

The Robb Center Report

Andover's Senior Newsletter

JULY 2025



Andover On the Go, We've Got Your Ride!

Thursday, July 10 at 1:30pm- Tired of wondering how you'll get around town? We've got your travel needs covered. Join us for an informative presentation where we'll share all the convenient and comfortable transportation options available to our residents! You'll learn how to enjoy hassle-free rides to The Robb Center, townie trips, medical rides, and much more. Discover how easy it is to stay connected and active, we're making transportation a breeze!



NO MORE CURSE! Tuesday, July 29 at 1:30pm- Based on his research for his musical, David Kruh takes us to the roots of Boston baseball, when, just like today, the team captured the hearts of the people of Boston. We will look back at the real story behind Harry Frazee and his sale of slugger Babe Ruth. Relive the (sometimes frustrating) saga the Boston Red Sox and their ultimately successful struggle for a World Series championship. Registration requested. Sponsored by Andover Senior Community Friends.



Adapting to Vision Changes: Thursday, July 31 at 1:30pm- Join Isabel Rosario from The Carroll Center for the Blind for a welcoming and informative talk about adapting to changes in vision. Topics will include common eye conditions such as macular degeneration, cataracts and glaucoma. Learn helpful tips, everyday tools and local resources that can support your independence and keep you doing the things you love. Registration requested.



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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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Assistant Director

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Nina D'Agostino, Pat Kelly

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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 cancelations. When **Town offices** are closed due to inclement weather, The Robb Center is closed and programs including transportation are canceled. 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



Sunset Tappers Patriotic Review: Wednesday, July 2 at 1:30pm- Mark your calendars and witness the exhilarating rhythms and dazzling footwork of the talented Sunset Tappers as they present a spirited patriotic review! They will take us from Hollywood, California to Washington, D.C. then all across the Midwest to Texas. Come celebrate our Independence. As a special treat, enjoy complimentary ice cream novelties while you soak in the red, white, and blue.

Dull Men's Club: Thursday, July 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.

Exploring Medicare Advantage Plans: Tuesday, July 8 at 1:30pm- Have you ever wondered about the Medicare Advantage plans advertised on TV? Join Heather Hurd, a Blue Cross Blue Shield of Massachusetts representative, unravel the options. Learn about Medicare Advantage plans, the differences between HMOs and PPOs and get a closer look at the Blue Cross Blue Shield Medicare Advantage plans. Discover the cost-sharing and extra benefits associated with these plans. With various plan types available, understanding how different options work is crucial. It's not a one-size-fits-all situation, but being informed empowers you to make the best decisions.

Ice Cream Social: Wednesday, July 9 at 1:30pm- Get ready for a sweet treat! We're hosting an Ice Cream Social featuring chocolate, vanilla and strawberry options. Toppings available as well. All this deliciousness for only **\$2.00!** Registration required.



Non-Fiction Book Club: Monday, July 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, July 15 at 8:30am- We'll be serving pancakes, sausages, home fries, and orange juice for breakfast, complemented by Dunkin' coffee and donuts. This is a great opportunity to socialize, as there won't be a formal presentation. Fee: \$6. **Please check in at the front desk upon arrival.**

Income Tax Basics and Key Credits:



Wednesday, July 16 at 1:30pm- Presented by a staff attorney from Northeast Legal Aid's Low-Income Taxpayer Clinic, this session covers tax basics - what taxes are, who needs to file and why it may be worth filing even if you're not required to. Learn about common tax forms, valuable federal and Massachusetts tax credits, and how to avoid missing out on money you may be entitled to. Even if you're not eligible yourself, you may know someone who is!

A Walk in their Shoes: Tuesday, July 22 at 1:30pm- A powerful virtual reality experience that simulates what it's like to suffer from Alzheimer's disease and other forms of dementia. This experience gives participants visual, aural, olfactory and tactile stimuli that mimic the effects of dementia. It is used to help caregivers, families, and others a better understanding of what dementia sufferers are experiencing, and therefore better ability to work with them and relate to them. Presented by Reflections Memory Care Director, Molly Palmacci.

Birthday Social: Thursday, July 24 at 12:00pm- All are welcome! The entrée will be Pot Roast. Music by ViOLynne. Desserts & raffle from Wingate. Registration required. Sponsored by Andover Senior Community Friends. Suggested donation \$3.00. Transportation available.



