

The Robb Center Report

Andover's Senior Newsletter

MAY 2025



TOWNIE TRIPS ARE BACK! Need a Ride? Your ride's here! Meet our new driver Don! Don's behind the wheel, ready to whisk you away to the pharmacy, the salon, or wherever your Andover heart desires. Tuesdays, Wednesdays, and Thursdays, we're making getting around easy and fun. Just \$10 for local hops (out-of-town rates? We'll chat!). Call 978-623-8320 today to book your trip and ditch driving!



Healthy Eating Demonstration: Wednesday, May 7 at 1:30pm-



Join Chef Jim Swasey and Cherie Monahan, RN, Public Health Nurse for a healthy eating demonstration on how to make Kale Caesar Salad with Yogurt Dressing. Learn about pickling onions as well!

Mother's Day Luncheon & Fashion Show:

Thursday, May 8 at 12:00pm- Join us for an entrée of Chicken Vin Blanc with Leeks and a Fashion Show. The Andover Thrift Store has graciously volunteered to outfit our models.

Cost: 10. Registration for Andover residents begins on Wednesday, April 23. Non-residents may register on Friday, April 25. Registration required, seats limited.

Sponsored by Andover Senior Community Friends.



Information Session: Social Supportive Day Program & Needs Assessment

Final Report: Tuesday, May 27 at 1:30pm- Discover the Social Supportive Day Program and the key insights and recommendations gleaned from our recent community needs assessment, conducted in partnership with UMASS Boston and the Massachusetts Office of Aging and Independence. Join Director Jane Burns, Assistant Director Kelly McShane, and Program Coordinator Angela Lonergan as they share their findings and the program's vital role in our community.

What's Inside

- P2** General Information
- P3** Monthly/Bi-Monthly Programs
- P4** Weekly Programs
- P5** Weekly Programs cont.
- P6** Stay Active
- P7** Transportation/Trips
- P8** Support Groups
- P9** Resources
- P10** May Calendar & Menu
- P12** Thursday Nights
- P13** Important Information & Supportive Day Program
- P14** Upcoming Programs & 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
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Social Work/Outreach

Kristine Arakelian, LCSW
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Social Work/Meals on Wheels

Shawna McCloskey, LSW
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Administrative Assistants

Nina D'Agostino, Pat Kelly

Supportive Day Program

Angela Lonergan, Program
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Nutrition Staff

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

Sue Starbird, Food Services Assistant

SOCIAL MEDIA

AndoverElderServices



andover_elder_services

CENTER HOURS

Hours: Mon, Tues, Wed & Fri 8:00am—4:00pm
Thursday 8:00am—8:00pm

WHAT IS THE ROBB CENTER?

The Andover Robb Center is the home of the Elder Services Division. We offer a wide variety of programs and services to support the community.

PROGRAM REGISTRATION INFORMATION

For programs that do not have an associated fee, you may register in-person at the front desk, or on myactivecenter.com or by calling the center.

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.

Dull Men's Club:**Thursday, May 1 & 15**

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.

**Level Up Your Decluttering and Cleaning: Tuesday, May 6 at 1:30pm-**

This one-time workshop helps seniors create a safer, more organized home. Participants will learn practical decluttering and downsizing strategies, storage solutions, and ways to maintain a functional living space. With spring cleaning season upon us, it's the perfect time to refresh and simplify their home. Presented by Kim Howe from Howe2Organize.

Andover Photography Connection: Friday, May 9 at 10:00am-

Join this group of photo enthusiasts to share photography techniques, interests and experiences.

**Non-Fiction Book Club:****Monday, May 12 at**

10:00am- This club explores contemporary issues, history, biography and more. Group contact is Joanne. Email: joannedahlgrenma@gmail.com

**In the Merrimack Valley: A Farm Trilogy: Tuesday, May 13 at**

1:30pm- Author Jane Brox will discuss the interweaving of memory and history in her books about the farms and cities of the lower Merrimack Valley.

