

The Robb Center Report

Andover's Senior Newsletter

FEBRUARY 2025



Disability Placards and Shifting Gears Workshop by Massachusetts Registry of Motor Vehicles: Wednesday, February 19 at 9:30am- Join the RMV to learn how to apply for a Disability Placard, how to replace a lost or stolen placard, and understand the legal use of a placard. Shifting Gears Workshop focuses on driver safety and assessment since most people outlive their ability to drive by seven to ten years. Topics discussed are warning signs of unsafe driving, age-related changes and medications that impact driving, rules of the road, driving training and assessment programs, planning for driving retirement, REAL ID information, RMV Community Outreach services and support.



The Luck of Whitey Bulger: Wednesday, February 19 at 1:30pm- How did a small-town thief become the biggest spider in Boston's criminal web? Rick Tupliano will guide us as we trace the career of James "Whitey" Bulger, a scion of "Southie" who manipulated the FBI into serving as his ally. Bulger's journey sounds like the plot of a crime novel, packed with bizarre personalities and ironic twists but every improbable detail happened in our own backyard. Sponsored by Andover Senior Community Friends.



Mardi Gras Dinner Night: Thursday, February 20 at 5:30pm- Indulge in a night of New Orleans flavor! Savor delicious food, sway to the smooth sounds of the Arthur Bakopolus jazz group, and socialize with friends. Tickets are \$13. Sponsored by Andover Senior Community Friends.



The Robb Center's Spring Formal: Wednesday, April 9 from 5:00pm to 9:00pm- See page 6 for details and ticket information.

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Andover Elder Services values and embraces diversity among our participants, staff, volunteers, and the entire community. We strive to model and promote a culture of respect and inclusivity for all.

Director of Elder Services

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Nina D'Agostino, Pat Kelly

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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.

Some programs with an associated fee may require registration in-person at the front desk or by calling the center only. Some may be available on myactivecenter.com.

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


Protect Yourself from Medicare Fraud: Tuesday, February 4 at 1:30pm- Join a representative of the Massachusetts Senior Medicare Patrol (SMP) Program & participate in a discussion on how Medicare beneficiaries are instrumental in preventing, detecting, and reporting Medicare Fraud.

Ask the Lawyer: Monday, February 10 at 9:30am- Offered by Justin St. James, Esq., licensed in MA & NH. Appointments are 20 minutes in-person and scheduled in chronological order. Limit of one question/issue. Cost: Free. ***No tax or immigration questions, please.***

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

LGBTQ+ & Allies Breakfast: Tuesday, February 11 at 9:00am-  Connect with fellow LGBTQ+ seniors over a delicious breakfast. Share stories, laughter, and good times in a safe and supportive space.

Why is Drinking Water So Important?: Tuesday, February 11 at 1:30pm- Join Alison Stringer from Professional Physical Therapy to discuss dehydration risks in the aging population.


Andover Photography Connection: Friday, February 14 at 10:00am- Join this group of photo enthusiasts to share photography techniques, interests and experiences. 

Men's Breakfast: Tuesday, February 18 at 8:30am- Lou Poulo will present "I Think I'm Retired." Enjoy pancakes, sausages, home fries, orange juice & coffee. Registration required. Fee: \$6. **Please check in at the front desk when you arrive.**

Intergenerational Self Defense Awareness Presentation: Tuesday, February 18 at 1:30pm- We will demonstrate strategies you may use in different scenarios when you are out in public as well as security while at home. This program will demonstrate basic self-defense techniques you will be able to use. Presented by Cervizzi's Martial Arts Academy owner and students.

Dull Men's Club: Thursday, February 20 at 10:00am-  Join us in an informal round table discussion of current events, history, technology, medicine, sports and travel. We do not discuss politics or religion.


Patient Gateway Presentation: Tuesday, February 25 at 9:00am- Having trouble utilizing the patient gateway from Mass General Brigham? Join one of Tech Help Desk Tutors, Lisa Hertel, for an informational presentation on how to use the portal.

Healthy Eating Discussion Group with Cherie Monahan, RN, Public Health Nurse: Wednesday, February 26 at 1:00pm- Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome! 

