



# Longevity Ledger

## Ayer Senior Center

August 2023

### *From The Desk of the Director—*

Please join me in welcoming Brittany Beaudry as the Town Social Worker! She will be at the Senior Center much of the week, but she is also available to meet people at the Library, Town Hall, and in your home. She is here for you as you navigate life's stresses and challenges including coping with illnesses, grief/bereavement, mental health or substance abuse concerns, changing financial circumstances or housing challenges.

We still have a few Farmer's Market coupons available. They are \$50 to be used like cash at local farmstands and farmer's markets. Income limits apply, please see staff for more information.

~ *Katie*



**Council on Aging Mission Statement:** The Ayer Council on Aging (COA) is a service department for members of the community 60 years of age and older. We provide comprehensive information and quality services to help seniors, their caregivers, and adult children. Our goal at the Ayer COA is to empower individuals and families as they make life choices in support of aging with dignity, health, and personal fulfillment. We provide a variety of programs and services to bring together our senior citizens in a safe and nourishing environment, including meals, transportation, social service assistance, fitness classes, health education and screening, activities, and social opportunities.

**COA Board of Directors:** Dennis Curran, Bob Gardner, Mary Markham, Janine Nichipor, Marge Withee  
**Next COA Board Meeting:** Tuesday, August 8 at 2pm

**Katie Petrossi**, Director  
**Sam Parr**, MART Van Coordinator  
**Denise Galvin**, Nutrition Coordinator  
**Mary Ellen Gorman**, Outreach Coordinator  
**Brittany Beaudry**, Social Worker

Open 9am-3pm, Mon—Fri

**Ayer Senior Center**  
18 Pond Street Rear  
Ayer, MA 01432  
Main Office: (978) 772-8260  
[www.ayer.ma.us/council-aging](http://www.ayer.ma.us/council-aging)  
Dial-a-Ride: (978) 772-8261

# Special Events *(RSVP Required)*



## Farmer's Market

**Tuesday, August 1 at 12:30pm at the Ayer Library**

**Tuesday, August 15 at 11:30am at Rogers Field, Devens**

This time of year, Ayer has two farmer's markets nearby, and we're making it easy to get to both of them. This is a great opportunity to purchase fruits and vegetables using cash, credit, ATM, farmers market coupons, or SNAP/HIP dollars.



## ALFA Presentation

**Thursday, August 3 at 12pm**

ALFA—Adult Learning in the Fitchburg Area—is a lifelong learning institute that serves adult learners as part of Fitchburg State University. They offer non-credit daytime classes, free discussion groups, and intergenerational opportunities. Join us for lunch and a presentation about their upcoming fall offerings.



## The Highwaymen - Songs & Stories w/ Matt York

**Tuesday, August 8 at 12pm**

Longtime New England musician/author Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Waylon Jennings and tell stories of their careers. The four songwriting legends joined forces in the 1980's to form the country supergroup The Highwaymen. However, prior to that, they'd each established themselves as stars and their careers intersected many times since the 1960's. York was recently nominated for the Boston Music Award for Best Country Artist and his album *Gently Used* was just named one of Worcester Magazine's best albums of 2022



## Who Wore What When (and Why?): The History of Fashion (*One Day U*)

**Friday, August 18 at 1pm** (Online presentation we will watch together and discuss after)

Fashion history. Fashion is not an island; it's a response. It's a response to what is happening in the world that creates it, so there are reasons why people in the past wore what they did. There are reasons why fashion changed so quickly in the 20th Century but took four thousand years to change in Ancient Egypt. There are reasons why hemlines rose in the Twenties, fell in the Thirties, and rose again in the Forties. There are reasons why Elizabethan men wore earrings, why Victorian men wore top hats, why Regency women wore white, and why fashion in the Swinging Sixties swung. We'll learn how fashion was a direct response to the socio-economic, political, and cultural landscape, and why fashion history is one of the most telling optics through which to study the people of the past.



## York Beach

**Wednesday, August 23 at 9am**

The Beach Bus is back! Arriving mid-morning means there will be plenty of time for relaxing on the beach or browsing the shops before you get lunch on your own at one of the many local restaurants. Or maybe a picnic on the beach is more your style. Use the time however you like on this unstructured trip.



