



NEWS & VIEWS



LOCATION THE ROBB CENTER, 30 WHITTIER COURT ANDOVER, MA 01810

Monday - Friday 8 am - 4 pm

CONTACT INFORMATION

Phone: 978.623.8320

Email: senior.center@andoverma.us

Info Line: 978.623.8302

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



AndoverSeniorCenter



andover_elder_services

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THE ROBB CENTER



祝我們華人社區新年快樂 Happy New Year to our Chinese Community. In honor of the Chinese New Year, the Robb Center is displaying beautiful works of art by our local artists. Be sure to stop in and celebrate our artists.

With the New Year comes the rush to get taxes done. The Robb Center is one of the few AARP Tax Program host sites this year. Staff and preparers will do their best to accommodate those who utilize this program but folks will need to be flexible with appointment

requests. If your appointment is cancelled due to snow, we will do our best to reschedule a later date.

Checkout page 2 for a listing of our special events this month. Despite being a cold, short month there is something for everyone. I am particularly excited for the reenactment of the Radio Show on February 23. It will be fun to see Town staff and our seniors take on the challenge of entertaining the audience.

Be healthy and safe! Jane & the AES Team

Don't forget—The Robb Center 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.

Friday, February 11 at 10:00am Chinese New Year Celebration

on Zoom: To join in on this exciting presentation filled with performances, music, and dancing please register on myactivecenter.com or call 978-623-8320. Don't forget to visit The Robb Center to see beautiful Chinese art displayed throughout the center.

Interested in crafting? Join the Wednesday Morning Craft Group. 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!



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

February 1 at 2:00pm: Living Well, Making Every Moment Count by Mary Crowe from Care Dimensions.

February 15 at 2:00pm: Jack Holmes will take you on a photographic journey to “Azores and Madeira; Portuguese Islands in the Atlantic.” Azores and Madeira are Portuguese islands in the Atlantic Ocean.

Registration requested by calling 978-623-8320 or on myactivecenter.com

Thursday, February 3 at 11am: Risk Factors of Alzheimer's Disease: Join us to better understand the causes and risk factors of Alzheimer’s disease and other forms of dementia. We'll discuss how age, genetics, overall health and lifestyle factors impact your risk. Coffee & pastries will be served. *Registration requested by calling 978-623-8320 or on myactivecenter.com*



Friday, February 4 all day: Go Red for Women Day: Wear Red on Friday, February 4th for the American Heart Association and be entered to win a raffle basket from Sweet Mimi’s. Stop by and learn about cardiac health .



Wednesday, February 9 at 1:30pm: The Agitator & the Politician by Robert MacDougal. Celebrate Black History Month by coming to a presentation by Robert MacDougal who will present on his book *The Agitator & the Politician: William Lloyd Garrison, Abraham Lincoln and the Emancipation of the Slaves*. First 10 registrations receive a free book! *Registration requested by calling 978-623-8320 or on myactivecenter.com*



Thursday, February 10 at 1:30pm—Valentine’s Piano Concert by Terri Kelley : Join us to listen and experience beautiful piano music on the grand piano.

Registration requested by calling 978-623-8320 or on myactivecenter.com



Wednesday, February 16 at 10:00am— Animal Crackers with Paul MacKay: Come see some of the funniest animals in photos. It will, without a doubt, brighten your day.

Registration requested by calling 978-623-8320 or on myactivecenter.com

Wednesday, February 23 at 1:30pm—LIVE broadcast of the radio show “Our Miss Brooks: Valentine’s Day Date.” Originally aired in 1950, join town staff and seniors in a live read through of the show. This comedy follows a teacher as she tries to find a valentine’s day date.

Registration requested by calling 978-623-8320 or on myactivecenter.com



Thursday, February 24 at 12:00pm: February Birthday Social— All are welcome! Lunch entrée will be Roast Pork. Music by Dan Kirouac sponsored by ASCF. Delicious desserts & raffles from Bridges. Registration required by calling 978-623-8320. Suggested \$3 donation collected day of (cash only).



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 February 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, February 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 Robb Center and your ideas and hopes for its future. We look forward to seeing you there.



Monday, February 14 at 10:00am —Non-Fiction Book Club: This club explores contemporary issues, history, biography, and more. For any questions please contact Joanne at joannedahlgrenma@gmail.com.

