

THE ROBB CENTER REPORT

ANDOVER'S SENIOR NEWSLETTER

FEBRUARY 2026



WHAT'S INSIDE

Healthy Home Delivered Meals

Prepared fresh daily Monday - Friday by our inhouse Chef, Jim. Home Delivered Meals are perfect for short-term recovery or homebound seniors

Meals are available to Andover residents age 60+ for recovery periods or long-term. There is no charge for the service but we do request a \$3 donation per meal.



If you would like to learn more contact 978-623-8320

The White Fund of Lawrence, Massachusetts: Wednesday, February 11 at 1:30pm- Come and learn about The White Fund and how it is deeply rooted in the City of Lawrence's history. This story focuses on Lawrence's history, including The White Fund and significant local events like the 1984 riots and the Bread and Roses Strike. Speakers are Jay Dowd & Bob Frishman. Jay Dowd (James Dowd) is a retired English teacher from Austin Prep in Reading, MA, a local historian, and author. Bob Frishman is a renowned horologist & local historian.



Sunrise Singers Valentine's Day Concert:

Thursday, February 12 at 1:30pm- Don't "skip a beat"- come spend a musical afternoon with the Sunrise Singers! We're bringing you a concert packed with love songs, laughter, and plenty of harmony. Led by the wonderful Martha Giguere, our choir is ready to serenade you into the holiday spirit. Refreshments will be provided. Registration requested.



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

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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.

Medicare Supplement vs. Medicare Advantage: Which Is Best for Me?:  **Wednesday, February 4 at 10:00am-** Compare Medicare Supplement and Medicare Advantage coverage through real-life examples and helpful resources. Ideal for those new to Medicare or considering a change during enrollment period. Presented by Heather Hurd of BCBS.

***NEW* Ukulele Jam Session:** **Wednesdays, February 4 & 18 from 10:00am to 11:30am-**  This new group will be held the first & third Wednesday of every month. Bring your ukulele. Join our practice group to play and sing. No instructions provided though we will share ideas and resources. No fee. Registration required. This program is led by Linda Piette.


Dull Men's Club: Thursday, February 5 & 19 at 10:00am-  Come along and join in on an informal round table discussion of current events, history, technology, medicine, sports & travel. We do **not** discuss politics or religion.

Non-Fiction Book Club: Monday, February 9 at 10:00am-  This club explores contemporary issues, history, biography and more. Group contact is Joanne. Email: joannedahlgrenma@gmail.com

Refuse to be a Victim: Tuesday, February 10 from 8:30am to 11:30am- This program teaches easy to understand methods you can use to increase awareness and prevent criminal confrontation. Registration required.

Why is Assisted Living so Expensive and What are We Really Paying for?: Tuesday, February 10 at 1:30pm- What does assisted living really cost? Join us where we cut through the jargon and explain the basics simply. The presenter will join us virtually via Zoom. Attend a live viewing audience or join via Zoom. Registration requested and required for Zoom link.


Healthy Eating Demonstration: Wednesday, February 11 at 9:30am Join us for another insightful and nutritious cooking demonstration. Chef Jim Swasey and Cherie Monahan, MSN, RN, CPNP, Town of Andover Public Health Nurse, will guide you through the process of making delicious Falafel while sharing valuable nutrition information. Registration required.

Andover Photo Connection: Friday, February 13 at 10:00am- Join in this group of photo enthusiasts to share photography techniques, interests and experiences. 

Men's Breakfast: Tuesday, February 17 at 8:30am- Meet the Town of Andover's new Deputy Town Manager of Administration and Finance/CFO, Alex Magee. Pancakes, sausages, home fries, coffee and orange juice. Fee. \$6. **Please check in at the front desk upon arrival. Registration required.**

Immigrants and Immigration: Wednesday, February 18 at 1:30pm- Join UMass Lowell History Professor Robert Farrant as he discusses the late 19th & early 20th century immigration history of the Merrimack River Valley with a focus on Ipswich, Haverhill, & Lawrence. Between 1890 and the First World War, 'new' immigrants arrived from numerous southern and eastern European countries will also be covered. Share a story, artifact or image from your family history, bring it along and we'll have 'show and tell'. Sponsored by the Andover Senior Community Friends.

