

The Robb Center Report

Andover's Senior Newsletter

MAY 2023 

What's Inside

Mother's Day Luncheon & Fashion Show: Thursday, May

11 at 12:00pm—Join us for Lemon-Rosemary Chicken and a Fashion Show! The Andover Thrift Store has graciously volunteered to outfit our models. Tickets go on sale on May 1 for Andover residents and May 4 for non-Andover residents. \$10 per guest. Seats Limited!



Stress Management & Building Resiliency for Challenging Times by Kristi Bride: Tuesday, May 9 at 1:30pm

—For Mental Health Awareness Month join us for an educational talk about stress, how it impacts our health, brain, thoughts, emotions and sleep. Simple and effective tools will be explored to help you to reduce stress & build resiliency! Discover peace of mind, relaxation of body, and ease to flow with the changes life brings. Kristi can help you find the calm within!

A Cup of Tea, A Crumpet & A Gas Mask - Theatre Production

by Del Vena Theatre Company: Monday May 22 at 2:00pm—A heart-warming live comedy featuring Lynne Moulton and Fran Baron as Margaret Rutherford and Mrs. Henderson respectively. Meet Mrs. Henderson – an upper-class British woman - who bravely, hilariously, keeps one little theater alive in a unique way. Her new friend, Margaret Rutherford, comes to visit and together they discuss matters of the heart and how to make dreams come true. *Sponsored by the Andover Cultural Council. Registration required, seats limited.*

American Art Part 1 by Art Matters: Tuesday, May 23 at

2:00pm- Join us for a look at the roots of American Art from 1776 until 1900 with its pioneering courage, independent drive, and rebellious spirit. This presentation is primarily on Zoom with a live audience. *Sponsored by the Andover Cultural Council. Registration required, seats limited.*

ArtMatters

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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 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 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.

Diabetes and a Healthy Lifestyle: Tuesday, May 2 at 1:30pm-

Diabetes is a growing health concern in America. Come and learn about how a healthy lifestyle can help you prevent and manage diabetes. This presentation is by ComForCare Home Care.

Bitcoin Scams – What you Need to Know: Wednesday, May 3 at 1:30pm by Det. Robin Cataldo & Det. David Milne

Non-Fiction Book Club: Monday, May 8 at 10:00am—This club explores contemporary issues, history, biography, and more. The group meets at The Robb Center. Group contact is Joanne at joannedahlgrenma@gmail.com. **This group is currently at capacity.**

Growing Up in Lawrence by Joe Ponti: Wednesday, May 10 at 1:30pm—Come to listen and reminisce to Joe's memories of growing up as a child in Lawrence.

Art of Calligraphy Class with Sarah Daly: Wednesdays at 1:30pm from May 3 until May 24 (4 classes for \$25)- This course will teach the fundamentals of calligraphy. Students will have easy step-by-step lessons in lettering and time to practice during class before we work together on a project associated with the day's lesson. You will need to bring your own materials to class. Registration required, seats limited.



Dull Men's Club: Thursday, May 4 & 18 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.

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 May 12.

Men's Breakfast: Tuesday, May 16 at 8:30am— Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. YMCA of North Andover will come to discuss Men's Health and Fitness. *Registration required. \$6 fee.*

Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: The Healthy Eating Discussion Group will meet on May 17 at 1:00pm.

Estate Planning & Elder Law Presentation by Crosby Elliot from the MassBar Association: Tuesday May 16 at 1:30pm



YMCA Presentation: Wednesday, May 17 at 1:30pm— this will be a presentation about all of the aquatics opportunities at the Andover/North Andover YMCA – this will include group exercise, lap lanes, open swim, hot tub, steam room, sauna, splash pad (bring your grandchildren) and also volunteer opportunities and work opportunities!



Signs of a Stroke: Wednesday, May 24 at 2:00pm—National Stroke Awareness Month. Encompass. Every 40 seconds, someone in the U.S. has a stroke. Learn the warning signs of a stroke and how to help prevent one from occurring by knowing the risk factors. We will also discuss the American Heart Association/American Stroke Association's guidelines on stroke recovery and the recommendation for stroke rehabilitation.

