

The Robb Center Report

Andover's Senior Newsletter

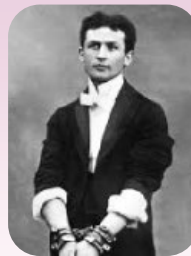
SEPTEMBER 2025



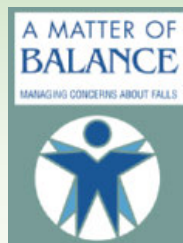
Health & Wellness Fair: Wednesday, September 17 from 9:00am to 12:30pm- You're invited to our annual Health & Wellness Fair! See page 6 for full information.



The Life and Times of Harry Houdini...an American Icon!: Tuesday, September 23 at 1:30pm- This special presentation honors the 150th Anniversary of Houdini's birth with highlights of his fascinating life as a magician, escape artist, author, pilot, movie director, actor, and more. This will include a fascinating lecture and 'psychic demonstration' by Jack Ryan. Sponsored by Andover Community Friends.



A Matter of Balance: Wednesdays, October 1 through November 19 from 9:00am to 11:00am- Are you concerned about falling? This 8-week workshop is an evidence based program from the National Council on Aging designed to reduce the fear of falling by learning to view falls as controllable. A Matter of Balance will help seniors set goals for increasing activity levels, encourage small changes to reduce fall risks at home, and discover ways to exercise to increase strength and balance. Free to Andover residents, \$25 fee for non-residents. This is not a fitness class. Registration required, seats limited.



High Dose Flu Clinic: Wednesday, October 8 from 9:00am to 11:30am- The Andover Health Division is hosting a high dose flu clinic for Andover residents aged 65 and older here at The Robb Center. Appointments are required. Each person receiving a flu shot needs their own appointment. Please use the QR code or the link below to schedule your appointment. If you have questions or need help signing up for an appointment, please call the Health Division at 978-623-8640. <https://home.color.com/vaccine/register/andover?calendar=baeadacc-e3b8-4a01-8d68-ae489d368c13&site=robb-center>



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Community Friends



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

Director of Elder Services

Jane Burns
jane.burns@andoverma.us

Assistant Director

Kelly McShane
kelly.mcshane@andoverma.us

Social Work/Outreach

Kristine Arakelian, LCSW
kristine.havemeyer@andoverma.us

Social Work/Meals on Wheels

Shawna McCloskey, LSW
shawna.mccloskey@andoverma.us

**Special Services Coordinator/
Transportation**

Ashley English
ashley.english@andoverma.us

Program Assistant

Heather Bhattacharjee
heather.bhattacharje@andoverma.us

Administrative Assistants

Nina D'Agostino, Pat Kelly

Connections Club Coordinator

Angela Lonergan
angela.lonergan@andoverma.us

Nutrition Staff

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

Sue Starbird, Food Services Assistant

CENTER HOURS

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

WHAT IS THE ROBB CENTER?

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

PROGRAM REGISTRATION INFORMATION

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

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

Payment is due upon confirmation that the program has met minimum enrollment.

Due to popularity, Andover residents are allowed early registration when noted in the program description.

Phone: (978) 623-8320

Online: www.myactivecenter.com

Email: senior.center@andoverma.us

To stay informed about programs and important updates, sign up for our email blasts by visiting: andoverma.gov/227/Elder-Services

REFUND POLICY

Should a patron request a refund for a class, trip or event, The Robb Center will fully reimburse a credit towards a future program or class. If the patron would like a refund check mailed to them, the processing fee will be 10% of the full amount.

INCLEMENT WEATHER GUIDANCE

The Robb Center is in the unique position of following both school and town guidelines for weather related delays and 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

Peru Adventures with Alex: Tuesday, September 2 at 1:30pm: Please join Alex Havemeyer, a rising sophomore at Phillips Academy Andover, as she shares her experiences about her June adventures to Peru. Come hear about her journey and experience a taste of the culture through pictures and stories. We'd love to see you there.



Dull Men's Club: Thursday, September 4 & 18 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.



