

# THE ROBB CENTER REPORT

## ANDOVER'S SENIOR NEWSLETTER

MARCH 2026



### WHAT'S INSIDE

## WHO IS CARING FOR YOU?

### Caring for the Caregiver

Monday, March 16 at 1:30 pm -3:00 pm

You're invited to a special pilot program designed for both caregivers and their loved ones. While caregivers gain essential tools for emergency preparedness and discover restorative self-care techniques in two 45 minute sessions, loved ones will enjoy engaging programming with our trained companions. Companions will lead engaging arts, wellness, and intellectual activities in a safe, supportive environment.



RSVP to Ashley English by calling 978-623-8320 or by emailing [ashley.english@andoverma.us](mailto:ashley.english@andoverma.us)



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### St. Patrick's Day Luncheon: Friday, March 13 at 11:30am-

Join us for St. Patrick's Day! This year we will be celebrating live music from the famous Brian Corcoran at 11:30am followed by a traditional St. Patrick's Day lunch of Corned

Beef & Cabbage. **Cost is \$15 for Andover residents & \$20 for non-**

**Andover residents. Registration begins Monday, March 2 at**

**9:00am.** Transportation available to Andover residents who have registered, please let the front desk know at the time of registering. Sponsored by the Andover Senior Community

Friends. Scholarship funds available, contact Director Jane Burns.



### Energy Savings Programs with Andover's Energy Advocate: Wednesday, March 18 at 1:30pm-

Join Andover's Energy Advocate, Luis Navarro, for a helpful overview of Mass Save programs, energy efficiency incentives available to Andover residents, and the Energy Bill Check-Up Service, which provides personalized

support to help you understand and reduce your energy costs.

Recorded by Andover TV.



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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**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](http://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](http://www.myactivecenter.com)

Email: [senior.center@andoverma.us](mailto: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](http://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](http://www.andoverma.gov/storm) or dial 311 within Andover.

**SOCIAL MEDIA**

AndoverElderServices



andover\_elder\_services

**Adapting and Transitioning as we Age: Wednesday, March 4 at 1:30pm-** Learn to manage constant change by building a personal system that reduces stress and saves energy for your loved ones. Presentation by AARP Speakers Bureau.



**Dull Men's Club: Thursday, March 5 & 19 at 10:00am-** 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, March 9 at 10:00am-** This club explores contemporary issues, history, biography and more. Group contact is Joanne. Email: [joannedahlgrenma@gmail.com](mailto:joannedahlgrenma@gmail.com)

**Trailblazers: The Women Who Have Shaped Modern American Society: Tuesday, March 10 at 1:30pm-** See page 6 for details.

**Protect Yourself from Medicare Fraud:**



**Wednesday, March 11 at 1:30pm-** Join a representative from the Massachusetts Senior Medicare Patrol (SMP) Program who will provide us with information and tools to become better engaged healthcare consumers.

**The Science of Singing: Why Your Body Craves Music: Thursday, March 12 at 1:30pm & 4:00pm-** In this interactive session, we explore the "wellness connection" of singing. You'll learn how singing rewires your brain through social connection & lowers stress. Come ready to move and breathe. You will "find your voice" through guided posture exercises & vocalizations.

**Andover Photo Connection: Friday, March 13 at 2:00pm-** Join in this group of photo enthusiasts to share photography techniques, interests and experiences.



**Signs of Stroke and Stroke Prevention: Friday, March 20 at 1:30pm-**



Dr. Bruce Watrous, MD Cardiovascular Disease will present on Signs of Stroke and Stroke Prevention. Join us to learn how to identify a stroke quickly by using the B.E. F.A.S.T. acronym to check for sudden changes in balance, vision, face, arms, or speech. Learn about how most strokes are preventable by managing blood pressure and maintaining a healthy lifestyle through diet and exercise.

**Income Tax Basics and Key Credits: Tuesday, March 24 at 1:30pm-**



Join us to learn tax basics: who needs to file and why it's worth doing even if you aren't required to. Discover common forms, federal and state credits, and how to claim the money you're entitled to. Presented by Velinda Peralta Bolduc from Northeast Legal Aid.

**Fermented Pickles: Wednesday, March 25 at 1:30pm-**



Learn the basic principles of fermentation via a demonstration of how to make a carrot (or other seasonal) lacto-fermented pickle. Learn how to pickle what's in season and prevent food waste. Led by Emily Makrez, owner of F-Word Farm. Sponsored by Andover Senior Community Friends.