Everyday Challenges with Hearing Loss: Thursday, May 15 at 1:30pm-

Join us for a fun, light-hearted and interactive program on the everyday challenges of hearing loss. Does your family complain the TV is too loud, do you have trouble hearing people when you can't see them? Insights and questions are welcome. Presented by Sue Stein from Hearing Life.

Automated Trash and Recycling Collection Q & A: Monday, May

19 at 1:30pm: Starting July 1, 2025 the Town of Andover will transition to automated trash and recycling collection. Join us to get all of your questions and concerns answered by the Director of Public Works, Carlos Jaquez.

**Men's Breakfast: Tuesday,**

May 20 at 8:30am- Meet Bob Douglas, Director of Conservation for the Town of Andover. Enjoy eggs, sausages, home fries, orange juice & coffee. Registration required. Fee: \$6. **Please check in at the front desk upon arrival.**

Estate Planning Essentials:

Avoiding Probate and Protecting Your Assets: Tuesday, May 20 at 1:30pm- Learn how to safeguard your future and your family's inheritance. This presentation covers key estate planning strategies, including avoiding probate, protecting assets from Medicaid, and the critical role of Powers of Attorney and Health Care Proxies. From the Law Office of Veronica Wythe, Esq.

Living Well with Back Pain, Strategies for Active Living: Wednesday, May 21 at 1:30pm- Join Dr. Alder as she dispels common myths about back pain and provides practical strategies for maintaining an active lifestyle. Learn how to manage your pain, understand common misconceptions, and get your questions answered. Presented by Dr. Alexandra Adler.

Birthday Social:**Thursday, May 22 at 12:00pm-**

All are welcome! The entrée will be Chicken Parmesan. Music by The Rockaholics. Desserts & raffle from Stone Hill. Registration required. Sponsored by Andover Senior Community Friends. Suggested donation \$3.00. Transportation available.

**Book Club:****Thursday, May 22 at 1:30pm-**

This group discusses a different book every month. This group is currently full.

**SPANISH TEACHER WANTED!****Se busca profesor/a de español.**

We are looking for a Spanish teacher to teach Spanish classes here at The Robb Center. If you are interested in sharing your skills, send an email to Kelly McShane: kelly.mcshane@andoverma.us or call 978-623-8320.

Monday through Friday:

Congregate Lunch: 12:00pm- Join us for Congregate Lunch. Reservations for congregate 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- NO MOVIE MAY 19! 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.

Short Stories Group: Share your passion for literature in a friendly and welcoming environment. We read and discuss thought-provoking stories, building connections and fostering a love for the written word. Generally held on the 1st and 3rd Monday of the month. Keep a look out for up coming discussions starting again in August. Please contact Eileen Reilly at eileenreilly42@gmail.com for more information or to register.

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 "COMPUTER SECURITY". Type in andovertv.org, click on Watch, click on Programs, scroll down to TISAA (THERE IS SOMETHING ABOUT ANDOVER), click on "COMPUTER SECURITY" 11/23, Click the arrow in the bottom left hand corner, enjoy! Have a pencil available for note taking.

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- **NO PING-PONG MAY 1.** 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.

"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

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: May 30 at 1:00pm- 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.



Women's Outdoor Adventure Group (WOAG):

Thursday, May 1 & 15- 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.

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

Walking Hours: LAST DAY FOR WALKING IS MAY 30! 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.



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.



Golf at Hillview: Tuesdays at 11:00am: Looking for a great group to golf with? Join this casual league of golfers on Tuesday mornings. Men & women are welcome. This group does not teach people how to play golf. \$30 for 9 holes and a cart, \$20 without a cart, paid onsite. Location: Hillview Golf Course at 149 North St, North Reading, MA. Everyone must sign a 2025 Participation Waiver. For every outing, please register by the Friday before. Register by calling 978-623-8320 or on myactivecenter.com. Space limited. Please notify The Robb Center if you have to cancel your registration.

