

# The Robb Center Report

## Andover's Senior Newsletter

JUNE 2023 

### What's Inside

**Father's Day Cookout: Thursday, June 15 at 5:00pm**—Join us for BBQ Chicken and sides. Musical entertainment by Doug Kwartler who will play some classic rock and other varieties.

Tickets go on sale on June 2 for Andover residents and June 6 for non-Andover residents. \$13 per guest. Seats Limited!



- P2 General Information
- P3 Monthly/Bi-Monthly Programs
- P4 Weekly Programs
- P5 Weekly Programs cont.
- P6 Stay Active
- P7 Transportation
- P8 Supportive Day & Support Groups
- P9 Resources
- P10 June Calendar
- P12 Thursday Night
- P13 Important Information
- P14 July Programs & Andover Senior Community Friends



#### **100 Years of Boston Comedy by Nick Zaino:**

**Tuesday, June 13 at 1:30pm.** There is a long history of humor in Boston and New England from a young Fred Allen finding inspiration at the Boston Public Library to Norm Crosby and Bill Dana playing swinging hotspots; Jay Leno playing strip clubs, and the comedy boom in the 80s that spawned Steven Wright, Paula Poundstone, Denis Leary, and others. I

also plan to include people from the area who didn't perform live in Boston but were born or educated here like Conan O'Brien, who worked his comic muscles at the Harvard Lampoon, and Ziwe, who's childhood in Lawrence and education at Phillips Academy contributed to her outlook on race relations, part of the basis of her comedy. *Sponsored by the Andover Cultural Council.*

#### **Arm Chair Travel to Istanbul, Turkey: Tuesday, June 6 at 1:30pm -**

Join us for an exciting armchair visit to the wonders of Turkey. Dr. Dewey will take you on his personal adventure through Istanbul Türkiye and the surrounding countryside. His deep roots in family history, and the rich history of this lovely country will amaze you. This fun-filled talk will span centuries of history, the cross roads of east and west mixed with the spirit in spice of a lovely region.



**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**

Jim Swasey, Nutrition Manager  
James.swasey@andoverma.us  
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 June register in-person at the front desk, or on myactivecenter.com or by calling the center.

For programs with an associated fee, you June 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, June 1 & 15 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.



**Estate & Medicaid Planning by Monteforte: Wednesday, June 7 at 1:30pm**—We know that estate planning can be a complex and daunting task, but with the right guidance and information, it doesn't have to be. Our seminar will provide you with the knowledge and tools you need to make informed decisions about your Estate and Medicaid plan. Presentation by Cynthia Romero.

**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 June 9.



**Non-Fiction Book Club: Monday, June 12 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](mailto:joannedahlgrenma@gmail.com). *This group is currently at capacity.*

**Ride Share Opportunities from your Smartphone: Tuesday, June 13 at 10:00am**—Join us to learn about ride share opportunities such as Uber and Lyft. We will also explore real-time bus maps and parking applications all from your smartphone. This presentation will be done by Holly Burns, Volunteer Tech Tutor.



**Safe Tea Presentation: Wednesday, June 14 at 1:30pm**—presented by Reading Cooperative Bank. Learn about the scams that are out there and ways you can protect yourself.

**Men’s Breakfast: Tuesday, June 20 at 8:30am**— Enjoy pancakes, sausages, home fries, orange juice & coffee. The presentation this month will be “Health Volunteers Overseas: Over 1 Decade, 4 Countries, and in 3 Continents” by Tom Hoerner, Retired Orthopedic Surgeon. *Registration required. \$6 fee.*

**Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse:** The Healthy Eating Discussion Group will meet on June 21 at 1:00pm. Join us to discuss the all the ways we can support our physical well-being through healthy eating. New members welcome!

**History of Feminism in Music by John Clark: Wednesday, June 21 at 1:30pm:** This presentation will look through a 100 year history (1875—1975) of the music that played a vital role in American women’s fight for equal status and rights.

**Book Club: Thursday at 1:30pm, June 22**—This group discusses a different book every month. *This group is currently full.*

**June Birthday Social: Thursday, June 22 at 12:00pm**— All are welcome! Entrée will be Chicken Parmesan. Music by Mel Stiller. Delicious desserts & raffles from Wingate Living.



