

The Robb Center Report

Andover's Senior Newsletter

JANUARY 2024



What's Inside

Artificial Intelligence (AI) Presentation by Max Li: Thursday, January 11 at 6:30pm- Introduction to Artificial Intelligence. This talk will briefly talk about the basic concepts and history of Artificial Intelligence (AI). In addition to lecturing, Max will do a live demonstration using Bright Eye and ChatGPT. Registration requested.



Historic Ballardvale Village Photo Tour by the Andover Center for History and Culture: Tuesday, January 16 at 1:30pm-

Join us for a photo tour of historic Ballardvale Village. The tour starts at the Marland/Bradlee Mill area and takes you through the downtown. You'll learn about Industries, architecture, canoeing, dance pavilions, the German Club and a murder on Pole Hill all through great photos preserved at the Andover Center for History and Culture. Presented by Marty Belscher. Sponsored by Andover Senior Community Friends.



Timekeeping & Timekeepers in Early New England By Bob Frishman: Wednesday, January 17 at 1:30pm- This lecture offers a history of clocks and watches in New England beginning with the arrival of the Mayflower up to the adoption of standard time by the railroads in the late 19th century. It includes more than 100 digital images. It will also highlight Henry David Thoreau's banjo clock and his thoughts on the regularly scheduled trains passing the cabin on Walden Pond.



Monster by David McGrath: Wednesday, January 31 at 1:30pm-

David McGrath will be presenting his book *Monster*, which details the disappearances of young boys in the 1970s in the New England area. Forty children went missing. How? A sex ring operated with many young boys being tangled up in it and some went missing, some were murdered. He tells the story through the life and times of one man who operated in the ring and was a multiple child murderer who operated from Providence to Lawrence.



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AndoverElderServices



andover_elder_services

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

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 GUIDANCE

The Robb Center is in the unique position of following both school and town guidelines for weather related delays and cancellations. When **Town offices** are closed due to inclement weather, The Robb Center is closed and programs including transportation are cancelled. When a storm is predicted to end by noontime, please contact The Robb Center to verify if we are open or closed, or visit www.andoverma.gov/storm or dial 311 within Andover.

Massachusetts Equipment Distribution Program (MassEDP): Wednesday, January 3 at 1:30pm-

This program provides adaptive telephone equipment to people who have difficulty using the telephone due to issues such as hearing or vision loss and provides independent phone communication with the ability to contact 911 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little to no cost, based on income level. These disabilities include: deaf/hard of hearing, blind/low vision, motion, cognitive, and speech.

Dull Men's Club: Thursday, January at 4 and 18



10:00am- Join in on an informal round table discussion of current events, history, technology, medicine, sports and travel. Share an anecdote or joke with your fellow "Old Guy's". We do not discuss politics or religion.

Non-Fiction Book Club: Monday, January 8 at 10:00am-

This club explores contemporary issues, history, biography and more. Group contact is Joanne at joannedahlgrenma@gmail.com.

Shotgunned: Tuesday, January 9 at 1:30pm-

Dana Owen is the author of *Shotgunned*, a true crime thriller that tells the story of a Massachusetts Police Officer who is shot in the line of duty. The officer is left for dead and fights for life. This story is very personal to Dana, because he was that Police Officer!

Age Does Matter: Exploring Cannabis Use Among Older Adults: Wednesday, January 10 at 1:30pm-

Dr. Gruber will share important terms and concepts related to cannabis use among older adults. She will share data from studies of older adults who use medical cannabis, potential benefits and risks.

Andover Photography Connection (APC): Friday, January 12 at 10:00am-

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

Men's Breakfast: Tuesday, January 16 at 8:30am-

Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. Gene Krause will speak on mid-1950s revolutionary changes in the theatre. Registration required. \$6 fee.

The Evolution of Presidential Campaigns: Thursday, January 18 at 2:30pm-

The Evolution of Presidential Campaigns: 1788 to 2024. Join presidential historian and professor Rich Padova as he discusses the history and development of presidential campaigns from the time of George Washington up to the current 2024 race. Enjoy a viewing of historic campaign artifacts!

Downsizing Seminar: Tuesday, January 23 at 1:30pm-

Discover strategies, legal considerations and expert advice to streamline the downsizing process. As part of the presentation, participants are welcome to bring one item for an antique dealer to evaluate.

Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: Wednesday, January 24 at 1:00pm-

Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!

Northeast Rehab: "A speech therapist does that?"

