

The Robb Center Report

Andover's Senior Newsletter

SEPTEMBER 2024 

Health & Wellness Fair: Wednesday, September 18 from 9:30am to 12:30pm- Join us for our annual Health & Wellness Fair. More information on page 6.



Fall Craft Sale: Thursday, September 19 from 9:00am to 8:00pm & Friday, September 20 from 9:00am to 12:00pm-

Stop by at our Fall Craft Sale! We have beautiful handmade objects from the Wednesday Crafting Group. Items available include wreaths, Halloween decorations, Thanksgiving centerpieces, and much more.



September Art Workshop: Thursday, September 12 at 6:00pm-

Something to Tweet, Tweet about! Join Kidcreate Studio Wilmington at The Robb Center for a 1 hour class creating a colorful air-dry clay bird bath! We'll create a pinch pot out of clay and turn it into a miniature bird bath including a little birdie to keep you chirping along through the winter months. Registration required, seats limited. Cost: \$35.



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.



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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, September
5 & 19 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.

**AARP Smart Driver Course:
Friday, September 6 from 9:30am
to 3:00pm (including a break for
lunch) -**

This AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the new AARP Smart Driver Course, attendees will be taught the current rules of the road and how to understand new traffic control devices on our ever-changing roadways. Also, attendees will learn defensive driving techniques and how to use some of the new technical features in vehicles like lane departure warnings, blind spot indicators and adaptive cruise control. AARP membership is not required to take the course and there are no road tests to pass. The fee is \$20 for AARP members and \$25 for non-members. Registration required, seats limited.

**Non-Fiction Book Club: Monday,
September 9 at 10:00am-** This club explores contemporary issues, history, biography and more. Group contact is Joanne at joannedahlgrenma@gmail.com.

**The History and Evolution of the
American Funeral: Tuesday,
September 10 at 1:30pm-**

Where we began, where we are, and where we may be headed. Presentation by Richard Dewhirst a third generation funeral director, educator and planning advocate.

**WWI Playstead Intergenerational
Garden Ribbon Cutting and
Celebration: Thursday,
September 12 from 2:00pm to
4:00pm-**

Join us to celebrate the completion of the WWI Playstead Intergenerational Garden with a ribbon cutting! We will have music and refreshments!



**Andover Photography Connection
(APC): Friday, September 13 at
10:00am-**

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



**Men's Breakfast: Tuesday,
September 17 at 8:30am-**

Joe Ponti will speak on *The Big Gun Club: Battleships*. Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. Registration required. Fee: \$6



**Concept Cars: The Good, the Bad
and the Ugly by Paul MacKay:
Tuesday, September 24 at 1:30pm-**

A concept car is made to express and test some new idea. Many models are actually not suitable for production, but they show us what might be possible and give us reason to imagine what the future may bring. In this talk Paul will highlight a selection of concept cars he finds interesting, exciting and bizarre.

**Healthy Eating Discussion
Group with Cherie Monahan, RN,
Public Health Nurse: Wednesday,
September 25 at 1:30pm-**

Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!

**Birthday Social: Thursday,
September 26 at 12:00pm-**

All are welcome! Entrée will be Lemon Dill Chicken. Music by Comedy Masque Review. Delicious desserts & raffle from Atria Marland Place. Registration required. Sponsored by Andover Senior Community Friends.



**Book Club: Thursday, September
26 at 1:30pm-**

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



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.

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

1:1 Fitness with Denise: 8:30am & 9:30am- Personalized exercise training session. Register on myactivecenter.com or by calling 978-623-8320. \$50 for an hour.

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.



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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 "MASTERPLAN OF THE SHAWSHEEN RIVER"**. You are a few clicks away: Andovertv.org, go to watch, programs, TISAA **October 1, 2023 - "Masterplan of the Shawsheen River"** 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.

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: 8:00am-4:00pm, Wednesday: 8:00am-4:00pm, Thursdays: 8:00am-8:00pm, 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.