## Tusk—The Ultimate Tribute to Fleetwood Mac

**Friday, August 25 at 7pm; Cost: \$10.00**

NARA Park in Acton is serving up all your Elton John favorites in their relaxing outdoor amphitheater. Food and drink are available for purchase. Bring your camp chair (or borrow one of ours), a light jacket, and bug spray.



## Solo Ager Virtual Get Together

**Thursday, August 31 at 6:45pm**

"Solo Ager" is a term used to describe an aging adult 55+ who, because of choice or circumstance, is without the support of adult children or close family members. We'll join this virtual event as a group from the Senior Center—no zoom skills required! Navigating Solo Network is offering an opportunity to connect with other "solos" in breakout rooms - small group conversations! • Hear about other's experiences, share your own, and learn from others! • Access useful resources! FREE and open to anyone in any location who identifies as a solo ager!

# Monthly Events



## Senior Store

### Senior Center: Daily following lunch

The Senior Store is a convenience program offered by the senior center, featuring snacks, household items, personal care items, and basic groceries. Prices vary and reflect what we paid for the items (this is not a fundraiser, nor is it subsidized).



## Tea Time

### Friday, August 4 & 11 at 1pm

Following lunch, gather with friends for a cup of tea, light refreshments, and good conversation.



## Women's Conversation with Linda

### RETURNS IN THE FALL!!

Get together to laugh, share, and discuss issues relevant to women as they age. The topic will change every week; examples include sleep, stress, grief, fitness, etc. No politics/religion.



## Birthday Party

**Tuesday, August 8 at 12pm** Following lunch, we'll celebrate our friends old and new that have a birthday this month.



**Coping with Grief:** Nashoba Nursing offers two ways to support those who are grieving.

Grief Support Groups: Conversation about Death & Grief

Wednesday, August 9 at 11:00am (Shirley Senior Center, 9 Parker Rd, Shirley)

Wednesday, August 23 at 2:30pm (Shirley Meadows, 27 Hospital Road, Devens)

Grief Social: A gentle opportunity to gather and meet with others who are grieving

Friday, August 18 at 4:30pm (Bull Run Restaurant, 215 Great Road, Shirley)

Tuesday, August 8 at 11:30am (Il Forno Restaurant, 529 King Street, Littleton)

For more information, contact Lucia Camara of Nashoba Nursing at (508) 951-3850. *COA Van transportation is available for the daytime gatherings, but not the evening social.*



## Supper Club

### Monday, August 28 at 4:30pm: Lui Lui (Nashua)

**Cost: \$4 for the van + the price of your meal**

Join friends for a meal, without the fuss of driving. A word about timing: at-home pickups begin 15-30 mins before the meetup time above. The time above is the time to be at the Senior Center. If you're meeting us at the restaurant, adjust for the COA Van's driving time.



## Coffee and Cribbage with a Cop

**2nd Tuesday (August 8) at 11am** Get to know members of Ayer Police Department over a cup of coffee, or challenge them to a game of cribbage! This casual event is a great time to discuss issues, ask questions, and build community together.

## Movies

**Select Tuesdays in August at 1pm.** Join us Fridays for free popcorn and movies.



August 15: *Air (2023)* Starring Matt Damon, Ben Affleck & Jason Bateman. Follows the history of sports marketing executive Sonny Vaccaro, and how he led Nike in its pursuit of the greatest athlete in the history of basketball, Michael Jordan.

August 29: *The Danish Girl (2015)* A fictitious love story loosely inspired by the lives of Danish artists Lili Elbe and Gerda Wegener. Lili and Gerda's marriage and work evolve as they navigate Lili's groundbreaking journey as a transgender pioneer.

## Senior Center Robocalls

Robocalls help us reach people quickly to notify about weather-related closings, last minute program changes, delayed meal deliveries, etc. Please consider adding a contact to your cell phone called "Senior Center Robocall" with the number **(617) 855-0125**. All robocalls from the Senior Center come from this number.

## Senior Services



### **SHINE Medicare Counseling Monday, August 7 by appt.**

Questions about signing up for Medicare or making changes to your Medicare plans? A certified SHINE counselor is available to assist you with free and unbiased support: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. In-person and telephone or video calls are available. Support in Spanish is also available. SHINE also offers resources online through its website at [www.shinema.org](http://www.shinema.org) and our weekly Medicare 101 webinars.

