

The Robb Center Report

Andover's Senior Newsletter

DECEMBER 2022



What's Inside

Friday, December 2 from 9am– 3pm:

The Robb Center's Holiday Bazaar! We will have a bake sale, cookie swap, white elephant table, crafts, quilt raffle, and more! All proceeds go back to supporting programs and events at The Robb Center.



Students for Seniors: Friday, December 9 at 1:30pm—

Join us for a fun social with a group of Andover High School students for conversations and games to get to know each other. All are welcome!



Nature of Time by Scott Flaig: Wednesday, December 14

at 1:30pm—Time, the most often used noun in the English Language, is also the most misunderstood. This presentation will cover philosophical, scientific, and theological overviews of time.



Holiday Luncheon: Thursday, December 15
at 12:00pm

Tickets go on sale December 5 at 8am for Andover residents. Enjoy a traditional holiday meal & dessert! \$10 event. Limited seats available.

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.



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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 the 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 fully reimburse a credit towards a future program or class. If the patron would like a refund check mailed to them, the processing fee will be 10% of the full amount. Credit card refunds are not available.

Dull Men’s Club:

Thursday, December 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.

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.

Prepare for Winter with the Andover Department of Public Works: Tuesday, December 6 at 1:30pm—The Director of Public Works, Chris Cronin will be here to give important updates and reminders about winter. He will answer any questions you may have.



Photo Tour of Arizona by Jeff Kaplan from the Andover Mentors: Tuesday, December 13 at 1:30pm— this will feature a tour description and photos from: Sedona, northern Verde Valley region of Arizona; The Musical Instruments Museum and The Desert Botanical Garden, Phoenix, Arizona; and Taliesin West, Scottsdale, Arizona.

Technology Workshop: How to Use Zoom Tuesday, December 6 at 11:15am—

Learn how to join a Zoom; call to connect with friends and family.



Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: The Healthy Eating Discussion Group will meet on December 7 at 1:00pm. All are welcome!

Dizziness & Balance by Encompass: Wednesday, December 7 at 1:30pm— Do you know that 20-40% of community dwelling adults 65+ years old, fall at home? We will discuss what factors contribute to dizziness & balance and what you can do to decrease your risk.



Family Caregiver Support Group: Monday, December 19 at 1:30pm - Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources.

Parkinson’s Disease Support Group: Thursday, December 8 at 1:30pm- Stephanie Gentile, OTR/L & Emily Griffiths, Encompass Health Rehabilitation Hospital of New England will present on “Rehabilitation & Exercise.”

Non-Fiction Book Club: Monday, December 12 at 10:00am—This club explores contemporary issues, history, biography, and more. The group meets at The Robb Center. If you are interested in joining please contact Joanne at joannedahlgrenma@gmail.com.

November & December Birthday Social: Thursday, December 8 at 12:00pm—All are welcome! Entrée will be Stuffed Chicken. Music by Tommy Smith. Delicious desserts & raffles from Bear Mountain.



Men’s Breakfast: Tuesday, December 20 at 8:30am— Enjoy pancakes, sausages, home fries, orange juice & coffee. Jack Holmes will present on Antarctica. Jack will take us through Ushuaia, the Southern Islands, and Graham Land on the Antarctica Peninsula. *Registration required. \$6 fee.*

What you didn't know about Christmas by Paul MacKay: Tuesday, December 20 at 1:30pm—Christmas is celebrated all over the world, as both a religious and secular holiday. The Christmas holiday season is viewed by many as a secular holiday filled with traditions. Many of our Christmas traditions have interesting origins. In this presentation we will look at all kinds of Christmas facts, some humorous, some historical, and some just plain fun.



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. A \$3.00 donation is suggested. Daily entrées are listed on page 10. **We have live music on Wednesdays by Chip Gregory.**

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— The discussions of “Best American Short Stories 2022” (edited by Greer) will begin at 1 on January 9 on Zoom. We are limited to 18 participants, but have a few slots available. Please contact Eileen Reilly if interested.

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. **The 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 2023.**

Parler/Discute: 9:30am NEW French Discussion Group

The Write Stuff: 10:30am—Join this group to write novels, poems, and more.

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

The current session fitness session (Winter Session I) is from November 14 through January 13.
 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.

The next fitness session (Winter Session II) will be January 23 through March 17. 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 January 9 for Andover residents and January 11 for non-Andover residents. All registrations received prior to 8am on registration day will not be accepted.
 There will be no class on Monday, February 20.
 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
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
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.

December 1: weather dependent location

December 15: weather dependent location

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

December 14 Cochran Wildlife Sanctuary: Park at the end of Chapel Ave. 1.2 miles. Slightly hilly.

