

The Robb Center Report

Andover's Senior Newsletter

APRIL 2025



We are thrilled to announce that **Kristine Arakelian, LCSW & Shawna McCloskey, LSW** have been awarded this year's **Citizens Who Care Award by the Andover Rotary Club**: This distinguished honor recognizes their extraordinary

commitment to the Andover community. In 2024 alone, they provided critical support to over 550 residents, navigating complex challenges including homecare referrals, hoarding, homelessness, food insecurity, caregiving, mental health crises, and emergency interventions. Their collaborative approach, forging strong partnerships with the police, board of health, fire department, library, and local businesses, ensures comprehensive and timely assistance.

Let's Talk! A Conversation with Dr. Parvey: Tuesday, April 1 at 1:30pm- Join Superintendent Dr. Parvey for a conversation exploring several important topics, including the K-8 Redistricting process and the FY26 Budget. Registration requested.



Volunteer Appreciation Reception: Thursday, May 1 from 4:30pm to 6:00pm- We think the world of our volunteers! We can't wait to celebrate your friendship & service. Please be sure to save the date and mark your calendars. Formal invitations coming soon.



Townie Trips are Back: Need a ride to the pharmacy, the salon or a friend's house? We offer friendly, reliable rides in Andover and surrounding areas on Tuesdays, Wednesdays, and Thursdays. Affordable \$10 local fare (out-of-town rates vary). Give us a call at 978-623-8320 to schedule your trip today!



What's Inside

- P2 General Information
- P3 Monthly/Bi-Monthly Programs
- P4 Weekly Programs
- P5 Weekly Programs cont.
- P6 Fitness Schedule
- P7 Transportation/Trips
- P8 Support Groups
- P9 Resources
- P10 April Calendar & Menu
- P12 Thursday Nights
- P13 Important Information & Supportive Day Program
- P14 Stay Active & Andover Senior Community Friends



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

Jane Burns
jane.burns@andoverma.us

Assistant Director

Kelly McShane
kelly.mcshane@andoverma.us

Social Work/Outreach

Kristine Arakelian, LCSW
kristine.havemeyer@andoverma.us

Social Work/Meals on Wheels

Shawna McCloskey, LSW
shawna.mccloskey@andoverma.us

**Special Services Coordinator/
Transportation**

Ashley English
ashley.english@andoverma.us

Program Assistant

Heather Bhattacharjee
heather.bhattacharjee@andoverma.us

Administrative Assistants

Nina D'Agostino, Pat Kelly

Supportive Day Program

Angela Lonergan, Program
Coordinator
angela.lonergan@andoverma.us

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

Dull Men's Club: Thursday, April 3 & 17 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.

***NEW* Mexican Train Dominoes: Friday, April 4 at 1:00pm-** Join our Mexican Train Dominoes group weekly on Fridays. First meeting will be on April 4th, we'll start with a gentle pace, perfect for anyone new to the game. It's easy to pick up, and before you know it, you'll be laying down tiles like a pro!

Compression Therapy: Tuesday, April 8 at 1:30pm- Learn about the benefits of compression therapy, helpful donning techniques, & the best way to care for your stockings. You'll have a chance to be measured and purchase new stockings! Hosted by Letourneau's Pharmacy.

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

Non-Fiction Book Club: Monday, April 14 at 10:00am- This club explores contemporary issues, history, biography and more. Group contact is Joanne. Email: joannedahlgrenma@gmail.com

Men's Breakfast: Tuesday, April 15 at 8:30am- Join Henry Quinlan speak on "My Favorite Stories from 50 Years of Publishing." Enjoy pancakes, sausages, home fries, orange juice & coffee. Registration required. Fee: \$6. **Please check in at the front desk upon arrival.**

Coffee with a Planner: Wednesday, April 16 at 9:00am- Join the Town Planning staff for coffee, pastry, and conversation. Learn about Accessory Dwelling Units, Zoning Bylaw Amendments, and Proposed Central Street Historic District.



