

# The Robb Center Report

## Andover's Senior Newsletter

APRIL 2024



### What's Inside

#### Forecasting the 2024 Total Eclipse, Live Virtual Presentation:

**Tuesday, April 2 at 1:30pm-** Join us and an Astronomer from Mount Washington Observatory who will take us on a journey through the history and science of solar eclipses, as well as insights into the much anticipated **2024 eclipse**. Experience the excitement firsthand as a weather observer broadcasts live from the summit of Mount Washington. Delve into the specifics of the 2024 eclipse, from its timing to the critical path of totality. This engaging and interactive session will cover everything you will need to safely view the eclipse. The program wraps up with essential information on weather and climate factors and their influences on eclipse viewing. Gain valuable insights and access the best forecast resources to ensure a safe and unforgettable experience. Registration required. Seats Limited.

#### LGBTQ+ & Allies Social: Thursday, April 4 at 6:00pm-

Join us for a wonderful and informative presentation by Joan Ilacqua, Executive Director of The History Project. Joan will present on LGBTQ Milestones in Massachusetts. Registration required.



#### Andover Community Services Volunteer Fair:

**Wednesday, April 17 from 10:00am to 1:00pm-** The Volunteer Fair will be held at The Cormier Youth Center, 40 Whittier Ct. in Andover. Drop in to meet local non-profit organizations that need your help! Grab a snack, get information and become a volunteer!



**Accidentally on Purpose Improv Comedy Troupe: Thursday, April 18 at 6:30pm-** Back by Popular Demand! **Spontaneous, entertaining and fun!** Accidentally on Purpose (AOP) is the hottest improv comedy troupe on the North Shore. The seasoned hilarious troupe's comedy style is like that of the TV show "Whose Line Is It, Anyway?". The evening requires interactive madcap involvement of the audience with scene suggestions and volunteer opportunities. Open to all ages. Sponsored by Andover Senior Community Friends.

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



**Director of Elder Services**

Jane Burns  
jane.burns@andoverma.us

**Assistant Director**

Kelly McShane  
kelly.mcshane@andoverma.us

**Social Work/Outreach**

Kristine Arakelian, LCSW  
karakelian@andoverma.us

**Outreach/Transportation**

Shawna McCloskey, LSW  
smccloskey@andoverma.us

**Volunteer Coordinator/  
Transportation**

Ashley English  
ashley.english@andoverma.us

**Program Assistant**

Heather Bhattacharjee  
heather.bhattacharje@andoverma.us

**Administrative Assistants**

Nina D'Agostino, Pat Kelly

**Supportive Day Program  
Coordinator**

Angela Lonergan  
angela.lonergan@andoverma.us

**Nutrition Staff**

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

**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](http://myactivecenter.com) or by calling the center.

For programs with an associated fee, you may register in-person at the front desk or by calling the center.

Payment is due upon confirmation that the program has met minimum enrollment.

Due to popularity, Andover residents are allowed early registration when noted in the program description.

Phone: (978) 623-8320

Online: [www.myactivecenter.com](http://www.myactivecenter.com)

Email: [senior.center@andoverma.us](mailto:senior.center@andoverma.us)

**REFUND POLICY**

Should a patron request a refund for a class, trip or event, The Robb Center will fully reimburse a credit towards a future program or class. If the patron would like a refund check mailed to them, the processing fee will be 10% of the full amount.

**INCLEMENT WEATHER 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](http://www.andoverma.gov/storm) or dial 311 within Andover.

**Dull Men's Club:****Thursday, April on 4 and**

**18 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.

**Non-Fiction Book Club: Monday,**

**April 8 at 10:00am-** This club explores contemporary issues, history, biography and more.

Group contact is Joanne at [joannedahlgrenma@gmail.com](mailto:joannedahlgrenma@gmail.com).

**US Seacoast Fortifications:****Tuesday, April 9 at 1:30pm-**

Join us for an illustrated presentation on the history of United States seacoast fortifications. From the earliest colonial settlements through World War 2, important US harbors were protected with fortifications. This talk will include the history of the forts, how the cannons were aimed, and show some local sites which can be visited.

**Signs & Symptoms of Deconditioning and Strategies to Improve Activity Tolerance:****Wednesday, April 10 at 1:30pm-**

By Arianna Tello from Encompass. Physical inactivity affects the overall health of aging individuals and can lead to a wide variety of health issues. It is vital that elders maintain an active lifestyle allowing them to remain independent with the highest quality of life as possible. Learn the various signs and symptoms of deconditioning, their effect on our body systems and strategies to stay active throughout the lifespan.

**Andover Photography Connection (APC): Friday, April 12 at 10am-**

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

**Men's Breakfast: Tuesday, April 16**

**at 8:30am-** Sean Murphy from Andover TV will speak on journalism. Enjoy pancakes, sausages, home fries, orange juice & coffee. \$6 fee.

