



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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"May the lilt of Irish laughter lighten every load." *Irish Blessing...* As we leave the dark days of winter and lingering Covid behind, a little Irish laughter is what we all need heading into spring. They say on St. Patrick's Day everyone is Irish. This past winter while exchanging stories, Mary McGettrick (Senior Connections Aide) and I discovered we are cousins. Mary hails from Ireland which is where my grandfather is from. Come to find out

Mary's father and my grandfather are brothers. We have enjoyed a lot of Irish laughter swapping stories of family members and are reminded we live in a very small world.

March is also Greek Heritage month. We will be celebrating with a Greek cooking workshop and a photographic tour of Greece. Come experience the beauty of Greece and learn to cook some of the finest foods in our world.

This March take a moment to share your heritage, look for a bit of Irish laughter to lighten your load, stop to enjoy the beauty around us and remember that when we share our stories and connect socially, we can find magic.
Be healthy and safe! Jane & the AES Team

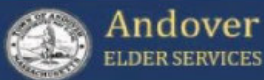
The Robb Center Adult Supportive Day Program: "Senior Connections" Looking for a safe, affordable, caring

day environment for your aging loved one? Andover Elder Services has what you need. A day at Senior Connections includes cognitive awareness activities, physical well-being, nutrition, and social engagement. Open Mon-Fri 8:30am-3:00pm. Transportation available based on location. Contact 978-623-8320 for more information.



Thursday, March 17 at 12pm: St. Patrick's Day Luncheon! Join us

on St. Patrick's Day for corned beef & cabbage along with music by Brian Cochran. Tickets go on sale March 1st. Due to the inflated cost of corned beef we have to increase ticket prices to \$15 per ticket. If this presents a hardship, please reach out to Jane Burns. Purchase by calling 978-623-8320 or by coming in-person.



THE ROBB CENTER

Tuesdays at 2 at the Robb

March 1 at 2:00pm: Fred Snell *“Walking in the Andovers”* - presentation on walking trails in the Towns of Andover and North Andover, AVIS, Harold Parker State Forest, The Trustees of Reservations and others.

March 15 at 2:00pm: Nancy Patsios: **Decluttering and Mental Health**

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

Tuesday, March 8 at 1:30pm—Living with Cognitive Impairment by Kim O'Connell,

MSW: This educational presentation explores cognitive impairments and how they affects daily living. Treatment and other ways to improve learning and increase memory abilities will also be discussed. *Registration requested by calling 978-623-8320 or on myactivecenter.com*



Wednesday, March 9 at 1:30pm— Meet Andover’s new DEI Director Albert Pless:

Albert Pless will explain his role as the Director of Diversity, Equity and Inclusion and open up the room for conversation. *Registration requested by calling 978-623-8320 or on myactivecenter.com*



Thursday, March 10 at 10am- Meet Mark Twain by Paul MacKay: Mark Twain was a humorist, entrepreneur, publisher, and lecturer. He has been lauded as the "greatest humorist the United States has produced," and called "the father of American literature." Come enjoy his humor and wisdom in my favorite Mark Twain quotes. *Registration requested by calling 978-623-8320 or on myactivecenter.com*

Tuesday, March 16 at 1:30pm— Photographic Tour of Greece by Jeff Kaplan:

Celebrate Greek independence day by coming to see beautiful pictures of Athens, Santorini, Olympia, and more. *Registration requested by calling 978-623-8320 or on myactivecenter.com*



Tuesday, March 29 at 1:30pm— Greek Cooking Workshop: Cost \$10. We will prepare and sample several Greek-inspired dishes, such as Tzatziki, tomato fritters, hummus, and more! Everyone will receive a packet of original Mediterranean Spice Mix. Registration opens March 1. *Registration required by calling 978-623-8320 or on myactivecenter.com*



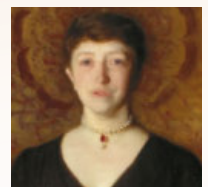
Wednesday, March 30 at 1:30pm—Robb Center Trivia! Come and test your knowledge for a chance to win a prize sponsored by the ASCF. This month’s theme is Hollywood! This will be individual trivia. *Registration requested by calling 978-623-8320 or on myactivecenter.com*