Everyday Nutrition for Healthy Aging: Wednesday, April 16 at 1:30pm: Join Nutrition intern, Weiyi Bu from Merrimack College, for an interactive discussion on how to eat safely and healthy every day. Topics will include the important role of macronutrients & micronutrients as we age with an emphasis on food culture and food safety. Sponsored by AgeSpan. 加入营养实习生 Weiyi Bu 的互动讨论，了解如何在日常生活中安全、健康地饮食！讨论主题包括：宏量营养素与微量营养素在衰老过程中的重要作用。食物文化与营养之间的联系。保障健康的食品安全关键点。本活动由 AgeSpan 赞助。

Birthday Social: Thursday, April 17 at 12:00pm- All are welcome! The entrée will be Roast Pork Loin. Music by Liam Foley. Desserts & raffle from Atria Marland Place. Registration required. Sponsored by Andover Senior Community Friends. Suggested donation \$3.00.



Intergenerational Self Defense Awareness: Tuesday, April 22 at 1:30pm- We will demonstrate strategies to use in different scenarios in public and at home. Learn basic self defense techniques to use. Presented by Cervizzi's Martial Arts Academy.

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

In-Home Care vs. Assisted Living/ Memory Care: Tuesday, April 29 at 1:30pm- Choosing between in-home care and assisted living/memory care can be overwhelming and comes with a lot of questions. 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.

iPhone for Health & Emergencies: Wednesday, April 30 at 10:00am- Learn how to set up emergency contacts, use the SOS feature, turn on voice activation, and use the Health app to find patterns and changes in our physical well-being. Presentation by KevTech. Registration required, Seats limited. Sponsored by Andover Senior Community Friends.

We Travel Together with MeVa: Wednesday, April 30 at 1:30pm- Our program is designed to help participants become familiar with MeVa's services, makes travel more accessible, convenient, enjoyable & gain the knowledge & confidence to navigate public transit with ease.

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 on myactivecenter.com or 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:

Drawing Class with Steve: 8:30am or 10:00am- For the upcoming schedule and fee 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- Groups of four players are welcome.

Monday Matinees: 1:00pm- Watch a film on the "big screen". Call 978-623-8320 for updates 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 are 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 at eileenreilly42@gmail.com for more information or to register.



Ready to make a move?
As a SRES, let me help make it stress free.

Sandi Feeney Realtor®, SRES
c. **978-689-5411**
sandi.feeney@CBRealty.com
www.SellHomesWithSandi.com 27 Main St., Andover



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

LTempleton@lpicommunities.com
(800) 477-4574 x6377



Wills, Trusts, & Estate Planning
Long Term Care & Medicaid Planning
Guardianships & Conservatorships
Probate & Trust Administration

- ✓ Founded by a Nurse Attorney
- ✓ Client Care Program
- ✓ Solo Aging Solutions
- ✓ FREE Educational Resources:
 - eBooks
 - Monthly Webinars

43 High Street
Andover, MA
Offices also in Acton & Sudbury, MA
978-263-0006
GenerationsLawGroup.com



Benefit Advisors Group, LLC
Your Health, Your Wealth. Worry Less, Heal More!

Medicare Supplements (Medigap), Medicare Advantage & Part D Prescription Plans
Andrew Firmin | 978-494-6611
Compare health & prescription drug plans
Phone, virtual or in-person meetings available
NO APPLICATION, ENROLLMENT OR CONSULTING FEES

andy@benefitadvisorsgrp.com • www.benefitadvisorsgrp.com



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". This month we are featuring "ANDOVER COMMUNITY POWER". Type in andovertv.org, click on Watch, click on Programs, scroll down to TISAA (THERE IS SOMETHING ABOUT ANDOVER), click on "ANDOVER COMMUNITY POWER", 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- Join us every 1st & 3rd Thursday of each month. The first hour learn Italian, grammar, reading and speaking. The second hour focuses on Italian culture, music and history.

Ping-Pong: 4:00pm- 8:00pm- Drop-in & play a round of Ping-Pong.

