

The Robb Center Report

Andover's Senior Newsletter

AUGUST 2025



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Robb Center Connections
Social Engagement and Support

NEW

Connections at Home: Companion Services

- ✓ In-Home Companion Visits
- ✓ Socialization & Engagement
- ✓ Light Meal Preparation
- ✓ Medication Reminders
- ✓ Respite for Caregivers

Enrolling August 1, 2025.
Call for information 978-623-8320

August Cookout & Memory Laners: Thursday, August 14 at 5:30pm- Join us for a cookout followed by music from the Memory Laners. Choice of cheeseburger, hamburger, veggie burger, and grilled chicken (\$13) or hot dog (\$10). Price includes salads, drink and dessert. Pre-registration required by calling 978-623-8320 or by coming to the front desk. Registration deadline is Tuesday, August 12. Sponsored by the Chamber of Commerce.

ROBB CENTER ANNUAL HEALTH & WELLNESS FAIR

WEDNESDAY, SEPTEMBER 17, 2025
9:00AM - 12:30PM

- FLU SHOTS
- HEALTH SCREENINGS
- MEDICAL EQUIPMENT DEMONSTRATION
- INFORMATION & REFERRALS
- TRANSPORTATION OPTIONS

The Robb Center
30 Whittier Ct.
Andover, MA 01810



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
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Assistant Director

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Social Work/Outreach

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Social Work/Meals on Wheels

Shawna McCloskey, LSW
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**Special Services Coordinator/
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Ashley English
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Nina D'Agostino, Pat Kelly

Connections Club Coordinator

Angela Lonergan
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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 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.

Farmer's Market Coupon Distribution: Wednesday, August 6 at 10:00am- We will be distributing coupon books at The Robb Center by **lottery** ensuring everyone has an equal chance of receiving a booklet. A **limited** number of coupon books are available to those who meet the criteria.

Fall Prevention: A Team Approach: Wednesday, August 6 at 1:30pm- Join us to learn ways to prevent falls, reducing fall risk and home safety tips. This presentation is by Select Rehab in collaboration with Wingate Living.



Dull Men's Club: Thursday, August 7 & 21 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.



Non-Fiction Book Club: Monday, August 11 at 10:00am- This club explores contemporary issues, history, biography and more. Group contact is Joanne. Email: joannedahlgrenma@gmail.com



Representative Frank Moran Ice Cream Social: Tuesday, August 12 at 1:30pm- Join us for ice cream with Representative Frank Moran. This is a free event. No registration required.

Critical Home Repair Program: Wednesday, August 13 at 1:30pm- Essex County Habitat for Humanity's Critical Home Repair program can help income-eligible homeowners with no-cost repairs that will extend the life of their home. This program does critical repairs, such as grab bar installation, deck & railing repairs, replacement windows/doors, siding & trim repair, roof leak repairs, that will allow you to continue to live safely in your home, near family, friends and neighbors in your support system. If your family of two makes no more than \$67,860, you could qualify for the program. Visit www.essexcountyhabitat.org/critical-home-repair-program/ to learn more, to see other income limits, or to apply.

Men's Breakfast: Tuesday, August 19 at 8:30am- Join Daniel Harrington as he speaks on Larchmont Remembered, the tragic sinking of the steamship Larchmont in 1907. Enjoy scrambled eggs, sausages, home fries, coffee & orange juice. **Fee: \$6. Please check in at the front desk upon arrival.**

Live Painting Outdoors with Dave Drinon: Tuesday, August 19 at 10:00am- Join us to watch, paint along, draw along or simply sit and enjoy the incredible Dave Drinon paint in the Playstead Garden. Dave, an Andover resident is known for his seascape and regional urban scene painting. Dave will be doing a live painting demo while chatting about his process. Participants are encouraged to join in or to sit and enjoy. *Rain date: August 21.*

Medicare 101: Thursday, August 21 at 1:30pm- Andy Firmin from Benefit Advisors Group, will review Medicare coverage, including prescription drug options and the tools available to select your plan. Highlights of changes coming to Medicare will be noted and what you need to look for in your Annual Notice of Change will be noted.



Live Music Making History Live: History & Legends through Song: Tuesday, August 26 at 1:30pm- Performing as the duo, *Sultana*, Jon and Li Waterman weave history and original songs to feature a rotating array of real and legendary characters throughout history. The show includes some Massachusetts and Merrimack Valley history as well. Sponsored by the Andover Cultural Council.



