

The Robb Center Report

Andover's Senior Newsletter

NOVEMBER 2022



What's Inside

Cooking Demonstration by Chef Andrea from Stonehill:

Wednesday, November 9 at 1:30pm- This month, Chef Andrea will be demonstrating how to make Apple Pie Bites. Participants will get the opportunity to taste the delicious result. *Registration required.*



Friendsgiving: Thursday, November 17 at 12:00pm

Tickets go on sale November 4 at 8am for Andover residents. Enjoy a traditional Thanksgiving meal & dessert! \$10 event. Limited seats available.

Turkey Shortage: Over the past months, the kitchen staff has been working hard to secure enough turkey for the holidays. Although we cannot guarantee we will have enough turkey, we will offer an acceptable substitute. All staff are working to resource enough turkey for Friendsgiving and we are hoping for a positive outcome.

Andover residents – Don't forget we have a scholarship available for low income residents to assist with the cost of all our events. For more information, contact Jane Burns.



LGBTQ+ & Allies Social: Please join us on Thursday,

November 17 at 6:00pm - Join us for an evening of eating pie, sipping hot cider, enjoying live music by Chris Carter and listening to two local LGBTQ+ spotlight stories.

ALL are welcome for a fun evening of making connections and celebrating LGBTQ+.



Friday, December 2 from 9am– 3pm: The Robb Center's Holiday Bazaar!

We will have a bake sale, white elephant table, crafts, and more! If you are interested in donating or volunteering please reach out to Kelly MacKay, 978-623-8372 or by emailing

kelly.mackay@andoverma.us



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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, November 3 & 17 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.

Immigrants & Immigration by

Marcia Hohn: Wednesday, November 2 at 1:30pm— Come and learn about immigrant demographics and immigration policy.

Technology Workshop: How to Register for Robb Center and Memorial Hall Library Programs Online-

Tuesday, November 15 at 11:00am—come and learn how navigate the Robb Center’s and Memorial Hall Library’s website.

Parkinson’s Disease Support Group: Thursday, November 10 at 1:30pm-

Eileen Donovan—Elliot, Community Sales Director at Brightview Senior Living will present on “Assisted Living 101”— What you need to know about this important community resource.

Non-Fiction Book Club: Monday, November 14 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.

Coping with the Holidays by the Andover Mentors: Tuesday, November 15 at 1:30pm-

The holidays are typically portrayed as joyous times full of celebrations, laughter, and connecting with loved ones. But not everyone experiences the holidays in this way. Countless individuals experience the “holiday blues,” which can make the season a very challenging time of year. This program speaks to some of the reasons for the "blues" and offers some recommendations on ways to deal with them.

Sheriff’s Office Presentation

“Common Holiday Scams “ Wednesday, November 16 at 1:30pm



Family Caregiver Support Group: Monday, November 21 at 1:30pm

- Join us to celebrate National Caregiver Month with a special presentation from Sarah Turcotte of Bridges By Epoch .

Interesting Facts You Might Not Know About Thanksgiving by Paul MacKay: Tuesday, November 22 at 1:30pm—

You may think you know everything there is to know about Thanksgiving. To commemorate a big feast shared by Pilgrims and Native Americans, we gather with friends and family to eat way too much turkey and stuffing, try not to talk about politics, and maybe watch a little football. And that's that, right? Well, not exactly. Come learn some things about Thanksgiving that may surprise you!

Walking Hours at the Cormier Youth Center:

Starting on November 1, every Tuesday and Friday come to the Youth Center to walk from 9:15am-11:15am. The gym is open for walkers to keep up with their walking routine through the cold winter months.



Men’s Breakfast: Tuesday, November 29 at 8:30am—

Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. Ralph Arabian will present on his antique Plymouth car. *Registration required. \$6 fee.*

Arthritis Education by Arete

Rehab: Tuesday, November 29 at 1:30pm— We will discuss types of arthritis, as well as signs & symptoms of common types.

Book Club: Thursday, December 1 at 1:30pm—**Book Club:**

Join this wonderful group of people to discuss various books. This group is currently full.