Friday:

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

NEW! "Her"Story: A Collective for Women's Empowerment: 9:00am- Join a supportive community where women can connect, grow, and thrive. We believe in the power of "her"story and strive to empower and inspire each other through shared experiences, creative expression, and a listening audience. Meets monthly on the 1st and 3rd Friday.

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. 隔周星期五的 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

NEW! Mexican Train Dominoes: 1:00pm- We'll start with a gentle pace, perfect for anyone new to the game. You'll find it's easy to pick up, and before you know it, you'll be laying down tiles like a pro. Meets every Friday.

Zentangle Workshop: 1:00pm- 3rd Friday of every month. Jean Stewart will teach students the art of Zentangle, stroke by stroke method of creating tile art. Refer to myactivecenter.com for the upcoming schedule. Fee: \$7.



Summer Fitness Session: May 12 to July 25. 10 weeks for \$35.



REGISTRATION PROCESS: Registration opens Wednesday, April 30 at 1:00pm for Andover residents and Friday, May 1 at 1:00pm for Non-Andover residents. The preferred method to register is on myactivecenter.com. In-person registration is still accepted.

BROCHURE: For a description of each class, please refer to the Summer Fitness Brochure which will be made available in late April at the front desk and online at <https://andoverma.gov/227/Elder-Services>

SCHEDULE: We will not have class on May 26, June 19 or the week of June 30.

*Classes that are “Hybrid” are both in-person and on Zoom.

*Instructors listed are the primary instructor for the class at the time of publication. There may be occasions when instructors are unavailable, so a qualified substitute is hired to teach the class.

***MORE CLASSES MAY BE ADDED BY THE TIME OF REGISTRATION**

Class	Day & Time	Location
Men & Women in Motion with Tracy	Mondays at 8:15am	In-Person Only
Strength & Stretch with Tracy	Mondays at 9:15am	Hybrid
Sit & Get Fit with Tracy	Mondays at 10:15am	Hybrid
Advanced Yoga for Beginners with Pat	Mondays at 2:00pm	Hybrid
Strength Training with Barb	Tuesdays at 8:15am	In-Person Only
Beginning Taiji with Meg	Tuesdays at 9:15am	In-Person Only
Continuing Taiji with Meg	Tuesdays at 10:15am	In-Person Only
Refresh Relax Yoga with Soki	Tuesdays at 2:15pm	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
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
Strength Training with Barb	Fridays at 8:30am	Hybrid
Move & Groove with Lourdes	Fridays at 9:30am	In-Person Only
NEW- Breathe, Balance & Flexibility with Ben	Fridays at 10:00am	In-Person Only
Pilates Fundamentals with Lourdes	Fridays at 10:30am	In-Person Only



NEW! Transportation is available for any Robb Center Event that has this designated blue bus and car symbol. If you are interested in transportation, please let us know when you register for the event.

The Robb Center Trips

For The Robb Center Trips below, registration opens April 2 at 9:00am for Andover residents & April 4 for non-Andover residents. Andover residents get priority when trips meet capacity. Costs vary, seats limited.

April 16: Portsmouth, NH Drop & Shop- Enjoy the historic downtown area and stop somewhere for lunch. Drop off and pick up at Market Square. Cost is \$10 for transportation.

April 23: Gloucester Foodie Walking Tour- Includes a guide and 5 stops at different food venues, two are sit-down. There will be walking on cobblestones as well as streets. Wear comfortable shoes. Cost is \$75.00 plus \$10.00 for transportation.

April 30: Joppa Flats in Newburyport for Bird Watching and Lunch at Michael's Harborside- Cost is \$34.00 which includes transportation and bird watching. Lunch is paid individually at the restaurant. Wear comfortable shoes.

May 7: Boston Public Library- Explore and watch a live broadcast of Boston Public Radio. There is a café and a tea restaurant in the library or you can dine in a nearby restaurant. Cost is \$10.00 for transportation only.

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.

Thursday, April 24: Supreme Reflections- Join us for a tribute group singing all your favorite Diana Ross and the Supremes songs. The concert is at Danversport Yacht Club. Cost of \$136.00 includes transportation, meal and concert ticket. Bus driver gratuity not included. Lunch choice of stuffed chicken or baked schrod. Meal includes bread, salad, potato, vegetables and dessert with tea or coffee.

