



Longevity Ledger

Ayer Senior Center

December 2023

From The Desk of the Director—

As I write this month's letter, I'm still digesting my Thanksgiving meal and the weekend of leftovers. I'm also looking forward to the holidays ahead. No matter which holiday (or none) you celebrate, December is a busy month. While many of us look forward to the traditions of the season that create magic and joy—it can also be a hectic, stressful, or lonely time. Expectations can become overwhelming and start feeling like an obligation. Grief and loss can become unbearable. So be kind to yourself and considerate of those around you—they may experience the holidays very differently than you do.

I encourage you to take stock of your holiday traditions and decide which ones bring you joy, and which ones feel like a burden—physically, emotionally, or financially. Consider having the same conversation with your loved ones. Some tips for simplifying the holidays include:

1. Prioritize Your Priorities: What is the most important part of the holidays for you? Spending time with family & friends? Serving your community? Look at your traditions and determine whether they get you closer to these priorities or if they're distracting you from them.
2. Adjust Your Expectations: We're all getting older—strength and stamina is not what it used to be. Don't work yourself to exhaustion if a simpler version of that decoration or meal exists. Maybe it's time for a younger family member to take over a part of your usual contributions?
3. Be Intentional With Your Time: Personal and community calendars are jam-packed. Rather than try to attend everything, pick a few events that are most aligned with your priorities, and focus on those.

A few operational items to note for this month: We've switched up the Tuesday afternoon group shopping destinations. If you have suggested destinations, please let us know! Also, we've added a second Bingo session on Monday afternoons beginning 12/18. Lastly, an anonymous donor has generously offered to pay for lunches for those who the \$3.00 suggested donation is difficult for. Please see Katie to learn more.

—Katie



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

*Shop & Save, Ayer (Weekly Baked Goods)
Anonymous Donor (Meal Scholarship Program)*



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
Dial-a-Ride: (978) 772-8261
www.ayer.ma.us/council-aging

Special Events *(RSVP Required)*



Senior Center Listening Session Wednesday, December 6 at 11am

As we near the end of 2023, it's time to reflect on what the Senior Center has accomplished this year, and what we'd like to focus on in 2024. Staff will be available to listen and facilitate discussion. This is YOUR senior center; we want to hear your program, transportation, meal, etc ideas!



Gift One, Keep One: Festive Glasses Friday, December 8 at 1:00pm Cost: \$5.00

These glittery festive glasses are so simple to make, and will be a festive addition to your holiday table! They would also make a cheerful way to present holiday candies, gift cards, etc.



Decorate A Christmas Wreath Monday, December 11 at 1:00pm FREE

Wanda will supply all the wreaths and decorations needed to create a festive, shiny, tinsel wreath for your front door!



Holiday Tea Party & Sing-A-Long Tuesday, December 12 at 1:00pm

Our Tea Party group is ready to celebrate! Join us for festive refreshments and a sing-a-long. We'll have all the words printed for you.



Nutrition Myths Debunked Wednesday, December 13 at 12:00pm

High protein, low carb, low fat, intermittent fasting?? There's much information out there, but how do you know what to trust? Alex Welch, MA, RDN, LDN will be here to discuss common nutrition myths, why they're not true, and what you should be focused on instead.



Christmas Lights & Dinner Wednesday, December 13 at 4:30pm Cost: \$4.00 for the van + the cost of your meal.

We're off to the Lancaster Celebration of Lights to see over 1 mile of roadway that has been transformed into a glittering display of over 1 million LED lights — featuring a 90' Christmas Tree and a 300' multi-colored tunnel. Afterwards we'll visit nearby Slater's where you can enjoy delicious wood-fired pizza or mouth-watering BBQ.



Gift One, Keep One: Mason Jar Cookies Wednesday, December 20 at 11am Cost: \$5.00

Baking is a fun holiday tradition... but why make a mess of your kitchen, when you can use ours? We'll be layering all the ingredients you need to make festive cookie mix gifts—adorable and delicious!



Holiday Luncheon & Party Friday, December 22 at 12pm. FREE

Join us for our annual holiday luncheon and party! We'll enjoy a delicious meal of pork loin, roasted potatoes, and vegetables. Following lunch, we'll host an optional yankee gift swap (limit \$20).

Monthly Events



Tea Time—Holiday Edition! **Tuesday, December 12 at 1pm**

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



Birthday Party **Tuesday, December 12 at 12:00pm**

Following lunch, we'll celebrate our friends old and new that have a birthday this month.



