

# The Robb Center Report

## Andover's Senior Newsletter

JULY 2024



**Smartphone Tutoring Program: Tuesdays, starting July 9 through August 14 from 10:00am to 11:00am-** Having trouble navigating your phone? This program will pair you up with a student tutor to spend time with you on your individual technology needs. This six week program will provide one-on-one support for smartphone users.

Registration required, seats limited. Participants must commit to at least 5 weeks.



**Photographic Tour: Malta, Familiar and Exotic by Jack Holmes: Wednesday, July 10 at 1:30pm-** From the Phoenicians through the Crusades and the World Wars and into the 21st century, Malta has been a Mediterranean hub of history and culture. Vibrantly colorful, beautiful, historic and a little off the beaten track, Malta is well worth the trip.



**Medicare Updates and Changes for 2025: Tuesday, July 23 at 1:30pm-** There are a number of changes in Medicare coverage taking place beginning in 2025. These changes include a \$2,000 Maximum-Out-Of-Pocket (MOOP) for prescription drug plans, effectively eliminating the coverage gap (commonly known as the donut hole). This change among others will likely have an impact on many plans. Join Independent Medicare Plan Advisor, Andrew Firmin for an interactive discussion on the changes, the potential impacts to coverage and the resources available to you.



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Transportation**

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Heather Bhattacharjee  
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**Administrative Assistants**

Nina D'Agostino, Pat Kelly

**Supportive Day Program  
Coordinator**

Angela Lonergan  
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**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.



**Fix It Shop!**

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  
\$10 plus parts for non-seniors & non-residents  
\$2 diagnostic fee  
Open to the public

Select Mondays from 1-3pm at The Robb Center  
(30 Whittier Court Andover, MA)  
Phone: (978) 623-8320  
Email: [senior.center@andoverma.us](mailto:senior.center@andoverma.us)

**2024 Summer Dates:**

July 8  
July 22  
Aug 12  
Aug 26

**Now Offering Knife Sharpening**



**Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: Wednesday, July 24 at 1:00pm-** Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!



**Birthday Social: Thursday, July 25 at 12:00pm-** All are welcome! Entrée will be Pot Roast. Music by Jay Daggett. Delicious desserts & raffle from Wingate. Registration required. Sponsored by Andover Senior Community Friends.



**Non-Fiction Book Club: Monday, July 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).



**Andover Photography Connection (APC): Friday, July 12 at 10:00am-** Join this group of photo enthusiasts to share photography techniques, interests and experiences.



**Men's Breakfast: Tuesday, July 16 at 8:30am-** Alan Michel, local artist will join us and discuss his vibrant photo paintings. Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. Registration required. Fee: \$6

**Golden Moments Photography Sessions: July 9, 10, & 11-** This summer, Phillips & Governor's Academy students, Carolyn, Eliza & Leena, will once again be offering free portrait photography sessions. These photos will be done with different background and prop options. Portraits will be part of a gallery art show displayed alongside personal descriptions at The Robb Center. Participants will receive their photography session in digital form. To register, please call The Robb Center at 978-623-8320. Spots are limited.

**Dull Men's Club: Thursday, July 18 at 10:00am-** The DMC meets at The Robb Center on the first and third Thursday every month. 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.



**Book Club: Thursday, July 25 at 1:30pm-** This group discusses a different book every month. This group is currently full.



**Ice Cream Sundae Party: Tuesday, July 30 and 1:30pm-** Join us for an old fashioned make your own ice cream sundae party! Registration requested.



**Share your knowledge:** We are looking for presenters of new programs, workshops or classes. If you are interested in sharing your knowledge or skills, send an email to Kelly McShane: [kelly.mcshane@andoverma.us](mailto:kelly.mcshane@andoverma.us).

**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- 11:00am-** Join a group of dedicated quilters to share tips and tricks.

**Ladies Bridge: 10:00am- 12:00pm**

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

**Hand & Foot Card Game: 1:00pm- 3:30pm**

**Ping-Pong: 1:00pm-** Drop-in to play a round of Ping-Pong.

**Tuesday:**

**Comfort Critters: 9:00am- 11:00am-** 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:**

This group is on break for the summer and will meet again in October.

