

# The Robb Center Report

## Andover's Senior Newsletter

NOVEMBER 2023 

### What's Inside

**Friendsgiving: Thursday, November 16 at 12:00pm**– Join us for our annual Friendsgiving celebration. Tickets go on sale for Andover residents November 1 at 8:00am. For non-Andover residents November 6. Cost of tickets: \$10. Limited seats available. **Andover residents**– We have a scholarship available for low income residents to assist with the cost of all our events. For more information, contact Director Jane Burns.



**Holiday Bazaar: Friday, December 1 from 9:00am to 3:00pm**– We will be hosting our annual **Holiday Bazaar!** Join us to purchase your cookies, crafts and other fabulous finds. If you have any quality items to donate to the white elephant table, we will continue to accept donations in November. We do not accept electronics, medical devices, clothing, fabric, furniture or any perishable goods. New or gently used items only. For any questions, contact Kelly McShane at [kelly.mcshane@andoverma.us](mailto:kelly.mcshane@andoverma.us).



**CodeRED Presentation: Wednesday, November 15 at 10:00am**- The CodeRED Emergency Notification System is a fast communication service allowing the Town of Andover to notify citizens of an emergency situation. This service is free to all Andover residents and businesses located within our Town limits. APD Officer, Jake Allard and Andover Director of Communications, Phillip Geoffroy will share how it works, how to register and what to do if you receive a CodeRED message. Recorded by Andover TV.

**Mrs. Hamilton Historical Theatrical Performance by Anne Barrett: Wednesday, November 29 at 1:30pm**- Smithsonian Magazine declared, "ELIZA HAMILTON IS DESERVING OF A MUSICAL OF HER OWN!" A fascinating and important historic figure in her own right, Mrs. Hamilton will share her story; the daughter of a Revolutionary General, the wife of a Founding Father and the independent and indomitable woman who survived and thrived for nearly 100 years! *Funded by the Andover Senior Community Friends.*



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



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Sue Starbird

**CENTER HOURS**

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

**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 the 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 cancelation schedule. When school is canceled, Meals on Wheels is canceled, 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.



AndoverElderServices



andover\_elder\_services

**Dull Men’s Club: Thursday, November 2 & 16 at 10:00am—**  
 The DMC meets at The Robb Center on the first and third Thursday every month. 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 do not discuss politics or religion.



**Estate Planning: Tuesday, November 14 at 1:30pm-** Estate planning is for the rich, wrong! We may not all own mansions, but we all own something, a house, bank accounts, retirement accounts, etc. How will they be distributed? Who will be in charge? Do we need a will or a trust as well? Attorney Gerald L. Shyavitz will cover these topics and more to help guide you to make informed decisions to plan for your estate.

**The Great American Songbook Performance: Monday, November 20 at 2:00pm-** Join us for a piano and voice concert by Bill Donelan & Terri Kelley. They will play songs from the Great American Songbook.



**Men’s Breakfast: Tuesday, November 21 at 8:30am-** Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. Andover Director of Veterans Affairs, Mark Comeiro will be speaking. Registration required. \$6 fee.

**Walking Hours at the Cormier Youth Center:**  
**Starts November 7-** Every Tuesday from 8:30am-10am & Friday from 9am-11am come to the Youth Center to walk. The gym is open for walkers to keep up with their walking routine through the cold winter months. This is a drop-in program. No registration necessary. **No walking hours on November 10 or November 24.**

**Swallowing Difficulties: Symptoms, Diagnostic and Treatment Options by Encompass Health: Wednesday, November 15 at 1:30pm-** Do you know that swallowing difficulties are a major concern with the elderly population? Learn the common symptoms that occur as we age. We will also discuss treatment of symptoms and various management options.

**Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: Wednesday, November 22 at 1:00pm-**Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!

**Non-Fiction Book Club: Monday, November 13 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).

**Protect Yourself From Medicare Fraud: Tuesday, November 21 at 1:30pm—** Meet a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud, abuse and how to protect your Medicare number.

**Photographic Tour of Iceland by Jack Holmes: Tuesday, November 28 at 1:30pm—** Iceland sits atop the North Atlantic Ridge halfway between America and Europe. Outside of Reykjavik, the country is sparsely populated and ruggedly beautiful. Travel with Jack in the south and west of this land of fire and ice. *Funded by the Andover Senior Community Friends.*

**Book Club: Thursday, November 16 at 1:30pm —**This group discusses a different book every month. *This group is currently full.*

**Andover Photography Connection (APC):** Join this group of photo enthusiasts to share photography techniques, interests & experiences. We will meet on **Friday, November 17 at 10am.**



**Uber Voucher Pilot Program Monday, November 6 at 10:00am-**Holly Burns, technology tutor, will teach us how to navigate the Uber app on your smartphone. She will discuss safety features and how to book rides and how to utilize a voucher sent by the Uber program.

