

The Robb Center Report

Andover's Senior Newsletter

MARCH 2024



St. Patrick's Day Luncheon: Thursday, March 14 at 11:45am-

Join us for a traditional Corned Beef & Cabbage meal. Music performance by Brian Corcoran at 11:45am. Lunch will be served after the performance. Registration required. Tickets are \$15 for Andover residents and \$20 for non-Andover residents. Tickets go on sale Friday, March 1 for Andover residents. Non-Andover residents may purchase tickets starting March 5. Transportation available to Andover resident ticket holders only. Call Ashley to request a ride. Sponsored by the Andover Senior Community Friends. *Scholarship funds available. Contact Jane Burns, Director, to inquire.



A Matter of Balance: Wednesdays from 9:30am-11:30am starting March 20 through May 15 (8 weeks, no class on April 17)-

This evidence based program from the National Council on Aging is designed to reduce the fear of falling and increase activity levels. The class is two hours long and participants should be available for the full 8 weeks. Free to Andover residents, \$25 for non-Andover residents. Limited seats available. Registration required.

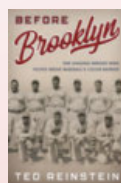


EZ Compliments Indian Cooking Class by Shilpi Ranjan: Wednesday,

March 20 at 1:30pm- Shilpi brings excitement and energy to the cooking experience. She adapts her teaching to the busy life style and abilities of each participant. Her classes offer balanced Indian meals that are easy and diabetes-friendly. She will teach us how to cook lentils, a good source of protein, 3 different ways and we will sample the dishes. Registration required. Cost: \$8.00.

Before Brooklyn: The Unsung Heroes Who Helped Break Baseball's Color Barrier By Ted Reinstein: Thursday,

March 21 at 6:30pm- Hear about when Jack Roosevelt Robinson took the field for the Brooklyn Dodgers on April 15, 1947, he made history by breaking Major League Baseball's longtime ban on Black players. His uniform number (42) is the only one permanently retired by all of Major League Baseball's thirty teams. Sponsored by the Andover Senior Community Friends.



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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.

Women Authors of the 19th Century Andover: Tuesday, March 5 at 1:30pm- This in-person virtual walking tour, you will be introduced to women authors from the 19th century who persevered through the social pressure to be good mothers, wives and nothing more. They dared to be different. You will see pictures of their homes and learn of their association with the November Club and Abbot Academy. By Barbara Bunn from the Andover Center for History and Culture. Sponsored by Andover Cultural Council.

MassEDP Program: Wednesday, March 6 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. 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, March on 7 and 21 at 10:00am- Come along and join in on an informal round table discussion of current events, history, technology, medicine, sports and travel. We do not discuss politics or religion.

Andover Photography Connection (APC): Friday, March 8 at 10am- Join this group of photo enthusiasts to share photography techniques, interests and experiences.

Non-Fiction Book Club: Monday, March 11 at 10:00am- This club explores contemporary issues, history, biography and more. Group contact is Joanne at joannedahlgrenma@gmail.com.

Men's Breakfast: Tuesday, March 19 at 8:30am- Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. Local author, George Kakridas will discuss his book *A Boy Growing Up Under The Nazi Boot* and *The Greek Civil War*. Registration required. \$6 fee.

Probate and Family Court Presentation: Tuesday, March 19 at 1:30pm- Join Judge Jennifer Ulwick from the Essex Probate and Family Court as she provides an overview of actions filed in her Court including guardianship and conservatorship cases.

FIRST "Panfilo Italiano" Club: Thursday, March 21 at 2:00pm- This is a *new* club looking for people that have some knowledge of Italian and would like to practice, rediscover, share, and enjoy the language and culture in a group setting.

The Upside of Downsizing: Tuesday, March 26 from 9:00am to 11:30am- Specialist from multiple areas will offer tips and advice on decluttering, preparing your home to sell and pricing your home, home modification, geriatric care services and financial or legal considerations. Free breakfast and raffle prizes!