Monday, February 7 & 28 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!

Cost: \$4 plus parts for seniors (ID required). \$10 plus parts for non-seniors and non-residents
\$2 diagnostics fee



Thursday, February 3 & 17 at 10:00am—Dull Men’s Club: No strings attached, no skills required. Join a group of men to enjoy and discuss the simple, everyday, run of the mill things. *Registration is requested by calling 978-623-8320 or by going on myactivecenter.com.*



Thursday, February 24 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, February 10 at 1:30pm—Parkinson’s Disease Support Group: This month, the guest speaker will be Marie Lucy, PT, GCS, Clinical Director, Gordon College Center for Balance, Mobility & Wellness, “Updates from a Physical Therapy Perspective– Available Options” Ask for Kristine or Kelly for more information. *Registration required by calling 978-623-8320 or by going on myactivecenter.com.*

Monday, February 28 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*



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 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

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 to get on the email list for any change in plans. Thank you to the hike leaders for another year in the great outdoors.



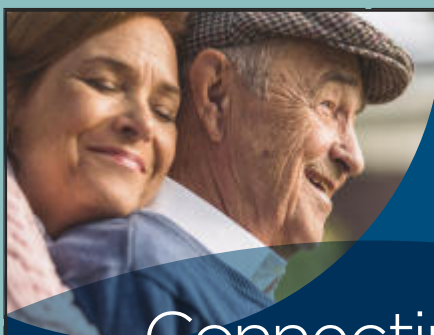
Need locker space? We are renting out lockers at the Robb Center for \$10 per month. Keep your fitness gear and items here at the Center. Lockers limited, first come, first served. Ask the front desk for details.



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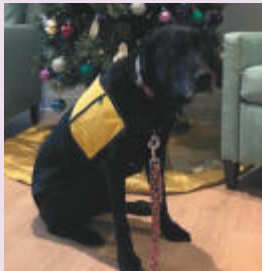
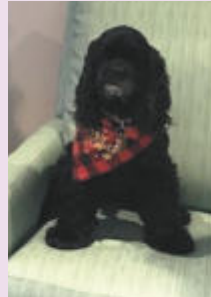
Ways to register:

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

Senior Connections kicked off the new year with a visit from the Service Dog Project. The Service Dog Project's main mission is to breed, raise, train, and donate certified service dogs to people who experience difficulties with their balance or mobility. It was such a treat to meet the dogs and to learn more about the services they provide to the community. Senior Connections also has therapy dogs that visit the program twice per week (Thursdays at 1pm and Fridays at 10am). If you or a loved one are interested in learning more about the program, please contact Stephanie McSurdy at 978-623-8339. We currently have openings or would love to have some new faces join us!



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, February 9

10am—2pm: This month we are shopping at Walmart and Ocean State Job Lot in North Reading. You are sure to find many heart shaped treats for Valentine's Day. 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.



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.

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.

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 to make an appointment.



Ask the Lawyer—Monday, February 14: 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, February 22 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. February 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, February 4 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 February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Comfort Critters 10:00 Tech Help Desk 11:00 WMSG 11:30 Canasta Chicken Picatta 1:00 Mah Jong 1:00 Social Bridge 2:00 Community Curiosities – Living Well Mary Crowe	2 9:30 Morning Crafting Group 10:30 Write Stuff Salisbury Steak 12:30 Knit Wits	3 9:00 Chroniclers 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic 10:00 DMC 11:00 Risk Factors of Alz Chicken Pot Pie 1:00 Duplicate Bridge 2:00 Ping-Pong	4 Go Red for Women Day 8:30 French Group 9:30am Hearing Aid Checks & Cleanings 9:30 ACCC Gathering Potato Crunch Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing 
7 9:00 Quilting Group 9:00 Sunrise Singers 10:00 1,000 Cups of Coffee 10:15 Rhythm Aires Shepard's Pie 1:00 Monday Matinee 1:00 Fix-It Shop 2:00 Ping-Pong	8 9:00 Comfort Critters 10:00 Tech Help Desk 11:00 WMSG 11:30 Canasta Chicken Marsala 1:00 Mah Jong 1:00 Social Bridge 1:30pm Diabetic Shoe Clinic	9 9:00 Mobile Food Pantry 9:30 Morning Crafting 10:00 Let's Go Shopping 10:30 Write Stuff Chicken Stir Fry 12:30 Knit Wits 1:00 Medicare Help Desk 1:30 The Agitator and the Politician	10 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic Tortilla Wrapped Omelets 1:00 Duplicate Bridge 1:30 Parkinson's Support Group 1:30pm Piano Concert 2:00 Ping-Pong 	11 8:30 French Group 9-12 GLCAC Appointments 10:00 Chinese New Year Celebration on Zoom Cod 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing
14 9:00 Quilting Group 9:00 Sunrise Singers	15 9:00 Comfort Critters 10:00 Tech Help Desk	16 9:30 Morning Crafting Group 10:00 Animal Crackers	17 9:00 Chroniclers 10:00 Scale Modeling Club	18 8:30 French Group 9:30 ESL Class

