

The Robb Center Report

Andover's Senior Newsletter

AUGUST 2024



Walk to End Alzheimer's: Sunday, October 6- Join us on Sunday, October 6 to support the Alzheimer's Association's mission. We will walk as a group the 3 mile pre-set route. There is an alternative 1 mile route option for anyone who wishes to use it. Andover Elder Services strives to raise awareness and support community members in their endeavors with Alzheimer's Disease and Dementia. Email kelly.mcshane@andoverma.us for the registration link.



Shawsheen West Virtual Tour by Andover Center for History and Culture: Tuesday, August 13 at 1:30pm- Enjoy a unique view of William Wood's planned community known as Shawsheen. This virtual walk highlights the area west of Route 28 when it was known as Frye Village and then illustrates the changes including "brick Shawsheen", the neighborhood built for American Woolen Company's upper management. You will see photos of old homes still standing (and some not) in order to have a better understanding of what the neighborhood looked like before the early 20th century changes. Sponsored by the Andover Cultural Council.



Healthy Eating Demonstration: Wednesday, August 21 at 11:30am- Join Jim Swasey, Nutrition Director and Cherie Monahan MSN RN CPNP-PC Public Health Nurse to learn how to prepare Tabbouleh with Lentils & Rice. After the demonstration, lunch will be served to participants. This event will share information regarding the LUNCH program conducted by the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in collaboration with the Massachusetts Councils on Aging and The Robb Center. This program seeks to improve and develop menu options for the meals served for lunch daily. The LUNCH program is looking for focus group volunteers to provide input for improving and developing menu options for the meals served for lunch daily. Stipends will be provided to LUNCH participants. Registration Required, seats limited. \$3.00 suggested donation.



What's Inside

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



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Kayla Robarge, Program Assistant

Nutrition Staff

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

Sue Starbird, Food Services
Assistant

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

To stay informed about programs and important updates, sign up for our email blasts by visiting:

andoverma.gov/227/Elder-Services

REFUND POLICY

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

INCLEMENT WEATHER GUIDANCE

The Robb Center is in the unique position of following both school and town guidelines for weather related delays and cancellations. When **Town offices** are closed due to inclement weather, The Robb Center is closed and programs including transportation are cancelled. When a storm is predicted to end by noontime, please contact The Robb Center to verify if we are open or closed, or visit www.andoverma.gov/storm or dial 311 within Andover.

**Dull Men's Club:
Thursday, August 1
& 15 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. Perhaps you might share an anecdote or joke with your fellow "Old Guy's". We do not discuss politics or religion.

Learn about Medicare Savings Programs (MSPs): Tuesday, August 6 at 1:30pm- Presented by SHINE and MassHealth SHINE: Serving the Health Insurance Needs of Everyone...on or eligible for Medicare. Medicare Savings Programs (formerly MassHealth Buy -In) are designed to help lower costs of Medicare premiums and out-of-pocket costs. Benefits include the Extra Help program; a cost-saving program for prescription drugs. MassHealth recently expanded eligibility for MSPs by eliminating asset limits. Based on your income, you may be eligible for this program, putting money back in your pocket where it belongs. A SHINE counselor will help you determine if you are eligible and will help you access application information. You are invited to attend a presentation by the SHINE program and MassHealth to learn more about the program, guidelines, how to apply, and meet with a SHINE counselor following the presentation.

**Relief from Choking -
Learning Session and Practice:
Wednesday, August 7 at 1:30pm-**

Join us to learn how to respond to choking emergencies in this hands-on interactive class. We will review proper techniques for adult and child choking rescue. Leave with the knowledge and confidence to save a life! Cherie Monahan, RN, Andover Public Health Nurse will be instructing the class. Registration required. Seats limited.



Garden Gatherings at the Playstead: Thursday, August 8 from 4:00pm to 6:00pm- Join Andover Pollinator Pathway to learn about the native pollinator plants growing in the Playstead, ones you can also grow in your yard. View the display of gardening products to use that are safe for the environment, children and pets. Enjoy lemonade and cookies. Bring your children or grandchildren for a simple activity. Looking forward to seeing and enjoying this wonderful new space in town! **Rain date:** Thursday, August 22 from 4:00pm to 6:00pm.