Book Club: Thursday at 1:30pm, May 25—This group discusses a different book every month. *This group is currently full.*

May Birthday Social: Thursday, May 25 at 12:00pm—All are welcome! Entrée will be Meatloaf. Music by Arthur Bakopolus. Delicious desserts & raffles from Bridges.



Cooking Demonstration by Chef Andrea from Stonehill: Wednesday, May 31 at 1:30pm— Chef Andrea will be teaching the crowd how to make coconut macaroons! We will also gladly taste test the results. Seats limited!



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 every other 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.

Hand & Foot Card Game: 1:00pm

Ping-Pong: 1:00pm—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 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 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.

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

Summer Session: May 30 until August 11

10 weeks for \$33

- Registration opens on May 15 at 1pm for Andover residents and May 17 at 1pm for non-Andover residents. Early registration forms will not be accepted (this applies to online registration as well).
- **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
- We do offer a scholarship fund for those in need of assistance. Please contact Jane Burns, Director to inquire. Donations for this fund are always welcomed and appreciated.

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 (\$40)	Tuesdays at 8:30am	In-Person Only
Beginners Taiji with Meg	Tuesdays at 9:15am	In-Person Only
Women's Fitness with Denise (\$40)	Tuesdays at 9:30am	In-Person Only
Continuing Taiji with Meg	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
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 or by calling us at 978-623-8320.



Hiking on wooded trails can be challenging and present the participant with risks due to the wide variety of conditions. Once registered as a member of the WOAG/MOAG group, you will receive information for each hike. Please read the descriptions before signing up. Please note that cell service is not always available on the trails and in the case of emergency it may take First Responders longer to reach your location. Leaders are not certified to administer first aid and have discretion to disallow a hiker based upon safety concerns. Hikers assume all responsibility for their personal safety and are required to dress appropriately for the conditions and carry water.

Women’s Outdoor Adventure Group (WOAG): Please contact Jane at fleecy1.godmother@verizon.net for updates. **Hike locations subject to change.*

May 4: Indian Ridge, Bathers Meadow, Sakowich

May 18: Pomp’s Pond

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

May Trips:

May 3: Pickity Place for Lunch & Shopping in Mason, NH—\$8

May 9: Hammond Castle & lunch at the Azorean (Portuguese restaurant) in Gloucester, MA—\$8

May 16: Sudbury – Country store (penny candy & antiques), Grist Mill, Martha Mary Chapel and ‘Mary had a little Lamb’ schoolhouse. Longfellow’s Wayside Inn for lunch.—\$8

May 30: Maudsley State Park in Newburyport and lunch at Michael’s Harborside— \$8

*Andover residents get priority when trips meet capacity. Costs vary, seats limited.
Call 978-623-8320 for details.*

Let’s Go Shopping: Wednesday, May 10 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.

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: Mondays, May 8 & May 15—  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 attendees are thrilled that the month of May is here! The seeds we planted in March and carefully tended in April have been transplanted and we are looking forward to seeing our May flowers. May is going to be a busy month for all at the Supportive Day Program. We are looking forward to more music therapy sessions with our therapist Carol Smolenski. We will be celebrating the Kentucky Derby by making horse-racing inspired crafts and making our own derby hats. We will honor all the mothers and mother figures in our lives by attending the Mother’s Day Luncheon and Fashion Show. Perhaps we will wear our derby hats for the occasion! 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, May 15 at 1:30pm - Cynthia Hession-Richard, Family Caregiver Support Program Facilitator from Age Span will be joining us to discuss the programs and services that Age Span can provide to caregivers, including grandparents raising grandchildren.

Bereavement Support Group: Wednesday, May 17 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.

Registration Required.



Parkinson’s Disease Support Group: Thursday, May 11 at 1:30pm- Amy Finke, VP Business Development at Lifeway Mobility will present on “An Overview of Home Safety and Home Modification.”

Registration Required.



Immigration Policy Update and the Work Ahead on Zoom:

Monday, May 8 at 7pm—It can be challenging to stay current with the ever-changing landscape of immigration policy. In this session, we’ll discuss some of the changes that have occurred over the past year and what MIRA Coalition’s advocacy is focused on for the future. Register on MHL.org

Ask the Lawyer—Tuesday, May 23:

Offered by Justin St. James, Esquire, licensed in MA & NH. Appointments are 20 minutes in-person and scheduled in chronological order. Limit of one question/issue. Cost: Free. No tax questions, please.