**November & December Combined Birthday Social: Thursday, December 7 at 12:00pm—**All are welcome! Entrée will be chicken parmesan. Music by Bill Foley. Delicious desserts & raffle from Bridges. Registration required.



**Everyday:**

**Congregate Lunch: Monday through Friday at 12:00pm**-Join us for Congregate Lunch. Reservations for congregare lunch along with our *monthly Birthday Socials* are required by 3:00pm 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.

**NEW! Noontime Dance: 12:00pm**- Join us to dance!

**Monday Matinees: 1:00pm**- Join us to watch a film on the "big screen". Movie titles will be announced weekly.

**Hand & Foot Card Game: 1:00pm**

**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**

**Short Stories Group:** Drama enthusiasts? You can take a role or just be the audience! We will be reading *Flyin' West* by Pearl Cleage and *Leopoldstadt* by Tom Stoppard on **Mondays at 1:00pm from October 2 through November 27** at The Robb Center. New and used editions are available from online vendors and some local sources. Contact Eileen Reilly at [eileenreilly42@gmail.com](mailto:eileenreilly42@gmail.com) to register or for more information.

 <p><b>Tom Carroll</b> RE/MAX Partners 44 Park Street, Andover 978-502-8347</p> <p>Selling your home? We will compassionately help you with the following: Decluttering • Cleaning Donating • Repairs • Staging</p>  <p>tcarroll@remax.net • www.Andover-TopBroker.com</p>	  <p><b>Nutritious &amp; Delicious Meals</b></p> <ul style="list-style-type: none"> <li>• Free Delivery</li> <li>• No Subscriptions</li> <li>• No Minimum Order</li> </ul> <p><i>Just satisfying meals on your terms!</i></p> <p><b>Call us at (508) 960-1313 for your FREE brochure!</b></p>
 <p><b>Generations LAW GROUP</b> 300 Brickstone Square Andover, MA Offices also in Acton &amp; Sudbury, MA</p> <p><b>978-263-0006</b> <a href="http://GenerationsLawGroup.com">GenerationsLawGroup.com</a></p> <ul style="list-style-type: none"> <li>✓ Wills, Trusts, &amp; Estate Planning</li> <li>✓ Long Term Care &amp; Medical Planning</li> <li>✓ Guardianships &amp; Conservatorships</li> <li>✓ Probate &amp; Trust Administration</li> </ul> <ul style="list-style-type: none"> <li>✓ Founded by a Nurse Attorney</li> <li>✓ Client Care Program</li> <li>✓ Solo Aging Solutions</li> <li>✓ FREE Educational Resources             <ul style="list-style-type: none"> <li>- eBooks</li> <li>- Monthly Webinars</li> </ul> </li> </ul>	 <p><b>Benefit Advisors Group, LLC</b> <i>Your Health, Your Wealth. Worry Less, Heal More!</i></p> <p><b>All the benefits of Original Medicare and more</b> <b>Andrew Firmin   978-494-6611</b> Compare health &amp; prescription drug plans Phone, virtual or in-person meetings available <b>NO APPLICATION, ENROLLMENT OR CONSULTING FEES</b></p>  <p><b>andy@benefitadvisorsgrp.com • www.benefitadvisorsgrp.com</b></p>

**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.

**Basic Tap Class with Audrey: 1:15pm—**All are welcome to come and dance. For any new participants please contact Audrey at 978-475-4963.

**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.

**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:**

**Nature Walks: 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).



**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).

隔周星期五的 10:00am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)

**45s Card Playing: 1:00pm—3:30pm**

**Winter Session: November 27 to February 9  
10 Weeks for \$33**

- Registration opens **Wednesday, November 15 at 1:00pm** for Andover residents and **Friday, November 17 at 1:00pm** for non-Andover residents. Early registration forms will not be accepted.
- **REGISTRATION PROCESS:** The preferred method to register is on [MyActiveCenter.com](https://myactivecenter.com).
- For an instructional video on the process & 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.
- Fitness brochures will be available at the front desk. Brochures include a description of every class.
- 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
<b>NEW!</b> Body, Bones & Balance with Andrea	Thursday at 2:00pm	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):**

Hiking season has returned! Please contact Jane at fleecy1.godmother@verizon.net for updates. **Thursday, November 9: Location TBD. & November 30: Location TBD.** For any participation in Adventure Groups, participants must sign our “Waiver for 2023” form once a year. For each individual hike, participants must register on myactivecenter.com or by calling us at 978-623-8320.

