

The Robb Center Report

Andover's Senior Newsletter

OCTOBER 2024



What's Inside

FY26 SCRPT (Senior Citizen Residential Property Tax Work Off)

Volunteer Program: It's that time of year again! Enrollment/renewal for the SCRPT Volunteer Program begins **Tuesday, October 1!** New volunteers must contact Ashley English, Special Services Coordinator at 978-623-8320 for a phone interview. If you are currently enrolled and would like to renew, an email will be sent to you with FY26 renewal paperwork attached. Hard copy renewal forms will also be available at The Robb Center Front Desk or mailed upon request.

Deadline to enroll/renew is Friday, November 15.

High Dose Flu Shots: Thursday, October 10 from 9:00am to 12:00pm-

The Andover Health Division is offering a High Dose Clinic for Andover residents aged 65 and older at The Robb Center. Appointments are necessary and can be made online by going to <https://andoverma.gov/162/Health>. For questions or assistance, please call the Andover Health Department at 978-623-8640.

Oktoberfest: Thursday, October 10 at 12:00pm- Join our celebration filled with authentic German food, "Oompah Oktoberfest!" music and enough fun to make you yodel with glee! Enjoy Sauerbraten and strudel in a festive atmosphere. Cost: \$15. Registration required on myactivecenter.com or by calling 978-623-8320. Seats limited.

Utilities, Andover Community Power and Third-Party Suppliers:

What You Need to Know about Electricity: Tuesday, October 15 at 1:30pm- Did you hear about Andover's new electricity program? Are you confused about your National Grid bill? Andover Deputy Town Manager Mike Lindstrom and Sustainability Director Joyce Losick-Yang will give an overview on Andover Community Power program and its benefits, show you how to read your energy bill, and teach you what to watch out for in terms of energy scams. Please bring your latest National Grid bill to the meeting.

The Town of Andover invites you to participate in a survey of residents 50+. This survey will inform planning efforts as they relate to services for older adults and their families. Please complete the survey online at <https://andoverma.gov>, by calling 617-287-7413, or in-person at The Robb Center, Memorial Hall Library or Town Hall.

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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, October 3 & 17 at 10:00am-



Come along and join in on an informal round table discussion of current events, history, technology, medicine, sports and travel. We do not discuss politics or religion.

Non-Fiction Book Club: Monday, October 7 at 10:00am- This club explores contemporary issues, history, biography and more. Group contact is Joanne at joannedahlgrenma@gmail.com.

Medicare 101: The Basics of Medicare Planning: Tuesday, October 8 at 1:30pm- Presented by Andy Firmin of Benefit Advisors Group, this session will review Medicare coverage, including prescription drug options and the tools available to select your plan. Highlights of changes coming to Medicare will be noted and important aspects of what you need to look for in your Annual Notice of Change will be noted.

Heat Pumps for Home Heating and Cooling: Wednesday, October 9 at 1:30pm- Andover WECAN and The Heat Smart Alliance - Heat Pumps are a new way to heat and cool your home and when combined with renewably produced electricity, it eliminates greenhouse gas emissions. At this session, you will learn the basics of heat pumps and how to determine if they are something you would like to consider. Free coaching is available to help you understand the benefits, key issues and answer your questions.

Andover Photography Connection (APC): Friday, October 11 at 10:00am- Join this group of photo enthusiasts to share photography techniques, interests and experiences.



Men's Breakfast: Tuesday, October 15 at 8:30am- Glen Johnson will speak on his career as a journalist and his time working in politics and the federal government. Enjoy pancakes, sausages, home fries, orange juice & coffee. Registration required. Fee: \$6

Two Sopranos & a Piano: Tuesday, October 22 at 1:30pm- Join us for a concert of classical, musical theatre, and pop selections celebrating life, love & laughter! Featuring Lauren Dooley Sprague, Michelle Damigella Komm & Amy Victoria Gilvary. Sponsored by Andover Senior Community Friends. Recorded by Andover TV.



