

The Robb Center Report

Andover's Senior Newsletter

FEBRUARY 2024



Chinese New Year Celebration: Thursday, February 15 from 10:00am-1:00pm- Join us to celebrate Chinese New Year!

The Andover Chinese Charm Circle (ACCC) will perform a combination of dance and music acts that will dazzle the crowd. Afterward, we will serve a Chinese food lunch. Tickets are \$10. Andover residents may purchase tickets starting on Thursday, February 1 at 8:00am. Non-Andover residents may purchase tickets starting on February 5. Registration required.



Memory Laners Valentine's Concert: Thursday, February 15 at 6:00pm- Entertainment includes

songs from the 50s, 60s and 70s. Some artists covered are The Doo-Wops, Louie Armstrong, Roy Orbison, The Everly Brothers, Sonny and Cher, Elvis and many more! Hot Chocolate will be served.

Sponsored by the Andover Senior Community Friends. Registration requested.



Grandparent Babysitting Program: Tuesday, February 27 from 9:00am to 12:00pm- This program is taught by certified Safe Sitter® Instructors. Participants will learn how to provide the best and safest care for their grandchildren. They will also learn the latest information on how to safely care for infants and children and how to manage the behavior of children of all ages, in addition to life-saving skills such as choking rescue, first aid, and injury management. This program is for seniors **actively** caring for younger children. Andover residents will get preferred registration. This program is free for Andover residents. Seats limited. Registration required.



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SOCIAL MEDIA

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.

Dull Men's Club: Thursday, February 1 and 15

10:00am- The DMC meets at The Robb Center on the first and third Thursday of every month. Come along and 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.



Space Travel: The Next Generation, Real or Fantasy? By Scott Flaig.

Wednesday, February 7 at 1:30pm- Mankind's pursuit of exploration seems to be embedded in our DNA. When will we go beyond our solar system? What will the future hold? Will an artificial intelligent being take our place? What will these beings look like? Will science fiction become real?



Andover Photography Connection (APC): Friday, February 9 at 10am-

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



Non-Fiction Book Club: Monday, February 12 at 10:00am-

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



The Tea Story by Joe Ponti:

Tuesday, February 13 at 1:30pm- Joe Ponti, a frequent presenter at The Robb Center, will tell a fascinating story about tea from its origin in China nearly 4,000 years ago to its widespread consumption across the world today, second only to water. Registration required.



Men's Breakfast: Tuesday,

February 20 at 8:30am- Enjoy pancakes, sausages, home fries, orange juice & coffee. Learn about Andover trails and other outdoor opportunities from the Andover Conservation Director, Bob Douglas. Registration required. \$6 fee.



The Music of the Civil Rights Movement (1940-70)

by John Clark: Wednesday, February 21 at 1:30pm- In honor of Black History Month, this program begins with a controversial Marian Anderson concert and a sad and sobering Billie Holiday song. Then we will hear songs leading up to the Civil Rights Movement. The rest of the program is devoted to the history of 1950s and 1960s anthems ranging from Bob Dylan to Sam Cooke and many others that were influential and reflected greater public awareness of the need for change and racial justice. Sponsored by Andover Senior Community Friends.



Birthday Social: Thursday, February 22 at 12:00pm-

All are welcome! Entrée will be Meatloaf. Music by Michael Driscoll. Delicious desserts & raffle from Reading Cooperative Bank. Registration required. Sponsored by Andover Senior Community Friends.



Book Club: Thursday, February 22 at 1:30pm-

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



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

February 28 at 1:00pm- Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!



Movement Disorders: How Acute Rehabilitation Can Help. Wednesday, February 28 at 1:30pm-

Do you know that 10% of adults (18+) in Massachusetts have a mobility disability? Movement disorders such as Parkinson's Disease, Ataxia and Huntington's Disease can affect an individual's mobility. Learn how acute rehabilitation can help improve movement and slow symptom progression. Presentation by Arianna Tello from Encompass Health.



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.

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: Monday, February 5 & 19 at 1:00pm- The group will meet on Zoom. Best American Short Stories 2023 discussion. 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 EileenReilly at 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.

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



Spring Session: February 26 until May 3



10 weeks for \$33

- Registration opens on Wednesday, February 14 at 1pm for Andover residents and Friday, February 16 at 1pm 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)
- If you are unable to register online, you may still register in-person at the Front Desk.
- For more information and to view the fitness brochure, visit our website:
<https://andoverma.gov/227/Elder-Services>
- We do offer a scholarship fund for those in need of assistance. Please contact Jane Burns, Director, for more information.

