

The Robb Center Report

Andover's Senior Newsletter

AUGUST 2023 

What's Inside

Woodstock of 1969 Cookout: Come and reminisce with us on Thursday, August 10 at 5pm. Choice of cheeseburger, hamburger, grilled chicken or veggie burger (\$13) or hot dog (\$10). Price includes salads, drink & dessert. The talented Rockoholics Band will be performing live music! Pre-registration required by calling 978-623-8320 or by coming to the front desk. Registration deadline is Monday, August 7 at 2pm.



Join us for Paint Night with Amy: Thursday, August 17 at 6:30pm—The cost of the paint night will be \$10. You must bring your own supplies. Light refreshments will be served. Call 978-623-8320 or go on myactivecenter.com to register.



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Summer Beach Party: Join us on Thursday, August 17 at 12:00pm for a luncheon event. We will be serving Sweet & Sour Ribs. Bill Godwin's Ukulele Band will be here to entertain us and put us in an island mood (Sponsored by the Andover Seniors Community Friends). Tickets go on sale August 1 for Andover Residents (August 3 for non-Andover Residents). Tickets are \$10 each. Reserve your spot by calling 978-623-8320 or by coming to the front desk. You must purchase your ticket by August 14 at 2pm.



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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 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 the 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.

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.

Essential Estate Planning:

Wednesday, August 2 at 1:30pm—

While creating an estate plan is important, it is something that many people delay. Nurse Attorney, Cathleen Summers of Generations Law Group will help make estate planning feel less daunting by discussing a Last Will & Testament, Health Care Proxies, and Powers of Attorney. She will discuss the purpose of these documents and the roles of the appointed agents.



Dull Men's Club: Thursday, August 3 & 17 at 10:00am—

The Dull Men's Club meets at the Robb Center on the first and third Thursdays every month (10:00 am to 11:00 am). Come along and join in on an informal round table discussion of current events, history, technology, medicine, sports, and travel. Perhaps you might share an anecdote or joke with your fellow "Old Guy's." We don't talk politics or religion.



Arm Chair Travel: Galapagos Islands with Dr. Dewey: Tuesday, August 8 at 1:30pm—

We will venture to the Galápagos Islands; exploring the sea and land animals that evolved on the islands. You'll enjoy the history of Charles Darwin's Beagle voyage and The Origin of Species. This talk is always fun and lively.



Planning for Medicare:

Wednesday, August 9 at 1:30pm—

Planning for Medicare is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative. It's geared towards individuals approaching Medicare Eligibility. Topics covered include health insurance information outside of employer sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees, and COBRA.



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



Non-Fiction Book Club: Monday, August 14 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.

Men's Breakfast: Tuesday, August 15 at 8:30am—

Enjoy pancakes, sausages, home fries, orange juice & coffee. The presentation this month will be "The Beatles" by Jack McShane. *Registration required. \$6 fee.*

Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse:

The Healthy Eating Discussion Group will meet on Wednesday, August 23 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, August 24 at 1:30pm

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

August Birthday Social: Thursday, August 24 at 12:00pm—

All are welcome! Entrée will be Roast Pork. Music by Michael Driscoll sponsored by the Andover Senior Community Friends. Delicious desserts & raffle from Atria Marland Place.



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 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.

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.

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

45s Card Playing: 1:00pm—3:30pm

Social Bridge: 1:00pm—3:30pm

**Fall Session: September 5 until November 9
10 weeks for \$33**

- Registration opens on August 21 at 1pm for Andover residents and August 23 at 1pm for non-Andover residents. Early registration forms will not be accepted (this applies to online registration as well).
- **Move & Groove and Pilates Fundamentals with Lourdes will have registration on Wednesday, August 16 at 1pm for Andover Residents only. Non-Andover Residents must wait until August 23.**
- **REGISTRATION PROCESS:** The preferred method to register is on [MyActiveCenter.com](https://myactivecenter.com). 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 .

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
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

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.

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 Robb 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 (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. Patty Ferrulo will lead this group. It will meet at The Robb Center.

Yoga Class with Soki—Tuesdays at 2:30pm at The Robb Center: This is a gentle and therapeutic yoga for everyone. Benefits include softening tight/stiff neck and shoulders, strengthen lower back and body, boost immune system by lymphatic circulation, and improving posture. Every class will cover fundamental body alignments and variations of breathing techniques. This class does not utilize a chair.

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 (forms available at the front desk). Participants must know how to play pickleball. We are not providing lessons. No registration required, this is a drop-in opportunity.



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.

Medical Transportation: We continue to provide transportation to vital medical appointments. Please call 978-623-8320 to schedule an appointment. 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.

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.

