

The Robb Center Report

Andover's Senior Newsletter

JANUARY 2025



Healthy Cooking Demo: Tuesday, January 7 at 1:30pm-

Join us for a cooking demonstration on how to make Butternut Squash Soup by Chef Jim Swasey & Cherie Monahan, RN, Public Health Nurse. Registration required. Seats limited.



Dignified Dining: Tuesday, January 7 at 5:00pm at The Robb Center-

Learn about how to have successful experiences when dining with someone who is challenged with memory loss. A Brain-health entrée will be served. Presenter Kelly McCarthy is a Board-Certified Dementia Educator and a certified educator for the Alzheimer's Association. Kelly is the author of *Brass Ring Memoirs: Encouraging stories using practical methodologies to help caregivers reach for their goals in Alzheimer's and dementia care*. To register please call Stone Hill at 978-664-2600.

Safety and Security Online: Tuesday, January 28 at 1:30pm-

In this class, we talk about the importance of creating secure passwords and steps for resetting them, how two-factor authentication works, how to watch out for potential scams, and how to protect our personal devices from malware and viruses. Presented by Kevin Figueroa, CEO & Founder of KevTech Services.



Chinese New Year Celebration: Thursday, February 6 from 10:00am

to 1:00pm- Join us to celebrate Chinese New Year! The Andover Chinese Charm Circle (ACCC) will perform a combination of dance and music acts that will dazzle the crowd. Afterward, we will serve a Chinese food lunch. Cost: \$12. Tickets go on sale Monday, January 13 for Andover residents and Wednesday, January 15 for non-Andover residents. Registration required on myactivecenter.com or by calling 978-623-8320.



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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

Dull Men's Club:



Thursday, January 2 & 16

at 10:00am- Come along and join in on an informal round table discussion of current events, history, technology, medicine, sports and travel. Perhaps you might share an anecdote or joke with your fellow "Old Guy's". We do not discuss politics or religion.

Andover Photography

Connection: Friday, January 10 at

10:00am- Join this group of photo enthusiasts to share photography techniques, interests and experiences.



Ask the Lawyer:

Monday, January 13 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.***

Non-Fiction Book Club: Monday, January 13 at 10:00am- This club

explores contemporary issues, history, biography and more. Group contact is Joanne at joannedahlgrenma@gmail.com

Why You Should Make Your Own Bread by Carl Mellin: Tuesday, January 14 at 1:30pm- You will

learn about bread history, the local bread community, ingredients, tools, recipes, techniques, and more! Please come to learn, ask questions and get inspired to make your own healthy bread.



Best of Times Travel: Wednesday, January 15 at 1:30pm- Kimberly

Gibson from Best of Times Travel will be here to preview all of the trips we have booked for 2025. Bring your calendar and checkbook to sign up for exciting trips like Supreme Reflections, Fleetwood Macked, Tom Jones Tribute and more!



Learn about the Trauma Intervention Program of the Merrimack Valley: Thursday, January 16 at 1:30pm- Join us for a

conversation with Karen Held. She will talk about how the non-profit organization partners with Andover PD/FD & other communities & hospitals, supporting survivors in the immediate aftermath of tragedy. Emotional and practical support is provided to survivors in order to ease immediate suffering & facilitate healing and long term recovery.



Men's Breakfast: Tuesday, January 21 at 8:30am- David Kahan will

speak on *Women in Science from the 19th to the 21st Century*. Enjoy scrambled eggs, 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, January 22 at 1:00pm- Join us to

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



Andover & the Industrial Revolution: Wednesday, January 22 at 1:30pm by the Andover Center for History and Culture- Join us on a journey through Abbot and Marland Villages to learn about Andover's industrial revolution- Smith and Dove flax processing, a gunpowder mill, Marland Mills woolens and Henry Tyer's creation of white rubber products.



Birthday Social: Thursday, January 23 at 12:00pm-



All are welcome! The entrée will be Shrimp Scampi. Music by Tommy Smith. Delicious desserts & raffle from Bridges. Registration required. Sponsored by Andover Senior Community Friends. Suggested donation \$3.00.

Book Club: Thursday, January 23 at 1:30pm- This group discusses a different book every month. This group is currently full.

A Stringed Instrument Exploration for Beginning Players of ALL Ages: Wednesday, January 29 at 1:30pm-

Presented by local musician and music instructor Ken Gibson. Learn about guitars and other not-so-ordinary instruments that are good options for the beginning adult learner of ANY age. Ken will discuss, demonstrate, and answer questions about a variety of interesting instruments. Don't miss the fun, as Ken shares his passion for helping adult learners of ANY age to make music!

