

# The Robb Report

## Andover's Senior Newsletter

JULY 2022



**Tuesday, July 5 at 12:00pm— Fourth of July Ice Cream Social**—Join us for lunch and an ice cream social! We will play patriotic music and have a grand old time.



**Tuesday, July 19 at 8:30am— Men's Breakfast:** Enjoy omelets, sausages, home fries, muffins, orange juice & coffee. After breakfast Peter Whitman will speak about the story of Lockheed Overseas Corporation's operations with the U.S. government in transporting their aircraft in support of allied air operations during WWII. *\$6 per ticket.*

**Tuesday, July 26 at 2:00pm—Art Matters presents Impressionism:** The Impressionists were painters of light, painters of nature, and painters of human nature. Join us for a close look at many of the paintings that moved the world into the modern era. 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.

**ArtMatters**

### July Educational Presentations:

**Tuesday, July 12 at 2:00pm—Avoiding Healthcare Errors Fraud & Abuse:** Jackie Stern from the Senior Medicare Patrol Program will come to discuss how to protect yourself from Medicare fraud.

**Tuesday, July 19 at 2:00pm —Home Rehab Information Session by Gary Malowitz from Encompass:** Come and learn about what OT, PT, Speech Therapy, and Skilled Nursing can do for you. Learn what is available for seniors to have a better quality life at home.

**Wednesday, July 20 at 1:30pm —Space Organizing By Susan Walko from Organiz-ER:** We will explore strategies to look objectively at any space. You will learn how to identify unique space purposes and categorize items, as well as create an easy process to eliminate clutter to create the envisioned space that you want to have.

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AndoverSeniorCenter



andover\_elder\_services

**CENTER HOURS**

**Hours:** Mon, Tues, Wed & Fri 8:00 am—4:00 pm  
Thursday 8:00 am— 8:00 pm

**WHAT IS THE ROBB CENTER?**

The Andover Robb Center is the home of the Town of Andover Elder Services Division. We offer a wide variety of programs and services to support the community.

**PROGRAM REGISTRATION INFORMATION**

For programs that do not have an associated fee, you may register in-person at the front desk, on myactivecenter.com or by calling the center.

For programs with an associated fee, you may register in-person at the front desk or by calling the center.

Payment is due upon confirmation that the program has met minimum enrollment.

Due to popularity, Andover residents are allowed early registration when noted in program description.

**Phone:** (978) 623-8320

**Online:** www.myactivecenter.com

**Email:** senior.center@andoverma.us

\*For Fitness Class Registration, please refer to page 6

**REFUND POLICY**

Should a patron request a refund for a class, trip or event, The Robb Center will reimburse fully a credit towards a future program or class. If the patron would like a refund check mailed to them, there is a processing fee of 10% of the full amount. Credit card refunds are not available. This policy is effective June 1, 2022.

**Dull Men’s Club: Thursday, July 7 & 21 at 10:00am**

No strings attached, no skills required. Join a group of men to enjoy and discuss the simple, everyday, run of the mill things.



**Kayaking is back! July 7 & July 21 8:30am—10:00am**

Come and join us at Poms Pond to kayak! Kayaks & life vests will be provided. Registration required, kayaks limited! Andover residents only.



**Non-Fiction Book Club: Monday, July 11 at 10:00am**

This club explores contemporary issues, history, biography, and more. The club meets at the Robb Center. For any questions please contact Joanne at [joannedahlgrenma@gmail.com](mailto:joannedahlgrenma@gmail.com).

**Tuesdays at 10:00am July 12—August 16: Tech Tablet**

**Program:** We will be loaning IPAD tablets and offering one-on-one tutoring by students to teach seniors how to use the IPADS and apps like Zoom, YouTube, Email and more. To be eligible for this program you must have at-home Wi-Fi capability. If you already have an IPAD but do not know how to use it, we can help! This is a free program.



**Short Story Contest Reveal : Thursday, July 14 at 2:00pm—**

Join us as we reveal the winners of our Short Story Contest! Participants are encouraged to come up and read their entries. We will have ice cream for anyone who attends.



**Fix-IT Shop is open: Monday, July 11 & 25 from 1pm-3pm**

Bring your lamps, small appliances, chairs, small tables, and any other small project and this group will try to fix it!

**Cost:** \$4 plus the cost of parts for seniors (ID required). \$10 plus the cost of parts for non-seniors and non-residents

\$2 diagnostics fee



**Technology Workshop's Tuesday, July 12 at 11:15am: “How to Search the Internet Effectively”-**

Come to a workshop to learn tips and tricks on how to safely and effectively search the internet. This class will be taught by one of our Tech Tutors from the Tech Help Desk.