Andover Photography Connection (APC): Friday, August 9 at 10:00am- Join this group of photo enthusiasts to share photography techniques, interests and experiences.



Non-Fiction Book Club: Monday, August 12 at 10:00am- This club explores contemporary issues, history, biography and more. Group contact is Joanne at joannedahlgrenma@gmail.com.

Representative Frank Moran Ice Cream Social: Wednesday, August 14 at 12:45pm- Join us for ice cream with Rep. Frank Moran. This is a free event. No registration required.

A Conversation with Andover's Animal Control Officer, Katie Kozikowski: Wednesday, August 14 at 1:30pm- Officer Kozikowski will discuss leash laws, pet safety and what to do when you experience wildlife in your yard or home.



Men's Breakfast: Tuesday, August 20 at 8:30am- Bob Spillman will give a talk on *The Engineering Behind D-Day*. 2024 is the 80th anniversary of D-Day (6/6/1944). Enjoy pancakes, sausages, home fries, orange juice & coffee. Registration required. Fee: \$6

Birthday Social: Thursday, August 22 at 12:00pm- All are welcome! Entrée will be Pork with Herb Butter. Music by Jay Daggett. Delicious desserts & raffle from Wingate. Registration required. Sponsored by Andover Senior Community Friends.



Book Club: Thursday, August 22 at 1:30pm- This group discusses a different book every month. This group is currently full.

Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: No meeting in August- Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!

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.

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. To register or confirm dates, contact Eileen Reilly at 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

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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 9:15am- 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, go to watch, programs, TISAA, **August 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.

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. 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 for the upcoming schedule.

Fall Fitness Session: August 19 to October 25: 10 weeks for \$35

Registration opens Wednesday, August 7 at 1:00pm for Andover residents. Non-Andover residents may register starting on Friday, August 9 at 1:00pm. Early registration forms will not be accepted.

REGISTRATION PROCESS: The preferred method to register is on [MyActiveCenter.com](https://myactivecenter.com). In-person registration is still accepted.

For a full listing and description of each class, the Fall Fitness Brochure can be found at the front desk or online: <https://andoverma.gov/227/Elder-Services>

Class	Day & Time	Location
Men & Women in Motion with Tracy	Mondays at 8:15am	In-Person Only
Strength & Stretch with Tracy	Mondays at 9:15am	Hybrid
Sit & Get Fit with Tracy	Mondays at 10:15am	Hybrid
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	Hybrid
Strength Training with Barb	Tuesdays at 8:15am	In-Person Only
Beginning 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
Body, Bones & Balance with Andrea	Thursdays at 2:00pm	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

NEW! 1:1 Fitness with Denise: Tuesdays at 8:30am & 9:30am- \$50 for an hour- Experience the personalized attention, safety and effectiveness of a 1:1 exercise training session with Denise Boucher. Together you will create a safe and effective workout plan that will focus on your specific needs and goals. Learn proper techniques on the equipment including exercise machines and free weights. Leave feeling empowered, confident and motivated to continue your fitness journey. Sign-up individually or as a couple. These sessions will be held in the fitness room. Registrations required by the Monday before at 1pm. Register on [MyActiveCenter.com](https://myactivecenter.com) or by calling 978-623-8320.

Fitness Room: Our goal is to help older adults & adults with disabilities remain active, engaged and independent in their community. This room is free to Andover residents and \$100 a year for non-Andover residents. Orientations are held on Tuesdays at 10:30am by Denise Boucher. Register for orientation by calling 978-623-8320 or on myactivecenter.com



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. Every class will cover fundamental body alignments and variations of breathing



The Robb Center Trips

For The Robb Center trips below, Andover residents may register beginning on July 31. Non-Andover residents may register starting August 7.

August 14: Essex River Cruise in Essex, MA- Join us for a scenic cruise and a stop for lunch at Woodman's of Essex. Cost: \$38 for cruise and transportation. Lunch at your own expense.

August 21: Yankee Clipper Harbor Cruise in Haverhill, MA- Join a 75 minute narrated scenic harbor tour of the Merrimack River. Lunch at The Tap. Cost: \$30 for cruise and transportation. Lunch at your own expense.

