suey</b>  1:00 Monday Matinee  2:00 Ping-Pong</p>	<p>Congregate Lunch Main Entrée is subject to change. Veggie Burger available upon request.</p>	<p>All programs are subject to change to meet the needs of the town.</p>		

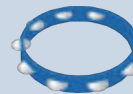
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**Quilting Group: Mondays at 9:00am**—Join a group of dedicated quilters to share tips and tricks.

**Sunrise Singers: Mondays at 9:00am** —Join a wonderful choral group that performs throughout the year.

**Rhythm Aires: Mondays 10:15am**—Rhythm Aires is a costumed chair dancing group that performs with tambourines to lively music. 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.



**Short Stories: Mondays 1:00pm**— We have room for a couple of more drama enthusiasts! Prior to beginning our Best American Short Story sessions, we will spend several weeks reading and discussing “Cost of Living” by Martyna Majok and “The Piano Lesson” by August Wilson. For more information contact Eileen [eileenreilly42@gmail.com](mailto:eileenreilly42@gmail.com)

**Comfort Critters: Tuesdays at 9:00am**—Join a group that creates little “comfort critters” that are donated to hospitals.



**Women’s Multicultural Sharing Group (WMSG) Tuesdays at 11:00am**— Join a group of women to share, discuss, and appreciate a variety of cultures. This group is welcoming to all! **New members are welcome.**

**Morning Crafting Group: Wednesday 9:30am– 11:30am**— This group works on crafts that will be used for the Holiday Fair in December 2022. We are looking for people of all ages to meet, craft, and socialize. We welcome creative ideas for new crafts for the 2022 Holiday Fair. Come and share your talents!



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



**Knit Wits: Wednesdays at 12:30pm**—Join a group of knitters. New knitters are always welcome.

**Andover Chroniclers Meeting: Every 1st and 3rd Thursday at 9:00am**—Join a group that produces videos. No experience necessary. Email [AndovChron2@gmail.com](mailto:AndovChron2@gmail.com) to sign-up and ask questions.

**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.

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

**Ping-Pong: Mondays & Thursdays at 2:00pm**—Drop-in to play a round of Ping-Pong.



**Phillips Academy Intergenerational Connections Club: Every other Friday at 11:20am** —Connect & socialize with students. See calendar for dates. If you have questions, email [bgarozzo23@andover.edu](mailto:bgarozzo23@andover.edu)

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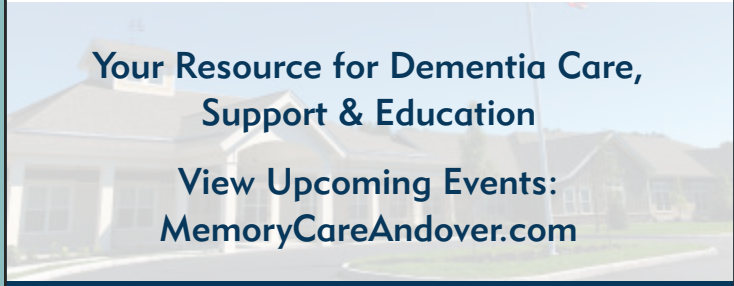
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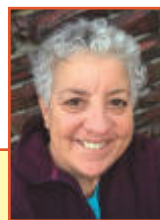
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The Women’s Multicultural Sharing Group meets on Tuesdays at 11:00am. Join a diverse group of women to explore culture and share experiences.



Do you know of somewhere or someone who would benefit from Comfort Critters? The Comfort Critters are looking for new places to donate. Please contact Kelly at [Kelly.mackay@andoverma.us](mailto:Kelly.mackay@andoverma.us) or 978-623-8320.



Mah Jong (looking for new players)	Tuesdays	1:00pm— 3:30pm
Canasta (looking for new players)	Tuesdays	11:30—2:30pm
Social Bridge	Tuesdays & Fridays	1:00pm—3:30pm
Duplicate Bridge	Thursdays	1:00pm—4:00pm
45’s (looking for new players)	Fridays	1:00pm—3:30pm

**Every other Friday at 10:00am —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).



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](mailto: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.