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

**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.

**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 ending with a light stretch. Patty Ferrulo will lead this group. It will meet at The Robb Center.



LET’S GO SHOPPING WITH THE ROBB CENTER!



**Monday, November 6 & 20:** Walmart in North Reading  
**Monday, November 13 & 27:** Downtown Andover

**Tuesday, November 7 & 21:** Target in Wilmington  
**Tuesday, November 14 & 28:** Rockingham Mall

To sign up please call 978-623-8320. Andover residents only.

**Bus Trips:**

**MAMA MIA - It’s the Ultimate Tribute to ABBA—**

Starring Dancing Dream Live! We’ll be going on Thursday, November 16 from approximately 10:30am-4:00pm. The concert and lunch will be at the Danversport Yacht Club. Cost is \$115.00 all inclusive.

**Christmas at the Newport Mansions—** Join us to visit two of Newport’s most elegant ‘cottages’ decorated for the Holidays in their Yuletide finery! Cost is \$119.00 all inclusive. Lunch location as well as times to be advised.

*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” cancelations require 2 weeks notice for a refund.*

**Rides to The Robb Center:** We provide transportation to and from the Center at no cost. Call to check availability and schedule your ride 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.

**Grocery Trips:** Market Basket Plaza on 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.

**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.

**Family Caregiver Support Group:**

The next meeting will be **Monday, November 20 at 1:30pm** at The Robb Center. Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources.

**Bereavement Support Group:**

This group meets on the first and third Wednesday of the month at 2:00pm. For November, we will meet on **November 1 and 15**. Camille Jaber 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.



**Parkinson’s Disease Support Group: Thursday, November 9 at 1:30pm**

—Cathi Thomas, RN, MS, Program Director, Parkinson’s Disease and Movement Disorders Center, Dept. of Neurology, Boston University Medical Center, APDA Massachusetts Chapter. “What’s new for Medication & Research for Parkinson’s Disease.”

**ALCOHOLICS ANONYMOUS® Meetings at The Robb Center: Thursdays, 7:00pm – 8:00pm.** 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.

This month participants of the Supportive Day Program will reflect on the joys and blessings of life. The theme of the month will be gratitude. We plan on incorporating the theme into our discussions, arts and crafts, and musical activities. We will “talk turkey” giving our native bird the attention it deserves in the month of November. The highlight of the month will of course be the very popular Friendsgiving celebration when we join all our friends at The Robb Center to feast, make merry and enjoy each other’s company. 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.



**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 9:00am – 11:00am. In November, the mobile food pantry will be here on **Wednesday, November 8.** Food bags will be distributed on a first-come, first served basis.

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

**Brown Bag “Mobile Market”:** **Tuesday, November 28 from 9:00am to 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 9:00am—10:30am. Applications available through AgeSpan: 978-683-7747.



**Hearing Aid Checks/Cleanings and Hearing Screenings:** **Friday, November 3 from 9:30am-10:30am—**By Wendy Ring from the Andover Hearing Center, LLC.

**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, November 13 & 27 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.

**Ask the Lawyer: Monday, November 20—**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.

**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.



**Mend-It Shop: Friday, November 3 & 17 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. All counselors are certified and extensively trained to ensure familiarity with all plans options. Medicare Open Enrollment: **October 15 – December 7, 2023.** Changes made during OE will take effect January 1, 2024. If you are interested in reviewing your current plan/s, please make an appointment during OE. Appointments for those new to Medicare or with questions are also available. 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 are 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 9:00am– 12:00pm. Call or visit 781-322-1052 or <https://smd-help.org>.