Thursday, March 31 at 12:00pm—March Birthday Social: All are welcome! Lunch entrée will be Pot Roast. Violin music by Antoaneta Anguelova . Delicious desserts & raffles from Stonehill. *Registration required by calling 978-623-8320. Suggested \$3 donation collected day of (cash only).*



Wednesday April 27 Isabella Stewart Gardner Trip: Join us in a trip to the Isabella Stewart Gardner Museum. The cost is \$31 for a guided tour and \$26 for a self guided tour. This fee includes transportation from the Robb Center to the museum and back. *Registration opens on March 24th for Andover residents and March 28th for non-Andover residents. Registration required by calling 978-623-8320 or by coming to the 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 entrées listed on pages 8 & 9.

Mondays in March 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.



Thursday, March 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.*



Monday, March 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, March 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, March 14 & 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, March 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, March 10 at 1:30pm—Parkinson’s Disease Support Group: This month, the guest speaker will be Jaimie Girnis PT, DPT, PhD Rehabilitation Science Student, Boston University College of Health & Rehabilitation Sciences: Sargent College, Center for Neurorehabilitation “Current Research Being Conducted at BU Sargent College Center for Neurorehabilitation.” Ask for Kristine or Kelly for more information. *Registration required by calling 978-623-8320 or by going on myactivecenter.com .*

Monday, March 21 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. Being a caregiver can be both a rewarding and overwhelming responsibility. It’s important to note, however, that increased stress may be putting your own health at risk. Join guest speaker, Sarah Turcotte of Bridges by Epoch, in discussing ways to be a healthier caregiver and to recognize and deal with caregiver stress. *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): WOAG hikes are back! please contact Jane fleecy1.godmother@verizon.net for updates.

March 10: The Addison Gallery: Steep hill upon entry. Indoor adventure.

March 24th: The Peabody Archeology Museum. Indoor adventure.

Men’s Outdoor Adventure Group (MOAG): MOAG hikes are returning! Contact dschroe@aol.com to get on the email list for any change in plans.

March 23: Goldsmith Reservation, Andover. Parking at 491 S. Main St. 3 mile hike.

April 6th: Haggetts Pond & Turtle Mount, Andover. Parking at 52 Haggetts Pond Rd. 2 mile hike.

April 20: Doyle Link & West Elementary School. Parking at end of Candlewood Dr. 3 mile hike.

**Hike locations subject to change*



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MARCH 2022 SPRING FITNESS SESSION: MARCH 28 THROUGH MAY 20

Cost: \$25 per 8 week session per class. Registration opens March 14th for Andover Residents. Non-Andover Residents can register starting on March 16th. Any registrations received before the appropriate registration days will not be accepted.



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.

*** Taiji is running from March 29th through April 26th with two additional classes on March 23 and March 30.**

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
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
Men & Women in Motion with Denise	Wednesdays at 8:15am	In-person only
Strength & Stretch with Denise	Wednesdays at 9:15am	Hybrid
Matter of Balance	Wednesdays at 9:30am	In-person
Sit & Get Fit with Denise	Wednesdays at 10:15am	Hybrid
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



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 Boston University and is proven to reduce the incidents of falls. We will be offering this 8-week program on Wednesdays at 9:30am from March 30 to May 18. 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.

The Senior Connections Supportive Day Program currently has openings! The program is open Monday-Friday from 8:30am-3:00pm. Half-days and full days are available. The program offers a variety of programs ranging from games, arts & crafts, brain teasers, light exercise, tablet time, and visits from therapy dogs. A Men's Group is also held on Thursdays from 1:30-2:30pm. If you are interested in learning more about the program, please contact Stephanie McSurdy at 978-623-8339. We would love to add some new faces to the group!



WE ARE HERE, TO GET YOU THERE!



March 22 is Town Election Day: We will be providing scheduled transportation to the voting sites. Call for the schedule and to sign-up by Tuesday, March 15th. (978) 623-8320.

Rides to the Robb Center: We provide transportation to the Center at no **cost**. Call Shawna to check availability and schedule your ride.

