

THE ROBB CENTER REPORT

ANDOVER'S SENIOR NEWSLETTER

NOVEMBER 2025



Veterans Breakfast: Tuesday, November 18 at 8:30 am- Join us for a breakfast buffet and presentation. Patriotic music from the Sunrise Singers and a presentation from the National Museum of the American Sailor. **FREE for Veterans**, \$6 for non-veterans. All are welcome. Registration required on myactivecenter.com or by calling 978-623-8320.

Hemingway: Tuesday, November 18 at 1:30pm- Ernest Hemingway is acknowledged as one of the greatest writers of the 20th Century. We will explore his "ice berg" theory of writing, analyze key excerpts of his great works, as well as his marriages, his children, and his deep, passionate, and poignant existential vision of life. Presentation by Larry Lowenthal.



Friendsgiving Luncheon: Thursday, November 20 at 12:00pm- Join us for a traditional Thanksgiving feast with friends. The Andover High School String Chamber Music under the direction of Dr. Voigt will provide entertainment. Cost is \$15. Registration opens on Wednesday, November 5 for Andover residents and Friday, November 7 for non-Andover residents. Seats are limited. Registration required on myactivecenter.com or by calling 978-623-8320.



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Save the Date

HOLIDAY
BAZAAR

FRIDAY, DECEMBER 5
9:00 AM - 2:00 PM
ANDOVER ROBB CENTER

Cookie Walk, White Elephant, Jewelry, Holiday Crafts, Local Vendors, Quilt Raffle, and MORE!



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

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 can register in person, on myactivecenter.com or at the front desk. Some programs with an associated fee might require registration in-person at the front desk or by calling the center only.

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.

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



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.

Stability Ball Class with Denise:
Monday, November 3 at 11:30am-
 FREE one time opportunity! Bring your own ball in-person or join us on Zoom. Learn how to strengthen your core, improve your posture and stretch in new ways. This is a one time course to teach people how to create a stability ball workout for home. Registration required.



Walk the Gym is back! Starting November 4. Tuesdays & Fridays from 8:30am to 10:00am at the Cormier Youth Center- Come to the Andover Youth Center to walk the gym. The gym is open for walkers to keep up with their walking routine through the cold winter months. No walking on November 11 or 28 due to holidays. Please fill out a 2025 Participation Waiver form to participate.



American Red Cross Blood Drive:
Wednesday, November 5 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.



Dull Men's Club:
Thursday, November 6 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. **No meeting November 20 due to our Friendsgiving Luncheon.**



Women's Outdoor Adventure Group (WOAG): **Thursday, November 6 & 20 -** For each individual hike, participants must register on myactivecenter.com or by calling us at 978-623-8320. If you have questions about the group, contact Jane Gifun at fleecy.godmother@verizon.net. For any participation in Adventure Groups, participants must sign our "Waiver for 2025" form once a year (found on our website, www.andoverma.gov/227/Elder-Services) or at the front desk.

FREE Seated Zumba Class with Lisa Viliott from ABC HealthCare Professionals: **Thursday, November 6 at 10:00am-** Join us for a free fitness opportunity to get moving and dancing in this free seated Zumba Class.



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

Using AI in Everyday Life:
Wednesday, November 12 at 1:30pm- This beginner-friendly session introduces Artificial Intelligence as a helpful technology many people are already using, even without realizing it. We'll explore ChatGPT with a live demo and sample prompts. We'll also delve into practical, creative, and social ways to use AI every day, along with simple tips for staying safe online. By KevTech.

Andover Photo Connection:
Friday, November 14 at 10:00am- Join in this group of photo enthusiasts to share photography techniques, interests and experiences.



Book Club: Thursday, November 20 at 1:30pm- This group discusses a different book every month. This group is currently full.

Planning for Medicare: Tuesday, November 25 at 1:30pm- This presentation is tailored for individuals approaching Medicare eligibility. Topics include an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans, and programs available to early retirees.



Birthday Social: Thursday, December 11 at 12:00pm- Join us for a combined Birthday Social for November and December birthdays. All are welcome!



There will not be a Birthday Social in November due to the Friendsgiving Luncheon. Desserts & raffle from BrightView Senior Living. Live music. Registration required. \$3.00 Suggested donation.

Hospital Equipment Loan Program: Offered by Masonry In Action who will lend, at no cost, home-use health/hospital equipment to those in need. This organization also accepts donations. Saturdays only from 9:00am to 12:00pm. Call 781-322-1052 or visit our website <https://smd-help.org>



Monday through Friday:

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 Monday for a series of 10 weeks. Meets at Cormier Youth Center- 40 Whittier Ct. Fee: \$40 for 10 week series.

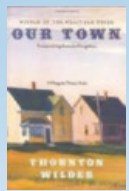
Drawing Class with Steve: 9:30am- For the upcoming schedule and fee refer to myactivecenter.com

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, November 3 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 signup and with questions.



