



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

STAFF CONTACT INFORMATION

Director of Community Services

Jemma Lambert
jemma.lambert@andoverma.us

Director of Elder Services

Jane Burns
jane.burns@andoverma.us

Program Coordinator

Kelly MacKay
kelly.mackay@andoverma.us

Social Work/Outreach

Kristine Arakelian, LCSW
karakelian@andoverma.gov

Transportation/Outreach

Shawna McCloskey, LSW
smccloskey@andoverma.gov

Volunteer Coordinator

Ashley English
ashley.english@andoverma.us

Office Assistant

Amy Heidebrecht
amy.heidebrecht@andoverma.us

Administrative Assistants

Nina D'Agostino, Pat Kelly

Senior Connections

Day Program Coordinator

Stephanie McSurdy
stephanie.mcsurdy@andoverma.us

Nutrition Staff

Frank Melendez, Sue Starbird
susan.starbird@andoverma.us



A big thank you to our Andover Senior Community Friends for the continued support of the Robb Center and Andover seniors. This great group has worked tirelessly supporting the Center. Whether it is decorating the Lounge or selling pies, and plants, their work is greatly appreciated. This year they have even brought back the Crystal Ball.

As of May 1, **the Walk Massachusetts Challenge** is underway. Be sure to join Team Andover and or have a family member join and walk for you. The challenge is open to all ages and supports fitness programs at the Center. <https://www.walkmachallenge.com>

Summer is fast approaching and we continue to plan to open on Thursdays. At this time we are targeting June 2 as our first Thursday night. This is subject to change so look for updates during the month of May. - Enjoy the spring, Jane & Team Andover

Art at the Robb Center—Be sure to stop by the Center during the month of May to see the High School students' art on display. We will be hosting our students and families on Wednesday, May 4 at 6:00 pm for an open house. All are welcome to attend and meet our young artists and enjoy some music and refreshments.



In late June, July and August photographer Jack Holmes will be displaying his work. Jack has traveled the world and we are excited to have him bring his fine work to the Center.

Monday, May 9th at noon: Join us for a Mother's Day Luncheon followed by a teacup flower arranging workshop. Lunch will be lemon chicken. Please bring your own teacup (3-4 inch diameter) if you have one. We will have extras. The workshop will be led by the Village Garden Club and funded by the Andover Senior Community Friends. Register by calling 978-623-832 or on myactivecenter.com. Seats Limited. Suggested \$3 for lunch.



THE ROBB CENTER

Tuesday, May 3 at 10:30am: “Twilight of the Dreadnoughts” by Joe Ponti—

We’ll take an in-depth look at the intricate history involving several countries and the laborious negotiations and strategies that resulted in the demise of the heavily armed class of battleships known around the world as the dreadnoughts. *Registration requested by calling 978-623-8320 or on myactivecenter.com*

**Wednesday, May 4 at 2:00pm: Cooking Demonstration by Chef Andrea from**

Stonehill— Come and learn how to make lemon blueberry scones & sun tea. *Seats are limited, reserve yours by calling 978-623-8320 or on myactivecenter.com*



Friday, May 6 at 1:30pm— Art Installation Presentation & Workshop: Come and learn about the Cazimi Creative Collaborative installation that is currently on display at the CVS on Main Street. You will also get an opportunity to create something of your own. *Registration requested by calling 978-623-8320 or on myactivecenter.com*



Wednesday, May 11 at 1:30pm— Bonsai Tree Presentation by Paul MacKay: For many, bonsai conjures up images of Asia and ideas of an obscure practice that takes a lifetime to master. The reality is very different: bonsai is a truly international art form that is open to everyone -- a combination of technique, artistry and horticulture that allows you to create living works of art that will potentially last longer than your time on earth. Paul will discuss the history and practice as well as provide a photographic tour of some of the trees he's seen on his world travels. *Registration requested by calling 978-623-8320 or on myactivecenter.com*

Tuesday, May 17 at 1:30pm— “African Safari” by Evelyn Retelle: Join us for a photographic African Safari. *Registration requested by calling 978-623-8320 or on myactivecenter.com*



