

# The Robb Center Report

## Andover's Senior Newsletter

DECEMBER 2023



### What's Inside

#### **Holiday Bazaar: Friday, December 1 from 9:00am to 3:00pm-**

We will be hosting our annual Holiday Bazaar! Featuring a Cookie Walk, White Elephant, Holiday Crafts, Local Vendors, Quilt Raffle, and much more fabulous finds!



#### **Cooking Demonstration by Nutrition Manager Jim Swasey:**

**Tuesday, December 12 at 1:30pm-** Come join us for another wonderful cooking demonstration. Chef Jim Swasey will teach us how to make delicious cream puffs! Registration required on [myactivecenter.com](http://myactivecenter.com), by calling 978-623-8320 or by stopping by the front desk.



#### **12 Barz Band Performance: Thursday, December 14 at 6:00pm-**

12 Barz Band is a celebrated classic R&B, vocal and horn band. Featuring strong vocals, great musicianship and dance-ability. You will love their show! Registration requested on [myactivecenter.com](http://myactivecenter.com), by calling 978-623-8320 or by stopping by the front desk.



*Sponsored by Andover Senior Community Friends.*

**Holiday Luncheon: Thursday, December 21 at 12:00pm-** Enjoy a traditional holiday meal & dessert! The Chamber Choir from AHS will be performing. Tickets go on sale Monday, December 4 at 8:00am for Andover residents and December 6 for non-Andover residents. Cost: \$10. Limited seats available.

**Andover residents-** Reminder, we have a scholarship available for low income residents to assist with the cost of all our events. For more information, contact the Director, Jane Burns.



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**Director of Elder Services**

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**Supportive Day Program  
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**Nutrition Staff**

Jim Swasey, Nutrition Manager  
James.swasey@andoverma.us  
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 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

**Trivia and Tunes: Wednesday, December 6 at 1:30pm-** Looking for something fun and new to do? Grab some friends and join us for the upcoming Trivia and Tunes game. Trivia and Tunes combines questions across a broad variety of categories with musical clues from artists like Frank Sinatra, The Supremes, Dean Martin, Ella Fitzgerald and Elvis. Hosted by Vin Pisacreta. Registration requested.

**Dull Men's Club: Thursday, December 7 & 21 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.



**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. *Sponsored by Andover Senior Community Friends.*

**Andover Photography Connection (APC): Friday, December 8 at 10am-**

Join this group of photo enthusiasts to share photography techniques, interests & experiences.



**The Land Down Under: Hiking New Zealand by Colleen Reynolds. Friday, December 8 at 10:00am-** A newlywed couple shares photos, stories and insights from their four month trek across New Zealand. Come learn about this beautiful island country. Registration requested.

**Non-Fiction Book Club: Monday, December 11 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).

**Cognition & Aging Cognition Presentation by Encompass Health: Wednesday, December 13 at 1:30pm-** Cognition & Aging Cognition, which is the ability to think, learn and remember clearly, is important for overall brain health. Learn the important components of cognition and how it affects our daily life. We will also discuss tips and strategies to maintain our cognition, as well as strategies to compensate for cognition difficulties.

**Zentangle Workshop: Friday, December 15 at 1:00pm-**



Instructor, Jean Stewart will teach students the art of Zentangle by an instructor guided stroke by stroke method of creating tile art. Zentangle focuses on a process that frees the mind from stress. If you can write your name, you can learn to Zentangle! No materials needed. Registration required. **Cost: \$7.00.**

**Island Lore: Shipwrecks, Mayhem, Lighthouses and Photography off the New England Coast by Bruce Magnuson: Tuesday, December 19 at 1:30pm-** Take a trip up the New England coast from Massachusetts to Maine and explore some of the many stories associated with this region. Focusing on Thacher Island, the Isles of Shoals and Boon Island, Bruce will interweave tales from these fascinating locales with photographs from trips to these islands. Registration requested.



**Men's Breakfast: Tuesday, December 19 at 8:30am-** Enjoy pancakes, sausages, home fries, orange juice & coffee. A.S. Kyle will be speaking on his book, *Courageous Dissent: The History Behind the Vietnam Warfighting Strategy and the Five Marine Generals Who Advocated Alternatives, 1965-1969.* Registration required.



**Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: Wednesday, December 27 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, December 28 at 1:30pm-** This group discusses a different book every month. *This group is currently full.*



**Everyday:**

**Congregate Lunch: Monday through Friday at 12:00pm-** Join us for Congregate Lunch. Reservations for congregate 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.

