

The Robb Center Report

Andover's Senior Newsletter

MAY 2024



Mother's Day Luncheon & Fashion Show: Thursday, May 9

at 12:00pm- Join us for an entrée of Chicken Vin Blanc with Leeks and a Fashion Show! The Andover Thrift Store has graciously volunteered to outfit our models. Tickets go on sale Wednesday, April 24 at 8:00am. Cost: \$10. Registration required. Seats Limited.



Memorial Day Presentation: Tuesday, May 14 at 1:30pm-

Join us for a patriotic program commemorating the holiday which remembers our fallen heroes and their military service. It is also a time when we mark and appreciate the heritage that our fallen soldiers left for us to preserve for future generations.

Presentation by Robin Shelgren.



Andover Dams: Past, Present and Future: Tuesday, May 21

at 1:30pm- Andover Conservation and Sustainability divisions invite you for an informational session focused on historical aspects and recent removal efforts of Andover Dams. We will discuss the Shawsheen River and the impacts of dams on not only the Town's development but the river health, fish and wildlife and other environmental implications. Recorded by Andover TV.

Healthy Cooking Demo: Wednesday, May 22 at 1:30pm-

Join us for a cooking demonstration on how to make Veggie Loaded Chili by Chef Jim Swasey and Cherie Monahan, RN, Public Health Nurse. Registration required.

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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 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.

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.

Dull Men's Club:**Thursday, May on 2 & 16 at 10:00am-**

Come along and join in on an informal round table discussion of current events, history, technology, medicine, sports and travel. Perhaps you might share an anecdote or joke with your fellow "Old Guy's". We do not discuss politics or religion.

Traffic and Pedestrian Safety by Andover Police Department:**Tuesday, May 7 at 1:30pm-**

Andover Police Officer, Jake Allard will discuss the new crosswalk configurations in town, the new town unposted speed limit and general pedestrian safety.

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

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

**Non-Fiction Book Club: Monday,****May 13 at 10:00am-**

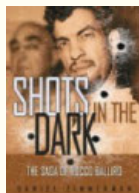
This club explores contemporary issues, history, biography and more. Group contact is Joanne at joannedahlgrenma@gmail.com.

Estate Planning:**Wednesday, May 15 at 1:30pm-**

Estate planning is for the rich, wrong! We may not all own mansions, but we all own something, a house, bank accounts, retirement accounts, etc. How will they be distributed? Who will be in charge? Do we need a will or a trust as well? Attorney Gerald L. Shyavitz will cover these topics and more to help guide you to make informed decisions to plan for your estate.

Shots in the Dark- The Saga of Rocco Balliro by Daniel Zimmerman:**Thursday, May 16 at**

1:30pm- On a frigid winter night in early 1963, Rocco Anthony Balliro and a pair of associates stormed a darkened apartment on the outskirts of Boston and were immediately embroiled in a deadly shootout with several unseen assailants. Unbeknownst to Rocco at the time, the men who returned his fire were several Boston police officers, waiting in ambush for him. It was, as Rocco later described it, a hastily planned rescue mission that went downhill in a hurry. In the aftermath, his beloved girlfriend and her toddler son lay dead. Registration requested. Recorded by Andover TV.

**Men's Breakfast: Tuesday, May 21**

at 8:30am- Roland Jacobson, retired Investment Consultant to Fidelity Investments and a Certified Financial Planner will speak on Investment Basics. Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. Registration required. Fee: \$6

Birthday Social: Thursday, May 23 at 12:00pm-

All are welcome! Entrée will be Roast Turkey. Music by Liam Foley. Delicious desserts & raffle from Bear Mountain. Registration required. Sponsored by Andover Senior Community Friends.

**Book Club: Thursday, May 23 at 1:30pm-**

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

**Refuse to be a Victim: Tuesday, May 28 at 8:30am-**

This program teaches easy to understand methods you can use to increase awareness and prevent criminal confrontation. You will get the tools you need to develop your own personal safety strategy, including information about psychology of criminal predators, home security, physical security, travel safety, self-defense and more.