**Tuesday, July 26 at 11:15am: “How to Manage Your Photos”-**

Are your photos getting overwhelming to manage? Come and learn about ways to effectively store and manage your photos. This class will be taught by one of our Tech Tutors from the Tech Help Desk.

**Wednesday, July 27 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.

**Bereavement Support Group:**



Wednesdays 1:00pm-2:30pm July 13, July 27, August 17, August 31, September 14 & September 28. "Pathways Through Grief." A six week bereavement group led by Lucille Bonanno from Beacon Hospice. If you are struggling with life changes after the loss of your loved one or feeling lonely, sad and uncertain of your future, come and join our bereavement support group and begin your path toward hope and healing. Seats limited.



**July Birthday Social: Thursday, July 28 at 12:00pm—**

All are welcome! Lunch entrée will be Pot Roast. Music by Rockaholics sponsored by the ASCF. Delicious desserts & raffle from Bear Mountain.



**Book Club: Thursday, July 28 at 1:30pm—Book Club:**

This is wonderful group of people who discuss various books.



**Everyday:**

**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 page 8.

**Monday:**

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

**Sunrise Singers: 9:00am** —Join a wonderful choral group that performs throughout the year. Returning in the fall.

**Rhythm Aires: 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. Returning in the fall.

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

**Short Stories: 1:00pm**— This group is reading “My Best Stories” by Alice Munro. For more information contact Eileen at eileenreilly42@gmail.com. This group is currently full.

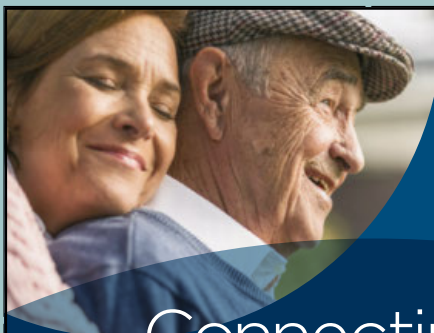
**Ping-Pong: 2:00pm**—Drop-in to play a round of Ping-Pong.



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**Tuesday:**

**Billiards: 8am—4pm** —Drop-in to play billiards!

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

**Mah Jong: 1:00pm—3:00pm**

**Social Bridge: 1:00pm—3:30pm**

**Thursday:**

**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: 10:00am**—Join the group to discuss, build and share scale models.

**Open Art Studio: 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: 10:00am**—Join a 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 link.

**Duplicate Bridge: 1:00pm—4:00pm**—all inquires to join must speak with Charles chasken4@comcast.net

**Billiards: 2pm-8:00pm**—Drop-in to play billiards!

**Ping-Pong: 2:00pm- 8:00pm**—Drop-in to play a round of Ping-Pong.

**Wednesday:**

**Morning Crafting Group: 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: 10:30am**—Join this group to write novels, poems, and more. **New members are welcome.**

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

**Friday:**

**Le Petit Dejeuner, the French Conversation Group: 8:30am**— 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. Il faut s'inscrire. Les nombres sont limités.

**English Listening Skills Series for Chinese Speakers: 10:00am**—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](mailto:weixuid@yahoo.com)

**45's Card Playing: 1:00pm—3:30pm**

**Social Bridge: 1:00pm—3:30pm**

The next fitness session will be August 1 through August 26. 4 weeks for \$12. Fitness registration will open on July 18 at 8am for Andover Residents and July 20 at 8am for non-Andover residents. You may register in-person, by calling 978-623-8320 or on <https://andoverma.gov/227/Elder-Services>.



***\*Any registrations before 8am on July 18 will not be accepted.***

***\*Payment for class will be accepted once the class meets a minimum participation.***

Class	Day & Time	Location
Men & Women in Motion	Mondays at 8:15am	In-person only
Strength & Stretch	Mondays at 9:15am	Hybrid
Sit & Get Fit	Mondays at 10:15am	Hybrid
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	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
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
Mobility & Flexibility with Tracy	Thursday at 9:30am	Zoom only
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Hybrid
Yoga for Older Guys & Gals	Thursday at 4:00pm	In-person only
Bands & Balls 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 Monday: 8am-4pm, Tuesday: 10:30am—4pm, Wednesday: 8am-4pm, Thursday: 8am—8pm, and Friday 8am-4pm.

This room is free to Andover residents and \$100 a year for non-Andover residents.

Sign-up for an orientation with Denise on Tuesday mornings at 10:30am to join the fitness room.

JULY 2022

## OUTDOOR ADVENTURE GROUPS

For any participation in Adventure Groups, participants must sign a 2022 waiver 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.