Understanding Vascular Disease: Wednesday, October 23 at 1:30pm- Come to understand risk factors, learn about symptoms and gain valuable information about the many treatment options available. Brad Oriel, MD from The Vascular Care Group will be presenting.

Birthday Social: Thursday, October 24 at 12:00pm- All are welcome! Entrée will be Pulled Pork. Music by Bill Donelan & Terri Kelley. Delicious desserts & raffle from Stonehill. Registration required. Sponsored by Andover Senior Community Friends.



Winslow Townsend Photographic Presentation: Tuesday, October 29 at 1:30pm- Winslow Townsend is a Boston based photographer who has been photographing news and sports for over 35 years. He has photographed the Olympics, Super Bowls, World Series, NBA Finals, Stanley Cup Finals, Triple Crown horse racing and major golf tournaments. He will show some of his sports pictures from his career which have included covers of Sports Illustrated, Boston Magazine, front pages of the New York Times as well as many book covers. He will talk about the stories behind some of the pictures and how he got them.

Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: Wednesday, October 30 at 1:30pm- Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!



GI Health & Wellness: Wednesday, October 30 at 1:30pm- Millions of people suffer from GI-related issues. Dr. Aggarwal is a practicing Gastroenterologist at Integrated Gastroenterology Consultants in Chelmsford. He will be presenting on the topics of gut health, constipation, and accidental bowel leakage. The presentation will discuss common gut-related symptoms, and what can be done to improve them.

Book Club: Thursday, October 24 at 1:30pm- This group discusses a different book every month. This group is currently full.



Monday through Friday:

Congregate Lunch: 2:00pm- Join us for Congregate Lunch. Reservations for congregare lunch, along with our monthly Birthday Socials, are required by 3:00pm the previous day. Reserve a seat by calling 978-623-8320. A \$3.00 donation is suggested. Daily entrées are listed on page 10.

Fitness Room Drop-In: Our goal is to help older adults & adults with disabilities remain active, engaged and independent in their community. The fitness room is open the same hours as The Robb Center. 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.

Monday:

Sunrise Singers: *Actively looking for a new choir director. If interested, email kelly.mcshane@andoverma.us .

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- Watch a film on the “big screen”. Call for details for the next movie or stop by the front desk.

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

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

Best American Short Stories Group: The Drama Readings will begin on **Monday, September 23 at 1:00pm through November**. The two plays are *A Doll's House* and *Inherit the Wind*. We will break for December and begin Short Story Discussion in January. This year's *Best American Short Stories 2024* is edited by Lauren Groff. We will begin the drama readings at The Robb Center and revert to Zoom in January for Short Story. Please email: eileenreilly42@gmail.com for Drama Readings only at this point.



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Tuesday:

Comfort Critters: 9:00am- This group creates little comfort critters that are donated to hospitals. Currently 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. \$50 for an hour. Register on myactivecenter.com or by calling 978-623-8320.

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. ***No Ping-Pong October 17 from 6-8pm.***

Friday:

Le Petit Dejeuner, the French Conversation Group: 8:30am- Venez parler français dans un cadre convivial en petit groupe. This group is currently full.

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.

Winter Fitness Session: November 12 to January 31. 10 weeks for \$35.

Registration opens Wednesday, October 30 at 1:00pm for Andover residents. Non-Andover residents may register starting on Friday, November 1 at 1:00pm. Early registration forms will not be accepted.

REGISTRATION PROCESS: The preferred method to register is on myactivecenter.com. In-person registration is still accepted.

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

***Additional classes may be added by the time of registration.**

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
Ballroom Basics: 5 Weeks - \$18	Thursday at 5:30pm Nov14 -Dec 19	In-Person Only
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

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. 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 or by calling 978-623-8320.

Women's Outdoor Adventure Group (WOAG): Thursday, October 10 & 24- 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- *NO Class October 7 & 14.* 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 **October 2nd at 9am**. Non-residents may register starting October 4th at 9am.

