

# The Robb Center Report

## Andover's Senior Newsletter

JULY 2023 

### What's Inside

#### Fourth of July Ice Cream Social: Thursday, July 6 at

**12:00pm**—Join us for an all American themed lunch! We will be serving hotdogs, popcorn, side salads, and feature an ice cream sundae bar for dessert! Be sure to wear your red, white & blue to be entered into our costume contest! Games and prizes will follow lunch. Tickets go on sale Wednesday, June 21 for Andover residents. Non-Andover residents can purchase tickets starting on Friday, June 23. The price is \$10.



#### American Art Part 2 by Art Matters: 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 began 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 the possibility of life on other worlds using the tri-lens of science, philosophy, and theology and if yes, who would be most likely to make contact?



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AndoverElderServices



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.

**INCLEMENT WEATHER POLICY**

Andover Elder Services will mirror Andover Public 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, July 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.



**Overview of the Essex County Sheriff's Department by Assistant Superintendent/Deputy Maurice Pratt: Wednesday, July 19 at 1:30pm**—Deputy Pratt will discuss the three correctional facilities run by the department. He will talk about the many programs aimed at preparing inmates for success after incarceration, the classes offered, and the occupational training available to incarcerated individuals. Deputy Pratt will explain the unique “Step-down process” used by the department. In addition, he will talk about the K-9 unit, the workings of the facilities, and what it takes to become a correctional officer. A Q&A session will follow.

**Andover Photography Connection (APC):** 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.

**Non-Fiction Book Club: Monday, July 10 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.*

**Fire Extinguisher Presentation by Chief Mansfield from the Andover Fire Department: Tuesday, July 25 at 2:00pm**—Join us for this safety presentation about the important steps to properly use a Fire Extinguisher.



**Armchair Travel– Walking Tour of Central Street, Andover by Barbara Bunn from the Andover Center for History & Culture: Wednesday, July 26 at 1:30pm**—Have you ever driven down Central Street and wondered about the history of the beautiful homes on this street? Did you know that Central Street is considered a Historical District? The Andover Center for History and Culture has created a tour of this street that helps to answer this curiosity. The tour gives details about the homes and the families that lived there in the 18<sup>th</sup> & 19<sup>th</sup> century. This program will take a virtual trip down Central Street from the comfort of The Robb Center.



**Men’s Breakfast: Tuesday, July 18 at 8:30am**— Enjoy pancakes, sausages, home fries, orange juice & coffee. The presentation this month will be “The History of Nuclear Power: Is it safe?” By David Kahan. *Registration required. \$6 fee.*

**Smartphone Tutoring Program: Tuesdays from 10am-11am starting July 11 until August 8**— Having trouble navigating your phone? This program will pair you up with a student tutor to spend time with you on your individual technology needs. This five week program will provide one-on-one support for smartphone users. One of the five weeks will focus on ride-share applications with a structured curriculum. Registration required, seats limited.



**Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse:** The Healthy Eating Discussion Group will meet on Wednesday, July 26 at 1:00pm. Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!

**Book Club: Thursday, July 27 at 1:30pm** —This group discusses a different book every month. *This group is currently full.*

**July Birthday Social: Thursday, July 27 at 12:00pm**—All are welcome! Entrée will be Sweet & Sour Pork Loin. Music by Kevin Alexander Herrera sponsored by the Andover Senior Community Friends. Delicious desserts & raffle from Wingate Living.



**Everyday:**

**Congregate Lunch: Monday through Friday at 12:00pm**—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.

**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 [andoverchroniclers@gmail.com](mailto:andoverchroniclers@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: 9:30am—**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**

**Women’s Outdoor Adventure Group (WOAG):** Women’s Outdoor Adventure Group is taking a break this summer. They will return in September for some more exciting hikes. Please contact Jane at fleecy1.godmother@verizon.net for updates.

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



**YMCA Class Opportunities at The Robb Center:** Join us for two **free** drop-in class opportunities through the summer. These classes are sponsored by Andover Home for the Aged People (AHAP).