**Birthday Social:****Thursday, April 18 at**

**12:00pm-** All are welcome! Entrée will be Roast Pork Loin. Music by The Rockaholics. Delicious desserts & raffle from Stonehill. Registration required. Sponsored by Andover Senior Community Friends.

**Nordic Walking Presentation by Denise Boucher:****Tuesday, April 23 at**

**1:30pm-** Learn about the history and health benefits of Nordic Walking.

**Healthy Eating Discussion Group with**

**Cherie Monahan, RN, Public Health Nurse: Wednesday, April 24**

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

**Photographic Tour Cinque Terra-Italian Liguria by Jack Holmes:****Wednesday, April 24 at 1:30pm-**

Cinque Terre, The Five Lands. Tucked into ravines that reach to the Ligurian Sea, these small Italian Rivera towns beckon and capture the traveler. The region and each village has a distinct character of sun, sea, food, wine, hiking trails, and quiet Italy. Easily reached by train from Genoa or cities further afield, Cinque Terre is a must visit. Sponsored by Andover Senior Community Friends.

**Book Club: Thursday, April 25 at 1:30pm-**

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

**Scams Presentation by Andover Police Department: Wednesday,****April 30 at 1:30pm-**

Join us for an informative presentation by Andover Police Officer, Jake Allard. He will discuss the latest scams such as Grandchild Scams, Boarder Patrol Scams, Microsoft/Virus Scams and many others.

**Hands Only CPR Drop In Class:****Wednesday, May 1 at 1:30pm-**

Taught by Cherie Monahan, RN, Public Health Nurse from the Andover Board of Health. Take 90 Seconds to learn how to save a life. Come learn and practice giving chest compressions. No certification provided. Registration required.

**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:**

**Drawing Class with Steve: 8:30am or 10am-** For the upcoming schedule refer to [myactivecenter.com](http://myactivecenter.com).

**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**

**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, April 1 & 15 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](mailto:eileenreilly42@gmail.com).

**Ready to make a move?**  
As a SRES, let me help make it stress free.

**Sandi Feeney SRES**  
c. **978-689-5411**  
[sandi.feeney@CBRealty.com](mailto:sandi.feeney@CBRealty.com)

[www.SellHomesWithSandi.com](http://www.SellHomesWithSandi.com) 27 Main St., Andover

**COLDWELL BANKER REALTY**

**Generations LAW GROUP**  
300 Brickstone Square  
Andover, MA  
Offices also in Acton & Sudbury, MA

978-263-0006  
[GenerationsLawGroup.com](http://GenerationsLawGroup.com)

Wills, Trusts, & Estate Planning  
Long Term Care & Medical Planning  
Guardianships & Conservatorships  
Probate & Trust Administration

- ✓ Founded by a Nurse Attorney
- ✓ Client Care Program
- ✓ Solo Aging Solutions
- ✓ FREE Educational Resources:
  - eBooks
  - Monthly Webinars

**DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?**

Engaging, ad-supported print and digital newsletters to reach your community.

Visit [lpicomunities.com](http://lpicomunities.com)

OUR COMMUNITY NEWSLETTER  
OCTOBER EDITION

Scan to contact us!

**Benefit Advisors Group, LLC**  
Your Health, Your Wealth.  
Worry Less, Heal More!

All the benefits of Original Medicare and more  
**Andrew Firmin | 978-494-6611**  
Compare health & prescription drug plans  
Phone, virtual or in-person meetings available  
**NO APPLICATION, ENROLLMENT OR CONSULTING FEES**

[andy@benefitadvisorsgrp.com](mailto:andy@benefitadvisorsgrp.com) • [www.benefitadvisorsgrp.com](http://www.benefitadvisorsgrp.com)



## Wednesday:

**Morning Crafting Group: 9:30am-11:30am- Crafters wanted!** Join this group to make crafts for various fairs that support The Robb Center.

**Le Cercle Francofun : 9:30am-** French Conversation 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.

**Acrylic Class: 1:00pm-** For the upcoming schedule refer to [myactivecenter.com](http://myactivecenter.com).

**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](http://AndoverTV.org), go to watch, programs, TISAA, scroll down to **AUG 2022 (TITLE A.V.I.S.)**, 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](mailto:weixuid@yahoo.com).

隔周星期五的 **10:00am**: 参加安多福华人联谊会 Zoom 网上聚会 (Andover Chinese Charm Circle ).请发送电子邮件给William: [weixuid@yahoo.com](mailto:weixuid@yahoo.com).

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

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

**Zentangle Workshop: 1:00pm-** 3rd Friday of every month. Refer to [myactivecenter.com](http://myactivecenter.com) for the upcoming schedule.