October 23: Brooksby Farm in Peabody, MA- Join us for pumpkins, cider doughnuts & delicious fall produce. \$10 for transportation. Lunch at Century House (not included in price). This trip is not handicap accessible.

October 30: Walking Tour of Portsmouth, NH- 90 minute walking tour (wear comfortable walking shoes). \$26 for the tour & transportation. Lunch location TBA. This trip is not handicap accessible.

November 6: Vintage Tea & Cake in Lexington, MA- Join us for delicious tea & lunch. \$45 p.p. all inclusive.

November 13: Wenham Museum in Wenham, MA- Explore how New Englanders have lived, worked, dressed and played from the 17th century to today. \$18 includes museum entry and transportation. Lunch at Woodman's in Ipswich (not included in price).

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 October 15.

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. 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

- **Tuesday, October 1: Walmart Supercenter in Salem, NH**
- **Tuesday, October 8: Target in Wilmington**
- **Tuesday, October 15: Walmart Plaza in North Reading**
- **Tuesday, October 22: Wildcard Trip- Rockingham Mall. Look for a different location monthly! Call for an updated schedule.**

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.

Memory Cafés: In partnership with the Memorial Hall Library, we will begin hosting Memory Cafés on the **second Wednesday of every month**. Memory Cafés offer a welcoming environment for individuals facing memory challenges and their caregivers to connect, share experiences, and find support. These social gatherings provide a much-needed respite from isolation and foster a sense of community. Join us for our first Memory Café on **Wednesday, November 13 at 1:30pm at Memorial Hall Library**. Registration details will be included in the November Newsletter.



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 .



Parkinson’s Disease Support Group: Thursday, October 10 at 1:30pm- Join Kelley MacDonald, RN, MS, Director of Admissions & Marketing from Mary Immaculate Health Care Services who will speak on “Housing Options 101.” Registration requested.



Family Caregiver Support Group: Monday, October 21 at 1:30pm- Join us for a support group for family caregivers to connect with others, share concerns and learn about available resources. Registration requested.

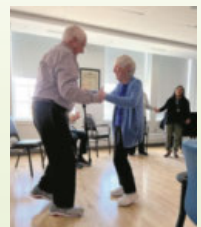


***New* Diabetes Support Group: Wednesday, October 25 at 2:00pm:** Cherie Monahan, MSN RN CPNP-PC Andover Public Health Nurse will host the first Diabetes Support Group to discuss lifestyle, healthy eating and more. All are welcome. Registration requested.



ALCOHOLICS ANONYMOUS® Meetings at The Robb Center: Thursdays, 7:00pm - 8:00pm- ALCOHOLICS ANONYMOUS® is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Open meeting, no registration.

The Supportive Day Program participants are looking forward to lots of fun during the month of October. We will start the month by attending The Robb Center Oktoberfest festivities and enjoy authentic German food. We will decorate our program room with a variety of leaf themed crafts. We will discuss the origins of Halloween and paint pumpkins to decorate our homes. 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.



White Elephant Donations: Tuesday, October 15 - Get ready to declutter and delight! Our White Elephant donation for the holiday bazaar kicks off on Tuesday, October 15th. We will accept gently used holiday treasures, dazzling jewelry, and other fun surprises. Please remember, we cannot accept books, DVDs, electronics, textiles, medical equipment, or furniture.



Hearing Aid Checks/Cleanings & Hearing Screenings:
Friday, October 4 from 9:30am to 10:30am- Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Ask the Lawyer:
Monday, October 7 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, October 7 & 21 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, October 9 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.



Brown Bag "Mobile Market": Tuesday, October 22 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.



Mend-It Shop: Friday, October 25 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.

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- No BP Clinic on October 10th. Drop-in free clinic conducted by the Board of Health.