The Senior Center is happy to assist you with a variety of programs designed to help seniors manage their fixed incomes, including:

**SNAP/EBT Food Benefits**  
**Senior Housing Applications**  
**Lifeline (low cost or free cell phones/service)**  
**Affordable Connectivity Program (home internet)**

Call the Senior Center to schedule an appointment.

## Senior/Community Center Update

The exploration of Pirone Park as a site for a combined senior/community center continues.

A larger senior center is needed to provide the seniors of Ayer with a diverse set of programs and services—beyond what can be offered in our “cozy” space now, which lacks program space, a commercial kitchen, staff space, and adequate parking.

Pirone Park was chosen after almost two years of looking for a suitable site, with the hopes that a partnership with Parks & Rec at Pirone Park will afford seniors amenities (like a gym and indoor walking track) that we could not get from a stand-alone senior center. And also improve the recreation offerings for residents of all ages by offering indoor recreation offerings to complement Pirone Park’s current outdoor recreation programs.

The Building Committee is currently working on getting proposals from architects, evaluating the Article 97 process for using park land, and drafting documents to educate the public about the project.

**Next Mtg: Wednesday, Aug 23 at 4:15pm at TownHall**

## Fun & Games

**Cribbage**      Tuesdays at 11am.

**Rummikub**      Tuesdays at 1pm.

**Bingo**      Thursdays at 1pm.  
\$1.00 per card.

### SAVE THE DATE!

**GRANDPARENTS RAISING GRANDCHILDREN**

**BACK-TO-SCHOOL FUN FEST**

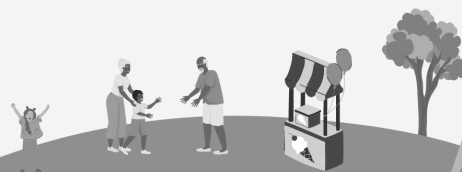
**SATURDAY, AUGUST 12, 2023**

**11:00 AM - 5:00 PM**


**RAIN DATE AUGUST 20TH**

**FULLER PARK  
YMCA CENTRAL COMMUNITY BRANCH  
766 MAIN ST., WORCESTER**

**GET A CHANCE TO WIN A \$1,500 CASH PRIZE!**



**PRESENTED BY**

 **Central Massachusetts  
Agency on Aging, Inc.**



**GRANDPARENTS  
RAISING GRANDKIDS  
RESOURCE CENTER**



## Crafts & Creativity



### Knit/Crochet

**Wednesdays at 1pm** Gather around the fireplace to visit with friends! Work on your own project, or one to benefit a local charity!



### Easy Mod Podge Magnets

**Monday, August 14 at 1pm FREE**

This simple craft—yes, even you can do it—uses scrapbook paper, old photos or fabrics to make refrigerator magnets. Bring your own papers/photos, or use ours!

## For Your Health



### Well-Adult Clinic

**Thursday, August 10 at 12:30pm**

Nashoba Board of Health nurses will provide free blood pressure screening, general health information, and first aid. For in-home flu or COVID booster shots, call Nashoba Public Health at (978) 772-3335 ext. 357 to schedule.



### Body Work with Jeff

**Mondays at 10am**

**Cost: \$10/10 min; \$50/1 hour**

This one-on-one session with Jeff utilizes Chinese medicine to improve the flow of energy in your body and promote healing.

## Fitness



### Pickleball for Beginners with Sue Adams

**RETURNING IN THE FALL!!**

This is your chance to learn to play pickleball. It's similar to tennis and badminton, but played on a smaller court with a hollow ball. You'll have more time to react, and it's kinder to your knees.



### Chair Exercise (DVD)

**Tuesday thru Friday at 9am. Free.**

This chair exercise program will feature a variety of favorite DVD-based favorites like Ann Pringle's Strength & Stretch, as well as the Grow Young Fitness videos that alleviate arthritis and joint pain.



### Intermediate Chair Exercise (DVD)

**Monday, Wednesday, and Friday at 10am. Free.**

This DVD-based chair exercise program takes it up a notch, for those looking for a faster paced workout, including the Curtis Adams fitness series.



