

# The Robb Report

## Andover's Senior Newsletter

**AUGUST 2022** 

### What's Inside

**Thursday, August 11 at 12:00pm—Robb Center Luau!** Enjoy pineapple glazed pork & entertainment by Jason Roseman on the steel drum. Andover residents may register starting July 27. Anyone can register starting August 1. Suggested \$3 donation day of. Entertainment funded by the Andover Senior Community Friends.



**Tuesday, August 16 at 1:30pm— Cooking Workshop by Stonehill :** Come to learn from Chef Andrea as she prepares potato gnocchi with a savory sauce. Registration required, seats limited!



#### **August Educational Presentations:**

**Tuesday, August 2 at 1:00pm—Planning for Medicare presentation by Blue Cross Blue Shield:** Zoom presentation with live audience. Topics covered include Medicare Parts A and B, Medicare enrollment timeline, Medigap plans that supplement Medicare coverage, Medicare Advantage plans, and Medicare Part D prescription drug plans.

**Monday, August 15 at 9:30am—Stop the Bleed with Cherie Monahan, RN:** Get prepared to make a difference. Learn to help in a bleeding emergency before professional help arrives. Seats Limited!

**Wednesday, August 17 at 1:30pm— Warning Signs of a Stroke by Arianna Tello from Encompass:** Learn the warning signs of a stroke and how to help prevent one from occurring by knowing the risk factors.

**Thursday, August 18 at 9am-6pm— Craft Sale:** Stop by the Robb Center to buy crafts made by our crafting group. All proceeds go back to support the crafting group.

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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 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, or on [myactivecenter.com](http://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](http://www.myactivecenter.com)

Email: [senior.center@andoverma.us](mailto:senior.center@andoverma.us)

**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, August 4 & 18 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 Pumps Pond:**

**August 4, August 11 & August 18 8:30am—**

**10:00am** Come and join us to kayak! Kayaks & life vests will be provided. Registration required.



**“Piano is Our Forte” Piano Concert**

**Thursday, August 4 at 1:30pm-**

Listen to piano music of the Great Composers performed by The Advanced Students of the Terri Kelley Virtuoso Studio.



**Non-Fiction Book Club: Monday,**

**August 8 at 10:00am** This club explores contemporary issues, history, biography, and more. This club meets at the Robb Center. For any questions please contact Joanne at [joannedahlgrenma@gmail.com](mailto:joannedahlgrenma@gmail.com).

**Tuesday, August 9 at 1:30pm—**

**Improving Transportation Options for Andover:** The Merrimack Valley Planning Commission is coming to host a discussion about the transportation needs of Andover residents. Do you have ideas of how to improve bus service? Do you want to see a more walkable downtown? This is an opportunity to share your thoughts and learn about how we can improve transportation in Andover and across the region.

**Presidential Traverse Presentation:**

**August 3 at 1:30pm.** Program Coordinator, Kelly MacKay, will present on her recent venture through the Presidential Traverse in the White Mountains of NH.

**Fix-IT Shop is open:**

**Monday, August 8 & 22 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 parts for seniors (ID required). \$10 plus parts for non-seniors and non-residents. \$2 diagnostics fee.

**Technology Workshops**

**Tuesday, August 9 at 11:15am:**

**“What Device is Right for Me?”** Come to learn about how different devices cater to different needs. What is an Android vs. an iPhone? What do you currently have?

**Tuesday, August 23 at 11:15am:**

**“There’s an App for That!”** Learn about what applications are and what they can be used for. Apps can be used for fun, shopping, social media and more. How can you get the apps you want and delete the ones you no longer need.

**Tuesday, August 23 at**

**8:30am— Men’s Breakfast:** Enjoy pancakes, sausages, home fries, orange juice & coffee. After breakfast Paul MacKay will present on “The Birth of a Legend: The Story of America’s Sports Car.” \$6 per ticket.

**Wednesday, August 24 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.

**Vincent van Gogh’s Starry**

**Night: A Holistic Universe of Awe and Majesty by Scott Flaig—Wednesday, August 24**

**at 1:30pm-3:00pm—** This lecture will focus on Van Gogh's life, character, and spiritual emptiness. This lecture will cover Van Gogh’s most famous painting, “Starry Night” and his emotional, philosophical, scientific insights, and theological beliefs behind the painting.



