

The Robb Center Report

Andover's Senior Newsletter

DECEMBER 2024



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.



French Dinner Night: Thursday, December 12 at 5:30pm-

Take a night off from shopping and join us for a French Themed Dinner. Enjoy a delicious dinner, dessert & live music by Maura Guanci! We will have a gift wrapping station. We will wrap a gift for you! Tickets are \$13. Register on myactivecenter.com or by calling 978-623-8320. Bon appétit!



Holiday Luncheon: Thursday, December 19 at 12:00pm-

Join us for good food, company, and holiday cheer! The Andover High School Choir will stop by for some festive sing-a-longs. Tickets are \$10. Tickets will go on sale Wednesday, December 4 for Andover residents and Friday, December 6 for non-Andover residents. Registration required, seats limited.



Christmas Eve Brunch: Tuesday, December 24 at 10:00am-

Join us for Christmas Eve Brunch at 10:00am. We will enjoy French toast, sausages and potatoes as well as live music! Holiday attire encouraged! All are welcome to attend. Registration required, \$3 donation. This replaces congregate lunch for the day.



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Nutrition Staff

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

Sue Starbird, Food Services Assistant

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.

SOCIAL MEDIA

AndoverElderServices



andover_elder_services

Investment Fraud & Computer Internet Scams: Wednesday, December 4 at 1:30pm- This presentation is by Faz Azam from Northern Digital Solutions and will cover investment fraud, phishing and email spoofing. Learn about different safeguards and how to respond when you are targeted.

Dull Men's Club: Thursday, December 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. We do not discuss politics or religion.

Birthday Social: Thursday, December 5 at 12:00pm-



Join us for a combined Birthday Social for November & December Birthdays! All are welcome! The entrée will be Pot Roast. Music by Beau Paris. Delicious desserts & raffle from Bear Mountain. Registration required. Sponsored by Andover Senior Community Friends.

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

In-Home Care vs. Assisted Living/Memory Care: Tuesday, December 10 at 1:30pm- Join us as we discuss the pros and cons of each and things to consider as you explore your options and navigate the process. Presented by Gary Lafreniere a Community Liaison with A Place At Home.

Memory Café: Wednesday, December 11 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.



Andover Photography Connection (APC): Friday, December 13 at 10:00am- Join this group of photo enthusiasts to share photography techniques, interests and experiences.



Ask the Lawyer:

Monday, December 16 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.***

Men's Breakfast: Tuesday, December 17 at 8:30am- Bob Frishman will speak on the *History of Car Clocks*. Enjoy pancakes, sausages, home fries, orange juice & coffee. Registration required. Fee: \$6. **Please check in at the front desk when you arrive.**

Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: Wednesday, December 18 at 1:00pm- Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!



Coping with Feelings of Loss and Loneliness During the Holiday Season: Wednesday, December 18 at 1:30pm- Join Genia Carroll from Mindful Body Therapy & Wellness.

This presentation explores the complex emotions of loss, change, and loneliness that many individuals experience during the holiday season. We will discuss how these feelings can be amplified by memories, expectations, and social pressures, and offer strategies for coping and finding meaning amidst the challenges. Sponsored by Andover Community Friends.

Book Club: Thursday, December 26 at 1:30pm- This group discusses a different book every month. This group is currently full.

Intergenerational Senior Safety and Self-Defense Techniques: Monday, December 30 at 1:30pm-

In this session we will focus on situational awareness while you are out in public and simple techniques to use to dissuade an attacker. The program will teach the participants how to *not* present yourself as a potential victim. This program will demonstrate basic self-defense techniques you will be able to utilize. Presented by Seth Winch owner of Cerivizzi's Martial Arts Academy of Andover.

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- NO Movie 12/23 & 12/30- 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: We will begin reading the first two stories in the book *Best American Short Stories 2024*, edited by Lauren Groff, on January 13 and will meet every other Monday through May. All meetings will be on Zoom. Books are available online, or at Andover Book Store for a 15% discount to The Robb Center Short Story group. Please contact Eileen Reilly at eileenreilly42@gmail.com for more information or to register.