**Birthday Social: Thursday, March 26 at 12:00pm-** All are welcome! The entrée will be Chicken Pot Pie. Desserts & raffle from Atria Marland Place. Music by Radio Honey. Sponsored by Andover Senior Community Friends. Registration required. Cost: \$3.00 suggested donation.



**Book Club: Thursday, March 26 at 1:30pm- Join our book club!**



This group discusses a different book every month.

**Philosophy of AI: Friday, March 27 at 12:30pm-** Join a roundtable event to discuss philosophy questions with Phillips Academy high schoolers on the Philosophy of Artificial Intelligence and its impact on society. Hosted by OMNIA Philosophy. All are welcome. Registration requested.



American Philosophical Association

**Use It or Lose It, The Benefits of Physical Activity: Tuesday, March 31 at 1:30pm-** Meet Neil Washington, a physical therapist from Northeast Rehabilitation Hospital Network. Neil will talk about the benefits of regular exercise and how to do so in a safe and effective way for people of all abilities. There will be plenty of time for questions and he will stick around after the talk to answer any individual questions.



**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](http://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](http://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- \*No Ping Pong 3/16\***- Drop-in to play a round of Ping-Pong.

**Short Stories Group: Mondays, in March 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](mailto:eileenreilly42@gmail.com) for more information or to register.



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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](http://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.

**Ukulele Jam Session: 10:00am- 11:30am:** Every 1st & 3rd Wednesday. Bring your ukulele. Join our practice group to play and sing. Beginners welcome. No instructions provided. No fee. Registration required. Led by Linda Piette.

**The Write Stuff: 10:30am- 12:30pm-** Come share your poems, essays, short stories, or novels. All levels welcome every 2nd and 4th Wednesday of the month.

**Knit Wits: 12:30pm- 2:30pm-** Join a group of social knitters.

**Acrylic Class: 1:00pm- 2:30pm-** For the upcoming schedule refer to [myactivecenter.com](http://myactivecenter.com). This class has a fee.

**Basic Tap Class with Audrey: 1:00pm- 4:00pm-** All are welcome! New participants contact Audrey at 978-475-4963.

**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. In addition to our shows being aired on the local cable channels, each month we will provide directions of how to access past shows. Featured program- “Food Insecurity”. Go to [andover.tv](http://andover.tv), click Watch, Programs, scroll down to TISAA, 3/1/24 Food Insecurity, click on the arrow at the bottom left hand corner.

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

**Open Art Studio: 10:00am- 12:00pm-** 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-** 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.

**Ping-Pong: 4:00pm- 8:00pm-** Drop-in & play a round of Ping-Pong.

**Friday:**

**Le Petit Dejeuner, the French Conversation Group: 8:30am- 10:00am- \*No meeting 3/13\*** 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](mailto: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](mailto:weixuid@yahoo.com) .

**45s Card Playing: \*Starts at 2:00pm on 3/13\* 1:00pm- 3:30pm**

**Social Bridge: 1:00pm- 3:30pm**

**Mexican Train Dominoes: \*Starts at 2:00pm on 3/13\* 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](http://myactivecenter.com) for the upcoming schedule. **Fee: \$10.**

**Splash of Color: Starts Tuesday, March 10 at 1:00pm-**  
 Are your watercolor paintings bursting with freshness and excitement? Do they radiate vitality and life? Creativity is a celebration of LIFE! Tap into the JOY of CREATIVITY with our lively 6-week painting session! Discover new techniques and make vibrant art with us! The session costs \$30 for 6 weeks. Registration required on [myactivecenter.com](http://myactivecenter.com) or by calling 978-623-8320.

**Women's History Month**

**Tuesday, March 10  
1:30 pm**

**Trailblazers: The Women Who Have Shaped Modern American Society**

By: Paolo Di Gregorio



Join us for a presentation: Over the last 200 years, there have been many pioneering women in the U.S. who have shattered social barriers and blazed a path for future generations to follow. From the accomplishments of Elizabeth Blackwell in the 19th century to those of Ruth Bader Ginsburg in the 21st century, these women have changed American and Global society.

Sponsored by the Andover Senior Community Friends

Registration requested on [myactivecenter.com](http://myactivecenter.com) or by calling 978-623-8320

**SPRING CRAFT SALE**

Thursday, March 12 from 9am-8pm & Friday, March 13 from 9am-2pm at The Robb Center

Pick up your spring wreaths, centerpieces and other spring flare at the Spring Craft Sale. All proceeds support programming at The Robb Center.