Dan Kirouac Concert: Wednesday, May 29 at 1:30pm-

Part of the regional music scene for over forty years, Dan Kirouac has been an entertainer, drummer, keyboardist, guitarist, vocalist, and an ASCAP-affiliated songwriter and publisher who has performed hundreds of shows in New England, New York, Mexico, and with studio recording credits from New Hampshire to Arizona. Sponsored by Andover Senior Community Friends.

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

Quilting Group: 9:00am- Join a group of dedicated quilters to share tips and tricks.

Ladies Bridge: 10:00am

Monday Matinees: 1:00pm- Join us to watch a film on the “big screen”.

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

Best American Short Stories Group: The group will meet on Zoom every other Monday at 1:00pm- The editors for this year are Min Jin Lee and Heidi Pitlor. Paper and digital editions are available online and at some local sources. To register or confirm dates, contact Eileen Reilly at eileenreilly42@gmail.com.

YMCA Yoga Class with Soki: Tuesdays at 2:30pm- Join us for a **free** drop-in class. Sponsored by Andover Home for the Aged People. (AHAP) This is a gentle & therapeutic yoga for everyone. Every class will cover fundamental body alignments and variations of breathing techniques. No chair used.



Ready to make a move?
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Sandi Feeney SRES
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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.

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.

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 Village Improvement Society with John Hess".**

You are a few Clicks away: 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

Italiano Club: 2:00pm- 1st & 3rd Thursday of every month.

Ping-Pong: 2:00pm & 6:00pm- Drop-in & play a round of Ping-Pong.

Nature Walks with Evelyn: Fridays at 9:00am- These walks occur on Friday mornings, weather permitting. Walk locations chosen weekly. Make sure to wear suitable shoes for uneven terrain. To be added to the email list please call the front desk at 978-623-8320.

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

Zentangle Workshop: 1:00pm- 3rd Friday of every month. Refer to myactivecenter.com for the upcoming schedule.

Summer Fitness Session: May 20 to August 2
10 weeks for \$35

Registration opens Wednesday, May 8 at 1:00pm for Andover residents. Non-Andover residents can register starting on Friday, May 10 at 1:00pm. Early registration forms will not be accepted.

REGISTRATION PROCESS: The preferred method to register is on [MyActiveCenter.com](https://myactivecenter.com). For an instructional video please visit our website: <https://andoverma.gov/227/Elder-Services>. In-person registration will still be accepted. Please visit the front desk to register.

Class	Day & Time	Location
Men & Women in Motion with Tracy/Denise	Mondays at 8:15am	In-Person Only
Strength & Stretch with Tracy/Denise	Mondays at 9:15am	Hybrid
Sit & Get Fit with Tracy/Andrea	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
Beginners Taiji with Meg	Tuesdays at 9:15am	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
Chair Based Yoga with Ben	Fridays at 12:00pm	In-Person Only

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.



Women's Outdoor Adventure Group (WOAG): May 9: Crane Beach & May 23: Fish Brook-

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 978-623-8320.

Golf Club: Tuesdays 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. For every outing, please register by emailing Russ a week in advance. Space limited.

The Robb Center Trips

May 1st: Joppa Flats Bird Watching with lunch at Michael's Harborside.

May 8th: Dial M for Murder- The Greater Boston Stage Company. Lunch not included.

May 15th: Vintage Tea & Cake in Lexington.

May 22nd: Lunch at China Blossom

May 29th: Rockport for lunch and shopping.

Bus Trips/ Best of Times Trips

Thursday, May 23: Ricky Nelson Remembered. Best of Times Trip.

Wednesday, July 17: Ultimate Jimmy Buffett Tribute Show. At Foster's in Maine.

Wednesday, August 21 through 23: Penn Dutch Trip. Join us for a three day Penn Dutch Trip. Best of Times Trip.

Friday, September 20 through 22: Lake George Balloon Festival: Join us for a weekend at Lake George to attend the balloon festival!

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, May 6 & 20 - Walmart Supercenter

Monday, May 13 - Downtown Andover

Tuesday, May 7 & 21 - Target in Wilmington

Tuesday, May 14 & 28 - 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.