## Volunteer Appreciation Reception

**Thursday, April 25 from 4:30pm-6:00pm.**  
**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.**

APRIL 2024

## STAY ACTIVE

**Golf Club: Tuesdays, Beginning April 9 at 11:00am:** Hello Golfers, the Council on Aging is pleased to announce the 2024 Golf League open to all. Location: Course - Hillview Golf Course at 149 North St, North Reading, MA - 978-664-4435. Cost: 9 holes \$30 with cart and walking is \$20. Weather/course conditions permitting. Please email Russ Moran to register at [gsmoran@yahoo.com](mailto:gsmoran@yahoo.com). For every outing, please register by emailing Russ a week in advance. Space limited.



### Women's Outdoor Adventure Group (WOAG):



**April 11 - Ward Hill Time: TBD**  
**April 25 - Field Pond Time: TBD**

Please contact Jane at [fleecy1.godmother@verizon.net](mailto:fleecy1.godmother@verizon.net) for updates. For any participation in Adventure Groups, participants must sign our Participation Waiver for 2024 form once a year found on our website, [www.andoverma.gov/227/Elder-Services](http://www.andoverma.gov/227/Elder-Services). For each individual hike, participants must register on [myactivecenter.com](http://myactivecenter.com) or by calling us at 978-623-8320.

**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: April 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](http://myactivecenter.com) or call 978-623-8320. Orientations are held on Tuesdays at 10:30am by Denise Boucher.

**Bus Trips:****Greater Boston Stage Company - Dial M for Murder: Wednesday, May 8 from 12:45pm-5:00pm (approx.)-**

Join us at the Greater Boston Stage Company for a Hitchcock Classic. Tony is convinced that his wife Margot has been cheating on him. Now it seems that the affair is over, but in his jealousy Tony spins a web of suspicion and deception that will tighten around them and ensnare them both in danger, recrimination and murder. Cost: \$65.00 includes transportation and ticket. Andover residents only. Call 978-623-8320 and ask for Pat or Nina to book.

**Ricky Nelson Remembered: Thursday, May 23 from 10:00am-2:30pm (approx.)-**

Join us to celebrate the music of Ricky Nelson, performed by his Identical sons, Matthew & Gunner Nelson. Cost \$129.00. Offered by Best of Times Travel. Andover residents only. Call 978-623-8320 and ask for Pat or Nina to book.

**Ultimate Jimmy Buffett Tribute Show: Wednesday, July 17 from 10:30am-3:30pm (approx.)-**

Are you a Parrot head? Join us at Foster's in Maine to enjoy a Jimmy Buffett tribute. Cost: \$135.00 includes transportation, lunch and show ticket. Andover residents only. Call 978-623-8320 and ask for Pat or Nina to book.

**Penn Dutch Trip: Wednesday, August 21 through 23-**

Join us for a three day Penn Dutch Trip. Cost: \$799.00 pp double occupancy. \$999.00 pp single and \$779.00 triple or quad occupancy. Includes transportation, 2 nights hotel, 4 meals, 2 shows, Penn Dutch tour and visit to Hershey's Chocolate World. Offered by Best of Times Travel. Andover residents only to start. Optional trip cancellation insurance is highly recommended.

**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.*

**LET'S GO SHOPPING WITH THE ROBB CENTER!**

**HOME PICK UP STARTS AT 10:00AM**

**Monday, April 1 & 22 - Walmart in North Reading**



**Monday, April 8 & 29 - Downtown Andover**



**Tuesday, April 2 & 16 - Target in Wilmington**



**Tuesday, April 9 & 23 - Rockingham Mall**



**To sign up please call 978-623-8320.**

**Andover residents only. Cost: FREE.**

**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.

APRIL 2024

## SUPPORT GROUPS

**Bereavement Support Group: Wednesday, April 3 & 17 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, April 11 at 1:30pm-** Join us to hear speaker Laura Cameron OT, MOT, OTR, Director of Rehab, Powerback to You. Laura will speak on Therapeutic benefits of LSVT, from TT, OT & ST perspective.

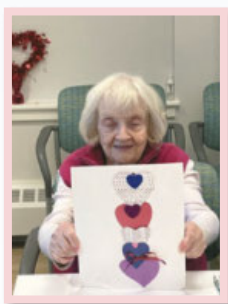
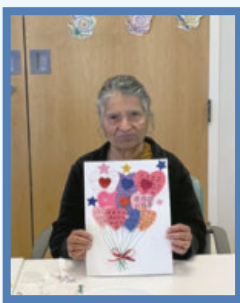
**Family Caregiver Support Group: Monday, April 22 at 1:30pm-** Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources. Registration requested.