Nature Walks with Evelyn: Fridays at 9:00am- These walks occur on Friday mornings, weather permitting. Walk locations chosen weekly. Make sure to wear suitable shoes for uneven terrain. To be added to the email list please call the front desk at 978-623-8320.



Need locker space? We are renting out lockers at The Robb Center for \$10 per month. Keep your fitness gear and items here at The Robb Center. Locks are provided. Lockers are limited, first come, first served. Ask the front desk for details.



The Robb Center Trips

For The Robb Center Trips below, registration opens May 2 at 9:00am for Andover residents & May 5 for non-Andover residents. Andover residents get priority when trips meet capacity. Costs vary, seats limited.

May 14: Seaport Boston Drop & Shop- Three hour window to explore. Cost: \$10 for transportation.

May 21: Maudsley State Park in Newburyport, MA- Enjoy lunch at Michael's Harborside. Cost: \$10 for transportation. Lunch paid onsite.

May 28: Trip to York, ME- The bus will stop at Stonewall Kitchen for 30 minutes, then go on to the downtown area for lunch, shopping and/or a beach walk. Cost: \$10 for transportation.

June 4: We're going on a Whale Watch!- Seven Seas whale watch from Gloucester, MA. Cost: \$70 for whale watch and transportation. Lunch will be at Oliver's near the whale watch venue. Lunch paid onsite.

June 11: Newburyport, MA Drop & Shop- Enjoy lunch and sightseeing in the historic downtown area. Cost: \$10.00 for transportation.

August 13: Grease The Musical at The North Shore Music Theatre- Cost: \$68 ticket, \$10 transportation.

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.

June 18: Tom Jones Tribute Concert & Lunch at Danversport Yacht Club- Cost: \$136.00 for transportation, meal & concert ticket. Bus driver gratuity not included. Lunch choice of chicken parmesan or baked haddock.

Monday-Tuesday, September 1 & 2: New York City Overnight Trip- Trip includes bus transportation, one night hotel stay, one theatre show, various meals and sightseeing. Price depends on number of adults per room. Contact Pat or Nina for details.

**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.*



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.

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

Tuesday, May 6: Walmart Supercenter- Salem, NH

Tuesday, May 13: Target- Wilmington

Tuesday, May 20: Walmart- North Reading

Tuesday, May 27: 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. For program details and eligibility call 978-623-8320.

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.

Townie Trips: 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!

Bereavement Support Group: Wednesdays, Started April 9 through May 21 at 2:00pm- Join us for a 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.



Parkinson's Disease Support Group: Thursday, May 8 at 1:30pm- Dr. Aronson, functional neurosurgeon and Director of Epilepsy Surgery at BI Deaconess Medical Center/Harvard Medical School Faculty, will speak on "Deep Brain Stimulation Surgery: Awake and Asleep Approaches."



Memory Café: Wednesday, May 14 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.



Family Caregiver Support Group: Monday, May 19 at 1:30pm- Join us for a support group for family caregivers to connect with others, share concerns and learn about available resources. Registration requested.



Diabetes Support Group: Wednesday, May 21 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.



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, May 2 from 9:30am to 10:30am- Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Mend-It Shop:

Friday, May 9 & 23 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, May 12 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, May 12 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, May 14 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.

Brown Bag "Mobile Market": Tuesday, May 27 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, May 28 at 1:00pm- Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!

Diabetic Shoe Clinic: Tuesday, June 3 at 1:00pm- Appointments start at 1:00pm and will be booked in chronological order. You are eligible to receive a pair of Diabetic shoes and inserts free if you are diabetic. Many insurances cover this. Please bring all insurance cards, doctor's orders and other required information. Pick up paperwork at the front desk. Registration is required by calling 978-623-8320.

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.

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.

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.

