

# The Robb Center Report

## Andover's Senior Newsletter

APRIL 2023



### What's Inside

**Peking & the Mystics: Thursday, April 13 at 6:30pm:** Come out and enjoy a fantastic Thursday night of vintage a cappella. Two of the gentlemen are local Andover residents.

We hope to see you there! *Sponsored by the Andover Senior Community Friends*



**Matter of Balance-Wednesdays at 9:30am: April 5 through May 24 (8 weeks):** This evidence based program from the National Council on Aging is designed to reduce the fear of falling and increase activity levels. We will be offering this 8-week program on Wednesdays at 9:30am. The class is 2 hours long and participants should be available for the full 8 weeks. Free to Andover Residents, \$25 for non-Andover residents. Limited seats available.



**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.*



**Refuse to Be a Victim Class: Friday April 28 from 9am-12pm—** This program teaches easy to understand methods you can use to increase awareness and prevent criminal confrontation. You will get the tools you need to develop your own personal safety strategy, including information about psychology of criminal predators, home security, physical security, travel safety, self-defense, and more. Sponsored by the Andover Sportsmen's Club. Seats limited, registration required

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AndoverSeniorCenter



andover\_elder\_services

**CENTER HOURS**

**Hours:** Mon, Tues, Wed & Fri 8:00 am—4:00 pm  
Thursday 8:00 am—8:00 pm

**WHAT IS THE ROBB CENTER?**

The Andover Robb Center is the home of the 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 schools' 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, April 6 & 20 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, April 27**—This group discusses a different book every month. This group is currently full.

**Medicare Questions Coffee Hour: Tuesday, April 4 at 10am**— Come and ask your Medicare questions to Taylor Roy from Senior Whole Health by Molina



**How to Manage Arthritis by McKenzie DiStefano from Strength & Balance PT: Tuesday, April 4 at 1:30pm**—Everyone has some form of arthritis as they age. Come learn about what arthritis really means and what you can do to improve it, decrease your pain, and improve your overall mobility.

**Downsizing & Decluttering: Wednesday, April 5 at 1:30pm**— Considering a move? Too much clutter? Spring is the perfect time to learn about options for downsizing and decluttering with Jonathan from Blue Moon Estate Sales.

**Immigrants, Refugees, US Law & Human Rights: Friday, April 7 at 1:30pm**—by Susan Akram, Clinical Professor & Director, Boston University School of Law. This presentation will cover the US immigration system, refugees & asylum-seekers, and other important aspects of human rights.

**Non-Fiction Book Club: Monday, April 10 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).

**Car Fit Appointments: Tuesday, April 11-** CarFit focuses on helping seniors adjust certain aspects of their vehicles so that they are more comfortable & safe. Call or come to the front desk to book your free appointment. This program is by the Essex Country Sheriff’s Department.

**The History & Technology of Lighthouses by Joe Ponti: Tuesday April 11 at 2:00pm**—Lighthouses have fascinated people for hundreds of years. Joe Ponti will relate through his own personal experiences a fascinating story about them.

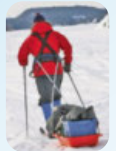
**Vinegar Class: Wednesday, April 12 at 1:30pm with Emily Makrez**— Join us to learn about food preservation. Learn how to turn anything into vinegar, even bananas! The class will include a demo of making banana vinegar, a viewing of vinegar “mothers” and tasting samples of various scrap vinegars. Seats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

**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 April 14.

**April Birthday Social: Thursday, April 20 at 12:00pm**— All are welcome! Entrée will be Roast Turkey with gravy. Music by Jon Mansfield. Delicious desserts & raffles from Bear Mountain.



**Men’s Breakfast: Tuesday, April 25 at 8:30am**— Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. Anders Morley, author of *This Land of Snow, A Journey Across the North in Winter* will present. *Registration required. \$6 fee.*



**Signs & Symptoms of Deconditioning by Encompass: Tuesday, April 25 at 2:00pm**— Physical inactivity affects the overall health of aging individuals and can lead to a wide variety of health issues. Learn the various signs and symptoms of deconditioning, their effect on our body systems & strategies to stay active throughout the lifespan.

**Syrian Refugee Crisis: Friday, April 28 at 1:30pm**— by Dr. Siobhan McNally, MD, MPH, FAAP & Bess Liponis. Come to hear and see on-site accounts of the Syrian Refugee Crisis of 2016 presented by the two relatives who witnessed it for 12 days and had a great bonding experience as mother-in-law/daughter-in-law.

**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.

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

**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**



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## 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 [andvchron2@gmail.com](mailto:andvchron2@gmail.com) to sign-up and ask questions. Present and past Chronicler Shows can be found on 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.