### Chair Yoga (DVD)

**Tuesdays and Thursdays at 10am. Free**

This DVD-based yoga practice features a variety of poses that can be done seated or standing.



### Strength-Balance-Flexibility with Jeff Cote

**Mondays at 9am; \$3 suggested donation** This instructor-led class will help keep your muscles strong, your joints flexible, and reduce your risk of falling!



### Yoga with Jeff Cote

**Mondays at 11:00am; \$5 suggested donation**



### Tai Chi with Jeff Cote

**Tuesdays at 11am; \$5 suggested donation** Often described as meditation in motion, Tai Chi is a slow-moving exercise that reduces stress & anxiety, improves flexibility, balance & agility, reduces joint pain, and promotes good sleep.

If your health insurance has a  
**FITNESS BENEFIT**  
you may be able to apply it to  
Jeff's classes! See Katie for your  
receipt.

# Meals *(RSVP Required)*

Join us at one of our many dining options: MOC meals on Mondays & select Fridays, catered meals Tuesday thru Thursday and select Fridays, and twice monthly Supper Club. All onsite meals served at noon. Suggested \$3.00 donation for all meals.

Please call 978-772-8260 to sign up. RSVPs allow us to have enough food for everyone.



## **Meals on Wheels**

*Provided by MOC*

Call 978-345-8501 Ext. 2 to register

Meal includes: Entree, Bread, Fruit, Milk

Delivered Tuesday & Thursday between 12:00 –1:30pm

Someone must be home to receive the meal



**Loaves & Fishes Food Pantry provides food and support to residents of Ayer and surrounding towns.**

Pick up in your own car:

1st Tuesday Evening: 5—7 PM *(call due to holiday)*

Wednesdays, Fridays, and 3rd Saturday: 9 AM-12 PM

August 1, 2, 4, 9, 11, 16, 19, 23, 25, 30

We pick-up food & deliver to seniors (after 1pm):

August 4, 11, 25

If you need delivery, you must reserve 48hrs ahead

**First time Loaves & Fishes clients:**

Call (978) 772-4627x312 or

Email: [clientservices@loavesfishespantry.org](mailto:clientservices@loavesfishespantry.org)  
to enroll or schedule a drive-thru time.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Senior Center</u> Pizza (Verona) <u>Meals on Wheels</u> MOC: TBD	2 <u>Senior Center</u> Assorted Sandwiches (HoneyBaked Ham) <u>Meals on Wheels</u> None	3 <u>Senior Center</u> Sausage Pepper Onion Roll (Lazy Mary's) <u>Meals on Wheels</u> MOC: TBD	4 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None
7 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None	8 <u>Senior Center</u> Crispy Chicken Salad (Chicken Sammy's) <u>Meals on Wheels</u> MOC: TBD	9 <u>Senior Center</u> Steak & Cheese Subs (The Cottage) <u>Meals on Wheels</u> None	10 <u>Senior Center</u> Shepherd's Pie (Donelan's) <u>Meals on Wheels</u> MOC: TBD	11 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None
14 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None	15 <u>Senior Center</u> Asian Chicken Wraps (Markoh's) <u>Meals on Wheels</u> MOC: TBD	16 <u>Senior Center</u> Burgers & Chips (Red Robin) <u>Meals on Wheels</u> None	17 <u>Senior Center</u> Meatloaf & Mashed Potatoes (Donelan's) <u>Meals on Wheels</u> MOC: TBD	18 <u>Senior Center</u> Pizza (Devens Pizza) <u>Meals on Wheels</u> None
21 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None	22 <u>Senior Center</u> Baked Potato Bar <u>Meals on Wheels</u> MOC: TBD	23 <u>Senior Center</u> Chicken Marsala (Marty's) <u>Meals on Wheels</u> None	24 <u>Senior Center</u> Eggs, Bacon & Pancakes (Karyn's Kitchen) <u>Meals on Wheels</u> MOC: TBD	25 <u>Senior Center</u> Chinese Favorites (Main Street Groton) <u>Meals on Wheels</u> None
28 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None	29 <u>Senior Center</u> Stuffed Shells & Salad (Lazy Marys) <u>Meals on Wheels</u> MOC: TBD	30 <u>Senior Center</u> Italian Subs & Fries (Junction) <u>Meals on Wheels</u> None	31 <u>Senior Center</u> Chicken Tarragon (Nashoba Park) <u>Meals on Wheels</u> MOC: TBD	

# Senior Center (MART) Van

Please call 978-772-8261 to schedule a ride  
Call the MART van directly at (978) 514-5118 for return trips

## Fares:

\$1.00 each way in-town  
\$2.00 each way, out of town

The MART Van is available to Ayer residents age 60+ and those with disabilities of any age.