November & December Birthday

Social: Thursday, December 8 at 12:00pm—All are welcome! Music by Tommy Smith. Delicious desserts & raffles from Bear Mountain.



Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse:

The Healthy Eating Discussion Group will **not** be meeting for the month of November.

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.

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 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:

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

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 Bazaar in December 2022. We need help and volunteers! All of November we will be working on wreaths.

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

45's Card Playing: 1:00pm—3:30pm

Social Bridge: 1:00pm—3:30pm

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.

There will be no class on November 24 or 25, and December 26 through January 2. Thursday & Friday classes will continue through January 19 and 20 to make up for Thanksgiving break.

Visit our website to see the full fitness brochure with descriptions of every class.

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 8:45am	In-person only
Men's Fitness with Denise	Tuesdays at 8:30am	In-person only
Taiji for Health with Meg	Tuesdays at 9:15am	In-person only
Women's Fitness with Denise	Tuesdays at 9:30am	In-person only
Senior Fit with Andrea	Tuesdays at 11:15am	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
MELT Method Roller Ball with Tammy	Wednesday at 1:00pm	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 2:00pm	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
Nordic Walking with Denise	Fridays at 10:00am	In-person only
Pilates Fundamentals with Lourdes	Fridays at 10:30am	In-person only

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.

November 17: Field Pond

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

November 2: Boloian & Rafton Reservation. Park at 189 Chandler Rd. 2 mile hike.

November 16: Shawseen River Trail. Park on Abbot Bridge Dr. near corner of Central St. 3 mile hike.

November 30: Den Rock Park. Park at 38 Stirling St. 2 mile hike, very hilly.

**Hike locations subject to change*

As the newsletter goes to print, we are working on scheduling a November Bus Trip. Stay tuned for details.

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.

Let’s Go Shopping: Wednesday, November 23 10:00am—2:00pm: We are shopping at Walmart in North Reading. Please reserve your seat by calling 978-623-8320.



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.

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.

The Supportive Day Program has had a busy fall so far! Last month, the group took a trip to The Butterfly Place in Westford, MA and had a wonderful time walking around looking at all the different butterflies, flowers, and plants. Some were even lucky enough to have a butterfly land on them! We also had a grand time attending the annual Oktoberfest luncheon at the Robb Center. We listened to music provided by the Schwarze Schafe German Band while enjoying a traditional German meal. We are always looking for new members to join our group! Please contact the Robb Center at 978-623-8320 to learn more about the Supportive Day Program.



Acrylic Art Class with Sarah Daly: Thursdays at 2:30pm—October 27, November 3, November 10 & November 17—\$25 for a 4 week session. In this class students will learn some of the basics of acrylic painting. Along with methods of application and learning to blend colors students will learn some of the elements and principles of design to understand what makes up a well balanced and interesting composition. Students will have fun using new materials and learning in more detail about some of the classic periods, famous paintings students will recognize and make connections to, and artists of the past and present. Materials Required: 4 - 11x14 canvases, acrylic paints, and various brushes. *Registration required, seats limited.*



An Introduction to the Art of Calligraphy with Sarah Daly: Wednesdays at 2:30pm—October 26, November 2, November 9 & November 16—\$25 for a 4 week session. This course will teach the students the fundamentals of calligraphy. We will learn the formal body posture and form to hold the pen and the mechanisms of drawing with the calligraphy pens. We will work with a variety of materials ranging from felt pens, to fountain pens, and even large acrylic paint markers with chisel tips for calligraphy lettering on a large scale and in color! Each class will open with a lesson on the origination of calligraphy and how it has developed and become prevalent in the art world over centuries. Students will then have lessons in lettering and time to practice during class before we work together on a project associated with the days lesson. You will need to bring your own materials. *Registration required, seats limited.*



Ask the Lawyer—Monday, November 21: 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 “Mobile Market” - Tuesday, November 22 from 9:00-10:30am: This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. November Brown Bag may be picked-up from The Robb Center between 9:00—10:30am. Applications available through AgeSpan: 978-683-7747.