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.

The Andover Robb Center Health and Wellness Fair



Wednesday, September 18, 2024

9:30 am - 12:30 pm

30 Whittier Ct.

Andover, MA

Presentations

9:45 am - Healthy Cooking Demo

w/Chef Jim Swasey

10:30 am - Hands Only CPR

w/Cherie Monahan, Public Health Nurse

11:15 am - Healthy Sleep Habits

w/Dr. Kate Madden

Flu Shots

Speakers

Health Screenings

Information

Free Samples &

Giveaways



Women’s Outdoor Adventure Group (WOAG): Thursday, September 12 & 26- Hike locations to be announced prior to the hike, they will include old favorites as well as new. For each individual hike, participants must register on myactivecenter.com or by calling us at 978-623-8320. If you have questions about the group, contact Jane Gifun at fleecy.godmother@verizon.net.

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 techniques. This class does not utilize a chair.



The Robb Center Trips

For The Robb Center trips below, Andover residents may register starting September 4 at 9am. Non-residents may register starting September 6 at 9am.

September 25: Bedrock Gardens in Lee, NH- Enjoy a “Gardening for Winter Birds” presentation and lunch at the Old Grill. Cost: \$10 for transportation. Presentation fee: \$20 & lunch at your own expense.

October 2: Pickity Place in Mason, NH- It’s high tea time! Enjoy a 5 course lunch at Pickity Place and explore their shop. All inclusive Cost: \$52.34

October 9 & 16: State House, Boston, MA- Meet your representatives and tour the State House. Cost: \$10 for transportation. Lunch is provided.

Bus Trips/ Best of Times Trips

November 14: Join us for the Sicilian Tenors at the Castleton Banquet Center. Choice of turkey dinner or vegetable lasagna. All inclusive price of \$129. Driver gratuity not included. Register by September 30.

December 5: Smoky Mountain Christmas! Join us to enjoy the music of Dolly Parton & Kenny Rogers. All inclusive price of \$129. Driver gratuity not included. Register by October 7.

Andover residents get priority when trips meet capacity. Costs vary, seats limited.

The Robb Center needs at least 48 hours notice of cancellation from a 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” day trips require 30 days notice.

LET’S GO SHOPPING WITH THE ROBB CENTER!



HOME PICK UP STARTS AT 10:00AM

Monday, September 9 & 23- Downtown Andover

Monday, September 16 & 30- Walmart Supercenter

Tuesday, September 3 & 17- Target in Wilmington

Tuesday, September 10 & 24- 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.

Family Caregiver Support Group: Monday, September 16 at 1:30pm- Join us for guest speaker Sarah Turcotte from Bridges by Epoch to discuss a caregiver related topic. Registration requested.



Parkinson’s Disease Support Group: Thursday, September 12 at 1:30pm- Join Dr. Aronson, functional neurosurgeon and Director of Epilepsy Surgery at BI Deaconess Medical Center/Harvard Medical School for “An Overview to Deep Brain Stimulation (DBS)”. Registration requested.

***New* Diabetes Support Group: Wednesday, September 25 at 2:00pm:** Cherie Monahan, MSN RN CPNP-PC Andover Public Health Nurse will host the first Diabetes Support Group to discuss lifestyle, healthy eating and more. All are welcome. Registration requested.

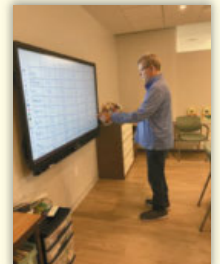


Bereavement Support Group: Wednesdays, September 25 through November 20 at 2:00pm (No meeting on October 30)- Join us for this 8 week session lead by a representative from Tufts Medicine, Care at Home. Our group supports each other and discusses some of the ways the loss of someone significant can affect our lives. Registration required, seats limited. No registration after October 1. Register by emailing Susan.Toleos@tuftsmedicine.org .