AARP Driver Safety Program: Friday, September 5 from 9:30am to 3:00pm- Even the most experienced drivers can benefit from brushing up on their driving skills. This program is offered through AARP. This program will include a break for lunch. The course fee is \$20 for AARP members & \$25 for non-members.



Non-Fiction Book Club: Monday, September 8 at 10:00am- This club explores contemporary issues, history, biography and more. Group contact is Joanne. Email: joannedahlgrenma@gmail.com



Beginners Ukulele Class: Mondays, starting September 8 through November 17 at 10:00am- Want to try an instrument that is fun and relatively easy to play? Learn the fundamentals of ukulele playing with Martha Giguere. Registration required. \$40 for ten weeks. You must bring your own ukulele.



Men's Breakfast: Tuesday, September 16 at 8:30am- Bob Gallagher, Andover resident and musician, will combine storytelling and music. Enjoy country & Irish music. Breakfast will be pancakes, sausages, home fries, coffee & orange juice. Fee: \$6. Please check in at the front desk upon arrival.

Ideas in Acrylic Painting: Thursdays, starting September 18 through October 9 at 4:00pm- Learn how to paint with Steve Greco. Step-by-step instruction for beginners and others. \$25 for a four class series. Registration required, seats limited.



AARP Tax Aide Volunteer Information Session: Tuesday, September 23 from 10:00am to 11:30am- Volunteers needed to prepare tax returns for low to moderate income taxpayers in our community! Come and meet some team members; let us show you how fun and rewarding this program can be for volunteers! Help prepare tax returns, perform administrative tasks, or work as a computer and network specialist. Training is provided but computer skills are helpful.

Birthday Social: Thursday, September 25 at 12:00pm- All are welcome! The entrée will be Lemon Dill Chicken. Music by Joe Leary. Desserts & raffle from Atria Marland Place. Music Sponsored by Andover Senior Community Friends. Registration required. Suggested donation \$3.00.



Book Club: Thursday, September 25 at 1:30pm- This group discusses a different book every month. This group is currently full.



Drawing Class: Mondays, starting September 29 through October 27 (NO class October 13) at 9:30am- Want to improve your drawing skills? Join Steve Greco for a four week session on drawing. You will need to bring your own pencil, kneaded eraser, regular eraser and good quality sketch paper. \$25 for a four class series. Registration required, seats limited.



Protecting Yourself from Today's Financial Scams: Tuesday, September 30 at 1:30pm- Explore the latest scams that are targeting seniors and the general public. Learn how these schemes operate, recognize the warning signs, and know what steps to take if you suspect fraudulent activity. Gain practical tips on safeguarding your finances and staying one step ahead of scammers. Presentation by Alex Wong from My Care Community.



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.

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: 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 Mammory 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- 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: *All regular programs are cancelled on September 17 due to the Health & Wellness Fair.*

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 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 "Whose Tree is it? How to manage tree damage and liability". Type in andover.tv, click on Watch, click on Programs, scroll down to There is Something About Andover, scroll to 6/1/2024. Click on the arrow at the bottom left hand corner. Enjoy!

Scale Modeling Club: 10:00am- Join a group to discuss, build and share scale models.

Open Art Studio: 10:00am- The members of this group paint together, using different mediums, encouraging creativity and sharing tips. New members welcome.

Duplicate Bridge: 1:00pm- 4:00pm

Knit for Peace: 1:00pm- 2:30pm- 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.

ROBB CENTER ANNUAL

HEALTH & WELLNESS FAIR

Wednesday, September 17, 2025

9:00am - 12:30pm

30 Whittier Ct.

Andover, MA 01810

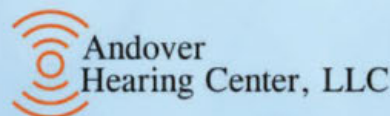
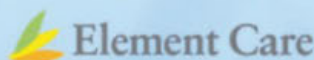
9:10 am - Wake-up Fitness Class

Crystal Murphy, YMCA Fitness Instructor

10:30 am - Hydration Beyond Water

Leigh Hartwell, AgeSpan Register Dietician

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



Registration for The Robb Center Trips

For The Robb Center Trips below, registration opens September 1 at 9:00am for Andover residents & September 3 for non-Andover residents. Andover residents get priority when trips meet capacity. Costs vary, seats limited.