**Ping-Pong: 6:00pm**—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](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**



Information regarding the Summer Fitness Session will be included in the May 2023 Robb Center Report. Registration for Summer Fitness will open on May 15.

ANDOVER CRYSTAL BALLROOM

PRESENTS

Welcome

SPRING DANCE



Sunday, April 23, 2023

6:00 - 10:00 pm

**Old Town Hall - 20 Main St., Andover MA**

*Free parking behind old Town Hall*

**Dance Lesson 6:00 - 7:00 by Royal Palace**

Dance Studio of Manchester & Concord NH,

First Dance Studio Andover

*For your listening and dancing pleasure*

**Music by D.B.'s Orchestra 7:00 - 10:00 pm**

**Tickets \$15 per person in advance available  
at the Robb Center and Andover Bookstore.  
Available at the door \$20 per person.**



Sponsored by Stone Hill at Andover, Atria  
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North Andover BrightView No. Andover,  
HomeWell Care Services Andover



APRIL 2023

# OUTDOOR ADVENTURE GROUPS

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.

**April 6: Deer Jump from Grotto**

**April 20: Sudden Pond**

**Men's Outdoor Adventure Group (MOAG):** The men's group is currently seeking new leaders! If you are interested, please contact the center.

*\*Hike locations subject to change*

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## WE ARE HERE, TO GET YOU THERE!

### April Trips:

**April 5:** Plum Island & the Grog \$8

**April 12:** Etagerie for High Tea in Amherst, NH \$41

**April 26:** Beehive the Musical at the Greater Boston Stage Company \$63

**Save the Date:** June 20 The Texas Tenors at the Danversport Yacht Club. \$119. This trip will include transportation, concert ticket, plated lunch, meal tax and gratuities.




*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. Andover residents only.

**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.

**Library Trips:** Thursdays, April 10 & April 24—  Need a lift to the library? Riders will have time to spend at the library, browsing materials, and taking advantage of all the library has to offer. Registration Required. Call Ashley English to sign up.

The Supportive Day Program is excited to officially welcome Spring! We can't wait for the trees to bud and the first flowers to appear from the ground. In anticipation, we celebrated all things green in the month of March with a St. Patrick's Day Luncheon and we festooned our program room with shamrocks. In April, we will keep an eye out for those April showers with a weather-related theme. We will celebrate Passover and Easter by delving into the meaning and traditions of the holidays. We are also planning on planting some seeds and watching them grow. 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.



APRIL 2023

SUPPORT GROUPS

**Family Caregiver Support Group: Monday, April 24 at 1:30pm** - Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources.

**Bereavement Support Group: Wednesday, April 19 at 2:00pm**— Amanda Rearick from Compassus will facilitate the 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, April 13 at 1:30pm**- Christopher Hennessey, Senior Territory Manager, Movement Disorders—DBS, Neuromodulation Division, Abbott Pharmaceuticals will present on "An Update on therapeutics and the latest PD Advances."

*Registration Required.*

*Registration Required.*



MEMORIAL HALL LIBRARY

**Aftermath: Fast Fashion and Textile Waste on Zoom: Thursday, April 6, 2023 - 7:00pm**— Dr. Julia DeVoy will trace the current state of textile waste in the United States, its global public health impacts, and associated issues of environmental injustice. *Register on mhl.org*

**6 Tips for Better Smartphone Photos: Tuesday, April 11, 2023 - 7:00pm** - In this program Linda Holt will share 6 tips to improve your smartphone photography skills. The program is suitable for both iPhone and Android users. *Register on mhl.org*

**Ask the Lawyer—Monday, April 10:** 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, April 25 from 9:00-10:30am:** This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. April 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, April 10 & 24 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 April, the mobile food pantry will be here on Wednesday, April 12. 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, April 7 from 9:30am—10:30am** by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.

**Mend-It Shop: Friday, April 14 & 28 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. 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/>.



## APRIL 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**For a large print calendar, please see the front desk . Menu items subject to change.  
With **24 NOTICE** a veggie burger can be served at congregate lunch instead of planned meal.**

