

# The Robb Center Report

## Andover's Senior Newsletter

MARCH 2023



### What's Inside

**Welcome Chef Jim Swasey!** We are delighted to announce Jim has joined us as the Nutrition Manager. He has an extensive background as a Chef and kitchen manager. Over the next months he will be modifying the menu and expanding our offerings. Stop by and introduce yourself and offer your input.



**St. Patrick's Day Luncheon: Friday, March 17 at 11:30am—** Join us for Corned Beef & Cabbage and musical entertainment by Brian Cochran. Brian Cochran will perform from 11:30am to 12:30pm. We will then serve lunch. Tickets are \$15. Tickets go on sale on March 1 for **Andover Residents only**. Tickets for non-residents will open on March 6. Seats Limited.



**Spring Craft Sale: Thursday, March 23 9am-8pm and Friday March 24 9am-12pm—** Pick up your spring wreaths, centerpieces and other spring flare at our Spring Craft Sale. All proceeds come back to programming at The Robb Center.



**“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. 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, 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*



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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](http://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](http://www.myactivecenter.com)

Email: [senior.center@andoverma.us](mailto: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, March 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,**

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

**LGBTQ+ Social: Thursday,**

**March 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.



**Building Better Balance:**

**Wednesday, March 8 at**

**1:30pm**—by McKensie DiStefano from Strength & Balance Physical Therapy. Come learn about the foundations of balance and what you can do to maintain your independence, prevent falls and most importantly continue to have fun! There are ways that you can improve your balance, as well as prevent a decline in balance, as you continue to age.

**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. This month we will meet on March 10.

**Non-Fiction Book Club: Monday,**

**March 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](mailto:joannedahlgrenma@gmail.com).

**Growing Up in Lawrence by Joe**

**Ponti: Tuesday, March 14 at 1:30pm**—Come to listen and reminisce to Joe’s memories of growing up as a child in Lawrence.

**Home Modification Loan Program**

**by Cathi Tammany: Wednesday, March 15 at 1:30pm**— Come and learn about a state funded loan program providing financing to homeowners for accessibility renovations to keep a household member with a disability or an older adult in their home.



**Men’s Breakfast: Tuesday, March 21 at 8:30am**— Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. Fred Snell will present on his visits to the Anheuser Busch Factories. *Registration required. \$6 fee.*

**Accordion Folk Music Sing-along with Al French: Tuesday, March 21 at 1:30pm**—Join us for some accordion music that we can all join in and sing-along to.

**Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse:** The Healthy Eating Discussion Group will meet on March 22 at 1:00pm.

**March Birthday Social:**

**Thursday, March 23 at 12:00pm**— All are welcome! Entrée will be Stuffed Chicken. Music by The Michael Driscoll. Delicious desserts & raffles from Stonehill.



**Social Security Presentation by Marilenin Vasquez from the Social Security Administration: Tuesday,**

**March 28 at 2:00pm**— Topics covered include retirement and Medicare.



**History of Feminism in Music**

**by John Clark—Wednesday, March 29 at 1:30pm**—March is Women’s History Month and to celebrate we are looking through a 100 year history (1875—1975) of the music that played a vital role in American women’s struggles for equal status and rights.

**Grandparents Raising Grandchildren Group**

**Thursdays**  
**March 23—May 18**  
**6:00—7:30 PM**  
5:30 pm—optional box dinner



This 8 week educational program is for senior caregivers living with elementary age children.

**CHILDCARE PROVIDED.** While seniors are meeting, children will be engaged in activities with Recreation and Youth Services.

Weekly speakers and incentives.  
For more information or to register contact Jane at the Robb Center (978) 623-8320  
*Generously supported by Pfizer*

**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 March 9 on Zoom. We are limited to 18 participants but have a few slots available. Please contact Eileen Reilly if interested.