**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

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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](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 9:15am-** 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 THE PROGRAM "VETERANS MONUMENTS" WITH ANDOVER'S MARK COMEIRO.** You are a few Clicks away: [Andovertv.org](http://Andovertv.org), go to watch, programs, TISAA, **July 1, 2022**, 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.

## 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. Jean Stewart will teach students the art of Zentangle by an instructor guided stroke by stroke method of creating tile art. Zentangle focuses on a process that frees the mind from stress. Refer to [myactivecenter.com](http://myactivecenter.com) for the upcoming schedule.



**Women’s Outdoor Adventure Group (WOAG):  
No Hikes in July and August**

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 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 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.

**Kayaking at Pumps Pond: Thursdays, July 11, 18 & 25 from 8:30am to 10:00am-** Come and join us at Pumps Pond to kayak! Kayaks & life vests will be provided. This program is for intermediate kayakers. If inclement weather, we will cancel. Registration required by calling 978-623-8320 or on [myactivecenter.com](http://myactivecenter.com). All participants must sign a 2024 Participation Waiver.



**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](mailto:gsmoran@yahoo.com). For every outing, please register by emailing Russ a week in advance.



**YMCA Refresh Relax Yoga 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. 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.



**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.



**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.



**The Robb Center Trips**

**July 3- Lunch at the Azorean**

**July 10- Essex River Cruise**

**July 24- Nubble Lighthouse**

**July 31- Perkin’s Cove, Maine**

**Bus Trips/ Best of Times Trips**

**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, July 8 & 22- Walmart Supercenter Salem, NH**



**Tuesday, July 9 & 23- Target in Wilmington**



**Monday, July 15 & 29- Downtown Andover**



**Tuesday, July 16 & 30- 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:**  
**No meetings in July and August.**

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: No meetings in July and August.**

**Family Caregiver Support Group: No meeting in July.** 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. Open meeting, no registration.

The Supportive Day Program participants enjoyed celebrating the fathers and father figures in our group at the Father’s Day Luncheon. We will be keeping the summer fun going throughout the month of July. We will be thinking of far-off places with a virtual trip to Paris, home of this year’s Summer Olympics. We will focus on the “city of light” with many Paris themed activities. We will delve into some of the past Olympic Champions from the U.S.A. and hopefully, watch a few of the exciting events. We will also enjoy a photographic presentation on Malta by Jack Holmes. 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.



**Fix-It Shop: Monday, July 8 & 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! **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, July 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, July 12 from 9:30am to 10:30am-**

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



**Mend-It Shop: Friday, July 12 & 26 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.*



**Brown Bag “Mobile Market”: Tuesday, July 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.



**Ask the Lawyer:**

**No appointments in July or August-** 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.\***

**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.

Certified **SHINE** counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. **SHINE** counselors will also assist to help you understand Medicare and your options and will help you find all possible cost savings. If you find yourself enrolled in a plan that is not in your best interest, a SHINE counselor will review your coverage and help to determine if you are qualified to make a change at this time of year and will assist with the process.

Call 978-623-8320 to schedule a SHINE appointment. Call your local SHINE office at 978-946-1374.