Wednesday, May 18 at 1:30pm— “What is Your Aging in Place Plan” by Jason Ebacher, Esq.: Come to a presentation about pro-active planning and crisis planning. *Registration requested by calling 978-623-8320 or on myactivecenter.com*

Tuesday, May 24 at 2:00pm— “Art Keeps Us Human” by Art Matters: Art teaches. Art communicates. Art has humor, adventure and passion. Art matters! It is a uniquely human activity and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. This presentation is primarily on Zoom. We will be hosting a live audience at the Robb Center. This presentation is sponsored by the Andover Cultural Council. *Registration requested by calling 978-623-8320 or on myactivecenter.com.*

Wednesday, May 25 at 1:00pm— Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse. Let’s discuss the all the ways we can support our physical well-being through healthy eating. Seats limited! Registration required.



Short Stories Contest: The Write Stuff writers’ group present “Short Stuff” Short Story contest. The theme is “A Most Powerful Moment.” Be creative! Let your voice shine through! 1st, 2nd and 3rd place prizes will be awarded in the form of \$100, \$50, \$25 gift cards respectively. For rules and details please call 978-623-8320 or email kelly.mackay@andoverma.us. Entries due by June 4th.

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 May at 1:00pm— Monday Matinees: Join us to watch a film on the “big screen.” Movie titles will be announced weekly. Popcorn provided by Bear Mountain. Free entry.



Thursday, May 5 & 19 at 10:00am—Dull Men’s Club: No strings attached, no skills required. Join a group of men to enjoy and discuss the simple, everyday, run of the mill things. *Registration is requested by calling 978-623-8320 or by going on myactivecenter.com.*



Monday, May 9 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.

Monday, May 9 & 23 from 1-3pm: Fix-IT Shop is open: Bring your lamps, small appliances, chairs, small tables, and any other small project and this group will try to fix it!
Cost: \$4 plus parts for seniors (ID required). \$10 plus parts for non-seniors and non-residents
\$2 diagnostics fee



Thursday, May 26 at 12:00pm—May Birthday Social: All are welcome! Lunch entrée will be Pot Roast. Music by Bill Foley sponsored by the ASCF. Delicious desserts & raffles from Bear Mountain. *Registration required by calling 978-623-8320. Suggested \$3 donation (cash only).*



Thursday, May 26 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.**



Friday, May 27 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, May 12 at 1:30pm—Parkinson’s Disease Support Group: This month, the guest speaker will be Scott Parmelee, MS, MBA, Account Executive, Neuroscience Parkinson's Disease. He will discuss “Advancing Parkinson’s Disease and Duopa as a therapeutic option.” Ask for Kristine or Kelly for more information. *Registration required by calling 978-623-8320 or by going on myactivecenter.com*

Monday, May 16 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. This month, Dave McKee, the Business Development Director at Assisting Hands, will be joining us. He will discuss the process of bringing in different types of care into the home. *Registration required by calling 978-623-8320 or by going on myactivecenter.com*

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.



Hiking on wooded trails can be challenging and present the participant with risks due to the wide variety of conditions. Once registered as a member of the WOAG/MOAG group, you will receive information for each hike. Please read the descriptions before signing up. Please note that cell service is not always available on the trails and in the case of emergency it may take First Responders longer to reach your location. Leaders are not certified to administer first aid and have discretion to disallow a hiker based upon safety concerns. Hikers assume all responsibility for their personal safety and are required to dress appropriately for the conditions and carry water. **Hike locations subject to change*

Women’s Outdoor Adventure Group (WOAG): Contact Jane at fleecy1.godmother@verizon.net for updates.