**Walking Group - Thursdays at 9am starting July 13 (weather permitting):** This walking group will begin with a light warm-up and stretch and proceed around the local area for 45 minutes. The walk will finish with a light stretch. Parry Ferrulo will lead this group. It will meet at The Robb Center.

**Yoga Class with Soki—Tuesdays at 2:30pm starting July 11 at The Robb Center:** Details to come.



**Dedicated Pickleball Times for Robb Center Members:** Mondays & Fridays from 9am– 11am at Rec Park (147 Abbott St.). Courts 1 & 2 will be prioritized for Robb Center Members during the times listed above. Participants must bring their own equipment and sign a 2023 Robb Center Participation Waiver. Participants must know how to play pickleball. We are not providing lessons. No registration required, this is a drop-in opportunity.



**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—**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. All participants must sign a 2023 Participation Waiver.



**Golf Club:** Men & Women are all welcome to join us for a round of golf. This group meets 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 at 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:**

**Wednesday, July 19: Yankee Clipper Harbor**

**Cruise**—Enjoy a one hour ride on the Merrimac to see local wildlife and enjoy the views. We will stop for lunch beforehand at “The Tap” in Haverhill. Cost is \$35 plus lunch. Call 978-623-8320 for reservations. Space is limited.



**Thursday, 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. Registration and payment required by July 27. Non-refundable after July 27.



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

*If a participant needs to cancel a trip for any reason, The Robb Center needs at least 48 hours from the trip to issue a credit for transportation. Cancellations with less than a 48 hour notice, will not result in a credit .*

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



**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. Andover residents only.

**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. Andover residents only.

**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, July 10 & July 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. Andover residents only.



The summer is heating up and the Supportive Day Program is basking in the July sun! We will be on island time with a virtual tour of Key West, Florida. We will learn about the history, food, music and culture of the islands. We are planning lots of great sun related activities. We will paint shells and make pink flamingos. We will keep the fun going by attending the Fourth of July Social which will include an ice cream sundae bar and games. We will keep cool with an excursion to a quintessential New England ice cream stall. We hope to make use of our patio and sit out under the umbrellas on warm, sunny days. 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, July 17 at 1:30pm** - This month Ben Kellman, yoga instructor will teach us about meditative breathing, stretching and sensory tapping. Come join us for a relaxing afternoon.

**Bereavement Support Group:** — This group is taking a break for the month of July. The next meeting will be Wednesday, August 16. 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:** This group takes a break during the months of July and August. We look forward to seeing you again in September. For more information regarding this group, ask for Kristine or Kelly.

**An Evening with Author Lisa See on Zoom: Wednesday, July 12 at 7:00pm**—Join New York Times bestselling author Lisa See as she talks about her new book *Lady Tan’s Circle of Women*, a captivating story of women helping other women.

**Cooking with Scraps with Lindsey– Jean Hard on Zoom: Wednesday, July 26 at 7:00pm**—Lindsay-Jean Hard is here to help us learn how we can make use of cooking scraps, keep them out of landfills, and still have enough left-over for our compost pile!



**Ask the Lawyer: Monday, July 17**—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, July 25 from 9:00-10:30am**- This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. 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 collects 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, July 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 July, the mobile food pantry will be here on Wednesday, July 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, July 7 from 9:30am—10:30am by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.