Energy Program: Tuesday, March 26 at 1:30pm- The Andover Community Power program was approved by the Department of Public Utilities in January 2024. This means residents will soon have more town-vetted choices when it comes to their electricity supply other than National Grid's Basic Service (disclaimer: savings over Basic Service rates are not guaranteed). Come learn about what a municipal aggregation is, what changes and what stays the same and how to participate!

Healthy Eating Discussion Group Wednesday, March 27 at 1:00pm- Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!

Exploring Medicare Advantage Plans By Blue Cross Blue Shield: Wednesday, March 27 at 1:30pm- Learn about Medicare Advantage Plans, the differences between HMOs and PPOs, and get a closer look at the Blue Cross Blue Shield Medicare Advantage plans. Discover the cost-sharing and extra benefits associated with these plans.

Birthday Social: Thursday, March 28 at 12:00pm- All are welcome! Entrée will be Pot Roast. Music by Tommy Smith. Delicious desserts & raffle from Atria Marland Place. Registration required. Sponsored by Andover Senior Community Friends.

Book Club: Thursday, March 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.

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, March 4 & 18 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 at the Andover TV Studio called "There is Something About Andover". In addition to our shows being aired on the Local Cable Channels, each month we will provide directions of how to access past shows. This month we are featuring "Andover Masterplan". You are a few Clicks away: Andovertv.org, go to watch, programs, TISAA, scroll down to 12/01/22, click arrow in the bottom left hand corner, enjoy!

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 & 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

Tai Chi Fan Dancing Group: 2:00pm



Spring Craft Sale: Thursday, March 28 from 9:00am-8:00pm & Friday, March 29 from 9:00am-1:00pm- Stop by The Robb Center to purchase your spring wreaths, vases, bird houses and more! All proceeds benefit Robb Center Programming.



Volunteer Appreciation Reception

**We couldn't have handpicked better volunteers!
We can't wait to celebrate your friendship and service. Please be sure to save the date and mark your calendars! Formal invitations coming soon.**

MARCH 2024

STAY ACTIVE

Women's Outdoor Adventure Group (WOAG):



March 14 - Indian Ridge/Bakers Time: TBD

March 28 - Breakheart Reservation Time: TBD

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. Sponsored by Andover Home for the Aged People. (AHAP)



Yoga Class with Soki: March 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.

MARCH 2024

WE ARE HERE, TO GET YOU THERE!



LET'S GO SHOPPING WITH THE ROBB CENTER!

HOME PICK UP STARTS AT 10:00AM



Monday, March 4 & 18 - Walmart in North Reading

Tuesday, March 5 & 19 - Target in Wilmington



Monday, March 11 & 25 - Downtown Andover

Tuesday, March 12 & 26 - Rockingham Mall



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

Presidential Primary Election: Tuesday, March 5: Transportation is available at no cost. Seating is limited. Andover residents only. 48 hour notice required. To schedule a ride to your voting precinct, call 978-623-8320.
Special Town Meeting: Monday, March 11 at 7pm at The Collins Center: Transportation is available. Seating is limited. Andover residents only. 48 hour notice required. To schedule a ride, call 978-623-8320.

Bus Trips:

Auschwitz Exhibition: Wednesday, March 27 at 9:30am to 3:30pm (approximately)- Join us to view the Auschwitz Exhibition in Boston at The Castle at Park Plaza. Cost: \$38.00, includes entry ticket and transportation. Lunch: TBD. Call 978-623-8320 for reservations. Andover residents only.

Beach Boys Ultimate Tribute Show: Thursday, April 25 from 10:00am to 2:30pm (approximately)- Take a trip down memory lane with a Beach Boys Tribute Band. Cost: \$129.00 per person. Trip includes transportation, concert and lunch. Andover residents only. Registration required. Call 978-623-8320 and ask for Pat or Nina to book.

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. Call 978/926-8320 for reservations. *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.

Bereavement Support Group: Wednesday, March 6 & 20 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.



Parkinson’s Disease Support Group: Thursday, March 14 at 1:30pm- Join us to hear speaker Janet Zani, NP, from Lahey Clinic, Abbott Neuromodulation, give a talk about “Nutrition and Parkinson's”.