**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.

APRIL 2024

## SUPPORTIVE DAY PROGRAM

The Supportive Day Program loves Spring! Perhaps you have already seen a snowdrop, crocus, or even a daffodil in your yard. In April, we will honor Mother Nature by discussing weather and what makes the beautiful Spring flowers grow and bloom. We will decorate the program room with flower crafts of every hue. We are also planning on planting some seeds and watching them grow. 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.



**Ask the Lawyer: Monday, April 8 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, April 8 and 22 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, April 10 from 10am to 12:00pm-** The Merrimack Valley YMCA Mobile Food Pantry will be at The Robb Center the 2<sup>nd</sup> Wednesday of every month. The mobile food pantry will be here and food bags will be distributed on a first come, first served basis.



**Hearing Aid Checks/Cleanings & Hearing Screenings: Friday, April 12 from 9:30am to 10:30am-** By Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



**Mend-It Shop: Friday, April 12 and 26 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.*

**Brown Bag “Mobile Market”:**  
**Tuesday, April 23 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.



**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.



**Podiatry Appointments:** We offer podiatry appointments at The Robb Center. These appointments fill up fast. Call the front desk for more details 978-623-8320. Due to Footcare Focus changing their prices this year, we charge **\$18** for podiatry appointments at the Robb Center and \$12 for at home visits (eligible to homebound seniors). Non-Andover residents are charged \$50 per visit. If you do not show up or cancel within 24 hours of your appointment, you will be charged for your visit. You will not be able to make another appointment until that appointment is paid for.

