

# The Robb Report

## Andover's Senior Newsletter

SEPTEMBER 2022



### What's Inside



**Aging Mastery Class** : Sept 23 through Dec 9, Fridays from 10:00am–11:30am. No class on Nov 11 & Nov 25. AMP is a ten week program that encourages mastery of sustainable behaviors that will lead to improved health,

stronger financial security, and overall well-being. Registration required by calling 978-623-8320 or by coming to the front desk. Limited seats available. \$30 for all ten weeks.

**A Matter of Balance:** This program is designed to reduce the fear of falling and increase activity levels. We will be offering this 8-week program on Wednesdays at 9:30am from September 14 to November 2. The class is 2 hours long and participants should be available for the full 8 weeks. Free to Andover Residents, \$25 for non-Andover residents. Limited seats available. Registration opens August 22 at 8am for Andover residents. Everyone else can register starting on August 24 at 8am.



#### September Educational Presentations:

**Friday, September 16 from 9:30am—3pm: AARP Driving Course—** Need to brush up on your driving skills? AARP will review the rules of the road, new traffic control devices, new technology in vehicles, and how to operate more safely. Price of the class and details to follow.

**Wednesday, September 21 at 1:30pm: Home Safety & Falls Prevention by Encompass-** We will identify the most common fall risks for areas of the home and teach you tips to stay independent at home.

**Tuesday, September 27 at 2:00pm: Art Matters: Post Impressionism-** Artists like Van Gogh, Gauguin, Rousseau and Cezanne, among others, took a small step away from Impressionism and influenced whole new movements of art. Join us for a look at how other artists interpreted this new, personally expressive way of painting, and in turn influenced the course of art in the 20th century.

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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 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, September 1 & 15 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.



**Family Caregiver Support Group: Monday, September 19 at 1:30pm**

- Please join us to connect with others, share concerns, and learn about available resources. This month we will discuss be benefits of music therapy.

**"Let’s Talk Real Estate” by the Andover Mentors: Tuesday, September 20 at 1:30pm-**

Join us for a discussion of what is going on in the real estate market, the impact of rising interest rates and strategies if you are considering buying or selling.

**Technology Workshops:**

**Tuesday, September 6 at 11:15am: “How to Manage a Calendar” -**

learn how to schedule your doctor appointments and special dates in a calendar using technology.

*Registration required, seats limited.*

**Tuesday, September 20 at 11:15am: “Spotting Spam” -**

learn ways to identify spam and what to do when you encounter it.

*Registration required, seats limited.*

**Non-Fiction Book Club: Monday, September 12 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).

**Men’s Breakfast: Tuesday,**

**September 20 at 8:30am**— Enjoy

scrambled eggs, sausages, home fries, orange juice & coffee. Joe Ponti will give a presentation on US Coast Guard Academy training barque the EAGLE. *Registration required, seats limited.*

**September Birthday Social:**

**Thursday, September 22 at 12:00pm**—All are welcome!

Lunch entrée will be Stuffed Chicken. Music by Antoaneta. Delicious desserts & raffles from Atria Marland Place.

**Book Club: Thursday, September 22 at 1:30pm**—**Book Club:**

Join this wonderful group of people to discuss various books.

**Wednesday, September 28 at 1:00pm— Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse:**

Let’s discuss all of the ways we can support our physical well-being through healthy eating. *Registration required, seats limited.*

**Parkinson’s Disease Support Group:**

This group will be taking a break for the summer. The next meeting will be Thursday, October 13 at 1:30pm. For more information regarding this group, ask for Kristine or Kelly.

**Beginning Acrylic Art Class with Amy Thompson:**

Thursdays at 2:30pm: 4 week session for \$25. Sept 15, 22, 29 & Oct 6. 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.*

**Keep Zentangling Workshop with Jean Stewart:**

If you have done a Zentangle class in the past, join us on Friday, September 9 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.*

**Experimental Arts Survey Class with Lisa Hertel:**

Tuesdays at 2:00pm: 4 week session for \$25. September 13, 20, October 4, and October 11. In this 4 week class, we will explore various art materials and techniques. Every week will be a different project that you can take home, no materials required. Week 1: All About Alcohol Inks. Week 2: Watercolor Wash. Week 3: Build a Wire Tree. Week 4: Encaustics & Encaustic Transfer Technique. *Registration required, seats limited.*

**\*Thursday night watercolor class listed on page 13**

**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.

**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.

**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**— We have room for a couple of more drama enthusiasts! Prior to beginning our “Best American Short Story” sessions, we will spend several weeks reading and discussing “The Humans” by Stephen Karam, and “Fences” by August Wilson, beginning Oct. 3 at 1pm. For more information contact Eileen [eileenreilly42@gmail.com](mailto:eileenreilly42@gmail.com)

**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 Jongg: 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 a group to discuss, build and share scale models.