Family Caregiver Support Group: Monday, March 18 at 1:30pm- Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources. This month, Cindy Hession-Richard, Family Caregiver Support Program Facilitator with AgeSpan, will be joining us. 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.

Welcome March! It is one of our favorite months here at the Supportive Day Program. For the month of March, we will be embracing the Irish culture through its music and songs. The program room will be festooned with green arts and crafts. The highlight will be a St. Patrick’s Day Luncheon of corned beef and cabbage and musical entertainment. Wear your green! We will honor the Indian Holi festival and Christian Easter week by discussing their cultural traditions and spreading joy with colorful themed 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, March 1 from 9:30am to 10:30am-
By Wendy Ring from the Andover Hearing Center, LLC.
Drop-in clinic.



Mend-It Shop: Friday, March 8 and 22 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, March 11 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, March 11 and 25 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, March 13 from 10am to 12:00pm-
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.



Brown Bag "Mobile Market":

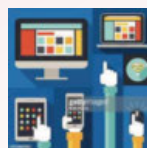
Tuesday, March 26 from 9:00am to 10:30am- This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. Brown Bag may be picked up from The Robb Center between 9:00am-10:30am. Applications available through AgeSpan, call 978-683-7747.



Technology Help Desk-

Tuesdays at 10:00am:

Have questions about your phone, tablet or other device? Our team of tech experts are to help!



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

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



Is your Medicare Plan best for you? If you are currently enrolled in a Medicare Advantage Plan, you can make a change to your coverage **now through March 31.** **This time is called the Medicare Advantage Open Enrollment Period.**



You can change your plan to a different Medicare Advantage Plan, or you can change to Original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget. The changes you make become effective the first day of the following month. Remember that this enrollment period is only for people who already have a Medicare Advantage Plan. However, if you find yourself with any Medicare plan that is not beneficial for you, call **SHINE** any time during the year to determine what your options are. If you are considering a change, or considering a review of your plan, your local **SHINE** counselor will review your plan with you while focusing on your best interest. Call 978-623-8320 for an appointment with a certified **SHINE** Counselor. **SHINE** is a federally funded program to help you navigate Medicare.

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.



MARCH 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu items subject to change. 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> <div style="text-align: center;">  </div>				<p>1 8:30 French Group 9:30 Hearing Aid 10:00 ACCC 10:00 Social Circle Stuffed Shells 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>4 9:00 Quilting Group 10:00 Walmart Orange Chicken Tenders 12:00 Noontime Dance 1:00 Matinee 1:00 Short Stories 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>5 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Turkey Chili 1:00 Mah Jongg 1:00 Social Bridge 1:30 Women Authors of the 19th Century</p>	<p>6 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Sesame-Ginger Beef 12:30 Knit Wits 1:15 Tap Class 1:30 MassEDP Program 2:00 Bereavement</p>	<p>7 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic BBQ Chicken 1:00 Duplicate Bridge 2:00 Ping-Pong 6:00 LGBTQ+</p>	<p>8 8:30 French Group 9:30 ESL 10:00 Social Circle 10:00 Andover Photo Pollock Fish Cakes 1:00 Mend-It Shop 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>11 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Downtown 10:00 Non-Fiction Book Club American Chop Suey 12:00 Noontime Dance 1:00 Matinee 1:00 Fix-it Shop 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>12 9:00 Comfort Critters 10:00 Tech Help 10:00 Rockingham Mall Chicken Cacciatore 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>13 9:30 Crafting 9:30 Parler/Discute 10:00 Mobile Food Pantry 10:30 Write Stuff Turkey Noodle Casserole 12:30 Knit Wits 1:15 Tap Class</p>	<p>14 9:00 WOAG 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic St. Patrick's Day Luncheon 1:00 Duplicate Bridge 1:00 GLCAC Fuel 1:30 Parkinson's 2:00 Ping-Pong 6:30 AI Image Presentation</p>	<p>15 8:30 French Group 10:00 ACCC 10:00 Social Circle Lemon Pepper Cod 1:00 45s 1:00 Social Bridge 1:00 Zentangle 2:00 Tai Chi Fan</p>
<p>18 9:00 Quilting Group 10:00 Walmart Swedish Meatballs 12:00 Noontime Dance 1:00 Matinee 1:00 Short Stories 1:00 Hand & Foot 1:00 Ping-Pong 1:30 Caregiver</p>	<p>19 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Braised Beef 1:00 Mah Jongg 1:00 Social Bridge 1:30 Probate and Family Court Presentation</p>	<p>20 9:30 Matter of Balance 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Stuffed Chicken 12:30 Knit Wits 1:15 Tap Class 1:30 EZ Compliments Indian Cooking Class 2:00 Bereavement</p>	<p>21 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Sweet & Sour Pork Lo Mein 1:00 Duplicate Bridge 2:00 FIRST "Panfilo Italiano" Club 2:00 Ping-Pong 6:30 Before Brooklyn: The Unsung Heroes</p>	<p>22 8:30 French Group 9:30 ESL 10:00 Social Circle Beer Battered Haddock 1:00 Mend-It Shop 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>25 9:00 Quilting Group 10:00 Downtown Chicken Piccata 12:00 Noontime Dance 1:00 Matinee 1:00 Fix-It Shop 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>26 9:00 The Upside of Downsizing 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help 10:00 Rockingham Mall Hot Dog 1:00 Mah Jongg 1:00 Social Bridge 1:30 Energy Program</p>	<p>27 9:30 Crafting 9:30 Parler/Discute 10:30 Write Stuff Cheese Ravioli w/ Bolognese 12:30 Knit Wits 1:00 Healthy Eating 1:15 Tap Class 1:30 Exploring Medicare Advantage Plans</p>	<p>28 SPRING CRAFT SALE 9:00 WOAG 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 AHS Show Choir Showcase</p>	<p>29 SPRING CRAFT SALE 8:30 French Group 10:00 ACCC 10:00 Social Circle Coconut Curry Flounder 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</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.