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, March 30 10am—2pm: We are shopping at Walmart and Ocean State Job Lot in North Reading. 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 Andover seniors. 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: 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, March 21: 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, March 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. March 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.

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 March, the mobile food pantry will be here on Wednesday, March 9. Food bags will be distributed on a first-come, first-served basis. This program is open to all ages, no identification necessary.



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, March 4 from 9:30am—10:30am by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Medicare Help Desk: Starting in April, Blue Cross Blue Shield will be hosting a Medicare Help Desk every month on the 2nd Wednesday of the month. Come on April 13 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 March Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Congregate Lunch Main Entrée is subject to change. Veggie Burger available upon request.</p>	<p>1</p> <p>9:00 Comfort Critters 10:00 Tech Help Desk 11:00 WMSG 11:30 Canasta Chicken Cacciatore 1:00 Mah Jongg 1:00 Social Bridge 2:00 Walking in the Andovers</p> 	<p>2</p> <p>9:30 Morning Crafting Group 10:30 Write Stuff Hot Dog & Beans 12:30 Knit Wits</p>	<p>3</p> <p>9:00 Chroniclers 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic 10:00 DMC Chicken Marsala 1:00 Duplicate Bridge 2:00 Ping-Pong</p>	<p>4</p> <p>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</p>
<p>7</p> <p>9:00 Quilting Group 10:00 1,000 Cups of Coffee Stuffed Peppers 1:00 Monday Matinee 2:00 Ping-Pong</p>	<p>8</p> <p>9:00 Comfort Critters 10:00 Tech Help Desk 11:00 WMSG 11:30 Canasta Peach Glazed Chicken 1:00 Mah Jongg 1:00 Social Bridge 1:30 Living with Cognitive Impairment</p>	<p>9</p> <p>9:00 Mobile Food Pantry 9:30 Morning Crafting 10:30 Write Stuff Chili 12:30 Knit Wits 1:30 Meet the DEI Director</p>	<p>10</p> <p>9:00 WOAG 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic 10:00 Mark Twain Quotes Breaded Chicken Sandwich 1:00 Duplicate Bridge 1:30 Parkinson's Support Group 2:00 Ping-Pong</p>	<p>11</p> <p>8:30 French Group Baked Cod 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>14</p> <p>9:00 Quilting Group 10:00 Non Fiction Book</p>	<p>15</p> <p>9:00 Comfort Critters 10:00 Tech Help Desk</p>	<p>16</p> <p>9:30 Morning Crafting Group</p>	<p>17</p> <p>9:00 Chroniclers 10:00 Scale Modeling Club</p>	<p>18</p> <p>8:30 French Group 9:30 ESL Class</p>

<p>Veal Parm 1:00 Monday Matinee 1:00 Fix-It Shop 2:00 Ping-Pong</p>	<p>11:00 WMSG 11:30 Canasta Chicken Picatta 1:00 Mah Jongg 1:00 Social Bridge 2:00 Clutter & Mental Health by Nancy Patsios: Clutter</p>	<p>10:30 Write Stuff Sloppy Joes 12:00 COA Lunch 12:30 Knit Wits 1:30 Tour of Greece</p> 	<p>10:00 Open Art Studio 10:00 BP Clinic 10:00 DMC St. Patrick's Day Luncheon 1:00 Duplicate Bridge 2:00 Ping-Pong</p> 	<p>Beer Battered Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>21 9:00 Quilting Group 9:30 Ask the Lawyer Ziti with Meat Sauce 1:00 Monday Matinee 1:30 Caregiver Support Group 2:00 Ping-Pong</p>	<p>22 9:00 Comfort Critters 9:30-10:30 Brown Bag 10:00 Tech Help Desk 11:00 WMSG 11:30 Canasta Chicken Stir-Fry 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>23 9:30 Morning Crafting Group 10:30 Write Stuff Pancakes & Sausage 12:30 Knit Wits</p>	<p>24 9:00 WOAG 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic Roasted Chicken 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping-Pong</p>	<p>25 8:30 French Group 9:30 ACCC Gathering Lemon Pepper Cod 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>28 9:00 Quilting Group 9:00 Sunrise Singers 10:15 Rhythm Aires Roast Pork 1:00 Monday Matinee 1:00 Fix-It Shop 2:00 Ping-Pong</p>	<p>29 9:00 Comfort Critters 10:00 Tech Help Desk 11:00 WMSG 11:30 Canasta Chicken Meatball Sub 1:00 Mah Jongg 1:00 Social Bridge 1:30 Greek Cooking Workshop</p>	<p>30 9:30 Morning Crafting 10:00 Let's Go Shopping 10:30 Write Stuff Lasagna 12:30 Knit Wits 1:30 Robb Center Trivia</p> 	<p>31 9:00 WOAG 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic Birthday Social: Pot Roast 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping-Pong</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

