

The Robb Center Report

Andover's Senior Newsletter

FEBRUARY 2023



What's Inside

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.



LGBTQ+ Social: Thursday, February 2 at 6:00pm—

ALL are welcome for a fun night of making connections and celebrating the LGBTQ+ community. Food will be provided by Agespan.



Valentines Day Concert: Thursday, February 16 at 6:30pm—Andover High School 's Strings Group will perform. We will be serving brownie sundaes as a sweet treat!



Aging & Driving: Wednesday, February 22 at 2:00pm—

Presentation by Encompass Health. In 2020, over 200,000 older adults were treated in emergency departments for crash injuries. This means that each day, 540 older adults are injured in crashes. Learn the effects of driving as we age and what warning signs to look out for. We will also discuss ways to improve and compensate, knowing when to have that conversation with loved ones, and when we suggest a driving evaluation will be useful.



- P2 General Information
- P3 Monthly/Bi-Monthly Programs
- P4 Weekly Programs
- P5 Weekly Programs cont.
- P6 Winter Fitness Session
- P7 Outdoor Groups & Transportation
- P8 Supportive Day & Art Classes
- P9 Resources
- P10 February Calendar
- P12 Thursday Night
- P13 Important Information
- P14 Andover Senior Community Friends



Director of Community Services

Jemma Lambert
jemma.lambert@andoverma.us

Director of Elder Services

Jane Burns
jane.burns@andoverma.us

Assistant Director

Kelly McShane
kelly.mcshane@andoverma.us

Social Work/Outreach

Kristine Arakelian, LCSW
karakelian@andoverma.gov

Transportation/Outreach

Shawna McCloskey, LSW
smccloskey@andoverma.gov

Volunteer Coordinator

Ashley English
ashley.english@andoverma.us

Office Assistant

Amy Heidebrecht
amy.heidebrecht@andoverma.us

Administrative Assistants

Nina D'Agostino, Pat Kelly

Supportive Day Program Coordinator

Angela Lonergan
angela.lonergan@andoverma.us

Nutrition Staff

Sue Starbird
susan.starbird@andoverma.us



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 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, February 2 & 16 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,

February 23—This group discusses a different book every month. This group is currently full.

"Talking about Death won't Kill You" Tuesday, February 7 at

1:30pm—Susan Wisser RN, MSN, MBA will speak about the challenges and possible scenarios that the terminally ill and dying patient may experience. With an extensive background as the Patient Relations Manager in a large health system, Susan will offer insights and tips about how to navigate the complexities and choices that are likely to be encountered.

Non-Fiction Book Club: Monday,

February 13 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.

NEW! Photography Club: Join this group of photo enthusiasts to discuss and share photography techniques, interests, and experiences. We will meet on the second Friday of each month at 10am.



Road Scholar Opportunities to Learn: Wednesday, February 8 at 1:30pm—Dave Van Arsdale will teach the audience about different Road Scholar opportunities to take advantage of.

Bereavement Support Group: Wednesday, February 8 at 2:00pm—Amanda Rearick from Compassus will facilitate the group. Join us for a drop in Bereavement Support Group. Join us as we support each other and discuss some of the ways the loss of someone significant can affect our lives. Cookies & water will be provided.



Parkinson's Disease Support Group: Thursday, February 9 at 1:30pm—Mary Crowe, LICSW from Care Dimensions will present on "Aging with Dignity."

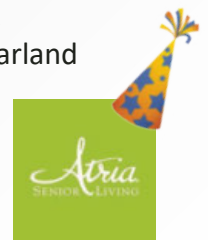
Choosing Senior Housing by Dani Rockey from Seacoast Senior Advisors: Tuesday, February 14 at 1:30pm—Comparing & contrasting senior living communities can be an overwhelming process, to say the least. Often, we know what we want to ask beforehand but get lost in the tour process. We are here to help you navigate and walk you through all of the options and things to know.

Nutrition Concerns Among Older Adults: Wednesday, February 15 at 1:30pm—Nina Rocca, DCN, RD, LDN will be presenting on nutritional concerns among older adults, including balanced eating, hydration, and optimizing nutrition.

Men's Breakfast: Tuesday, February 21 at 8:30am—Enjoy pancakes, sausages, home fries, orange juice & coffee. Mike Lindstrom, Deputy Town Manager & Patrick Lawlor, Chief Financial Officer will join us for breakfast. *Registration required. \$6 fee.*

Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: The Healthy Eating Discussion Group will meet on February 22 at 1:00pm. All are welcome!