August 28: Hammond Castle Trip in Gloucester, MA- Explore the castle independently, followed by lunch at The Azorean. Cost: \$25 for castle entry and transportation. Lunch at your own expense.

September 4 & 11: JFK Library- Cost: \$22 for library entry & transportation. Lunch at the Library café at your own expense.

Best of Times Trips

Best of Times operates as a premier group travel agency with The Robb Center serving as an intermediary to promote and facilitate registration.

Wednesday, August 21 through 23: Penn Dutch Trip. Includes transportation, hotel stay, four meals, two shows, Penn Dutch tour and a visit to Hershey's Chocolate World. Prices range from \$799-\$999.

Friday, September 20 through 22: Lake George Balloon Festival: Join us for a weekend at Lake George to attend the balloon festival! Prices range from \$699-\$899 based on room occupancy.

Cancellation Policies:

*The Robb Center trips require a minimum of 48 hours to be eligible for a credit for transportation. Any Best of Times Trips require a minimum of 30 days notice for cancellation. *Prices subject to change.*

LET'S GO SHOPPING WITH THE ROBB CENTER!



HOME PICK UP STARTS AT 10:00AM

Monday, August 5 & 19 - Walmart Supercenter

Tuesday, August 6 & 20 - Target in Wilmington

Monday, August 12 - Downtown Andover

Tuesday, August 13 - 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 meeting in 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.



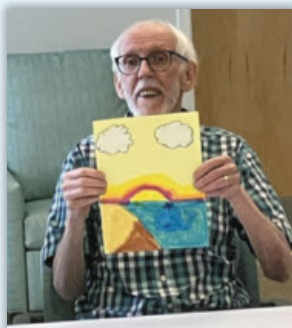
Parkinson’s Disease Support Group: **No meeting in August.** Meetings will resume in September. Meetings are generally held the second Thursday of each month. Every month there is a guest speaker that covers a new or different topic. Registration requested.

Family Caregiver Support Group:
Monday, August 19 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. Open meeting, no registration.

AUGUST 2024 SUPPORTIVE DAY PROGRAM

The Supportive Day Program participants are savoring the balmy days of summer! We had fun in the month of July attending the Ice Cream Social. In August, we will keep the summer theme going by taking a virtual trip to Hawaii and spreading the spirit of “aloha”, harmony, love, and respect. It is a good time to dig out our Hawaiian shirts and get colorful. We will delve into local history and culture with a presentation on Shawsheen West by the Andover Center for History and Culture. 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.





Mend-It Shop:

Friday, August 9 & 23 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. *We will not be held responsible for any damage or loss that may occur during the repair process.



Brown Bag “Mobile Market”:

Tuesday, August 27 from 9:00am to 10:30am- This once a month service provides a bag of shelf stable groceries for those already approved by

AgeSpan. Brown Bag may be picked up from The Robb Center between

9:00am-10:30am. Applications available through

AgeSpan, call 978-683-7747.



Ask the Lawyer:

No appointments in 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.***

Fix-It Shop:

Monday, August 12 & 26 from 1:00pm to 3:00pm- Bring your

lamps, small appliances, chairs, small tables and any other small project and this group will try to fix it!

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,

August 14 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.



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.



Hearing Aid Checks/Cleanings & Hearing Screenings: No checks in August.

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



What can SHINE do for you? SHINE is an

acronym: Serving the Health Insurance Needs of Everyone...on or eligible for Medicare. SHINE counselors are highly trained and will assist you with learning about Medicare and Medicare Savings Programs, whether you are exploring Medicare or are already enrolled. A SHINE counselor will help you determine eligibility, based on income and/or assets for all potential cost saving programs, including MassHealth Standard and other programs associated with it. The recent elimination of asset guidelines for MSPs may mean that you are eligible now, when you may not have been eligible before. If you are not eligible, a SHINE counselor can review your Medicare coverage to help determine if you are in the most cost-effective plan and will help determine opportunity for change if so. Call for an appointment with a certified SHINE Counselor: 978-623-8320 or 978-946-1374. SHINE is a federally funded program helping you navigate Medicare.