[eileenreilly42@gmail.com](mailto:eileenreilly42@gmail.com)

**Ping-Pong: 2:00pm**—Drop-in to play a round of Ping-Pong.



**Tom Carroll** 44 Park Street, Andover  
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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](mailto:AndovChron2@gmail.com) to sign-up and ask questions. Present and past Chronicler Shows can be found on [AndoverTV.org](http://AndoverTV.org)

**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](mailto: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](mailto: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](mailto:weixuid@yahoo.com)

**45's Card Playing: 1:00pm—3:30pm**

**Social Bridge: 1:00pm—3:30pm**

**Spring Session: March 27 until May 19 - 8 weeks for \$25**

- Registration opens on March 13 at 1pm for Andover residents and March 15 at 1pm for non-Andover residents. Early registration forms will not be accepted (this applies to online registration as well).
- **NEW REGISTRATION PROCESS:** the preferred method to register is on [MyActiveCenter.com](https://myactivecenter.com). We are now accepting payment online for class. For an instructional video on the new process & the fitness brochure, visit our website: <https://andoverma.gov/227/Elder-Services>
- If you are unable to register online, you may still register in-person or by calling 978-623-8320
- Taiji will only run for four weeks March 21 through April 11. 4 classes for \$15.

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
Strength Training with Barb	Tuesdays at 8:15am	In-Person Only
Men's Fitness with Denise	Tuesdays at 8:30am	In-Person Only
Beginners Taiji with Meg (4 weeks)(\$15)	Tuesdays at 9:15am	In-Person Only
Women's Fitness with Denise	Tuesdays at 9:30am	In-Person Only
Continuing Taiji with Meg (4 weeks)(\$15)	Tuesdays at 10:15am	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
Yoga Nidra with Kristi	Tuesdays at 2:30pm	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 with Tammy	Wednesdays at 2:30pm	In-Person Only
Line Dancing with Val	Thursdays at 9:15am	In-Person Only
Strength & Cardio with Tracy	Thursdays at 9:30am	Zoom Only
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Hybrid
Beginning Luigi Jazz Technique with Susan	Thursdays at 1:00pm	In-Person Only
Yoga for Older Guys & Gals with Ben	Thursday at 4:00pm	Hybrid
Strength Training with Barb	Fridays at 8:30am	Hybrid
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](http://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](mailto:fleecy1.godmother@verizon.net) for updates.

**March 9:** Dale Trail from Dale Street

**March 23:** Brackett Pond

**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](mailto:dschroe153@aol.com) to get on the email list for any change in plans.

*\*Hike locations subject to change*

**March Trips:**

**March 7:** Addison Gallery & Burtons Restaurant for lunch.

**March 15:** American Heritage Museum & Rail Trail Restaurant

**March 20:** Tuscan Village

**March 28:** Butterfly Place

*All trips are for Andover residents only. Costs vary, seats limited. Call 978-623-8320 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.

**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.

**Meals on Wheels:** Home Delivered Meals are available to Andover seniors. To determine your eligibility, please give us a call at 978-623-8320.

**Welcome March!** The Supportive Day Program group had a great month of February. We traveled vicariously with Jack Holmes to China. Jack shared spectacular photographs and wonderful memories of places such as Hong Kong, Guangzhou, and Shanghai. We rocked with the “Rockaholics” at the February Birthday Social. For the month of March, we will be embracing the Irish culture through its music and songs. The highlight will be a St. Patrick’s Day Luncheon of corned beef and cabbage and musical entertainment provided by Brian Cochran. Wear your green!! 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.



**Family Caregiver Support Group: Monday, March 20 at 1:30pm** - Sarah Turcotte of Brides by Epoch will join as guest speaker this month to discuss coordinating a caregiver team.

**Parkinson’s Disease Support Group: Thursday, March 9 at 1:30pm-** Conor McDermott from Senior Kind Care will talk about Home Care basics - What you need to know.

*Registration Required.*



MEMORIAL HALL LIBRARY

**Island Lore: Shipwrecks, Mayhem, and Lighthouses on Zoom: Thursday, March 16 at 7:00pm-** Take a trip up the New England coast from Massachusetts to Maine and explore some of the many stories associated with this region. Register on [mhl.org](http://mhl.org)

**Step Up Your Family History Research with DNA: Wednesday, March 22, 2023 - 7:00pm** - Discover your ethnic origins, find new family members and explore tools for analyzing your DNA. Prerequisite: You must have DNA testing results and your own device (laptop, tablet, etc.) Christine Fiechter is a long-time Andover resident and an experienced genealogist. Christine has successfully completed Boston University's certificate program in genealogical studies. Register on [mhl.org](http://mhl.org)

**Ask the Lawyer—Monday, March 20:** 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, March 28 from 9:00-10:30am:** This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. March 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: Monday, March 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 2<sup>nd</sup> Wednesday of every month from 9:00 am – 11:00 am. In March, the mobile food pantry will be here on Wednesday, March 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, March 3 from 9:30am—10:30am** by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.