Birthday Social: Thursday, August 28 at 12:00pm- All are welcome! The entrée will be Chicken Parmesan. Music by Boondock Sinners. Desserts & raffle from Reading Cooperative Bank. Registration required. Sponsored by Andover Senior Community Friends. Suggested donation \$3.00.



Book Club: Thursday, August 28 at 1:30pm- This group discusses a different book every month. This group is currently full.

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. **Orientations will be held only on the following dates in August:**

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.



Drama Reading Group: Beginning Monday, September 22 & 29 at 1:00pm- The first play, *Our Town*, has recently been revived on Broadway with updated casting, so there will be lots to discuss. The 2nd selection will be one of *The Mammery Plays* by Paula Vogel. Books are available online, the library or at the Andover Bookstore where Robb Center drama reader receives a 15% discount. Contact Eileen Reilly at eileenreilly42@gmail.com for sign up and with questions.



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Tuesday:

1:1 Fitness with Denise: 8:30am & 9:30am- [*On break in 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 August, The Write Stuff will meet 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 social 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- 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.



Fall Fitness Session: September 8 to November 14
10 weeks for \$40



REGISTRATION PROCESS: Registration opens **Wednesday, August 27 at 1:00pm** for Andover residents and Friday, August 29 at 1:00pm for non-Andover residents. The preferred method to register is on myactivecenter.com. In-person registration is still accepted. **Registration will end September 5.**

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

SCHEDULE: We will not have class on: **September 17, October 13, November 11.**

*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.

Class	Day & Time	Location
Men & Women in Motion with Tracy	Mondays at 8:15am	In-Person Only
Strength & Stretch with Tracy	Mondays at 9:15am	Hybrid
Strength Training with Andrea	Mondays at 9:30am	West Parish
Sit & Get Fit with Tracy	Mondays at 10:15am	Hybrid
Body, Bones and Balance with Andrea	Mondays at 10:30am	West Parish
Advanced Yoga for Beginners	Mondays at 1:30 pm—Time Change	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
NEW Move and Groove with Lourdes	Tuesdays at 11:30am	In-Person Only
Cardio and Strength with Crystal	Tuesdays at 1:00pm	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	Wednesdays at 11:15 am —Time Change	Hybrid
Advanced Beginner Line Dancing with Val	Thursdays at 8:45am	In-Person Only
High 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	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
NEW Soulful Flow with Sheila	Thursdays at 5:45pm	In-Person Only
Strength Training with Barb	Fridays at 8:30 am	Hybrid
Move & Groove with Lourdes	Fridays at 9:30am	In-Person Only
Breathe, Balance & Flexibility with Ben	Fridays at 10:00am	In-Person Only
Pilates Fundamentals with Lourdes	Fridays at 10:30am	In-Person Only
NEW Gentle Vinyasa Flow with Soki	Fridays at 1:00 pm	In-Person Only

Registration for The Robb Center Trips

For The Robb Center Trips below, **registration opens August 4 at 9:00am for Andover residents & August 6 for non-Andover residents.** Andover residents get priority **when** trips meet capacity. Costs vary, seats limited.

The Robb Center Trips

August 27: Yankee Clipper Harbor Cruise- Back by popular demand, this time, leaving from Haverhill. Cost is \$22 for cruise, \$10 for transportation. Lunch location TBA.

September 3: Lunch at Pickity Place in Mason, NH- View the yummy September menu on their website. Be sure to visit their gift shop. Cost is \$35 for meal, \$10 for transportation.

September 10: Mt. Wachusett- We're going to the summit of Mt. Wachusett for the amazing views with lunch afterwards at The Old Mill. Some walking, wear comfortable shoes/sneakers. Cost is \$10 for transportation, lunch paid individually at the restaurant.

September 17: Walking tour of Lowell Cemetery- Did you know that the Lowell Cemetery is one of the oldest garden cemeteries in the country? Lots of walking, wear comfortable shoes/sneakers. Cost is \$10 for transportation. Lunch location TBA.

September 24: Liberty Trolley Tour of historic Lexington & Concord. Some walking, wear comfortable shoes/sneakers. Cost is \$32, \$10 for transportation. Lunch location TBA.

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.

