

The Robb Center Report

Andover's Senior Newsletter

OCTOBER 2022



What's Inside

Oktoberfest! Thursday, October 6 at 12:00pm: tickets go on sale September 23 at 8am for Andover residents. Enjoy Bratwurst with Sauerkraut, Red Cabbage, German Potato Salad, Strudel & Vanilla Ice Cream, and plenty of Root Beer! Entertainment provided by Schwarze Schafe German Band. \$10 event. Registration required by October 3.



Tuesday, October 11 from 12:00pm– 2:00pm: CarFit

Appointments- CarFit focuses on helping seniors adjust certain aspects of their vehicles so that they are more comfortable and safer drivers. Each 20 minutes appointment will review side mirrors, safety belt, head restraint, steering wheel controls, and more. Call or come to the front desk to book your free appointment. This program is by the Essex Country Sheriff's Department.

October Educational Presentations:

Tuesday, October 4 at 1:30pm: Benefits of an Emergency Response System- Learn the benefits of having an emergency response system and monitored medication dispensers.

Wednesday, October 5 at 1:30pm: Medicare Open Enrollment Presentation by SHINE.

Tuesday, October 11 at 10am: Real ID Workshop- The RMV's REAL ID workshop helps people understand what a REAL ID is, identifies who will need to have a REAL ID, provides detailed instruction on how to apply for one, and answers pressing questions like, "Does everyone need to have a REAL ID?"

Wednesday, October 12 at 1:30pm: How to Maintain a Healthy Vision by Dr. Nadio Zalatimo, OD from Andover Optometry on Central - Learn how to avoid common eye ailments from an expert.

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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

Email: 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.

Dull Men's Club:
Thursday, October 6 & 20 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.



Technology Workshops:
Tuesday, October 4 at 11:15am: "Office Software Suites" by Maddie.
Tuesday, October 18 at 11:15am: "Point, Click Share!" by Holly - how to take photos, selfies, screenshots and scan documents from your phone and share them.
Registration required, seats limited.

Parkinson's Disease Support Group: Thursday, October 13 at 1:30pm- Cathi Thomas, RN, MS, Program Director, Parkinson's Disease and Movement Disorders Center, Dept. of Neurology, Boston University Medical Center, APDA Massachusetts Chapter & Bill Patjane, MS, Executive Director, APDA Mass. Chapter will present "What's new for Medication & Research for Parkinson's Disease."

Non-Fiction Book Club: Monday, October 17 at 10:00am—This club explores contemporary issues, history, biography, and more. This club meets at The Robb Center. If you are interested in joining please contact Joanne at joannedahlgrenma@gmail.com.

Book Club: Thursday, October 27 at 1:30pm—**Book Club:** Join this wonderful group of people to discuss various books.

Family Caregiver Support Group: Monday, October 17 at 1:30pm - Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources.

Discovering King Tut's Tomb by Gregory Trerotola: Tuesday, October 18 at 2:00pm— presentation about the discovery of King Tut's tomb which was discovered Nov 4, 1922.

Feeling Financial Stress? Join the Andover Mentors and subject matter experts on Wednesday, October 19 at 1:30pm to explore issues and some solutions to being squeezed by soaring inflation and decreasing retirement savings during a stock and bond market downturn.



Men's Breakfast: Tuesday, October 25 at 8:30am— Enjoy pancakes, sausages, home fries, orange juice & coffee. John Clark will present on the Great Depression Era and the Stock Market Crash. *Registration required, seats limited.*

Fire Safety Presentation with Chief Mansfield of the Andover Fire Department: October 25 at 1:30pm



Wednesday, October 26 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.

Technology & the Future of Health Care by Craig Johnson: October 26 at 1:30—Come to learn about new technologies and therapies that are on the horizon.



October Birthday Social: Thursday, October 27 at 12:00pm—All are welcome! Lunch entrée will be Roast Pork. Music by Eric Baldwin. Delicious desserts & raffles from Stonehill.



Tuesday, November 3 from 1:00pm to 4:00pm—**Refuse to be a Victim Class:** This program teaches easy to understand methods you can use to increase awareness and prevent criminal confrontation. You will get the tools you need to develop your own personal safety strategy, including information about psychology of criminal predators, home security, physical security, travel safety, self-defense, and more. Sponsored by the Andover Sportsmen's Club. Seats limited, registration required.



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

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.