**Mend-It Shop: Friday, March 10 & 24 from 1-3pm at The Robb Center-** Need a clothing article fixed? Stop by our Mend-it shop to see if we can help!

**Services Offered:**  
**Button fixed:** \$2 donation  
**Hemming:** \$5 donation  
 Other services available upon consultation.



**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/>.



# MARCH 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>THE ROBB CENTER</b> ANDOVER ELDER SERVICES <i>Embracing Life</i></p>	<p><b>For a large print calendar, please see the front desk</b></p> <p><b>Menu items subject to change</b></p>	<p>1</p> <p><b>9:30</b> Morning Crafting <b>9:30</b> Parler/ Discute <b>10:30</b> Write Stuff <b>Stuffed Cabbage</b> <b>12:30</b> Knit Wits</p>	<p>2</p> <p><b>10:00</b> DMC <b>10:00</b> Scale Modeling <b>10:00</b> Open Art <b>10:00</b> BP Clinic <b>Meatball Sub</b> <b>1:00</b> Duplicate Bridge <b>2:00</b> Ping Pong <b>6:00</b> LGBTQ+ Social</p>	<p>3</p> <p><b>8:30</b> French Group <b>9:30</b> ESL Class <b>9:30</b> Hearing aid Checks <b>Beer Battered Fish</b> <b>1:00</b> 45's <b>1:00</b> Social Bridge <b>2:00</b> Tai Chi Fan Dancing</p>
<p>6</p> <p><b>9:00</b> Sunrise Singers <b>9:00</b> Quilting Group <b>Shepard's Pie</b> <b>1:00</b> Matinee <b>2:00</b> Ping-Pong</p>	<p>7</p> <p><b>9:00</b> Comfort Critters <b>10:00</b> Tech Help Desk <b>Chicken Piccata</b> <b>1:00</b> Mah Jongg <b>1:00</b> Social Bridge</p>	<p>8</p> <p><b>9:00</b> Mobile Pantry <b>9:30</b> Morning Crafting <b>9:30</b> Parler/ Discute <b>10:30</b> Write Stuff <b>Stuffed Shells</b> <b>12:30</b> Knit Wits <b>1:30</b> Building Better Balance</p>	<p>9</p> <p><b>10:00</b> Scale Modeling <b>10:00</b> Open Art <b>10:00</b> BP Clinic <b>Sweet &amp; Sour Chicken Tenders</b> <b>1:00</b> Duplicate Bridge <b>1:30</b> Parkinson's Support <b>2:00</b> Ping Pong</p>	<p>10</p> <p><b>8:30</b> French Group <b>10:00</b> ACCC <b>10:00</b> Photography Club <b>Lemon Pepper Chicken</b> <b>1:00</b> Mend-It shop <b>1:00</b> 45's <b>1:00</b> Social Bridge <b>2:00</b> Tai Chi Fan Dancing</p>
<p>13</p> <p><b>9:00</b> Sunrise Singers <b>9:00</b> Quilting Group <b>10:00</b> Non-Fiction Book <b>Cheeseburger</b> <b>1:00</b> Matinee <b>1:00</b> Fix-it Shop <b>2:00</b> Ping-Pong</p>	<p>14</p> <p><b>9:00</b> Comfort Critters <b>10:00</b> Tech Help <b>Chicken Marsala</b> <b>1:00</b> Mah Jongg <b>1:00</b> Social Bridge <b>1:30</b> Growing Up in Lawrence</p>	<p>15</p> <p><b>9:30</b> Morning Crafting <b>9:30</b> Parler/ Discute <b>10:30</b> Write Stuff <b>Stuffed Peppers</b> <b>12:30</b> Knit