<p>9:30 Ask the Lawyer</p> <p>10:00 Non Fiction Book</p> <p>10:15 Rhythm Aires</p> <p>Pot Roast</p> <p>1:00 Monday Matinee</p> <p>2:00 Ping-Pong</p>	<p>11:00 WMSG</p> <p>11:30 Canasta</p> <p>Chicken Broccoli</p> <p>Alfredo</p> <p>1:00 Mah Jong</p> <p>1:00 Social Bridge</p> <p>2:00 Community</p> <p>Curiosities— Azores and Madeira Jack Holmes</p>	<p>10:00 Animal Crackers</p> <p>10:30 Write Stuff</p> <p>Cheeseburger</p> <p>12:00 COA Lunch</p> <p>12:30 Knit Wits</p>	<p>10:00 Open Art Studio</p> <p>10:00 BP Clinic</p> <p>10:00 DMC</p> <p>Chicken Meatball w/ Pasta</p> <p>1:00 Duplicate Bridge</p> <p>2:00 Ping-Pong</p>	 <p>28</p> <p>9:00 Quilting Group</p> <p>9:00 Sunrise Singers</p> <p>10:15 Rhythm Aires</p> <p>Roast Pork</p> <p>1:00 Monday Matinee</p> <p>1:00 Fix-It Shop</p> <p>1:30 Caregiver Support Group</p> <p>2:00 Ping-Pong</p>	<p>22</p> <p>9:00 Comfort Critters</p> <p>9:30-10:30 Brown Bag</p> <p>10:00 Tech Help Desk</p> <p>11:00 WMSG</p> <p>11:30 Canasta</p> <p>Lemon Pepper Chicken</p> <p>1:00 Mah Jong</p> <p>1:00 Social Bridge</p>	<p>23</p> <p>9:30 Morning Crafting Group</p> <p>10:30 Write Stuff</p> <p>Ravioli</p> <p>12:30 Knit Wits</p> <p>1:30 LIVE Radio Broadcast</p> 	<p>24</p> <p>10:00 Scale Modeling Club</p> <p>10:00 Open Art Studio</p> <p>10:00 BP Clinic</p> <p>Birthday Social: Stuffed Chicken</p> <p>1:00 Duplicate Bridge</p> <p>1:30 Book Club</p> <p>2:00 Ping-Pong</p> 	<p>25</p> <p>8:30 French Group</p> <p>9:30 ACCC Gathering</p> <p>Beer Battered Haddock</p> <p>1:00 45's</p> <p>1:00 Social Bridge</p> <p>2:00 Tai Chi Fan Dancing</p>	<p>All programs are subject to change to meet the needs of the town.</p>
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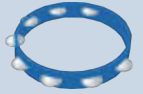
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Quilting Group: Mondays at 9:00am—Join a group of dedicated quilters to share tips and tricks.

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

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



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 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 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. If you have questions, email bgarozzo23@andover.edu