<p>3</p> <p><b>9:00</b> Sunrise Singers <b>9:00</b> Quilting Group <b>Cheese Ravioli with Sauce</b> <b>1:00</b> Matinee <b>2:00</b> Ping-Pong</p>	<p>4</p> <p><b>9:00</b> Comfort Critters <b>10:00 Medicare Questions</b> <b>10:00 National Grid</b> <b>10:00</b> Tech Help Desk <b>Chicken Cacciatore (Peppers)</b> <b>1:00</b> Mah Jongg <b>1:00</b> Social Bridge <b>1:30 Arthritis</b></p>	<p>5</p> <p><b>9:30</b> Morning Crafting <b>9:30</b> Parler/ Discute <b>10:30</b> Write Stuff <b>Meatball Sub</b> <b>12:30</b> Knit Wits <b>1:30 Downsizing/Decluttering</b></p>	<p>6</p> <p><b>9:00</b> WOAG <b>10:00</b> DMC <b>10:00</b> Scale Modeling <b>10:00</b> Open Art <b>10:00</b> BP Clinic <b>BBQ Roast Pork</b> <b>1:00</b> Duplicate Bridge <b>2:00</b> Ping Pong <b>4:00 Discover Encore</b> <b>6:00</b> LGBTQ+ Social</p>	<p>7</p> <p><b>8:30</b> French Group <b>9:30</b> Hearing Aide <b>10:00</b> ACCC <b>Lemon Pepper Fish</b> <b>1:00</b> 45's <b>1:00</b> Social Bridge <b>1:30 Immigrants, Refugees, US Law</b> <b>2:00</b> Tai Chi Fan</p>
<p>10</p> <p><b>9:00</b> Ask the Lawyer <b>9:00</b> Sunrise Singers <b>9:00</b> Quilting Group <b>10:00</b> Non-Fiction <b>Beef Stroganoff</b> <b>1:00</b> Matinee <b>1:00</b> Fix-it Shop <b>2:00</b> Ping-Pong</p>	<p>11</p> <p><b>9:00</b> Comfort Critters <b>10:00</b> Tech Help <b>Chicken Broccoli Alfredo</b> <b>12:00 Car fit</b> <b>1:00</b> Mah Jongg <b>1:00</b> Social Bridge <b>2:00 Lighthouse</b></p>	<p>12</p> <p><b>9:00 Mobile Pantry</b> <b>9:30</b> Morning Crafting <b>9:30</b> Parler/ Discute <b>10:30</b> Write Stuff <b>Hot Dog with Roll</b> <b>12:30</b> Knit Wits <b>1:30 Vinegar Class</b></p>	<p>13</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</b> <b>1:00</b> Duplicate Bridge <b>1:30 Parkinson's</b> <b>2:00</b> Ping Pong <b>6:30 Peking and the Mystics</b></p>	<p>14</p> <p><b>8:30</b> French Group <b>9:30</b> ESL Class <b>10:00</b> Photography Club <b>Meatloaf</b> <b>2:00</b> 45's <b>1:00</b> Mend-It shop <b>1:00</b> Social Bridge <b>2:00</b> Tai Chi Fan</p>
<p style="text-align: center;"><b>Patriots Day</b></p> 	<p>18</p> <p><b>9:00</b> Comfort Critters <b>10:00</b> Tech Help <b>Chicken Parmesan</b> <b>1:00</b> Mah Jongg <b>1:00</b> Social Bridge <b>1:30 Forensic Road Show</b></p>	<p>19</p> <p><b>9:30</b> Morning Crafting <b>9:30</b> Parler/ Discute <b>10:30</b> Write Stuff <b>Cheeseburger</b> <b>12:30</b> Knit Wits <b>1:00</b> Bereavement</p>	<p>20</p> <p><b>9:00</b> WOAG <b>10:00</b> DMC <b>10:00</b> Scale Modeling <b>10:00</b> Open Art <b>10:00</b> BP Clinic <b>Birthday Lunch</b> <b>1:00</b> Duplicate Bridge <b>2:00</b> Ping Pong</p>	<p>21</p> <p><b>8:30</b> French Group <b>10:00</b> ACCC <b>Shrimp Scampi</b> <b>1:00</b> 45's <b>1:00</b> Social Bridge <b>2:00</b> Tai Chi Fan Dancing</p>
<p>24</p> <p><b>9:00</b> Sunrise Singers <b>9:00</b> Quilting Group <b>Chicken with Pesto</b> <b>1:00</b> Matinee <b>1:00</b> Fix-It Shop <b>1:30 Caregiver</b> <b>2:00</b> Ping-Pong</p>	<p>25</p> <p><b>8:30 Men's Breakfast</b> <b>9:00</b> Comfort Critters <b>9:00 Brown Bag</b> <b>10:00</b> Tech Help <b>Spinach Quiche</b> <b>1:00</b> Mah Jongg <b>1:00</b> Social Bridge <b>2:00 Signs &amp; Symptoms of Deconditioning</b></p>	<p>26</p> <p><b>10:00 Coffee with a Planner</b> <b>9:30</b> Morning Crafting <b>9:30</b> Parler/ Discute <b>10:30</b> Write Stuff <b>Mac &amp; Cheese</b> <b>12:30</b> Knit Wits</p>	<p>27</p> <p><b>10:00</b> Scale Modeling <b>10:00</b> Open Art <b>10:00</b> BP Clinic <b>Beef Stew</b> <b>1:00</b> Duplicate Bridge <b>1:30</b> Book Club <b>4:30 Volunteer Appreciation</b></p>	<p>28</p> <p><b>8:30</b> French Group <b>9:00 Refuse to be a Victim</b> <b>9:30</b> ESL Class <b>Baked Cod</b> <b>1:00</b> 45's <b>1:00</b> Social Bridge <b>1:00</b> Mend-It shop <b>1:30 Syrian Refugee</b> <b>2:00</b> Tai Chi Fan</p>