**August Birthday Social:**

**Thursday, August 25 at 12:00pm—**All are welcome! Lunch entrée will be Pot Roast. Music by Jon Mansfield sponsored by the ASCF. Delicious desserts & raffles from Bridges by EPOCH.



**Book Club: Thursday, August**

**25 at 1:30pm—Book Club:** Join this wonderful group of people to 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 10.

**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.

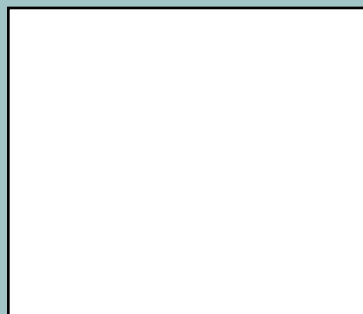
**Rhythm Aires: 10:15am**—Rhythm Aires is a costumed chair dancing group that performs with tambourines to lively music. No experience needed, just bring a joyful attitude and we'll teach you the rest. Get ready for good exercise, lots of laughs, and performances. Returning in the Fall.

**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.

**Thrive**  
*Locally*



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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](mailto:AndovChron2@gmail.com) to sign-up and ask questions.

**Scale Modeling Club: 10:00am**—Join a 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](mailto:chiprdcarter@gmail.com) for the weekly updated link.

**Duplicate Bridge: 1:00pm—4:00pm**

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

**Ping-Pong: 2:00pm**—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](mailto:weixuid@yahoo.com).

隔周五的10:00 am: 参加安多福华人联谊会 Zoom网上聚会 (Andover Chinese Charm Circle ).请发送电子邮件给William: [weixuid@yahoo.com](mailto:weixuid@yahoo.com)

**45's Card Playing: 1:00pm—3:30pm**

**Social Bridge: 1:00pm—3:30pm**

The next fitness session will be September 12 through November 4. 8 weeks for \$25. Fitness registration will open on August 22 at 8am for Andover Residents and August 24 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 August 22 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 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
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
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 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.

AUGUST 2022

## OUTDOOR ADVENTURE GROUPS

For any participation in Adventure Groups, participants must sign our "Waiver for 2022" form once a year (found on our website, <https://andoverma.gov/227/Elder-Services>). For each individual hike, participants must register on [myactivecenter.com](http://myactivecenter.com) or by calling us at 978-623-8320.



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.

**August 10:** Sacred Heart Reservation & Piccadilly Path in Shawsheen Village. 1.25 miles. Park at the end of Balmoral St.

**August 24:** Skug & Hammond Reservations, Andover. Parking area next to 323 Salem St.

*\*Hike locations subject to change*

AUGUST 2022

## ART CLASSES

**Beginning Acrylic Art Class with Amy Thompson:** Thursdays at 2:30pm: 4 week session for \$25. August 4, August 11, August 18 & August 25. You will learn how to do a simple acrylic painting. Each week we will complete one piece. Subjects include Flowers, Landscapes, Pets, Abstract Designs, and Still Life. Materials Required: 4 - 11x14 canvases, acrylic paints, and various brushes. *Registration required, seats limited.*



**Pastels Art Class with Amy Thompson:** Thursdays at 3:45pm: 4 week session for \$25. August 4, August 11, August 18 & August 25. Come and learn this fun and vibrant colored drawing medium. Materials required are chalk pastels, pastel paper pencils, an eraser, chalk pastel paper and blending stumps. *Registration required, seats limited.*



**Keep Zentangling Workshop with Jean Stewart:** If you have done a Zentangle class in the past, join us on Friday, August 12 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.*

**Trip to Merrimack Outlets in NH: August 24**

You will be on your own to explore, shop, and eat. \$8 transportation fee. Registration opens August 3rd at 8am. Register by coming to the front desk or by calling 978-623-8320. 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, August 31**

**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.

**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.



**Family Caregiver Support Group: Monday, August 15 at 1:30pm** - Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources. *Registration required in person, by calling 978-623-8320 or by going on myactivecenter.com*



**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.

**Ask the Lawyer—Monday, August 15:** 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, August 23 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. August 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 August, the mobile food pantry will be here on Wednesday, August 10. 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, August 5 from 9:30am—10:30am** by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



**Medicare Help Desk:** Blue Cross Blue Shield will be hosting a Medicare Help Desk on September 14 at 10am. Come on September 14 from 10am-11am to visit this Help Desk and ask your Medicare questions.