February Birthday Social: Thursday, February 23 at 12:00pm—All are welcome! Entrée will be Roast Pork. Music by The Rockaholics. Delicious desserts & raffles from Atria Marland Place.



Family Caregiver Support Group: Monday, February 27 at 1:30pm—Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources.

The History & Technology of Lighthouses by Joe Ponti: Tuesday February 28 at 1:30pm—Lighthouses have fascinated people for hundreds of years. Joe Ponti, a frequent presenter at the Center, will relate through his own personal experiences, a fascinating story about them.

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 February 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.



Tom Carroll 44 Park Street, Andover
RE/MAX Partners 978-502-8347

Selling your home?

We will compassionately help you with the following:

- Decluttering • Cleaning
- Donating • Repairs • Staging



tcarroll@remax.net • www.Andover-TopBroker.com

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME Lisa Templeton

ltempleton@picommunities.com • (800) 477-4574 x6377

SUPPORT OUR ADVERTISERS!



Delicious & Nutritious Meals

Free Delivery | No Subscriptions
No Minimum Order | 160+ Meals



5 MEALS FOR \$25!*
Code: SENIOR 22

Call Today for Your FREE Brochure (508) 960-1313

*Introductory offer for new customers, 1 Per Household, Expires September 29, 2023.

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—**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.

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

Winter Session II
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>

There will be no class on Monday, February 20.

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

The Spring Session details will be included in the March Robb Center Report.

Fitness 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 please 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. 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, February 22 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 February! The new year is rolling along. The Supportive Day Program got the celebrations off to a great start with a musical performance by a very special guest of the program. We marked this memorable time of year at the Noon Year's Eve Party and by ringing in the Chinese New Year. In February, we will continue to look to the east as we attend "Travels with Jack Holmes." Jack will take us to fascinating places such as Hong Kong, Guangzhou, and Shanghai. We will keep the music rocking with the "Rockaholics" at the February Birthday Social. 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.



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 "John Doherty" interview. To view the interview, click on the link below:

<https://cloud.castus.tv/vod/andover/video/62cd606a3bee0e0009c12a4c?page=HOME>



Fish On! Andover with Johan Frenje: Tuesday, February 7, 2023 - 7:00pm-

The Fish On! Series takes place annually on Tuesday evenings in February. Johan Frenje will share his experiences salt and freshwater fly-fishing in New England and upstate New York. Different fly-fishing techniques and approaches for the different species will be presented in this seminar. Register on mhl.org

Native Shrubs of New England on Zoom: Monday, February 13, 2023 - 7:00pm -

Andover Pollinator Pathway Speaker Series featuring Meredith Gallogly. In this presentation, learn about the diversity and ecological value of the native shrubs that are common in our local woodlands, wetlands, and field edges, as well as how they can be incorporated into managed landscape settings.

Ask the Lawyer—Monday, February 13: 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, February 28 from 9:00-10:30am: This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. February 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 typically held on Tuesdays at 10:30am by Denise Boucher.



Fix-IT Shop is open: Monday, February 13 & 27 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 February, the mobile food pantry will be here on Wednesday, February 8. 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, February 3 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. Your health insurance plans are an important part of your budget and SHINE is available all year to help you review your plan, your costs, and will ensure that you have access to all cost-saving programs you may be eligible for.

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/>.