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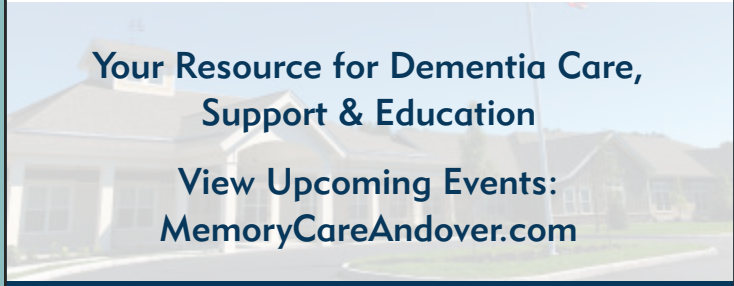
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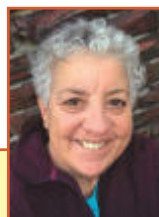
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Beginning Acrylic Art Class with Amy Thompson: Thursdays at 2:30pm: 4 week session for \$25. February 10, 17, 24, and March 3. You will learn how to do a simple acrylic painting . Each week we will complete one piece. Subjects may include Flowers, Landscapes, Pets, Abstract Designs, and Still Life. Materials Required : 4 - 11x14 canvases, acrylic paints, and various brushes. *Registration required by calling 978-623-8320 or coming to the front desk.*



Introduction to Zentangle Class and Keep Zentangling Class with Jean Stewart: These classes are running on a rotating basis. Call us to find out more information about the schedule. Zentangle focuses on a process that frees the mind from stress. *Registration is required.*



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.



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



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: The Merrimack Valley YMCA mobile food pantry will be at the Robb Center the 2nd Wednesday of every month from 9:00 am – 11:00 am. In February, the mobile food pantry will be here on Wednesday, February 9. 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.

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 robbsfitnesscenter@gmail.com to schedule your general intake & orientation or call us 978-623-8320.



MHL LIBRARY

Birdwatching Basics with Mass Audubon's Scott Santino via Zoom: Wednesday, February 2, 2022 - 7:00pm. This online program will introduce you to the birdwatching basics, from how to identify different bird families to various tools and resources at your disposal. Find out what makes birds unique in the animal kingdom; where and how to locate birds; and learn about basic bird biology and behavior. Register on mhl.org



Raising the Dead: Finding Clues to Ancestors from Headstones, Family Plots, and Burial Records via Zoom: Monday, February 7, 2022 - 2:30pm. Cemetery records can offer important clues to understanding the lives of those who came before us. Join NEHGS Chief Genealogist David Allen Lambert—author of *A Guide to Massachusetts Cemeteries* (now in its third edition)—to learn how headstones, family plots, and burial documents can shed new light on your ancestor’s life. Register on mhl.org

Join the Council on Aging Board for Lunch!

On February 16 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 Rep. Tram Nguyen is holding virtual office hours every month, on the first Friday at 10-11am, and the third Tuesday 5-6pm, via Zoom. February’s office hours will be Friday, February 4, and Tuesday February 15. You can sign up for the office hours at this link: <https://calendly.com/teamtram/officehours?month=2021-12>. If you have trouble with Zoom, or if you have a constituent issue that needs attention, please reach out to Rep Nguyen’s Legislative Director at 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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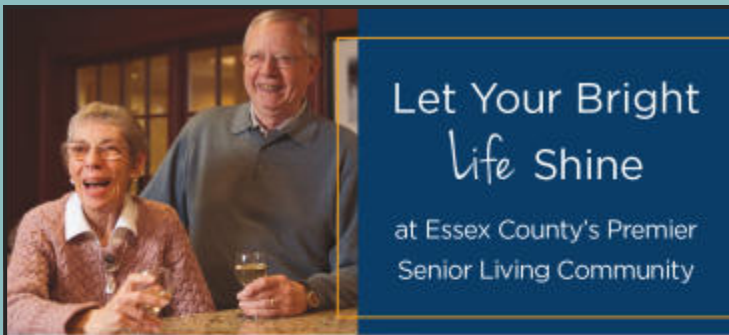
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Help the FRIENDS support the free programs at the Andover Senior Center! Check out all we do at our website:

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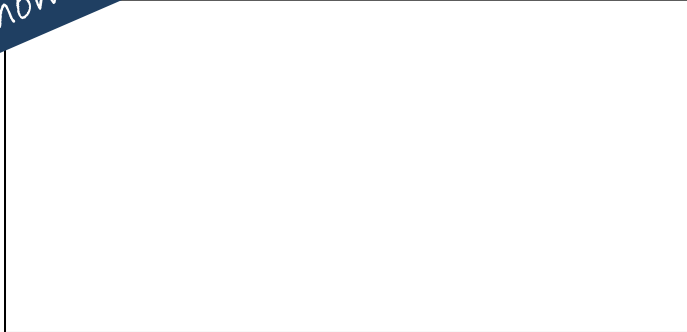
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