The Robb Center Trips

October 1: Historic Concord, MA- We will visit the Concord Museum (wheelchair accessible) and have lunch at Helen’s, a landmark restaurant in downtown Concord. \$10 for transportation, senior museum price is \$13 (paid onsite) and lunch is at your own expense.

October 8: Rockport Drop & Shop- \$10 for transportation.

October 15: Mt. Wachusett- We’re going to the summit of Mt. Wachusett for the amazing views with lunch afterwards at The Old Mill. Wear comfortable shoes. Cost is \$10 for transportation and lunch is at your own expense.

October 22: Liberty Trolley Tour of historic Lexington & Concord- Wear comfortable shoes. Cost is \$32 for tour and \$10 for transportation. Lunch location TBA.

October 29: Salem ‘Witchcraft Walk’- Join a walking tour of Salem, where you will learn about what Real Witches Do and Don’t Do, while focusing on Modern Day Witchcraft as well as respecting the history and Victims of the 1692 Witch Trails with a Blessing. Wear comfortable shoes. \$24 for tour and \$10 for 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.

Friday, October 23: Join us for lunch and an Olivia Newton John tribute concert at Danversport Yacht Club- Cost is \$137 includes transportation, meal and concert ticket. Bus driver gratuity not included. Lunch choice of chicken parmesan or baked haddock. Meal includes bread, salad, potato, vegetables and dessert with tea or coffee.

*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, September 2: Walmart Supercenter- Salem, NH

Tuesday, September 9: Target- Wilmington

Tuesday, September 16: Walmart- North Reading

Tuesday, September 23: Wildcard Trip- The Loop in Methuen. 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!

Parkinson’s Disease Support Group: Thursday, September 11 at 1:30pm- Ashley Biggs, Abbott Pharmaceuticals Neuromodulation, will speak on *Nutrition and Parkinson’s*. **Registration required. Please call Kristine to register at 978-623-8320.**



Memory Café: *New day and time!* Friday, September 12 at 10:00am at Memorial Hall Library- In partnership with the Memorial Hall Library, we are hosting Memory Cafés on the second Friday 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, September 15 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, September 17 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: Wednesdays, Starting September 24 through November 19 at 2:00pm- Join us for a **9-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 9-week program, please contact Susan Toleos at the above email.



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



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): Thursday, 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.

Hearing Aid Checks/Cleanings and Hearing Screenings: Friday, September 5 from 9:30am to 10:30am- Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Fix-It Shop: Monday, September 8 & 22 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! Cost: \$5 plus parts for seniors (ID required). \$10 plus parts for non-seniors and non-residents. \$2 diagnostics fee.

Ask the Lawyer: *New day and time.* Tuesday, September 9 from 1:00pm- 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.

Food Pantry: Wednesday, September 10 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.



American Red Cross Blood Drive: Thursday, September 11 from 2:00pm to 7:00pm- Give blood, Give life. Please register on www.redcrossblood.org. Enter sponsor code: **Andover** or by calling 1-800-Red-Cross.



Andover Photography Connection: Friday, September 12 at 10:00am- Join this group of photo enthusiasts to share photography techniques, interests and experiences.



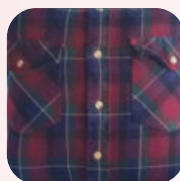
Mend-It Shop: Friday, September 12 & 26 from 1:00pm to 3:00pm-

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.



Brown Bag "Mobile Market": Tuesday, September 23 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, RN: Wednesday, September 24 at 1:00pm- Join us to discuss all the ways we can support our physical well-being through healthy eating. All are welcome!

Technology Help Desk: Tuesdays at 10:00am-11:00am- Drop-in with your questions about your phone, tablet or other device! Our team of tech experts are here to help!