**Annual Town Election Transportation:**

**Tuesday, March 24-** Need a ride to vote?

Andover will hold election for the following offices: Town Moderator, Select Board, School Committee, Punchard Free School Trustees and Andover Housing Authority. Call The Robb Center at 978-623-8320 to schedule your ride.



**Walking Hours at the Cormier Youth Center: Every Tuesday & Friday from 8:30am to 10:00am-**  
 Come to the Andover Youth Center (40 Whittier Ct.) to walk the gym. The gym is open for walkers to keep up with their walking routine through the cold winter months. This is a drop-in program. No registration required. Sign in once you get to the gym. Please fill out a 2026 Participation Waiver form to participate. Waivers will be provided at the Cormier Youth Center.



**Coffee with Women's Outdoor Adventure Group (WOAG): Thursday, March 5 at 9:00am-**

Please join us for coffee, muffins, and a slide show as we begin our 2026 hiking season. Curious ladies interested in hiking, active hikers and past participants all welcome. Registration required on [myactivecenter.com](http://myactivecenter.com) or by calling 978-623-8320.

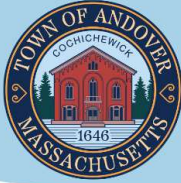


**Women's Outdoor Adventure Group (WOAG): Thursday, March 26 and Location TBD-**

For each individual hike, participants must register on [myactivecenter.com](http://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](mailto:fleecy.godmother@verizon.net). For any participation in WOAG, participants must sign our Participation Waiver for 2026 located on our website [andoverma.gov/227/Elder-Services](http://andoverma.gov/227/Elder-Services) or at the front desk.

MARCH 2026

WE ARE HERE, TO GET YOU THERE!



# 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. Please note that 7-day notice is required for all medical rides.

## 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, March 6 at 9:00 am for Andover residents & Wednesday, March 11 for non-Andover residents.

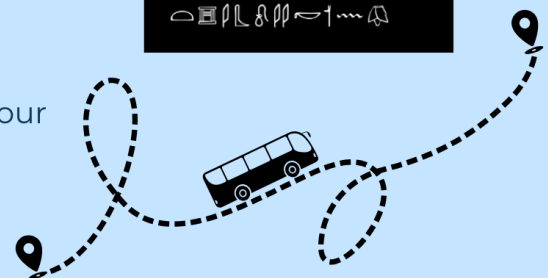
**Due to popularity, ONE TRIP PER PERSON PER NEWSLETTER**

## March 25 & April 8- The Saunders Castle at Park Plaza

Join us in Discovering King Tut's Tomb at Boston's Park Plaza Castle. Step into a stunning recreation of the boy pharaoh's tomb and relive the legendary moment it was uncovered — 100 years after the discovery that shook the world. The Park Plaza Castle is ADA compliant.

**Cost:** \$48.50 for exhibit entry & transportation.

Lunch location at Seasons 52 in Burlington. Lunch at your own expense.



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, March 12 at 1:30pm**– Join Kelley MacDonald RN, MS, Director of Admissions and Marketing, Marguerites’s House Assisted Living will speak on *Caring for the Caregiver*. Please call Kristine to register at 978-623-8320.



**Family Caregiver Support Group: Monday, March 16 at 1:30pm**– See details on the front page for a special family caregiver support group event.



**Healthy Eating Discussion Group with Cherie Monahan, RN: Wednesday, March 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@tuftsmc.org](mailto:susan.toleos@tuftsmc.org). For any support assistance needed outside of the current 9-week program, or for information regarding the next session 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, March 11 from 10:00am to 12:00pm-** The Merrimack Valley YMCA Mobile Food



Pantry will be at The Robb Center the 2<sup>nd</sup> Wednesday of every month. Food bags will be distributed on a first come, first served basis.

**Brown Bag “Mobile Market”: Tuesday, March 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, March 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, March 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](mailto:ashley.english@andoverma.us)

**Medical**

**Hearing Aid Checks/Cleanings and Hearing Screenings: Friday, March 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, March 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>