- **March 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 a presentation on how to destress and relax by Laura Cardillo, owner of Onward & Inward.
- **March 14: AI Image Generation at 6:30pm-** This talk will focus on how to use AI (Artificial Intelligence) to generate beautiful images by giving a prompt in the format of textual descriptions. Max will ask the audience to send him some written notes with desired images and he will do a live demo based on those notes. This is an interactive lesson and questions are welcome.
- **March 21: Before Brooklyn: The Unsung Heroes who Helped Break Baseball's Color Barrier by Ted Reinstein at 6:30pm-** See page 1 for details.
- **March 28: AHS Show Choir Showcase at 6:30pm-** The Andover High School's three show choirs- Back to Bass-ics, Nothin' But Treble, and From Start To Finish will share some of their award-winning performances with you! Our shows, "Villains", "Influencers" and "Who We Are" incorporate many styles of music from disco, Broadway, R & B, movie themes and more. Come see these young people share their best with all of you.

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AARP Foundation Tax-Aide: March 1 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.

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 March are Friday, March 1 and Tuesday, March 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, or call 617-722-2680.



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

Greater Lawrence Community Action Council (GLCAC): Thursday, March 14 from 1:00pm-4:00pm: GLCAC 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.



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>.

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.

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.



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.





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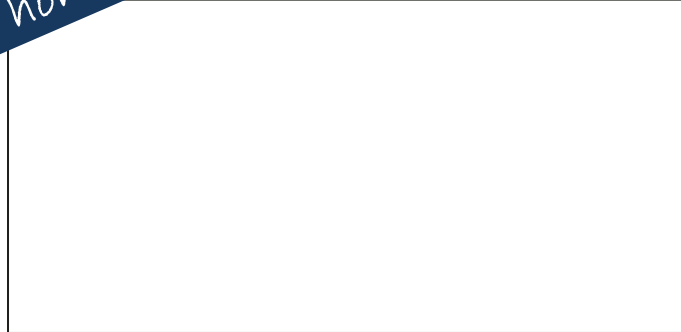
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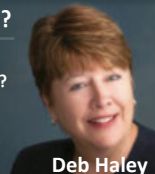
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