**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!** SHINE is a federally funded program: **Serving Health Insurance Needs of Everyone...** on or eligible for Medicare. All counselors are certified and extensively trained to ensure familiarity with all plans and options. Your health insurance plans are an important part of your budget and SHINE is available all year to help you review your plan, your costs, and will ensure that you have access to all cost-savings program you may be eligible for.

Call to schedule an appointment with your local SHINE counselor:  
978-623-8320



**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.



**Hospital Equipment Loan Program:** Led by Masonry in Action. The lend, 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/>.



## AUGUST 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>9:00</b> Quilting Group <b>American Chop Suey</b></p> <p><b>1:00</b> Matinee</p> <p><b>2:00</b> Ping-Pong</p>	<p>2</p> <p><b>8:00</b> Billiards all day</p> <p><b>9:00</b> Comfort Critters</p> <p><b>10:00</b> Tech Help <b>Orange Chicken</b></p> <p><b>1:00</b> Mah Jongg</p> <p><b>1:00</b> Social Bridge</p> <p><b>1:00</b> <b>Planning for Medicare</b></p>	<p>3</p> <p><b>9:30</b> Morning Crafting</p> <p><b>10:30</b> Write Stuff <b>Lasagna</b></p> <p><b>12:30</b> Knit Wits</p> <p><b>1:30</b> <b>Presidential Traverse</b></p>	<p>4</p> <p><b>10:00</b> DMC</p> <p><b>10:00</b> Scale Modeling</p> <p><b>10:00</b> Open Art</p> <p><b>10:00</b> BP Clinic <b>Stuffed Chicken</b></p> <p><b>1:00</b> Duplicate Bridge</p> <p><b>1:30</b> <b>Piano is our Forte</b></p> <p><b>2:00</b> Ping Pong &amp; Billiards</p> <p><b>5pm</b> <b>Cookout</b></p>	<p>5</p> <p><b>8:30</b> French Group</p> <p><b>9:30am</b> <b>Hearing Aid Checks</b></p> <p><b>10:00</b> ACCC Gathering <b>Potato Crunch Fish</b></p> <p><b>1:00</b> 45's</p> <p><b>1:00</b> Social Bridge</p> <p><b>2:00</b> Tai Chi Fan Dancing</p>
<p>8</p> <p><b>9:00</b> Quilting Group</p> <p><b>10:00</b> Non-Fiction Book Club <b>Mac &amp; Cheese</b></p> <p><b>1:00</b> Fix-it Shop</p> <p><b>1:00</b> Matinee</p> <p><b>2:00</b> Ping-Pong</p>	<p>9</p> <p><b>8:00</b> Billiards all day</p> <p><b>9:00</b> Comfort Critters</p> <p><b>10:00</b> Tech Help <b>Chicken Stir Fry</b></p> <p><b>1:00</b> Mah Jongg</p> <p><b>1:00</b> Social Bridge</p> <p><b>1:30</b> <b>Improving Transportation</b></p>	<p>10</p> <p><b>9:00</b> MOAG</p> <p><b>9:00</b> <b>Mobile Food Pantry</b></p> <p><b>9:30</b> Morning Crafting</p> <p><b>10:30</b> Write Stuff <b>Ravoli</b></p> <p><b>12:30</b> Knit Wits</p>	<p>11</p> <p><b>10:00</b> Scale Modeling</p> <p><b>10:00</b> Open Art</p> <p><b>10:00</b> BP Clinic <b>LUAU: Pork</b></p> <p><b>1:00</b> Duplicate Bridge</p> <p><b>2:00</b> Ping Pong &amp; Billiards</p> <p><b>6:00pm</b> <b>Movie Night</b></p>	<p>12</p> <p><b>8:30</b> French Group <b>Baked Cod</b></p> <p><b>1:00</b> 45's</p> <p><b>1:00</b> Social Bridge</p> <p><b>1:00</b> Zentangle Workshop</p> <p><b>2:00</b> Tai Chi Fan Dancing</p>