Bereavement Support Group: Wednesday, May 8 & 22 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, May 9 at 1:30pm- Cathi Thomas, RN, MS, Program Director, Parkinson’s Disease and Movement Disorders Center, Department of Neurology, Boston University Medical Center, APDA Massachusetts Chapter will speak on “What’s new for Medication & Research for Parkinson’s Disease.” Registration Required.

Family Caregiver Support Group: Monday, May 20 at 1:30pm- Please join us for a support group for family caregivers to connect with others, share concerns, and learn about available resources. We have guest speakers Nicole Fagone and Bonnie Cannon from Ellie Mental Health. 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. Open meeting, no registration.

The Supportive Day Program participants are excited that the month of May is finally here! The month of May is the “Goldilocks” month. Not too hot and not too cold. We are looking forward to admiring all the beautiful May flowers in our raised beds. We will be celebrating the Kentucky Derby with our own Kentucky Derby horse race and making a derby fascinators. We will honor all the mothers and mother figures in our lives by attending the Mother’s Day Luncheon and Fashion Show. 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,**May 3 from 9:30am to 10:30am-**

By Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.

**Fix-It Shop:****Monday, May 6 and 20 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! **Now offering knife sharpening!**

Cost: \$5 plus parts for seniors (ID required). \$10 plus parts for non-seniors and non-residents. \$2 diagnostics fee.

Food Pantry: Wednesday, May 8 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.**Mend-It Shop: Friday, May 10 & 24 from 1:00pm to 3:00pm-** Need a clothing article fixed?**Services Offered:****Button fixed or replaced:** \$3 donation per button.**Hems:** Jeans, dresses, pants & blouses \$5 donation, \$10 donation if requires cutting.**Pant pockets fixed or replaced:** \$8 donation.**Simple fixes only. We are not professionals. 3 article limit per customer. Additional charges for non-Andover Residents.***Ask the Lawyer: Monday, May 13 at 9:30am-**

Offered by Justin St. James, Esquire, licensed in MA & NH. Appointments are 20 minutes in-person and scheduled in chronological order. Limit of one question/issue. Cost: Free.

No tax questions, or immigration questions, please.**Brown Bag "Mobile Market":****Tuesday, May 28 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 **\$15** 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.