**Hike locations subject to change*

We are actively planning a trip to the Enchanted Village at Jordan’s Furniture in Avon, MA. Details to come!



Let’s Go Shopping: Wednesday, December 21

10:00am—2:00pm: Get your last minute holiday shopping done! We are shopping at Walmart & 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.

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.

The Supportive Day Program has been getting crafty this fall and has not left a “leaf” unturned! The group had fun creating 3D trees and experimented with leaf rubbings. We embraced all things spooky by reading about Andover Legends and Ghost stories, including the legend of how the Shawsheen River got its name. We enjoyed socializing and feasting on traditional Thanksgiving fare at the Friendsgiving Luncheon at the Robb Center. We gleaned some interesting facts about Thanksgiving at Paul MacKay’s presentation, “Interesting Facts about Thanksgiving”. This month, we will celebrate the holiday season by decorating holiday cookies and singing holiday songs with Sarah Turcotte from Bridges by EPOCH. 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.



An Introduction to the Art of Calligraphy with Sarah Daly: Wednesdays at 2:30pm - December 14, 21, 28 and January 4. \$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. Each class will open with a lesson on the origin of calligraphy and how it has developed and become prevalent in the arts, politics, and education over centuries. Students will then have easy step-by-step lessons in lettering and time to practice during class before we work together on a project associated with the day’s lesson. *Registration required, seats limited.*



Acrylic Art Class with Sarah Daly: Thursdays at 2:30pm- December 15, 22, 29 and January 5—\$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 have fun using new materials and learning in more detail about some of the classic periods and artists. Students will recognize and make connections to artists of the past and present. Materials required: 4 - 11x14 canvases, acrylic paints, and various brushes. *Registration required, seats limited.*



Drawing Class with Steve Greco: Mondays at 9:00am, January 9, 23, 30 and February 6— \$25 for a 4 week session. Want to learn how to draw or improve your skills? Join us for a 4 week session on drawing. You will need to bring your own pencil, kneaded eraser, regular eraser and good quality sketch paper. *Registration required, seats limited.*



Ask the Lawyer—Monday, December 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 “Mobile Market” - Tuesday, December 27 from 9:00-10:30am: This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. December 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, December 12 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 December, the mobile food pantry will be here on Wednesday, December 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, December 9 from 9:30am—10:30am by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



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/>.



DECEMBER 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Menu items subject to change.</p>	<p>For a large print calendar, please see the front desk.</p>	<p>1 9:00 WOAG 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Stir Fry 1:00 Duplicate Bridge 1:30 Book Club</p>	<p>2 HOLIDAY BAZAAR 9:00 Nature Walk 9:30 ESL Class Boxed Lunch Available: No MOW 2:00 Tai Chi Fan</p> 
<p>5 9:00 Sunrise Singers 9:00 Quilting Group American Chop Suey 1:00 Matinee 2:00 Ping-Pong</p>	<p>6 9:00 Comfort Critters 10:00 Tech Help Desk 11:15 How to Zoom Chicken Marsala 1:00 Mah Jongg 1:00 Social Bridge 1:30 Prepare for Winter</p>	<p>7 9:00 Mobile Pantry 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Stuffed Cabbage 12:30 Knit Wits 1:00 Healthy Eating Discussion Group</p>	<p>8 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthday: Stuffed Chicken 1:00 Duplicate Bridge 1:30 Parkinson's Support 2:00 Ping Pong 6:30 Voices of Hope</p>	<p>9 8:30 French Group 9:00 Nature Walk 10:00 ACCC Potato Crunch Fish 1:00 45's 1:00 Social Bridge 1:30 Students for Seniors 2:00 Tai Chi Fan Dancing</p>
<p>12 9:00 Sunrise Singers 9:00 Quilting Group 10:00 Non-Fiction Mac & Cheese 1:00 Matinee 1:00 Fix-it Shop 2:00 Ping-Pong</p>	<p>13 9:00 Comfort Critters 10:00 Tech Help 11:00 Tech Workshop Chicken Pesto 1:00 Mah Jongg 1:00 Social Bridge 1:30 Tour Arizona</p>	<p>14 9:00 MOAG 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Stuffed Shells 12:30 Knit Wits 1:30 Nature of Time</p>	<p>15 9:00 WOAG 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Holiday Luncheon 1:00 Duplicate Bridge 2:00 Ping Pong 6:00 Movie Night</p>	<p>16 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>19 9:00 Sunrise Singers 9:00 Ask the Lawyer 9:00 Quilting Group Shepard's Pie 1:00 Matinee 1:30 Caregiver Support 2:00 Ping-Pong</p>	<p>20 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help Hot Dogs 1:00 Mah Jongg 1:00 Social Bridge 1:30 What You Did Not Know Christmas</p>	<p>21 10:00 Let's go Shopping! 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Vegetable Lasagna 12:30 Knit Wits</p>	<p>22 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Orange Chicken Tenders 1:00 Duplicate Bridge 2:00 Ping Pong</p>	<p>23 8:30 French Group 9:00 Nature Walk 10:00 ACCC Beer Battered Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>Town Offices & The Robb Center are closed on December 26</p>	<p>27 NO FITNESS 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help Beef Stew 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>28 NO FITNESS 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Stuffed Peppers 12:30 Knit Wits</p>	<p>29 NO FITNESS 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Pot Roast 1:00 Duplicate Bridge 2:00 Ping Pong</p>	<p>30 NO FITNESS 8:30 French Group 9:00 Nature Walk 9:30 ESL Class Baked Cod 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>