**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.*



Town Meeting Transportation: Tuesday, April 29 at 7:00pm- Need a ride to the Town Meeting? Call The Robb Center to register for your ride at 978-623-8320 or stop at the front desk. Registration required. Register by Friday, April 25.

LET'S GO SHOPPING WITH THE ROBB CENTER!

HOME PICK UP STARTS AT 10:00AM

Tuesday, April 1: Walmart Supercenter- Salem, NH

Tuesday, April 8: Target- Wilmington

Tuesday, April 15: Walmart- North Reading

Tuesday, April 22: Wildcard Trip- Look for a different location monthly. Call for an updated schedule.



To register please call 978-623-8320.

Andover residents only. Cost: FREE.

Minimum of 3 participants required for shopping trip.

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 offers 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 & 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. Home pick up starts at 8:30am.

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, April 9 at 1:30pm at Memorial Hall Library- In partnership with the Memorial Hall Library, we are 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.



Bereavement Support Group: Wednesdays, April 9 through May 21 at 2:00pm- Join us for an 7-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 7-week program, please contact Susan Toleos at the above email.

TuftsMedicine
Care at Home

Parkinson's Disease Support Group: Thursday, April 10 at 1:30pm- Join Tricia Gordon, Community Relations Director, CSA, CDP, CarePatrol, Greater NW Boston & the North Shore who will speak on "Senior Living 101: Important pieces to know."



Diabetes Support Group: Wednesday, April 16 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, April 28 at 1:30pm- Join us for a support group for family caregivers to connect with others, share concerns and learn about available resources. Sarah Turcotte from Bridges by Epoch will speak on *Meaningful Activities to do With a Loved One*. 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 required.



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



Food Pantry: Wednesday, April 9 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, April 11 & 25 from 1:00pm to 3:00pm- Need a clothing article fixed?



Services Offered:

Button fixed or replaced:

\$3 donation per button.

Hems: Jeans, dresses, pants & blouses \$5 donation, \$10 donation if requires cutting.

Pant pockets fixed or replaced: \$8 donation.

**Simple fixes only. We are not professionals. 3 article limit per customer. Additional charges for non-Andover Residents.*

We will not be held responsible for any damage or loss that may occur during the repair process.

Ask the Lawyer: Monday, April 14 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.***



Fix-It Shop: Monday, April 14 & 28 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, April 22 from 9:00am to 10:30am-



This once a month service provides a bag of shelf stable groceries for those already approved by AgeSpan. Brown Bag may be picked up from The Robb Center between 9:00am-10:30am. Applications available through AgeSpan, call 978-683-7747.

Healthy Eating Discussion Group with Cherie Monahan Public Health Nurse: Wednesday, April 23 at 1:00pm- Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!

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!



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



AndoverTV: The Robb Center program notices are on cable TV. If your provider is **Comcast, Xfinity** or **Verizon Fios**, we are on their Andover Public & Educational channels. On Comcast, channels 8 & 99. On Verizon, channels 47 & 43. <https://andovertv.org>



SHINE (Serving Health Insurance Needs of Everyone on or eligible for Medicare) 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

Podiatry Appointments: We offer podiatry appointments at The Robb Center. These appointments fill up fast. Call 978-623-8320 for more details.

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. Drop off your glasses at the front desk. We do not accept glass cases.