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NO APPLICATION, ENROLLMENT OR CONSULTING FEES

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Tuesday:

1:1 Fitness with Denise: 8:30am or 9:30am. \$50 for an hour- Experience the personalized attention, safety and effectiveness of a 1:1 exercise training session with Denise Boucher. Sign up individually or as a couple (any couple). These sessions will be held in the fitness room. Registration required by the Monday before at 1:00pm. Register on myactivecenter.com or by calling 978-623-8320.

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- Unlock your creativity by writing stories, poems, and more in a supportive small group setting. Newcomers welcome. Spaces limited. Meets every 2nd and 4th Wednesday of the month.

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 the program "Andover's Council On Aging." Type in andover.tv click on Watch, click on Programs, scroll down to There is Something About Andover, scroll to 1/2020, click on the arrow at the bottom left hand corner. Enjoy. There will be an update to this program soon.

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.

Beginners Mah Jongg Social Group: 9:30am- Join us for Mah Jongg. Beginners welcome, we will teach you how to play!

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.

**Winter Fitness Session: December 1 through February 13
10 weeks for \$40**

REGISTRATION PROCESS: Registration opens **Wednesday, November 19 at 1:00pm** for Andover residents and Friday, November 21 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 November 28.**

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

SCHEDULE: We will not have class on: December 5, December 24 - 31, January 1, January 19 & February 16.
*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	Mondays at 8:15am	In-Person Only
Strength & Stretch	Mondays at 9:15am	Hybrid
Strength Training with Andrea	Mondays at 9:30am	West Parish
Sit & Get Fit	Mondays at 10:15am	Hybrid
Body, Bones and Balance with Andrea	Mondays at 10:30am	West Parish
Advanced Yoga for Beginners with Pat	Mondays at 1:30pm	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
Strength & Cardio with Tracy— TIME CHANGE	Tuesdays at 10:15am	Zoom Only
Move and Groove with Lourdes	Tuesdays at 11:30am	In-Person Only
Cardio and Strength with Crystal	Tuesdays at 1:00pm	In-Person Only
Men & Women in Motion	Wednesdays at 8:15am	In-Person Only
Strength & Stretch	Wednesdays at 9:15am	Hybrid
Sit & Get Fit	Wednesdays at 10:15am	Hybrid
Energize Rejuvenate with Pat	Wednesdays at 11:15am	Hybrid
Intermediate Line Dancing with Val	Thursdays at 8:45am	In-Person Only
Advanced Line Dancing with Val	Thursdays at 9:30am	In-Person Only
Gentle Therapeutic Yoga with Pat	Thursdays at 10:45am	Hybrid
Body, Bones & Balance with Andrea	Thursdays at 1:00pm	In-Person Only
Body, Bones & Balance with Andrea	Thursdays at 2:00pm	In-Person Only
Soulful Flow with Sheila— NEW	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



Andover on the Go

We're Here to Get You There!

The Robb Center offers many transportation options to meet the needs of residents.



Medical Transportation for Day Procedures



For **day procedures requiring anesthesia**, we've partnered with an agency to provide a specialized ride with a dedicated aide to be your responsible party and driver. *No need to put off that medical procedure!*

Medical Transportation

This volunteer driver service allows two donation-based medical rides per month. More than two rides will incur a required fee.

Townie Trips

Need a ride? We offer friendly, reliable rides in Andover and surrounding areas.

Shopping & Grocery Trips/Rides to the Robb Center

Weekly trips on Tuesdays and Thursdays. See calendar or call for details. Call for rides to and from the center.



GoGo/Uber Voucher Program

Uber rides to and from The Robb Center on Thursday evenings and when drivers are not available. **No smartphone needed!**

To participate in any of the transportation options **please call 978-623-8320 for details**, scheduling and eligibility information.

Transportation



Medical Transportation



Townie Trips



Go Go & Vouchers



Shopping Trips

Robb Center Bus Trips

Registration opens Friday, November 7 at 9:00 am for Andover residents & Wednesday, November 12 for non-Andover residents. Costs vary, seats limited.

Sea Festival of Trees

Blue Ocean Event Center, Salisbury



December 2 - Experience the joy and excitement of the Seacoast's most popular holiday tradition with Glittering Trees, Seaside Indoor Ice Skating and more. Cost is \$12 for transportation and \$25 for lunch at Seaglass.

An Irish Carol

Boston Stage Company



December 10 - It's Christmas Eve in David's cozy Dublin pub, and the ghosts of his past are catching up with him. This comic and heartfelt tribute to Dickens' timeless classic is infused with Irish wit and warmth, reminding us that it's never too late for a life to change. Cost is \$12 for transportation and \$57 for the theater ticket. As this is a matinee, we suggest you join us for congregational lunch or have a meal before you get to the Robb Center.