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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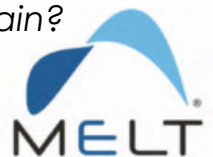


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Beginning Acrylic Art Class with Amy Thompson: Thursdays at 2:30pm: 4 week session for \$25. March 17, 24, 31, and April 7. You will learn how to do a simple acrylic painting . Each week we will complete one piece. Subjects may include Flowers, Landscapes, 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: Fridays at 1pm, March 11th through April 1st: 4 week session for \$25. Zentangle focuses on a process that frees the mind from stress. 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." *Registration is required.*



Mah Jongg (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.



Hospital Equipment Loan Program: Led by Masonry in Action. Lends, at no cost, home-use health/hospital equipment to those in need. This organization also accepts donations. Saturdays only from 9am– 12pm. Contact by calling 781-322-1052 or <https://smd-help.org/>.



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



Andover Senior Community Friends



Spring Pie Fundraiser

<u>Pies</u>	Qty	Price	Total
Apple	___	\$13.50	___
Lemon Meringue	___	\$13.50	___
Boston Cream	___	\$13.50	___
Strawberry Rhubarb	___	\$13.50	___

<u>Assorted Cookie Trays</u>			
Small 1 1/2 dozen	___	\$13.50	___
Medium 2 1/2 dozen	___	\$22.50	___

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Georgia O'Keeffe, Photographer: An Addison Gallery Tour with Lisa Volpe via Zoom:

Wednesday, March 9, 2022 - 2:00pm : Tour the exhibition with Lisa Volpe, associate curator of photography at the Museum of Fine Arts, Houston and author of *Georgia O'Keeffe, Photographer*. The program will be recorded. Register on mhl.org

The Garden Tourist's Northeast on Zoom:

Wednesday, March 16, 2022 - 7:00pm: View the beautiful public gardens, nursery display gardens, and private gardens in the Northeast. Learn about each garden's highlights, ideal times to visit, and enjoy a virtual tour of each. Presented by Jana Milbocker principal of Enchanted Gardens, lecturer and author. Register on mhl.org

MARCH 2022

COUNCIL ON AGING

Join the Council on Aging Board for Lunch! On March 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.



MARCH 2022

ANDOVER SENIOR COMMUNITY FRIENDS

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 or scan this code



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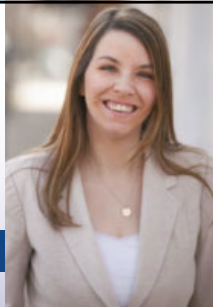
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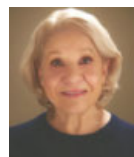
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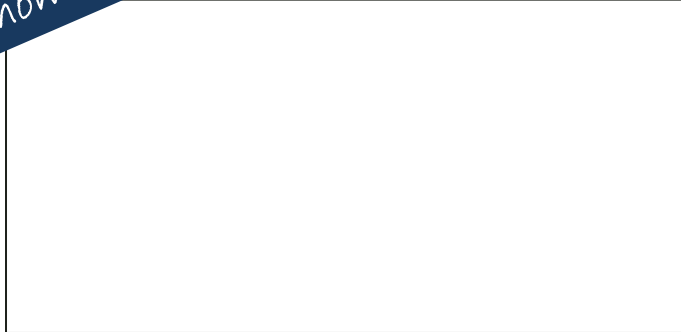
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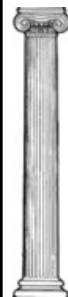
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