To Infinity and Beyond: But Why?: Wednesday, February 26 at 1:30pm- The history of space exploration and survey of current goals will tell us: "Is it worth all of the money?" by Bob Spillman, PhD in Analytical Chemistry.



Birthday Social: Thursday, February 27 at 12:00pm- All are welcome! The entrée will be Meatloaf. Music by Joe Leary. Delicious desserts & raffle from Wingate. Registration required. Sponsored by Andover Senior Community Friends. Suggested donation \$3.00. 

Book Club: Thursday, February 27 at 1:30pm- This group discusses a different book every month. This group is currently full. 

Women's Outdoor Adventure Group (WOAG): Hikes are starting back up mid-March. Look for more details in next month's newsletter. For updates, contact Jane Gifun at feecy1.godmother@verizon.net

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. This class has a fee.

Quilting Group: 9:00am- 11:00am- Join a group of dedicated quilters to share tips and tricks.

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, from now until May. We will meet every other Monday. 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



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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. This class has a fee.

Basic Tap Class with Audrey: 1:00pm- 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 "RIVER HERRING". Type in andovertv.org, click Programs, scroll down to Watch, scroll down to "THERE IS SOMETHING ABOUT ANDOVER", Look for the date 4/2022, click on "RIVER HERRING", 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: 2:00- 4:00pm- *New Time*. Join us every 1st & 3rd Thursday of each month. The first hour learn Italian, grammar, reading and speaking and the second hour focuses on Italian culture, music and history.

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. Fee: \$7.00.



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

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

- **Tickets go on sale February 3rd**
- **Pricing:** \$40 per person or \$375 for a table of 10. Full payment is due upon reservation.
- **Menu:** Enjoy a delicious dinner featuring your choice of Chicken Piccata or Pasta Primavera, served with a fresh salad, dessert, and coffee.
- **Transportation:** Limited complimentary transportation is available for Andover residents. Please inquire about availability when purchasing tickets.
- **Important Note:** Tickets are non-refundable

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The Robb Center Trips

For The Robb Center Trips below, registration opens February 7 at 9:00am for Andover residents & February 10 for non-Andover residents.

February 26: We're going bowling!- Join us on a trip to Wamesit Lanes in Tewksbury, MA for ten pin or candlepin bowling and an arcade. Lunch at the Firewater Tavern on premises. Cost is \$10.00 for transportation, bowling and lunch onsite paid individually.

March 5: Frugal Fannies Shopping Trip in Westwood, MA— Find your formal attire for the Robb Center's Spring Formal. Lunch location TBD. Cost is \$10.00 for transportation, lunch cost not included.

March 12: Irish Cottage Restaurant in Methuen, MA- Cost \$10.00 for transportation. Lunch paid onsite.

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.

Monday, March 10: Join us for the Celtic Angels of Ireland, with the Celtic Knight dancers and Trinity Band Ensemble at Danversport Yacht Club. Cost of \$136.00 includes everything except bus driver gratuity. Lunch choice of corned beef meal or baked schrod meal.



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. *Prices subject to change.*



LET'S GO SHOPPING WITH THE ROBB CENTER!
HOME PICK UP STARTS AT 10:00AM

- **Tuesday, February 4: Walmart Supercenter in Salem, NH** Walmart
- **Tuesday, February 11: Target in Wilmington**
- **Tuesday, February 18: Walmart in North Reading** Walmart
- **Tuesday, February 25: 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.



Medical Transportation: This volunteer driver service allows 2 donation-based medical rides per month. More than 2 rides will incur a required fee. Contact Ashley English at 978-623-8320 for program details and eligibility.

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.

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.

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, started 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 8 week program, please contact Susan Toleos at the above email.



TuftsMedicine
Care at Home

Memory Café: Wednesday, February 12 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, February 13 at 1:30pm- Dori DeMaio, OT, Area Manager, Enhabit Home Health and Hospice will speak on "An overview of supportive community-based home care services." Registration required.



enhabit
Home Health & Hospice

Diabetes Support Group: Wednesday, February 19 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.



Family Caregiver Support Group: Monday, February 24 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, February 7 from 9:30am to 10:30am- Wendy Ring from the Andover Hearing Center, LLC.
 Drop-in clinic.