What do I need to know about Medicare Open Enrollment? Medicare Open Enrollment: October 15 – December 7. Medicare plans can change annually, and changes are expected for 2025. This can affect your health care and drug costs. SHINE counselors can help you with all things Medicare. Your health insurance costs are an important part of your budget and Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2025, or to learn about all options that may be most cost-effective for you. You may also benefit from cost savings programs which a SHINE counselor will explain to you. Certified SHINE counselors are available all year, and offer free, unbiased confidential counseling on all aspects of Medicare health insurance. Call 978-623-8320 for an appointment, or SHINE can assist by calling: 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.

OCTOBER 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>THE ROBB CENTER ANDOVER ELDER SERVICES <i>Embracing Life</i></p>	<p>1 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Chicken Piccata 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>2 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Orange Flavor Beef 12:30 Knit Wits 1:15 Tap Class 2:00 Bereavement</p>	<p>3 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Beer Battered Fish 1:00 Duplicate Bridge 2:00 Ping-Pong 2:00 Italiano Club 6:00 LGBTQ+ Social</p>	<p>4 8:30 French Group 9:30 ESL 9:30 Hearing Aid 9:30 Social Circle Sausage & Peppers 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>7 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Non-Fiction Book Club 10:00 Ladies Bridge Chicken Parmesan 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>8 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Lemon Pepper Cod 1:00 Mah Jongg 1:00 Social Bridge 1:30 Medicare 101: The Basics of Medicare Planning</p>	<p>9 9:30 Crafting 9:30 Le Cercle Francofun 10:00 Food Pantry 10:30 The Write Stuff Chicken Meatballs 12:30 Knit Wits 1:15 Tap Class 1:30 Heat Pumps for Home Heating and Cooling 2:00 Bereavement</p>	<p>10 9:00 WOAG 9:00 High Dose Flu Shot Clinic 10:00 Scale Modeling 10:00 Open Art Oktoberfest 1:00 Duplicate Bridge 1:30 Parkinson's 2:00 Ping-Pong</p>	<p>11 8:30 French Group 9:30 Social Circle 10:00 ACCC 10:00 Andover Photo Baked Ziti 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>14 CLOSED FOR COLUMBUS DAY</p> 	<p>15 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Macaroni & Cheese 1:00 Mah Jongg 1:00 Social Bridge 1:30 Utilities, Andover Community Power and Third-Party Suppliers</p>	<p>16 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Chicken Curry 12:30 Knit Wits 1:15 Tap Class 2:00 Bereavement</p>	<p>17 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Cheeseburger 1:00 Duplicate Bridge 2:00 Italiano Club 2:00 Ping-Pong 4:00 Community Flu Shot Clinic 6:00 Designing Your Retirement</p>	<p>18 8:30 French Group 9:30 ESL 9:30 Social Circle Shrimp Scampi 1:00 45s 1:00 Social Bridge 1:00 Zentangle 2:00 Tai Chi Fan</p>
<p>21 9:00 Quilting Group 10:00 Ladies Bridge Baked Haddock 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop 1:30 Caregiver</p>	<p>22 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help 10:00 Wildcard Trip Sesame Chicken 1:00 Mah Jongg 1:00 Social Bridge 1:30 Two Sopranos and a Piano</p>	<p>23 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Beef Quesadilla 12:30 Knit Wits 1:15 Tap Class 2:00 Diabetes Support Group 1:30 Understanding Vascular Disease 2:00 Bereavement</p>	<p>24 9:00 WOAG 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 6:00 Halloween Costume Party with DJ George Landers</p>	<p>25 8:30 French Group 9:30 Social Circle 10:00 ACCC 10:00 Andover Photo Cheese Ravioli 1:00 45s 1:00 Social Bridge 1:00 Mend-It Shop 2:00 Tai Chi Fan</p>
<p>28 9:00 Quilting Group 10:00 Ladies Bridge Spinach Quiche 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>29 9:00 Comfort Critters 10:00 Tech Help Sloppy Joe 1:00 Mah Jongg 1:00 Social Bridge 1:30 Winslow Townsend Photographic Presentation</p>	<p>30 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Sweet & Sour Chicken 12:30 Knit Wits 1:00 Healthy Eating 1:15 Tap Class 1:30 GI Health</p>	<p>31 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Flounder w/Peppers 1:00 Duplicate Bridge 2:00 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!