**Open Art Studio: 10:00am**—The members of this group paint together, using different mediums, encouraging creativity and sharing tips. New members welcome.

**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**

**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. Come and share your talents! No supplies needed.

**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.

**Nature Walks with Evelyn: 9:00am**—These walks occur on Friday mornings, weather permitting. Walk locations chosen weekly.

**English Listening Skills Series for Chinese Speakers: 10:00am**—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 September 12 through November 7. 8 weeks for \$25. You may register in-person, by calling 978-623-8320 or on <https://andoverma.gov/227/Elder-Services>. Registration for class will open on August 22 for Andover Residents and August 24 for non Andover Residents. All registrations received prior to 8am on registration day 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
MELT Method with Tammy	Tuesdays at 8:30am	In-person only
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
Nordic Walking with Denise	Thursdays at 8:30am	In-person only
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
Beginning Luigi Jazz Technique with Susan	Thursday at 1:00pm	In-person only
Yoga for Older Guys & Gals with Ben	Thursdays at 4:00pm	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:** 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.

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):** The WOAG is back! Please contact Jane at [fleecy1.godmother@verizon.net](mailto:fleecy1.godmother@verizon.net) for updates.

**Sept 15: Ward Hill**

**Sept 29: Appleton Farms (taking Robb Center Bus, \$8 fee)**

**Men’s Outdoor Adventure Group (MOAG):** Contact Don at [dschroe153@aol.com](mailto:dschroe153@aol.com) to get on the email list for any change in plans.

**Sept 7: Pustell Reservation: 2 miles– parking TBD**

**Sept 21: Lowell/ Lawrence Railroad Trail, Bellevue Reservation. Park at 52 Haggetts Pond Rd. 2 miles.**

*\*Hike locations subject to change*

**Trip to the Peabody Essex Museum:** Monday, September 26. Join us for a trip to the Peabody Essex Museum in Salem, MA. Cost will be \$26. Registration opens for Andover residents on August 29th 8am.



**Rides to the Robb Center:** We provide transportation to and from 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.

**Let’s Go Shopping: Wednesday, September 21 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.



**Meals on Wheels:** Home Delivered Meals are available to Andover seniors. To determine your eligibility, please give us a call at 978-623-8320.

# Active Living and Health Fair

Get started on a healthier lifestyle.



Join us as we welcome back our community partners. Over 30 vendors and government agencies offering information, screenings and giveaways



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**September 8, 2022**  
**10:00 am - 2:00 pm**

Andover Robb Center  
30 Whittier Ct.  
Andover, MA 01810

**Ask the Lawyer—Monday, September 19:** 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 conducted by the Board of Health.

**Brown Bag- Tuesday, Sept 27 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. September Brown Bag may be picked-up from The Robb Center between 9:00—10:30am. Applications available through AgeSpan: 978-683-7747.

**Fix-IT Shop is open: Monday, September 12 & 26 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.

**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 September, the mobile food pantry will be here on Wednesday, September 14. Food bags will be distributed on a first-come, first-served basis.

**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, September 2 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 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 24 hours 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-saving programs 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.



**Farmer's Market Coupons have arrived!** These booklets are available to those that meet a certain criteria. Coupons distributed on a first come, first serve basis. Please contact The Robb Center for more details.