Rides must be reserved 48 hours in advance!

Special Programs may cause modifications to this schedule.

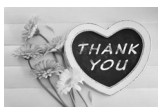
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am-12pm	Leominster & Fitchburg	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Acton & Concord
Afternoon 12-4pm	Ayer, Shirley, Groton, Harvard, Devens	Group Shopping (see below)	Market Basket in Littleton	Ayer, Shirley, Groton, Harvard, Devens	Loaves & Fishes Deliveries

## Group Shopping (pickups begin at 1pm):

- 1st Tuesday: Nashua Mall Plaza (Nashua): Christmas Tree Shops, Kohls, Burlington Coat Factory, LL Bean  
2nd Tuesday: Farmer's Market  
3rd Tuesday: Walmart (Lunenburg)  
4th Tuesday: Highland Commons (Hudson/Berlin line): Market Basket, BJs, TJ Maxx, Lowe's, Cabelas, Michaels, Bed Bath & Beyond, PetSmart, and more.

Many thanks to the following businesses who have donated to the Ayer Senior Center recently:

*Ayer Shop & Save*



## Important Phone Numbers

**Community Legal Aid—Fitchburg**

(978) 516-5155

**Elder Abuse Hotline**

(800) 922-2275

**Executive Office of Elder Affairs**

(617) 727-7750

**Fuel Assistance**

(978) 342-4520

**Aging Services of North Central Massachusetts**

(978) 537-7411

**SHINE Medicare Counseling**

(508) 422-9931

## Tax Relief for Seniors

Ayer senior citizens can receive a Tax Deferral through participation in the Senior Work-Off Program. The purpose of this program is to provide qualified, efficient resources to the Town, while assisting senior residents in paying their property tax bills by drawing on their skills and expertise, and increasing their involvement in public service.


As part of the Senior Tax-Workoff Program, you can work up to 100 hours and receive up to \$1500.00 off your taxes!

While you can be placed with any town department, the Senior Center is looking for:

- Receptionists to answer phones
- Handyman to assist seniors with basic home maintenance
- Homemakers or Personal Care Attendants (training available)
- Craft class instructors
- Social media manager
- Technology tutor
- Much, much more!

**Interested in learning more?**

**Call the Senior Center at  
978-772-8260**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 12:30 Farmers Market 1:00 Rummikub	<b>2</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	<b>3</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch & ALFA 1:00 Bingo	<b>4</b> 9:00 Chair Exercise 10:00 Exercise 12:00 MOC Lunch 1:00 Tea Time
	<b>7</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch  <i>SHINE by Appt</i>	<b>9</b> 9:00 Chair Exercise 10:00 Exercise 11:00 Grief Support 12:00 Lunch 1:00 Knit/Crochet	<b>10</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	<b>11</b> 9:00 Chair Exercise 10:00 Exercise 12:00 MOC Lunch 1:00 Tea Time
	<b>8</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage with A Cop 11:00 Tai Chi 11:30 Grief Social 12:00 Birthday Lunch & Highwaymen 1:00 Rummikub 2:00 COA Meeting			
<b>14</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch 1:00 Magnets	<b>15</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 11:30 Farmers Market 12:00 Lunch 1:00 Movie 1:00 Rummikub	<b>16</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	<b>17</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	<b>18</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Fashion 4:30 Grief Social
<b>21</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch	<b>22</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub	<b>23</b> 9:00 York Beach 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet 2:30 Grief Support	<b>24</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	<b>25</b> 9:00 Chair Exercise 10:00 Exercise 12:00 MOC Lunch 6:45 Concert
<b>28</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch 4:30 Supper Club	<b>29</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Movie 1:00 Rummikub	<b>30</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	<b>31</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo 6:45 Solo Ager	