M&T Money Mentor Program-Making Budgets Work: Tuesday, February 24 at 1:30pm- This is an interactive session that helps participants understand where their money goes, identify common obstacles to budgeting, and create a simple, realistic spending plan. Learn goal setting, tracking income & expenses, using the 50/30/20 budgeting framework, prioritizing emergency savings, and strategies for managing day-to-day spending & debt in a sustainable way.

Birthday Social: Thursday, February 26 at 12:00pm-  All are welcome! The entrée will be Meatloaf. Desserts & raffle from Wingate. Music by VioLynne. Sponsored by Andover Senior Community Friends. Registration required. Cost: \$3.00 suggested donation.

Book Club: Thursday, February 26 at 1:30pm- **Join our group, we are looking for new members!** This group discusses a different book every month.



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 directed by 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 The Robb Center. *No fee.***

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

Ladies Bridge: 10:00am- 12:00pm- Groups of four players are welcome.

Monday Matinees: 1:00pm- Watch a film on the "big screen". Call 978-623-8320 for updates or stop by the front desk. Our yearly movie license is sponsored by the Andover Senior Community Friends.

Hand & Foot Card Game: 1:00pm- 3:30pm

Ping-Pong: 1:00pm- Drop-in to play a round of Ping-Pong.



Short Stories Group: Mondays, in February at 1:00pm- We will begin with the first two stories in the book *The Best American Short Stories 2025*, edited by Celeste Ng and will continue meeting every other Monday through May. All meetings will be on **Zoom** and are limited to 18 participants. Books are available from the library, online, or from our local Andover Book Store which offers a 15% discount to purchasers who identify as part of The Robb Center Short Story group. Contact Eileen Reilly at eileenreilly42@gmail.com for more information or to register.



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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 any couple. 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- 11:00am- 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! Make crafts for various fairs that support The Robb Center.

Le Cercle Francofun: 9:30am- 10:30am- French Conversation Group.

***NEW* Ukulele Jam Session: 10:00am- 11:30am:** This new group will be held the 1st & 3rd Wednesday of every month. Bring your ukulele. Join our practice group to play and sing. No instructions provided though we will share ideas and resources. No fee. Registration required. Led by Linda Piette.

The Write Stuff: 10:30am- 12:30pm- 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- 2:30pm- Join a group of social knitters.

Thursday:

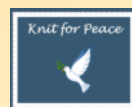
Andover Chroniclers Meeting: Every 1st and 3rd Thursday at 9:15am- 10:00am- Our group "There is Something About Andover" produces videos at the Andover TV Studio. Featured program this month- "The active shooter response protocol know as ALICE." Type in andovertv.org, click Watch, then Programs, scroll down to TISAA, scroll to 2018 click on the arrow at the bottom left hand corner. Enjoy.

Scale Modeling Club: 10:00am- 11:30am- Join a group to discuss, build and share scale models.

Open Art Studio: 10:00am- 12:00pm- *No meeting 2/5* 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- Learn to knit with us and create beautiful items for yourself or to donate to charity. We have supplies to get you started. Meets every Thursday.



Stamp Club: Every 1st and 3rd Thursday at 1:00 pm: Join a group of stamp collectors. The club provides a venue for collectors to meet, share their passion, and exchange information about the hobby. New members encouraged. Drop-in and meet the group.

Italian Club: 1:00- 3:45pm- *2/5 starts at 2:00pm* Join us every 1st & 3rd Thursday of each month, unless stated. The first half learn Italian, grammar, reading and speaking. The second half focuses on Italian culture, music and history.

Friday:

Le Petit Dejeuner, the French Conversation Group: 8:30am- 10:00am- Venez parler français dans un cadre convivial en petit groupe. This group is currently full.

Social Mah Jongg: 9:30am- 12:00pm- Social Mah Jongg group. This group is currently full.

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- 11:00am- 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 Fridays.