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



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 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. **Orientations will be held only on the following dates in July and August: July 8 & 22 and August 5 & 19 by Denise Boucher.**

Monday:

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

Sunrise Singers: 9:00am- 10:00am- Sunrise Singers is under the new direction of Martha Giguere. This group sings a variety of music and welcomes singers of all levels. This group will perform as ready and meets every 2nd & 4th Monday.

Drawing Class with Steve: 9:30am- For the upcoming schedule and fee refer to myactivecenter.com

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. Our yearly movie license is sponsored by the Andover Senior Community Friends.

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 welcoming environment. We read & discuss thought-provoking stories, building connections and fostering a love for the written word. Usually held on the 1st & 3rd Monday of the month. Discussions starting again in August. For information or to register contact Eileen Reilly at eileenreilly42@gmail.com.



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Tuesday:

1:1 Fitness with Denise: 8:30am & 9:30am- [*On break for July and August.](#) Personalized fitness that is safe and effective. Fee: \$50 for an hour. Registration required by the Monday before at 1:00pm.

Comfort Critters: 9:00am- This group creates little comfort critters that are donated to hospitals.

Technology Help Desk: 10:00am- 11:00am- Drop-in with your questions about your phone, tablet or other device!

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- [*For July and August, The Write Stuff will be meeting only on the 2nd & 4th Wednesday.](#)

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.

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! New participants 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 "Financial Planning for Seniors". Type in andover.tv.org, click on Watch, click on Programs, scroll down to There is Something About Andover, scroll to March 2023. Click on "Senior Connections, Financial Planning for Seniors". Move the arrow to time stamp 7:46 in the video to begin the Financial Planning section.

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

Knit for Peace: 1:00pm- 2:30pm- Join our new Knit for Peace group! Whether you're brand new to knitting and/or crocheting or have been clicking needles for years, all are welcome! Learn to knit with us and create beautiful items for yourself or to donate to charity. If you are a beginner, we have supplies to get you started. Meets every Thursday.

Italiano Club: 2:00- 3:45pm- 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 July 3.*](#) 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. 隔周五的。

Andover Chinese Charm Circle (ACCC): 10:00am- 参加安多福华人联谊会 Zoom 网上聚会. 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- Come learn the game. All are welcome. Meets every Friday.

Zentangle Workshop: 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.

August Fitness Mini Session: August 11 to August 29 3 weeks for \$15

The August Mini Session will run for 3 weeks for \$15 per 3-week class.

Classes will run from August 11 until August 29.

Registration opens Wednesday, July 30 at 1:00pm for Andover residents. Non-Andover residents can register starting on Friday, August 1 at 1:00pm. Early registration forms will not be accepted.

REGISTRATION PROCESS: Register on myactivecenter.com. In-person registration is still accepted. Please visit the front desk to register.

Registration for classes will end Friday, August 8. At least 12 people must register for the class or the class will be canceled.

Class	Day & Time	Location
Men & Women in Motion with Crystal	Mondays at 8:15am	In-Person Only
Strength & Stretch with Crystal	Mondays at 9:15am	In-Person Only
Yogalates with Tracy	Mondays at 9:45am	Zoom Only
Stability Ball Class with Denise	Mondays at 11:00am	In-Person Only
Cardio & Strength Fusion with Danielle	Mondays at 2:15pm	In-Person Only
Weights, Bands & Balls with Barb	Tuesdays at 8:15am	In-Person Only
Cardio & Strength Fusion with Danielle	Tuesdays at 9:30am	In-Person Only
Cardio Play with Denise	Tuesdays at 10:30am	In-Person Only
Gentle Flow Yoga with Soki	Tuesdays at 11:30am	In-Person Only
Men & Women in Motion with Denise	Wednesdays at 8:15am	In-Person Only
Strength & Stretch with Denise	Wednesdays at 9:15am	In-Person Only
Sit & Get Fit with Denise	Wednesdays at 10:15am	In-Person Only
Beginning Line Dancing with Val	Thursdays at 8:45am	In-Person Only
High Intermediate Line Dancing with Val	Thursdays at 9:30am	In-Person Only
Mobility & Stretch with Tracy	Thursdays at 9:45am	Zoom Only
Gentle Flow Yoga with Soki	Thursdays at 11:00am	In-Person Only
Weights, Bands & Balls with Barb	Fridays at 8:30am	In-Person Only
Breathe, Balance & Flexibility with Ben	Fridays at 10:00am	In-Person Only

The Robb Center Trips

For The Robb Center Trips below, registration opens July 2 at 9:00am for Andover residents & July 7 for non-Andover residents. Andover residents get priority when trips meet capacity. Costs vary, seats limited.

