

The Robb Center Report

Andover's Senior Newsletter

NOVEMBER 2024



Home of the World's Worst Weather Virtual Speaker:

Tuesday, November 12 at 1:30pm- Participants may join our live audience at The Robb Center or on Zoom from home. Everyone that registers will receive the Zoom information. Weather Observer/Education Specialist Alex Branton will present live via Zoom, "Home of the World's Worst Weather" and explain how extreme conditions have earned Mount Washington the title. Weather observers living and working at the Observatory's legendary summit weather station will share their first-hand knowledge and experience in an exciting, interactive format.



Memory Café: Join us for our first Memory Café on Wednesday, November 13 at 1:30pm at Memorial Hall Library. 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. Please visit mhl.org/calendar for details on the featured activity and to register each person who will be attending.



Friendsgiving Luncheon: Thursday, November 21 at 12:00pm- Join us for a traditional Thanksgiving feast with friends. The Andover High School String Quartet will stop by to provide entertainment. Tickets are \$10. Registration opens on Monday, November 4 for Andover residents and November 6 for non-Andover residents. Registration required by calling 978-623-8320 or on myactivecenter.com.



Holiday Bazaar: Friday, December 6 from 9:00am to 2:00pm- Mark your calendars! This year's Holiday Bazaar will include our famous cookie walk, white elephant tables, jewelry sale, holiday crafts, many local vendors, a quilt raffle, and MORE! The Bazaar will take place at The Robb Center from 9:00am to 2:00pm. **White elephant drop off deadline is Friday, November 22.**



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Sue Starbird, Food Services
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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.

Non-Fiction Book Club: Monday, November 4 at 10:00am- This club explores contemporary issues, history, biography and more. Group contact is Joanne at

Flu & COVID Vaccine Clinic by Letourneau's Pharmacy: Thursday, November 7 from 9:00am to 11:00am- Letourneau's Pharmacy will offer COVID-19 and Flu shots. This is a drop-in clinic. No appointment is necessary. Please bring your insurance information. RSV, Pneumonia, and/or Shingles Shots are also available. Please call Letourneau's Pharmacy by 11/05/24 at 978-475-7779 if you are interested in a RSV, Pneumonia, and/or Shingles shot as these shots require advanced notice.

Dull Men's Club: Thursday, November 7 & 21 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.

Andover Photography Connection (APC): Friday, November 8 at 10:00am- Join this group of photo enthusiasts to share photography techniques, interests and experiences.



Medicare Supplement or Medicare Advantage, The Choice is Yours: Wednesday, November 13 at 1:30pm- Learn about Original Medicare, the differences between Medicare Supplement & Medicare Advantage Plans, and Prescription Drug Coverage.

Let's Talk! A conversation with Dr. Parvey: Thursday, November 14 at 1:30pm- Topics will include her FY25 Budget Advisory Council and Superintendent Advisory Council (both were created to begin this year) and the beginning of the redistricting process (with the opening of the new West El, this is anticipated to be a focus for this school year).

Men's Breakfast: Tuesday, November 19 at 8:30am- Gene Krause will speak on mid-1950s revolutionary changes in the theatre. Enjoy scrambled eggs, sausages, home fries, orange juice & coffee. Registration required. Fee: \$6. **Please check in at the front desk when you arrive.**

Edward Duffield: Philadelphia Clockmaker, Citizen, Gentleman, 1730-1803 by Author Bob Frishman: Tuesday, November 19 at 1:30pm- Horologist and American Antiquarian Society member, Bob Frishman will take us on a journey through the fascinating life of clockmaker, wealthy property owner, and civic and Anglican leader Edward Duffield. Duffield made, repaired and sold elegant floor-standing clocks, surveying instruments and sundials that today are in museums and private collections. Join us to learn about his ties to Benjamin Franklin and Thomas Jefferson.

Book Club: Thursday, November 21 at 1:30pm- This group discusses a different book every month. This group is currently full.



Twice As Nice Piano Performance: Tuesday, November 26 at 1:30pm- What is the difference between classical music and Classical music? Come listen as Terri Kelley & Deborah Hamel perform solos and duets, and tell stories about music and how it has evolved. Our musical journey takes us to many lands through eight centuries of music.

Birthday Social: Thursday, December 5 at 12:00pm- Join us for a combined birthday social for November & December birthdays!



There will not be a Birthday Social in November due to Friendsgiving Luncheon.

All are welcome! Music by Beau Paris. Delicious desserts & raffle from Bear Mountain. Registration required. Sponsored by Andover Senior Community Friends.