<p>15</p> <p><b>9:00</b> Ask the Lawyer</p> <p><b>9:00</b> Quilting Group</p> <p><b>9:30am</b> <b>Stop the Bleed</b> <b>Spinach Pie</b></p> <p><b>1:00</b> Matinee</p> <p><b>1:30</b> Caregiver Support Group</p> <p><b>2:00</b> Ping-Pong</p>	<p>16</p> <p><b>8:00</b> Billiards all day</p> <p><b>9:00</b> Comfort Critters</p> <p><b>10:00</b> Tech Help <b>Chicken Marsala</b></p> <p><b>1:00</b> Mah Jongg</p> <p><b>1:00</b> Social Bridge</p> <p><b>1:30</b> <b>Cooking Workshop</b></p>	<p>17</p> <p><b>9:30</b> Morning Crafting</p> <p><b>10:30</b> Write Stuff <b>Stuffed Peppers</b></p> <p><b>12:30</b> Knit Wits</p> <p><b>1:00</b> Bereavement Support Group</p> <p><b>1:30</b> <b>Warning Signs of a Stroke</b></p>	<p>18</p> <p><b>9:00-6:00pm</b> <b>Craft Sale</b></p> <p><b>9:00</b> Chroniclers</p> <p><b>10:00</b> DMC</p> <p><b>10:00</b> Scale Modeling</p> <p><b>10:00</b> Open Art</p> <p><b>10:00</b> BP Clinic <b>Chicken Piccata</b></p> <p><b>1:00</b> Duplicate Bridge</p> <p><b>2:00</b> Ping Pong &amp; Billiards</p> <p><b>5pm</b> <b>Cookout</b></p>	<p>19</p> <p><b>8:30</b> French Group</p> <p><b>10:00</b> ACCC Gathering <b>Beer Battered Fish</b></p> <p><b>1:00</b> 45's</p> <p><b>1:00</b> Social Bridge</p> <p><b>2:00</b> Tai Chi Fan Dancing</p>
<p>22</p> <p><b>9:00</b> Quilting Group <b>Shepard's Pie</b></p> <p><b>1:00</b> Fix-it Shop</p> <p><b>1:00</b> Matinee</p> <p><b>2:00</b> Ping-Pong</p>	<p>23</p> <p><b>8:00</b> Billiards all day</p> <p><b>8:30</b> <b>Men's Breakfast</b></p> <p><b>9:00</b> <b>Brown Bag</b></p> <p><b>9:00</b> Comfort Critters</p> <p><b>10:00</b> Tech Help <b>Peach Chicken</b></p> <p><b>1:00</b> Mah Jongg</p> <p><b>1:00</b> Social Bridge</p>	<p>24</p> <p><b>9:00</b> MOAG</p> <p><b>9:30</b> Morning Crafting</p> <p><b>10:30</b> Write Stuff <b>Chicken Meatballs</b></p> <p><b>12:30</b> Knit Wits</p> <p><b>1:00</b> <b>Healthy Eating</b></p> <p><b>1:30pm</b> <b>Vincent van Gogh's Starry Night</b></p>	<p>25</p> <p><b>10:00</b> Scale Modeling</p> <p><b>10:00</b> Open Art</p> <p><b>10:00</b> BP Clinic <b>Birthday Social: Pot Roast</b></p> <p><b>1:00</b> Duplicate Bridge</p> <p><b>2:00</b> Ping Pong &amp; Billiards</p> <p><b>7:00pm</b> <b>Estate Planning &amp; Elder Law</b></p>	<p>26</p> <p><b>8:30</b> French Group <b>Lemon Pepper Pollock</b></p> <p><b>1:00</b> 45's</p> <p><b>1:00</b> Social Bridge</p> <p><b>2:00</b> Tai Chi Fan Dancing</p>
<p>29</p> <p><b>9:00</b> Quilting Group <b>BBQ Chicken</b></p> <p><b>1:00</b> Matinee</p> <p><b>2:00</b> Ping-Pong</p>	<p>30</p> <p><b>8:00</b> Billiards all day</p> <p><b>9:00</b> Comfort Critters</p> <p><b>10:00</b> Tech Help <b>Cranberry Chicken Salad Sandwich</b></p> <p><b>1:00</b> Mah Jongg</p> <p><b>1:00</b> Social Bridge</p>	<p>31</p> <p><b>9:30</b> Morning Crafting</p> <p><b>10:30</b> Write Stuff <b>Hot Dog</b></p> <p><b>12:30</b> Knit Wits</p> <p><b>1:00</b> Bereavement Support Group</p>	<p><b>Lunch menu is subject to change</b></p>	
				<p><b>Stop by the front desk for a large print calendar</b></p>

