

The Robb Center Report

Andover's Senior Newsletter

JANUARY 2023



Noon Years Eve Party, Thursday January 5 at 12:00pm: Join us as we celebrate ringing in the new year! We will be serving chicken meatball subs and listening to music by the Arthur Bakopolus Trio. Tickets are \$10.

2023

The Ukraine War – Consequences – Intended and Unintended What is Next? Nuclear War?" by Henry Quinlan: Wednesday, January 11 at 1:30pm- Join us for this important presentation about the Ukraine War. This unique program will examine the origins of the conflict as well as the status of the war today; moreover how the consequences of the war were both expected and unintended. Registration requested.



Turner's Modern World by Bruce Magnuson– Wednesday, January 18 at 1:30—The British artist JMW Turner's career spanned the tumultuous changes of Europe in the early to mid 1800's. Explore the art and times of Turner and his revolutionary ideas of painting. Last year the Museum of Fine Arts Boston presented an exhibition of his work . This session will use that as a jumping off point to explore context for Turner and his place in the pantheon of Western Art.



Chinese New Year, Friday January 27 at 10:30am—Come and join us for an hour of great performances and then stay for a delicious Chinese inspired lunch. We will be serving sweet & sour chicken. Tickets are \$10. Ticket go on sale Friday, January 6 for Andover Residents. Buy your tickets by January 18. Limited seats available.



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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.

INCLEMENT WEATHER POLICY

Andover Elder Services will mirror Andover School’s snow cancellation schedule. When school is cancelled, Meals on Wheels is cancelled, Supportive Day will be closed, and all in-person programs will be closed. All virtual programs will be held and staff is available to offer assistance.

Dull Men’s Club:

Thursday, January 5 & 19 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 at 1:30pm,

December 29 and January 26 —This group discusses a different book every month. This group is currently full.

Tuesday, January 3 at 1:30pm:

Exercising the Brain with

Estephanie Cruz from ASB Home

Health—Estephanie will discuss the importance of exercising the brain with a quick presentation followed by trivia questions and games. If you are lucky, you may win a prize!



Non-Fiction Book Club: Monday,

January 9 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.

Elder Scams by the FBI: Tuesday,

January 10 at 1:30pm— Doug

Domin, Supervisory Special Agent, Criminal Computer Intrusion Squad, Boston Field Office, Federal Bureau of Investigation, will present on Senior Fraud. This presentation will focus on online scams targeting the senior population.



Technology Workshop:

How to Use Libby- Tuesday, January 10 at 11:15am—

Learn how to use the app Libby. Listen to books for free using your library card!

Parkinson’s Disease Support Group: Thursday, January 12 at 1:30pm-

Steve Nutter, MSPT, LATC, CSCS, Owner, Nutter Physical Therapy will present on “The Benefits of Exercise with Parkinson’s.”

Medicare Supplement or Medicare Advantage, The Choice is Yours by

Blue Cross Blue Shield: Tuesday, January 17 at 1:30pm—Heather

Hurd from BCBS will present on the difference between Medicare Supplement vs. Medicare Advantage.



January Birthday Social:

Thursday, January 26 at

12:00pm—All are welcome!

Entrée will be Stuffed Chicken. Music by Bill Foley. Delicious desserts & raffles from Bridges.



Family Caregiver Support Group:

Monday, January 23 at 1:30pm -

Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources.

Men’s Breakfast: Tuesday,

January 24 at 8:30am— Enjoy scrambled eggs, sausages, home fries, orange juice & coffee.

Andrew Sievert will talk about the history of fire trucks and his job as a firefighter. *Registration required. \$6 fee.*



Healthy Eating by Heart to Home Meals: Tuesday, January 24 at

1:30pm— Join speaker Richard Rogers to learn more about a balanced diet over coffee, tea, and desserts. Richard will also talk about Heart to Home Meals’ special diets, regular diets, and how to select meals that are best suited for your dietary requirements.

Healthy Eating Discussion Group with Cherie Monahan, RN, Public

Health Nurse: The Healthy Eating Discussion Group will meet on January 25 at 1:00pm. All are welcome!

China: Return to New Places by Jack Holmes—Wednesday,

February 1 at 1:30pm—China is a cultural adventure for Westerners, and history for immigrant Chinese. Travel with Jack Holmes as he returns to places visited over the past couple of decades. Jack travels to Hong Kong, Guangzhou, Shanghai, and the unforgettable Lijiang River near Yangshuo.



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 2023” (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

Wednesday:

Morning Crafting Group: 9:30am–11:30am—Crafters wanted! Join this group to make crafts for various fairs that support The Robb Center.

Parler/Discute: 9:30am 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.

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.

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 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.

Tentative schedule below:

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
Taiji for Health with Meg	Tuesdays at 9:15am	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
Line Dancing with Val	Thursdays at 9:15am	In-person only
Strength & Cardio with Tracy	Thursdays at 9:30am	Zoom
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

For any participation in Adventure Groups, participants must sign our “Waiver for 2023” 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): There will be no regular hikes scheduled until March. However to watch for pop up emails about hikes/snowshoeing as weather and availability of leaders permits . Please contact Jane at fleecy1.godmother@verizon.net for updates.