Zentangle Workshop: 3rd Friday of every month. Jean Stewart will teach students the art of Zentangle. Refer to myactivecenter.com for the upcoming schedule. **Fee: \$10.**

**Spring Fitness Session: March 9 through May 15
10 weeks for \$40**

REGISTRATION PROCESS: Registration opens **Wednesday, February 25 at 1:00pm** for Andover residents and **Friday, February 27 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 March 6.**

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

SCHEDULE: Classes will run from March 9 until May 15. We will not have class on April 20.

*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	South Church
Sit & Get Fit	Mondays at 10:15am	Hybrid
Body, Bones and Balance with Andrea	Mondays at 10:30am	South Church
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	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
Refresh Relax Yoga with Soki— RETURNING	Tuesdays at 2:15pm	In-Person
Men & Women in Motion	Wednesdays at 8:15am	In-Person Only
Strength & Stretch	Wednesdays at 9:15am	Hybrid
Sit & Get Fit with	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 & 2:00pm	In-Person Only
Soulful Flow with Sheila	Thursdays at 5:45pm	In-Person Only
Strength Training with Barb	Fridays at 8:30am	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, February 6 at 9:00 am for Andover residents & Wednesday, February 11 for non-Andover residents.

Due to popularity, ONE TRIP PER PERSON PER NEWSLETTER

Peabody Essex Museum

Salem, MA



February 25 - Explore the ongoing exhibits as well as their special exhibit "Edmonia Lewis: Said in Stone."

Cost: Senior ticket is \$23 paid onsite & \$12 for transportation paid to the Robb Center in advance. Lunch available in the museum's Atrium Cafe.

Museum of Science

Boston, MA



March 11 - There is always something new to see at the Museum of Science.

Cost: Senior ticket is \$29 paid onsite & \$12 for transportation paid to the Robb Center in advance. For an additional \$6 each you can visit the Planetarium, the 4-D exhibit and see an Omni film. Take a lunch break and enjoy a meal with a view at the Riverview cafe.

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.

Prices subject to change.

Parkinson's Disease Support Group: Thursday, February 12 at 1:30pm- Join Cherie Monahan, MS, RN, CPNP, Board of Health Public Health Nurse, Town of Andover will speak on *The Importance of Nutrition with Parkinson's*. Registration required. Please call Kristine to register at 978-623-8320.



Family Caregiver Support Group: Monday, February 23 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.



Healthy Eating Discussion Group with Cherie Monahan, RN: Wednesday, February 25 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- 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 and is nine weeks long. Registration is always required, seats are limited. Registration is required by emailing susan.toleos@tuftsmedicine.org. For any support assistance needed outside of the current 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" 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 at 7:00pm to 8:00pm-

ALCOHOLICS ANONYMOUS® is a fellowship of people who share their experience, strength and hope with each other that they can solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. Open meeting, no registration.



Food Addicts in Recovery Anonymous: Saturdays at 8:00am: Location is at Christ Church, 33 Central Street, Andover, MA. Food Addicts in Recovery Anonymous (FA) is a program based on the Twelve Steps of Alcoholics Anonymous (AA). There are no dues, fees, or weigh-ins at FA meetings. FA is a fellowship of individuals who, through shared experience and mutual support, are recovering from the disease of food addiction. For more information go to: <https://www.foodaddicts.org/meeting/1479>



Food RESOURCES

Food Pantry: Wednesday, February 11 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, February 24 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, February 9 & 23 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, February 13 & 27 from 1:00pm to 3:00pm.



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

**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 Menders wanted! If you know how to sew and you are looking to volunteer in a meaningful way, join our Mend-It team. If interested, please reach out to Ashley English. ashley.english@andoverma.us

Medical

Hearing Aid Checks/Cleanings and Hearing Screenings: Friday, February 6 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.



SHINE- If you are turning 65 and have questions about Medicare, already have Medicare and have questions about Medicare, Medicare Savings Programs, MassHealth or any other Medicare related concerns, SHINE counselors can help! You may have a Special Enrollment Period (SEP) to make changes to your Medicare plan for a limited time. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. To schedule an appointment, call 978-623-8320 or the local SHINE office: 978-946-1374. Medicare office: 1-800-633-4227.