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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- Unlock your creativity by writing stories, poems, and more in a supportive small group setting. Newcomers welcome. Spaces limited.

Knit Wits: 12:30pm- Join a group of knitters. New knitters are always welcome.

Acrylic Class: 1:00pm- For the upcoming schedule refer to myactivecenter.com

Basic Tap Class with Audrey: 1:15pm- All are welcome to come and dance. For any new participants please contact Audrey at 978-475-4963.

Thursday:

Andover Chroniclers Meeting: Every 1st and 3rd Thursday at 9:15am- Join a group that produces videos at the Andover TV Studio called "There is Something About Andover". In addition to our shows being aired on the Local Cable Channels, each month we will provide directions of how to access past shows. **THIS MONTH WE ARE FEATURING THE PROGRAM "VETERANS MONUMENTS"**, (there are two other listings, just click on Veterans Monuments). You are a few clicks away: Go to andovertv.org, watch, programs, TISAA- "NOVEMBER 1, 2023 VETERANS MONUMENTS", click the 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*- NO Meeting 12/5. Join us every 1st & 3rd Thursday of each month. The first hour the club studies language and the second hour focuses on culture, music and food!

Ping-Pong: 2:00pm & 6:00pm- NO Ping-Pong 12/5. 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, December 5-
Hike locations to be announced prior to the hike. 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



Sunday Concert Series: Francesco Barone, Classical Guitarist: Sunday, December 15 at 2:30pm at Memorial Hall Library- Visit the library for an afternoon of classical guitar music. Award winning guitarist Francesco Barone has performed throughout the United States as a soloist and chamber musician. He has been presented at guitar festivals and societies in New England. He has also performed nationally through the classical music startup Groupmuse. Dr. Barone was a prizewinner in the Philadelphia Classical Guitar Society Guitar Competition, was featured on a La Bella Strings sponsored concert and has had performances broadcasted on NPR. He received a DMA and MM from The Hartt School, University of Hartford where he studied with Richard Provost. This concert series is sponsored by the Friends of Memorial Hall Library. Registration is appreciated, but not required. Registration requested at <https://mhl.libnet.info/event/11182220>

The Robb Center Trips

December 4: Vintage Tea & Cake in Lexington, MA- Join us for a delicious tea/lunch. Cost is \$45 all inclusive.

December 11: Titanic Exhibit at Boston’s Park Plaza Castle event center- Handicapped accessible. Cost for tickets and transportation \$45. Lunch at Red Heat Tavern in Wilmington (not included in price).



December 18: Lunch trip to The Old Salt in Hampton, NH- \$10 for transportation. *Registration opens December 2 at 9:00am for Andover residents and December 4 for non-Andover residents.*

January 8: Lunch trip to the Cracker Barrel in Tewksbury, MA- \$10 for transportation. *Registration opens December 2 at 9:00am for Andover residents and December 4 for non-Andover residents.*



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

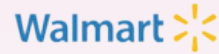
The Robb Center needs at least 48 hours notice of cancellation from a trip to issue a credit for transportation. Cancellations with less than a 48 hour notice, will not result in a credit. Any “Best of Times” day trips require 30 days notice.

LET’S GO SHOPPING WITH THE ROBB CENTER!



HOME PICK UP STARTS AT 10:00AM

- **Tuesday, December 3: Walmart Supercenter in Salem, NH**



- **Tuesday, December 10: Target in Wilmington**



- **Tuesday, December 17: Walmart in North Reading**



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.

Diabetes Support Group: Wednesday, December 11 at 2:00pm- Join Cherie Monahan, MSN RN CPNP-PC Andover Public Health Nurse in the Diabetes Support Group to discuss lifestyle, healthy eating and more. All are welcome. Registration requested.



Parkinson’s Disease Support Group: Thursday, December 12 at 1:30pm- Melissa Spitzer, Clinical Specialist DBS/Neuromodulation, Boston Scientific will speak on “Issues related to DBS and Neuromodulation”. Registration requested.