**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.



# APRIL 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1  <b>9:00</b> Quilting Group  <b>10:00</b> Walmart  <span style="color: blue;">Baked Ziti</span>  <b>12:00</b> Noontime Dance  <b>1:00</b> Movie Matinee  <b>1:00</b> Hand &amp; Foot  <b>1:00</b> Ping-Pong  <b>1:00</b> Short Stories</p>	<p>2  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>10:00</b> Target  <span style="color: blue;">Chicken Pot Pie</span>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <span style="color: green;">1:30 Forecasting the 2024 Total Eclipse</span></p>	<p>3  <b>9:30</b> Crafting  <b>9:30</b> Le Cercle Francofun  <b>10:30</b> Write Stuff  <span style="color: blue;">Creole Catfish</span>  <b>12:30</b> Knit Wits  <b>1:15</b> Tap Class  <b>2:00</b> Bereavement</p>	<p>4  <b>10:00</b> DMC  <b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <span style="color: blue;">BBQ Pulled Pork</span>  <b>1:00</b> Duplicate Bridge  <b>2:00</b> Ping-Pong  <span style="color: green;">6:00 LGBTQ+ Social</span></p>	<p>5  <b>8:30</b> French Group  <b>9:30</b> ESL  <b>10:00</b> Social Circle  <span style="color: blue;">Stuffed Peppers</span>  <b>1:00</b> 45s  <b>1:00</b> Social Bridge  <b>2:00</b> Tai Chi Fan</p>
<p>8  <b>9:00</b> Quilting Group  <b>9:30</b> Ask the Lawyer  <b>10:00</b> Non-Fiction Book Club  <b>10:00</b> Downtown  <span style="color: blue;">Baked Cod</span>  <b>12:00</b> Noontime Dance  <b>1:00</b> Fix-It Shop  <b>1:00</b> Movie Matinee  <b>1:00</b> Hand &amp; Foot  <b>1:00</b> Ping-Pong</p>	<p>9  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>10:00</b> Rockingham Mall  <span style="color: blue;">Beef Stew</span>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <span style="color: green;">1:30 US Seacoast Fortifications</span></p>	<p>10  <b>9:30</b> Crafting  <b>9:30</b> Le Cercle Francofun  <b>10:00</b> Food Pantry  <b>10:30</b> Write Stuff  <span style="color: blue;">Sweet &amp; Sour Chicken</span>  <b>12:30</b> Knit Wits  <b>1:15</b> Tap Class  <span style="color: green;">1:30 Signs and Symptoms of Deconditioning</span></p>	<p>11  <b>9:00</b> WOAG  <b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <span style="color: blue;">Turkey Tips</span>  <b>1:00</b> Duplicate Bridge  <b>1:30</b> Parkinson's  <b>2:00</b> Ping-Pong  <span style="color: green;">4:30 Antiques and Fine Arts Appraisal Event</span></p>	<p>12  <b>8:30</b> French Group  <b>9:30</b> Hearing Aid  <b>10:00</b> ACCC  <b>10:00</b> Social Circle  <b>10:00</b> Andover Photo  <span style="color: blue;">Shrimp Scampi</span>  <b>1:00</b> Mend-It Shop  <b>1:00</b> 45s  <b>1:00</b> Social Bridge  <b>2:00</b> Tai Chi Fan</p>
<p>15  <b>CLOSED FOR PATRIOT'S DAY</b></p> 	<p>16  <span style="color: green;">8:30 Men's Breakfast</span>  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>10:00</b> Target  <span style="color: blue;">Vegetable Lasagna</span>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge</p>	<p>17  <b>9:30</b> Crafting  <b>9:30</b> Le Cercle Francofun  <span style="color: green;">10:00 Volunteer Fair at Cormier Youth Center</span>  <b>10:30</b> Write Stuff  <span style="color: blue;">Cheeseburger</span>  <b>12:30</b> Knit Wits  <b>1:15</b> Tap Class  <b>2:00</b> Bereavement</p>	<p>18  <b>10:00</b> DMC  <b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <span style="color: green;">Birthday Social</span>  <b>1:00</b> Duplicate Bridge  <b>2:00</b> Ping-Pong  <span style="color: green;">6:30 Accidentally on Purpose Improv Comedy Troupe</span></p>	<p>19  <b>8:30</b> French Group  <b>9:30</b> ESL  <b>10:00</b> Social Circle  <span style="color: blue;">Beer Battered Fish</span>  <b>1:00</b> 45s  <b>1:00</b> Social Bridge  <b>1:00</b> Zentangle Workshop  <b>2:00</b> Tai Chi Fan</p>
<p>22  <b>9:00</b> Quilting Group  <b>10:00</b> Walmart  <span style="color: blue;">Chicken Alfredo</span>  <b>12:00</b> Noontime Dance  <b>1:00</b> Fix-It Shop  <b>1:00</b> Movie Matinee  <b>1:00</b> Hand &amp; Foot  <b>1:00</b> Ping-Pong  <b>1:30</b> Caregiver</p>	<p>23  <b>9:00</b> Brown Bag  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>10:00</b> Rockingham  <span style="color: blue;">Sausage &amp; Peppers</span>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <span style="color: green;">1:30 Nordic Walking Presentation</span></p>	<p>24  <b>9:30</b> Crafting  <b>9:30</b> Le Cercle Francofun  <b>10:30</b> Write Stuff  <span style="color: blue;">Lemon-Rosemary Chicken</span>  <b>12:30</b> Knit Wits  <b>1:15</b> Tap Class  <b>1:00</b> Healthy Eating  <span style="color: green;">1:30 Cinque Terre Photographic Tour</span></p>	<p>25  <b>9:00</b> WOAG  <b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <span style="color: blue;">Beef Stroganoff</span>  <b>1:00</b> Duplicate Bridge  <b>1:30</b> Book Club  <b>2:00</b> Ping-Pong  <span style="color: green;">4:30 Volunteer Appreciation</span></p>	<p>26  <b>8:30</b> French Group  <b>10:00</b> ACCC  <b>10:00</b> Social Circle  <span style="color: blue;">Mac &amp; Cheese</span>  <b>1:00</b> Mend-It Shop  <b>1:00</b> 45s  <b>1:00</b> Social Bridge  <b>2:00</b> Tai Chi Fan</p>
<p>29  <b>9:00</b> Quilting Group  <b>10:00</b> Downtown  <span style="color: blue;">Chicken Parmesan</span>  <b>12:00</b> Noontime Dance  <b>1:00</b> Movie Matinee  <b>1:00</b> Hand &amp; Foot  <b>1:00</b> Ping-Pong</p>	<p>30  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>10:00</b> Target  <span style="color: blue;">Hot Dog</span>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <span style="color: green;">1:30 Scams Presentation by Andover Police Department</span></p>	 <p><b>Menu items subject to change.</b>  <b>With 24 HOUR NOTICE</b> a veggie burger can be served at congregate lunch instead of <b>planned</b> meal.  <b>For a large print calendar, please see the front desk.</b></p>		



## WHY MOVE WHEN YOU CAN STAY HOME?

We provide stress-free, Assisted Living at home. Professional Care Match provides CONSISTENCY WITH PROFESSIONAL LIVE-IN AND HOURLY CAREGIVERS.

Our Goal is to EMPOWER families, so that peace of mind is a reality and dreams of staying home can come true.

In-Home Assisted Living Services Provided By Experienced CNA's, HHA's and PCAs

OUR CAREGIVERS ARE COVID-19 CERTIFIED AND PREPARED FOR EVERYONES PROTECTION  
1-833-PCMATCH (1-833-726-2824) - www.ProfessionalCareMatch.com



## Grandpa Handyman

Specializing in  
SMALL ODD JOBS  
INTERIOR PAINTING  
REPAIRS

No high ladder work

Call John **508-572-0413**  
Andover, Ma

## Interested in achieving your financial potential?

At Commonwealth Financial Group, we provide an ongoing educational and personal financial planning experience in which we guide individuals to achieve financial well-being.