July 30: Lowell Canal Tour- Join a Park Ranger for a guided tour of the Pawtucket Canal. Hear stories of the building of Lowell's remarkable waterpower system. Tour includes considerable walking, wear appropriate shoes. Cost is \$11 for canal ride & \$10 for transport. Lunch at Tavern in the Square, lunch cost paid individually.

August 6: Rockport Drop & Shop- Three hours to dine, shop and sightsee. Don't forget sunscreen and comfortable shoes. Cost is \$10 for transport.

August 20: It's High Tea time at the Honeycup Café in Manchester, NH- Cost is \$48 for high tea & \$10 for transport.

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.

August 22: Join us for lunch and a Tom Jones tribute concert at Danversport Yacht Club. Cost of \$136 includes transportation, meal & concert ticket. Bus driver gratuity not included. Lunch choice of chicken piccata or vegetable lasagna.

September 1 & 2: We're going to the Big Apple!- Trip includes roundtrip bus transportation, one night hotel, one theatre show, various meals and sightseeing. Price depends on number of adults per room. Contact Pat or Nina for details.

September 17: Join us for lunch and a John Denver tribute concert at Danversport Yacht Club- Cost of \$136 includes transportation, meal and concert ticket. Bus driver gratuity not included. Lunch choice of stuffed chicken or baked haddock.

**The Robb Center needs at least 48 hours notice of cancelation from a trip to issue a credit for transportation. Cancelations 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.*



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, July 1: Walmart Supercenter- Salem, NH
Tuesday, July 8: Target- Wilmington
Tuesday, July 15: Walmart- North Reading
Tuesday, July 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 **two donation-based medical rides per month.** More than two 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!

Diabetes Support Group: Wednesday, July 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, July 21 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.



Bereavement Support Group: On break for the Summer. Meetings will resume in the Fall. For support contact Susan Toleos at susan.toleos@tuftsmedicine.org.



Memory Café: On break through the Summer. Meetings will resume in the Fall. Memory Cafés offer a welcoming environment for individuals facing memory challenges and their caregivers to connect, share experiences, and find support.



Parkinson's Disease Support Group: On break for July and August. Meetings will resume in September. This support group is usually held on the second Thursday of every month at 1:30pm.

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" July 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 July solve their common problem and help others to recover from alcoholism. Open meeting, no registration required.



JULY 2025 INTERGENERATIONAL OPPORTUNITIES WITH AYS

Intergenerational Walking Buddies: Tuesdays from July 8 through August 12 from 9:00am to 9:45am at the track behind the Cormier Youth Center- Come join us for a morning walk and socialize with participants from the Cormier Youth Center. Enjoy the fresh air, get active, and socialize. Participants must register on myactivecenter.com or by calling 978-623-8320. Participants must sign a 2025 waiver. Please wear comfortable shoes and dress for the weather. Weather permitting.



Fishing Mentors: Thursdays from July 10 through August 14 from 8:45am to 10:45am- Casting Wisdom & Creating Friendships. The Andover Youth Center is looking for Fishing Mentors to help teach their participants how to fish. Groups will meet at the Cormier Youth Center and shuttle to different fishing locations. Please bring fishing gear, bug spray and wear appropriate clothing. Mentors must register with Andover Elder Services on myactivecenter.com or by calling 978-623-8320. Mentors must sign a 2025 waiver. Weather permitting.





Fix-It Shop: Monday, July 7 & 21 from 1:00pm to 3:00pm-

Bring your lamps, small appliances, chairs, small tables and any other small project & 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, July 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. Food bags will be distributed on a first come, first served basis.

Hearing Aid Checks/Cleanings and Hearing Screenings: Friday, July 11 from 9:30am to 10:30am-

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

Andover Photography Connection: Friday, July 11 at 10:00am-

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

Mend-It Shop: Friday, July 11 & 25 from 1:00pm to 3:00pm-

Need a clothing article fixed? **Button fixes:** \$1.00 donation.