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):** Women's Outdoor Adventure Group is taking a break this summer. They will return in September for some more exciting hikes. Please contact Jane at [fleecy1.godmother@verizon.net](mailto:fleecy1.godmother@verizon.net) for updates.

**Men's Outdoor Adventure Group (MOAG):** MOAG hikes are returning! Contact Don at [dschroe@aol.com](mailto:dschroe@aol.com) to get on the email list for any change in plans.

**July 13:** Deer Jump. 3 miles. Park at small parking area next to River Road next to Riverside Woods.

**July 27:** Sanborn Reservation. 2 miles. Parking at 1320 South Street, Tewksbury.



JULY 2022

## ART CLASSES

**Beginning Acrylic Art Class with Amy Thompson:** Thursdays at 2:30pm: 4 week session for \$25. June 30, July 7, July 14 & July 21. You will learn how to do a simple acrylic painting. Each week we will complete one piece. Subjects June include Flowers, Landscapes, Pets, Abstract Designs, and Still Life. Materials Required : 4 - 11x14 canvases, acrylic paints, and various brushes. *Registration required, seats limited.*



**Keep Zentangling Workshop with Jean Stewart:** If you have done a Zentangle class in the past, join us on Friday, July 8 from 1:00pm-3:00pm for a Keep Zentangling Workshop with Jean Stewart. The cost of the two hour workshop is \$8. *Registration required, seats limited.*

**Introduction to Zentangle with Jean Stewart:** The next Introduction to Zentangle class is Fridays from 1:00pm-3:00pm on October 14, 21, 28 and Nov 4. The cost for the four classes is \$25. All materials are supplied for you. 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, seats limited.*



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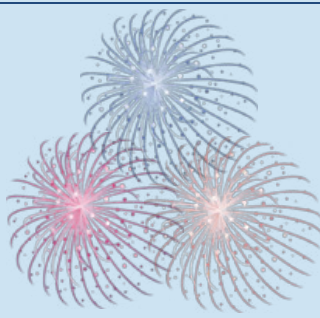
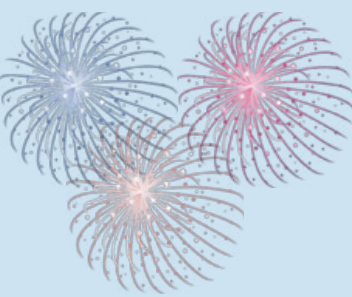


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## JULY 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Lunch menu is subject to change</p>		<p>For Thursday Night programs please refer to page 10</p>	<p><b>1</b> 8:30 French Group 9:30am <b>Hearing Aid Checks</b> 9:30 ESL Class <b>Lemon Pepper Cod</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p><b>4</b></p> 	<p><b>5</b> 8:00 Billiards all day 9:00 Comfort Critters 10:00 Tech Help Desk <b>Chicken Meatball Sub &amp; Ice Cream Social</b> 1:00 Mah Jongg 1:00 Social Bridge</p> 	<p><b>6</b> 9:30 Morning Crafting 10:30 Write Stuff <b>Stuffed Peppers</b> 12:30 Knit Wits</p>	<p><b>7</b> 9:00 Chroniclors 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>BBQ Chicken</b> 1:00 Duplicate Bridge 2:00 Ping Pong &amp; Billiards <b>5:00 &amp; 6:00pm Robb Center Cookout</b></p>	<p><b>8</b> 8:30 French Group 10:00 ACCC Gathering <b>Beer Battered Fish</b> 1:00 45's 1:00 Social Bridge 1:00 Zentangling Workshop 2:00 Tai Chi Fan</p>
<p><b>11</b> 10:00 Non Fiction Book Club <b>Roast Pork</b> 1:00 Matinee</p>	<p><b>12</b> 8:00 Billiards all day 9:00 Comfort Critters 10:00 Tech Help Desk 11:15 Tech Workshop <b>Chicken Stir Fry</b></p>	<p><b>13</b> 9:00 <b>Mobile Food Pantry</b> 9:30 Morning Crafting 10:30 Write Stuff <b>Mac &amp; Cheese</b></p>	<p><b>14</b> 9:00 Chroniclors 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Stuffed Chicken</b></p>	<p><b>15</b> 8:30 French Group 9:30 ESL Class <b>Potato Crunch Fish</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan</p>