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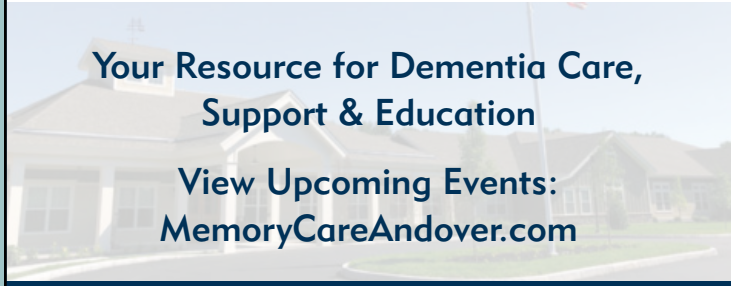
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Thursday Night Schedule!



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

December 1: We are closing early to set up for the Holiday Bazaar

December 8 at 6:30pm: My Own Voice Choir Performance—My Own Voice is a choral group for children and young adults with special needs led by Bernadette Lionetta. All are welcome!

December 15 at 6:00pm: White Christmas Movie Showing with Hot Chocolate & Cookies

December 22: Open for regularly scheduled activities

December 29: Closed Thursday Night



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Andover Remembers: Andover Remembers are interviews by Jeff Kaplan from the Andover Mentors that feature a life story of an Andover resident. Each month we will feature the interview of one of the stories as told by the person who lived it. All of the interviews are available on AndoverTV.org. This month we will feature the “Evelyn Retelle” interview. To view the interview, click on the link below:

<https://cloud.castus.tv/vod/andover/video/6320c084bde57d00091fa596?page=HOME>



Walking Hours at the Cormier Youth Center: 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. This is a drop-in program. No registration necessary.

Volunteer Drivers Needed!

Meals on Wheels: 10:45am-1:00pm Monday-Friday – Deliver a hot lunch and a friendly smile to a homebound senior in Andover.

Medical Transportation: Help seniors get to pre-scheduled medical appointments. Rides take place during business hours 8am-4pm Monday-Friday.

This is a much-needed service with great rewards. Call to volunteer today! 978-623-8320



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. December meetings details to come.

Representative Tram Nguyen Office Hours: For 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— Sunday, December 11 at 2:30pm—Peking and the Mystics: An afternoon of music from a local a cappella quintet. Peking and the Mystics was formed by alumni of Tufts University and its a cappella singing group, the Beelzebubs. This concert is sponsored by the Friends of Memorial Hall Library. For more information go to mhl.org

Fiber Arts Club—Monday, December 19 at 6:00pm—Bring your own fiber arts project (knitting, crochet, etc.) and join us for a casual meet-up to work on projects and have some fun. For more information go to 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!

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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



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

Comfort Food Fundraiser Thank You

The Andover Senior Community Friends would like to thank everyone who participated in our 2022 Comfort Food Fundraiser of Harrow’s Chicken pies and the blueberry and apple pies.

Our results were amazing. The donate a pie to a senior or veteran in need resulted in 193 pies being donated. Your generosity is appreciated.

The proceeds from this fundraiser allows the Friends to assist the Andover Elder Services with our mission of providing supplemental programming, entertainment, lectures and events to enhance the lives of seniors within the Robb Center and the Andover Community.

The Friends would not be able to do this without your help and participation. Please accept our heartfelt thank you for all you do as a community.

Dana MacKay
 Andover Senior Community Friends
 President





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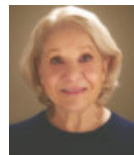
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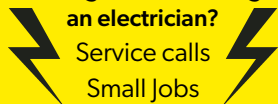
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