Fix-It Shop: Monday, February 10 & 24 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, February 12 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, February 14 & 28 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, February 25 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-11:00am: Drop-in with your 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— No BP Clinic on February 6. 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.



FEBRUARY 2025 CALENDAR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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>3 9:00 Quilting Group Vegetable Lasagna 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>4 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Chicken Marsala 1:00 Mah Jongg 1:00 Social Bridge 1:30 Protect Yourself from Medicare Fraud</p>	<p>5 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Sloppy Joe 12:30 Knit Wits 1:00 Tap Class 2:00 Bereavement</p>	<p>6 9:15 Chroniclers 10:00 Scale Modeling 10:00 Open Art Chinese New Year 1:00 Duplicate Bridge 2:00 Italiano Club 4:00 Ping-Pong 6:30 AVIS Gallery</p>	<p>7 8:30 French Group 9:30 Hearing Aid 9:30 Social Circle 10:00 ACCC Beer Battered Fish 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan</p>
<p>10 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Non-Fiction Book Club Chicken Stir fry 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>11 9:00 LGBTQ+ Allies Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Stuffed Shells 1:00 Mah Jongg 1:00 Social Bridge 1:00 GLCAC 1:30 Why is Drinking Water So Important?</p>	<p>12 9:30 Crafting 9:30 Le Cercle Francofun 10:00 Food Pantry 10:30 The Write Stuff Tuna Noodle Casserole 12:30 Knit Wits 1:00 Tap Class 2:00 Bereavement</p>	<p>13 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Spinach Quiche 1:00 Duplicate Bridge 1:30 Parkinson's 4:00 Ping-Pong 4:00 Estate Planning Basics 6:00 Pop-Up Dance Party</p>	<p>14 8:30 French Group 9:30 Social Circle 9:30 ESL 10:00 Andover Photo Lemon Pepper Cod 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mend-It Shop</p>
<p>17</p> <p>CLOSED FOR PRESIDENTS DAY</p>	<p>18 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Chicken Pesto 1:00 Mah Jongg 1:00 Social Bridge 1:30 Intergenerational Self Defense Awareness Presentation</p>	<p>19 9:30 Disability Placards & Shifting Gears Workshop 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Orange Flavor Beef 12:30 Knit Wits 1:00 Tap Class 1:30 The Luck of Whitey Bulger 2:00 Bereavement 2:00 Diabetes</p>	<p>20 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Cheese Ravioli w/ Meat Sauce 1:00 Duplicate Bridge 2:00 Italiano Club 4:00 Ping-Pong 5:30 Mardi Gras Dinner</p>	<p>21 8:30 French Group 9:30 Social Circle 10:00 ACCC Baked Mac & Cheese 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Zentangle</p>
<p>24 9:00 Quilting Group Chicken Curry 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Movie Matinee 1:00 Fix-It Shop 1:30 Caregiver</p>	<p>25 9:00 Patient Gateway Presentation 9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help 10:00 Wildcard Trip Pulled Pork Sandwich 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>26 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Chicken Meatball Sub 12:30 Knit Wits 1:00 Tap Class 1:00 Healthy Eating 1:30 To Infinity & Beyond: But Why? 2:00 Bereavement</p>	<p>27 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 4:00 Password Management Workshop</p>	<p>28 8:30 French Group 9:30 Social Circle 9:30 ESL Flounder 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mend-It Shop</p>



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“How do I know if assisted living is right for my mom?”

When someone you love is struggling to live on their own, you're bound to have questions.

Small-home assisted living and memory support at The Woodlands Inn provides just the right amount of personalized assistance to help residents thrive. **To learn more and get answers to your questions, call 978-725-3300.**



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Lisa Templeton

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(800) 477-4574 x6377



Thursday Night Schedule!



- **February 6: AVIS Photo Gallery Reception at 6:30pm-** Join us for the Andover Village Improvement Society (AVIS) opening night celebration presenting the images from our Photo Competition winners.
- **February 13: Estate Planning Basics at 4:00pm-** Attorney Crosby Elliot, from Dalton & Finegold, will review trusts, wills, powers of attorney, health care proxies, and more. Registration requested.
- **February 13: Pop-Up Dance Party with Lourdes at 6:00pm-** Get ready to groove! Join us for a dance party filled with infectious energy and amazing music with the incredible Lourdes. Expect a mix of easy-to-follow moves and plenty of room to let loose. Registration requested.
- **February 20: Mardi Gras Dinner at 5:30pm-** See page 1 for details.
- **February 27: Password Management Workshop at 4:00 pm-** As technology becomes ubiquitous, staying safe online is becoming more and more important - but it doesn't have to be a daunting task! Join our Password Management Workshop, presented by the Andover High School Cybersecurity Club, to learn the most important tips to keeping your online presence secured. Registration requested.