APRIL 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>THE ROBB CENTER ANDOVER ELDER SERVICES <i>Embracing Life</i></p>	<p>1 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Baked Ziti 1:00 Mah Jongg 1:00 Social Bridge 1:30 Let's Talk! A Conversation with Dr. Parvey</p>	<p>2 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Chicken Marsala 12:30 Knit Wits 1:00 Tap Class</p>	<p>3 9:00 WOAG 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic BBQ Pulled Pork 1:00 Duplicate Bridge 2:00 Italiano Club 4:00 Ping-Pong 5:00 LGBTQ+ Social</p>	<p>4 8:30 French Group 9:00 "Her" Story 9:30 Hearing Aid 9:30 Social Circle 10:00 ACCC Creole Catfish 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes</p>
<p>7 9:00 Quilting Group 10:00 Ladies Bridge Chicken Parmesan 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>8 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Braised Beef 1:00 Mah Jongg 1:00 Social Bridge 1:30 Compression Therapy</p>	<p>9 9:30 Crafting 9:30 Le Cercle Francofun 10:00 Food Pantry 10:30 The Write Stuff Turkey Scallopini 12:30 Knit Wits 1:00 Tap Class 2:00 Bereavement</p>	<p>10 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Beef Stuffed Peppers 1:00 Duplicate Bridge 1:30 Parkinson's 4:00 Ping-Pong 6:00 Andover Show Choir</p>	<p>11 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 Mexican Train Dominoes 1:00 Mend-It Shop</p>
<p>14 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Non-Fiction Book Club 10:00 Ladies Bridge Chicken Broccoli Alfredo 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>15 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Beef Chili 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>16 9:00 Coffee with a Planner 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Baked Fish 12:30 Knit Wits 1:00 Tap Class 1:30 Everyday Nutrition 2:00 Diabetes 2:00 Bereavement</p>	<p>17 9:00 WOAG 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthday Social 1:00 Duplicate Bridge 2:00 Italiano Club 4:00 Ping-Pong 6:30 Estate Planning Basics</p>	<p>18 8:30 French Group 9:00 "Her" Story 9:30 Social Circle 10:00 ACCC Mac & Cheese 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Zentangle 1:00 Mexican Train Dominoes</p>
<p>21 CLOSED FOR PATRIOT'S DAY</p> 	<p>22 9:00 Comfort Critters 9:00 Brown Bag 10:00 Tech Help 10:00 Wildcard Trip Hot Dog 1:00 Mah Jongg 1:00 Social Bridge 1:30 Intergenerational Self Defense Awareness</p>	<p>23 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Stuffed Chicken 12:30 Knit Wits 1:00 Tap Class 1:00 Healthy Eating 2:00 Bereavement</p>	<p>24 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Vegetable Lasagna 1:00 Duplicate Bridge 1:30 Book Club 4:00 Ping-Pong</p>	<p>25 8:30 French Group 9:30 Social Circle 9:30 ESL Beer Battered Fish 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Mend-It Shop</p>
<p>28 9:00 Quilting Group 10:00 Ladies Bridge Cheese Ravioli w/Marinara 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop 1:30 Family Caregiver</p>	<p>29 9:00 Comfort Critters 10:00 Tech Help Beef Shepherd's Pie 1:00 Mah Jongg 1:00 Social Bridge 1:30 In-Home Care vs. Assisted Living/ Memory Care</p>	<p>30 9:30 Crafting 9:30 Le Cercle Francofun 10:00 iPhone for Health & Emergencies 10:30 The Write Stuff Turkey Tips 12:30 Knit Wits 1:00 Tap Class 1:30 We Travel Together with MeVa 2:00 Bereavement</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 desk.</p>	

Grandpa Handyman 

Specializing in
SMALL ODD JOBS
INTERIOR PAINTING
REPAIRS
No high ladder work
Call John **508-572-0413**
Andover, Ma

 **ACCESSIBLE SOLUTIONS** 
Certified Aging-In-Place Specialist
Houses For Living, Homes For Life.

Safe Senior Living Begins with Accessible Solutions
A CAPS Certified Specialist



- 30+ Years making homes safer and accessible
- Barrier-free Showers • Bathroom Remodeling
- Stairlifts, Ramps and more