May 5: Rafton from Wood Hill

May 19: Maudsley

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

May 4: Ward Reservation

May 18: Harold Rafton Reservation

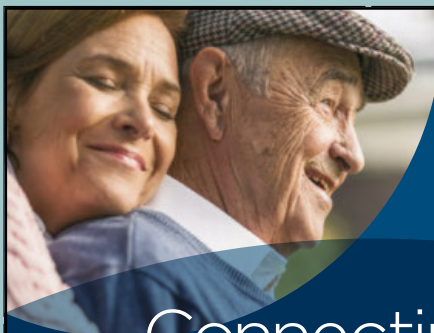
Nature Walks with Evelyn are Back! These walks occur on Friday mornings, weather permitting. All participants are required to sign a waiver for the year to participate.



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MAY 2022 SUMMER FITNESS SESSION: MAY 31 THROUGH JULY 22

Cost: \$25 per 8 week session per class. Registration opens May 16th for Andover residents. Non-Andover residents can register starting on May 18th. 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

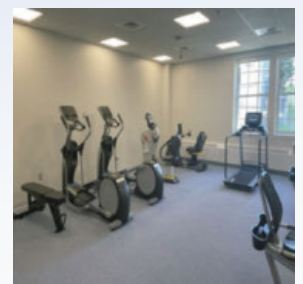
To learn more about each class, please check out the Fitness Brochure found on our website.

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
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

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.

Call the center for details 978-623-8320



Spring is known to bring about revival and positive change. As a reminder, Andover Elder Services will be changing the name of the Senior Connections Program to clearly identify the services we offer. The new name will be the Supportive Day Program at the Robb Center. Along with a new name, we have welcomed several new participants to the program as well! We are thrilled to have some new faces in the program and welcome others to join us. We are almost at capacity on Thursdays so if you or a loved one are interested in joining the program, we strongly encourage you to consider other days of the week when creating a schedule. Please contact Stephanie McSurdy if you are interested in learning more about the program.



Trip to Bonsai West Nursery: In May we are having a presentation about Bonsai Trees on May 11th (see page 2). On May 19th we will visit a Bonsai Nursery in Littleton, MA. Come to enjoy a tour through the property. Registration opens May 5th at 8am. The cost is \$8.00. Andover residents only.



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, May 11
9:30am—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.

Ask the Lawyer—Monday, May 16: Offered by Justin St. James, Esquire licensed in MA & NH. Appointments are 20 minutes in-person and scheduled in chronological order. Limit of one question/issue. No tax questions.



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, May 24 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. May 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— Wednesday, May 11 from 9:00am—11:00am: 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. 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, May 6 from 9:30am—10:30am by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic. Free.



Medicare Help Desk: Starting in May, Blue Cross Blue Shield will be hosting a Medicare Help Desk every month on the 2nd Wednesday of the month. Come on May 11 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.



Podiatry Appointments: We offer podiatry appointments at the Robb Center. These appointments fill up fast. Call the front desk for more details 978-623-8320. Due to Footcare Focus changing their prices this year, we charge \$15 for podiatry appointments at the Robb Center and \$12 for at home visits. Non-Andover residents are charged \$50 per visit. If you do not show up or cancel within 24hours of your appointment, you will be charged for your visit. You will not be able to make another appointment until that appointment is paid for.



Technology Help Desk— Mondays at 3pm & 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. Stay on the look out for our Tech Tablet Program coming back this summer. More details will be in the June Newsletter.