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AARP Foundation Tax-Aide: Starting February 4 through April 11 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 will receive a printed copy of the return and we file it electronically on your behalf. **Schedule your appointment 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.



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 February are Friday, February 7 and Tuesday, February 18.** 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 issue at tobin.abraham@mahouse.gov, or call 617-722-2680.



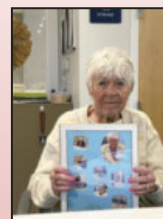
Greater Lawrence Community Action Council will once again be facilitating Fuel Assistance applications this year. **GLCAC Inc.** can help keep you and your family warm this winter and reduce your energy bills. GLCAC's energy programs offer: fuel assistance, free weatherizing, free energy audits and free emergency repairs to heating systems. GLCAC 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.

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, February 12 at 3:30pm- Council on Aging Advisory Board (COA)- 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.

Happy February! We are very excited to keep the new year's festivities going by participating in the Chinese New Year Celebration. We are looking forward to having The Andover Chinese Charm Circle entertain us with a variety of dance and musical performances. We will mark Black History Month by remembering prominent civil rights landmarks. We will celebrate love by creating a beautiful flower arrangement. 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.

Detailed Spring Fitness Brochures are available at the front desk.

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

Class	Day & Time	Location
Men & Women in Motion with Tracy	Mondays at 8:15am	In-Person Only
Strength & Stretch with Tracy	Mondays at 9:15am	Hybrid
Strength Training with Andrea	Mondays at 9:30am	South Church
Sit & Get Fit with Tracy	Mondays at 10:15am	Hybrid
Body, Bones & Balance with Andrea	Mondays at 10:30am	South Church
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	Hybrid
Strength Training with Barb	Tuesdays at 8:15am	In-Person Only
Beginning Taiji with Meg	Tuesdays at 9:15am	In-Person Only
Continuing Taiji with Meg	Tuesdays at 10:15am	In-Person Only
Senior Fit with Andrea	Tuesdays at 11:15am	In-Person Only
Cardio & Strength with Andrea	Tuesdays at 1:00pm	In-Person Only
NEW- Refresh Relax Yoga with Soki	Tuesdays at 2:30pm	In-Person Only
Men & Women in Motion with Denise	Wednesdays at 8:15am	In-Person Only
Strength & Stretch with Denise	Wednesdays at 9:15am	Hybrid
Sit & Get Fit with Denise	Wednesdays at 10:15am	Hybrid
Energize Rejuvenate with Pat	Wednesdays at 11:00am	Hybrid
NEW- Beginners Line Dancing with Val	Thursdays at 8:45am	In-Person Only
Intermediate Line Dancing with Val	Thursdays at 9:30am	In-Person Only
Strength & Cardio with Tracy	Thursdays at 9:30am	Zoom Only
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Hybrid
Body, Bones & Balance with Andrea	Thursdays at 1:00pm	In-Person Only
Body, Bones & Balance with Andrea	Thursdays at 2:00pm	In-Person Only
Yoga for Older Guys & Gals with Ben	Thursday at 4:00pm	Hybrid
Strength Training with Barb	Fridays at 8:30am	Hybrid
Move & Groove with Lourdes	Fridays at 9:30am	In-Person Only
Pilates Fundamentals with Lourdes	Fridays at 10:30am	In-Person Only
Chair Based Yoga with Ben	Fridays at 12:00pm	In-Person Only

1:1 Fitness with Denise Boucher: Tuesdays at 8:30am & 9:30am. \$50 for an hour- Experience the personalized attention, safety and effectiveness of a 1:1 exercise training session. Sign-up individually or as a couple. Registration required by the Monday before at 1:00pm. Register on myactivecenter.com or by calling 978-623-8320.



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