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.



Fix-IT Shop is open: Monday, November 14 & 28 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 November, the mobile food pantry will be here on Wednesday, November 9. 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 November.



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.



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—Mondays at 3:00pm & Tuesdays at 10:00am: Have questions about your phone, tablet, or other device? Our team of tech experts is here to help.

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/>.



NOVEMBER 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:00 Comfort Critters 10:00 Tech Help Desk Chicken Stir Fry 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>2 9:00 MOAG 9:30 Morning Crafting 10:30 Write Stuff Ravioli 12:30 Knit Wits 1:30 Immigrants & Immigration</p>	<p>3 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Meatball Subs 1:00 Duplicate Bridge 1:00 Refuse to be a Victim 2:00 Ping Pong 6:00 Free Live Music</p>	<p>4 8:30 French Group 9:00 Nature Walk 9:30 ESL Class Potato Crunch Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>7 9:00 Sunrise Singers 9:00 Quilting Group Mac N Cheese 1:00 Matinee 2:00 Ping-Pong</p>	<p>8 ELECTION DAY 9:00 Comfort Critters 10:00 Tech Help Desk Chicken Pot Pie 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>9 9:00 Mobile Pantry 9:30 Morning Crafting 10:30 Write Stuff Stuffed Cabbage 12:30 Knit Wits 1:30 Cooking Workshop</p>	<p>10 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Orange Chicken Tenders 1:00 Duplicate Bridge 1:30 Parkinson's Support 2:00 Ping Pong</p>	
<p>14 9:00 Sunrise Singers 9:00 Quilting Group 10:00 Non-Fiction American Chop Suey 1:00 Matinee 1:00 Fix-it Shop 2:00 Ping-Pong</p>	<p>15 9:00 Comfort Critters 10:00 Tech Help 11:00 Tech Workshop Hot Dogs & Beans 1:00 Mah Jongg 1:00 Social Bridge 1:30 Coping with the Holidays</p>	<p>16 9:00 MOAG 9:30 Morning Crafting 10:30 Write Stuff Cheese Lasagna 12:30 Knit Wits 1:30 Holiday Scams by the Sheriff's Office</p>	<p>17 9:00 WOAG 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Friendsgiving 1:00 Duplicate Bridge 2:00 Ping Pong 6:00 LGBTQ+ Social</p>	<p>18 8:30 French Group 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>21 9:00 Sunrise Singers 9:00 Ask the Lawyer 9:00 Quilting Group Chicken Parmesan 1:00 Matinee 1:30 Caregiver Support 2:00 Ping-Pong</p>	<p>22 9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help Pot Roast 1:00 Mah Jongg 1:00 Social Bridge 1:30 Interesting Facts Thanksgiving</p>	<p>23 10:00 Let's go Shopping! 9:30 Morning Crafting 10:30 Write Stuff Sloppy Joes 12:30 Knit Wits</p>		
<p>28 9:00 Sunrise Singers 9:00 Quilting Group Stuffed Chicken 1:00 Matinee 1:00 Fix-it Shop 2:00 Ping-Pong</p>	<p>29 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help Shepherd's Pie 1:00 Mah Jongg 1:00 Social Bridge 1:30 Arthritis</p>	<p>30 9:00 MOAG 9:30 Morning Crafting 10:30 Write Stuff Stuffed Shells 12:30 Knit Wits</p>	<p>Menu items subject to change.</p>	<p>For a large print calendar, please see the front desk.</p>

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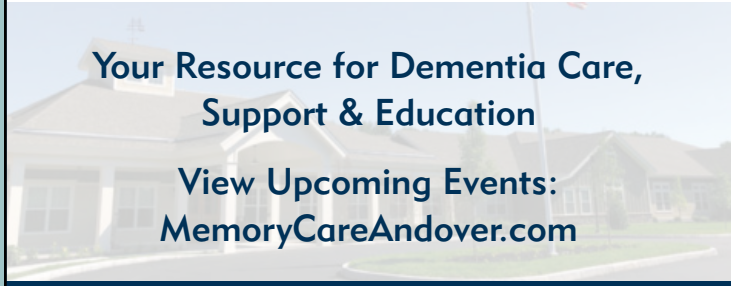
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Thursday Night Schedule!