Family Caregiver Support Group: Monday, December 16 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.



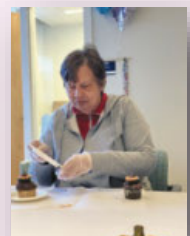
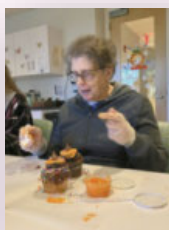
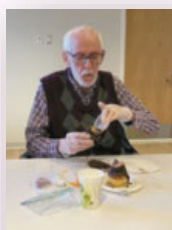
Narcotics Anonymous Meeting: Meetings at The Robb Center, Tuesdays from 6:30pm to 7:30pm- The Andover Coconuts Group of Cocaine Anonymous is a 12 Step Big Book Topic, Speaker, Discussion meeting. All are welcome, no registration necessary! **While the name “Cocaine Anonymous” may sound drug-specific, 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!

Bereavement Support Group: This group is usually held on Wednesdays at 2:00pm: This group is on break for the month of December. For any support assistance needed while the group is on break, please contact Susan Toleos via email at Susan.Toleos@tuftsmedicine.org . This group is 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. Registration is required by emailing Susan.Toleos@tuftsmedicine.org



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.

Season’s Greetings! The holidays are a very enjoyable time at the Supportive Day Program. We have planned a variety of activities celebrating Hanukkah, Christmas, and Kwanzaa. We will discuss the traditions of Kwanzaa, light the menorah, and decorate the Christmas tree. We will enjoy a very special Holiday Brunch and make merry with good food and wonderful musical entertainment. Wishing you and yours a happy, healthy and joyful holiday season. We are always looking for new members to join our group! Please contact The Robb Center at 978-623-8320 to learn more about the Supportive Day Program.



Fix-It Shop: Monday, December 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, December 11 from 10:00am 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.



Hearing Aid Checks/ Cleanings & Hearing Screenings: Friday, December 13 from 9:30am to 10:30am-

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



Mend-It Shop: Friday, December 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":

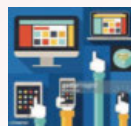
Tuesday, *December 17* from 9:00am to 10:30am-



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!



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.

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.

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>

DECEMBER 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:00 Quilting Group 10:00 Ladies Bridge Cheese Ravioli 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>3 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Orange Chicken Tenders 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>4 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Sweet & Sour Pork 12:30 Knit Wits 1:15 Tap Class 1:30 Investment Fraud & Computer Internet Scams</p>	<p>5 9:00 WOAG 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthdays Social 1:00 Duplicate Bridge</p>	 <p>HOLIDAY BAZAAR FROM: 9:00 AM TO 2:00 PM</p>
<p>9 9:00 Quilting Group 10:00 Non-Fiction Book Club 10:00 Ladies Bridge Beef Stroganoff 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 Target Chicken w/ Rosemary-Mustard Sauce 1:00 Mah Jongg 1:00 Social Bridge 1:00 GLCAC 1:30 In-Home Care vs. Assisted Living/Memory Care</p>	<p>11 9:30 Crafting 9:30 Le Cercle Francofun 10:00 Food Pantry 10:30 The Write Stuff Creole Catfish 12:30 Knit Wits 1:15 Tap Class 2:00 Diabetes Support Group</p>	<p>12 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Parmesan Gnocchi 1:00 Duplicate Bridge 1:30 Parkinson's 2:00 Ping-Pong 5:30 French Dinner Night</p>	<p>13 8:30 French Group 9:30 Hearing Aid 9:30 Social Circle 10:00 ACCC 10:00 Andover Photo Lemon Pepper Cod 1:00 45s 1:00 Social Bridge 1:00 Mend-It Shop 2:00 Tai Chi Fan</p>
<p>16 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Ladies Bridge Chicken Broccoli Alfredo 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:30 Caregiver</p>	<p>17 8:30 Men's Breakfast 9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help 10:00 Walmart Roast Pork Loin 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>18 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff American Chop Suey 12:30 Knit Wits 1:15 Tap Class 1:00 Healthy Eating 1:30 Coping with Feelings of Loss and Loneliness During the Holiday Season</p>	<p>19 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Holiday Luncheon 1:00 Duplicate Bridge 1:30 Italiano Club 2:00 Ping-Pong 6:30 CAAA Concert</p>	<p>20 8:30 French Group 9:30 ESL 9:30 Social Circle Braised Beef 1:00 45s 1:00 Social Bridge 1:00 Zentangle 2:00 Tai Chi Fan</p>
<p>23 9:00 Quilting Group 10:00 Ladies Bridge Shepherd's Pie 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	 <p>CHRISTMAS EVE BRUNCH AT 10:00 AM</p>	<p>25 CLOSED FOR CHRISTMAS DAY</p> 	<p>26 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Baked Mac & Cheese 1:00 Duplicate Bridge 1:30 Book Club 2:00 Ping-Pong</p>	<p>27 8:30 French Group 9:30 Social Circle 10:00 ACCC Beer Battered Haddock 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 Stuffed Shells 1:00 Hand & Foot 1:00 Ping-Pong 1:30 Intergenerational Senior Safety & Self-Defense Techniques</p>	<p>31 9:00 Comfort Critters 10:00 Tech Help Beef Stew 1:00 Mah Jongg 1:00 Social Bridge</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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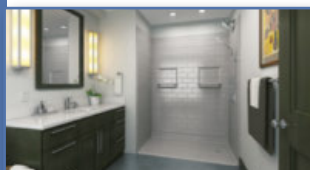
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Thursday Night Schedule!