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.



AUGUST 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 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Meatball Sub 1:00 Duplicate Bridge 2:00 Ping-Pong 2:00 Italiano Club 6:00 LGBTQ+</p>	<p>2 8:30 French Group 10:00 ACCC 9:30 Social Circle Battered Haddock 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>5 9:00 Quilting Group 10:00 Walmart 10:00 Ladies Bridge Honey Mustard Chicken 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>6 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Cheese Ravioli w/ Marinara 1:00 Mah Jongg 1:00 Social Bridge 1:30 Learn About Medicare and Cost Saving Programs</p>	<p>7 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Beef Quesadilla 12:30 Knit Wits 1:15 Tap Class 1:30 Relief from Choking- Learning Session and Practice</p>	<p>8 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Broccoli & Cheese Quiche 1:00 Duplicate Bridge 2:00 Ping-Pong 4:00 Garden Gatherings 5:30 August Cookout 6:30 Dave and Wally Music</p>	<p>9 8:30 French Group 9:30 ESL 9:30 Social Circle 10:00 Andover Photo Creole Catfish 1:00 45s 1:00 Social Bridge 1:00 Mend-It Shop 2:00 Tai Chi Fan</p>
<p>12 9:00 Quilting Group 10:00 Downtown 10:00 Ladies Bridge 10:00 Non-Fiction Book Club Baked Mac & Cheese 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>13 9:00 Comfort Critters 10:00 Tech Help 10:00 Rockingham Mall Chicken Cacciatore 1:00 Mah Jongg 1:00 Social Bridge 1:30 Shawsheen West Virtual Tour</p>	<p>14 9:30 Crafting 9:30 Le Cercle Francofun 10:00 Food Pantry 10:30 The Write Stuff Turkey Scallopini 12:30 Knit Wits 12:45 Representative Frank Moran Ice Cream Social 1:15 Tap Class 1:30 A Conversation with Andover's Animal Control Officer</p>	<p>15 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Cranberry Chicken Salad Sandwich 1:00 Duplicate Bridge 2:00 Ping-Pong 2:00 Italiano Club</p>	<p>16 8:30 French Group 10:00 ACCC 9:30 Social Circle Hot Dog 1:00 45s 1:00 Social Bridge 1:00 Zentangle 2:00 Tai Chi Fan</p>
<p>19 9:00 Quilting Group 10:00 Walmart 10:00 Ladies Bridge Sesame Shrimp Lo Mein Noodles 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:30 Caregiver</p>	<p>20 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Baked Cod 1:00 Mah Jongg 1:00 Social Bridge 2:00 Blood Drive</p>	<p>21 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff 11:30 Healthy Eating Demonstration/ Congregate Lunch: Tabbouleh with Lentils & Rice 12:30 Knit Wits 1:15 Tap Class</p>	<p>22 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthday Social 1:00 Duplicate Bridge 1:00 Book Club 2:00 Ping-Pong 5:30 End of Summer Cookout</p>	<p>23 8:30 French Group 9:30 ESL 9:30 Social Circle Chicken Broccoli Alfredo Penne Pasta 1:00 45s 1:00 Social Bridge 1:00 Mend-It Shop 2:00 Tai Chi Fan</p>
<p>26 9:00 Quilting Group 10:00 Ladies Bridge Lasagna 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>27 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help Beef Stir Fry 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>28 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Pollock Fish Cake 12:30 Knit Wits 1:15 Tap Class</p>	<p>29 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Tuna Noodle Casserole 1:00 Duplicate Bridge 2:00 Ping-Pong 6:00 AI Revolution and 8 People Behind It</p>	<p>30 8:30 French Group 10:00 ACCC 9:30 Social Circle Chicken Marsala 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.