**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**

**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. *This group is full.*

**Mah Jongg: 1:00pm-3:00pm**

**Social Bridge: 1:00pm-3:30pm**

**Short Stories Group: Best American Short Stories 2023** discussion. Beginning **Monday, January 29 at 1:00pm-** The editors for this year are Min Jin Lee & Heidi Pitlor. Paper and digital editions are available online and some local sources. **No meetings in December.** To register contact Eileen Reilly [eileenreilly42@gmail.com](mailto:eileenreilly42@gmail.com).

 <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 978-263-0006 GenerationsLawGroup.com</p> <p>Wills, Trusts, &amp; Estate Planning Long Term Care &amp; Medical Planning Guardianships &amp; Conservatorships Probate &amp; Trust Administration</p> <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](http://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:

**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 10:00am: 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**

**Social Bridge: 1:00pm-3:30pm**

**Walking Hours at the Cormier Youth Center:** Through the month of December- Every Tuesday from 8:30am-10:00am & Friday from 9:00am-11:00am. 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.



**\*Walking Hours at The Cormier Youth Center will discontinue during construction of Doherty Middle School this winter. We will not hold walking hours starting in January. We apologize for the inconvenience.\***



**Women's Outdoor Adventure Group (WOAG): Thursday, December 14.** Location TBD. Hiking season has returned! Please contact Jane at [fleecy1.godmother@verizon.net](mailto:fleecy1.godmother@verizon.net) for updates.

For any participation in Adventure Groups, participants must sign our "Waiver for 2023" form once a year (found on our website, [www.andoverma.gov/227/Elder-Services](http://www.andoverma.gov/227/Elder-Services)). For each individual hike, participants must register on [myactivecenter.com](http://myactivecenter.com) or by calling us at 978-623-8320.

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

**YMCA Class Opportunities at The Robb Center:** Join us for a **free** drop-in class through the end of the year. This class is 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.



**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: 8:00am-4:00pm, Tuesday: 10:30am-4:00pm, Wednesday: 8:00am-4:00pm, Thursday: 8:00am-8:00pm and Friday 8:00am-4:00pm. This room is free to Andover residents and \$100 a year for non-Andover residents. To schedule an orientation register on [myactivecenter.com](http://myactivecenter.com) or by calling at 978-623-8320. Orientations are typically held on Tuesdays at 10:30am by Denise Boucher.





LET'S GO SHOPPING WITH THE ROBB CENTER!



Monday, December 4 & 18: Walmart in North Reading

Tuesday, December 5 & 19: Target in Wilmington



Monday, December 11: Downtown Andover

Tuesday, December 12 & 26: Rockingham Mall



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

**Bus Trips:**

**Massachusetts State House: Wednesday, January 10, 2024-** Join our State Legislators as they host a tour and luncheon at the State House. Leave Andover at 9:00am and return by 2:30pm. Andover residents only. Call 978-623-8320 to book your trip. This trip involves considerable walking, if you require accommodations, please let us know. No cost for this trip.

**Andy Cooney Irish Celebration: Wednesday, March 06, 2024-** Enjoy the sights and sounds of Ireland with Andy Cooney, The Guinness Irish Band and Emerald Fire Irish Dance! With George Casey, Irish Comedian and Ciara Fox, Irish Folk Singer. Times to be advised. Cost: \$129.00, includes lunch. Andover residents only. Call 978-623-8320 to book your trip!

*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.*

**Rides to The Robb Center:** We provide transportation to and from The Robb 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.

**Bereavement Support Group:**  
**Wednesday, December 6 and 20 at 2:00pm-** This group meets on the first and third Wednesday of the month. 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.  
*Registration Required.*



**Parkinson’s Disease Support Group: Thursday, December 14 at 1:30pm-** Dr. Peter Dempsey, Clinical Assistant Professor of Neurosurgery, Tufts University School of Medicine and currently practicing at Lahey clinic Hospital in Burlington, MA. Dr. Dempsey will give “An update on Deep Brain Stimulation Therapies”.  
*Registration required.*

**Family Caregiver Support Group:**  
 The next meeting will be **Monday, December 18 at 1:30pm-** Please join us at The Robb Center for a support group for family caregivers to connect with others, share concerns, and learn about available resources. *Registration requested.*

**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.

Happy Holidays! The holiday month of December will be a very busy and enjoyable time at the Supportive Day Program. We have planned a variety of activities celebrating Hanukkah, Christmas, and Kwanzaa. We will deck the halls, make holiday cards for our friends, light the menorah, and decorate the Christmas tree. We will gather for the Holiday Luncheon and make merry with good food and wonderful musical entertainment. Wishing you and yours a happy, healthy and joyful holiday season. 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.