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



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

Monday through Friday:

Congregate Lunch: 12:00pm- Join us for Congregate Lunch. Reservations for congregare lunch, along with our monthly Birthday Socials, are required by 3:00pm the previous day. Reserve a seat by calling 978-623-8320. A \$3.00 donation is suggested. Daily entrées are listed on page 10.

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: *We are actively looking for a new choir director.* If interested, email kelly.mcshane@andoverma.us

Drawing Class with Steve: 8:30am or 10:00am- 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 began on **Monday, September 23 at 1:00pm and continue 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 THE CHRONICLERS ARE FEATURING THE PROGRAM "RIVER HERRING"**. You are a few clicks away: Andovertv.org, go to watch, programs, TISAA, **April 1, 2022 - "River Herring"** 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: 1:30pm- 3:30pm- *New times.*- 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. 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.



Women’s Outdoor Adventure Group (WOAG): Thursday, November 7 & 21-
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

Please contact Jane at fleecy.godmother@verizon.net for updates. For any participation in Adventure Groups, participants must sign our Participation Waiver for 2024 form once a year found on our website, www.andoverma.gov/227/Elder-Services. For each individual hike, participants must register on myactivecenter.com or by calling us at 978-623-8320.

Hiking on wooded trails can be challenging and present the participant with risks due to the wide variety of conditions. Once registered as a member of the WOAG group, you will receive information for each hike. Please read the descriptions before signing up. Please note that cell service is not always available on the trails and in the case of an emergency it may take First Responders longer to reach your location. Leaders are not certified to administer first aid and have discretion to disallow a hiker based upon safety concerns. Hikers assume all responsibility for their personal safety and are required to dress appropriately for the conditions and carry water.

YMCA Refresh Relax Yoga with Soki: Tuesdays at 2:30pm- Join us for a **free** drop-in class. Sponsored by Andover Home for the Aged People (AHAP).

This is a gentle & therapeutic yoga for everyone. Benefits include softening tight/stiff neck and shoulders, strengthen lower back and body, boost immune system by lymphatic circulation and improving posture. Every class will cover fundamental body alignments and variations of breathing techniques. This class does not utilize a chair.



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 1:00pm. Register on myactivecenter.com or by calling 978-623-8320.



MEMORIAL HALL LIBRARY



Baking Demonstration with Heidi McIndoo on Zoom hosted by the Memorial Hall Library: Monday, November 18, 2024 at 7:00pm: If you are looking for a sweet treat for the season that won't sabotage your healthy eating goals, join registered dietitian Heidi McIndoo to make mini pumpkin pie tartlets in this Zoom webinar. The recipe will be shared ahead of the program if you would like to follow along. Heidi Reichenberger McIndoo, M.S., R.D., L.D.N. is a nutrition consultant, spokesperson, author, and freelance writer with 25 years experience as a registered dietitian. She loves helping people realize that eating nutritiously doesn't have to mean sacrificing flavor and pleasure. This program will be recorded. All registrants will receive the recording via email within 48 hours of the program. Go to mhl.org/calendar to register or register directly on Zoom: https://us06web.zoom.us/webinar/register/1017255697764/WN_Af17llwEQTyF4gdfDIykCg#/registration

The Robb Center Trips

For The Robb Center trips below, Andover residents may register starting **November 1 at 9:00am**. Non-residents may register starting November 6 at 9:00am.

November 20: Titanic Exhibit at Boston's Park Plaza

Castle event center- Handicapped accessible. Cost for tickets and transportation \$45.00. Lunch T.B.A. (not included in price).

December 3: Sea Festival of Trees- Lunch at Sea Glass in Salisbury, MA then view dozens of fully decorated trees being raffled off for charity. Handicapped accessible. Lunch, transportation & exhibit cost \$35.00.

December 11: Titanic Exhibit at Boston's Park Plaza

Castle event center- Handicapped accessible. Cost for tickets and transportation \$45.00. Lunch T.B.A. (not included in price).

**Bus Trips/ Best of Times Trips**

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 November 8.

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, November 5: Walmart Supercenter in Salem, NH**



- **Tuesday, November 12: Target in Wilmington**



- **Tuesday, November 19: Walmart in North Reading**



- **Tuesday, November 26: Wildcard Trip- 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.