**Christine Routhier Burke**  
CFP®, CBS

978.475.8710

One Dundee Park, Suite 1, Andover, MA

Christine Burke is a registered representative of and offers securities and investment advisory services through WML Investors Services, LLC, Member SIPC (www.sipc.org). Supervisory office: 101 Federal Street, Suite 800, Boston, MA 02110 Tel: 617-439-4388, CRK202508-2834535

FUTURE YOU SAYS THANK YOU

# THRIVE LOCALLY

## ACCESSIBLE SOLUTIONS



### Safer Senior Living Begins with Accessible Solutions

A CAPS Certified Specialist

30+ Years making homes safe and accessible  
Barrier-free Showers • Bathroom Remodeling  
Stairlifts, Ramps and more

Showroom: 349 N. Main Street, Andover, MA

Located in Letourneau Medical Complex



(978) 494-6855

www.MakeYourHomeAccessible.com

MA RESIDENTS - Special program in MA to help fund at 0% interest with tax incentives

# “How do I know if assisted living is right for my mom?”

When someone you love is struggling to live on their own, you're bound to have questions.

Small-home assisted living and memory support at The Woodlands Inn provides just the right amount of personalized assistance to help residents thrive. **To learn more and get answers to your questions, call 978-725-3300.**

The Woodlands Inn  
at  
EDGEWOOD

575 Osgood Street  
North Andover, MA 01845  
TheWoodlandsInn.org

Edgewood is a not-for-profit 501(c)(3) organization.



## SENIOR RELOCATION SERVICES

### OVERWHELMED WITH:

- Years of "stuff"
- The maintenance of my home
- Deciding when & where to move
- Planning for future care

Call 978-387-8213  
for a FREE consultation or  
Senior Relocation Information



**Art Durkin**  
Realtor®, SRES  
978-387-8213

**Chelle Durkin**  
Realtor®  
978-387-8223

Licensed in MA, NH and FL



Meet our Team

REAL ESTATE  
PLANNER

kw SUCCESS

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME  
**Lisa Templeton**

LTempleton@lpcommunities.com

(800) 477-4574 x6377

# 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.

**Do you need a ride Thursday Nights? Try our 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.

- **April 4: LGBTQ+ & Allies Social at 6:00pm-** See page 1 for details.
- **April 11: Antiques and Fine Arts Appraisal Event from 4:30pm to 7:30pm-** Stu Miller of New England Gallery will appraise your items and speak on the current antiques and vintage market. \$25 fee to evaluate up to 2 items, excluding stamps. Seats Limited. Register on [www.andoverscf.org](http://www.andoverscf.org). Sponsored by Andover Senior Community Friends.
- **April 18: Accidentally on Purpose Improv Comedy Troupe at 6:30pm-** See page 1 for details.
- **April 25: Volunteer Appreciation from 4:30pm-6:00pm-** See page 6 for details.



**"THE BEST VALUE ON HEARING AIDS"**

*Free Hearing Aid Consultations*



**Andover Hearing Center, LLC**  
Call For An Appointment Today!

11 Chestnut Street, Suite 6, Andover  
**978-470-4500 • [www.andoverhearing.com](http://www.andoverhearing.com)**

**Kenneth H. Pollard Funeral Home**  
*Serving all faiths & ethnic backgrounds for 70 years*



Specializing in Traditional Funeral Services, Cremation & Celebration of Life. Prearrangements in all settings.

233 Lawrence St, Methuen • 978-687-7300 • [www.pollardfuneralhome.com](http://www.pollardfuneralhome.com)

Compassionate in-home care for those who want support to live where they love.

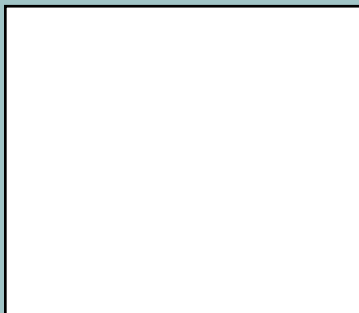
A Griswold caregiver can help you or your loved one stay happy, healthy, and independent at home.