**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 (OE): 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.

**Hearing Aid Checks/Cleanings & Hearing Screenings:**

**Friday, December 8 from 9:30am to 10:30am-** By Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



**Fix-IT Shop: Monday, December 11 from 1:00pm-3:00pm.**

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: Wednesday, December 13 from 9:00am to 11:00am-** The Merrimack Valley YMCA mobile food pantry will be at The Robb Center the 2<sup>nd</sup> Wednesday of every month. The mobile food pantry will be here and Food bags will be distributed on a first-come, first served basis.

**Ask the Lawyer: Monday, December 18 at 9:00am-** 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.

**Brown Bag "Mobile Market": Tuesday, December 26 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 call 978-683-7747.



**Mend-It Shop: No Dates for December.** The next date is **Friday, January 12 from 1:00pm-3:00pm:** 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.*



**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!



**Blood Pressure Clinics: Thursdays from 10:00am-11:30am-**

Drop-in free clinic conducted by the Board of Health.



**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.



**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>.

**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.



## DECEMBER 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu items subject to change.</p> <p>With <b>24 HOUR NOTICE</b> a veggie burger can be served at congregate lunch instead of <b>planned</b> meal.</p> <p>For a large print calendar, please see the front desk.</p>				<p>1</p> <p><b>HOLIDAY BAZAAR</b> <b>FROM</b> <b>9:00AM - 3:00PM</b></p> <p>9:30 ESL 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>4</p> <p>9:00 Sunrise Singers 9:00 Quilting Group 10:00 Walmart <b>Vegetable Lasagna</b> 12:00 Noontime Dance 1:00 Matinee 1:00 Hand &amp; Foot 1:00 Ping-Pong</p>	<p>5</p> <p>9:00 Comfort Critters 10:00 Tech Help 10:00 Target <b>Orange Beef</b> 1:00 Mah Jongg 1:00 Social Bridge <b>1:30 Happiness At Any Age— Discovery Center</b></p>	<p>6</p> <p>9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff <b>Hot Dog</b> 12:30 Knit Wits 1:00 Acrylic 1:15 Tap Class <b>1:30 Trivia &amp; Tunes</b> 2:00 Bereavement</p>	<p>7</p> <p>10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Birthday Social</b> 1:00 Duplicate Bridge 2:00 Ping Pong <b>6:00 LGBTQ+</b></p>	<p>8</p> <p>8:30 French Group 9:30 Hearing Aid <b>10:00 New Zealand</b> 10:00 ACCC 10:00 Social Circle 10:00 Andover Photo <b>Beer Battered Fish</b> 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>11</p> <p>9:00 Sunrise Singers 10:00 Non-Fiction 10:00 Downtown <b>Grilled Chicken</b> 12:00 Noontime Dance 1:00 Matinee 1:00 Fix-it Shop 1:00 Hand &amp; Foot 1:00 Ping-Pong</p>	<p>12</p> <p>9:00 Comfort Critters 10:00 Tech Help 10:00 Rockingham Mall <b>10:00 GLCAC Beef &amp; Bean Quesadilla</b> 1:00 Mah Jongg 1:00 Social Bridge <b>1:30 Cooking Demo</b></p>	<p>13</p> <p><b>9:00 Food Pantry</b> 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff <b>Chicken w/Peppers</b> 12:30 Knit Wits 1:00 Acrylic 1:15 Tap Class <b>1:30 Encompass Cognition</b></p>	<p>14</p> <p>9:00 WOAG 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Cheese Ravioli</b> 1:00 Duplicate Bridge 1:30 Parkinson's 2:00 Ping Pong <b>6:00 12 Barz Band</b></p>	<p>15</p> <p>8:30 French Group 9:30 ESL 10:00 Social Circle <b>Shrimp Scampi</b> 1:00 45s 1:00 Social Bridge <b>1:00 Zentangle</b> 2:00 Tai Chi Fan</p>
<p>18</p> <p>9:30 Ask the Lawyer 9:00 Sunrise Singers 9:00 Quilting Group 10:00 Walmart <b>Turkey Cutlets</b> 12:00 Noontime Dance 1:00 Matinee 1:00 Hand &amp; Foot 1:00 Ping-Pong 1:30 Caregiver</p>	<p>19</p> <p><b>8:30 Men's Breakfast</b> 9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help 10:00 Target <b>BBQ Pulled Pork</b> 1:00 Mah Jongg 1:00 Social Bridge <b>1:30 Island Lore</b></p>	<p>20</p> <p>9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff <b>Chicken w/Rosemary</b> 12:30 Knit Wits 1:00 Acrylic 1:15 Tap Class 2:00 Bereavement</p>	<p>21</p> <p>10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Holiday Luncheon</b> 1:00 Duplicate Bridge 2:00 Ping Pong</p>	<p>22</p> <p>8:30 French Group 10:00 ACCC 10:00 Social Circle <b>Potato Crunch Haddock</b> 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>25</p> <p style="text-align: center;"><b>THE ROBB CENTER IS CLOSED TODAY.</b></p> <p style="text-align: center;"> <b>HAPPY HOLIDAYS!</b></p>	<p>26 NO FITNESS CLASS</p> <p>9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help 10:00 Rockingham Mall <b>Chicken Meatball Sub</b> 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>27 NO FITNESS CLASS</p> <p>9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff <b>Orange Chicken Tenders</b> 12:30 Knit Wits 1:00 Healthy Eating 1:15 Tap Class</p>	<p>28 NO FITNESS CLASS</p> <p>10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Shepard's Pie</b> 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping Pong <b>6:00 Dance Party</b></p>	<p>29 NO FITNESS CLASS</p> <p>8:30 French Group 9:30 ESL 10:00 Social Circle <b>Spinach Pie</b> 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>