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: We will begin reading the first two stories in the book *Best American Short Stories 2025*, 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:

1:1 Fitness with Denise: 8:30am & 9:30am- Personalized fitness. \$50 for an hour. Registration required.

Comfort Critters: 9:00am- This group creates little comfort critters that are donated to hospitals. ***This group is looking for new members that can sew and embroider.***

Mah Jongg: 1:00pm- 3:00pm

Social Bridge: 1:00pm- 3:30pm

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: 1:00pm- *New Time*. 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 ANDOVER VILLAGE IMPROVEMENT SOCIETY WITH JOHN HESS.** You are a few clicks away: Go to andovertv.org, click on watch, scroll down to programs, scroll down to "There is Something About Andover", click on **8/2022 (Title A.V.I.S)**, 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- 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: 4:00pm- 8:00pm- *New Time*. 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.



THE ROBB CENTER'S SPRING FORMAL *Dinner & Dance*

Wednesday, April 9, 2025
5:00 - 9:00 pm
Andover Country Club



- Mark your calendar for an evening of dining & dancing at the Andover Country Club
- Tickets go on sale in February and will be available as individual or group tickets
- Transportation available



THANK YOU TO OUR SPONSORS

Rita's Catering Representative Frank Moran
Benefits Advisory Group Stonehill Assisted Living
Reading Cooperative Bank
Andover Chamber of Commerce

Dinner is a choice of chicken piccata or pasta dinner, includes salad, dessert and coffee. Cash bar available.

TO BE A SPONSOR CONTACT JANE BURNS OR MARTHA MILLER



978-623-8320

www.andoverscf.org



The Robb Center Trips

For The Robb Center Trips below, registration opens January 3 at 9:00am for Andover residents & January 6 for non-Andover residents.

January 22: Trip to the Worcester Art Museum with lunch at the Flying Rhino- \$10.00 for transportation. Museum price for seniors is \$14.00, tickets bought onsite. Lunch cost not included. Handicap accessible.

January 29: Trip to the Museum of Science in Boston with lunch at The Chateau in Woburn, MA- \$12.00 for transportation. Museum price for seniors is \$27.00, tickets bought onsite. Lunch cost not included. Handicap accessible.

February 5: Trip to the Concord Museum with lunch at Helen’s Restaurant in Concord, MA- \$10.00 for transportation. Museum price is \$13.00, tickets bought onsite. Lunch cost is not included. Handicap accessible.

February 12: American Heritage Museum in Hudson with lunch at Victor’s 50’s Diner in Hudson, MA- \$10.00 for transportation. Museum price is \$18.00, tickets bought onsite. Lunch is not included. Handicap accessible.

Best of Times Trips

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

Join us at The Robb Center on January 15 at 1:30pm to learn about all 2025 Best of Times Trips! See page 3 for more details.

March 10: Join us for the Celtic Angels of Ireland singers and the Dynamic Celtic Knight Dancers for a performance at the Danversport Yacht Club- Cost of \$136.00 includes transport and lunch, choice of either Corned Beef & Cabbage or Baked Schrod with all the fixings. Driver gratuity not included.

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

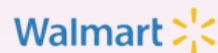
The Robb Center needs at least 48 hours notice of cancellation from a trip to issue a credit for transportation. Cancellations with less than a 48 hour notice, will not result in a credit. Any “Best of Times” day trips require 30 days notice.

LET’S GO SHOPPING WITH THE ROBB CENTER!

HOME PICK UP STARTS AT 10:00AM



- **Tuesday, January 7: Walmart Supercenter in Salem, NH**



- **Tuesday, January 14: Target in Wilmington**



- **Tuesday, January 21: Walmart in North Reading**



- **Tuesday, January 28: 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.

Memory Café: Wednesday, January 8 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. Refreshments will be served.



Parkinson’s Disease Support Group: Thursday, January 9 at 1:30pm- Join Dr. Cletus Cheyuo, MD, PhD, Neurosurgeon, Lahey Health will speak on: *The differences between High Frequency Ultrasound and DBS for Parkinson’s patients*. Registration requested.



Diabetes Support Group: Wednesday, January 15 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.



Bereavement Support Group: Wednesdays, January 22 through March 12 at 2:00pm- Join us for an 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. Registration is required by emailing susan.toleos@tuftsmedicine.org For any support assistance needed outside of the program please contact Susan Toleos at the above email.



Family Caregiver Support Group: Monday, January 27 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!

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.

Hearing Aid Checks/ Cleanings and Hearing Screenings:
Friday, January 3 from 9:30am to 10:30am- Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Food Pantry: Wednesday, January 8 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.