<p>1:00 Fix-It Shop 2:00 Ping-Pong</p>	<p>1:00 Mah Jongg 1:00 Social Bridge 2:00 <b>Avoiding Healthcare Errors</b></p>	<p>12:00 <b>Medicare Help Desk</b> 12:30 Knit Wits 1:00 Bereavement Support Group</p>	<p>1:00 Duplicate Bridge 2:00 <b>Short Story Contest Reveal</b> 2:00 Ping Pong &amp; Billiards 5:30 <b>Movie &amp; Pizza Night</b></p>	<p>22 8:30 French Group 10:00 ACCC Gathering <b>Baked Cod</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>18 9:00 Quilting Group <b>Veggie Lasagna</b> 1:00 Matinee 1:30 Caregiver Support Group 2:00 Ping-Pong</p>	<p>19 8:00 Billiards all day 8:30 <b>Men's Breakfast</b> 9:00 Comfort Critters 10:00 Tech Help Desk <b>Chicken Tenders</b> 1:00 Mah Jongg 1:00 Social Bridge 2:00 <b>Home Rehab Information Session</b></p>	<p>20 <b>Trip to Rockport</b> 9:30 Morning Crafting 10:30 Write Stuff <b>Ravioli</b> 12:30 Knit Wits 2:00 <b>Organiz-ER</b></p>	<p>21 9:00 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Chicken Marsala</b> 1:00 Duplicate Bridge 2:00 Ping Pong &amp; Billiards 5:00 &amp; 6:00pm <b>Robb Center Cookout</b></p>	<p>22 8:30 French Group 10:00 ACCC Gathering <b>Baked Cod</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>25 9:00 Quilting Group <b>Stuffed Cabbage</b> 1:00 Matinee 1:00 Fix-It Shop 2:00 Ping-Pong</p>	<p>26 8:00 Billiards all day 9:00 <b>Brown Bag</b> 9:00 Comfort Critters 10:00 Tech Help Desk 11:15 Tech Workshop <b>Swedish Meatballs</b> 1:00 Mah Jongg 1:00 Social Bridge 2:00 <b>Art Matters: Impressionism</b></p>	<p>27 9:30 Morning Crafting 10:30 Write Stuff <b>Lasagna</b> 12:30 Knit Wits 1:00 <b>Healthy Eating Discussion Group</b> 1:00 Bereavement Support Group</p>	<p>28 9:00 Chroniclers 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Birthday Social: Pot Roast</b> 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping Pong &amp; Billiards 6:30 <b>Open Ballroom Dancing Night</b></p>	<p>29 8:30 French Group 9:30 ESL Class <b>Beer Battered Fish</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan</p>

# SUPPORT OUR ADVERTISERS!



## The Robb Center is open until 8:00pm on Thursday nights.



### Every Thursday Night:

- Ping-Pong & Billiards from 4-8pm
- Fitness Room is open 8am-8pm
- Yoga for Older Guys & Gals with Ben Kellman at 4pm. June 2 through July 21. *Registration Required.*
- Jazz Dance Class with Val at 6:30pm. July 14 through September 1. *Registration Required.*
- Chinese Brush Painting Class at 5:30pm. June 2 through July 21. *Registration Required.*

### Special Events:

**July 7 & July 21 at 5pm & 6pm: Robb Center Cookouts**— Choice of hot dog (\$10), cheeseburger, hamburger, or veggie burger (\$13). Price includes salads, drink & dessert. Pre-registration required by calling 978-623-8320 or by coming to the front desk.



**July 14 at 5:30pm: Movie & Pizza Night**—movie selection is “Being the Ricardos.” \$5 entry fee. As Lucy would say “I can’t help it, eating is my hobby.” *Reservations Required*

**July 28 from 6:30pm– 8pm: Open Ballroom Dancing Night with DJ Kelly!** Target Gift cards will be raffled as door prizes thanks to the Andover Senior Community Friends. Song requests will be encouraged.



**Parkinson’s Disease Support Group:** This group will be taking a break for the summer. The next meeting will be October 13 at 1:30pm. For more information regarding this group, ask for Kristine or Kelly.



**Monday, July 18 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, Cindy Hession-Richard, Family Caregiver Support Program Facilitator with AgeSpan, will be joining us. The Family Caregiver Support Program provides information and referrals to programs and services to support the caregiver’s efforts, whether caring for someone at home, in assisted living or in a skilled nursing facility. Their professionally trained staff have personal experience with the rewards and challenges of being a caregiver. They understand the complexity of managing someone’s needs at home, and the impact of these responsibilities on family dynamics.

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Deciding to downsize can be an emotional decision. My team and I are here to share our decades of experience to guide you through the process with the utmost care and compassion. We'll help you get repairs made to your home, determine what household items to keep, sell or donate, and find you a great new place to call home!