**GRISWOLD**  
live assured



HOME CARE FOR MERRIMACK VALLEY  
Contact us today:  
978.475.0820  
[Griswoldhomecare.com](http://Griswoldhomecare.com)



**Ardito, Toscano & McCollum**  
*Certified Public Accountants*

**Tax Planning & Return Preparation For Individuals, Businesses Trusts & Estates**

*Over 40 years of service*

**978-688-2880**  
40 Bayfield Dr., N Andover | [atm-cpa.com](http://atm-cpa.com)

**BEVERLY CRAFTSMAN HOME SERVICES**




-Drywall    -Carpentry    -Painting  
-Small Jobs    -Home Repairs

**978-233-1767**  
**[BeverlyCraftsman@gmail.com](mailto:BeverlyCraftsman@gmail.com)**  
Licensed and Insured

**COMMUNITY LIVING AT ITS BEST**

*Be Independent for Life*



One Nichols Way  
Groveland, MA 01834  
[Nichols-Village.com](http://Nichols-Village.com)  
**CALL 978-372-3930**

**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 Friday, April 5 and Tuesday, April 23.** Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>.

As always, you can reach out to Rep. Nguyen's office at any time to discuss an issue. Simply email her Legislative Director Tobin Abraham at [Tobin.Abraham@mahouse.gov](mailto:Tobin.Abraham@mahouse.gov), or call 617-722-2680.



**Council on Aging Advisory Board:** Ed Plowey, Chair; Amanda Preston, Ralph Bledsoe, Vice-Chair; Gail Bloom, Judy Trerotola, Russ Moran, Dot Hollenbeck, Christina Vidoli, Judith Agnes, Setarreh Massihzadegan, and Kim Butler-Rainen. The April meeting will be **Wednesday, April 10**.

**Drug Take Back Day: Saturday, April 27 from 10am to 2pm-** The Drug Enforcement Agency (DEA) is holding its next National Prescription Drug Take Back Day on Saturday, April 27, 2024 from 10am to 2pm at West Elementary School, 58 Beacon St. The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

**Andover TV:** 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](mailto: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](http://acod.mhl.org).

**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.



2024

Andover Senior Community Friends

# IT'S A BLOOMIN' FLOWER SALE

Pick up your order *May 4th* from 10 am to 4 pm

*new location* Konjoian's Greenhouses, 225 Chandler Rd, Andover

Order now through April 26th

	PRICE	QTY	TOTAL
10" Hanger Multi-colored in pinks and purples Proven Winner Super Petunia	\$35.00		_____
6" Pot Multi-colored in pinks and purples Proven Winner Super Petunia	\$10.00		_____
6" Pot Sunpatiens in shades of pink	\$10.00		_____
Help support Andover's Intergenerational Garden with a donation	\$10.00		_____
<b>Name</b>	<b>TOTAL</b>		_____

Phone #

Email



Mail your order to:

PO Box 576, Andover MA 01810

or order online

[www.andoverscf.org](http://www.andoverscf.org)

Immerse yourself in a world of vibrant colors, fragrances, and the beauty of blooming flowers.



**Let Your Bright  
Life Shine**  
at Essex County's Premier  
Senior Living Community

Gorgeous community. Resort-like amenities. Choice and independence. No large entrance fees... The vibrant, carefree lifestyle you desire is waiting at Brightview North Andover. *Come live it.*

**BRIGHTVIEW**  
SENIOR LIVING  
NORTH ANDOVER

Call Eileen or Dave  
to schedule your  
personal visit.  
**978.686.2582**

Independent Living • Assisted Living • Dementia Care

1275 Turnpike Street • North Andover, MA 01845  
[www.BrightviewNorthAndover.com](http://www.BrightviewNorthAndover.com)

**RESORT-STYLE COMMUNITY  
FOR TODAY'S SENIORS**



**THE WOODS AT MERRIMACK  
RETIREMENT COMMUNITY**  
TOUR TODAY! (351) 888-1674

197 Howe Street | Methuen, MA 01844 | [WoodsAtMerrimack.com](http://WoodsAtMerrimack.com)

*Elegant Independent and Assisted Living,  
with Exceptional Alzheimer's Care.*

**WINDSOR PLACE**  
OF WILMINGTON  
Assisted Living, Independent Living,  
and Memory Care



92 West Street, Wilmington, MA  
Just off I-93 at Exit 38

**Call 978-988-2300 • [WindsorPlaceOfWilmington.com](http://WindsorPlaceOfWilmington.com)**

**SUPPORT OUR  
ADVERTISERS!**

**ComForCare**  
HOME CARE

We make aging in place safe by providing services to help with activities of daily living like dressing, toileting, meal prep, bathing, and mobility, as well as transportation and errands.

**Call 978-788-9272 to learn more.**

©2023 ComForCare Franchise Systems, LLC. Each office is independently owned and operated and is an equal opportunity employer.