Blood Pressure Clinics—Thursdays from 10:00-11:30am: Drop-in free clinic conducted by the Board of Health.

Brown Bag “Mobile Market” -

Tuesday, May 23 from 9:00-10:30am:

This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. May 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, May 8 & 22**

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 May, the mobile food pantry will be here on Wednesday, May 10. 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, May 5 from 9:30am—10:30am by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.

Mend-It Shop: Friday, May 12 & 26 from 1-3pm at The Robb

Center- Need a clothing article fixed? Stop by to see if we can help!

Services Offered:

Button fixed: \$2 donation

Hemming: \$5 donation

**Simple Fixes only. We are not professionals.*

** 3 article limit per customer.*

** Additional charges for non-Andover Residents.*

**Need Help with Medicare? SHINE Can Help!**

SHINE is a federally funded program: **Serving Health Insurance Needs of Everyone...** on or eligible for Medicare. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. SHINE counselors will also assist if you find yourself enrolled in a plan that is not in your best interest by reviewing your coverage with you and helping to determine if you are qualified to make a change at this time of year. 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/>.



MAY 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Sunrise Singers 9:00 Quilting Group Stuffed Chicken 1:00 Matinee 1:00 Ping-Pong</p>	<p>2</p> <p>9:00 Comfort Critters 10:00 Tech Help Braised Beef w/ Paprika 1:00 Mah Jongg 1:00 Social Bridge 1:30 Diabetes</p>	<p>3</p> <p>9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Shepard's Pie 12:30 Knit Wits 1:30 Bitcoin Scams</p>	<p>4</p> <p>9:00 WOAG 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>5</p> <p>8:30 French Group 9:30 Hearing Aide 10:00 ACCC Beer Battered Fish 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>8</p> <p>9:00 Ask the Lawyer 9:00 Sunrise Singers 9:00 Quilting Group 10:00 Non-Fiction Chicken Pot Pie 1:00 Matinee 1:00 Fix-it Shop 1:00 Ping-Pong</p>	<p>9</p> <p>9:00 Comfort 10:00 Tech Help Baked Ziti w/ Meat Sauce 1:00 Mah Jongg 1:00 Social Bridge 1:30 Stress Management</p>	<p>10</p> <p>9:00 Mobile Pantry 9:30 Morning Crafting 9:30 Parler/ Discute 10:30 Write Stuff Garlic Shrimp 12:30 Knit Wits 1:30 Lawrence</p>	<p>11</p> <p>10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Mother's Day Luncheon 1:00 Duplicate Bridge 1:30 Parkinson's 2:00 Ping Pong 6:30 McMurphy's</p>	<p>12</p> <p>8:30 French Group 9:30 ESL Class 10:00 Photography Mac & Cheese w/ Tomato 2:00 45's 1:00 Mend-It shop 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>15</p> <p>9:00 Ask the Lawyer 9:00 Sunrise Singers 9:00 Quilting Group Sausage & Peppers 1:00 Matinee 1:00 Ping-Pong 1:30 Caregiver</p>	<p>16</p> <p>8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help Sweet & Sour Chicken 1:00 Mah Jongg 1:00 Social Bridge 1:30 Estate Planning</p>	<p>17</p> <p>9:30 Crafting 9:30 Parler/ Discute 10:30 Write Stuff Beef Stew 12:30 Knit Wits 1:00 Healthy Eating 1:30 YMCA 2:00 Bereavement</p>	<p>18</p> <p>9:00 WOAG 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Cheeseburger 1:00 Duplicate Bridge 2:00 Ping Pong</p>	<p>19</p> <p>8:30 French Group 10:00 ACCC Baked Haddock 1:00 45's 1:00 Social Bridge 2:00 Tai Chi Fan Dancing</p>
<p>22</p> <p>9:00 Sunrise Singers 9:00 Quilting Group Chicken Piccata 1:00 Fix-It Shop 1:00 Ping-Pong 2:00 A Cup of Tea</p>	<p>23</p> <p>9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help BBQ Pork Ribs 1:00 Mah Jongg 1:00 Social Bridge 2:00 Art Matters</p>	<p>24</p> <p>9:30 Crafting 9:30 Parler/ Discute 10:30 Write Stuff Honey Mustard Chicken 12:30 Knit Wits 2:00 Signs Stroke</p>	<p>25</p> <p>10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthday Lunch: Meatloaf 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping Pong 6:30 Leading Through</p>	<p>26</p> <p>8:30 French Group 9:00 Balance Screening 9:30 ESL Class Stuffed Shells 1:00 45's 1:00 Social Bridge 1:00 Mend-It shop 2:00 Tai Chi Fan</p>
<p style="text-align: center;">Memorial Day</p> 	<p>30</p> <p>9:00 Comfort Critters 10:00 Tech Help Pot Roast 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>31</p> <p>9:30 Crafting 9:30 Parler/ Discute 10:30 Write Stuff Hot Dog 12:30 Knit Wits 1:30 Cooking Demo</p>	<p>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>	