Bus Trips:
Wednesday, September 6—Neil Diamond Tribute Band Experience. \$119 for transportation, lunch and concert. Operated by Best of Times Travel.
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. After repeated cancellations, you will be placed on the waitlist for future trips. Any “Best of Times Trips” require 2 weeks notice.

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, August 14 & August 28— 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.

AUGUST 2023

SUPPORTIVE DAY PROGRAM

The golden days of the beautiful month of August are here! The Supportive Day Program participants had a wonderful month of July attending the Ice Cream Social and The Old-Fashioned Carnival and keeping cool with ice cream. In August, we will savor the last days of summer by joining all our friends at The Robb Center for a fun-filled beach party! We will reminisce about the feeling of warm summer breezes and sand under our feet by discussing the Oscar winning movie Lawrence of Arabia and the dashing Peter O'Toole. We will continue the August theme of "fun in the desert sun" by taking a virtual trip to Las Vegas and roll the dice with a variety of games of chance. 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.



AUGUST 2023

SUPPORT GROUPS

Family Caregiver Support Group:

The Caregiver Support Group is taking a break for the month of August. The next meeting will be September 18 at 1:30pm at The Robb Center.

Bereavement Support Group:

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 month of August. We look forward to seeing you again in September. For more information regarding this group, ask for Kristine or Kelly.

MEMORIAL HALL LIBRARY

An Evening with Authors Lisa Jackson & Nancy Bush on Zoom: Monday, August 28 at

7:00pm—Lisa Jackson will discuss *The Last Sinner*, a gripping novel of suspense featuring two veteran homicide detectives matching wits with a twisted serial killer lurking in the shadows of New Orleans. Nancy Bush will discuss *The Camp*, a chilling novel of suspense where a diabolical modern twist on Friday the 13th meets Yellowjackets at a summer sleepaway camp isolated in the woods of Oregon.



Ask the Lawyer: Monday, August 14—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, August 22 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, August 14 & 28 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 August, the mobile food pantry will be here on Wednesday, August 9. Food bags will be distributed on a first-come, first served basis.

Hearing Aid Checks/Cleanings and Hearing Screenings—Friday, August 4 from 9:30am—10:30am by Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.

Mend-It Shop: Friday, August 11 & 25 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!

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. To schedule a SHINE appointment, call 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. Call or visit 781-322-1052 or <https://smd-help.org/>



AUGUST 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu items subject to change. With 24 HOUR NOTICE a veggie burger can be served at congregated lunch instead of planned meal.</p>	<p>1 9:00 Comfort Critters 10:00 Tech Help Chicken Marsala 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>2 9:30 Crafting 9:30 Parler/ Discute 10:30 Write Stuff Pulled Pork with Bun 12:30 Knit Wits 1:30 Essential Estate Planning</p>	<p>3 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic BBQ Chicken 1:00 Duplicate Bridge 2:00 Ping Pong 5:00 LGBTQ+ Social</p>	<p>4 8:30 French Group 9:30 Hearing Aide 10:00 ACCC Stuffed Peppers 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>7 9:00 Sunrise Singers 9:00 Quilting Group American Chop Suey 1:00 Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>8 9:00 Comfort Critters 10:00 Tech Help Chicken Stir Fry 1:00 Mah Jongg 1:00 Social Bridge 1:30 Arm Chair Travel</p>	<p>9 9:00 Mobile Pantry 9:30 Crafting 9:30 Parler/ Discute 10:30 Write Stuff Meat Lasagna 12:30 Knit Wits 1:30 Planning for Medicare</p>	<p>10 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Turkey Scallopini 1:00 Duplicate Bridge 2:00 Ping Pong 5:00 Woodstock Cookout</p>	<p>11 8:30 French Group 10:00 APC Shrimp Scampi 1:00 45s 1:00 Mend-It shop 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>14 9:00 Ask the Lawyer 9:00 Sunrise Singers 9:00 Quilting Group 10:00 Non-Fiction Orange Glazed Chicken 1:00 Matinee 1:00 Ping-Pong 1:00 Fix-it Shop</p>	<p>15 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help Braised Beef with Paprika 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>16 9:30 Crafting 9:30 Parler/ Discute 10:30 Write Stuff Chicken Broccoli Alfredo 12:30 Knit Wits 2:00 Bereavement Support Group</p>	<p>17 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic BEACH PARTY 1:00 Duplicate Bridge 2:00 Ping Pong 6:30 Paint Night</p>	<p>18 8:30 French Group 10:00 ACCC Spinach Quiche 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>21 9:00 Sunrise Singers 9:00 Quilting Group Mac & Cheese with Tomato 1:00 Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>22 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help Stuffed Chicken 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>23 9:30 Crafting 9:30 Parler/ Discute 10:30 Write Stuff Chicken Piccata 12:30 Knit Wits 1:00 Healthy Eating</p>	<p>24 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthday Lunch 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping Pong</p>	<p>25 8:30 French Group Lemon Pepper Cod 1:00 45s 1:00 Social Bridge 1:00 Mend-It shop 2:00 Tai Chi Fan</p>
<p>28 9:00 Sunrise Singers 9:00 Quilting Group Chicken Pesto 1:00 Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-it Shop</p>	<p>29 9:00 Comfort Critters 10:00 Tech Help Beef Stoganoff 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>30 9:30 Crafting 9:30 Parler/ Discute 10:30 Write Stuff Cheeseburger 12:30 Knit Wits</p>	<p>31 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Parmesan 1:00 Duplicate Bridge 2:00 Ping Pong 5:00 Cookout</p>	<p style="text-align: center;">For a large print calendar, please see the front desk.</p>