隔周星期五的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

45's Card Playing: 1:00pm—3:30pm

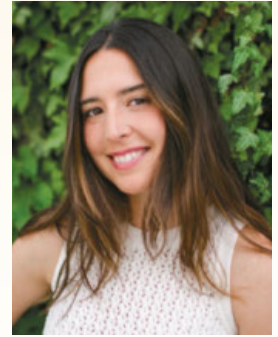
Social Bridge: 1:00pm—3:30pm

OCTOBER 2022

BEREAVEMENT SUPPORT GROUP

The Bereavement Support Group is a 6-week closed group facilitated by Andover's Wellness and Support Service Coordinator, Angelina Rogers, MSW, LICSW. With a focus on non-judgement, empathy, and connection, this group aims to provide a space where individuals who are grieving can come together to share their experiences and learn ways to cope with life changes after the death of a loved one. If you are grieving the loss of a loved one, I invite you to join into this space of hope, comfort, and connection.

The schedule will be October 12, October 26, November 9, November 23, December 7 & December 21 from 1:00pm-2:30pm. Seats limited, registration required by calling 978-623-8320, online on myactivecenter.com or by stopping by the front desk.



OCTOBER 2022

DISCOVER YOUR PURPOSE

The Discover Your Purpose Workshop will educate, inspire, and motivate attendees to understand and explore purpose, develop their own personal purpose statements, and share them with others. The seminar uses an integrative framework that focuses on purpose, connections, and life balance and their impacts on health, longevity, and happiness. In structured discussions with peers, attendees will gain confidence about their own next steps and emerge ready to move forward in pursuing goals for paid or volunteer work with a social purpose. Following the workshop we will share ways in which the Discovery Center can help you can use your purpose statement to apply your time and talents serving social needs through paid or un-paid volunteer opportunities locally and beyond. Join in with others from our community to find your own purpose and "discover what's next!" Thursday, October 27, 2022, 6:00 p.m. to 7:30 pm Light refreshments will be served.

To register, contact Ashley English, Volunteer Coordinator at 978-623-8335 or Ashley.english@andoverma.us



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WINTER FITNESS SESSION



The next fitness session will be November 14 through January 13. 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 October 31 for Andover residents and November 2 for non-Andover residents. All registrations received prior to 8am on registration day will not be accepted. The Fitness Class schedule will be released in the November Robb Center Report.

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FITNESS ROOM

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.

To schedule an orientation please call the front desk at 978-623-8320. Orientations are held on Tuesdays at 10:30am by Denise Boucher.

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.

Women's Outdoor Adventure Group (WOAG): Please contact Jane at fleecy1.godmother@verizon.net for updates.

October 13: Lupine and Purdon Reservations

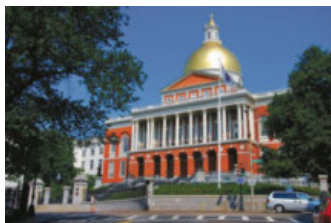
October 27: Skug and Hammond Reservations

Men's Outdoor Adventure Group (MOAG): Please contact Don at dschroe153@aol.com to get on the email list for any change in plans.

October 5: Merrimack River Trail. 3 miles. Park at the DPW office at the end of Campanelli Rd.

October 19: Retelle Reservation: 2 miles. Park at the end of Brundrett Ave. by gate.

**Hike locations subject to change*



We are talking with our legislators and officials about planning a tour of the Massachusetts State House in early October. More details to come.

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, October 12 9:30am—2pm: We are shopping at Walmart and Christmas Tree Shop in Salem, NH. 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.

OCTOBER 2022

SUPPORTIVE DAY PROGRAM

Last month, the Supportive Day Program celebrated Kelly MacKay, the Program Coordinator of the Robb Center, at her bridal shower. The group created the table centerpieces which were a big hit! This month, we will take a trip to The Butterfly Place in Westford, MA to view the beautiful New England butterflies and tropical species from all over the world. We will also attend the Oktoberfest luncheon at the Robb Center where they will enjoy a traditional German meal and entertainment provided by the Schwarze Schafe German Band. The Supportive Day Program currently has openings! Please contact Stephanie McSurdy at 978-623-8339 if you are interested in learning more about the program. We are always looking to welcome new faces to our group!



OCTOBER 2022

ART CLASSES

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 November 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.*



Experimental Arts Survey Class with Lisa Hertel: Tuesdays at 2:00pm: 4 week session for \$25. November 15, November 22, November 29 & December 6. 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.* 978-623-8320



Ask the Lawyer—Monday, October 17: 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, Oct 25 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. October 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, October 17 & 31 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 2nd Wednesday of every month from 9:00 am – 11:00 am. In October, the mobile food pantry will be here on Wednesday, October 12. 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, November 4 from 9:30am—10:30am by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic. There will be no clinic in October.