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

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): Medicare Open Enrollment: October 15 through December 7. Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to learn about what you can expect with your current plan in 2026, or to learn about all options that may be most cost-effective for you. Medicare plans can change annually, and changes are expected for 2026. This can affect your health care and drug costs. To schedule a SHINE appointment, call 978-623-8320 or the SHINE office: 978-946-1374.

SEPTEMBER 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED TODAY</p> 	<p>2</p> <p>9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Cheese Ravioli 1:00 Mah Jongg 1:00 Social Bridge 1:30 Peru Adventures with Alex</p>	<p>3</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:30 The Write Stuff Citrus Chicken 12:30 Knit Wits 1:00 Tap Class</p>	<p>4</p> <p>9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Beef Stew 1:00 Duplicate Bridge 1:00 Knit for Peace 2:00 Italiano Club 4:00 Ping-Pong 5:00 LGBTQ+ Allies Social</p>	<p>5</p> <p>8:30 French Group 9:00 "Her"Story 9:30 Social Circle 9:30 AARP Driver Safety 9:30 Hearing Aid 10:00 ACCC Lemon-Pepper Haddock 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes</p>
<p>8</p> <p>9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge 10:00 Non-Fiction Book Club 10:00 Beginners Ukulele Class Chicken Cacciatore 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>9</p> <p>9:00 Comfort Critters 10:00 Tech Help 10:00 Target Sweet & Sour Pork 1:00 Mah Jongg 1:00 Social Bridge 1:00 Ask the Lawyer</p>	<p>10</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Food Pantry 10:30 The Write Stuff Fish Cake 12:30 Knit Wits 1:00 Tap Class</p>	<p>11</p> <p>9:00 WOAG 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Chicken Pot Pie 1:00 Duplicate Bridge 1:00 Knit for Peace 1:30 Parkinson's 2:00 Blood Drive 4:00 Ping-Pong</p>	<p>12</p> <p>8:30 French Group 9:30 Social Circle 9:30 ESL 10:00 Andover Photo Shrimp Scampi 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Mend-It Shop</p>
<p>15</p> <p>9:00 Quilting Group 10:00 Ladies Bridge Chicken Marsala 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:30 Family Caregiver</p>	<p>16</p> <p>8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Walmart Stuffed Shells w/ Marinara 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>17</p> <p>HEALTH & WELLNESS FAIR</p> <p>9:00AM TO 12:30PM</p> <p><small>*ALL REGULAR PROGRAMS ARE CANCELLED FOR THE DAY</small></p>	<p>18</p> <p>9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Stuffed Chicken 1:00 Duplicate Bridge 1:00 Knit for Peace 2:00 Italiano Club 4:00 Ping-Pong 4:00 Intergenerational Trivia & Ice Cream Exhibit 5:00 Alan Michel Art Exhibit 6:00 Healthy Living</p>	<p>19</p> <p>8:30 French Group 9:00 "Her"Story 9:30 Social Circle 10:00 ACCC Baked Cod Piccata 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Zentangle</p>
<p>22</p> <p>9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge Spinach Quiche 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>23</p> <p>9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help 10:00 Wildcard 10:00 AARP Tax Aide Chicken Quesadilla 1:00 Mah Jongg 1:00 Social Bridge 1:30 The Life and Times of Harry Houdini</p>	<p>24</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:30 The Write Stuff Coconut Curry Flounder 12:30 Knit Wits 1:00 Tap Class 1:00 Healthy Eating 2:00 Bereavement</p>	<p>25</p> <p>9:00 WOAG 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 6:30 12 Barz Band</p>	<p>26</p> <p>8:30 French Group 9:30 Social Circle 9:30 ESL Beef Stroganoff 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Mend-It Shop</p>
<p>29</p> <p>9:00 Quilting Group 10:00 Ladies Bridge Kentucky Open-Faced Turkey Sandwich 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>30</p> <p>9:00 Comfort Critters 10:00 Tech Help Tuna Noodle Casserole 1:00 Mah Jongg 1:00 Social Bridge 1:30 Protecting Yourself from Scams</p>	 <p>Menu items subject to change. With 24 HOUR NOTICE a vegetarian option is available.</p>		

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Thursday Night Schedule!