## SEPTEMBER 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch menu is subject to change	Stop by the front desk for a large print calendar		1 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Chicken Stir Fry</b> 1:00 Duplicate Bridge 2:00 Ping Pong & Billiards 6:00 <b>Movie Night</b>	2 8:30 French Group 9:30 <b>Hearing Aid Checks</b> 9:00 Nature Walk 10:00 ACCC Gathering <b>Potato Crunch Fish</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan
	6 8:00 Billiards all day 9:00 Comfort Critters 10:00 Tech Help 11:15 Tech Workshop <b>Chicken Meatball Subs</b> 1:00 Mah Jongg 1:00 Social Bridge	7 9:00 MOAG 9:30 Morning Crafting 10:30 Write Stuff <b>Stuffed Shells</b> 12:30 Knit Wits	<b>Active Living &amp; Health Fair</b>	9 8:30 French Group 9:00 Nature Walk <b>Baked Cod</b> 1:00 45's 1:00 Social Bridge 1:00 Zentangle Workshop 2:00 Tai Chi Fan
12 9:00 Quilting Group 10:00 Non-Fiction Book Club <b>Cheeseburger</b> 1:00 Matinee 1:00 Fix-it Shop 2:00 Ping-Pong	13 8:00 Billiards all day 9:00 Comfort Critters 10:00 Tech Help <b>Orange Chicken Tenders</b> 1:00 Mah Jongg 1:00 Social Bridge	14 9:00 <b>Mobile Food Pantry</b> 9:30 Morning Crafting 10:30 Write Stuff <b>Veggie Lasagna</b> 12:30 Knit Wits 1:30 <b>Let's Talk Real Estate</b>	15 9:00 WOAG 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Stuffed Cabbage</b> 1:00 Duplicate Bridge 2:00 Ping Pong & Billiards 6:30 <b>Fall Concert</b>	16 8:30 French Group 9:00 Nature Walk 9:30 <b>AARP Driving Course</b> 10:00 ACCC Gathering <b>Beer Battered Fish</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing
19 9:00 Ask the Lawyer 9:00 Quilting Group <b>Shepard's Pie</b> 1:00 Matinee 1:30 Caregiver Support Group 2:00 Ping-Pong	20 8:30 <b>Men's Breakfast</b> 9:00 Comfort Critters 10:00 Tech Help 11:15 Tech Workshop <b>Peach Chicken</b> 1:00 Mah Jongg 1:00 Social Bridge 1:30 <b>Real Estate Talk</b>	21 9:00 MOAG 9:30 Morning Crafting 10:30 Write Stuff <b>Stuffed Peppers</b> 12:30 Knit Wits 1:30 <b>Home Safety &amp; Falls Prevention</b>	22 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Birthday: Stuffed Chicken</b> 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping Pong & Billiards 7:00 <b>Hula Hoop</b>	23 8:30 French Group 9:00 Nature Walk <b>Lemon Pepper Fish</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing
26 9:00 Quilting Group <b>BBQ Chicken</b> 1:00 Matinee 1:00 Fix-it Shop 2:00 Ping-Pong	27 8:00 Billiards all day 9:00 Comfort Critters 9:00 <b>Brown Bag</b> 10:00 Tech Help <b>Roast Pork</b> 1:00 Mah Jongg 1:00 Social Bridge 2:00 <b>Art Matters: Post Impressionism</b>	28 9:30 Morning Crafting 10:30 Write Stuff <b>Chicken Meatballs &amp; Pasta</b> 12:30 Knit Wits 1:00 <b>Healthy Eating Discussion Group</b>	29 9:00 WOAG 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Chicken Pesto</b> 1:00 Duplicate Bridge 2:00 Ping Pong & Billiards 5:00 <b>Cook out</b>	30 8:30 French Group 9:00 Nature Walk <b>Potato Crunch Fish</b> 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing

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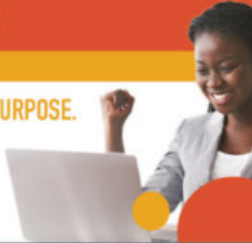
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# COUNCIL ON AGING

The Family Roe: An American Story, with Joshua Prager: Monday, September 19 at 7pm. Join Investigative Journalist Joshua Prager for a talk on his deeply researched book, *The Family Roe: An American Story*. The book, which was named a finalist for the 2022 Pulitzer Prize, offers extraordinary insight into the Supreme Court's most divisive case and its plaintiff, Norma McCorvey. Register on [mhl.org](http://mhl.org)

**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.

## SEPTEMBER 2022

## SCRPT PROGRAM

### FY24 SCRPT (Senior Citizen Residential Property Tax Work Off) Volunteer Program

It's that time of year again – Enrollment/renewal for the SCRPT Volunteer Program begins October 1<sup>st</sup>!