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

Pant pockets fixed/replaced: \$8 donation.

***Bring in 3 items, get one item mended for free. Free consultations. If unsatisfied, we will fix your item for free.**

**Simple fixes only. 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, July 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. Pick up from The Robb Center. Applications available through AgeSpan, call 978-683-7747.



Healthy Eating Discussion Group with Cherie Monahan, Public Health Nurse:

Wednesday, July 23 at 1:00pm-

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



Ask the Lawyer: On break for July and August.

Justin St. James, Esq., licensed in MA & NH. Appointments are 20 minutes in-person in chronological order. Limit one question/issue. Cost: Free. ***No tax or immigration questions, please.***

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!



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.



Blood Pressure Clinic: Thursdays from 10:00am to 11:30am-

Drop-in free clinic conducted by the Andover Board of Health.



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.

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.



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.



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.**



JULY 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Chicken Marsala 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>2 9:30 Crafting 9:30 Le Cercle Francofun Baked Haddock 12:30 Knit Wits 1:00 Tap Class 1:30 Sunset Tappers Patriotic Review</p>	<p>3 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic American Chop Suey 1:00 Duplicate Bridge 1:00 Knit for Peace 2:00 Italiano Club THE ROBB CENTER IS CLOSING AT 5:00PM.</p>	<p>4 CLOSED FOR INDEPENDENCE DAY!</p> 
<p>7 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</p>	<p>8 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Beef Stroganoff 1:00 Mah Jongg 1:00 Social Bridge 1:30 Exploring Medicare Advantage Plans</p>	<p>9 9:30 Crafting 9:30 Le Cercle Francofun 10:00 Food Pantry 10:30 The Write Stuff BBQ Chicken Tenders 12:30 Knit Wits 1:00 Tap Class 1:30 Ice Cream Social</p>	<p>10 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Lemon-Rosemary Chicken 1:00 Duplicate Bridge 1:00 Knit for Peace 4:00 Ping-Pong 1:30 Andover On the Go, We've Got Your Ride 5:30 July Cookout & 12 Barz Band</p>	<p>11 8:30 French Group 9:30 Social Circle 9:30 Hearing Aid 10:00 Andover Photo 10:00 ACCC Baked 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 9:00 Sunrise Singers 10:00 Ladies Bridge 10:00 Non-Fiction Book Club Chicken Curry 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>15 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Spinach Quiche 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>16 9:30 Crafting 9:30 Le Cercle Francofun Cranberry Chicken Salad 12:30 Knit Wits 1:00 Tap Class 1:30 Income Tax Basics and Key Credits 2:00 Diabetes</p>	<p>17 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Beef Stuffed Peppers 1:00 Duplicate Bridge 1:00 Knit for Peace 2:00 Italiano Club 4:00 Ping-Pong 6:00 Beach DJ Dance Party with Kelly</p>	<p>18 8:30 French Group 9:00 "Her"Story 9:30 Social Circle 9:30 ESL Mac & Cheese 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Zentangle</p>
<p>21 9:00 Quilting Group 10:00 Ladies Bridge Stuffed Shells 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop 1:30 Family Caregiver</p>	<p>22 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help 10:00 Wildcard Pork Loin 1:00 Mah Jongg 1:00 Social Bridge 1:30 A Walk in their Shoes</p>	<p>23 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Turkey Tips 12:30 Knit Wits 1:00 Tap Class 1:00 Healthy Eating</p>	<p>24 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthdays Social 1:00 Duplicate Bridge 1:00 Knit for Peace 1:30 Book Club 4:00 Ping-Pong 6:00 Root Beer Floats & Movie Night</p>	<p>25 8:30 French Group 9:30 Social Circle 10:00 ACCC Stuffed Flounder 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 9:00 Sunrise Singers 10:00 Ladies Bridge Turkey Noodle Casserole 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>29 9:00 Comfort Critters 10:00 Tech Help Chicken Fra Diavolo 1:00 Mah Jongg 1:00 Social Bridge 1:30 NO MORE CURSE</p>	<p>30 9:30 Crafting 9:30 Le Cercle Francofun Beer Battered Fish 12:30 Knit Wits 1:00 Tap Class</p>	<p>31 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Beef Tacos 1:00 Duplicate Bridge 1:00 Knit for Peace 1:30 Adapting to Vision Changes 4:00 Ping-Pong</p>	<p>Menu items subject to change. With 24 HOUR NOTICE a vegetarian option is available.</p>

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Thursday Night Schedule!