Bereavement Support Group: Wednesdays, September 25 through November 20 at 2:00pm (No meeting October 30)- Currently in session. Look for next session details in December newsletter. Join us for this eight 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.** For any support assistance needed please email Susan.Toleos@tuftsmedicine.org



Narcotics Anonymous Meeting: Meetings at The Robb Center, Tuesdays from 6:30pm to 7:30pm- The Andover Coconuts Group of Cocaine Anonymous is a 12 Step Big Book Topic, Speaker, Discussion meeting. All are welcome, no registration necessary! **While the name “Cocaine Anonymous” may sound drug-specific, we wish to assure you that our program is not.** With its all-inclusive Third Tradition and First Step, Cocaine Anonymous welcomes anyone with a drug or alcohol problem and offers a solution. C.A.’s Twelve Steps are not drug-specific, and Cocaine Anonymous is not a drug-specific Fellowship. It doesn’t matter to us if you drank or what type of drugs you used; if you have a desire to stop, you are welcome here!



Parkinson’s Disease Support Group: Thursday, November 14 at 1:30pm– Join Kelly Ricci, Speech Language Therapist, from Enhabit Home Health & Hospice talk about “Speech, Voice and Volume Issues as it Relates to



Family Caregiver Support Group: Monday, November 18 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.



Diabetes Support Group: Wednesday, November 20 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 to 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 theme for the month of November will be gratitude. We will incorporate the theme into our arts and crafts, music therapy, yoga sessions, and discussions. We will honor our native bird the turkey by learning more about its habitat and habits. We will enjoy feasting on a turkey dinner and all the fixings at the Friendsgiving celebration where we will join all our friends at The Robb Center and make merry. 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, November 1 from 9:30am to 10:30am- Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Fix-It Shop: Monday, November 4 & 18 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.

Mend-It Shop:

Friday, November 8 & 22 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.

Food Pantry: Wednesday, November 13 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, November 26 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 here to help!



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 our website <https://smd-help.org>

Blood Pressure Clinics: Thursdays from 10:00am to 11:30am- Drop-in free clinic conducted by the Andover Board of Health.



What do I need to know about Medicare Open Enrollment? Medicare Open Enrollment:



Now through 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.



NOVEMBER 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> <div style="text-align: center;">  <p><small>THE ROBBI CENTER ANDOVER ELDER SERVICES Embracing Life</small></p> </div>				<p>1 8:30 French Group 9:15 Chroniclers 9:30 ESL 9:30 Hearing Aid 9:30 Social Circle Baked Mac & Cheese 1:00 45s 1:00 Social Bridge 2:00 Tai Chi Fan</p>
<p>4 9:00 Quilting Group 10:00 Non-Fiction Book Club 10:00 Ladies Bridge Ginger Chicken 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>5 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Sweet & Sour Pork Loin 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>6 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:30 The Write Stuff Stuffed Peppers 12:30 Knit Wits 1:15 Tap Class 2:00 Bereavement 2:00 Red Cross Blood Drive</p>	<p>7 9:00 WOAG 9:00 Flu & COVID Clinic 9:15 Chroniclers 10:00 Scale Modeling 10:00 Open Art 10:00 DMCC 10:00 BP Clinic Tuna Noodle Casserole 1:00 Duplicate Bridge 1:30 Italiano Club 2:00 Ping-Pong 6:00 LGBTQ+ Social</p>	<p>8 8:30 French Group 9:30 Social Circle 10:00 ACCC 10:00 Andover Photo Beer Battered Fish 1:00 45s 1:00 Social Bridge 1:00 Mend-It Shop 2:00 Tai Chi Fan</p>
<p>11 CLOSED FOR VETERANS DAY</p> <div style="text-align: center;">  </div>	<p>12 9:00 Comfort Critters 10:00 Tech Help 10:00 Target BBQ Chicken 1:00 Mah Jongg 1:00 Social Bridge 1:30 Home of the World's Worst Weather</p>	<p>13 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Food Pantry 10:30 The Write Stuff Swedish Meatballs 12:30 Knit Wits 1:15 Tap Class 1:30 Medicare Supplement or Medicare Advantage, The Choice is Yours 2:00 Bereavement</p>	<p>14 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Ham & Cheese Quiche 1:00 Duplicate Bridge 1:30 Let's Talk! A conversation with Dr. Parvey 1:30 Parkinson's 2:00 Ping-Pong</p>	<p>15 8:30 French Group 9:30 ESL 9:30 Social Circle Lemon Pepper Fish 1:00 45s 1:00 Social Bridge 1:00 Zentangle 2:00 Tai Chi Fan</p>
<p>18 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Ladies Bridge Chicken Marsala 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop 1:30 Caregiver</p>	<p>19 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Vegetable Lasagna 1:00 Mah Jongg 1:00 Social Bridge 1:30 Edward Duffield Philadelphia Clockmaker</p>	<p>20 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:30 The Write Stuff Cheeseburger 12:30 Knit Wits 1:15 Tap Class 2:00 Diabetes Support Group 2:00 Bereavement</p>	<p>21 9:00 WOAG 9:15 Chroniclers 10:00 Scale Modeling 10:00 Open Art 10:00 DMCC 10:00 BP Clinic Friendsgiving 1:00 Duplicate Bridge 1:30 Italiano Club 1:30 Book Club 2:00 Ping-Pong 6:00pm Dance Party</p>	<p>22 8:30 French Group 9:30 Social Circle 10:00 ACCC Baked Cod 1:00 45s 1:00 Social Bridge 1:00 Mend-It Shop 2:00 Tai Chi Fan</p>
<p>25 9:00 Quilting Group 10:00 Ladies Bridge Stuffed Shells 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>26 9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help 10:00 Wildcard Trip Chicken Fra Diavolo 1:00 Mah Jongg 1:00 Social Bridge 1:30 Twice As Nice Piano Performance</p>	<p>27 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:30 The Write Stuff Meatloaf 12:30 Knit Wits 1:15 Tap Class</p>	<p>28 & 29 CLOSED FOR THANKSGIVING HOLIDAY</p> <div style="text-align: center;">  </div>	