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.



Our transportation team is always helping folks get to and from The Robb Center. We are always here, to get you there!

Photo: Ron & Rita



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. Medicare Open Enrollment begins 10/15/22 and ends 12/7/22. Changes made during OE will take effect 1/1/23. If you are interested in reviewing your current plan/s, please make an appointment during OE. Appointments for those new to Medicare or with questions are also available. 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: Offered by Masonry in Action who will 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/>.



OCTOBER 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Sunrise Singers 9:00 Quilting Group Lemon Pepper Chicken 1:00 Matinee 2:00 Ping-Pong</p>	<p>4</p> <p>8:00 Billiards all day 9:00 Comfort Critters 10:00 Tech Help Chicken Stir Fry 1:00 Mah Jongg 1:00 Social Bridge 1:30 Benefits of Emergency Response</p>	<p>5</p> <p>9:00 MOAG 9:30 Morning Crafting 10:30 Write Stuff Lasagna 12:30 Knit Wits 1:30 Open Enrollment Presentation</p>	<p>6</p> <p>10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic OKTOBERFEST 1:00 Duplicate Bridge 2:00 Ping Pong & Billiards 6:00 Movie Night: Rudy</p>	<p>7</p> <p>8:30 French Group 9:00 Flu Shots 9:00 Nature Walk 9:30 ESL Class Beer Battered Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>Observed Holiday</p>	<p>11</p> <p>8:00 Billiards all day 9:00 Comfort Critters 10:00 Tech Help 10:00 Real ID 12:00 CarFit Chicken Pot Pie 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>12</p> <p>9:00 Mobile Food Pantry 9:00 MOAG 9:30 Morning Crafting 10:30 Write Stuff Ravioli 12:30 Knit Wits 1:30 Healthy Vision</p>	<p>13</p> <p>9:00 WOAG 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Sweet & Sour Chicken 1:00 Duplicate Bridge 1:30 Parkinson's 2:00 Ping Pong & Billiards 6:30 Mocktail Mixology</p>	<p>14</p> <p>8:30 French Group 9:00 Flu Shots 9:00 Nature Walk 10:00 ACCC Gathering Baked Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>17</p> <p>9:00 Sunrise Singers 9:00 Ask the Lawyer 9:00 Quilting Group 10:00 Non-Fiction Pot Roast 1:00 Matinee 1:00 Fix-it Shop 1:30 Caregiver 2:00 Ping-Pong</p>	<p>18</p> <p>8:00 Billiards all day 9:00 Comfort Critters 10:00 Tech Help Orange Chicken 1:00 Mah Jongg 1:00 Social Bridge 2:00 Discovering King Tut's Tomb</p>	<p>19</p> <p>9:00 MOAG 9:30 Morning Crafting 10:30 Write Stuff Chop Suey 12:30 Knit Wits 1:30 Feeling Financially Stressed</p>	<p>20</p> <p>10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Piaccata 1:00 Duplicate Bridge 2:00 Ping Pong & Billiards 4:00 Flu Shot Clinic</p>	<p>21</p> <p>8:30 French Group 9:00 Nature Walk 9:30 ESL Class Lemon Pepper Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>24</p> <p>9:00 Sunrise Singers 9:00 Quilting Group Stuffed Chicken 1:00 Matinee 2:00 Ping-Pong</p>	<p>25</p> <p>8:30 Men's Breakfast 9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help Chicken Marsala 1:00 Mah Jongg 1:00 Social Bridge 1:30 Fire Safety</p>	<p>26</p> <p>9:30 Morning Crafting 10:30 Write Stuff Stuffed Peppers 12:30 Knit Wits 1:00 Healthy Eating 1:30 Technology & the Future of Health Care</p>	<p>27</p> <p>9:00 WOAG 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthday: Roast Pork 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping Pong & Billiards 6:00 Discover Purpose</p>	<p>28</p> <p>8:30 French Group 9:00 Nature Walk 10:00 ACCC Gathering Beer Battered Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>31 HALLOWEEN! 9:00 Sunrise Singers 9:00 Quilting Group Mac & Cheese 1:00 Matinee 1:00 Fix-it Shop 2:00 Ping-Pong</p>	<p>For a large print calendar, please see the front desk.</p>		<p>Menu items subject to change.</p>	