Wits <b>1:30</b> Home Modification Loan Program</p>	<p>16</p> <p><b>10:00</b> DMC <b>10:00</b> Scale Modeling <b>10:00</b> Open Art <b>10:00</b> BP Clinic <b>Mac &amp; Cheese</b> <b>1:00</b> Duplicate Bridge <b>2:00</b> Ping Pong <b>6:30</b> Welcoming Native Plants &amp; Insects</p>	<p>17</p> <p><b>8:30</b> French Group <b>9:30</b> ESL Class <b>St. Patrick's Day Social</b> <b>2:00</b> 45's <b>1:00</b> Social Bridge <b>2:00</b> Tai Chi Fan Dancing</p> 
<p>20</p> <p><b>9:00</b> Sunrise Singers <b>9:00</b> Quilting Group <b>9:00</b> Ask the Lawyer <b>American Chop Suey</b> <b>1:00</b> Matinee <b>1:30</b> Caregiver <b>2:00</b> Ping-Pong</p>	<p>21</p> <p><b>8:30</b> Men's Breakfast <b>9:00</b> Comfort Critters <b>10:00</b> Tech Help <b>Chicken Pot Pie</b> <b>1:00</b> Mah Jongg <b>1:00</b> Social Bridge <b>1:30</b> Accordion Sing-along</p>	<p>22</p> <p><b>9:30</b> Morning Crafting <b>9:30</b> Parler/ Discute <b>10:30</b> Write Stuff <b>Vegetable Lasagna</b> <b>12:30</b> Knit Wits <b>1:00</b> Healthy Eating Discussion Group</p>	<p>23 <b>CRAFT SALE</b></p> <p><b>10:00</b> Scale Modeling <b>10:00</b> Open Art <b>10:00</b> BP Clinic <b>Birthday Social</b> <b>1:00</b> Duplicate Bridge <b>1:30</b> Book Club <b>2:00</b> Ping Pong <b>6:30</b> Ted Reinstein</p>	<p>24 <b>CRAFT SALE</b></p> <p><b>8:30</b> French Group <b>10:00</b> ACCC <b>Baked Fish</b> <b>1:00</b> Mend-It shop <b>1:00</b> 45's <b>1:00</b> Social Bridge <b>2:00</b> Tai Chi Fan Dancing</p>
<p>27</p> <p><b>9:00</b> Sunrise Singers <b>9:00</b> Quilting Group <b>Hot Dog</b> <b>1:00</b> Matinee <b>1:00</b> Fix-It Shop <b>2:00</b> Ping-Pong</p>	<p>28</p> <p><b>9:00</b> Comfort Critters <b>9:00</b> Brown Bag <b>10:00</b> Tech Help <b>Peach Glazed Chicken</b> <b>1:00</b> Mah Jongg <b>1:00</b> Social Bridge <b>2:00</b> Social Security</p>	<p>29</p> <p><b>9:30</b> Morning Crafting <b>9:30</b> Parler/ Discute <b>10:30</b> Write Stuff <b>Cheese Lasagna</b> <b>12:30</b> Knit Wits <b>1:30</b> History of Feminism in Music</p>	<p>30</p> <p><b>10:00</b> Scale Modeling <b>10:00</b> Open Art <b>10:00</b> BP Clinic <b>Pot Roast</b> <b>1:00</b> Duplicate Bridge <b>2:00</b> Ping Pong <b>4:00</b> Levels of Care</p>	<p>31</p> <p><b>8:30</b> French Group <b>9:30</b> ESL Class <b>Lemon Pepper Chicken</b> <b>1:00</b> 45's <b>1:00</b> Social Bridge <b>2:00</b> Tai Chi Fan Dancing</p>

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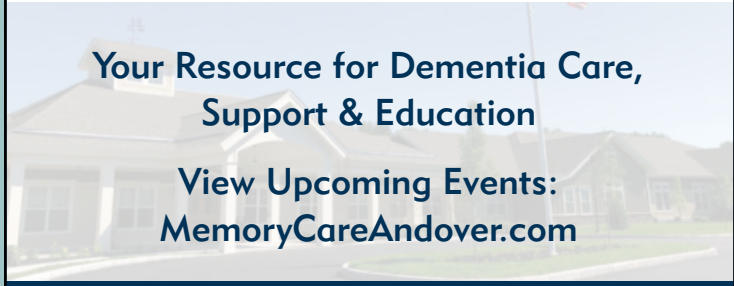
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# Thursday Night Schedule!