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.



- **December 5: No events scheduled.**
- **December 12: French Dinner Night at 5:30pm-** See page 1 for details.
- **December 19: Chinese American Association of Andover Holiday Concert at 6:30pm-** Join us for a wonderful student CAAA Holiday Concert. A variety of instruments will be featured from traditional piano, violin, flute, and clarinet to Chinese GuZheng, and Guqin.
- **December 26: No event scheduled.**



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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 December are Friday, December 6 and Tuesday, December 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.



Greater Lawrence Community Action Council will once again be facilitating Fuel Assistance applications this year. **GLCAC Inc.** can help keep you and your family warm this winter and reduce your energy bills. GLCAC's energy programs offer: fuel assistance, free weatherizing, free energy audits and free emergency repairs to heating systems. GLCAC has set aside the following dates and times for individual appointments at The Robb Center. **There will NOT be any walk-in appointments.** To make an appointment please call 978-623-8320. Limited spots available.

Tuesday, December 10 from 1:00pm to 4:00pm
Thursday, January 9 from 10:00am to 1:00pm
Tuesday, February 11 from 1:00pm to 4:00pm
Thursday, March 13 from 10:00am to 1:00pm



Council on Aging Advisory Board Meeting: Wednesday, December 11 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.

Confused about Medicare? Considering enrollment? Unsure about what to do? The SHINE Program can help: Wednesday, December 18 from 4:00pm to 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/tZwtcu-urz0oGdlM0eKKYXrfXxq-6u35pNjg>

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. We do not accept glass cases.



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>



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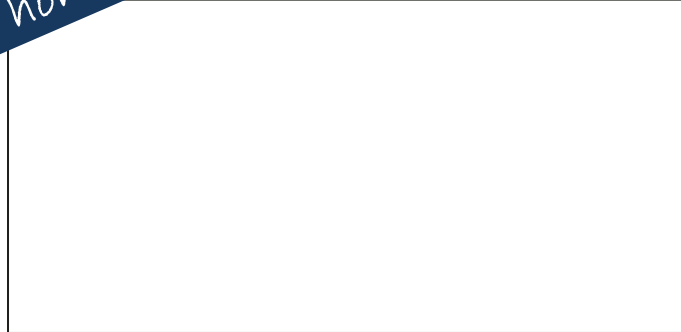
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