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
Body, Bones & Balance with Andrea	Thursdays at 1:00pm	In-Person Only
Yoga for Older Guys & Gals with Ben	Thursday at 4:00pm	Hybrid
Strength Training with Barb	Fridays at 8:30am	Hybrid
Move & Groove with Lourdes	Fridays at 9:30am	In-Person Only
Pilates Fundamentals with Lourdes	Fridays at 10:30am	In-Person Only
NEW- Chair Based Yoga with Ben	Fridays at 12:00pm	In-Person Only

YMCA Class Opportunity at The Robb Center: Join us for a free drop-in class. Sponsored by Andover Home for the Aged People. (AHAP) **Yoga Class with Soki: February on Tuesdays at 2:30pm-** This is a gentle & therapeutic yoga for everyone. Benefits include softening tight/stiff neck & 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 & 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 or call 978-623-8320. Orientations are held on Tuesdays at 10:30am by Denise Boucher.



LET'S GO SHOPPING WITH THE ROBB CENTER!
HOME PICK UP STARTS AT 10:00AM



Monday, February 5 - Walmart in North Reading
Monday, February 12 & 26 - Downtown Andover

Tuesday, February 6 & 20 - Target in Wilmington
Tuesday, February 13 & 27 - Rockingham Mall

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

Bus Trips:

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.

Lake George Balloon Festival:

Friday, September 20 through 22- Have you ever wanted to go up in a balloon? Join us for a weekend at Lake George to attend the balloon festival! Cost: \$699.00 per person for double occupancy. \$899.00 for single occupancy. Includes: motor coach, 2 nights hotel, a Lake George cruise, 3 meals and access to the festival. Andover residents only to start. *Optional trip cancellation insurance is highly recommended.

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.

Parkinson’s Disease Support Group: Thursday, February 8 at 1:30pm- How does exercise impact Parkinson’s Disease? Heather Lewis, PT, MSPT, Gordon College Center for Balance & Mobility will help to answer this question.



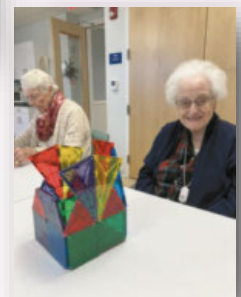
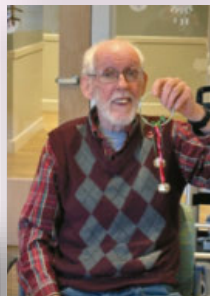
Bereavement Support Group: Wednesday, February 14 at 2:00pm- Join us for a Bereavement Support Group lead by a representative from Tufts Medicine, Care at Home. Our group supports each other and discusses some of the ways the loss of someone significant can affect our lives. Cookies & water will be provided. Registration required.



Family Caregiver Support Group: Monday, February 26 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 February! The new year is rolling along. The weather outside may be frightful, but we are keeping active and busy here at the Supportive Day Program. We are very excited to keep the new year’s festivities going by participating in the Chinese New Year Celebration. We are looking forward to having The Andover Chinese Charm Circle entertain us with a variety of dance and musical performances. We will mark Black History Month by attending The Music of the Civil Rights Movement (1940-70) by John Clark. Of course, February is the month we celebrate love. We will honor love by incorporating the theme in our arts, crafts and daily activities. 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, February 2 from 9:30am to 10:30am- By Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Mend-It Shop: Friday, February 9 and 23 from 1:00pm to 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, February 12 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.



Fix-IT Shop: Monday, February 12 and 26 from 1:00pm to 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, February 14 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.

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

www.Anodyneshoes.com

Brown Bag "Mobile Market": Tuesday, February 27 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.



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. 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.



FEBRUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>			<p>1 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Vegetable Lasagna 1:00 Duplicate Bridge 2:00 Ping-Pong 6:00 LGBTQ+</p>	<p>2 8:30 French Group 9:30 Hearing Aid 10:00 ACCC 10:00 Social Circle Beer Battered Fish 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>5 9:00 Quilting Group 10:00 Walmart Chicken Marsala 12:00 Noontime Dance 1:00 Matinee 1:00 Short Stories 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>6 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Sloppy Joe 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>7 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Baked Mac & Cheese 12:30 Knit Wits 1:15 Tap Class 1:30 Space Travel</p>	<p>8 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Turkey Tips w/Sage 1:00 Duplicate Bridge 1:30 Parkinson's 2:00 Ping-Pong 3:30 Vietnamese Culture Sharing Day</p>	<p>9 8:30 French Group 9:30 ESL 10:00 Social Circle 10:00 Andover Photo Spinach Quiche 1:00 Mend-It Shop 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>12 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Downtown 10:00 Non-Fiction Braised Beef 12:00 Noontime Dance 1:00 Matinee 1:00 Fix-it Shop 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>13 9:00 Comfort Critters 10:00 GLCAC Fuel 10:00 Tech Help 10:00 Rockingham Mall Chicken Stir fry 1:00 Mah Jongg 1:00 Social Bridge 1:30 The Tea Story</p>	<p>14 9:00 Food Pantry 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Stuffed Shells 12:30 Knit Wits 1:15 Tap Class 1:30 Diabetic Shoe Clinic 2:00 Bereavement</p>	<p>15 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chinese New Year 1:00 Duplicate Bridge 2:00 Ping-Pong 6:00 Memory Laners Valentine's Concert</p>	<p>16 8:30 French Group 10:00 ACCC 10:00 Social Circle Tuna Noodle Casserole 1:00 45s 1:00 Social Bridge 1:00 Zentangle 2:00 Tai Chi Fan</p>
<p>19 CLOSED FOR PRESIDENTS DAY</p> 	<p>20 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Orange Flavor Beef 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>21 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Chicken Pesto 12:30 Knit Wits 1:15 Tap Class 1:30 Music of the Civil Rights Movement</p>	<p>22 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 6:30 AI Text Generation</p>	<p>23 8:30 French Group 9:30 ESL 10:00 Social Circle Lemon Pepper Cod 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>26 9:00 Quilting Group 10:00 Downtown BBQ Chicken 12:00 Noontime Dance 1:00 Matinee 1:00 Fix-It Shop 1:00 Short Stories 1:00 Hand & Foot 1:00 Ping-Pong 1:30 Caregiver</p>	<p>27 9:00 Grandparent Babysitting Program 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help 10:00 Rockingham Mall Stuffed Chicken 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>28 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Beef Chili 12:30 Knit Wits 1:00 Healthy Eating 1:15 Tap Class 1:30 Movement Disorders by Encompass</p>	<p>29 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Meatball Sub 1:00 Duplicate Bridge 2:00 Ping-Pong 6:00 Dance Party with DJ George Landers</p>	 <p>THE ROBB CENTER ANDOVER ELDER SERVICES <i>Embracing Life</i></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.

- **February 1: LGBTQ+ & Allies Social at 6:00pm-** This month we will watch the film "Senior Prom" from the 2022 PBS Short Film Festival. Registration required. 
- **February 8: Vietnamese Culture Sharing Day from 3:30pm to 5:00pm-** Join us for an exciting day where Vietnamese traditional games come to life. Vietnamese students will be bringing a selection of their traditional games and snacks to share with you. 
- **February 15: Memory Laners Valentine's Concert at 6:00pm-** See page 1 for details.
- **February 22: AI Text Generation at 6:30pm-** This talk will focus on how to use AI to generate texts. Text Generation is a subset of Generative AI, which deals with how to generate contents using the generative AI model. Max will use Bright Eye and ChatGPT to generate answers to questions, computer programs and other format of texts, even jokes and love letters.
- **February 29: 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. Sponsored by Andover Senior Community Friends.

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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 February are Friday, February 2 and Tuesday, February 20.** 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.



AARP Foundation Tax-Aide Starting February 6 through April 12 on Tuesdays, 8:30am to 3:30pm & Fridays, 8:30am to 12:30pm. The AARP Foundation is providing tax assistance and preparation through its Tax-Aide program and it's completely free. You'll bring your documents in, have a short interview with the tax preparer, and your return will then be ready in 1-2 hours. You receive a printed copy of the return and we file it electronically on your behalf. Schedule your appointment by calling The Robb Center at 978-623-8320. This program is welcoming and free and is open to taxpayers of all ages. AARP membership is not required. Our volunteers are trained and IRS-certified every year.

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, 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 February meeting will be **Wednesday, February 14.**

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.



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 781-322-1052 or visit <https://smd-help.org>.

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.

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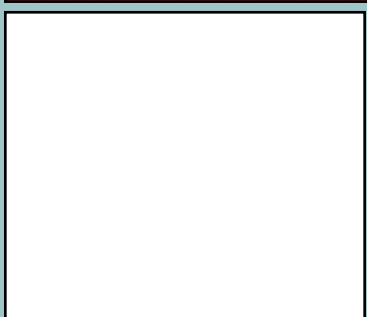
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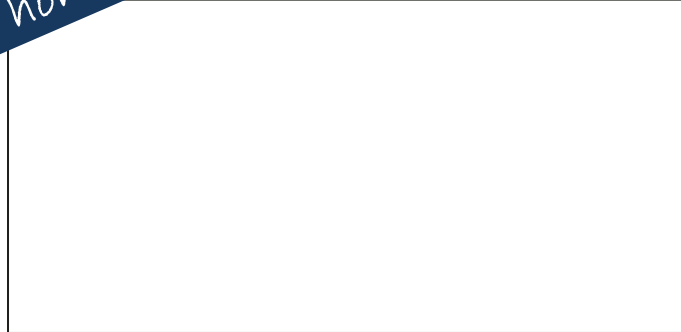
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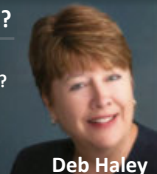
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