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AES May Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Quilting Group 9:00 Sunrise Singers 10-1 Caption Call Desk 10:15 Rhythm Aires Ravioli 1:00 Monday Matinee 2:00 Ping-Pong</p>	<p>3</p> <p>9:00 Comfort Critters 10:00 Tech Help Desk 10:30 Twilight of the Dreadnoughts 11:30 Canasta Chicken Stir Fry 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>4</p> <p>9:00 MOAG 9:30 Morning Crafting 10:30 Write Stuff Sloppy Joes 12:30 Knit Wits 1:30 Cooking Demo by Stonehill</p>	<p>5</p> <p>9:00 WOAG 9:00 Chroniclers 10:00 DMC 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic Orange Chicken Tenders 1:00 Duplicate Bridge 2:00 Ping-Pong</p>	<p>6</p> <p>8:30 French Group 9:00 Nature Walk 9:30am Hearing Aid Checks & Cleanings 9:30 ESL Class Beer Battered Fish 1:00 45's 1:00 Social Bridge 1:30 Cazimi Art Installation & Workshop 2:00 Tai Chi Fan Dancing</p>
<p>9</p> <p>9:00 Quilting Group 9:00 Sunrise Singers 10:00 Non-Fiction Book 10:15 Rhythm Aires Mother's Day Luncheon: Lemon Chicken 1:00 Monday Matinee 1:00 Fix-It Shop 2:00 Ping-Pong</p>	<p>10</p> <p>9:00 Comfort Critters 10:00 Tech Help Desk 11:30 Canasta Spinach Pie & Grilled Chicken 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>11</p> <p>9:00 Mobile Food Pantry 9:30 Let's Go Shopping 9:30 Morning Crafting 10:30 Write Stuff Roasted Turkey 12:00 Medicare Help Desk 12:30 Knit Wits 1:30 Bonsai Tree</p>	<p>12</p> <p>10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic Veal Parm & Ziti 1:00 Duplicate Bridge 1:30 Parkinson's Support 2:00 Ping-Pong</p>	<p>13</p> <p>8:30 French Group 9:00 Nature Walk 10:00 ACCC Gathering Baked Cod 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>16</p> <p>Fitness Registration opens 9:00 Quilting Group 9:00 Sunrise Singers 10:15 Rhythm Aires</p>	<p>17</p> <p>9:00 Comfort Critters 10:00 Tech Help Desk 11:30 Canasta Chicken with Peach</p>	<p>18</p> <p>Out of Town Fitness Registration opens 9:00 MOAG 9:30 Morning Crafting</p>	<p>19</p> <p>9:00 WOAG 9:00 Chroniclers 10:00 Scale Modeling Club 10:00 Open Art Studio</p>	<p>20</p> <p>8:30 French Group 9:00 Nature Walk 9:30 ESL Class Potato Crunch Fish</p>

<p>Meatloaf</p> <p>1:00 Monday Matinee 1:30 Caregiver Support 2:00 Ping-Pong</p>	<p>Glaze</p> <p>1:00 Mah Jongg 1:00 Social Bridge 1:30 African Safari</p>	<p>10:30 Write Stuff Lasagna COA Lunch</p> <p>12:30 Knit Wits 1:30 What is Your Aging in Place Plan</p>	<p>10:00 BP Clinic 10:00 DMC Chicken Cacciatore</p> <p>1:00 Duplicate Bridge 2:00 Ping-Pong</p>	<p>1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>9:00 Quilting Group 9:00 Sunrise Singers 10:15 Rhythm Aires Stuffed Chicken</p> <p>1:00 Monday Matinee 1:00 Fix-It Shop 2:00 Ping-Pong</p>	<p>9:00 Comfort Critters 9:30-10:30 Brown Bag 10:00 Tech Help Desk 11:30 Canasta Stuffed Peppers</p> <p>1:00 Mah Jongg 1:00 Social Bridge 2:00 Art Keeps Us Human</p>	<p>9:00 MOAG 9:30 Morning Crafting 10:30 Write Stuff Swedish Chicken Meatballs & Egg Noodles</p> <p>12:30 Knit Wits 1:00pm Healthy Eating Discussion Group</p>	<p>9:00 WOAG 10:00 Scale Modeling Club 10:00 Open Art Studio 10:00 BP Clinic Birthday Social: Pot Roast</p> <p>1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping-Pong</p> 	<p>27</p> <p>8:30 French Group 9:00 Nature Walk 10:00 ACCC Gathering Beer Battered Fish</p> <p>1:00 45's 1:00 Social Bridge 1:30 Robb Center Trivia 2:00 Tai Chi Fan Dancing</p>
		<p>Congregate Lunch: Main Entrée is subject to change. Veggie Burger available upon request.</p>		<p>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.</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— The Drama Reading /Short Story group will continue through May 16th with Alice Munro's "My Best Stories". We have limited spaces still available on Mondays at 1. Contact Eileen Reilly at eileenreilly42@gmail.com with questions. **This group is currently full.**