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Thursday Night Schedule!

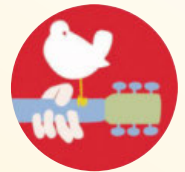


Every Thursday Night:

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

Special Events: Registration required for all special events.

- **August 3 at 5:00pm: LGBTQ+ & Allies Social:** The organization NAGLY will be here at 5pm to share resources for families dealing with the challenges of raising LGBTQIA+ children/youth. At 6pm we will host a cookout and serve desserts. LGBTQ+ & Allies are all welcome to attend a fun night of making connections and celebrating the LGBTQ+ community.
- **August 10 at 5:00pm: Woodstock of 1969 Cookout** -Details on Page 1
- **August 17 at 6:30pm—Paint Night with Amy—** Details on Page 1
- **August 31 at 5:00pm-** Choice of 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, August 28 at 2pm.



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CONCERTS IN THE PARK 2023

JULY 5	ABRAXAS
JULY 12	12 BARZ BAND
JULY 19	WHITE STREET BAND
JULY 26	YOKE SHIRE
AUGUST 2	60'S INVASION
AUGUST 9	JAZZ DISCIPLES
AUGUST 16	THE STUMPS
AUGUST 23	ALICE & THE GROOVE DIGGERS

SUMMER CONCERTS IN THE PARK ARE HELD ON WEDNESDAY NIGHTS THROUGHOUT THE SUMMER

TIME: 6:00-8:00 PM

LOCATION: THE PARK AT THE CORNER OF BARTLET ST & CHESTNUT ST

RAIN: IF WE HAVE TO CANCEL A SHOW DUE TO WEATHER, A BANNER WILL BE UPDATED ON ANDOVERREC.COM AS WELL AS SOCIAL MEDIA. MAKE-UP SHOWS WILL TAKE PLACE ON THE FOLLOWING DAY (THURSDAY).

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

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<https://andovermanews.com/>

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.



ALCOHOLICS ANONYMOUS® Meetings at The Robb Center:

Thursdays, 7:00 – 8:00 pm. ALCOHOLICS ANONYMOUS® is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. Open meeting, no registration.

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 to inquire about more information.



Council on Aging Advisory Board: Ed Plowey, Co-Chair; Amanda Preston, Co-Chair; Ralph Bledsoe, Vice-Chair; Gail Bloom, Grace Lin, Judy Trerotola, Joan Fox, Russ Moran, Dot Hollenbeck & Christina Vidoli. August meeting will be Wednesday, August 9.

Representative Tram Nguyen Office Hours: State Rep. Tram Nguyen's Office hours will resume in September. 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.





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!

Friday, September 8 from 9:30am-3:30pm: AARP Driving Course by Doug Prentiss. Sponsored in part by the Andover Senior Community Friends.



Wednesday, September 13: Health Fair!
 Join us to gather important information and learn about local resources.

Thursday, September 21 at 6:00pm: Magic of Lyn—Join us for an incredible magic show by the show-stopping, award-winning illusionist Lyn Dillies. Sponsored by the Andover Senior Community Friends.



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 _____

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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
- Speakers, Lectures, Special Events & Movies
- St. Patrick's Day, Halloween, Thanksgiving and Holiday Entertainment
- Birthday Luncheons
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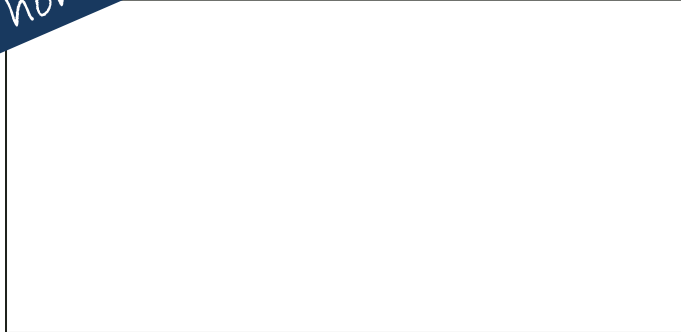
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