Showroom: 349 N. Main Street, Andover, MA
Located in Letourneau Medical Complex

(978) 494-6855 *MA RESIDENTS - Special program in MA to help fund at 0% interest with tax incentives*

www.MakeYourHomeAccessible.com

Skintensive® FOUNDED BY HARVARD-TRAINED, BOARD CERTIFIED DERMATOLOGISTS



Bruise Cream
Made for Maturing Skin

USE FOR:
CHRONIC BRUISING
SOLAR/ACTINIC PURPURA
THIN, FRAGILE SKIN

Clinically proven Dermatologist Recommended

With Arnica Montana Extract, Vitamin K, C, E

20% OFF
Plus Free Shipping*

Use Code **MA20** on skintensive.com
* on your first order only. Offer expires 6/30/25



Bruise Cream Jar, 4oz \$29.94 **\$23.95** (20% OFF Applied)

“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.**

 **The Woodlands Inn at EDGEWOOD**

575 Osgood Street
North Andover, MA 01845
TheWoodlandsInn.org

Edgewood is a not-for-profit 501(c)(3) organization. 

Since 1987, Generations of homeowners have trusted JP Carroll Roofing to protect their roofs and everything beneath.


JP CARROLL ROOFING

Roof Installation & Repair

- Backed by 50-Year Warranties
- 0% Financing Option

(978) 209-8901

Call our Boston office in Danvers, MA or visit jpcarrollroofing.com to set up a free consultation!



Thursday Night Schedule!

- **April 3: LGBTQ+ Allies Social at 5:00pm-** Join us for a night of laughter and connection! We'll kick things off with fun icebreakers, followed by relaxed socializing. Discover new friendships and a welcoming community. Dinner provided by AgeSpan. A representative from Dr. Sean Cahill's and Dr. Abigail Batchelder's Bridge to Belonging (B2B) research study will be joining us from Fenway Health.
- **April 10: Andover Show Choir Performance at 6:00pm-** Join us for a fantastic live performance by the Andover Show Choir under the direction of Dr. Lauren Peithman. Ensembles include Back to BASS-ics, Nothin' But Treble & From Start to Finish.
- **April 17: Estate Planning Basics at 6:30pm-** Attorney Crosby Elliot, from Dalton & Finegold, will review trusts, wills, powers of attorney, health care proxies, and more. Registration requested.

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.

"THE BEST VALUE ON HEARING AIDS"

Free Hearing Aid Consultations



Andover Hearing Center, LLC
Call For An Appointment Today!

11 Chestnut Street, Suite 6, Andover
978-470-4500 • www.andoverhearing.com



KEEM HOME CARE

Your comfort, Our Commitment
Promoting independence and well-being in the comfort of home

Personal Care • Live-in Care • Dementia Care
Respite Care • Assistance with ADL's
Supplementary Care in Assisted Living.

Call today to set up an evaluation
617-648-4407 / 617-648-4424
www.keemhomecarellc.com



Compassionate in-home care for those who want support to live where they love.

A Griswold caregiver can help you or your loved one stay happy, healthy, and independent at home.



GRISWOLD
live assured



HOME CARE FOR MERRIMACK VALLEY
Contact us today:
978.475.0820
Griswoldhomecare.com

Interested in achieving your financial potential?

At Commonwealth Financial Group, we provide an ongoing educational and personal financial planning experience in which we guide individuals to achieve financial well-being.



Christine Routhier Burke
CFP®, CBS
978.475.8710
One Dundee Park, Suite 1, Andover, MA

Christine Burke is a registered representative of and offers securities and investment advisory services through MML Investors Services, LLC, Member SIPC (www.sipc.org). Supervisory office: 101 Federal Street, Suite 800, Boston, MA 02110 Tel: 617-439-4388. CRN202508-2834535



Ardito, Toscano & McCollum
Certified Public Accountants

Tax Planning & Return Preparation
For Individuals, Businesses
Trusts & Estates

Over 40 years of service

978-688-2880
40 Bayfield Dr., N Andover | atm-cpa.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide




ADT Authorized Provider **SafeStreets** **833-287-3502**

COMMUNITY LIVING AT ITS BEST

Be Independent for Life



Nichols Village
AN ACTIVE ADULT COMMUNITY

One Nichols Way
Groveland, MA 01834
Nichols-Village.com

CALL 978-372-3930

Discovery Center for Civic Engagement Drop-In Office Hours: Thursday, April 3 from 11:00am to 1:00pm- Looking for guidance or support in finding meaningful volunteer work? The Discovery Center for Civic Engagement is here to help! Drop-in office hours provide an opportunity for you to connect with staff, ask questions, and get advice. Whether you're looking to brainstorm ideas, find resources, or simply need direction, our team is ready to assist. Stop by our booth in The Robb Center lobby on the first Thursday of every month from 11:00am-1:00pm or schedule an appointment to make the most of these valuable resources. We look forward to helping you make a meaningful impact in your community!