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



## JULY 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>9:00</b> Sunrise Singers  <b>9:00</b> Quilting Group  <b>Baked Penne w/ Meat Sauce</b>  <b>1:00</b> Matinee  <b>1:00</b> Ping-Pong</p>		<p>5</p> <p><b>9:30</b> Crafting  <b>9:30</b> Parler/ Discute  <b>10:30</b> Write Stuff  <b>Citrus Glazed Chicken</b>  <b>12:30</b> Knit Wits</p>	<p>6</p> <p><b>10:00</b> DMC  <b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <b>ICE CREAM SOCIAL</b>  <b>1:00</b> Duplicate Bridge  <b>2:00</b> Ping Pong  <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>BBQ Chicken Tenders</b>  <b>1:00</b> 45's  <b>1:00</b> Social Bridge  <b>2:00</b> Tai Chi Fan</p>
<p>10</p> <p><b>9:00</b> Sunrise Singers  <b>9:00</b> Quilting Group  <b>10:00</b> Non-Fiction  <b>Cheese Ravioli</b>  <b>1:00</b> Matinee  <b>1:00</b> Ping-Pong  <b>1:00</b> Fix-it Shop</p>	<p>11</p> <p><b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>Beef Stew</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <b>2:00</b> American Art</p>	<p>12</p> <p><b>9:00</b> Mobile Pantry  <b>9:30</b> Crafting  <b>9:30</b> Parler/ Discute  <b>10:30</b> Write Stuff  <b>Cranberry Chicken Salad Sandwich</b>  <b>12:30</b> Knit Wits  <b>1:30</b> Alone in the Universe</p>	<p>13</p> <p><b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <b>Chicken w/ Pesto</b>  <b>1:00</b> Duplicate Bridge  <b>2:00</b> Ping Pong  <b>5:00</b> Patriotic Cookout</p>	<p>14</p> <p><b>8:30</b> French Group  <b>9:30</b> ESL Class  <b>10:00</b> APC  <b>Beer Battered Haddock</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  Dancing</p>
<p>17</p> <p><b>9:00</b> Ask the Lawyer  <b>9:00</b> Sunrise Singers  <b>9:00</b> Quilting Group  <b>Turkey Tips</b>  <b>1:00</b> Matinee  <b>1:00</b> Ping-Pong  <b>1:30</b> Caregiver</p>	<p>18</p> <p><b>8:30</b> Men's Breakfast  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>Chicken w/ Peppers Gnocchi</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge</p>	<p>19</p> <p><b>9:30</b> Crafting  <b>9:30</b> Parler/ Discute  <b>10:30</b> Write Stuff  <b>Baked Pollock</b>  <b>12:30</b> Knit Wits  <b>1:30</b> Essex County Sheriff</p>	<p>20</p> <p><b>10:00</b> DMC  <b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <b>Swedish Chicken Meatballs</b>  <b>1:00</b> Duplicate Bridge  <b>2:00</b> Ping Pong  <b>5:00</b> BBQ Cookout</p>	<p>21</p> <p><b>8:30</b> French Group  <b>10:00</b> ACCC  <b>Spinach Pie</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>Stuffed Shells</b>  <b>1:00</b> Matinee  <b>1:00</b> Ping-Pong  <b>1:00</b> Fix-it Shop</p>	<p>25</p> <p><b>9:00</b> Brown Bag  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>Poached Cod</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <b>2:00</b> Fire Extinguishers</p>	<p>26</p> <p><b>9:30</b> Crafting  <b>9:30</b> Parler/ Discute  <b>10:30</b> Write Stuff  <b>Sesame Chicken Noodles</b>  <b>12:30</b> Knit Wits  <b>1:00</b> Healthy Eating  <b>1:30</b> Walking Tour Andover</p>	<p>27</p> <p><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</p>	<p>28</p> <p><b>8:30</b> French Group  <b>9:30</b> ESL Class  <b>Tuna Noodle Casserole</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</p> <p><b>9:00</b> Sunrise Singers  <b>9:00</b> Quilting Group  <b>Turkey Chili</b>  <b>1:00</b> Matinee  <b>1:00</b> Ping-Pong</p>	<p><b>For a large print calendar, please see the front desk. Menu items subject to change. With 24 HOUR NOTICE a veggie burger can be served at congregate lunch instead of planned meal.</b></p>			

COMMUNITY LIVING AT ITS BEST

Be Independent for Life

Nichols Village

AN ACTIVE ADULT COMMUNITY

One Nichols Way  
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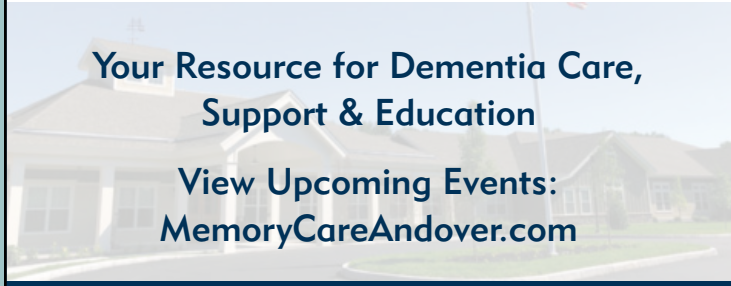
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# Thursday Night Schedule!