# NOVEMBER 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu items subject to change. With <b>24 HOUR NOTICE</b> a veggie burger can be served at congregate lunch instead of <b>planned</b> meal. For a large print calendar, please see the front desk.</p>		<p>1            9:30 Crafting            9:30 Parler/ Discute            10:30 Write Stuff  <b>Baked Mac &amp; Cheese</b>            12:30 Knit Wits            1:15 Tap Class            2:00 Bereavement</p>	<p>2            10:00 DMC            10:00 Scale Modeling            10:00 Open Art            10:00 BP Clinic  <b>Chicken Alfredo</b>            1:00 Duplicate Bridge            2:00 Ping Pong  <b>4:00 Flu Clinic</b>  <b>6:00 LGBTQ+ Social</b></p>	<p>3            8:30 French Group            9:30 Hearing Aid            9:30 ESL  <b>Beer Battered Fish</b>            1:00 45s            1:00 Mend-It Shop            1:00 Social Bridge            2:00 Tai Chi Fan</p>
<p>6            9:00 Sunrise Singers            9:00 Quilting Group  <b>10:00 Uber Voucher</b>  <b>10:00 Walmart</b>  <b>Sesame-Ginger Chicken</b>            12:00 Noontime Dance            1:00 Matinee            1:00 Hand &amp; Foot            1:00 Ping-Pong            1:00 Short Stories</p>	<p>7            9:00 Comfort Critters            10:00 Tech Help  <b>10:00 Target</b>  <b>Sweet &amp; Sour Pork Loin</b>            1:00 Mah Jongg            1:00 Social Bridge</p>	<p>8  <b>9:00 Food Pantry</b>            9:30 Crafting            9:30 Parler/ Discute            10:30 Write Stuff  <b>Ham &amp; Cheese Quiche</b>            12:30 Knit Wits            1:15 Tap Class</p>	<p>9            9:00 WOAG            10:00 Scale Modeling            10:00 Open Art            10:00 BP Clinic  <b>Beef Stroganoff</b>            1:00 Duplicate Bridge            1:30 Parkinson's            2:00 Ping Pong  <b>4:30 Antique</b></p>	
<p>13            9:00 Sunrise Singers            9:00 Quilting Group            10:00 Non-Fiction  <b>10:00 Downtown</b>  <b>American Chop Suey</b>            12:00 Noontime Dance            1:00 Matinee            1:00 Fix-it Shop            1:00 Ping-Pong            1:00 Short Stories</p>	<p>14            9:00 Comfort Critters            10:00 Tech Help  <b>10:00 Rockingham Mall</b>  <b>Chicken Cacciatore</b>            1:00 Mah Jongg            1:00 Social Bridge  <b>1:30 Estate Planning</b></p>	<p>15            9:30 Crafting            9:30 Parler/ Discute  <b>10:00 Code Red</b>            10:30 Write Stuff  <b>Steak &amp; Cheese Sub</b>            12:30 Knit Wits            1:15 Tap Class  <b>1:30 Encompass</b>            2:00 Bereavement</p>	<p>16            10:00 DMC            10:00 Scale Modeling            10:00 Open Art            10:00 BP Clinic  <b>Friendsgiving</b>            1:00 Duplicate Bridge            2:00 Ping Pong  <b>2:00 Blood Drive</b></p>	<p>17            8:30 French Group            10:00 ACCC  <b>Lemon Pepper Fish w/ Dill</b>            1:00 45s            1:00 Mend-It Shop            1:00 Social Bridge            2:00 Tai Chi Fan</p>
<p>20            9:30 Ask the Lawyer            9:00 Sunrise Singers            9:00 Quilting Group  <b>10:00 Walmart</b>  <b>Cheeseburger</b>            1:00 Matinee            1:00 Ping-Pong            1:30 Caregiver  <b>2:00 Songbook</b></p>	<p>21  <b>8:30 Men's Breakfast</b>            10:00 Tech Help            10:00 Comfort Critters  <b>10:00 Target</b>  <b>Stuffed Shells</b>            1:00 Mah Jongg            1:00 Social Bridge  <b>1:30 Medicare Fraud</b></p>	<p>22            9:30 Crafting            9:30 Parler/ Discute            10:30 Write Stuff  <b>Chicken Kiev</b>            12:30 Knit Wits            1:00 Healthy Eating            1:15 Tap Class</p>		
<p>27            9:00 Sunrise Singers            9:00 Quilting Group  <b>10:00 Downtown</b>  <b>BBQ Chicken</b>            1:00 Matinee            1:00 Fix-it Shop            1:00 Ping-Pong</p>	<p>28            9:00 Comfort Critters  <b>9:00 Brown Bag</b>            10:00 Tech Help  <b>10:00 Rockingham Mall</b>  <b>Meatloaf</b>            1:00 Mah Jongg  <b>1:30 Iceland</b></p>	<p>29            9:30 Crafting            9:30 Parler/ Discute            10:30 Write Stuff  <b>Tuna Noodle Casserole</b>            12:30 Knit Wits            1:15 Tap Class  <b>1:30 Mrs. Hamilton</b></p>	<p>30            9:00 WOAG            10:00 DMC            10:00 Scale Modeling            10:00 Open Art            10:00 BP Clinic  <b>Braised Beef</b>            1:00 Duplicate Bridge            2:00 Ping Pong</p>	



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# Thursday Night Schedule!



## Every Thursday Night:

- Ping-Pong from 4:00pm-8:00pm.
- Fitness Room is open 8:00am-8:00pm.