# MARCH 2026 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge <b>American Chop Suey</b> 1:00 Movie Matinee 1:00 Hand &amp; Foot 1:00 Ping-Pong</p>	<p>3</p> <p>9:00 Comfort Critters 10:00 Tech Help <b>Chicken Piccata</b> 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>4</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Walmart 10:00 Ukulele Jam Session <b>Stuffed Shells</b> 12:30 Knit Wits 1:00 Tap Class 1:30 <b>Adapting and Transitioning as we Age</b> 2:00 Bereavement</p>	<p>5</p> <p>9:00 <b>Coffee w/WOAG</b> 9:15 Chroniclers 10:00 DMC 10:00 Open Art 10:00 Scale Modeling 10:00 BP Clinic <b>Beef Stew</b> 1:00 Duplicate Bridge 1:00 Knit for Peace 1:00 Stamp Club 1:00 Italian Club 4:00 Ping-Pong 5:00 <b>LGBTQ+ Allies Social</b> 6:30 <b>AVIS Photography</b></p>	<p>6</p> <p>8:30 French Group 9:30 Social Mah Jongg 9:30 Hearing Aid 9:30 ESL <b>Baked Cod w/Peppers</b> 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes</p>
<p>9</p> <p>9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge 10:00 Non-Fiction Book Club <b>Lemon-Dill Chicken</b> 1:00 Movie Matinee 1:00 Hand &amp; Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>10</p> <p>9:00 Comfort Critters 10:00 Tech Help <b>Cheese Ravioli</b> 1:00 Mah Jongg 1:00 Social Bridge 1:00 Ask the Lawyer 1:30 <b>Trailblazers: The Women Who Have Shaped Modern American Society</b></p>	<p>11</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Target 10:00 Food Pantry 10:30 The Write Stuff <b>Creole Catfish</b> 12:30 Knit Wits 1:00 Tap Class 1:30 <b>Protect Yourself from Medicare Fraud</b> 2:00 Bereavement</p>	<p>12</p> <p><b>SPRING CRAFT SALE</b> 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Chicken Broccoli Alfredo</b> 1:00 Duplicate Bridge 1:00 Knit for Peace 1:00 <b>GLCAC</b> 1:30 Parkinson's 1:30 &amp; 4:00 <b>The Science of Singing</b> 4:00 Ping-Pong</p>	<p>13</p> <p><b>SPRING CRAFT SALE</b> 9:30 Social Mah Jongg 10:00 ACCC  <b>St. Patrick's Day Luncheon</b> 1:00 Social Bridge 2:00 Andover Photo 2:00 45s 2:00 Mexican Train Dominoes</p>
<p>16</p> <p>9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge <b>Sausage &amp; Peppers</b> 1:00 Movie Matinee 1:00 Hand &amp; Foot 1:30 <b>Who is Caring for You? Caring for the Caregiver</b></p>	<p>17</p> <p>9:00 Comfort Critters 10:00 Tech Help <b>Citrus Chicken</b> 1:00 Mah Jongg 1:00 Social Bridge</p>	<p>18</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Walmart 10:00 Ukulele Jam Session <b>Sesame Beef</b> 12:30 Knit Wits 1:00 Tap Class 1:30 <b>Energy Savings Program</b> 2:00 Bereavement</p>	<p>19</p> <p>9:15 Chroniclers 10:00 DMC 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Stuffed Pepper</b> 1:00 Duplicate Bridge 1:00 Knit for Peace 1:00 Italian Club 1:00 Stamp Club 4:00 Ping-Pong 6:00 <b>Dance Party w/DJ</b></p>	<p>20</p> <p>8:30 French Group 9:30 Social Mah Jongg 9:30 ESL <b>Stuffed Flounder</b> 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominoes 1:00 <b>Zentangle</b> 1:30 <b>Signs of Stroke &amp; Stroke Prevention</b></p>
<p>23</p> <p>9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge <b>Vegetable Lasagna</b> 1:00 Movie Matinee 1:00 Hand &amp; Foot 1:00 Ping-Pong 1:00 Fix-It Shop</p>	<p>24</p> <p>9:00 <b>Brown Bag</b> 9:00 Comfort Critters 10:00 Tech Help <b>Beef Stroganoff</b> 1:00 Mah Jongg 1:00 Social Bridge 1:30 <b>Income Tax Basics &amp; Key Credits</b></p>	<p>25</p> <p>9:30 Crafting 9:30 Le Cercle <i>Francofun</i> 10:00 Wildcard 10:30 The Write Stuff <b>Turkey Chili</b> 12:30 Knit Wits 1:00 Tap Class 1:00 Healthy Eating 1:30 <b>Fermented Pickles</b></p>	<p>26</p> <p>9:00 WOAG 10:00 Scale Modeling 10:00 Open Art 10:00 BP Clinic <b>Birthday Social</b> 1:00 Duplicate Bridge 1:00 Knit for Peace 1:30 Book Club 4:00 Ping-Pong 4:30 <b>How to Do Everything AI-related</b></p>	<p>27</p> <p>8:30 French Group 9:30 Social Mah Jongg 10:00 ACCC <b>Beer Battered Haddock</b> 12:30 <b>Philosophy of AI Roundtable</b> 1:00 45s 1:00 Social Bridge 1:00 Tai Chi Fan 1:00 Mexican Train Dominos 1:00 Mend-It Shop</p>
<p>30</p> <p>9:00 Quilting Group 9:00 Sunrise Singers 10:00 Ladies Bridge <b>Cheeseburger</b> 1:00 Movie Matinee 1:00 Hand &amp; Foot 1:00 Ping-Pong</p>	<p>31</p> <p>9:00 Comfort Critters 10:00 Tech Help <b>Broccoli &amp; Cheese Quiche</b> 1:00 Mah Jongg 1:00 Social Bridge 1:30 <b>Use It or Lose It</b></p>	<p><b>Join us for Congregate Lunch! Monday through Friday at 12:00pm. Registration required on <a href="http://myactivecenter.com">myactivecenter.com</a> or by calling 978-623-8320. Cost: \$3.00 suggested donation.</b></p> <p><b>The hot meal being served is listed daily in blue. Menu items subject to change. With 24 HOUR NOTICE a vegetarian option is available.</b></p>		