Men’s Outdoor Adventure Group (MOAG): The men's group will be in hibernation for the winter. Stay tuned for the 2023 schedule. However, if the weather turns out to be mild, the group will get out. Contact dschroe153@aol.com to get on the email list for any change in plans.

**Hike locations subject to change*



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, January 11
10:00am—2:00pm: 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.

Happy New Year! The Supportive Day Program enjoyed a very festive month of December 2022. The group had fun making holiday cards, trimming the Christmas tree, and lighting the menorah to celebrate Hannukah. We decorated holiday cookies and sang holiday songs with Sarah Turcotte from Bridges by EPOCH. The group chatted with friends and feasted on pot roast at the Holiday Luncheon. This month, the celebrations will continue as we ring in the New Year at the Noon Year’s Eve Party, on Thursday January 5th. We will also ring in the Chinese New Year, on Friday January 27th. The group will be treated to an hour of great performances and a delicious Chinese inspired lunch. 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.



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.*



MEMORIAL HALL LIBRARY

All About Vinegar with Emily Makrez- Thursday, January 5, 2023 - 7:00pm. Join

Emily from the F-Word Farm: a place for farming, foraging and fermenting for a discussion of vinegars. At this class on food preservation, you will learn what vinegar is and the chemistry behind the process. Learn how to turn anything into vinegar, even bananas! Register on MHL.org

James Herriot: Life of the World’s Most Famous Veterinarian—Wednesday, January 25, 2023 - 7:00pm—Join Anglophile Claire Evans in this Zoom webinar as she recounts the life and times of Alf Wight, an unassuming country veterinarian who practiced for 50 years in the Yorkshire Dales. Register on MHL.org

Ask the Lawyer—Monday, January 23: 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, January 24 from 9:00-10:30am: This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. January 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, January 9 & 23 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: \$5 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 January, the mobile food pantry will be here on Wednesday, January 11. 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, January 6 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—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/>.



JANUARY 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Town Offices & The Robb Center are closed on January 2	3 9:00 Comfort Critters 10:00 Tech Help Desk Chicken Piccata 1:00 Mah Jongg 1:00 Social Bridge 1:30 Exercising the Brain	4 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Stuffed Cabbage 12:30 Knit Wits	5 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Noon Years Eve 1:00 Duplicate Bridge 2:00 Ping Pong	6 8:30 French Group 9:30 ESL Class 9:30 Hearing aid Checks Potato Crunch Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan
9 9:00 Sunrise Singers 9:00 Quilting Group 10:00 Non-Fiction Book Cheeseburger 1:00 Matinee 1:00 Fix-it Shop 2:00 Ping-Pong	10 9:00 Comfort Critters 10:00 Tech Help Desk 11:15 Tech Workshop Chicken Marsala 1:00 Mah Jongg 1:00 Social Bridge 1:30 Elder Scams	11 9:00 Mobile Pantry 9:30 Morning Crafting 10:00 Shopping! 9:30 Parler/ Discute 10:30 Write Stuff Ravioli 12:30 Knit Wits 1:00 Healthy Eating 1:30 Ukraine War	12 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Stir Fry 1:00 Duplicate Bridge 1:30 Parkinson's Support 2:00 Ping Pong 6:00 Movie Night	13 8:30 French Group 10:00 ACCC Lemon Pepper Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing
MLK Jr. Day Town Offices & The Robb Center are closed on January 16	17 9:00 Comfort Critters 10:00 Tech Help Chicken Pot Pie 1:00 Mah Jongg 1:00 Social Bridge 1:30 Medicare Presentation	18 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Stuffed Shells 12:30 Knit Wits 1:30pm Turner's Modern World	19 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Orange Chicken Tenders 1:00 Duplicate Bridge 2:00 Ping Pong	20 8:30 French Group 9:30 ESL Class Beer Battered Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing
23 9:00 Sunrise Singers 9:00 Ask the Lawyer 9:00 Quilting Group Shepard's Pie 1:00 Matinee 1:00 Fix-it Shop 1:30 Caregiver 2:00 Ping-Pong	24 8:30 Men's Breakfast 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help Peach Glazed Chicken 1:00 Mah Jongg 1:00 Social Bridge 1:30 Healthy Eating Presentation	25 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Vegetable Lasagna 12:30 Knit Wits 1:00 Healthy Eating Discussion Group	26 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthday Social 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping Pong 6:30 Accidently on Purpose	27 8:30 French Group Chinese New Year 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing
30 9:00 Sunrise Singers 9:00 Quilting Group Mac & Cheese 1:00 Matinee 2:00 Ping-Pong	31 9:00 Comfort Critters 10:00 Tech Help Hot Dog 1:00 Mah Jongg 1:00 Social Bridge	Menu items subject to change.	For a large print calendar, please see the front desk.	