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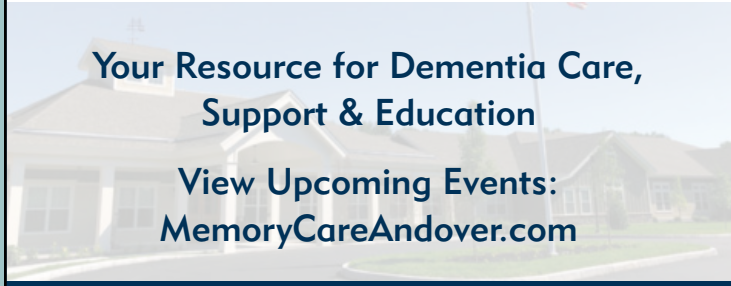
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# Thursday Night Schedule!



## 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

- **April 6 at 4pm: Discover Your Encore-** “Discover Your Encore” defines the encore stage of life and presents healthy aging through purposeful work, whether paid or unpaid, with social impact. This seminar offers opportunities to change one’s thinking about what’s possible, midlife and beyond.
- **April 6: at 6pm LGBTQ+ Allies & Social :** ALL are welcome for a fun night of making connections and celebrating the LGBTQ+ community. Food will be provided by Agespan. In this month we will be joined by Hope Watt Bucci, President of North Shore Pride. 
- **April 13 at 6:30pm: Peking & the Mystics**—Come out and enjoy a fantastic Thursday night of vintage a cappella – we hope to see you there!
- **April 20: Open for regularly scheduled programs**
- **April 27 at 4:30pm: Volunteer Appreciation Dinner**—*Invitation only*

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**National Grid’s Meet with a Customer Advocate: Tuesday, April 4 from 10am-1pm at The Robb Center**

drop-in to meet with a National Grid Customer Advocate to discuss options to manage your energy bill and help you find assistance, including: discount rate, payments plans, budget billing, and Arrears Management Program (AMP). If you receive SNAP, MassHealth, SSI or WIC, please bring your benefit card and/or program acceptance letter to enroll in our Discount Rate Program. Life can be hard, but finding assistance shouldn’t be.



**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.



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**Coffee with a Planner:** You are invited to join staff from Planning & Community Development for a conversation about the new MBTA Communities Law at the Robb Center on **Wednesday, April 26<sup>th</sup>, from 9:00 am to 10:00 am.** This law, adopted by the Massachusetts State legislature, requires communities serviced by the MBTA to have a least one zoning district of reasonable size in which multi-family housing is permitted through the Planning Board Site Plan Review process, also known as as-of-right. For more information about this law, please visit <https://andoverma.gov/MBTACommunity>.

**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.

**Last day is Friday, April 14. 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. April 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 April are Friday, April 7 and Tuesday, April 18. Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>.



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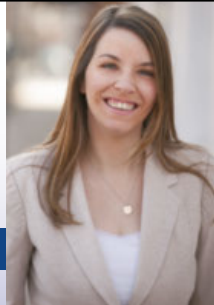
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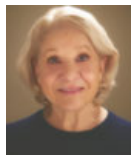
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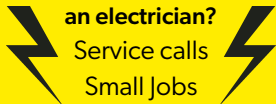
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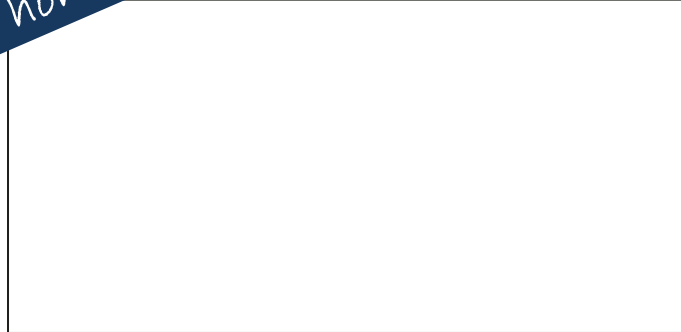
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