Wednesday, January 24 at 1:30pm-

Learn about the role of a Speech Language Pathologist and the different areas that are assessed and treated. Some areas will include Aphasia, Apraxia, Dysarthria, Cognitive-Linguistic Deficits, Voice Disorders, Fluency Disorders, Dysphagia/Swallowing.

Birthday Social: Thursday, January 25 at 12:00pm-



All are welcome! Entrée will be Roast Turkey. Music by Jon Mansfield. Delicious desserts & raffle from Wingate. Registration required. Sponsored by Andover Senior Community Friends.

Book Club: Thursday, January 25 at 1:30pm-

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

English Afternoon Tea: Tuesday, January 30 at 1:30pm-

Enjoy a fun time with Tea Sommelier, Allyson Irish. She will share history related to the tradition of English Afternoon Tea and the woman who started this tradition. You will learn fun tea facts while taste testing two types of teas with tea biscuits. Registration required. Sponsored by Andover Senior Community Friends.

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. **The 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 and Heidi Pitlor. Paper and digital editions are available online and some local sources. To register contact Eileen Reilly eileenreilly42@gmail.com.



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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.

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 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.

Zentangle Workshop: Friday, January 19 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.**



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 10:00am: 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.

45s Card Playing: 1:00pm-3:30pm

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



Women’s Outdoor Adventure Group (WOAG):

NO SCHEDULED HIKES FOR THE MONTH OF JANUARY. Be on the look out for a flyer if conditions are good for either hiking or snow shoeing, we will let you know.

Please contact Jane at fleecy1.godmother@verizon.net for updates.

For any participation in Adventure Groups, participants must sign our Participation Waiver for 2024 form once a year found on our website, www.andoverma.gov/227/Elder-Services. For each individual hike, participants must register on 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 an 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 Opportunity at The Robb Center: Join us for a free drop-in class. This class is sponsored by Andover Home for the Aged People. (AHAP)

Yoga Class with Soki: THIS CLASS WILL BE ON BREAK IN JANUARY. CLASSES RESUME IN FEBRUARY.

February on 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**
- 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 or by calling 978-623-8320. Orientations are typically held on Tuesdays at 10:30am by Denise Boucher.



LET'S GO SHOPPING WITH THE ROBB CENTER!



Tuesday, January 2, 16 & 30: Target in Wilmington



Monday, January 8 & 22: Downtown Andover



Tuesday, January 9 & 23: Rockingham Mall



Monday, January 29: Walmart in North Reading



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

Bus Trips:

Peabody Essex Museum: Wednesday, January 10 at 9:30am-2:30pm (approximately)- Join us at the Peabody Essex Museum. Lunch following at a location TBD. Andover residents only. Cost: \$8.00 for transportation. Call 978-623-8320 to book your trip.

Cape Ann Museum: Wednesday, January 17 at 9:30am-2:30pm (approximately)- Join us at the Cape Ann Museum in Gloucester. Lunch following at a location TBD. Andover residents only. Cost: \$8.00 for transportation. Call 978-623-8320 to book your trip.

Andy Cooney Irish Celebration: Wednesday, March 6. Times to be advised- 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. 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.

Uber Pilot Program: The Robb Center is now offering Uber Vouchers **to and from The Robb Center** for Andover residents age 60+. This program is available when the standard Division transportation is unavailable. Please call 978-623-8320 for details and eligibility information.

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: This volunteer driver service provides door to door transportation for medical appointments. Contact Ashley English at 978-623-8320 for program details and eligibility.

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.

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:

We are actively seeking a new facilitator for this group. This group is on hold until further notice. We will keep members up to date with any new information. Thank you for your patience.

Parkinson’s Disease Support Group: Thursday, January 11 at 1:30pm-

Assisted Living 101: What you need to know about this important community resource. Speaker Eileen Donovan-Elliot, Community Sales Director, Brightview Senior Living. Registration required.

Family Caregiver Support Group: Monday, January 22 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 New Year! The Supportive Day Program enjoyed a very festive month of December 2023. The group had fun making holiday cards, trimming the Christmas tree, and lighting the menorah to celebrate Hanukkah. We decorated holiday cookies with the students from Andover High School, sang holiday songs with our music therapist, and feasted at Holiday Luncheon. This month, the group will welcome the New Year by examining New Year traditions from around the world. We will stay warm with a hot chocolate bar and learn about hardy winter birds of Massachusetts. 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.