## 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

- **March 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.
- **March 9:** *Open for Regularly Scheduled Events*
- **March 16 at 6:00pm:** Welcoming Native Plants and Insects into your Garden by Rebecca Warner and hosted by the Village Garden Club
- **March 23: "Wicked Pissed: New England's Most Famous Feuds" by Ted Reinstein—See front page**
- **March 30 at 4:00pm: Levels of Care by Encompass—** Learning the differences between the levels of rehabilitation before an injury or illness occurs can help in the recovery process. We will discuss the available rehabilitation options to include acute inpatient rehabilitation hospital, nursing home, long term acute care hospital and home care.

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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 to make an appointment.



**AndoverTV:** Night or day, the Robb Center program notices are on cable TV. If your TV service is provided by **Comcast Xfinity** or **Verizon Fios**, we are on their Andover Public and Educational channels. On Comcast, that's channels 8 and 99. On Verizon, that's channels 47 and 43.

In addition, **the Andover Chroniclers**, have their scheduled monthly show "There is Something About Andover" on Sunday & Monday at 9AM, Tuesday at 8AM, Wednesday at 1:30PM, Thursday at 1PM, and Saturday at 12:30PM. That show is on Channel 47 for Verizon and Channel 8 for Comcast.



**Andover News:** Andover News is an independent, reader-supported local news site that seeks to be nonpartisan, transparent, fair and fun. Use discount code "ROBB20" at check-out to receive 20 % off six month and twelve month subscriptions.

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<https://andovermanews.com/>

**Greater Lawrence Community Action Council** will once again be facilitating Fuel Assistance applications this year. GLCAC's energy programs offer: Fuel assistance, free weatherizing, free energy audits, and free emergency repairs to heating systems. Appointments will be held at the Robb Center on 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. March 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 March are Friday, March 3 and Tuesday, March 21. Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>.





**Forensic Science Roadshow: Tuesday, April 18 from 1:30pm-3:30pm**—Venture into the world of CSI with this interactive program that introduces you into the fascinating subject of forensic science. Paul Zambella, forensic scientist at the Massachusetts State Police Crime Lab will run this interactive demonstration. *Sponsored by the Andover Senior Community Friends.*



**Vinegar Class: Wednesday, April 12 at 1:30pm with Emily Makrez**—join us to learn about food preservation. Learn how to turn anything into vinegar, even bananas! The class will include a demo of making banana vinegar, a viewing of vinegar “mothers” and tasting samples of various scrap vinegars. *Sponsored by the Andover Senior Community Friends.*



February 2023

Andover Senior Community Friends

**Our Mission**

The mission of the Andover Senior Community FRIENDS Inc. (ASCF) is to enrich the quality of life of all Andover seniors.

The ASCF is a 501 (c) (3) that works closely with The Robb Center and the Andover Elder Services. Memberships in, and donations to, the ASCF are tax deductible.

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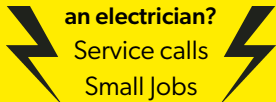
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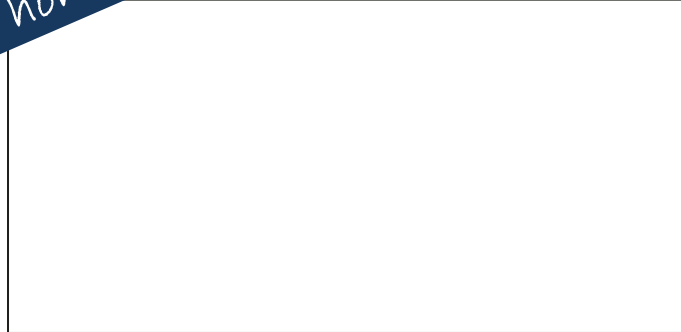
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