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 had a fun-filled Summer, but we are looking forward to the delights of Fall. The weather will cool, the leaves will begin to turn, and our minds are turning to tasty fall treats. We will enjoy taste testing some delicious apple varieties from the New England region and make some individual apple pies. Fall is also the time that the children go back to school. We will reminisce about our school days, our favorite teachers, school chums, and experiences of being a student. We wish our wonderful summer student volunteers a productive school year and we hope to see them again during school vacations. 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, September 6 from 9:30am-10:30am- Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Ask the Lawyer:

Monday, September 9 at 9:30am- Offered by Justin St. James, Esquire, licensed in MA & NH. Appointments are 20 minutes in-person and scheduled in chronological order. Limit of one question/issue. Cost: Free. ***No tax questions, or immigration questions, please.***

Fix-It Shop: Monday, September 9 & 23 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, September 11 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, September 13 & 27 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.

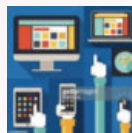
Brown Bag “Mobile Market”:
Tuesday, September 24 from 9:00am to 10:30am-

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. 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.



SEPTEMBER 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CLOSED TODAY</p> 	<p>3 9:00 Comfort Critters 10:00 Tech Help 10:00 Target <b style="color: blue;">Cheese Ravioli 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>4 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:30 The Write Stuff <b style="color: blue;">Citrus Glazed Chicken 12:30 Knit Wits 1:15 Tap Class</p>	<p>5 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b style="color: blue;">Shepherd's Pie 1:00 Duplicate Bridge 2:00 Ping-Pong 2:00 Italiano Club <b style="color: green;">6:00 LGBTQ+</p>	<p>6 8:30 French Group 9:30 ESL 9:30 Hearing Aid 9:30 Social Circle <b style="color: green;">9:30 AARP Safe Driving Course <b style="color: blue;">Lemon Pepper Cod 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>9 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Non-Fiction Book Club 10:00 Downtown 10:00 Ladies Bridge <b style="color: blue;">Chicken Cacciatore 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>10 9:00 Comfort Critters 10:00 Tech Help 10:00 Rockingham Mall <b style="color: blue;">Beef Stew 1:00 Mah Jongg 1:00 Social Bridge <b style="color: green;">1:30 The History and Evolution of the American Funeral</p>	<p>11 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Food Pantry 10:30 The Write Stuff <b style="color: blue;">Baked Cod Piccata 12:30 Knit Wits 1:15 Tap Class</p>	<p>12 9:00 WOAG 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b style="color: blue;">Bacon & Onion Quiche 1:00 Duplicate Bridge 1:30 Parkinson's <b style="color: green;">2:00 WWI Playstead Intergenerational Garden Ribbon Cutting 2:00 Blood Drive 2:00 Ping-Pong <b style="color: green;">6:00 September Art Workshop</p>	<p>13 8:30 French Group 9:30 Social Circle 10:00 ACCC 10:00 Andover Photo <b style="color: blue;">Chicken Pot Pie 1:00 45s 1:00 Social Bridge 1:00 Mend-It Shop 2:00 Tai Chi Fan</p>
<p>16 9:00 Quilting Group 10:00 Walmart 10:00 Ladies Bridge <b style="color: blue;">Sweet & Sour Pork 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:30 Caregiver</p>	<p>17 <b style="color: green;">8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Target <b style="color: blue;">Stuffed Chicken 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>18 <div style="text-align: center;">HEALTH AND WELLNESS FAIR</div> <div style="text-align: center;">9:30AM TO 12:30PM</div> </p>	<p>19 <b style="color: green;">FALL CRAFT SALE 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b style="color: blue;">Hot Dog 1:00 Duplicate Bridge 2:00 Ping-Pong 2:00 Italiano Club <b style="color: green;">5:30 Italian Dinner Night</p>	<p>20 <b style="color: green;">FALL CRAFT SALE 8:30 French Group 9:30 ESL 9:30 Social Circle <b style="color: blue;">Roast Salmon 1:00 45s 1:00 Social Bridge 1:00 Zentangle 2:00 Tai Chi Fan</p>
<p>23 9:00 Quilting Group 10:00 Downtown 10:00 Ladies Bridge <b style="color: blue;">Chicken Broccoli Alfredo 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>24 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help 10:00 Rockingham Mall <b style="color: blue;">Beef Stroganoff 1:00 Mah Jongg 1:00 Social Bridge <b style="color: green;">1:30 Concept Cars: The Good, the Bad and the Ugly</p>	<p>25 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:30 The Write Stuff <b style="color: blue;">BBQ Turkey Tips 12:30 Knit Wits 1:00 Healthy Eating 1:15 Tap Class <b style="color: green;">2:00 *New* Diabetes Support Group 2:00 Bereavement</p>	<p>26 9:00 WOAG 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b style="color: green;">Birthday Social 1:00 Duplicate Bridge 1:00 Book Club 2:00 Ping-Pong <b style="color: green;">6:00 Dance Party with DJ George Landers</p>	<p>27 8:30 French Group 9:30 Social Circle 10:00 ACCC <b style="color: blue;">Coconut Curry Flounder 1:00 45s 1:00 Social Bridge 1:00 Mend-It Shop 2:00 Tai Chi Fan</p>
<p>30 9:00 Quilting Group 10:00 Ladies Bridge 10:00 Walmart <b style="color: blue;">Stuffed Shells 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<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> 			