**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.



**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.



## JULY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1  <b>9:00</b> Quilting Group  <b>10:00</b> Ladies Bridge  <b>Sweet &amp; Sour Pork</b>  <b>1:00</b> Movie Matinee  <b>1:00</b> Hand &amp; Foot  <b>1:00</b> Ping-Pong</p>	<p>2  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>Chicken Pot Pie</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge</p>	<p>3  <b>9:30</b> Crafting  <b>9:30</b> Le Cercle  <i>Francofun</i>  <b>10:30</b> Write Stuff  <b>Stuffed Shells w/ Marinara</b>  <b>12:30</b> Knit Wits  <b>1:15</b> Tap Class</p>	<p>4  <b>CLOSED FOR INDEPENDENCE DAY</b></p> 	<p>5  <b>8:30</b> French Group  <b>10:00</b> ACCC  <b>9:30</b> Social Circle  <b>Beer Battered Fish</b>  <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>10:00</b> Walmart  <b>10:00</b> Ladies Bridge  <b>10:00</b> Non-Fiction Book Club  <b>Chicken Parmesan</b>  <b>1:00</b> Movie Matinee  <b>1:00</b> Hand &amp; Foot  <b>1:00</b> Ping-Pong  <b>1:00</b> Fix-It Shop</p>	<p>9  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>10:00</b> Target  <b>Sloppy Joe</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <b>1:30 Golden Moments Photography</b></p>	<p>10  <b>9:00 Golden Moments Photography</b>  <b>9:30</b> Crafting  <b>9:30</b> Le Cercle  <i>Francofun</i>  <b>10:00</b> Food Pantry  <b>10:30</b> Write Stuff  <b>Braised Beef w/ Paprika</b>  <b>12:30</b> Knit Wits  <b>1:15</b> Tap Class  <b>1:30 Photographic Tour: Malta, Familiar and Exotic</b></p>	<p>11  <b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <b>Roast Salmon w/ Herbs</b>  <b>1:00</b> Duplicate Bridge  <b>1:30 Golden Moments Photography</b>  <b>2:00</b> Ping-Pong  <b>6:00 LGBTQ+</b></p>	<p>12  <b>8:30</b> French Group  <b>9:30</b> Hearing Aid  <b>9:30</b> ESL  <b>9:30</b> Social Circle  <b>10:00</b> Andover Photo  <b>Shrimp Lo Mein</b>  <b>1:00</b> 45s  <b>1:00</b> Social Bridge  <b>1:00</b> Mend-It Shop  <b>2:00</b> Tai Chi Fan</p>
<p>15  <b>9:00</b> Quilting Group  <b>10:00</b> Downtown  <b>10:00</b> Ladies Bridge  <b>Swedish Meatballs</b>  <b>1:00</b> Movie Matinee  <b>1:00</b> Hand &amp; Foot  <b>1:00</b> Ping-Pong</p>	<p>16  <b>8:30 Men's Breakfast</b>  <b>9:00</b> Comfort Critters  <b>10:00</b> Tech Help  <b>10:00</b> Rockingham Mall  <b>Sweet &amp; Sour Chicken</b>  <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  <i>Francofun</i>  <b>10:30</b> Write Stuff  <b>Baked Cod w/Pesto</b>  <b>12:30</b> Knit Wits  <b>1:15</b> Tap Class</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  <b>Turkey Tetrazzini</b>  <b>1:00</b> Duplicate Bridge  <b>2:00</b> Ping-Pong  <b>2:00</b> Italiano Club  <b>5:30 July Cookout</b>  <b>6:30 Ken Gibson Music</b></p>	<p>19  <b>8:30</b> French Group  <b>10:00</b> ACCC  <b>9:30</b> Social Circle  <b>Stuffed Peppers</b>  <b>1:00</b> 45s  <b>1:00</b> Social Bridge  <b>1:00</b> Zentangle  <b>2:00</b> Tai Chi Fan</p>
<p>22  <b>9:00</b> Quilting Group  <b>10:00</b> Walmart  <b>10:00</b> Ladies Bridge  <b>BBQ Chicken Tenders</b>  <b>1:00</b> Movie Matinee  <b>1:00</b> Hand &amp; Foot  <b>1:00</b> Ping-Pong  <b>1:00</b> Fix-It Shop</p>	<p>23  <b>9:00</b> Comfort Critters  <b>9:00</b> Brown Bag  <b>10:00</b> Tech Help  <b>10:00</b> Target  <b>American Chop Suey</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <b>1:30 Medicare Updates and Changes for 2025</b></p>	<p>24  <b>9:30</b> Crafting  <b>9:30</b> Le Cercle  <i>Francofun</i>  <b>10:30</b> Write Stuff  <b>Sausage w/Peppers</b>  <b>12:30</b> Knit Wits  <b>1:00</b> Healthy Eating  <b>1:15</b> Tap Class</p>	<p>25  <b>10:00</b> Scale Modeling  <b>10:00</b> Open Art  <b>10:00</b> BP Clinic  <b>Birthday Social</b>  <b>1:00</b> Duplicate Bridge  <b>1:00</b> Book Club  <b>2:00</b> Ping-Pong</p>	<p>26  <b>8:30</b> French Group  <b>9:30</b> ESL  <b>9:30</b> Social Circle  <b>Vegetable Lasagna</b>  <b>1:00</b> 45s  <b>1:00</b> Social Bridge  <b>1:00</b> Mend-It Shop  <b>2:00</b> Tai Chi Fan</p>
<p>29  <b>9:00</b> Quilting Group  <b>10:00</b> Downtown  <b>10:00</b> Ladies Bridge  <b>Lemon Rosemary Chicken</b>  <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> Rockingham Mall  <b>Turkey Shepherd's Pie</b>  <b>1:00</b> Mah Jongg  <b>1:00</b> Social Bridge  <b>1:30 Ice Cream Sundae Party</b></p>	<p>31  <b>9:30</b> Crafting  <b>9:30</b> Le Cercle  <i>Francofun</i>  <b>10:30</b> Write Stuff  <b>Beef Chili</b>  <b>12:30</b> Knit Wits  <b>1:15</b> Tap Class</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 planned meal. For a large print calendar, please see the front desk.</p>	