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 April are Friday, April 4 and Tuesday, April 15.** 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.

Council on Aging Advisory Board Meeting: Wednesday, April 9 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.

Drug Take Back Day: Sunday, April 27 from 10:00am to 2:00pm: The Drug Enforcement Agency (DEA) is holding its next National Prescription Drug Take Back Day on Sunday, April 27, 2025 from 10:00am to 2:00pm at West Elementary School, 58 Beacon St. The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.



APRIL 2025 SUPPORTIVE DAY PROGRAM

Welcome Spring! We will show our respect for Mother Nature by discussing weather and have fun with the Farmer's Almanac predictions for Spring. We will decorate the program room with flower crafts of every hue. We are always looking for new members to join our group! **NEW! Transportation options are now available for both Andover and Non-Andover residents. This may include full day and half-day options.** Please contact The Robb Center at 978-623-8320 to learn more about the Supportive Day Program and available transportation.



"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."

Walking Hours: Open every Tuesday from 8:30am-10:00am & Friday from 8:30am-10:00am at the Cormier Youth Center, 40 Whittier Ct., Andover- Come to the Youth Center to walk! The gym is open for walkers to keep up with their walking routine. This is a drop-in program, no registration required. All participants must sign a 2025 Participation Waiver, available upon check-in.



Women’s Outdoor Adventure Group (WOAG): Thursday, April 3 & 17 Location TBD- 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. 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.



Golf Club: Tuesdays- Men & Women are all welcome to join us for a round of golf. This group meets on Tuesdays at 11:00am every week starting this Spring. This group does not teach how to play golf. Everyone must sign a 2025 Participation Waiver. For every outing, please register by the Friday prior on myactivecenter.com. Registration required, space limited. Information regarding location and exact start dates to come. Any questions call 978-623-8320 or stop by the front desk.

New In Town

Have you seen our collection bins around town?
Your unwanted clothing and textiles can be donated to benefit ASCF



DONATE TODAY

www.andoverscf.org

Bins are located at St Robert’s Church, Haggett’s Pond Rd, Andover and Faith Lutheran Church, South Main Street, Andover



Let Your Bright
Life Shine

at Essex County's Premier
Senior Living Community

Gorgeous community. Resort-like amenities. Choice and independence. No large entrance fees... The vibrant, carefree lifestyle you desire is waiting at Brightview North Andover. *Come live it.*

BRIGHTVIEW
SENIOR LIVING
NORTH ANDOVER

Call Eileen or Jess
to schedule your
personal visit.
978.686.2582

Independent Living • Assisted Living • Dementia Care

1275 Turnpike Street • North Andover, MA 01845
www.BrightviewNorthAndover.com

**RESORT-STYLE COMMUNITY
FOR TODAY'S SENIORS**



**THE WOODS AT MERRIMACK
RETIREMENT COMMUNITY**
TOUR TODAY! (351) 888-1674

197 Howe Street | Methuen, MA 01844 | WoodsAtMerrimack.com

*Elegant Independent and Assisted Living,
with Exceptional Alzheimer's Care.*

WINDSOR PLACE
OF WILMINGTON
Assisted Living, Independent Living,
and Memory Care



92 West Street, Wilmington, MA
Just off I-93 at Exit 38

Call 978-988-2300 • WindsorPlaceOfWilmington.com



- Short-Term Rehabilitation Unit, featuring Private Rooms
- Dementia Specialty Care Unit, Locked
- Renovated Long Term Memory Care Unit
- Complex Wound Management
- Physical, Occupational, and Speech Therapies
- Weekly Mass and Spiritual Care
- Hospice Care Available