PERSONAL SUPPORT

Ask the Lawyer: Tuesday, February 10 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>



FEBRUARY 2026 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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	3 9:00 Comfort Critters 10:00 Tech Help Spinach Quiche 1:00 Mah Jongg 1:00 Social Bridge	4 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Walmart 10:00 Ukulele Jam Session 10:00 Medicare Supplement vs. Medicare Advantage Stuffed Shells 12:30 Knit Wits 1:00 Tap Class 2:00 Bereavement	5 10:00 DMC 10:00 Scale Modeling 10:00 BP Clinic Chinese New Year 1:00 Duplicate Bridge 1:00 Knit for Peace 1:00 Stamp Club 2:00 Italian Club 4:00 Ping-Pong 5:00 LGBTQ+ Allies Social	6 8:30 French Group 9:30 Social Mah Jongg 9:30 Hearing Aid 10:00 ACCC Cod w/Pesto 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes
9 9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge 10:00 Non-Fiction Book Club Baked Mac & Cheese 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop	10 8:30 Refuse to Be a Victim 9:00 Comfort Critters 10:00 Tech Help 10:00 GLCAC Chicken Curry 1:00 Mah Jongg 1:00 Social Bridge 1:00 Ask the Lawyer 1:30 Why is Assisted Living So Expensive?	11 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Target 10:00 Food Pantry 10:30 The Write Stuff Shrimp Scampi 12:30 Knit Wits 1:00 Tap Class 1:30 The White Fund of Lawrence, Massachusetts 2:00 Bereavement	12 9:15 Chroniclers 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Pulled Pork 1:00 Duplicate Bridge 1:00 Knit for Peace 1:30 Parkinson's 4:00 Ping-Pong 1:30 Sunrise Singers Valentine's Day Concert	13 8:30 French Group 9:30 Social Mah Jongg 9:30 ESL 10:00 Andover Photo Flounder w/Peppers 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Mend-It Shop
16 CLOSED FOR PRESIDENT'S DAY 	17 8:30 Men's Breakfast 9:00 Comfort Critters 10:00 Tech Help Chicken Fra Diavolo 1:00 Mah Jongg 1:00 Social Bridge	18 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Walmart 10:00 Ukulele Jam Session Ginger Beef 12:30 Knit Wits 1:00 Tap Class 1:30 Immigrants and Immigration 2:00 Bereavement	19 9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic Turkey Chili 1:00 Duplicate Bridge 1:00 Knit for Peace 1:00 Italian Club 1:00 Stamp Club 4:00 Ping-Pong 4:00 Robb Center Coffee House & Three Little Birds Acoustic Performance	20 8:30 French Group 9:30 Social Mah Jongg 10:00 ACCC Vegetable Lasagna 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Zentangle
23 9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge Swedish Meatballs 1:00 Movie Matinee 1:00 Hand & Foot 1:00 Ping-Pong 1:00 Fix-It Shop 1:30 Family Caregiver	24 9:00 Brown Bag 9:00 Comfort Critters 10:00 Tech Help Lemon-Dill Chicken 1:00 Mah Jongg 1:00 Social Bridge 1:30 M&T Money Mentor Program-Making Budgets Work	25 9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Wildcard 10:30 The Write Stuff Gnocchi w/ Pork Ragu 12:30 Knit Wits 1:00 Tap Class 2:00 Bereavement	26 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	27 8:30 French Group 9:30 Social Mah Jongg 9:30 ESL Stuffed Haddock 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 Mend-It Shop

Join us for Congregate Lunch! Monday through Friday at 12:00pm.
 Registration required on myactivecenter.com or by calling 978-623-8320.
 Cost: \$3.00 suggested donation.

The hot meal being served is listed daily in **blue**. Menu items subject to change.
 With **24 HOUR NOTICE** a vegetarian option is available.



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THURSDAY NIGHT SCHEDULE!

Do you need a ride to The Robb Center on Thursday Nights? We can help you book a ride with Uber to and from The Robb Center with our GoGo/voucher program. Check out our transportation section on page 7 for more details.