MAY 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Menu items subject to change. With 24 HOUR NOTICE a vegetarian option is available.</p>			<p>1 9:00 WOAG 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Honey Mustard Chicken 1:00 Duplicate Bridge 2:00 Italiano Club 4:30 Volunteer</p>	<p>2 8:30 French Group 9:00 "Her" Story 9:30 Hearing Aid 9:30 Social Circle 10:00 ACCC Herb Crusted Tilapia 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes</p>
<p>5 9:00 Quilting Group 10:00 Ladies Bridge Chicken Meatball Sub 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>6 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Stuffed Shells 1:00 Mah Jongg 1:00 Social Bridge 1:30 Level Up Your Decluttering and Cleaning</p>	<p>7 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Sloppy Joe 12:30 Knit Wits 1:00 Tap Class 1:30 Healthy Eating Demonstration 2:00 Bereavement</p>	<p>8 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Mother's Day Luncheon 1:00 Duplicate Bridge 1:30 Parkinson's 4:00 Ping-Pong 5:00 LGBTQ+ Allies Social</p>	<p>9 8:30 French Group 9:30 Social Circle 9:30 ESL 10:00 Andover Photo Lemon Pepper Haddock 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Mend-It Shop</p>
<p>12 9:00 Quilting Group 9:30 Ask the Lawyer 10:00 Non-Fiction Book Club 10:00 Ladies Bridge Chicken Curry 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>13 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Beef & Bean Quesadilla 1:00 Mah Jongg 1:00 Social Bridge 1:30 In the Merrimack Valley: A Farm Trilogy</p>	<p>14 9:30 Crafting 9:30 Le Cercle Francofun 10:00 Food Pantry 10:30 The Write Stuff Citrus Chicken 12:30 Knit Wits 1:00 Tap Class 2:00 Bereavement</p>	<p>15 9:00 WOAG 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Beef Stroganoff 1:00 Duplicate Bridge 1:30 Everyday Challenges with Hearing Loss 2:00 Italiano Club 4:00 Ping-Pong 6:00 Disco Dance Party</p>	<p>16 8:30 French Group 9:00 "Her" Story 9:30 Social Circle 10:00 ACCC Pollack Fish Cake 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes</p>
<p>19 9:00 Quilting Group 10:00 Ladies Bridge Sausage and Peppers 1:00 Hand & Foot 1:00 Ping-Pong 1:30 Family Caregiver 1:30 Automated Trash and Recycling Collection Q & A</p>	<p>20 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Sesame-Ginger Beef 1:00 Mah Jongg 1:00 Social Bridge 1:30 Estate Planning Essentials</p>	<p>21 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Shrimp Scampi 12:30 Knit Wits 1:00 Tap Class 1:30 Living Well with Back Pain 2:00 Diabetes 2:00 Bereavement</p>	<p>22 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 6:30 Dessert & Concert by Crash & Burn Acoustic</p>	<p>23 8:30 French Group 9:30 Social Circle 9:30 ESL Gnocchi w/ Bolognese 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Mend-It Shop</p>
<p>CLOSED FOR MEMORIAL DAY</p>  <p>MEMORIAL DAY <small>HONORING ALL WHO SERVED</small> ***</p>	<p>27 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help 10:00 Wildcard Chicken Cacciatore 1:00 Mah Jongg 1:00 Social Bridge 1:30 Info Session– Supportive Day</p>	<p>28 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Sweet & Sour Pork 12:30 Knit Wits 1:00 Tap Class 1:00 Healthy Eating</p>	<p>29 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic BBQ Chicken 1:00 Duplicate Bridge 2:00 Blood Drive 4:00 Ping-Pong</p>	<p>30 8:30 French Group 9:30 Social Circle 10:00 ACCC Vegetable Lasagna 1:00 45s 1:00 Zentangle 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train</p>



Thursday Night Schedule!