**Local News & Journalism by Dave Copeland: Tuesday, June 27 at 1:30pm**— More than 2,500 local newspapers in the U.S. have closed since 2005, and the closures are continuing at a rate of about two per week, while many of the remaining papers have had their newsrooms gutted by corporate owners. Andover resident, Dave Copeland, will discuss what this means for the communities and independent efforts like his to fill the void with online news sites like Andover News.



**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**



**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.

## 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.

**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).

隔周星期五的10:00 am: 参加安多福华人联谊会 Zoom网上聚会 (Andover Chinese Charm Circle ).请发送电子邮件给William: [weixuid@yahoo.com](mailto:weixuid@yahoo.com)

**45's Card Playing: 1:00pm—3:30pm**

**Social Bridge: 1:00pm—3:30pm**

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. *\*Hike locations subject to change.*

**June 1:** Ravenswood, Gloucester

**June 15:** Ward Reservation

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

**Nature Walks with Evelyn: Fridays at 9:00am**—These walks occur on Friday mornings, weather permitting. Walk locations chosen weekly. To be added to the email list, please email [kelly.mcshane@andoverma.us](mailto:kelly.mcshane@andoverma.us)



**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.



**The Summer Fitness Session is in full swing.** If you would like to inquire about any open classes, please call the front desk at 978-623-8320. The next fitness registration date is August 21 for the Fall Fitness Session.

**Kayaking at Poms Pond: Every Thursday from 8:30am—10am starting June 22 until August 10**—Come and join us at Poms Pond to kayak! Kayaks & life vests will be provided. This program is for intermediate kayakers. If inclement weather, we will cancel. **Registration required** by calling 978-623-8320 or on [myactivecenter.com](http://myactivecenter.com). All participants must sign a 2023 Participation Waiver.



**Golf Club: Starting on Tuesday, June 6 at the Hillview Golf Course.** Men & Women are all welcome to join us for a round of golf. This group will be meeting on Tuesdays at 11am at Hillview every other week. This group does not teach how to play golf. Everyone must sign a 2023 participation waiver. Please email Russ if you are interested [gsmoran@yahoo.com](mailto:gsmoran@yahoo.com). For every outing, please register by emailing Russ a week in advance. \$30 for 9 holes, this fee includes a golf cart. Space limited.



**Bus Trips:**

**June 14: Hampton Beach Sand Castle Competition-**

Walk the beach to see all of the sand castle competition entries. We will stop for lunch at the Hungry Traveler in Salisbury, MA. The cost is \$8 for transportation. Lunch paid individually at the restaurant.



**June 20: The Texas Tenors—**

After appearing on “America’s Got Talent,” these talented tenors have performed over 1,300 concerts around the world. They’ll be at the Danversport Yacht Club on June 20th and we want you to join us! This trip will include transportation, a concert ticket, a four course plated lunch, meal tax and gratuities. The cost is \$119.00 per person. Reserve and pay by June 6.



**August 10: Corvettes Doo Wop Revue & Lobstahbake—**

Take a rollicking ride through the good old days of Rock & Roll with the Premier National Touring Doo Wop Show – “The Corvettes.” Add to that a Traditional Maine Lobsterbake at Foster’s Clambakes and you have the perfect trip! The cost is \$119.00, all inclusive. Call 978-623-8320 for reservations. Space is limited. Andover residents only until July 1st. Reserve and pay by July 27.



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

**Let’s Go Shopping: Wednesday, June 21 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, June 12 & June 26—** 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.



The Supportive Day Program attendees had so much fun in the month May that we are reluctant to let it go. We celebrated the Kentucky Derby by making our own derby hats and held a horse race! We honored all the mothers and mother figures in our lives by attending the Mother’s Day Luncheon and Fashion Show. Although we are sorry to say goodbye to May, our consolation is that we have a lot of great activities planned for the month of June! It is dads turn to be celebrated with Father’s Day History and ice-cream sundaes. We will honor Juneteenth with a discussion of inspirational African Americans, Booker T. Washington, Harriet Tubman, and John Lewis. Of course, we will honor the “Grand Ole Flag” on Flag Day. We look forward to listening to Nick Zaino who will bring the humor of 100 years of Boston comedy to The Robb Center. 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, June 12 at 1:30pm** - This month Jim Swasey, Nutrition Manager, will join us and teach us how to make sweet and savory crepes from scratch!

