



CONNECTIONS PROGRAM NOVEMBER 2025 NEWSLETTER

A Note from Angela Lonergan

The Connections Club participants will reflect on the blessings in their lives. Family and friends are always on the top of the list of things for which they are grateful. During the month of November, we will dig a little deeper and think about the small things in life that bring us joy. We will end the month feasting and celebrating with friends.



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Friendsgiving Luncheon: Thursday, November 20 at

12:00pm -Join us for a traditional Thanksgiving feast with friends. The Andover High School String Chamber Music group under the direction of Dr. Voigt will provide entertainment. Discounted price of \$10 for Connections Club participants to attend. Limited seating available. If a participant who does not usually attend on Thursdays would like to join us on this date, please email or call the program room as soon as possible. Please also let us know if you would like to join your family member for the luncheon.



Early Closing for the Connections Club Program!

The program will be closing at 1pm on Wednesday, November 26th to allow staff and volunteers time to gather with their families. Please arrange to pick up your family member between 12:45pm and 1:15pm at the latest. Those taking Connections Club transportation will be arriving home within that timeframe. Please note, the program will also be closed on Friday, November 28th. Thank you for your cooperation.



GET TO KNOW US

Director of Elder Services

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Phone: (978) 623-8320

Online: www.myactivecenter.com

Email: senior.center@andoverma.us

PROGRAM HOURS

Monday—Friday 8:30am—3:00pm

HOW TO CONTACT THE CONNECTIONS CLUB PROGRAM

Phone: (978) 623-8339

Email: angela.lonergan@andoverma.us

THE CONNECTIONS PROGRAM

The Connections Program 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 a community setting and at home.

The Connections Club includes a variety of activities such as music, exercise, pet therapy, art, cognitive stimulation games and outings.

Connections at Home is a home-based companion program tailored to the needs of the participant. This may include music, art, cognitive stimulation games and walks.

MISSION

To provide individuals, regardless of background, the opportunity to seek and readily find fulfillment and growth through programs and services that nurture mind, body and spirit.

WHAT IS THE ROBB CENTER

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

SOCIAL MEDIA



[AndoverElderServices](#)



[andover_elder_services](#)

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UPCOMING PROGRAMS

Hemingway: Tuesday, November 18 at 1:30pm:

Ernest Hemingway is acknowledged as one of the greatest writers of the 20th Century. This presentation 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.



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!



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SPECIAL EVENTS & MONTHLY PROGRAMS

Theme of the Month: Gratitude!

The November theme is all about gratitude. We will incorporate the theme into our discussions, arts and crafts, and musical events.



December Birthday Social: Thursday, December 11 at 12:00 pm—

The November and December birthday celebration will be combined. Desserts & raffle from BrightView Senior Living. Live music sponsored by Andover Senior Community Friends.



Arts & Crafts Corner—

We have planned many enjoyable arts and crafts projects this month. We will paint Autumn tree scenes, make gratitude spirals, yarn pumpkins, and intention cards. Feel free to peruse our handiwork in the program room.



Absences: Please notify staff of any planned absences as soon as possible. If you are out sick for over one week, a medical clearance from your physician is required in order to resume the program. Unplanned absences where we are not notified, will result in you being billed for the day.

Holiday Closures:

The Robb Center and Connections Club will be closed on Tuesday, November 11th for Veteran’s Day and Thursday, November 27th and Friday, November 28th for Thanksgiving.

Transportation:

Transportation options are available for **Andover and Non-Andover** residents. This may include full day and half-day options. Staff will work with participant’s caregivers to facilitate a mode of transportation that works with their schedule. Please feel free to call if you have any questions.



Inclement Weather Guide:

When Town of Andover Town Offices are closed due to inclement weather, the Robb Center and Connections Club are closed and transportation is cancelled. When the storm is predicted to end by noon time, please contact the Robb Center to verify if we are open or closed, or visit www.andoverma.gov/storm or dial 311 within Andover.

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.



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. This group is facilitated by Ashley English, Special Services Coordinator. 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.



Cooking with Chef Jim: Chef Jim demonstrated how to make a delicious pumpkin mousse parfait with ginger snap cookies. He was happy to share this easy recipe, just in time for the Thanksgiving holiday!

Pumpkin Mousse Parfait

Ingredients:

- 1½ cups heavy whipping cream, chilled
- ⅔ cup granulated sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cloves
- ½ teaspoon vanilla extract
- 16 ounces cream cheese, room temperature
- 1½ cups canned pumpkin puree

Instructions:

In chilled bowl of an electric stand mixer, whip the cream on medium speed until soft peaks form. With mixer on medium speed, add the sugar, cinnamon, ginger, cloves, and vanilla. Transfer the mixture to another large mixing bowl. In the same bowl you used to whip the cream, whip the cream cheese on medium until smooth. Using the rubber spatula, fold the whipped cream and pumpkin puree into the whipped cream cheese, and voila! This is your pumpkin mousse. Transfer the mousse into a pastry bag fitted with a large star tip. Pipe the mousse into 10 glasses. Refrigerate for at least 2 hours—but the parfaits can also stay in the fridge for up to 2 days. If you're refrigerating for more than 6 hours, loosely cover your parfaits with plastic wrap. Serve with whipped cream and gingersnap cookies for garnish. Enjoy!