**The Law Offices of  
Kimberly Butler Rainen**

WILLS, TRUSTS,  
PROBATE, NURSING HOME CARE  
23 Central St., Andover, MA 01810  
**978.409.1928**  
[www.ButlerRainen.com](http://www.ButlerRainen.com) • [kbr@butlerrainen.com](mailto:kbr@butlerrainen.com)

**ROYAL REALTY, INC**  
Andover, MA & Nashua, NH

Real Estate since 1973



**Tina Habeeb, Pres.**  
Senior Real Estate Specialist  
REALTOR® EMERITUS  
SRES, GRI, GBA, CRS  
"We Can Help You Get Ready to Relocate"  
**Direct 978-618-3707 (W) 978-685-1067**  
300 Brickstone Sq. Andover [www.royalrealty.com](http://www.royalrealty.com)



**Hinds Electric**  
Having trouble finding  
an electrician?  
Service calls  
Small Jobs  
**Call Kevin 978-401-8430**  
Licensed Electrician  
Andover, MA

**FROMME ANTIQUES**  
Restoration, Repair and  
Refinishing of Antique and  
Contemporary Wood Furniture  
- Buying & Selling -  
Lance Fromme, 23 Burton Farm Drive,  
Andover, MA 01810  
[lfromme@comcast.net](mailto:lfromme@comcast.net)  
[www.LanceFrommeAntiques.com](http://www.LanceFrommeAntiques.com)  
By Appointment  
**(978) 475-7370 • (508) 397-7949**



**Stone Hill**  
at Andover  
A SENIOR LIVING COMMUNITY  
MANAGED BY NORTHBRIDGE COMPANIES

**Hear from our Families**

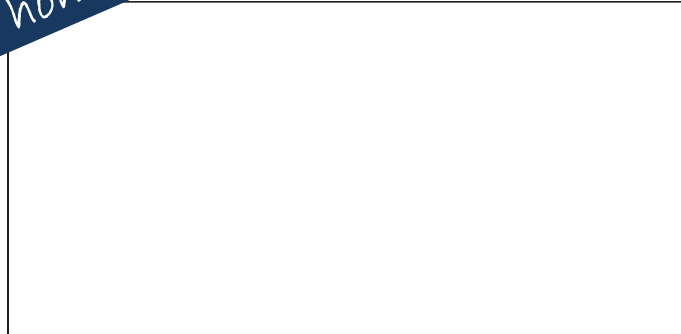
“Stone Hill has taken all the worry out of care for our mother. The kindness of her personal care associates, nurses and all staff is beyond what we expected. She is happy and thriving. Stone Hill is the answer we were looking for. We are so happy to have found such a special place for Mom!”

For more information contact:  
**978.664.2600**  
[stonehillandover.com](http://stonehillandover.com)

Independent Living, Assisted Living & Avita Memory Care  
141 Elm Street in Andover, MA

**The Robb Center**  
**Andover Elder Services**  
 30 Whittier Ct

To the home of:



**WEST PARISH GARDEN CEMETERY**  
*Planning ahead eases the burden for loved ones*



**MANY LOT OPTIONS AVAILABLE**  
**CONTACT US TO SCHEDULE A VISIT**  
**CALL 978-475-3902**  
 129 RESERVATION RD. ANDOVER

[WWW.WESTPARISHGARDENCEMETERY.ORG](http://WWW.WESTPARISHGARDENCEMETERY.ORG)

**Volunteers needed!**



contact volunteer@  
 essexcountyhabitat.org or  
 978-681-8858 x 3




**Conte Funeral Homes**  
 Honoring Traditions and Memories, One Family at a Time  
*Funeral Services, Cremation Services, Celebration of Life Services*

17 Third Street  
 North Andover, MA 01845  
 978-681-5000

[www.contefuneralhomes.com](http://www.contefuneralhomes.com)  
 contefh@msn.com

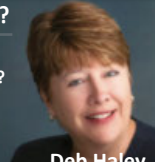
28 Florence Street  
 Andover, MA 01810  
 978-470-8000

**Need Help with Medicare Plans?**  
 Special or Open Enrollment Period? Retiring/Turning 65?

Let's review health & prescription drug plans costs & benefits together  
 How do you choose? Which plan is a good fit for your health needs and budget?  
 Medicare Advantage, Medigap Supplement & PDP plans  
 Phone or In person meetings available

**Call 978-314-3760**

**NO FEE FOR SERVICES**



**Deb Haley**  
 Certified Enrollment Broker/Agent  
 MA, NH, ME, VT, CT, RI, NJ, NC, SC, TN, FL, AZ  
 Licensed Health Insurance Broker - NPN#18509337

I do not offer every plan available in your area. Currently I represent 20 organizations that offer 50 products in your area.  
 You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



**Beals - Guzik (781) 395-0128**  
**MAGLIOZZI FUNERAL HOME**

Joel J. Magliozzi  
 Director

Cherishing Life. Honoring Memories  
[www.magliozzifuneralhome.com](http://www.magliozzifuneralhome.com) 29 Governors Avenue  
 Medford, MA 02155