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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.



- **November 7: LGBTQ+ & Allies Social-** Come and learn about the organization, Outstanding Life. Outstanding Life's mission is to improve the quality of life of LGBTQ+ older adults by creating opportunities for connectedness through free online programming.
- **November 14: No event scheduled.**
- **November 21: Dance Party with DJ George Landers from 6:00pm to 7:30pm-** Join us for a fun night of dancing and socializing. Refreshments will be served. Sponsored by the Andover Senior Community Friends.
- **November 28: Closed for Thanksgiving Holiday.**



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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 November are Friday, November 1 and Tuesday, November 19.** 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.



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**Wednesday,
November 6, 2024
2:00pm - 7:00pm**

**30 Whittier Ct.
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Council on Aging Advisory Board Meeting: Wednesday, November 13 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, November 13 from 6:00pm to 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/tZYudO6sqjgsEtGfq9PRIGtnfCMswVH9ICjv>

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 began **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.**

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>



ASCF NEWS

PRESIDENT'S MESSAGE

Did you know?
The Robb Center is supported by the
Town of Andover via the Department
of Elder Services.
Andover Senior Community Friends
(ASCF) is not.

ASCF is a separate non-profit
organization funding several programs
and special events at The Robb Center.
The funding for these programs and
events is made possible through
generous contributions from our
members, sponsorships, donations
and fundraisers. Your gift is needed
and appreciated to help ASCF live up
to its mission of enriching the quality of
life for Andover seniors.

We can't do this without You! Please
consider making a gift via our website
of www.andoverscf.org or to our
mailing address of P.O. Box 576,
Andover, MA 01810

Thank you and here's wishing you a
wonderful holiday season!
Martha Miller

ASCF QUILT RAFFLE



We are currently selling tickets for the 2024 quilt
raffle!

This beautiful handmade quilt has been donated
for our benefit by the Robb Center Quilting
Group.

This year's quilt in tones of blue and white evokes
a walk through a serene stand of birch trees.

Look for our sales tables at the Robb Center, or
order your tickets online at www.andoverscf.org.

A winner will be announced December 6th, after
the Holiday Bazaar. You do not have to be present
to win.



ASCF POINTSETTIA SALE

Once again we will be holding our Pointsettia Sale at
the 2024 Robb Center Holiday Bazaar.

This year's bazaar will be Friday December 6th.

We hope to see you there!



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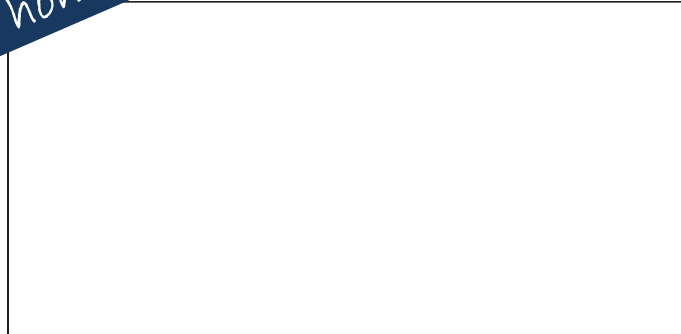
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