## WHY MOVE WHEN YOU CAN STAY HOME?

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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.

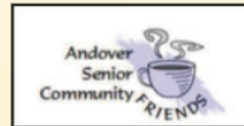
## Special Events: Registration required for all special events.



- **December 7: 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 live guitar and singing from Bill Foley. Registration required. *Sponsored by Andover Senior Community Friends.*
- **December 14: 12 Barz Band Performance at 6:00pm-** Details on page 1.
- **December 21: CAAA Concert-** Details to follow.
- **December 28: Dance Party with DJ George Landers from 6:00pm-7:30pm-** Join us for a fun night of dancing and socializing. Refreshments will be served. Registration requested.



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**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 December are Friday, December 1 and Tuesday, December 19.** 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.



**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.



**The Andover Commission on Disability (ACOD)** addresses the disability needs of the Town and its residents. This includes ensuring new construction is Americans with Disabilities Act compliant, that accessible parks, playgrounds and outdoor resources are available for all who call Andover home, and to serve as advocates and educators in/around disability rights for full inclusion of people with disabilities. **ACOD** advises and assists Town officials in addressing the needs of people with disabilities and ensures compliance with the state and federal disability laws. For resources and information visit the **ACOD** website at: [acod.mhl.org](http://acod.mhl.org).

**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 1:00pm-4:00pm**



**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 December meeting will be **Wednesday, December 13.**

## MEMORIAL HALL LIBRARY



**The Boston Tea Party - 250 Years Later on Zoom: Saturday, December 16 at 2:00pm-3:00pm:** Join us on the date of the 250th anniversary of the Boston Tea Party for this Zoom webinar. The story of tea has always been infused with intrigue, particularly when it became a flash point for tensions between England and Colonial America. On the 250th anniversary of the Boston Tea Party (December 16, 1773), learn about the brewing political problems tea presented in its history with Anglophile and former UK resident Claire Evans. Then, author, genealogist, librarian, and former UK resident Debra Dudek examines the history of the Boston Tea Party's most famous partiers (and phonies), as well as how to trace bona fide participants through lineage societies and historical groups. **Register at <https://mhl.org>.**

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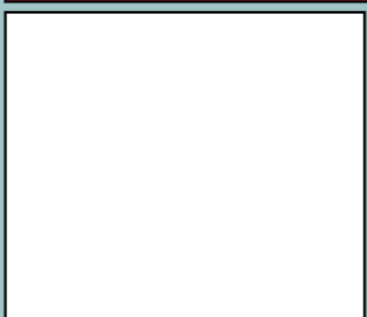
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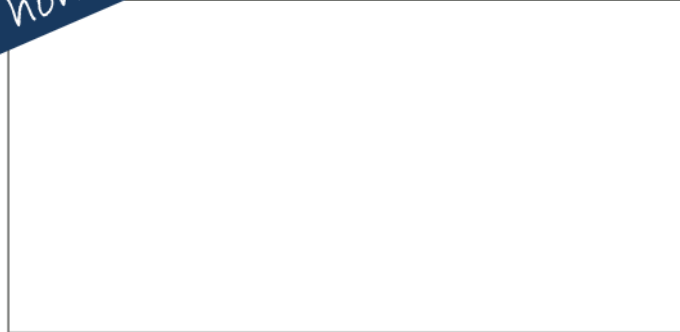
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