FEBRUARY 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To stay updated on programs and events, sign-up for our email blasts! Email Kelly to get signed up Kelly.mcshane@andoverma.us</p> 		<p>1 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Stuffed Cabbage 12:30 Knit Wits 1:30 China</p>	<p>2 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Marsala 1:00 Duplicate Bridge 2:00 Ping Pong 6:00 LGBTQ+ Social</p>	<p>3 8:30 French Group 9:30 ESL Class 9:30 Hearing aid Checks Stuffed Shells 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>6 9:00 Sunrise Singers 9:00 Quilting Group American Chop Suey 1:00 Matinee 2:00 Ping-Pong</p>	<p>7 9:00 Comfort Critters 10:00 Tech Help Desk 11:15 Tech Workshop Chicken Piccata 1:00 Mah Jongg 1:00 Social Bridge 1:30 Talking about Death</p>	<p>8 9:00 Mobile Pantry 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Cheese Lasagna 12:30 Knit Wits 1:00 Healthy Eating 1:30 Road Scholar 2:00 Bereavement</p>	<p>9 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Swedish Meatballs 1:00 Duplicate Bridge 1:30 Parkinson's Support 2:00 Ping Pong</p>	<p>10 8:30 French Group 10:00 ACCC 10:00 Photography Club Mac & Cheese with Stew Tomato 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>13 9:00 Sunrise Singers 9:00 Ask the Lawyer 9:00 Quilting Group 10:00 Non-Fiction Book Stuffed Chicken 1:00 Matinee 1:00 Fix-it Shop 2:00 Ping-Pong</p>	<p>14 9:00 Comfort Critters 10:00 Tech Help Pot Roast 1:00 Mah Jongg 1:00 Social Bridge 1:30 Choosing Senior Housing</p>	<p>15 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Stuffed Peppers 12:30 Knit Wits 1:30 Nutrition Concerns</p>	<p>16 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Shepard's Pie 1:00 Duplicate Bridge 2:00 Ping Pong 6:30 Valentines Concert</p>	<p>17 8:30 French Group 9:30 ESL Class Spinach Pie 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>President's Day</p>	<p>21 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help Orange Glazed Chicken 1:00 Mah Jongg 1:00 Social Bridge 2:00 Ping Pong Tournament</p>	<p>22 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Beer Battered Fish 12:30 Knit Wits 1:00 Healthy Eating Discussion Group 2:00 Aging & Driving</p>	<p>23 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</p>	<p>24 8:30 French Group 10:00 ACCC Potato Crunch Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>27 9:00 Sunrise Singers 9:00 Quilting Group Hot Dog 1:00 Matinee 1:00 Fix-It Shop 1:30 Caregiver 2:00 Ping-Pong</p>	<p>28 9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help Chicken Broccoli Penne Alfredo 1:00 Mah Jongg 1:00 Social Bridge 1:30 Lighthouses</p>	<p>Menu items subject to change</p>	<p>For a large print calendar, please see the front desk</p>	 <p>THE ROBB CENTER ANDOVER ELDER SERVICES <i>Embracing Life</i></p>

COMMUNITY LIVING AT ITS BEST

Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

One Nichols Way
Groveland, MA 01834
Nichols-Village.com

CALL 978-372-3930

FUTURE
YOU SAYS
THANK
YOU

Interested in achieving your financial potential?
At Commonwealth Financial Group, we provide
an ongoing educational and personal financial
planning experience in which we guide
individuals to achieve financial well-being.
Reach out to see how I can help.



Christine Routhier Burke, CFP®, CFPS
978.475.8710
One Dundee Park, Suite 1, Andover, MA

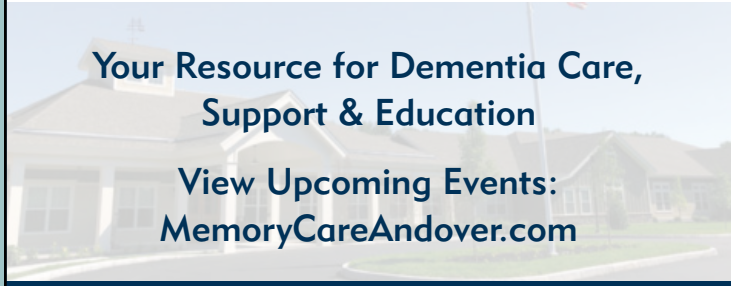
Christine Burke is a registered representative of and offers securities and investment advisory services through MMI Investors Services, LLC. Member SIPC. (www.sipc.com) Supervisory office: 101 Federal Street, Suite 800, Boston, MA 02110 Tel: 617-439-4389 CRN202508-2834535

Bridges

EXPERT, LIFE-ENRICHING
MEMORY CARE

BY EPOCH
MEMORY CARE ASSISTED LIVING
AT ANDOVER

978.775.3161



Your Resource for Dementia Care,
Support & Education

View Upcoming Events:
MemoryCareAndover.com

254 Lowell Street
Andover, MA 01810

MASS RELAY 711



IN HOME CARE & ASSISTANCE

781-462-5274

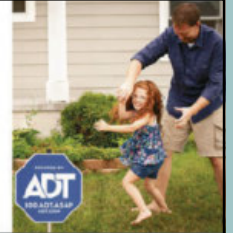
Chelmsford

*Bringing joy and
peace to Senior Care*
Hourly and 24 hour care
Personal Hygiene • Ambulation
Feeding • Dressing • Exercise
Toileting • Shopping
Transportation
Medication reminders
americanhomehelpers.com

ADT-Monitored
Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

833-287-3502



You belong here.

At Edgewood, you'll be an integral part of a vibrant
community with a diverse, enriching culture. You'll also
enjoy exceptional services and amenities along with the
security and peace of mind only LifeCare can provide.