Comfort Critters: Tuesdays at 9:00am—This group creates little "comfort critters" that are donated to hospitals. **This group is currently 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! **This group is on a break.**

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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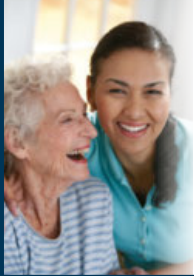
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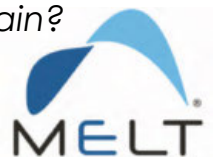
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Beginning Acrylic Art Class with Amy Thompson: Thursdays at 2:30pm: 4 week session for \$25. May 26, June 2, June 9 & June 16. You will learn how to do a simple acrylic painting. Each week we will complete one piece. Subjects may include Flowers, Landscapes, 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 Zentangling Class with Jean Stewart: Fridays at 1pm, May 27, June 3, June 10 & June 17: 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 square piece of paper or "tile." *Registration is required by calling 978-623-8320 or coming to the front desk.*



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.



Local Social Security offices plan to add more in-person appointments and will again offer in-person service for people without an appointment.

- The best way for people with access to the internet to get help from Social Security is online at ssa.gov.
- If you cannot use our website, call our National 800 Number (1-800-772-1213) or your local Social Security office for help.
- If we are unable to help when you call our 800 number or local office, we will schedule an appointment for you by phone or in-person.
- We continue to offer more telephone and in-person appointments.
- The number of people a local office can help will depend on local health conditions and other factors.



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/>.



Thursday, May 2 from 10:00am—1:00pm: Do you have trouble hearing your phone?

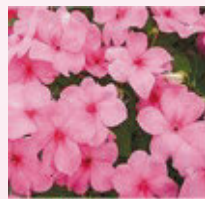
A resource table from Caption Call will be at The Robb Center. Join our event to learn about true no-cost telephone captioning. CaptionCall does not charge for the captioning service, phone or mobile app, delivery, or any form of customer support.



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Questions? Contact Pat O'Neil 917-623-2760



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Floral Paintings Through the Centuries with Art Historian Martha Chiarchiaro (on Zoom).
Thursday, May 5, 2022 - 6:45pm: Art historian, Martha Chiarchiaro will explore with us the changes in artistic style from the Dutch floral artists of the 17th century, including several outstanding women artists, through the sunflowers of Van Gogh and the irises of Georgia O’Keeffe. Register on mhl.org

An Online Conversation with Author & Poet Ocean Vuong: On Earth We're Briefly Gorgeous. Thursday, May 26, 2022 - 7:00pm: Join us for a very special event with prize-winning poet, novelist and educator Ocean Vuong, author of the One Book Chelmsford 2022 selection, *On Earth We're Briefly Gorgeous*, in conversation with Professor Sandra Lim, Ph.D., prize-winning poet, and professor of English at the University of Massachusetts in Lowell. Register on mhl.org

MAY 2022 COUNCIL ON AGING

Join the Council on Aging Board for Lunch! On May 18 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.



MAY 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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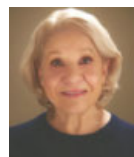
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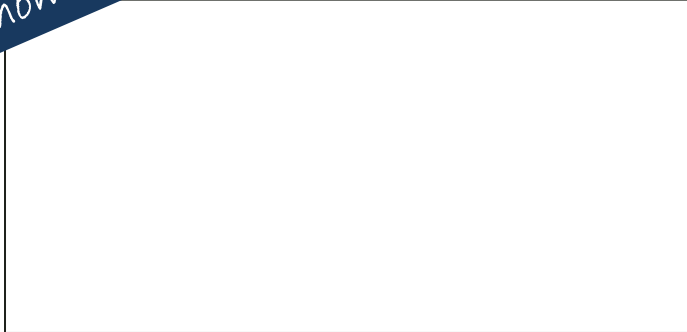
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