Hearing Aid Checks/Cleanings & Hearing Screenings:
Friday, January 5 from 9:30am to 10:30am- By Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Fix-IT Shop:
Monday, January 8 and 22 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, January 10 from 9:00am to 11:00am- The Merrimack Valley YMCA Mobile Food Pantry will be at The Robb Center the 2nd Wednesday of every month. The mobile food pantry will be here and food bags will be distributed on a first-come, first served basis.

Mend-It Shop: 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.*

Ask the Lawyer: Monday, January 22 at 9:30am- 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 or immigration questions, please.

Brown Bag “Mobile Market”:
Tuesday, January 23. Pick up 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 at The Robb Center. Applications through AgeSpan, call 978-683-7747.

Tax-Aide Program by AARP Foundation: Wednesday, January 31 at 11:00am. Keith Wollman will hold an informational meeting about the important tax changes for the 2023 tax year.

Diabetic Shoe Clinic: Book your appointment for Wednesday, February 14. Appointments start at 1:30pm and will be booked in chronological order. Attention, Adults with Diabetes! You are eligible to receive a pair of Diabetic shoes and inserts FREE to you if you are Diabetic! Many insurances cover this. Please bring all your insurance cards, doctor’s order by your primary care MD and other required information (pick up paperwork at front desk). Make your fitting appointment by calling 978-623-8320 or by stopping at the front desk.
www.drcomfort.com
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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. Your health insurance plans are an important part of your budget and **SHINE** is available all year to help you review your plan, your costs and will ensure that you have access to all cost-saving programs you may be eligible for. 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!



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



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.



JANUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 CLOSED NEW YEAR'S DAY</p> 	<p>2 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Baked Mac & Cheese 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>3 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Beef Stew 12:30 Knit Wits 1:15 Tap Class 1:30 MassEDP</p>	<p>4 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Stuffed Chicken 1:00 Duplicate Bridge 2:00 Ping-Pong 6:00 LGBTQ+</p>	<p>5 8:30 French Group 9:30 Hearing Aid 10:00 ACCC 10:00 Social Circle Hot Dog 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>8 9:00 Sunrise Singers 9:00 Quilting Group 10:00 Non-Fiction 10:00 Downtown Baked Ziti Bolognese 12:00 Noontime Dance 1:00 Fix-It Shop 1:00 Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>9 9:00 Comfort Critters 10:00 Tech Help 10:00 Rockingham Mall Chicken Pot Pie 1:00 Mah Jongg 1:00 Social Bridge 1:30 Shotgunned Presentation</p>	<p>10 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Coconut Curry Flounder 12:30 Knit Wits 1:15 Tap Class 1:30 Age Does Matter: Exploring Cannabis</p>	<p>11 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Cheese Ravioli 1:00 Duplicate Bridge 1:00 GLCAC Fuel 1:30 Parkinson's 2:00 Ping-Pong 6:30 Artificial Intelligence Presentation</p>	<p>12 8:30 French Group 9:30 ESL 10:00 Social Circle 10:00 Andover Photo Chicken Florentine 1:00 Mend-It Shop 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>15</p> 	<p>16 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Italian Sausage & Peppers 1:00 Mah Jongg 1:00 Social Bridge 1:30 Historic Ballardvale Village Photo Tour</p>	<p>17 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Chicken Piccata 12:30 Knit Wits 1:15 Tap Class 1:30 Timekeeping & Timekeepers</p>	<p>18 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Braised Beef Brisket 1:00 Duplicate Bridge 1:30 Parkinson's 2:00 Ping-Pong 2:30 Evolution of Presidential 6:00 Arthur Bakopolus Quartet Concert</p>	<p>19 8:30 French Group 10:00 ACCC 10:00 Social Circle Baked Haddock 1:00 45s 1:00 Social Bridge 1:00 Zentangle Workshop 2:00 Tai Chi Fan</p>
<p>22 9:00 Sunrise Singers 9:00 Quilting Group 10:00 Downtown Sweet & Sour Pork 12:00 Noontime Dance 1:00 Matinee 1:00 Fix-it Shop 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>23 9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help 10:00 Rockingham Mall Chicken Tenders 1:00 Mah Jongg 1:00 Social Bridge 1:30 Downsizing</p>	<p>24 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Beef Fajita Bowl 12:30 Knit Wits 1:00 Healthy Eating 1:15 Tap Class 1:30 Northeast Rehab Speech Therapy</p>	<p>25 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthday Social 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping-Pong 3:30 Korean Culture Sharing Day</p>	<p>26 8:30 French Group 9:30 ESL 10:00 Social Circle Baked Cod 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>29 9:00 Sunrise Singers 9:00 Quilting Group 10:00 Walmart Beef Stroganoff 12:00 Noontime Dance 1:00 Matinee 1:00 Short Stories 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>30 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Chicken Alfredo 1:00 Mah Jongg 1:00 Social Bridge 1:30 English Afternoon Tea</p>	<p>31 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff 11:00 Tax-Aide Program by AARP Stuffed Peppers 12:30 Knit Wits 1:15 Tap Class 1:30 Monster Presentation</p>	<p>Menu items subject to change.</p> <p>With 24 HOUR NOTICE a veggie burger can be served at congregate lunch instead of planned meal. For a large print calendar, please see the front desk.</p>	



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Thursday Night Schedule!