- New volunteers should contact Ashley English, Volunteer Coordinator, at 978-623-8320 for phone interview.
- If you are currently enrolled and would like to renew, an email will be sent to you with an attached FY24 Renewal Application. Forms will also be available at The Robb Center Front Desk or mailed upon request.

Deadline to enroll is Tuesday, November 15<sup>th</sup>

Please complete all application forms and mail to: The Robb Center, SCRPT Program, 30 Whittier Ct., Andover, MA 01810

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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.*
- Watercolor Class for Beginners with Elaine Meisinger:** Thursdays at 6:30pm, September 15 to October 6. 4 classes for \$25. Materials needed: watercolor paper, paint, and brushes.

## Special Events: Registration required for all special events

**September 1 at 6pm Movie Night:** Top Gun—1986 movie with Tom Cruise

**September 8 at 5:30pm: Moon Festival Celebration!** Enjoy Boneless Spare Ribs, Fried Rice, Chinese Vegetables, Oolong Tea & Moon Cakes. Dance Performance by the Tia Chi Gofu Fan Dancers and musical performance of Gu Zhang. Registration opens for Andover Residents on August 29th 8am. \$15 per ticket, seats limited.



**September 15 at 6:30pm: Fall Concert!** Enjoy apple crisp & the 12BarzBand. Enjoy the music of Tower of Power, Steely Dan, Stevie Wonder, Van Morrison and more!

**September 22 at 7:00pm: Hula-Hoop Performance & Trial Presentation:** Come to watch Sarah Daly perform with her fantastic Hula Hoops! Sarah has been a professional Hula Hoop instructor and performer for 9 years. After the demo, participants can grab a hula hoop of their own to experiment with.

**September 29 at 5pm: Robb Center Cookout—** Choice of grilled chicken, cheeseburger, hamburger, veggie burger (\$13) or hot dog (\$10), . 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 one day in advance by 12pm.



SEPTEMBER 2022

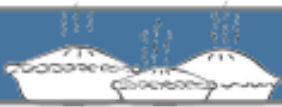
## IMPORTANT INFORMATION

**Prescription Advantage:** Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the “donut hole.” If you reach that gap, you will see your prescription drug costs increase dramatically! Don’t let this happen to you. **Prescription Advantage** can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

**For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit [prescriptionadvantagemma.org](https://prescriptionadvantagemma.org).**

In September, State Rep. Tram Nguyen is holding virtual office hours on the first Friday, Sept. 2, 10-11am, and the third Tuesday, Sept. 20, 5-6pm, via Zoom. 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.





# ASCF Fall COMFORT Food FUNDRAISER!



The Andover Senior Community Friends fund a variety of programs and events at the Robb Center. Help the Friends help the Center by ordering Harrow's Chicken Pies and Robb Center Apple Pies. Orders will be taken through **October 14th**. Pick up is Thursday, **October 20th** between 1:00 and 4:00 pm at 30 Whittier Court. The Harrows Pies are delivered frozen and ready to pop in the oven! To order, visit the Friends website at [www.andoverscf.org](http://www.andoverscf.org) or complete and mail the form below with check to ASCF, PO BOX 576, Andover, MA 01810. Questions? Call Dana at (978) 475-4451.



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Harrows Chicken Pie with Vegetables	Price	Quantity	Subtotal
Individual	\$9.50 ea.		
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Family (4 servings)	\$26.00 ea.		
Jumbo (6 servings)	\$31.00 ea.		
<b>Harrows Chicken Pie without Vegetables</b>			
Individual	\$9.50 ea.		
Apartment (2-3) servings	\$21.25 ea.		
Family (4 servings)	\$27.00 ea.		
Jumbo (6 servings)	\$32.00 ea.		
<b>Harrows 8" Apple Pie</b>	\$12.25 ea.		
<b>Harrows 8" Blueberry Pie</b>	\$12.25 ea.		
<i>"Share the Comfort", donate one or more Chicken Pies to Seniors &amp; Veterans in need</i>			
Donated Individual Chicken Pie*	\$9.50 ea.		
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\*Donated Chicken Pies will be distributed to those in need by Andover Elder Services and Andover Veteran Services.



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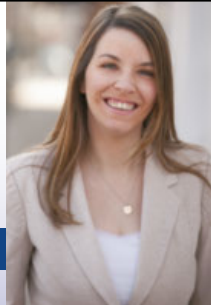
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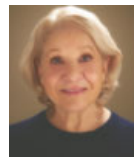
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