Call or go online today:
978-420-4175 | EdgewoodRC.com

EDGEWOOD
A LifeCare Community



NEVER MISS
OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

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

February 2: LGBTQ+ Allies & Social : ALL are welcome for a fun night of making connections and celebrating the LGBTQ+ community. Food will be provided by Agespan.



February 9: Open for Regularly Scheduled Events

February 16: Valentines Concert: Andover High School 's Strings Group will perform. We will be serving brownie sundaes as a sweet treat!



February 23: Open for Regularly Scheduled Events

"THE BEST VALUE ON HEARING AIDS"

Free Hearing Aid Consultations



Andover
Hearing Center, LLC
Call For An Appointment Today!

11 Chestnut Street, Suite 6, Andover

978-470-4500 • www.andoverhearing.com

Kenneth H. Pollard Funeral Home

Serving all faiths & ethnic backgrounds for 69 years



Specializing in Traditional Funeral Services, Cremation & Celebration of Life
Prearrangements in all settings

233 Lawrence St, Methuen • 978-687-7300 • www.pollardfuneralhome.com



We help seniors remain happy,
safe, and comfortable at home.



Delivered with heart.™

978-412-4181 | GriswoldHomeCare.com

© 2019 Griswold International, LLC

MARY KAY®

Beauty
Makeup
Skin Care

CALL PAT DONAHUE

978-376-2181

PATMCEL@VERIZON.NET

WWW.MARYKAY.COM/PMCELHINEY

Ardito, Toscano & McCollum
Certified Public Accountants

Tax Planning &
Return Preparation
For Individuals, Businesses
Trusts & Estates

Over 40 years of service

978-688-2880

40 Bayfield Dr., N Andover | alm-cpa.com

Do you suffer from Chronic Pain?

FOOT • BACK • NECK • KNEE • HIP

SELF CARE TECHNIQUES

ZOOM Classes • Private Sessions



Learn how to Get out & Stay out of Pain

Call 978-475-3989 or visit www.BePainFreeWithTammy.com

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 17 to make an appointment.



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



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:

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: 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.

Updated Schedule: Tuesdays 9:15am– 11:15am Fridays 8:30am– 10:00am



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. February 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 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!

Become a Friend!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

Email: _____

Membership (mark one)

Senior/Student \$10 _____ Individual _____ Premium _____

Patron \$50 _____ Benefactor \$100 _____ Other \$ _____

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.

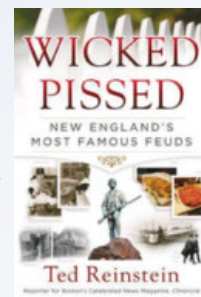
Intergenerational Ping-Pong Tournament—Tuesday, February 21 from 2-4pm at the Cormier Youth Center: Join us for a fun afternoon of ping-pong! We will host an official bracket tournament in conjunction with the Youth Center. Details to come!



St. Patrick's Day Luncheon—Friday, March 17 at 12:00pm: Come and enjoy Corned Beef & Cabbage and music by Brian Cochran. Ticket information will be published in the March Robb Report. *Supported by the Andover Senior Community Friends*



“Wicked Pissed: New England’s Most Famous Feuds” by Ted Reinstein—Thursday, March 23 at 6:30pm: New England is as dotted with colorful and fascinating feuds as it is with low stone walls and big, red barns. And many of them go back just as far! For instance, did you know that the Breeds and the Bunkers are still fighting over a hill? Or that the revolution is still being fought—by Lexington and Concord?! From the colonial era, through early aviation (CT claims the Wright Bros. are wrong), to Red Sox-Yankees and present-day food fights, Ted Reinstein tells us who’s really “Wicked Pissed” in New England, and why. *Supported by the Andover Senior Community Friends.*





**Let Your Bright
Life Shine**
at Essex County's Premier
Senior Living Community

Gorgeous community. Resort-like amenities. Choice and independence. No large entrance fees... The vibrant, carefree lifestyle you desire is waiting at Brightview North Andover. *Come live it.*

BRIGHTVIEW
SENIOR LIVING
NORTH ANDOVER

Call Eileen or Dave
to schedule your
personal visit.
978.686.2582

Independent Living • Assisted Living • Dementia Care

1275 Turnpike Street • North Andover, MA 01845
www.BrightviewNorthAndover.com

**RESORT-STYLE COMMUNITY
FOR TODAY'S SENIORS**



**THE WOODS AT MERRIMACK
RETIREMENT COMMUNITY**
TOUR TODAY! (351) 888-1674

197 Howe Street | Methuen, MA 01844 | WoodsAtMerrimack.com

*Elegant Independent and Assisted Living,
with Exceptional Alzheimer's Care.*

WINDSOR PLACE
OF WILMINGTON
Assisted Living, Independent Living,
and Memory Care



92 West Street, Wilmington, MA
Just off I-93 at Exit 38

Call 978-988-2300 • WindsorPlaceOfWilmington.com

MIND

Are you an older adult using opioids
to manage your chronic pain?
Researchers at McLean Hospital are looking for
volunteers for our observational research study!