The Robb Center needs at least 48 hours notice of cancellation from a trip to issue a credit for transportation. Cancellations with less than a 48 hour notice, will not result in a credit.

Prices subject to change.

Parkinson’s Disease Support Group: Thursday, November 13 at 1:30pm- Cathi Thomas, RN, MS, Program Director, Parkinson’s Disease and Movement Disorders Center. Dept. of Neurology, Boston University Medical Center, APDA Massachusetts Chapter will speak on *What’s New for Medication & Research for Parkinson’s Disease*. Registration required. Please call Kristine to register at 978-623-8320.



Memory Café: Friday, November 14 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. Memory Cafés offer a welcoming environment for individuals facing memory challenges and their caregivers to connect, share experiences, and find support.



Family Caregiver Support Group: Monday, November 17 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, November 19 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.



Healthy Eating Discussion Group with Cherie Monahan, RN: *NO meeting this month.* Usually held on Wednesdays at 1:00pm- Join us to discuss all the ways we can support our physical well-being through healthy eating. All are welcome! Registration requested.



Bereavement Support Group: Wednesdays at 2:00pm- Look for our next session in January 2026. Our group supports each other and discusses some of the ways the loss of someone significant can affect our lives. This group is held at The Robb Center. Registration is always required, seats are limited. Registration is required by emailing susan.toleos@tuftsmc.org. For any support assistance needed outside of the current 9-week program, please contact Susan Toleos at susan.toleos@tuftsmc.org.



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



Food RESOURCES

Food Pantry: Wednesday, November 12 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.



Brown Bag “Mobile Market”: Tuesday, November 25 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.



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.



REPAIRS

Fix-It Shop: Monday, November 3 & 17 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.



Mend-It Shop: Friday, November 14 from 1:00pm to 3:00pm- Bring in 3 items, get one item mended for free. Free consultations. If unsatisfied, we will fix your item for free.



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

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



**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.*

Medical

Hearing Aid Checks/Cleanings and Hearing Screenings: Friday, November 14 from 9:30am to 10:30am- Wendy Ring from the Andover Hearing Center, LLC. Drop-in clinic.



Blood Pressure Clinic: Thursdays from 10:00am to 11:30am- Drop-in free clinic conducted by the Andover Board of Health. **No clinic on November 20 due to the Friendsgiving Luncheon.**



SHINE (Serving Health Insurance Needs of Everyone on or eligible for Medicare): Medicare Open Enrollment: Now 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. To schedule a SHINE appointment, call 978-623-8320 or the SHINE office: 978-946-1374.



PERSONAL SUPPORT

Ask the Lawyer: Tuesday, November 4 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.***



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



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>



NOVEMBER 2025 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge 11:30 Stability Ball Class Ginger Chicken 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>4 8:30 Walking Hours return at Cormier Youth Center 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>5 9:30 Crafting 9:30 Le Cercle Francofun Sweet & Sour Pork Loin 12:30 Knit Wits 1:00 Tap Class 2:00 Blood Drive</p>	<p>6 9:00 WOAG 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic 10:00 Seated Zumba Beef Chili 1:00 Duplicate Bridge 1:00 Knit for Peace 2:00 Italiano Club 4:00 Ping-Pong 5:00 LGBTQ+ Allies</p>	<p>7 8:30 French Group 9:30 Beginners Mah Jongg Social Group 9:30 ESL Lemon Pepper Fish 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes</p>
<p>10 9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge 10:00 Non-Fiction Book Club BBQ Chicken 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>11 CLOSED FOR VETERANS DAY</p> 	<p>12 9:30 Crafting 9:30 Le Cercle Francofun 10:00 Food Pantry 10:30 The Write Stuff Vegetable Lasagna 12:30 Knit Wits 1:00 Tap Class 1:30 Using AI in Everyday Life</p>	<p>13 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Shrimp Jambalaya 1:00 Duplicate Bridge 1:00 Knit for Peace 1:30 Parkinson's 4:00 Ping-Pong 6:00 Western Night with the Boston Cowboy Balladeers</p>	<p>14 8:30 French Group 9:30 Hearing Aid 9:30 Beginners Mah Jongg Social Group 10:00 ACCC 10:00 Andover Photo Stuffed Peppers 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Mend-It Shop</p>
<p>17 9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge Chicken Marsala 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop 1:30 Family Caregiver</p>	<p>18 8:30 Veterans Breakfast 9:00 Comfort Critters 10:00 Tech Help 10:00 Target Baked Mac & Cheese 1:00 Mah Jongg 1:00 Social Bridge 1:30 Hemingway</p>	<p>19 9:30 Crafting 9:30 Le Cercle Francofun Meatball Sub 12:30 Knit Wits 1:00 Tap Class 2:00 Diabetes</p>	<p>20 9:00 WOAG 9:15 Chroniclers 10:00 Scale Modeling 10:00 Open Art Friendsgiving 1:00 Duplicate Bridge 1:00 Knit for Peace 1:30 Book Club 2:00 Italiano Club 4:00 Ping-Pong</p>	<p>21 8:30 French Group 9:30 Beginners Mah Jongg Social Group 9:30 ESL Baked Cod w/Peppers 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Zentangle</p>
<p>24 9:00 Quilting Group 10:00 Ladies Bridge Chicken Fra Diavolo 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong</p>	<p>25 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help 10:00 Wildcard Spinach Quiche 1:00 Mah Jongg 1:00 Social Bridge 1:30 Planning for Medicare</p>	<p>26 9:30 Crafting 9:30 Le Cercle Francofun 10:30 The Write Stuff Cheeseburger 12:30 Knit Wits 1:00 Tap Class</p>	<p>27 & 28 CLOSED FOR THANKSGIVING HOLIDAY</p>  <p>HAPPY THANKSGIVING</p>	