Every Thursday Night:

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

Special Events: Registration required for all special events.



- **January 4: LGBTQ+ & Allies Social at 6:00pm-** Joan Ilacqua, Executive Director of The History Project will present on LGBTQ History 101. Registration requested.
- **January 11: Artificial Intelligence (AI) Presentation by Max Li at 6:30pm-** See page 1 for details.
- **January 18: Arthur Bakopolus Quartet featuring Debbie Larkin Concert with Hot Chocolate at 6:00pm-** Join us for a Concert by Arthur Bakopolus Quartet featuring Debbie Larkin. Popular standards will be performed. Hot Chocolate will be served. Sponsored by Andover Senior Community Friends.
- **January 25: Korean Culture Sharing Day from 3:30pm to 5:00pm-** Join us for an exciting day where Korean traditional games come to life. Korean students will be bringing a selection of their traditional games and snacks to share! Organized by visiting Korean students at Andover High School.



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State 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 January are Friday, January 5 and Tuesday, January 16.** 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, 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.



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?

To inquire about more information, email: AndoverDiscoveryCenter@gmail.com.



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.

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.

- 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 January meeting will be **Wednesday, January 10.**

MEMORIAL HALL LIBRARY



Fierce Females: Women in Art on Zoom: Wednesday, January 17 at 7:00pm- A Culturally Curious Art Talk with Jane Oneail. Women have long been the subject of art, often depicted as nothing more than objects of desire. How do images of women change when women become the creators? This program examines the history of women in art in brief and then explores the lives, careers and works of several major women artists from the Renaissance to the twentieth century, including Artemisia Gentileschi and Mary Cassatt. Register on Zoom at <https://mhl.org>.

Dana MacKay
Andover Senior Community Friends, Inc.

Thank you, thank you, thank you!

Thank you to you, our three hundred ASCF Members, who sustain this organization year after year. You are the life blood.

Thank you to the hundreds of you who have participated in our annual fundraising events including our Bloomin Flowers, Fall Comfort Food, Poinsettia Sale and Quilt Raffle.

What all of you do enables the ASCF to field otherwise unaffordable events, programs and services through the Robb Center and Andover Elder Services.

In the past year over 2,200 Andover seniors participated in ASCF funded events, programs and services including Aging Mastery, Matter of Balance, lectures and entertainment. Because of you, the lives of Andover Seniors are made better each and every day, year after year.

As of December 15, 2023 I became Past President of the ASCF. I believe wholeheartedly in what the ASCF does and know it will do even more in the future to enrich the lives of even more Andover Seniors.

Thank you from the bottom of my heart!

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.

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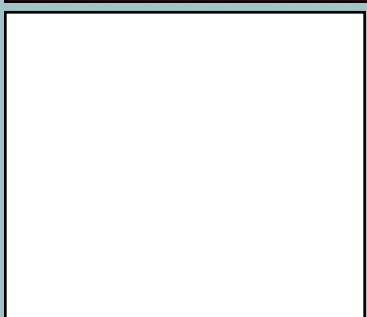
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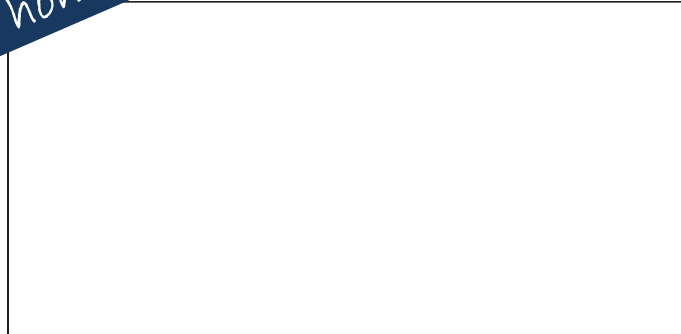
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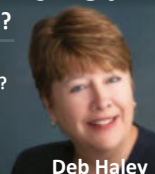
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