- **September 4: LGBTQ+ Allies Social: Cookout at 5:00pm-** All are welcome, registration required.
- **September 18: Intergenerational Trivia & Ice Cream at Cormier Youth Center at 4:00pm-** Get ready for a sweet treat and some brain-teasing fun! Grandchildren encouraged, 5th grade and up! The Cormier Youth Center, in collaboration with The Robb Center, is hosting Intergenerational Trivia & Ice Cream at 40 Whittier Court in Andover.
- **September 18: Alan Michel Art Exhibit from 5:00pm to 7:00pm-** Art exhibit opening! Refreshments and snacks provided by the artist.
- **September 18: Healthy Living at 6:00pm-** Discover how lifestyle choices can support both brain health and physical well-being. Backed by the latest research, this presentation explores how everyday habits like nutrition, exercise, sleep, and stress management can significantly impact your brain health. Join us to learn practical tips to make manageable changes to your lifestyle. Healthy snacks will be provided. Brought to you by with Alzheimer's Association and Bridges by EPOCH.
- **September 25: 12 Barz Band Concert at 6:30pm-** Join us for an evening of great music and dancing encouraged. 12 Barz Band is a celebrated classic R&B, vocal and horn band. Featuring strong vocals, great musicianship and dance-ability. Sponsored by Reading Cooperative Bank.



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Discovery Center for Civic Engagement Drop-In Office Hours: Thursday, September 4 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.



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 September are Friday, September 5 and Tuesday, September 16.** 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.

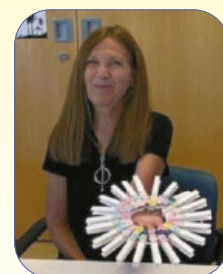
Council on Aging Advisory Board Meeting: Wednesday, September 10 at 3:30pm- Council on Aging Advisory Board (COA)- Ralph Bledsoe, Vice-Chair; Denise Boucher, Gail Bloom, Ed Plowey, Dot Hollenbeck, Christina Vidoli, Judith Agnes, Tim Carron and Kim Butler-Rainen. Meetings are open to the public. To contact a COA member call The Robb Center at 978-623-8320.

SHINE Zoom Session: Wednesday, September 17 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.

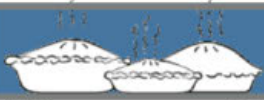
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The Andover Commission on Disability (ACOD) serves as advocates and educators in/around disability rights for full inclusion of people with disabilities addressing the needs of the Town and *its* residents. For resources and information visit the **ACOD** website at: acod.mhl.org

The Connections Club is looking forward to the delights of Fall. We will enjoy taste testing some delicious apple varieties from the New England region and enjoy an outing for some wonderful apple pie. We wish our wonderful summer student volunteers a productive school year and we hope to see them again during school vacations. 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.”



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Jumbo (6 servings)	\$39.50 ea.		
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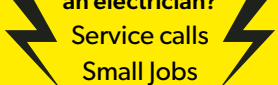
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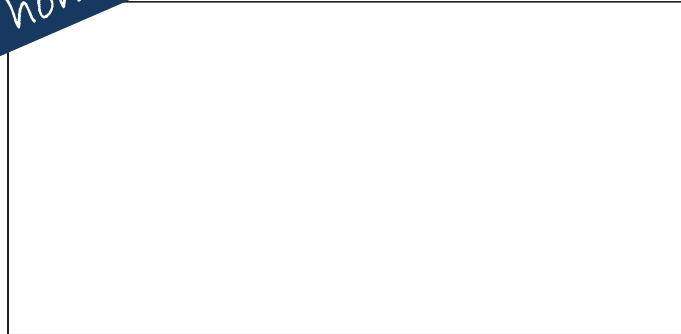
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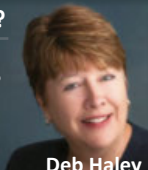
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