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.

- **October 3: LGBTQ+ & Allies Social at 6:00pm-** Genia Carroll from Mindful Body Therapy & Wellness will discuss strategies for managing stress & anxiety. Dinner provided by AgeSpan. All are welcome. Registration required.
- **October 10: No scheduled event.**
- **October 17: Community Flu Shot Clinic from 4:00pm to 7:00pm-** The Community Flu Clinic for Andover residents aged 5 years and older will be held on Thursday, October 17 from 4:00 pm to 7:00 pm at The Robb Center. High Dose vaccines for those age 65 years and older will be available at this clinic while supplies last. Appointments are necessary and can be made online by going to <https://andoverma.gov/162/Health> . For questions or if you need assistance please call the Andover Health Department at 978-623-8640.
- **October 17: Designing Your Retirement at 6:00pm-** Designing Your Retirement is a process that will teach you how to design a happy, healthy, and fulfilling retirement. Dr. Zwerling has given this presentation at Regis College, MIT Club of Boston, Cambridge Center for Adult Education and more.
- **October 24: Halloween Costume Dance Party with DJ George Landers from 6:00pm to 7:30pm-** Dress up in your Halloween costume and 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 October are Friday, October 4 and Tuesday, October 15. 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 Meeting: Wednesday, October 9 at 3:30pm: Council on Aging Advisory Board (COA)- 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, October 16 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/tZcvdO6oqzkpHdHYA9GT_KOepTLh4CvmpM10

Drug Take Back Day: Saturday, October 26 from 10am to 2pm- The Drug Enforcement Agency (DEA) is holding its next National Prescription Drug Take Back Day on Saturday, October 26, 2024 from 10am to 2pm at West Elementary School, 58 Beacon St. The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Donate your glasses at The Robb Center: The Lions Club International has recognized the urgent need for corrective lenses and collects usable glasses in their communities to support the Lions Recycle For Sight Program. Just drop off your glasses at the front desk.



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.



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>



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 to 12:00pm. Call 781-322-1052 or visit <https://smd-help.org>.

Andover Senior Community Friends

A Message from our President

It's hard to believe the fall season is underway and soon the holidays will be upon us! May you be enjoying the beauty of autumn as you read this and are looking forward to the remaining days of 2024.

On behalf of my fellow Board Members, ASCF wants to thank you for your support this year. Our Harrow's Chicken and Fruit Pie Fundraiser was a great success. Every dollar raised supports our mission to enrich the lives of seniors in our community. Look for our Poinsettia Sale at the Holiday Bazaar on December 6th and take a chance on the beautiful quilt below!

Sincerely,
Martha Miller

2024 QUILT RAFFLE

Once again, the Robb Center's Quilting Group has donated a beautiful handmade quilt to benefit ASCF's mission.



This year's quilt evokes a peaceful walk through a grove of birch trees. Crafted in appealing shades of blue and white it will bring beauty and warmth to your home.



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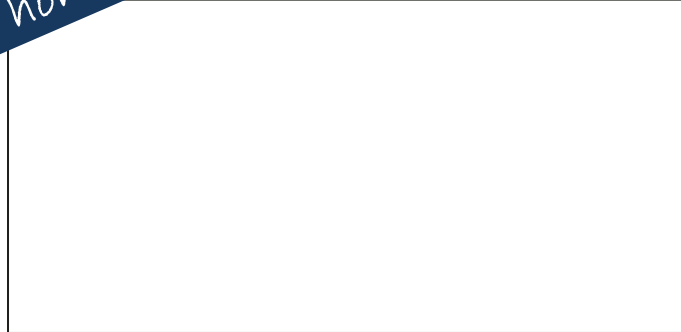
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