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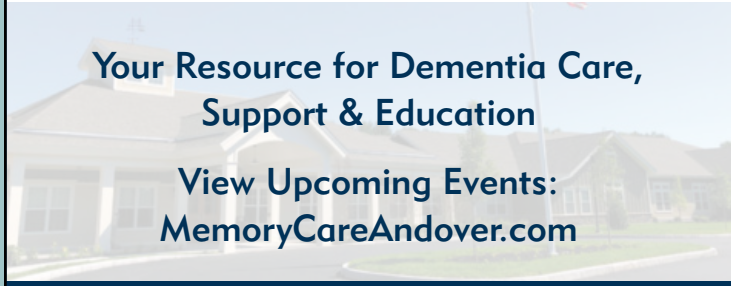
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Thursday Night Schedule!



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

January 5: Open for regularly scheduled events

January 12 at 6:00pm: Movie Night: Dog (2022) with Channing Tatum

January 19: Open for regularly scheduled events

January 26 at 6:30pm: Accidentally on Purpose Improv Comedy Troupe: Their comedy style is similar to that of the hit TV show "Whose line is it anyway?". Audiences easily recognize the format & can engage in the participation component of the show.



February 2 at 6:00pm: LGBTQ+ Allies & Social

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AARP Tax-Aide Program: Beginning February 7 and continuing through April 11, AARP Foundation is providing tax assistance and preparation through its Tax-Aide program at Andover Senior Center — **and it's completely free.** AARP Foundation Tax-Aide is the nation's largest volunteer-based free tax preparation service. Volunteers are trained and IRS-certified every year to ensure they understand the latest changes to the U.S. Tax Code.

The program is open to taxpayers of all ages and you don't need to be an AARP member. You'll bring your documents in, have a short interview with the tax preparer, and your return will then be ready in 1-2 hours. Call the Andover Senior Center at 978-623-8320 after January 17th to make an appointment.



Diabetic Shoe Clinic: Attention, Adults with Diabetes! You are eligible to receive a pair of Diabetic shoes and inserts FREE to you if you are Diabetic! Many insurances cover this! Book your appointment for February 2, appointments start at 1:30pm and will be booked in chronological order. Please bring all your insurance cards, doctor's order by your primary care MD and other required info (pick up paperwork at front desk) Make your 10-minute fitting appointment with Kelly 978-623-8320. www.drcomfort.com



www.Anodyneshoes.com

Greater Lawrence Community Action Council will once again be facilitating Fuel Assistance applications this year. GLCAC Inc. can help keep you and your family stay warm this winter and reduce your energy bills. GLCAC's energy programs offer: Fuel assistance, free weatherizing, free energy audits, and free emergency repairs to heating systems.

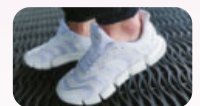
GLCAC has set aside the following date and time for individual appointments at the Robb Center:

- Thursday, January 12 starting at 2pm
- Tuesday, February 21 starting at 10am
- Thursday, March 10 starting at 2pm

There will *NOT* be any walk-in appointments. To make an appointment, please call 978-623-8320.



Walking Hours at the Cormier Youth Center: Every Tuesday and Friday come to the Cormier 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.



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. January meeting details to come.

Representative Tram Nguyen Office Hours: State Rep. Tram Nguyen continues to hold virtual office hours on the first Friday of the month, 10-11am, and the third Tuesday, 5-6pm, via Zoom. The dates for January are Friday, January 6 and Tuesday, January 17. The dates for February are Friday, February 3 and Tuesday, February 21. Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>.



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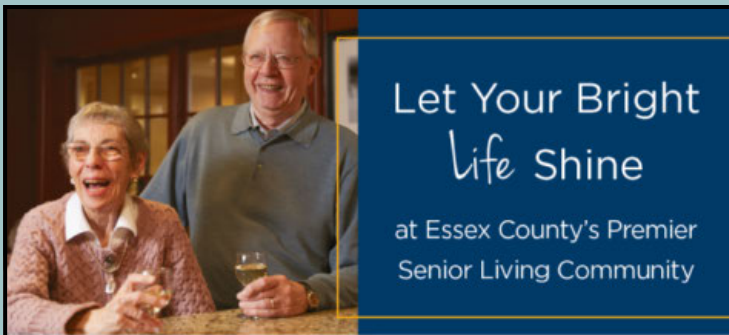
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Help the FRIENDS support the free programs at the Andover Senior Center! Check out all we do at our website: www.andoverscf.org or scan this code



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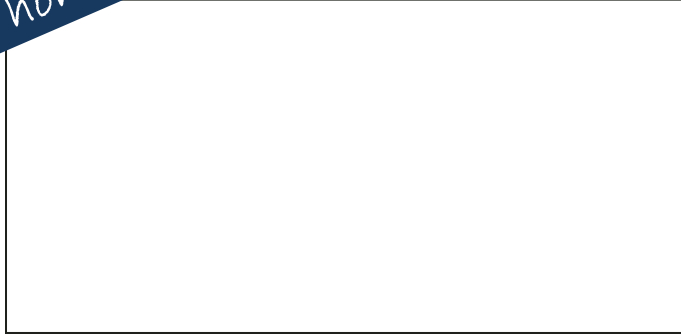
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