**Bereavement Support Group: Wednesday, June 21 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, June 8 at 1:30pm**- Steve Nutter, MSPT, LATC, CSCS, Owner of Nutter Physical Therapy will present on “The Benefits of Exercise with Parkinson's.”

*Registration Required.*

*Registration Required.*



**Get the Dirt on Soil: Wednesday, June 15 at 7:00pm**—Discover how to create a living soil and reap its benefits for years to come. Learn about the soil food web, the basics of soil science (texture, structure, pH), how to foster and maintain soil health, and why a soil test is a great starting point. Led by Duncan Himmelman. Register on mhl.org

**Improper Bostonians presented by the History Project on Zoom: Wednesday, June 7 at 6:30pm**— Explore 400+ years of LGBTQ people, community, organizing and change in Massachusetts. Join Joan Ilacqua (she/her) for a presentation about LGBTQ+ history in Massachusetts from the pre-colonial era to the 1960s. Register on mhl.org



**Ask the Lawyer—Monday, June 12:** 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, June 27 from 9:00-10:30am:** This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. June Brown Bag may be picked-up from The Robb Center between 9:00—10:30am. Applications available through AgeSpan: 978-683-7747.

**Donate your glasses at The Robb Center:** The Lions Club International has recognized the urgent need for corrective lenses and collect usable glasses in their communities to support the Lions Recycle For Sight Program. Just drop off your glasses at the front desk.



**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.

**Fix-IT Shop: Monday, June 12 & 26 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 June, the mobile food pantry will be here on Wednesday, June 14. 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, June 2 from 9:30am—10:30am** by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.

**Mend-It Shop: Friday, June 9 & 23 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/>



## JUNE 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For a large print calendar, please see the front desk . Menu items subject to change. With <b>24 NOTICE</b> a veggie burger can be served at congregate lunch instead of planned meal.</p>			<p>1  <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>Chicken Meatball Sub</b>  <b>1:00</b> Duplicate Bridge  <b>2:00</b> Ping Pong  <b>2:00</b> Red Cross Blood Drive</p>	<p>2  <b>8:30</b> French Group  <b>9:00</b> Nature Walk  <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>2:00</b> Tai Chi Fan</p>
<p>5  <b>9:00</b> Sunrise Singers  <b>9:00</b> Quilting Group  <b>Chicken Caccaitore</b>  <b>1:00</b> Matinee  <b>1:00</b> Ping-Pong</p>	<p>6  <b>9:00</b> Comfort  <b>10:00</b> Tech Help  <b>Beef Stroganoff Egg Noodles</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <b>1:30</b> Arm Chair Travel</p>	<p>7  <b>9:30</b> Crafting  <b>9:30</b> Parler/ Discute  <b>10:30</b> Write Stuff  <b>Hot Dog</b>  <b>12:30</b> Knit Wits  <b>1:30</b> Estate &amp; Medicaid</p>	<p>8  <b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <b>Baked Cod</b>  <b>1:00</b> Duplicate Bridge  <b>1:30</b> Parkinson's  <b>2:00</b> Ping Pong  <b>6:00</b> LGBTQ+ Social</p>	<p>9  <b>8:30</b> French Group  <b>9:30</b> ESL Class  <b>10:00</b> Photography  <b>Spinach &amp; Mushroom Quiche</b>  <b>1:00</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>12  <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>Mac &amp; Cheese</b>  <b>1:00</b> Matinee  <b>1:00</b> Ping-Pong  <b>1:00</b> Fix-it Shop  <b>1:30</b> Caregiver</p>	<p>13  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>10:00</b> Rideshare  <b>Chicken Cordon Bleu</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <b>1:30</b> 100 Years Comedy</p>	<p>14  <b>9:00</b> Mobile Pantry  <b>9:30</b> Crafting  <b>9:30</b> Parler/ Discute  <b>10:30</b> Write Stuff  <b>Pot Roast</b>  <b>12:30</b> Knit Wits  <b>1:30</b> Safe Tea Presentation</p>	<p>15  <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>Chicken Stir-fry</b>  <b>1:00</b> Duplicate Bridge  <b>2:00</b> Ping Pong  <b>5:00</b> Father's Day BBQ</p>	<p>16  <b>8:30</b> French Group  <b>9:00</b> Nature Walk  <b>10:00</b> ACCC  <b>Stuffed Pepper</b>  <b>1:00</b> 45's  <b>1:00</b> Social Bridge  <b>2:00</b> Tai Chi Fan                      Dancing</p>
<p><b>Juneteenth</b></p> 	<p>20  <b>8:30</b> Men's Breakfast  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>Roast Pork Loin</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <b>2:00</b> Art Matters</p>	<p>21  <b>9:30</b> Crafting  <b>9:30</b> Parler/ Discute  <b>10:30</b> Write Stuff  <b>Cheese Ravioli</b>  <b>12:30</b> Knit Wits  <b>1:00</b> Healthy Eating  <b>1:30</b> Feminism  <b>2:00</b> Bereavement</p>	<p>22  <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>1:30</b> Book Club  <b>2:00</b> Ping Pong  <b>6:30</b> Roman Britain</p>	<p>23  <b>8:30</b> French Group  <b>9:00</b> Nature Walk  <b>9:30</b> ESL Class  <b>Potato Crisp Fish</b>  <b>1:00</b> 45's  <b>1:00</b> Social Bridge  <b>1:00</b> Mend-It shop  <b>2:00</b> Tai Chi Fan</p>
<p>26  <b>9:00</b> Sunrise Singers  <b>9:00</b> Quilting Group  <b>Sweet &amp; Sour Chicken</b>  <b>1:00</b> Matinee  <b>1:00</b> Ping-Pong  <b>1:00</b> Fix-it Shop</p>	<p>27  <b>9:00</b> Brown Bag  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>Shepard's Pie</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <b>1:30</b> News &amp; Journalism</p>	<p>28  <b>9:30</b> Crafting  <b>9:30</b> Parler/ Discute  <b>10:30</b> Write Stuff  <b>Chicken Marsala</b>  <b>12:30</b> Knit Wits</p>	<p>29  <b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <b>Veg. Lasagna</b>  <b>1:00</b> Duplicate Bridge  <b>2:00</b> Ping Pong  <b>5:00</b> Cookout</p>	<p>30  <b>8:30</b> French Group  <b>9:00</b> Nature Walk  <b>10:00</b> ACCC  <b>Beer Battered Fish</b>  <b>1:00</b> 45's  <b>1:00</b> Social Bridge  <b>2:00</b> Tai Chi Fan</p>