**Inclement Weather Policy:** Andover Elder Services will mirror Andover School’s snow cancellation schedule. When school is cancelled, Meals on Wheels is cancelled, Senior Connections will be closed, and all in-person programs will be closed. All virtual programs will be held and staff is available to offer assistance.



**Food Pantry:** Starting Wednesday, January 12, The Merrimack Valley YMCA mobile food pantry will be at the Robb Center the 2<sup>nd</sup> Wednesday of the month from 9:00 am – 11:00 am. Food bags will be distributed on a first-come, first-served basis. This program is open to all ages, no identification necessary.



**Have you tried the new parking lot?** The Playstead Parking Lot is located off of Chestnut Ct (the next street beyond Whittier). You will see signs for Playstead Parking Lot.



**Podiatry Announcement:** Due to Footcare Focus changing their prices, we will now charge \$15 for podiatry appointments at the Robb Center and \$12 for at home visits. If you do not show up to your scheduled appointment, you will be charged for your visit. You will not be able to make another appointment until that appointment is paid for.

**Greater Lawrence Community Action Council** will once again be facilitating Fuel Assistance applications this year. GLCAC Inc. can help keep you and your family stay warm this winter and reduce your energy bills. GLCAC’s energy programs offer: Fuel assistance, free weatherizing, free energy audits, and free emergency repairs to heating systems.

**GLCAC has set aside the following date and time for individual appointments at the Robb Center:**

**Friday, January 14, 2022 – 9am – 12 pm**

There will *NOT* be any walk-in appointments. To make an appointment, please call 978-623-8320.

Certain documentation is required for these appointments. Please contact us for more information.



MHL LIBRARY

**Memory Kits:** Each of our memory kits include books, DVDs, and other materials on a set theme to spark discussion collected into an easily portable bag. We have four kits right now: baby animals, 50's and 60's TV shows, U.S. travel, and birds of New England. These kits are for anyone who cares for or interacts with someone who has dementia, Alzheimer's, or other memory issues. Register on [mhl.org](http://mhl.org)

**Virtual Death Café:** Wednesday, January 12 at 3:00pm : Join other adults, 18 and older, for Andover's virtual Death Cafe - an afternoon of open, lively, and insightful discussion about death. While not a support group nor a venue for bereavement, a Death Cafe seeks to provide an unscripted, non-judgmental platform for those wishing to explore the many facets of this often taboo subject. Register on [mhl.org](http://mhl.org)

**Join the Council on Aging Board for Lunch!**

On January 19 at 12:00pm, members of the COA board will be at The Robb Center’s Congregate Lunch. We encourage you to join us on that day to meet the COA board members.

**Council on Aging Board:** Molly Bicking, Co-Chair, Tana Goldberg, Co-Chair, Ed Plowey, Vice Chair, Kim Rainen-Butler, Secretary, Ralph Bledsoe, Gail Bloom, Louise Hadad, Grace Lin, Amanda Preston, Tom Rando, Judy Trerotola.



**State Representative Frank A Moran:** Wednesday, January 26th from 9-11am at The Robb Center: State Representative Frank A Moran Office Hours. Office Hours are a great opportunity to get help with unemployment assistance, food insecurity, state agencies, passport assistance, legislative priorities, and local resources. No registration necessary.



**State Rep. Tram Nguyen** is holding office hours every month, on the first Friday at 10-11am, and the third Tuesday 5-6pm, via Zoom. January’s office hours are Friday January 7, and Tuesday January 18. You can sign up for the office hours here: <https://calendly.com/teamtram/officehours?month=2021-12>. If you have trouble with Zoom, reach out to Rep Nguyen’s Legislative Director at [Tobin.Abraham@mahouse.gov](mailto:Tobin.Abraham@mahouse.gov), or 617-722-2060 x 5.

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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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



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