- **July 3:** The Robb Center is closing at 5:00 pm.
- **July 10: July Cookout & 12 Barz Band at 5:30pm:** Join us for a cookout followed by music from 12 Barz Band. Choice of cheeseburger, hamburger, grilled chicken or veggie burger (\$13) or hot dog (\$10). Price includes salads, drink & dessert. Pre-registration required by calling 978-623-8320 or by coming to the front desk. Registration deadline is July 8. Sponsored by Reading Cooperative Bank.
- **July 17: Beach DJ Dance Party with Kelly at 6:00pm-** Get ready to surf the sound waves! Join us for a totally tubular, beach-themed DJ dance party with Kelly!
- **July 24: Root Beer Floats & Movie Night 6:00pm-** Dust off your poodle skirts and leather jackets, because we're taking a trip back to Rydell High! Join us for an unforgettable **"Grease" Movie Night**, packed with all the iconic songs, dance moves, and summer-lovin' fun you can handle. We will be serving Root Beer Floats and Popcorn.
- **July 31: No event scheduled.**



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State Representative Tram Nguyen Office Hours: State Rep. Tram Nguyen continues to hold virtual office hours on the first Friday of the month, 10-11am, and the third Tuesday, 5-6pm, via Zoom. **The dates for July are Thursday (due to the holiday), July 3 and Tuesday, July 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, July 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.



Discovery Center for Civic Engagement Drop-In Office Hours: Thursday, July 10 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!

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 will be keeping the fun going throughout the month of July. We are excited to begin our “Opening Minds Through Art” program in collaboration with Siobhan MacDonald and local high school students. Siobhan is a professional artist and taught Visual Arts in public schools for over twenty years. It is a six-week program that will culminate in an Art Show at The Robb Center. We are always looking for new members to join our group! 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.”

Kayaking at Pumps Pond: Thursday July 3, 10, 17, 24 & 31 at 8:30am- Come join us at Pumps Pond to kayak in collaboration with the Recreation Department. Kayaks and life vests will be provided. This program is for intermediate kayakers. If inclement weather, kayaking will be canceled.



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.



Women's Outdoor Adventure Group (WOAG): No scheduled hikes for July & August. Hikes will resume in the Fall. 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 Outdoor Adventure Groups, participants must sign our Participation Waiver form for 2025.



Happy Fourth of July from ASCF!

The Andover Senior Community Friends (ASCF) wish you a very happy and safe Independence Day.

We hope you are having a fine summer filled with times to gather with your family and friends, and, of course, participate in events in our town.

This month ASCF is proud to sponsor the birthday social entertainment from "VioLynne" on July 24th and a presentation by David Kruh entitled "No More Curse" about our beloved Red Sox on July 29th. Beat the heat by coming to The Robb Center and enjoy these events!

Fall will be here before we know it and ASCF is getting ready. We would like to thank our growing membership by hosting our Member Appreciation Luncheon on September 10th. All of our ASCF members will be invited to a luncheon at The Robb Center while we enjoy the smooth sounds of The Arthur Bakopoulos Quintet.

Become a Member and join in the fun in September!

Please visit our website at www.AndoverSCF.org to learn more about our organization, opportunities to donate, and upcoming events!

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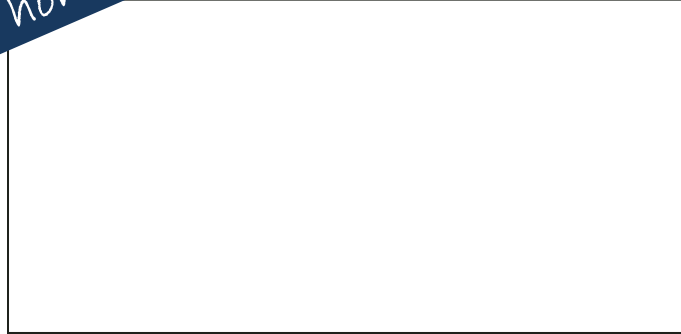
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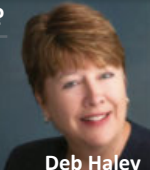
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