COMMUNITY LIVING AT ITS BEST



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

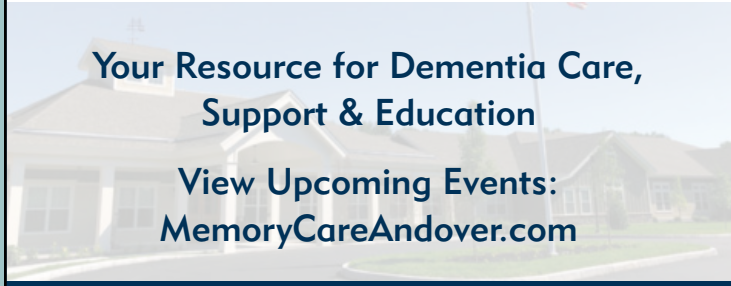
Christine Burke is a registered representative of and offers securities and investment advisory services through MMI Investors Services, LLC. Member SIPC. (www.sipc.org) Supervisory office: 101 Federal Street, Suite 800, Boston, MA 02110 Tel: 617-439-4389 CRN202508-2834535

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



“How do I know if assisted living is right for my mom?”

Small-home assisted living and memory support at The Woodlands Inn provides just the right amount of personalized assistance for your loved one. To schedule a tour, call 978-725-3300 or go to [TheWoodlandsInn.org/Contact](http://TheWoodlandsInn.org/Contact).



575 Osgood Street  
North Andover, MA 01845  
978-725-3300  
TheWoodlandsInn.org

Edgewood is a not-for-profit 501(c)(3) organization.