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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.

- **September 5: LGBTQ+ & Allies Social at 6:00pm-** Long Term Care Options and the Ombudsman Program by Chaz Rudich from AgeSpan.
- **September 12: Red Cross Blood Drive from 2:00pm to 7:00pm-** See page 13 for details.
- **September 12: September Art Workshop at 6:00pm-** See page 1 for details.
- **September 19: Italian Dinner Night at 5:30pm-** Enjoy an Italian Dinner, live music & a fun night out with friends. \$13 . Register on myactivecenter.com on by calling 978-623-8320. 
- **September 26: Dance Party with DJ George Landers from 6:00pm-7:30pm-** Join us for a fun night of dancing and socializing. Refreshments will be served. Sponsored by the Andover Senior Community Friends. 

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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 September are Friday, September 6 and Tuesday, September 17.** 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, September 11 at 3:30pm- Council on Aging Advisory Board (COA): Wednesday, September 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 are 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, September 18 from 6:00-8:00pm 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/tZcsfuGrrTMjHNaF-COHvdSfyxPK8efC2LaS>

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 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>





ASCF Fall COMFORT Food FUNDRAISER!



The *Andover Senior Community Friends* (ASCF) fund a variety of programs and events at the Robb Center. Help ASCF support the Center by ordering Harrow's Chicken and Fruit Pies. Orders will be taken through **October 9th**. Pick up your pies on Wednesday, **October 16th** between **2:30 and 4:00 pm** in Andover at 30 Whittier Court. Harrows Pies are delivered frozen and ready to pop in the oven!

To order, visit our website at www.andoverscf.org or complete and mail the form below with your payment to ASCF, PO BOX 576, Andover, MA 01810. Questions? Call Carol at 978-837-2315

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Harrows Chicken Pie without Vegetables			
Individual	\$10.25 ea.		
Apartment (2-3 servings)	\$22.50 ea.		
Family (4 servings)	\$29.75 ea.		
Jumbo (6 servings)	\$35.75 ea.		
Harrows 8" Apple Pie	\$13.00 ea.		
Harrows 8" Blueberry Pie	\$13.00 ea.		
<i>"Share the Comfort", donate one or more Chicken Pies for Seniors of Andover in need</i>			
Donated Individual Chicken Pie*	\$10.50 ea.		
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*Donated Chicken Pies will be distributed to those in need by Andover Elder Services. September Newsletter 2024



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