- **August 1: LGBTQ+ & Allies Social at 6:00pm- Summer Soiree.** Free portrait photography session.
- **August 8: Garden Gatherings at the Playstead from 4:00pm to 6:00pm-** See details on page 3.
- **August 8: August Cookout at 5:30pm and Dave & Wally 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, August 5 at 2:00pm. Join us after for Music by Dave & Wally sponsored by Andover Senior Community Friends.
- **August 22: End of Summer Cookout at 5:30pm-** 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, August 19 at 2:00pm.
- **August 29: AI Revolution and 8 People Behind It by Max Li at 6:00pm-** We are entering the exciting phase of AI revolution. The revolution is a collective effort by many people. This talk focuses on 8 people. They are divided into three groups: Turing Award Winners (Yoshua Bengio, Geoffrey Hinton and Yann LeCun), Stanford Triplets (Andrew Ng, Andrej Karpathy and Fei-Fei Li) and Dropouts (Sam Altman and Elon Musk).



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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 August are Friday, August 2 and Tuesday, August 20.** Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>. As always, you can reach out to Rep. Nguyen's office at any time to discuss an issue. Simply email her Legislative Director Tobin Abraham at Tobin.Abraham@mahouse.gov, or call 617-722-2680.

Council on Aging Advisory Board: Wednesday, August 14 at 3:30pm- Russ Moran, Chair; Amanda Preston, Ralph Bledsoe, Vice-Chair; Gail Bloom, Ed Plowey, Dot Hollenbeck, Christina Vidoli, Judith Agnes, and Kim Butler -Rainen. Meetings open to the public. To contact a **COA** member call The Robb Center at 978-623-8320.

Confused about Medicare? Considering enrollment? Unsure about what to do? The SHINE Program can help: Wednesday, August 14 from 4:00-6:00pm via Zoom- SHINE: Serving Health Insurance Needs of Everyone...on or eligible for Medicare Are you, a friend or a loved one turning 65 or already 65, considering retirement, and/or simply confused about Medicare? You are not alone – a SHINE counselor can explain your options. Learn about the structure of Medicare, when to enroll, and helpful tips to choose plans that suit you, your lifestyle and your Medicare insurance needs. This session will be presented by a certified SHINE Counselor who provides free, unbiased, Medicare health insurance information and will help guide you through your Medicare options so you will be an empowered, educated consumer. You are invited to attend an "Introduction to Medicare" zoom session with Joan on the date above. Simply copy & paste the link into your browser. <https://us02web.zoom.us/meeting/register/tZckdeuvqzMvEtG5FoiZHYXBBLtkwnRQ1J1y>


Mean's Tested Senior Property Tax Exemption Application Now Available: Residents who have owned and occupied their home for at least the last 10 years, were 65 years of age as of December 2023, and received the Senior Circuit Breaker Tax Credit when filing a 2023 Massachusetts income tax return may be eligible for a Means Tested Property Tax Exemption in Andover. The Fiscal Year 2025 Means Tested Senior Property Tax Exemption application is now available at The Robb Center front desk, at the Andover Town Offices or online at: <https://andoverma.gov/DocumentCenter/View/14978/FY2025-CIRCUIT-BREAKER-APPLICATION>

The Andover Commission on Disability (ACOD) serves as advocates and educators in/around disability rights for full inclusion of people with disabilities addressing the needs of the Town and its residents. For resources and information visit the **ACOD** website at: acod.mhl.org.

Discovery Center for Civic Engagement: Does volunteering in a purposeful way appeal to you? Are you looking for meaningful ways to use your skills and talents? To inquire about more information, email: AndoverDiscoveryCenter@gmail.com.

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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

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.

Recent Matter of Balance Graduates



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2021 August Newsletter



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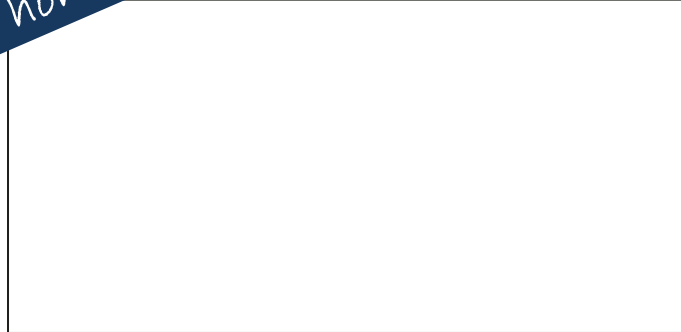
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