Join us for Congregate Lunch! Monday through Friday at 12:00pm
Registration required on myactivecenter.com or by calling 978-623-8320.

The hot meal being served is listed daily in blue.
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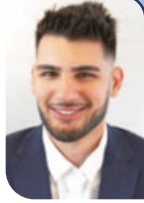
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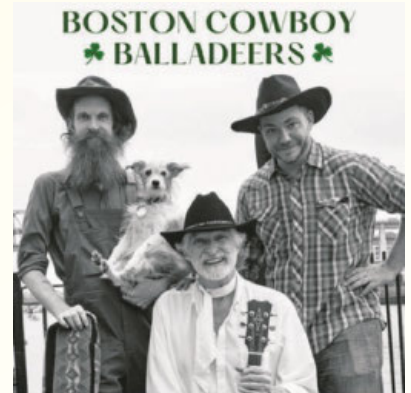
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THURSDAY NIGHT SCHEDULE!



- **November 6: LGBTQ+ Allies Social at 5:00pm-** Join us for an evening of food and valuable information. Dinner will be provided by The Robb Center. Everyone is welcome to come together for community, diversity, and acceptance.
- **November 13: Western Night with the Boston Cowboy Balladeers at 6:00pm-** Join us for great country western music by a live band. The Balladeers are known to perform swinging tunes from the 1920s, 1930s, and 1940s with rich harmonies and timeless storytelling. Refreshments will be served. Sponsored by the Andover Senior Community Friends.
- **November 20: No event scheduled.**
- **November 27: Closed for Thanksgiving.**



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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 November are Friday, November 7 and Tuesday, November 18.** 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, November 12 at 3:30pm- Council on Aging Advisory Board (COA): Ralph Bledsoe- Chair, Denise Boucher- Vice-Chair, Gail Bloom- Secretary, Fran Gikow, Ed Plowey, 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, November 19 from 5:00pm 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/join/DF5NI-OpR-KAU96DGSmRJw>

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

Greater Lawrence Community Action Council will once again be facilitating Fuel Assistance applications this year. **GLCAC Inc.** can help keep you and your family warm this winter and reduce your energy bills. GLCAC's energy programs offer: fuel assistance, free weatherizing, free energy audits and free emergency repairs to heating systems. GLCAC is hosting individual appointments at The Robb Center. **There will NOT be any walk-in appointments.** To make an appointment please call 978-623-8320. Limited spots available.

Tuesday, December 9 from 10:00am to 1:00pm

Thursday, January 8 from 1:00pm to 4:00pm

Tuesday, February 10 from 10:00am to 1:00pm

Thursday, March 12 from 1:00pm to 4:00pm

THE CONNECTIONS PROGRAM at The Robb Center provides an individualized package of programs and services designed to enhance the quality of a senior's life and enable them to participate in a variety of activities in both a community setting and at home. **The Connection Club** is located at The Robb Center and includes a variety of activities such as music, exercise, pet therapy, art, cognitive stimulation games and outings.

Operates Monday through Friday 8:30am - 3:00pm

- Participants may join us for full or half days depending on program availability and scheduling.
- Nutritious lunch provided daily.
- Transportation available upon request.

CONNECTIONS-AT-HOME is a companion program offering stimulating activities for seniors seeking connection and engagement in the privacy and comfort of their home.

Operates Monday through Friday 8:30am - 3:45pm at participants' homes.

- Participants can schedule visits at a two-hour minimum within operating hours and contingent on companion availability.



HOLIDAY BAZAAR



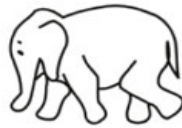
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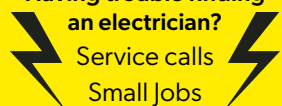


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