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. See page 6.*

Special Events: Registration required for all special events

November 3 at 6pm: Jazz Night: Arthur Bakopolus quartet featuring Grace Marie Wallace—Free Jazz Concert sponsored by the ASCF



November 10: Closing at 5pm. Happy Veterans Day!

November 17 at 6pm: LGBTQ+ & Allies Social: All are welcome! See front page



November 24: Closed for Thanksgiving Day!

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Veterans Day Events:

- Re-flagging of cemetery: Spring Grove Cemetery: Sunday October 30th at 11:00am
- Re-flagging of cemetery Sacred Heart and United Lebanese Cemeteries: Saturday November 5th at 9am.
- Veteran's Day Ceremony located at Ballardvale Green. Friday November 11th. Ceremony will begin at 11:11am.

AndoverTV: Wish you could re-watch one of The Robb Center's great programs? Looking to learn about local happenings? Make sure you tune into AndoverTV! See below for ways to watch:

- **Visit:** <https://andovertv.org/>
- **Comcast-** Public 8 – Education 99 – Government 22
- **Verizon-** Public 47 – Education 43 – Government 45
- Check out AndoverTV's new MOBILE APP on the Apple App Store and Google Play! FREE For iPad, iPhone and Android devices."

**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

National Caregiver Month: Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. Visit <https://acl.gov/> for details and resources.



Council on Aging Advisory Board: Ed Plowey, Co-Chair; Amanda Preston, Co-Chair; Ralph Bledsoe, Vice-Chair; Gail Bloom, Louise Hadad, Grace Lin, Judy Trerotola, Joan Fox, Russ Moran, Dot Hollenbeck & Christina Vidoli. November meetings details to come.

Representative Tram Nguyen Office Hours: For November & December, Representative Tram Nguyen will hold virtual office hours on the first Friday of the month at 10am and the third Tuesday of the month at 5pm. The link to sign up is <https://calendly.com/teamtram/officehours?month=2022-11>.

**MEMORIAL HALL LIBRARY**

Sunday Concert ~ Crowes Pasture: Sunday, November 6 at 2:30pm. Join us for a Sunday Concert at Memorial Hall Library. A roots-infused, Contemporary Folk duo, Monique Byrne & Andy Rogovin, perform original music and eye-opening covers that reflect a mutual passion, sense of discovery and celebration of life. Please register on MHL.org



There are several openings on the FRIENDS board. If you are interested in participating you can contact Dana MacKay 978-475-4451. Want another way to support us? Make your Amazon purchases through AmazonSmile (smile.Amazon.com) and enter the name of the Andover Senior Community Friends Inc. as your charity. Amazon will donate a portion of your purchase price to us. It costs nothing and will benefit us!

Become a Friend!

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Help the FRIENDS support the free programs at the Andover Senior Center! Check out all we do at our website: www.andoverscf.org or scan this code



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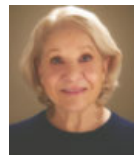
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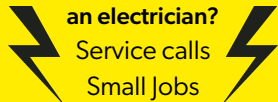
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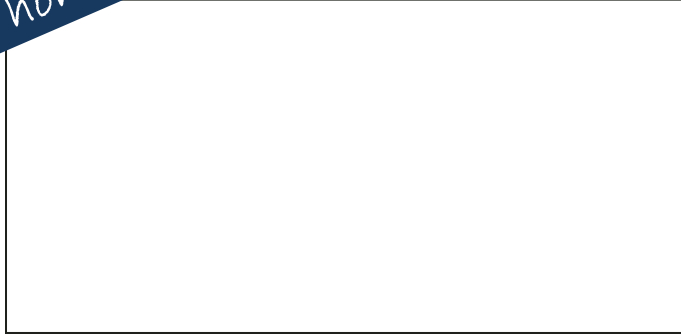
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