Mend-It Shop:
Friday, January 10 & 24 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.

Fix-It Shop: Monday, January 13 & 27 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.

Brown Bag "Mobile Market":
Tuesday, January 28 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.



Need assistance with Medicare?



SHINE (Serving Health Insurance Needs of Everyone...on or eligible for Medicare) can help!

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

To schedule a SHINE appointment, call 978-623-8320 or the local SHINE office: 978-946-1374.

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

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.



JANUARY 2025 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 desk.</p> 		<p style="text-align: center;">1</p> <p style="text-align: center;">CLOSED NEW YEAR'S DAY</p> 		
<p>6</p> <p>9:00 Quilting Group 10:00 Ladies Bridge Hot Dog 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>7</p> <p>9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Chicken Cacciatore 1:00 Mah Jongg 1:00 Social Bridge 1:30 Healthy Cooking Demo 5:00 Dignified Dining</p>	<p>8</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Food Pantry 10:30 The Write Stuff Beef & Bean Quesadilla 12:30 Knit Wits 1:00 Tap Class</p>	<p>9</p> <p>10:00 GLCAC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Hawaiian Chicken 1:00 Duplicate Bridge 1:30 Parkinson's 4:00 Ping-Pong 4:00 AI and Computer Scientist Dr. Fei-Fei Li</p>	<p>10</p> <p>8:30 French Group 9:30 Social Circle 10:00 ACCC 10:00 Andover Photo Baked Cod 1:00 45s 1:00 Social Bridge 1:00 Mend-It Shop 1:00 Tai Chi Fan</p>
<p>13</p> <p>9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Non-Fiction Book Club 10:00 Ladies Bridge Chicken Piccata 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>14</p> <p>9:00 Comfort Critters 10:00 Tech Help 10:00 Target Beef Chili 1:00 Mah Jongg 1:00 Social Bridge 1:30 Why You Should Make Your Own Bread</p>	<p>15</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:30 The Write Stuff Sweet & Sour Pork Ribs 12:30 Knit Wits 1:00 Tap Class 1:30 Best of Times Travel 2:00 Diabetes Support Group</p>	<p>16</p> <p>9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Roast Salmon 1:00 Duplicate Bridge 1:30 Italiano Club 1:30 Learn about the Trauma Intervention Program of the Merrimack Valley 4:00 Ping-Pong 6:00 Dance Party</p>	<p>17</p> <p>8:30 French Group 9:30 ESL 9:30 Social Circle Turkey Tips 1:00 45s 1:00 Social Bridge 1:00 Zentangle 1:00 Tai Chi Fan</p>
<p>20</p> <p style="text-align: center;">CLOSED FOR MARTIN LUTHER KING JR. DAY</p> 	<p>21</p> <p>8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Sausage & Peppers 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>22</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:30 The Write Stuff Chicken with Tomato Salsa 12:30 Knit Wits 1:00 Tap Class 1:00 Healthy Eating 1:30 Andover and the Industrial Revolution 2:00 Bereavement</p>	<p>23</p> <p>10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthday Social 1:00 Duplicate Bridge 1:30 Book Club 4:00 Ping-Pong</p>	<p>24</p> <p>8:30 French Group 9:30 Social Circle 10:00 ACCC Spinach Quiche 1:00 45s 1:00 Social Bridge 1:00 Mend-It Shop 1:00 Tai Chi Fan</p>
<p>27</p> <p>9:00 Quilting Group 10:00 Ladies Bridge Chicken Parmesan 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Movie Matinee 1:00 Fix-It Shop 1:30 Caregiver</p>	<p>28</p> <p>9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help 10:00 Wildcard Trip Baked Mac & Cheese 1:00 Mah Jongg 1:00 Social Bridge 1:30 Safety and Security Online</p>	<p>29</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:30 The Write Stuff Salisbury Steak 12:30 Knit Wits 1:00 Tap Class 1:30 A Stringed Instrument Exploration 2:00 Bereavement</p>	<p>30</p> <p>10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Fish Cakes 1:00 Duplicate Bridge 4:00 Ping-Pong</p>	<p>31</p> <p>8:30 French Group 9:30 Social Circle 9:30 ESL Turkey Shepherd's Pie 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan</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.