- 4 visits over 1 year (the majority of which can be completed remotely)
- Up to \$750 in compensation
- No blood draws, IVs, medications or supplements

For more info, call (617) 855-3653
or email brainstudy@mclean.harvard.edu

**The Law Offices of
Kimberly Butler Rainen**
Wills, Trusts,
Probate, Nursing Home Care
21 Central Street, Andover, MA 01810
(978) 409-1928
www.ButlerRainen.com • kbr@butlerrainen.com



ROYAL REALTY, INC
Andover, MA & Nashua, NH
Real Estate since 1973



Tina Habeeb, Pres.
Senior Real Estate Specialist
REALTOR® EMERITUS
SRES, GRI, GBA, CRS
"We Can Help You Get Ready to Relocate"
Direct 978-618-3707 (W) 978-685-1067
300 Brickstone Sq. Andover www.royalrealty.com



Hinds Electric
Having trouble finding
an electrician?
Service calls
Small Jobs
Call Kevin 978-401-8430
Licensed & Insured.
Andover, MA



FROMME ANTIQUES
Restoration, Repair and
Refinishing of Antique and
Contemporary Wood Furniture
- Buying & Selling -
Lance Fromme, 23 Burton Farm Drive,
Andover, MA 01810
lfromme@comcast.net
www.LanceFrommeAntiques.com
By Appointment
(978) 475-7370 • (508) 397-7949



Stone Hill
at Andover
A SENIOR LIVING COMMUNITY
MANAGED BY NORTHBRIDGE COMPANIES

Hear from our Families

“ Stone Hill has taken all the worry out of care for our mother. The kindness of her personal care associates, nurses and all staff is beyond what we expected. She is happy and thriving. Stone Hill is the answer we were looking for. We are so happy to have found such a special place for Mom!

For more information contact:
978.664.2600
stonehillandover.com

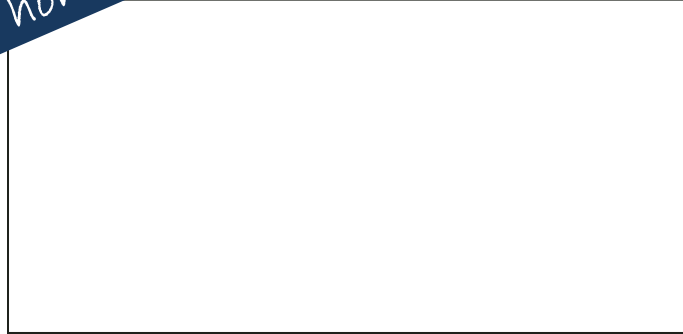
Independent Living, Assisted Living & Avita Memory Care
141 Elm Street in Andover, MA



The Robb Center
Andover Elder Services
 30 Whittier Ct
 Andover, MA 01810

PRSR STD
 U.S POSTAGE PAID
 Permit No.41
 Andover, MA 01810

To the home of:



WEST PARISH GARDEN CEMETERY

It's time to plan ahead.



NEWLY OPENED SECTION FOR BURIAL LOTS
FOR MORE INFORMATION OR TO SCHEDULE A VISIT

CALL 978-475-3902

129 RESERVATION RD. ANDOVER

WWW.WESTPARISHGARDENCEMETERY.ORG

Volunteers needed!



contact: volunteer@
 essexcountyhabitat.org or
 978-681-8858 x3

*Conte
 Funeral
 Home*

28 Florence St • Andover, MA
 978-470-8000

17 Third St • North Andover, MA
 978-681-5000

A TRADITION IN EXCELLENCE

Funeral Services, Cremation Services, Celebration of Life Services

contefuneralhomes.com | Contefh@msn.com



FREE
AD DESIGN
 with purchase
 of this space

CALL 800-477-4574



Beals - Gunko (781) 395-0128
MAGLIOZZI FUNERAL HOME

Joel J. Magliozzi
 Director

Cherishing Life. Honoring Memories 29 Governors Avenue
www.magliozzifuneralhome.com Medford, MA 02155