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# Thursday Night Schedule!



## Every Thursday Night:

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

## Special Events: Registration required for all special events.

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.

- **July 4: Happy Independence Day! We are closed for the 4th of July!**
- **July 11: LGBTQ+ & Allies Social at 6:00pm-** Ice Cream Social and Jerry Congdon, Esq, Estate Planning. Registration requested.
- **July 18: July Cookout at 5:30pm and Ken Gibson Music at 6:30pm-** Choice of cheeseburger, hamburger, grilled chicken or veggie burger (\$13) or hot dog (\$10). Price includes salads, drink & dessert. Pre-registration required by calling 978-623-8320 or by coming to the front desk. Registration deadline is Monday, June 24 at 2pm. Ken Gibson & Reena Langmeyer Music- Music from the Folk, Rock, Country, and Americana traditions sponsored by Andover Senior Community Friends.
- **July 25:** No scheduled program.



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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 July are Friday, July 5 and Tuesday, July 16.** Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>.

As always, you can reach out to Rep. Nguyen’s office at any time to discuss an issue. Simply email her Legislative Director Tobin Abraham at [Tobin.Abraham@mahouse.gov](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. Citizen input welcomed. **No meeting in July.**

**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>.

**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. <https://andovertv.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](http://acod.mhl.org).

**Discovery Center for Civic Engagement:**

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# ANDOVER SENIOR COMMUNITY FRIENDS

## *Who We Are*



The Andover Senior Community Friends Inc. (ASCF) is a 501(c)(3) charity, founded in 2012, that works closely with the Town of Andover Department of Elder Services and the Robb Center, as well as other charitable organizations such as the Andover Home for Aged People. The ASCF is completely volunteer run so every dollar donated to the ASCF is put towards its mission.

## *What We Do*

The ASCF funds otherwise unaffordable events, programs and services to be fielded by the Robb Center and Andover Elder Services and additionally, delivers foodstuffs directly and in conjunction with other charitable organizations, to seniors suffering from food insecurity.



Jazz Night

## *How We All Benefit*

Recent Matter of Balance Graduates



In the past year alone over 2,500 Andover seniors participated in ASCF funded events at the Robb Center; programs and services including life skills classes such as Aging Mastery, fitness and Matter of Balance, lectures by authors, photographers, and world travelers, entertainment including music, plays, comedy troupes, and movies, and artistic endeavors such as short story writing and Chinese brush painting.

## *You Can Help Too*

Tax deductible donations are always welcome. [www.Andoverscf.org](http://www.Andoverscf.org)

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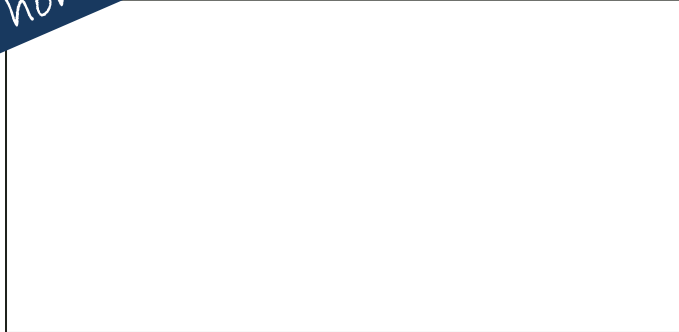
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