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, August 5: Walmart Supercenter- Salem

Tuesday, August 12: Target- Wilmington

Tuesday, August 19: Walmart- North Reading

Tuesday, August 26: 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 Vouchers: 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, salon or a friend's house? We offer friendly, reliable rides in Andover & surrounding areas on Tuesdays, Wednesdays and Thursdays. Affordable \$10 local fare (out-of-town rates vary). Call 978-623-8320 to schedule your trip today!

Family Caregiver Support Group: Monday, August 18 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, August 20 at 2:00pm- Join Cherie Monahan, MSN, RN, CPNP-PC, Andover Public Health Nurse in the Diabetes Support Group to discuss lifestyle, healthy eating and more. All are welcome. Registration requested.



Bereavement Support Group: 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 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” August 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 August solve their common problem and help others to recover from alcoholism. Open meeting, no registration required.



AUGUST 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.



Hearing Aid Checks/Cleanings and Hearing Screenings: Friday, August 1 from 9:30am to 10:30am- Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Fix-It Shop: Monday, August 4 & 18 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.

Andover Photography Connection: Friday, August 8 at 10:00am- Join this group of photo enthusiasts to share photography techniques, interests and experiences.



Mend-It Shop: Friday, August 8 & 22 from 1:00pm to 3:00pm-

Button fixes: \$1.
Hems: Jeans, dresses, pants & blouses \$5, \$10 if requires cutting.
Pant pockets fixed/replaced: \$8.

***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. We are not professionals.*

NEW! Keepsake Pillows: Transform cherished clothing into a comforting keepsake pillow. Come chat with our menders for a quote.



Food Pantry: Wednesday, August 13 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.



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



Wednesday, August 20 at 1:00pm- Join us to discuss all the ways we can support our physical well-being through healthy eating. New members welcome!

Brown Bag "Mobile Market": Tuesday, August 26 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.



Ask the Lawyer: On break for August, will return in September.

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!

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

What's On Now & Next:



Find descriptions of current Robb Center lectures and programs on Andover TV. On Cable TV (Verizon Channel 47 and Xfinity Channel 8) **OR** on your smartphone. Download the Andover TV App from the App Store; Activate and click on the TV-Andover-Public icon. Programs are listed during Bulletin Board evening hours. <https://andovertv.org>

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 SHINE office: 978-946-1374.

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.



AUGUST 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 8:30 French Group 9:00 "Her" Story 9:30 Social Circle 9:30 Hearing Aid 9:30 ESL Cod w/Peppers 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes</p>
<p>4 9:00 Quilting Group 10:00 Ladies Bridge Honey Mustard Chicken 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>5 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Pulled Pork Sandwich 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>6 9:30 Crafting 9:30 Le Cercle Francofun Creole Catfish 12:30 Knit Wits 1:00 Tap Class 1:30 Fall Prevention: A Team Approach</p>	<p>7 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Beef Shepherd's Pie 1:00 Duplicate Bridge 1:00 Knit for Peace 2:00 Italiano Club 4:00 Ping-Pong 5:00 LGBTQ+ & Allies Social</p>	<p>8 8:30 French Group 9:30 Social Circle 10:00 Andover Photo 10:00 ACCC Chicken Piccata 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Mend-It Shop</p>
<p>11 9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge 10:00 Non-Fiction Book Club Chicken Broccoli Alfredo 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>12 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Turkey Scallopini 1:00 Mah Jongg 1:00 Social Bridge 1:30 Representative Frank Moran Ice Cream Social</p>	<p>13 9:30 Crafting 9:30 Le Cercle Francofun 10:00 Food Pantry 10:30 The Write Stuff Braised Beef w/ Paprika 12:30 Knit Wits 1:00 Tap Class 1:30 Critical Home Repair</p>	<p>14 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Sesame Shrimp 1:00 Duplicate Bridge 1:00 Knit for Peace 4:00 Ping-Pong 5:30 August Cookout & Memory Laners</p>	<p>15 8:30 French Group 9:00 "Her" Story 9:30 Social Circle 9:30 ESL Stuffed Shells 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Zentangle</p>
<p>18 9:00 Quilting Group 10:00 Ladies Bridge Mac & Cheese 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop 1:30 Family Caregiver</p>	<p>19 8:30 Men's Breakfast 9:00 Comfort Critters 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart 10:00 Live Painting Outdoors with Dave Drinon Chicken Meatball Sub 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>20 9:30 Crafting 9:30 Le Cercle Francofun Hot Dog 12:30 Knit Wits 1:00 Tap Class 1:00 Healthy Eating 2:00 Diabetes</p>	<p>21 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic BBQ Chicken 1:00 Duplicate Bridge 1:00 Knit for Peace 1:30 Medicare 101 2:00 Italiano Club 4:00 Ping-Pong TBD- OMA Art Show</p>	<p>22 8:30 French Group 9:30 Social Circle 10:00 ACCC 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>25 9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge Vegetable Lasagna 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>26 9:00 Brown Bag 9:00 Comfort Critters 9:00 Comfort Critters 10:00 Tech Help 10:00 Wildcard Salisbury Steak 1:00 Mah Jongg 1:00 Social Bridge 1:30 Live Music Making History Live: History and Legends through Song</p>	<p>27 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Sausage & Peppers 12:30 Knit Wits 1:00 Tap Class</p>	<p>28 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Birthday Social 1:00 Duplicate Bridge 1:00 Knit for Peace 1:30 Book Club 4:00 Ping-Pong</p>	<p>29 8:30 French Group 9:30 Social Circle 9:30 ESL Broccoli Quiche 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes</p>