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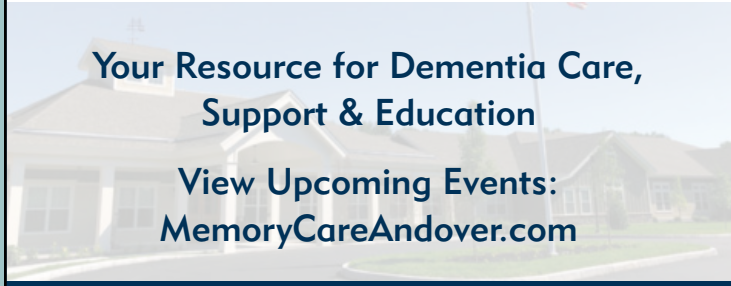
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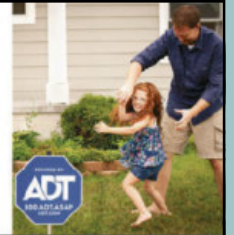
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Thursday Night Schedule!



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

- **May 4: 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.
- **May 11 at 6:30pm: Live Music with the McMurphys!**
- **May 18: Open for regularly scheduled programs—Clown Town will be outdoors.**
- **May 25 at 6:30pm: Leading Through Ambiguity: A Focus on Health Reform-** Health reform pioneer and author, Rosemarie Day, will speak about the challenges and opportunities of leading through uncharted waters, with a focus on how Massachusetts' experiment in health reform paved the way for passage of the Affordable Care Act. She will share lessons learned from her work on implementing health reform nationwide over the past decade. She will conclude with her thoughts about leadership and the future of health reform in post-pandemic world.



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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.



Balance Screening by McKenzie DiStefano PT, DPT from Strength and Balance Physical Therapy: Friday, May 26 by appointment—Come have your balance and fitness level evaluated! During these screening sessions, McKenzie will look at your overall strength, balance and risk for falls. McKenzie will then provide you with some recommendations in areas you may need to strengthen. Also if you have a cane or walker please bring it as she can make sure it is adjusted to the correct height for you! Call to make an appointment



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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, June 16. 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. May meeting will be Wednesday, May 10.

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 May are Friday, May 5 and Tuesday, May 16. Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>. As always, you can reach out to Rep. Nguyen's office at any time to discuss an issue. Simply email her Legislative Director Tobin Abraham at Tobin.Abraham@mahouse.gov, or call 617-722-2680.



Our Mission

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

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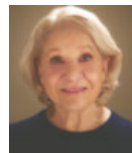
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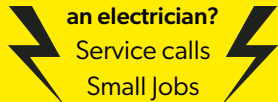
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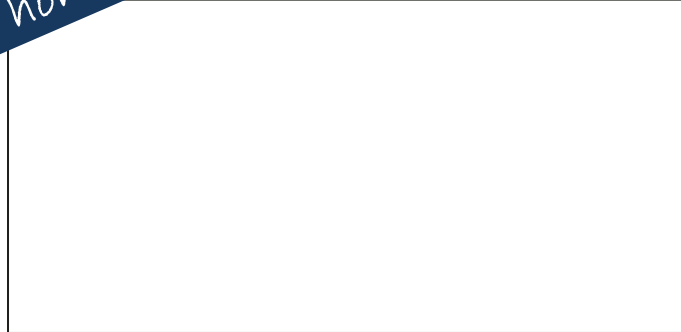
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