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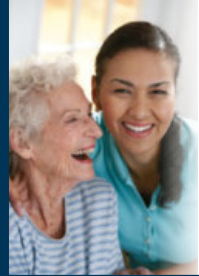
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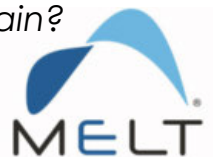


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**Ask the Lawyer—Monday,**

**July 18:** 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, July 26**

**from 9:00-10:30am:** 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. July Brown Bag may be picked-up from the Robb Center (30 Whittier Court) between 9:00—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 2<sup>nd</sup> Wednesday of every month from 9:00 am – 11:00 am. In July, the mobile food pantry will be here on Wednesday, July 13. 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, July 1 from 9:30am—10:30am** by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



**Medicare Help Desk:** Starting in July, Blue Cross Blue Shield will be hosting a Medicare Help Desk every month on the 2nd Wednesday of the month. Come on July 13 from 12pm-1pm to visit this Help Desk.



**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 (eligible to homebound seniors). 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.



**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—  
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.

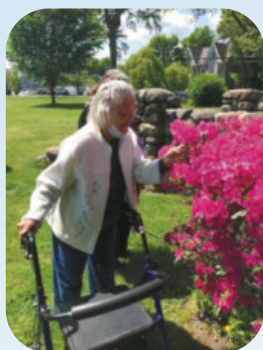


**Hospital Equipment Loan**

**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/>.



The Supportive Day Program (Senior Connections) has been busy over the past month! We enjoyed singing along with musical performer, Billy Glynn. We are also going to take advantage of the warm weather by going out for ice cream at Sarkisian Farms this summer! And it's been great being able to take a walk over to the park to enjoy the fresh air and sunshine. We've also been having fun playing games such as cornhole and bean bag toss. If you or your loved one are interested in joining in on the fun, please reach out to Stephanie McSurdy at 978-623-8339 to learn more about our program.



**Join us on July 20 for a trip to Rockport, MA.**

The bus will drop you off on Main St. You will be on your own to explore & shop. \$8 transportation fee. To reserve your seat call or come in on July 6 starting at 8am.



**Let's Go Shopping: Wednesday, July 13**

**9:30am—2pm:** We are shopping at Walmart Supercenter and Ocean State Job Lot in Salem, NH. Tax free opportunity! Please reserve your seat by calling 978-623-8320.



**Meals on Wheels:** Home Delivered Meals are available to Andover seniors. To determine your eligibility, please give us a call at 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.

**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.



# MHL LIBRARY

The *Discover Your Past* Genealogy Club usually meets the second Thursday of every month in Memorial Hall, Level 2. Everyone is welcome, from beginners to advanced researchers.

Facilitated by Stephanie Aude, Reference and Local History Librarian. Visit [MHL.org](http://MHL.org) to register.



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. Come with an open mind, a healthy curiosity, and a willingness to share your thoughts, feelings, and questions with other like-minded individuals. Hosted by Andover resident, Richard Davis. Questions? Email [cs@mhl.org](mailto:cs@mhl.org).

## COUNCIL ON AGING

## STATE REPRESENTATIVES

**Council on Aging Advisory Board:** Ed Plowey, Vice Chair, Ralph Bledsoe, Gail Bloom, Louise Hadad, Grace Lin, Amanda Preston, Judy Trerotola. Welcome new members Joan Fox, Russ Moran, Dot Hollenbeck and Christina Vidoli

The Council meets the second Thursday of the month at 4:00 pm at the Robb Center. Meetings are open to the public.

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. July office hours will be Friday, July 1 at 10-11 am, and Tuesday, July 19 at 5 -6 pm. Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>. 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](mailto:Tobin.Abraham@mahouse.gov), or 617-722-2060 x 5.

JULY 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](http://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



Please Mail to Andover Senior Community Friends, P.O. Box 576, Andover, MA. 01810.



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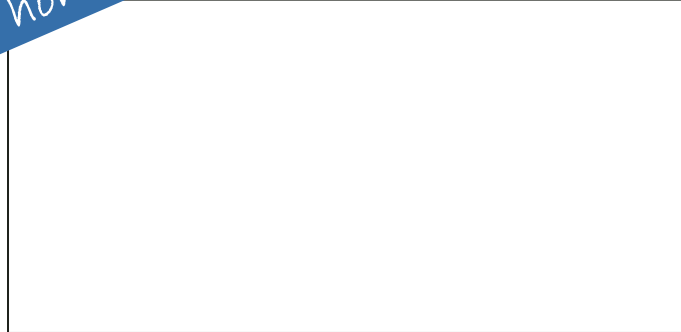
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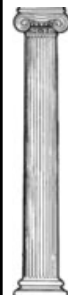
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