- **May 1: Volunteer Appreciation Reception from 4:30pm to 6:00pm.**
- **May 8: LGBTQ+ Allies Social at 5:00pm-** Join us for a celebration of the LGBTQ+ community, filled with connection, joy, and acceptance. Dinner will be provided by AgeSpan. Featured Speaker: Daniel Gonzalez, author of *The Rise and Fall of Boston Pride: The Rise of a Movement The Fall of an Organization*.
- **May 15: Disco DJ Dance Party with Kelly at 6:00pm-** Get ready to boogie and shine at the Disco Dance Party! Dust off your platform shoes, sequined dresses, and funky jumpsuits because dressing up is encouraged. Refreshments will be served.
- **May 22: Dessert & Concert by Crash & Burn Acoustic at 6:30pm-** Enjoy a relaxing evening with bluesy and classic rock music by the band *Crash & Burn*. We will be providing a yummy dessert for you to enjoy while you listen to the music. **Music sponsored by Rita's Catering.**
- **May 29: American Red Cross Blood Drive from 2:00pm to 7:00pm-** Give blood, Give life. Register on www.redcrossblood.org Enter sponsor code: [Andover](#) or by calling 1-800-Red-Cross.



**American
Red Cross**



DISCOVERY CENTER
FOR CIVIC ENGAGEMENT

Discovery Center for Civic Engagement Drop-In Office Hours: Thursday, May 1 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 or schedule an appointment. We look forward to helping you make a meaningful impact in your community!



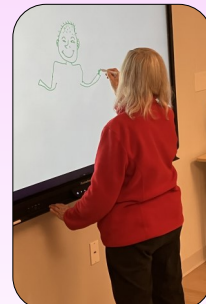
State Representative Tram Nguyen Office Hours: State Rep. Tram Nguyen continues to hold virtual office hours on the first Friday of the month, 10-11am, and the third Tuesday, 5-6pm, via Zoom. **The dates for May are Friday, May 2 and Tuesday, May 20.** Please sign up at least 24 hours ahead of time using 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, May 14 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.

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

The Supportive Day Program participants are excited that the month of May is finally here! We are looking forward to a lunch outing, celebrating the Kentucky Derby, and attending the fabulous Mother's Day Fashion Show. 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."

Opening Minds Through Art (OMA): This program is an award-winning, evidence-based, intergenerational art-making program. It was developed at Scripps Gerontology Center, an Ohio Center of Excellence at Miami University. People living with dementia (artists) are paired with volunteers (students, families, caregivers) who are trained to rely on imagination instead of memory and focus on strengths instead of lost skills. This summer, The Robb Center will participate in this art program to foster new relationships and create beautiful art. This opportunity will be open to the public. Registration details to come.



Sunrise Singers Return! We are thrilled to announce the return of the Sunrise Singers this summer under the direction of Martha Giguere. We extend a warm welcome to both returning and new members. This group will perform as ready. Stay tuned for rehearsal dates and times.

Kayaking at Poms Pond: June through August once a week- In collaboration with the Recreation Department, we will once again be providing the opportunity to kayaking this summer. Kayaks & life vests will be provided. This program is for intermediate kayakers. Dates & details to come.





A Message from the ASCF Board

Happy Spring to All!

The Andover Senior Community Friends (ASCF) would like to thank all those who supported our recent successful fundraiser, It's a Bloomin' Flower Sale. Thank you, also, to Konjoian's Greenhouses in Andover for again providing us with a beautiful assortment of hanging baskets and potted annuals for this event. ASCF donated and planted a variety of the flowers in The Robb Center patio planters for visual pleasure this season.

Speaking of season, please remember ASCF, in conjunction with Bay State Textiles, has two textile donation bins in Town. One is in the parking lot of Faith Lutheran Church at 360 South Main Street and the other is in the parking lot of St. Robert Bellarmine Church at 198 Haggetts Pond Road. Should you find any of your summer clothing has 'shrunk' over the winter, consider bagging it up and bringing it to the bins. As with all our fundraisers, 100% of the monies raised are returned to the community via programs and services at The Robb Center and contributed to other agencies aligned with our mission to enrich the quality of life for Andover Seniors.

Please stay tuned for updates later this month on our website at www.andoverscf.org.

We'd love to have you join us and continue making life better for Andover Seniors.

May 2025

The Robb Center
Andover Elder Services
30 Whittier Ct

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