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

- **November 2: Community Flu Clinic from 4:00pm-7:00pm-** See page 13 for details.
- **November 2: LGBTQ+ & Allies Social at 6:00pm-** All are welcome for a fun night of making connections and celebrating the LGBTQ+ Community. Dinner will be provided by AgeSpan. This month, we will have a SHINE presentation by Patty Sasso. Come and learn more about how SHINE can help you determine which health insurance plan is best for you. Registration required.
- **November 9: Trash or Treasure Antique Appraisal ASCF- 4:30pm-7:30pm.** See page 14 for details.
- **November 16: Red Cross Blood Drive from 2:00pm-7:00pm-** 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.
- **November 23: Closed For Thanksgiving Holiday.**
- **November 30: No program scheduled.**



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**Happiness At Any Age by Discovery Center for Civic Engagement:** Tuesday, December 5 at 1:30- Join in with others from your community to explore the value and benefits of happiness. In this interactive seminar, attendees will share what made them happy at various stages of their lives. Tying happiness to being connected to others, seminar attendees will review their own purpose and consider how civic engagement, whether for pay or as a volunteer, can be an important part of their Happiness Rx. Registration required.



**FY25 SCRPT (Senior Citizen Residential Property Tax Work Off) Volunteer Program:** It's that time of year again. Enrollment/renewal for the SCRPT Volunteer Program **is now open**. New volunteers must contact Ashley English, Services Program Coordinator at 978-623-8320 for phone interview. If you are currently enrolled and would like to renew, an email will be sent to you with FY25 renewal information. Renewal information will also be available at The Robb Center Front Desk. Deadline to enroll/renew is **Wednesday, November 15**.

**Greater Lawrence Community Action Council** will once again be facilitating Fuel Assistance applications this year. GLCAC Inc. can help keep you and your family warm this winter and reduce your energy bills. GLCAC's energy programs offer: Fuel assistance, free weatherizing, free energy audits and free emergency repairs to heating systems. GLCAC has set aside the following date and times for individual appointments at The Robb Center. **There will NOT be any walk-in appointments.** To make an appointment please call 978-623-8320.

Tuesday, December 12 from 10:00am—1:00pm  
 Thursday, January 11 from 1:00pm—4:00pm  
 Tuesday, February 13 from 10:00am—1:00pm  
 Thursday, March 14 from 1:00—4:00pm



**Community Flu Clinic: Thursday, November 2 from 4:00pm-7:00pm**—Andover Health Division offers a Community Flu Clinic. The clinic is for Andover residents aged 5 years and older. Appointments can be made online by using the link below. Each person receiving a vaccine needs their own appointment. For questions or help signing up for an appointment please call the Health Division at 978-623-8640.

<https://home.color.com/vaccine/register/andover?calendar=6461f67a-ab09-4eda-8026-51f56b1fe2a3&site=robb-center>

**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 November are Friday, November 3 and Tuesday, November 21.** 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.



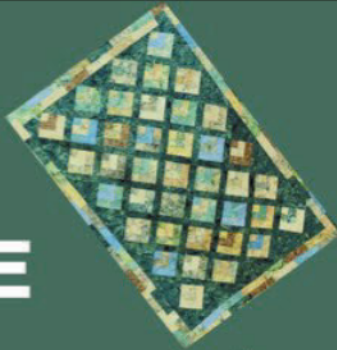
**AndoverTV:** Night or day, The Robb Center program notices are on cable TV. If your TV service is provided by **Comcast, Xfinity or Verizon Fios**, we are on their Andover Public and Educational channels. On Comcast, that's channels 8 and 99. On Verizon, that's channels 47 and 43.



**Council on Aging Advisory Board:** Ed Plowey, Co-Chair; Amanda Preston, Co-Chair; Ralph Bledsoe, Vice-Chair; Gail Bloom, Judy Trerotola, Joan Fox, Russ Moran, Dot Hollenbeck & Christina Vidoli. The November meeting will be **Wednesday, November 8**.

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April 2023

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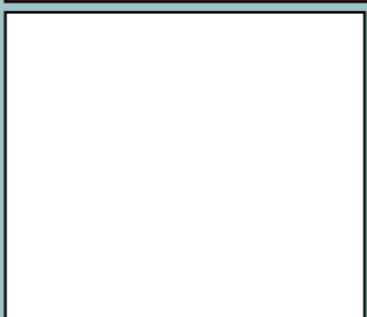
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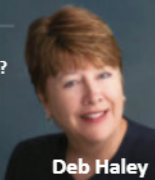
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