## Every Thursday Night:

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

## Special Events: Registration required for all special events.

- **July 6 at 6:00pm: LGBTQ+ & Allies Social:** LGBTQ+ & Allies are all welcome to attend a fun night of making connections and celebrating the LGBTQ+ community. This event will start at 6pm. AgeSpan will provide dinner. This month we will have ice cream sundaes for dessert!
- **July 13 at 5:00pm: All American Cookout** - Choice of sausage & peppers, cheeseburger, hamburger, grilled chicken, veggie burger (\$13), or hot dog (\$10). Price includes salads, drink & dessert. Pre-registration required by calling 978-623-8320 or by coming to the front desk. Registration deadline is Monday, July 10 at 2pm.
- **July 20 at 5:00pm: BBQ Cookout** - Choice of pulled pork sandwich, cheeseburger, hamburger, grilled chicken or veggie burger (\$13) or hot dog (\$10). Price includes salads, drink & dessert. Pre-registration required by calling 978-623-8320 or by coming to the front desk. Registration deadline is Monday, July 17 at 2pm.

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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)

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**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. July meeting will be Wednesday, July 12.

**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 July are Friday, July 7 and Tuesday, July 18. 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.





**Andover Farmers Market**  
**Saturdays 9-1 pm**  
**June 17- October 14**  
 Located in the South Church Parking Lot  
 41 Central Street



### Do you have SNAP benefits?

You can use your EBT card at the Andover Farmers Market market to buy SNAP eligible foods  
**AND**

The Market will provide a Market Match of UP TO \$20 for our SNAP Customers each week

Stop at the Information Table for an explanation

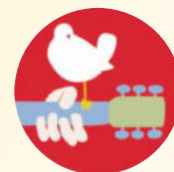
1. We will swipe your EBT card for the agreed upon amount of SNAP dollars and match up to \$20 additional dollars. \$10 gives becomes \$20, \$20 becomes \$40. We give tokens for both SNAP and match to be used to purchase your items.
2. The tokens can be used at all SNAP eligible vendors for food items.

### Another Benefit for all SNAP Customers

All Massachusetts SNAP customers automatically receive \$40 (1-2 people), in HIP (Healthy Incentive Program) each month! HIP can only be used for fresh fruits and vegetables at farm stands and farmers markets. **This benefit is already on your EBT card**, as long as you have funds left in your monthly SNAP account. **Using HIP will not take away from your SNAP benefits.** Shop at Farmer Dave's to take advantage of your HIP benefit

## SAVE THE DATE!

**Thursday, August 10 at 5:00pm:**  
**Woodstock of 1969 Cookout**—Join us to reminisce, listen to great music and eat delicious grilled food. Details to come.



**Thursday, August 17 at 12:00pm:**  
**Beach Party Luncheon**—Enjoy a ukulele band perform while you sip mock pina-coladas and be served a flavorful meal. Details to come.



## 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!

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Address \_\_\_\_\_

City \_\_\_\_\_

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

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### Membership Level (check one)

Benefactor: \$100

Patron: \$50

Premium: \$30

Individual: \$15

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

### The ASCF Funds

- Art classes & Exercise classes
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- Thursday Night Entertainment
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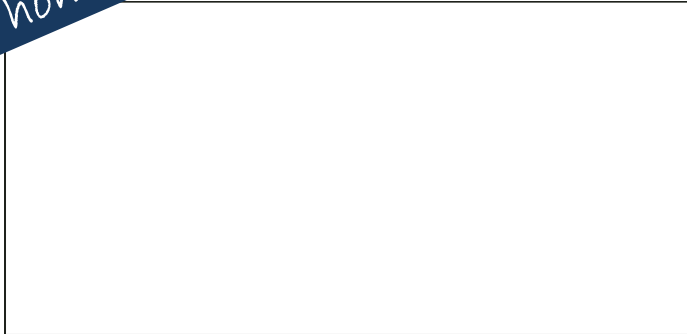
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