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit

[www.mycommunityonline.com](http://www.mycommunityonline.com)

# Thursday Night Schedule!



## Every Thursday Night:

- Ping-Pong from 4-8pm
- Fitness Room is open 8am-8pm

## Special Events: Registration required for all special events

- **June 1 from 2:00pm-7:00pm. Red Cross Blood Drive:** Help Save a life. Schedule your blood donation appointment today at [www.redcrossblood.org](http://www.redcrossblood.org). Enter sponsor code: Andover or call 1-800-Red-Cross
- **June 8 at 6:00pm: LGBTQ+ & Allies Social:** Join us for a Lasagna dinner and special presentation by Sue Katz on Thursday, June 8 at 6pm. Sue Katz, will present on Special Circumstances. Wordsmith and rebel Sue Katz has lived, worked and published journalism on three continents. Her books include A Raisin in My Cleavage: short & shorter stories, Lillian in Love, and Lillian's Last Affair and other stories. Dinner provided by Agespan. All are welcome!
- **June 15 at 5:00pm: Father's Day Cookout!** - details on page 1
- **June 22 at 6:30pm: Roman Britain: Walking and Digging Hadrian's Wall-** Photographic presentation by Jack Holmes. This will be a photographic tour of an archaeological dig & hiking the length of Hadrian's Wall.
- **June 29 at 5:00pm: Robb Center Cookout:** Choice of hot dog (\$10), cheeseburger, hamburger, grilled chicken or veggie burger (\$13). Price includes salads, drink & dessert. Pre-registration required by calling 978-623-8320 or by coming to the front desk. Registration deadline is Monday, June 26 at 2pm.

"THE BEST VALUE ON HEARING AIDS"



**Andover Hearing Center, LLC**  
Call For An Appointment Today!

Free Hearing Aid Consultations

11 Chestnut Street, Suite 6, Andover

978-470-4500 • [www.andoverhearing.com](http://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](http://www.pollardfuneralhome.com)

Compassionate in-home care for those who want support to live where they love.

A Griswold caregiver can help you or your loved one stay happy, healthy, and independent at home.



HOME CARE FOR MERRIMACK VALLEY  
Contact us today:  
978.475.0820  
[Griswoldhomecare.com](http://Griswoldhomecare.com)

MARY KAY®

Beauty  
Makeup  
Skin Care

CALL PAT DONAHUE  
978-376-2181  
PATMCEL@VERIZON.NET  
[WWW.MARYKAY.COM/PMCELHINEY](http://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 | [atm-cpa.com](http://atm-cpa.com)

## BEVERLY CRAFTSMAN HOME SERVICES



-Drywall -Carpentry -Painting  
-Small Jobs -Home Repairs

978-233-1767

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

Licensed and Insured

Do you suffer from Chronic Pain?

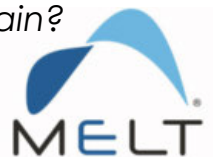
FOOT • BACK • NECK • KNEE • HIP

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





**SUMMER 2023  
CONCERTS IN THE PARK**

JULY 5 - ABRAXAS  
 JULY 12 - 12 BARZ BAND  
 JULY 21 - WHITE STREET BAND  
 JULY 26 - YOKE SHIRE  
 AUGUST 2 - 60'S INVASION  
 AUGUST 10 - JAZZ DISCIPLES  
 AUGUST 17 - THE STUMPS  
 AUGUST 23 - ALICE & THE GROOVE DIGGERS

CONCERT RAIN OUT DATES ARE THE NEXT DAY (THURSDAY)

**Balance Screening by McKenzie DiStefano PT, DPT from Strength and Balance Physical Therapy: Friday, June 9 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 978-623-8320.



**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.

*\*DISCOUNT FOR SENIORS ONLY*

<https://andovermanews.com/>



**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.

**Discovery Center for Civic Engagement** —Does volunteering in a purposeful way appeal to you? Are you looking for meaningful ways to use your skills and talents? Email [AndoverDiscoveryCenter@gmail.com](mailto:AndoverDiscoveryCenter@gmail.com) to inquire about more information.



**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. June meeting will be Wednesday, June 14.

**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 June are Friday, June 2 and Tuesday, June 20. 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](mailto:Tobin.Abraham@mahouse.gov), or call 617-722-2680.



The July Robb Center Report will be available online and at The Robb Center.

We will not be mailing the July Robb Center Report

**Fourth of July Ice Cream Social: Thursday, July 6 at 12:00pm**— Join us for an all American themed lunch. Be sure to wear your red, white & blue as we celebrate America’s Independence Day! Tickets go on sale Wednesday, June 21 for Andover Residents. Non -Andover residents can purchase tickets starting on Friday, June 23.