- **January 2: LGBTQ+ & Allies Social New Year Party at 5:00pm (*Note time change.*)**- Join us to celebrate the LGBTQ+ community and ring in the new year! We will enjoy Chinese Food and live music by Maura Guanci.
- **January 9: AI and Computer Scientist Dr. Fei-Fei Li at 4:00pm**- Max Li will discuss the computer scientist Dr. Fei-Fei Li and her book, "The Worlds I See: Curiosity, Exploration and Discovery at the Dawn of AI." Dr. Fei-Fei Li is widely regarded as the godmother of Artificial Intelligence (AI).
- **January 16: Dance Party with DJ George Landers at 6:00pm to 7:30pm**- Join us for a fun night of dancing and socializing. Raffle basket donated by Andover Manor. Refreshments will be served. Sponsored by the Andover Senior Community Friends.
- **January 23: No Event Scheduled.**
- **January 30: 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 January are Friday, January 3 and Tuesday, January 21.** Please sign up at least 24 hours ahead of time using this link: <https://calendly.com/teamtram/officehours>. You can always email Rep. Nguyen’s office to discuss an at tobin.abraham@mahouse.gov, or call 617-722-2680.

AARP Foundation Tax-Aide Starting February through April on Tuesdays, 8:30am to 3:30pm & Fridays, 8:30am to 12:30pm. The AARP Foundation is providing tax assistance and preparation through its Tax-Aide program and it’s completely free. You’ll bring your documents in, have a short interview with the tax preparer, and your return will then be ready in 1-2 hours. You receive a printed copy of the return and we file it electronically on your behalf. **Schedule your appointment starting Monday, January 6 by calling The Robb Center at 978-623-8320.** This program is welcoming and free and is open to taxpayers of all ages. AARP membership is not required. Our volunteers are trained and IRS-certified every year.

Council on Aging Advisory Board Meeting: Wednesday, January 8 at 3:30pm- Council on Aging Advisory Board (COA)- Russ Moran, Chair; Ralph Bledsoe, Vice-Chair; Denise Boucher, Gail Bloom, Ed Plowey, Dot Hollenbeck, Christina Vidoli, Judith Agnes, Tim Carron and Kim Butler-Rainen. Meetings are open to the public. To contact a COA member call The Robb Center at 978-623-8320.

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 is hosting 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.

- 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



Happy New Year! The Supportive Day Program enjoyed a very festive month of December 2024. This month, the group will welcome the New Year by examining New Year traditions from around the world. We will celebrate Martin Luther King Jr. Day by delving into the history and engaging in discussion. The group will enjoy the Chinese New Year Luncheon and entertainment. **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.



“We can’t thank you and the staff enough for all you have done over the last couple of years. Finding this program was like hitting the lottery! We feel very strongly that your program helped Mom remain active and engaged much longer than expected.”

“My sister was never so happy as when she spent her days at the Supportive Day Program.”



Spring Fitness Session: February 18 to April 25. 10 weeks for \$35.

Registration opens Wednesday, February 5 at 1:00pm for Andover residents and Friday, February 7 at 1:00pm for Non-Andover residents.

Early registration forms will not be accepted.

REGISTRATION PROCESS: The preferred method to register is on myactivecenter.com

In-person registration is still accepted.

A full list of class offerings will be included in the February Newsletter. For a description of each class, please refer to the Spring Fitness Brochure which will be made available in late January at the front desk and online at <https://andoverma.gov/227/Elder-Services>

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. Registration required by the Monday before at 1:00pm. Register on myactivecenter.com or by calling 978-623-8320.

Women's Outdoor Adventure Group (WOAG): 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 2025 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.



Happy New Year to All!

ASCF hopes you have warm and loving memories of the holiday season and continue to *thrive in '25!*

We will do so because of the many people who donated to our second Annual Appeal in December. Due to your generosity, we can continue to provide financial support to Andover Elder Services as they develop meaningful (*and very often fun*) programs for our deserving senior community.

Our organization is focused on sponsoring and supporting programs and services designed to enrich the quality of life for our seniors.

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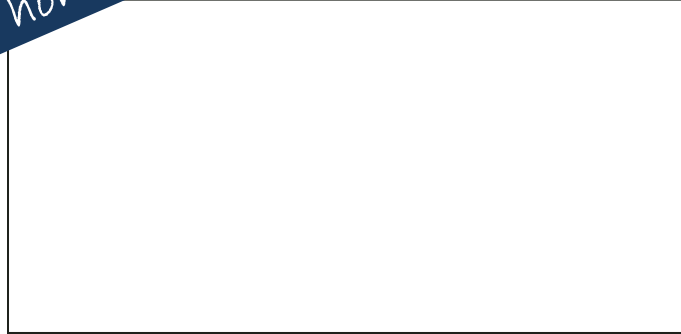
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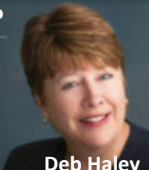
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