MAY 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> 		<p>1 9:30 Crafting 9:30 Le Cercle Francofun 10:30 Write Stuff Stuffed Shells 12:30 Knit Wits 1:15 Tap Class 1:30 Hands Only CPR</p>	<p>2 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Beef Shepherd's Pie 1:00 Duplicate Bridge 2:00 Italiano Club 2:00 Ping-Pong 6:00 LGBTQ+ Social</p>	<p>3 8:30 French Group 9:30 ESL 9:30 Hearing Aid 10:00 Social Circle Roast Salmon w/Dill 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>6 9:00 Quilting Group 10:00 Walmart 10:00 Ladies Bridge Honey Mustard Chicken 1:00 Fix-It Shop 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Short Stories</p>	<p>7 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Chicken Meatball Sub 1:00 Mah Jongg 1:00 Social Bridge 1:30 Traffic and Pedestrian Safety by Andover Police</p>	<p>8 9:30 Crafting 9:30 Le Cercle Francofun 10:00 Food Pantry 10:30 Write Stuff Beer Battered Fish 12:30 Knit Wits 1:15 Tap Class 2:00 Bereavement</p>	<p>9 9:00 WOAG 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Mother's Day Luncheon 1:00 Duplicate Bridge 1:30 Parkinson's 2:00 Ping-Pong 4:00 AHS Art Show</p>	<p>10 8:30 French Group 10:00 ACCC 10:00 Social Circle 10:00 Andover Photo Potato Crunch Fish 1:00 Mend-It Shop 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>13 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Non-Fiction Book Club 10:00 Downtown 10:00 Ladies Bridge Orange Flavor Beef 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>14 9:00 Comfort Critters 10:00 Tech Help 10:00 Rockingham Mall Chicken w/ Mushroom 1:00 Mah Jongg 1:00 Social Bridge 1:30 Memorial Day Presentation</p>	<p>15 9:30 Crafting 9:30 Le Cercle Francofun 10:30 Write Stuff Beef & Bean Quesadilla 12:30 Knit Wits 1:15 Tap Class 1:30 Estate Planning</p>	<p>16 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Tuna Noodle Casserole 1:00 Duplicate Bridge 1:30 Shots in the Dark 2:00 Italiano Club 2:00 Ping-Pong</p>	<p>17 8:30 French Group 9:30 ESL 10:00 Social Circle Spinach Quiche 1:00 45s 1:00 Social Bridge 1:00 Zentangle Workshop 2:00 Tai Chi Fan</p>
<p>20 9:00 Quilting Group 10:00 Walmart 10:00 Ladies Bridge Chicken Marsala 1:00 Fix-It Shop 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Short Stories 1:30 Caregiver</p>	<p>21 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Chicken Broccoli Alfredo 1:00 Mah Jongg 1:00 Social Bridge 1:30 Andover Dams: Past, Present and Future</p>	<p>22 9:30 Crafting 9:30 Le Cercle Francofun 10:30 Write Stuff Beef Stew 12:30 Knit Wits 1:15 Tap Class 1:30 Healthy Cooking Demo 2:00 Bereavement</p>	<p>23 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 6:00 The Boondock Sinners</p>	<p>24 8:30 French Group 10:00 ACCC 10:00 Social Circle Baked Mac & Cheese 1:00 Mend-It Shop 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>27 CLOSED FOR MEMORIAL DAY</p>  <p>MEMORIAL DAY <small>* HONORING ALL WHO SERVED *</small> ***</p>	<p>28 8:30 Refuse to be a Victim 9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help 10:00 Rockingham Mall Chicken Stir Fry 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>29 9:30 Crafting 9:30 Le Cercle Francofun 10:30 Write Stuff Roast Pork w/Sage 12:30 Knit Wits 1:15 Tap Class 1:30 Dan Kirouac Concert</p>	<p>30 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Steak & Cheese Sub 1:00 Duplicate Bridge 2:00 Ping-Pong 2:00 Blood Drive</p>	<p>31 8:30 French Group 10:00 ESL 10:00 Social Circle Pollock Fish Cakes 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.

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.

- **May 2: LGBTQ+ & Allies Social at 6:00pm-** Enjoy music by Ragtime Jack Radcliffe.
- **May 9: Andover High School Art Show at 4:00pm-** Join us for an amazing display of creativity at the Andover High School Art Show. The students will showcase their diverse talents through captivating paintings and drawings, mesmerizing photography, and 3D work.
- **May 16: No program scheduled.**
- **May 23: The Boondock Sinners at 6:00pm-** Join us and The Boondock Sinners, performers Donna Landry Duffy and Paul Duffy. They will play acoustic pop, rock, country and Americana featuring heavenly harmonies to songs you know and love. Sponsored by Andover Senior Community Friends.
- **May 30: American Red Cross Blood Drive from 2:00pm to 7:00pm-** See page 13 for details.

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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 May are Friday, May 3 and Tuesday, May 21.** 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, 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 May meeting is **Wednesday, May 8, 3:30 pm at the Robb Center. Citizen input welcomed.**

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.

**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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**Andover Community
Blood Drive****Robb Center**

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**Thursday, May 30, 2024
2:00 p.m. to 7:00 p.m.**



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.

ASCF Membership

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Annual Membership and Volunteer Form

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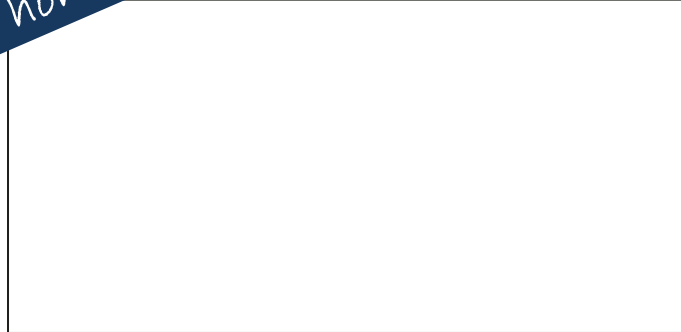
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