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Thursday Night Schedule!



- **August 7: LGBTQ+ & Allies Socials at 5:00pm-** Author Pooja Chotwani Khatri will come and present about her book "The Flower That Didn't Fit In (and Didn't Need To)." Learn about the beautiful story that drove her to create this book as well as her mission to support the Rainbow Lounge at MIT.
- **August 14: August Cookout & Memory Laners at 5:30pm-** See page 1 for details.
- **August 21: Opening Minds Through Art (OMA) Art Exhibit- Details to come.** Opening Minds Through Art is an evidence-based, award winning six-week program that took place this summer where students were paired with seniors to create beautiful works of art. Their creations will be on display for this art exhibit.
- **August 28: 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 August are Friday, August 1 and Tuesday, August 19. 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.



Discovery Center for Civic Engagement Drop-In Office Hours: Thursday, August 7 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. Stop by our booth in The Robb Center lobby on the first Thursday of every month or schedule an appointment.

Council on Aging Advisory Board Meeting: Wednesday, August 13 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.

SHINE Zoom Session: Wednesday, August 13 from 5:00 to 7:00 pm- Learn about the structure of Medicare, when to enroll, and helpful tips to choose plans that suit you, your lifestyle and your Medicare insurance needs. Sessions will be presented by a certified SHINE Counselor who provides unbiased Medicare health insurance information and will help guide you through your Medicare options. You are invited to attend an "Introduction to Medicare" zoom session with SHINE. Copy & paste the link into your browser to register or call 978-946-1374 and ask for the link to be sent to you via email.

<https://us02web.zoom.us/meeting/register/awe19tlwRNy7SBw4dfwGVg>

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 Connections Club participants are enjoying the balmy days of summer! Throughout the month of July, the group has been creating wonderful works of art through the Opening Minds Through Art program. Everyone is looking forward to the upcoming art exhibition where they will share their work with family, friends, and the community. We are planning to enjoy another outing for ice cream to wrap up the fun summer season. 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 Connections Club 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."

Kayaking at Poms Pond: Thursday, August 7 & 14 from 8:30am to 10:00am- Come join us at Poms 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.

Women’s Outdoor Adventure Group (WOAG): No hike in August.



Upcoming Hikes: September 11 & 25. 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.



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16

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5

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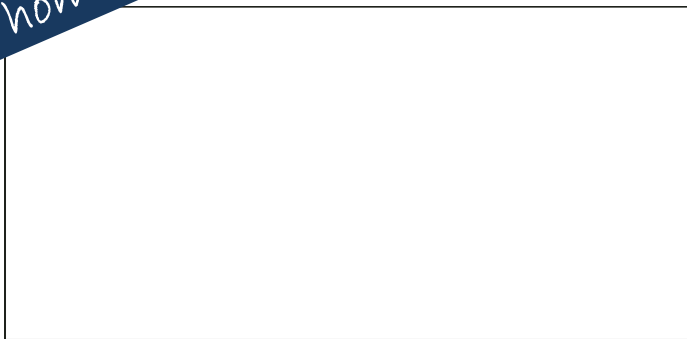
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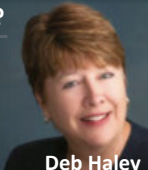
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