Neighbors In Need Mobile Food Pantry: Thursday nights from 4:00pm to 5:00pm- We are hosting the food pantry here at The Robb Center. Go to needfood.org or call 978-699-3683 to learn how to receive this benefit.

- **February 5: LGBTQ+ & Allies Social at 5:00pm:** Join us for a dinner catered by The Robb Center and some fun Music Bingo! Everyone is welcome to come together for community, diversity, and acceptance. All are welcome. Sponsored by AgeSpan.
- **February 12: No event scheduled.**
- **February 19: Robb Center Coffee House & Three Little Birds Acoustic Performance at 4:00pm-** Join us for a night of socializing, 60s & 70s acoustic music from Three Little Birds, and refreshments. Free and open to the public. Sponsored by Andover Senior Community Friends.
- **February 26: 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 February are Friday, February 6 and Tuesday, February 17.** 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.

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, February 10 from 10:00am to 1:00pm Thursday, March 12 from 1:00pm to 4:00pm

AARP Foundation Tax-Aide: February 3 through April 10 on Tuesdays, 8:30am to 3:30pm & Fridays, 8:30am to 1:30pm- Schedule your appointment by calling The Robb Center at 978-623-8320. The AARP Foundation is providing tax assistance and preparation through its Tax-Aide program and it’s completely free. You’ll bring your documents in, have a short interview with the tax preparer, and your return will then be ready in 1-2 hours. You will receive a printed copy of the return and we file it electronically on your behalf. This program is welcoming and free and is open to taxpayers of all ages. AARP membership is not required. Our volunteers are trained and IRS-certified every year.



Council on Aging Advisory Board Meeting: Wednesday, February 11 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.



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 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 Connections 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. Call 978-623-8320 for any inquiries listed above.



ASCF NEWS

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WHAT'S NEW:

NEW LOGO

MEET THE BOARD

UPCOMING EVENTS

FIND US

NEW LOGO

Our new logo and tagline reflect ASCF's intent to encompass all of Andover's senior community in our mission to promote, sponsor and support programs and services that enrich their quality of life.

The globe, or circle, represents unity, community, timelessness (no beginning or end). We represent all seniors in Andover.

The bands of color represent **core associations** with our mission
 Orange/yellow - *optimism & friendship* (Friend is part of our name!)
 Dark/light blue - *trust & dependability* (We have been serving the community since 2012)

Dark/light green - *growth & health* (ASCF membership has been steadily growing and continues to enrich lives)
 Our tagline is "Every Senior Matters" because they do!

MEET THE BOARD

- Carol Andre
- Bonnie Caruso
- Amy LeBlanc
- Hackett
- Marilyn Helmers
- Laura Korn
- Paul MacKay
- Martha Miller
- Ann Murphy
- Pat O'Neil
- Tom Rando
- Kathy Schroeder
- Michelle Shinker
- Kathy Trivilino
- Mary-Ellen Williams

UPCOMING EVENTS

- Spring Flower Sale
- 4th of July Raffle
- Andover Day
- Comfort Food Fundraiser

FIND US

Email us: AndoverSCF@gmail.com
 Visit us: www.AndoverSCF.org
 Mail us: PO Box 576, Andover, MA 01810
 Join us: Our next Board meeting is February 20 at 10 a.m. at The Robb Center

Thank you to The Robb Center for allowing ASCF to promote our effort in their newsletter

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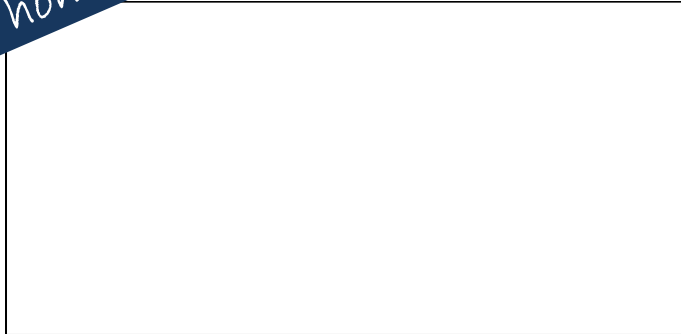
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