Self Care — Per the Alzheimer's Association, it is essential that caregivers take care of their own physical health. They caution that caregivers of people with dementia are 1.5 times more likely to experience physical challenges like fatigue, injuries, and other health problems. The Alzheimer's Association advise that dementia caregivers maintain their physical well-being by participating in:

- Frequent physical activity: Walking, stretching, or swimming are examples of regular physical activity that can increase energy and lower stress levels.
- Resistance training: Resistance training increases muscle strength, which can facilitate physical caregiving activities such as lifting or helping with movement.

Fitness Room Drop-In: Our goal is to help older adults & adults with disabilities remain active. 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.

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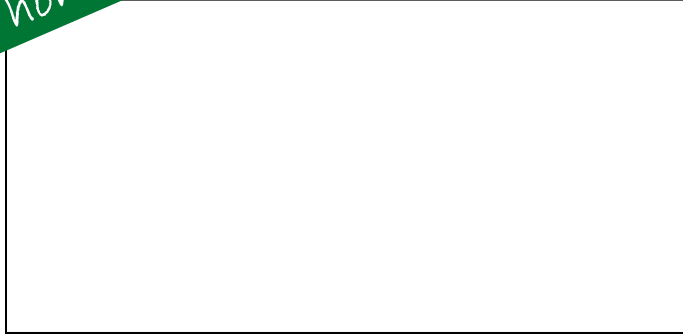
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Coffee Corner Who am I - Jimi Hendrix Autumn Tree Painting Ginger Chicken Lands Categories Searching for Music Family Feud Game	4 Coffee Corner The Story of Calvin Graham Secret Jewelry Quote Stuffed Shells MOB with Jane Nov25 Discussion Prompts Name that Tune	5 Coffee Corner Thankful Chain Craft Fitness with Denise One and Done Dice Sweet and Sour Pork Gracie The Therapy Dog Remembering American Bandstand	6 Coffee Corner Veterans Day Discussion Funny Turkey Drawing Veterans Day Cards Craft Connect Three Game Light Exercise Beef Chili Men's Group w/ Fred True or Fowl	7 Coffee Corner Searching for Games Craft with Colleen Chair Yoga Lemon Pepper Fish Who are we - The Rolling Stones
10 Coffee Corner Thanksgiving Fact / Fiction Gratitude Spiral BBQ Chicken Puzzles Nov 25 Jeopardy Trivia	11 <div style="text-align: center;">  </div> <p style="text-align: center;">CLOSED</p>	12 Coffee Corner Set Pen to Paper Fitness with Denise Gingerbread Geometric Turkeys A to Z: Thanksgiving Vegetable Lasagna Gracie The Therapy Dog Thanksgiving Charades	13 Coffee Corner Pinecone turkey BRAND Categories Build Your Own Turkey Light Exercise Shrimp Jambalaya Men's Group w/ Fred Norman Rockwell	14 Coffee Corner Lets Pack Craft with Colleen Chair Yoga Stuffed Peppers Turkey Day Trivia Thanks and Tradition

<p>17 Coffee Corner Gratitude Songs Paper mums Chrysanthemums Thanksgiving Trivia Chicken Marsala Vivien Leigh</p>	<p>18 Coffee Corner Unexpected Blessings Rock Songs Thanksgiving Traditions Baked Mac & Cheese Hemingway Presentation Nov IQ</p>	<p>19 Coffee Corner Turkey Football Detective Fitness with Denise Candy Apples Meatball Sub Gracie The Therapy Dog Apple Pie Snack Cups Thanksgiving Bingo</p>	<p>20 Coffee Corner Bread Detective Yarn Pumpkins Light Exercise Friendsgiving Men's Group w/ Fred Pro Football Teams</p>	<p>21 Coffee Corner Road Trip Detective The Secret Word Craft with Colleen Chair Yoga Baked Cod Jeopardy Nov 25</p>
<p>24 Coffee Corner Retro TV Trivia Fall Flowers Travel To Israel Name that rock song Ted Williams Chicken Fra Diavolo Picture It</p>	<p>25 Coffee Corner THANK Categories Musical Scavenger Hunt Tina Turner Spinach Quiche Nigel The Therapy Dog Family & Friends Feud</p>	<p>26 Coffee Corner Fitness with Denise Intention Cards Neil Young Cheeseburger Gracie The Therapy Dog Talking Turkey Turkey Trivia</p>	<p>28 CLOSED  THANKSGIVING</p>	<p>29 CLOSED </p>



The Robb Center
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To the home of



The Connections Club decorating for Fall!