**Art Matters Part 2: Tuesday, July 11 at 2:00pm**—The American independent spirit pushed the boundaries of acceptable traditions, and in the early part of the 20th century Americans begin to develop their own unique voice. Join us for a look at how American Art grew from the baby in the back seat to an adolescent growing, experimenting, gaining attention, and earning respect. *Sponsored by the Andover Cultural Council*

**“Are we Alone in the Universe?” By Scott Flaig Wednesday, July 12 at 1:30pm**—Scott will present arguments for and against “life on other worlds” and if contact is made, it likely will not be done by us, but by them. Science, philosophy, and theology will be the tri-lens that we will look through and the implications contact may have on our world views.

**Thursday Night Cookout Dates & Themes:**  
 Thursday, July 17 at 5pm: All American Cookout  
 Thursday, July 20 at 5pm: BBQ Night Cookout  
 Registration is required. Registration details will be in the July Robb Center Report.



April 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.

The ASCF enables otherwise unaffordable programs and services to be fielded by the Robb Center and Andover Elder Services.

The ASCF does so by raising funds through memberships, donations, grants and fundraising events.

**Become a Member Today!**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Membership Level** (check one)

Benefactor: \$100

Patron: \$50

Premium: \$30

Individual: \$15

Additional Donation \$ \_\_\_\_\_

**The ASCF Funds**

- Art classes & Exercise classes
- Speakers, Lectures, Special Events & Movies
- St. Patrick’s Day, Halloween, Thanksgiving and Holiday Entertainment
- Birthday Luncheons
- Thursday Night Entertainment
- Distribution of Food to Seniors in Need
- Seasonal Welcome Lounge Decorations
- *And much, much more!*

www.andoverscf.org  
 P.O. Box 576 Andover,  
 MA 01810



Scan to complete online





## 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](http://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](http://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](http://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](mailto: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](http://www.ButlerRainen.com) • [kbr@butlerrainen.com](mailto:kbr@butlerrainen.com)



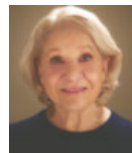
**ROYAL REALTY, INC**

Andover, MA & Nashua, NH

Real Estate since 1973



REALTOR®



Northeast Association  
of Realtors Top  
Sales Producer

*Tina* Habeeb, Pres.

Senior Real Estate Specialist  
REALTOR® EMERITUS

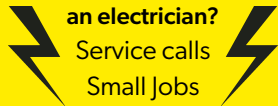
SRES, GRI, GBA, CRS

*"We Can Help You Get Ready to Relocate"*

Direct 978-618-3707 (W) 978-685-1067  
300 Brickstone Sq. Andover [www.royalrealty.com](http://www.royalrealty.com)

**Hinds Electric**

Having trouble finding  
an electrician?



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](mailto:lfromme@comcast.net)

[www.LanceFrommeAntiques.com](http://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](http://stonehillandover.com)

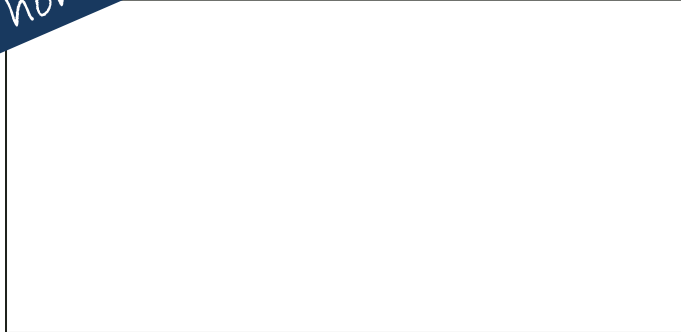
Independent Living, Assisted Living & Avita Memory Care  
141 Elm Street in Andover, MA



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

PRSRRT 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](http://WWW.WESTPARISHGARDENCEMETERY.ORG)

**Volunteers needed!**



contact volunteer@  
essexcountyhabitat.org or  
978-681-8858 x 3

*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](http://contefuneralhomes.com) | [Contefh@msn.com](mailto: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](http://www.magliozzifuneralhome.com) Medford, MA 02155