Mary Immaculate Health/Care Services
172 Lawrence Street • Lawrence, MA 01841
(978) 685-6321 | www.mihcs.org



The Law Offices of
Kimberly Butler Rainen

WILLS, TRUSTS,
PROBATE, NURSING HOME CARE
23 Central St., Andover, MA 01810
978.409.1928
www.ButlerRainen.com • admin@butlerrainen.com

IF YOU LIVE ALONE

MDMedAlert!™
At HOME and AWAY!

STARTING AT
\$19⁹⁵ /mo.

- ✓ Ambulance
- ✓ Police
- ✓ Family
- ✓ GPS & Fall Alert

"STAY SAFE in the HOME YOU LOVE!"



800.809.3570 • md-medalert.com



"Stone Hill is a wonderful place, everyone is beyond friendly and kind - you feel at home here."

- Lorrie, Stone Hill family member

All Stone Hill residents enjoy quality care, engaging programs delicious
Eat Fresh, Eat Local meals and more!

Hinds Electric
Having trouble finding an electrician?
Service calls
Small Jobs
Call Kevin 978-401-8430
Licensed Electrician
Andover, MA

FROMME ANTIQUES
Restoration, Repair and Refinishing of Antique and Contemporary Wood Furniture
- Buying & Selling -
Lance Fromme, 23 Burton Farm Drive, Andover, MA 01810
lfromme@comcast.net
www.LanceFrommeAntiques.com
By Appointment
(978) 475-7370 • (508) 397-7949

Stone Hill
at Andover
A SENIOR LIVING COMMUNITY
MANAGED BY NORTHBRIDGE COMPANIES

For more information call:
978.664.2600
or visit StoneHillAndover.com

Stone Hill at Andover Senior Living
Independent Living, Assisted Living & Avita Memory Care
141 Elm Street in Andover, MA

The Robb Center
Andover Elder Services
30 Whittier Ct

To the home of:



WEST PARISH GARDEN CEMETERY
Planning ahead eases the burden for loved ones



MANY LOT OPTIONS AVAILABLE
CONTACT US TO SCHEDULE A VISIT
CALL 978-475-3902
129 RESERVATION RD. ANDOVER

WWW.WESTPARISHGARDENCEMETERY.ORG

**ARE YOU REACHING
THE MEMBERS IN YOUR
COMMUNITY?**

To advertise here
visit lpicommunities.com/adcreator



Conte Funeral Homes
Honoring Traditions and Memories. One Family at a Time
Funeral Services, Cremation Services, Celebration of Life Services

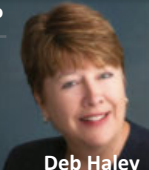
17 Third Street
North Andover, MA 01845
978-681-5000

www.contefuneralhomes.com
contefh@msn.com

28 Florence Street
Andover, MA 01810
978-470-8000

Need Help with Medicare Plans?
Special or Open Enrollment Period? Retiring/Turning 65?

Let's review health & prescription drug plans costs & benefits together
How do you choose? Which plan is a good fit for your health needs and budget?
Medicare Advantage, Medigap Supplement & PDP plans
Please call or email to schedule an appointment
Call 978-314-3760 | debhaleyinsurance@gmail.com



Deb Haley
Certified Enrollment Broker/Agent
MA, NH, ME, VT, CT, RI, NJ, NC, SC, TN, FL, AZ
Licensed Health Insurance Broker - NPN#18509337

NO FEE FOR SERVICES

I do not offer every plan available in your area. Currently I represent 18 organizations that offer 45 products in your area.
You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.

BURKE-MAGLIOZZI FUNERAL HOME
390 North Main Street • Andover, MA 01810

Gracious Facility • Personalized Funerals for
all Faiths • Pre-need Specialists on Site
Joel J. Magliozzi • Garry A. Burke
978-475-5200
WWW.BURKEMAGLIOZZI.COM