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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/Uber 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](http://needfood.org) or call 978-699-3683 to learn how to receive this benefit.

- **March 5: LGBTQ+ Allies Social at 5:00pm-** Join us for a dinner and an educational presentation by Jennease Hyatt from Gilead. Everyone is welcome to come together for community, diversity, and acceptance. All are welcome. Sponsored by AgeSpan.
- **March 5: AVIS Photography Reception at 6:30pm-** The AVIS Land Trust (Andover Village Improvement Society) celebrates the winners of our photo competition.
- **March 12: The Science of Singing at 1:30pm & 4:00pm sessions-** See page 3 for details.
- **March 19: Dance Party with DJ George Landers at 6:00pm-** Join us for a fun night of dancing and socializing. Refreshments provided by BrightStar Care. Sponsored by the Andover Senior Community Friends.
- **March 26: How to Do Everything AI-related with Google Antigravity with Max Li, PhD at 4:30pm-** Join Max Li, PhD to learn about Google Antigravity and coding, chatting, imaging and videoing. Max is an adjunct Professor at Merrimack College and Founder of Grassroottech.



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This information is provided as a public service. Searching state unclaimed property databases is always free. Never pay anyone to search on your behalf.

**AARP Foundation Tax-Aide: March 3 through April 10 on Tuesdays & Fridays** - 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. Our volunteers are trained and IRS-certified every year. Schedule your appointment by calling The Robb Center. Free and open to all ages.



**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 March are Friday, March 6 and Tuesday, March 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](mailto:tobin.abraham@mahouse.gov) or call 617-722-2680.

**Schedule an appointment with the Town of Andover's Energy Advocate: Wednesday, March 11 from 10:30am to 12:00pm-** Luis Navarro can help you navigate the Mass Save® energy efficiency program, schedule a no-cost Home Energy Assessment, discover rebates and programs, answer questions about what you may qualify for, and learn about income-eligible programs. Please call The Robb Center at 978-923-8320 to schedule your appointment. Luis Navarro, Town of Andover Energy Advocate, 978-237-0840.

**Council on Aging Advisory Board Meeting: Wednesday, March 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.



**Greater Lawrence Community Action Council, GLCAC Inc: Thursday, March 12 from 1:00pm to 4:00pm-** 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.

**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](http://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:

MARCH UPDATE

MEET THE BOARD

UPCOMING EVENTS

FIND US

### MARCH UPDATE

Hello Friends,  
 This year all our new, as well as, renewing members will receive at least 1 complimentary *raffle* ticket to be used at any of our *raffles* through out the year.  
 Our first raffle of 2026 will be held during The Robb Center's St. Patrick's Day celebration on Friday March 13<sup>th</sup> at 11:00am. We will be *raffling* a basket filled with Irish themed goodies. Come on by and take your chances!

### 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  
 Michelle Shainker  
 Kathy Trivilino  
 Mary-Ellen Williams

### UPCOMING EVENTS

St Pat's Day Raffle  
 4<sup>th</sup> of July Raffle  
 Andover Day  
 Comfort Food Fundraiser

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