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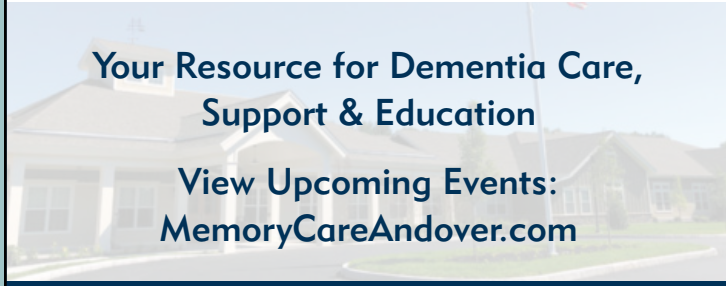
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Thursday Night Schedule!



Every Thursday Night:

- Ping-Pong from 4-8pm
- Fitness Room is open 8am-8pm
- Yoga for Older Guys & Gals with Ben Kellman at 4pm. *Registration Required.*

Special Events: Registration required for all special events

October 6 at 6pm: Movie Night: Rudy

October 13 at 6:30pm: Mocktail Mixology Class: Fergal Gildea from Andover's 34 Park will teach the audience how to make some delicious mocktails!



October 20 at 4:00pm– 7:00pm: Community Flu Shot Clinic: please see page 13 for more details.



October 27 at 6:00pm– 7:30pm: Discovery Your Purpose: please see page 6 for more details.

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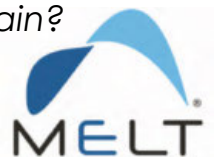
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FY24 SCRPT (Senior Citizen Residential Property Tax Work Off) Volunteer Program

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

- 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 15th

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

Drug Take Back Day: DEA's next National Prescription Drug Take Back Day is Saturday, October 29, 2022 from 10am to 2pm at West Elementary School, 58 Beacon St.

The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.



Flu Shot Clinics: The Andover Board of Health will be holding High Dose Flu Shot Clinics for those 65 years and older at The Robb Center on Friday, October 7 from 9am-12pm and Friday October 14 from 9am-12pm. The Board of Health is holding a community flu shot clinic for those ages 5 and up on October 20 from 4pm-7pm. To make an appointment please use the appropriate links below.

October 7: <https://home.color.com/vaccine/register/andover?calendar=818ae3e2-3bf6-4efc-a89f-c2fab5c2d15f>

October 14: <https://home.color.com/vaccine/register/andover?calendar=a2af762c-2f79-4983-88a8-2c372a566fa5>

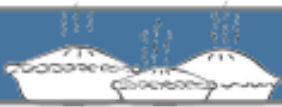
Council on Aging Advisory Board: Ed Plowey, Co-Chair; Amanda Preston, Co-Chair; Ralph Bledsoe, Vice-Chair; Gail Bloom, Louise Hadad, Grace Lin, Amanda Preston & Judy Trerotola. Welcome new members Joan Fox, Russ Moran, Dot Hollenbeck and Christina Vidoli. The Council meets the second Thursday of the month at 4:00 pm at the Robb Center. Meetings are open to the public.

Representative Tram Nguyen Office Hours: Representative Tram Nguyen will hold office hours at The Robb Center on Friday, October 7 at 10am. This will be drop-in office hours, no appointment necessary. As always, if you need to reach Representative Tram Nguyen, call (617) 722-2060 ext. 5 any time; or email Tobin.Abraham@mahouse.gov

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Thank you, Mr. Nixon: An Author Talk with Gish Jen on Zoom. Thursday, October 6, 2022 at 7:00pm— *Thank You, Mr. Nixon* is a short story collection by the acclaimed writer Gish Jen. In this collection of 11 linked short stories, Jen “embarks on a fictional journey through U.S.-China relations, capturing the excitement of a world on the brink of tectonic change. Register on mhl.org





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 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.		
Harrows Chicken Pie without Vegetables			
Individual	\$9.50 ea.		
Apartment (2-3) servings	\$21.25 ea.		
Family (4 servings)	\$27.00 ea.		
Jumbo (6 servings)	\$32.00 ea.		
Harrows 8" Apple Pie	\$12.25 ea.		
Harrows 8" Blueberry Pie	\$12.25 ea.		
<i>"Share the Comfort", donate one or more Chicken Pies to Seniors & 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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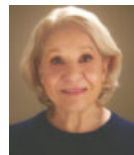
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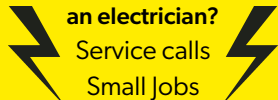
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