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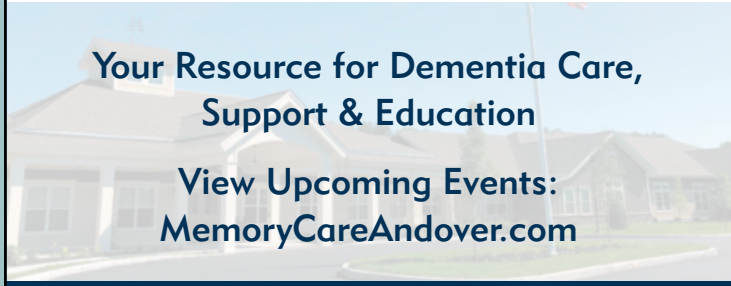
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The Supportive Day Program (Senior Connections) is taking full advantage of summer. We've enjoyed trips to Cracker Barrel for lunch and Sarkisian Farms for ice cream, a musical performance by Matt York, cupcake decorating, and several strolls in the park. Many other activities are offered in the Supportive Day Program, such as light exercise, arts & crafts projects, and brain teasers. Not only have our participants been keeping busy this summer, but our fabulous volunteers also completed Teepa Snow's "Positive Approach to Care" trainings to increase their knowledge and skills to best serve our participants. If you are interested in learning more about the Supportive Day Program, please reach out to Stephanie McSurdy at 978-623-8339.



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# Thursday Night Schedule!



## 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. *Registration Required.*
- Jazz Dance Class with Val at 6:30pm. *Registration Required.*

## Special Events:



**August 4 & August 18 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. You must buy tickets at least three days in advance of each cookout.



**August 11 at 6pm: Movie Night: “Crouching Tiger, Hidden Dragon”** Popcorn & Lemonade will be served. Registration required.



**August 25 7:00pm— Estate Planning & Elder Law Presentation by** Crosby Elliot from the MassBar Association. Registration required

## Coming in September:

- Calligraphy Class with Mary Hart

AUGUST 2022

## CONNECT WITH YOUR STATE REPRESENTATIVES



Representative Tram Nguyen Office Hours: We do not plan to hold virtual office hours in August, as we will be at many events throughout the district. As always, if you need to reach me, call (617) 722-2060 ext. 5 any time; or email [Tobin.Abraham@mahouse.gov](mailto:Tobin.Abraham@mahouse.gov), and we'll make an appointment to talk.



**Amateur Sleuths & the World of Art and Artifacts - A Panel of Mystery Writers: Wednesday, August 3, 2022 - 7:00pm**—Every work of art has a story, and some of them are deadly. Travel the globe with five mystery authors and their amateur sleuths as they delve into the world of art and artifacts. Register on [mhl.org](http://mhl.org)

**“Good Grief - How To Grieve The Loss Of A Pet” Wednesday, August 17, 2022 - 7:00pm**- Author E.B. Bartels will discuss her new book. This book is an unexpected, poignant, and personal account of loving and losing pets, exploring the singular bonds we have with our companion animals, and how to grieve them once they’ve passed. E.B. Bartels has had a lot of pets—dogs, birds, fish, tortoises. Register on [mhl.org](http://mhl.org)

## AUGUST 2022

## COUNCIL ON AGING

**Council on Aging Advisory Board:** Ed Plowey, Co-Chair; Amanda Preston, Co-Chair; Ralph Bledsoe, Vice-Chair; 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.

## AUGUST 2022

## ANDOVER SENIOR COMMUNITY FRIENDS

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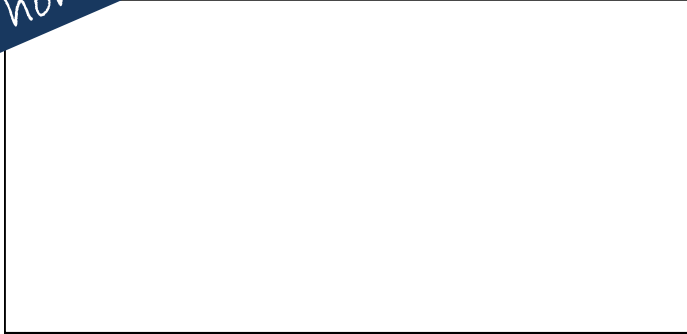
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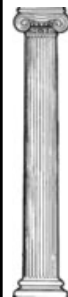
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