Coping with Grief: **Tuesday, December 19 at 4pm at the Ayer Library**

The Nashoba Associated Boards of Health welcomes adults who are experiencing grief to participate in the monthly, drop-in Grief & Healing Support Group. Facilitated by grief counselor Karen Campbell, this support group offers a safe space to share experiences of the grief journey. This group is an opportunity to learn more about the grief process and strategies for managing grief. Confidentiality is respected and honored. The group honors all types of grief, including grief due to loss, change and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any time in their journey. Since grief is an evolving process, occasional check-ins with a grief support group may be beneficial. No one is required to commit to consistent attendance. For more information, please contact Karen Campbell at 978-772-3335 x322.



Supper Club **Wednesday, December 20 at 5:00pm: S&S Lobster** **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 (December 12) 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 at 1pm.** Join us Fridays for free popcorn and movies.

Tuesday, December 5: *The Spruces and the Pines*. Filmed in Ayer! A Romeo-and-Juliet romance takes place between two feuding New England Christmas Tree lot families. Against their families' wills, Julie Pine (Jonna Walsh) and visiting-from-Texas Rick Spruce (Nick Ballard) fall in love, but they are forced to hide their Yuletide relationship.

Tuesday, December 19: *Dolly Parton's Mountain Magic Christmas*. Dolly Parton's Mountain Magic Christmas follows Parton's desire to uplift an exhausted world's spirits by sharing the unique "mountain magic" she has always found in & around Dollywood at Christmas. Throughout the movie's production numbers & rehearsal chaos, Parton finds herself taking a private journey into her past, guided by the mysterious appearances of her personal Three Wise Mountain Men. When it's time for her big special to air, a renewed & inspired Dolly goes rogue and shows the world what the real spirit of Christmas is about.

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.

How to Avoid Winter Slips and Falls

By Brittnei Lair for Mayo Clinic Health Systems
Reprinted from Thursday, January 6, 2022

Forget boots — some sidewalks require ice skates. Winter can be beautiful, but ice and snow increase the risk of falling.

The Centers for Disease Control and Prevention reports that about 1 million U.S. adults are injured due to slips and falls every year, with the injury rate increasing significantly as temperatures decline.

Falls are unexpected, but there are a few ways to decrease your risk of falling:

- **Wear proper footwear.** Be sure you have a pair of lightweight boots with good support. You also can purchase snow grips for the bottoms of your shoes or boots if needed
- **Take your time.** Do not hurry while walking outside. Pay attention to your steps and walk slowly.
- **Use assistance.** Always use handrails, a walking stick, your walker or cane when out in winter weather.
- **Take small steps.** Small steps, almost from side to side, help you maintain your center of gravity. Take small steps and waddle a bit like a penguin.
- **Stay inside.** On days when it is icy and you do not need to go anywhere, stay inside.

If you do feel yourself falling, don't try to catch yourself with your arms. That can lead to more injuries. Try to take the hit on your buttock or back. After a fall, wait for someone to help you in case you are injured or to avoid subsequent falls. Some people further injure themselves by springing up after a fall instead of waiting for help. Remember to always use your best judgment when out and about in the ice and snow. Be careful and aware of your surroundings, and you will be on your way to a safe and healthy winter.



Fun & Games



Cribbage

Tuesdays at 11am.

Cribbage with a Cop: Second Tuesday of the month



Tuesdays at 1pm.



Breezy Bingo

Mondays at 1pm FREE (beginning Dec 18)

This new, relaxed bingo game is for players who don't care who wins, they're just looking to have fun.

Bingo for Bosses

Thursdays at 1pm. \$1.00 per card.

This is our traditional bingo game—rowdy yet respectful banter is encouraged!



Council on Aging—Board Notes

COA Board of Directors:

Dennis Curran, Bob Gardner, Mary Markham, Janine Nichipor, Marge Withee

Next COA Board Meeting: Tuesday, December 12 at 2pm

In an effort to increase the engagement of the COA Board with members of our senior community, we will be starting a “**Board Notes**” section of the monthly newsletter. This will be a short note written each month by a Board member highlighting a particular topic of interest relevant to the cares and concerns of seniors. The topics will vary depending on the particular interests of the board member, but each note will hopefully provide information and a perspective that will expand your curiosity about, and understanding of, issues of common concern for seniors. These notes will hopefully be seen as helpful and informative. Perhaps they may even generate questions and conversation between and among members of our senior community. If anyone has a particular topic they would like to see included in “Board Notes”, please reach out to any member of the Board and we’ll try to have it covered in an upcoming newsletter. Thanks very much and we look forward to your feedback!

NEW! COA Office Hours! On **Tuesday December 5th** between 1:00 and 2:30 member(s) of the COA Board of Directors will be available at the Ayer Library study room to meet and talk with Ayer's seniors regarding any issues, concerns, or questions they may have. It is hoped these informal conversations will provide Ayer's seniors with an opportunity to get to know the Board and to have their voice heard at greater length than can be done during public input at our monthly meetings. We hope to see you there! COA van transportation available.

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.



Winter is Coming!



Storm Readiness List: Would you like the Senior Center to check in on you before and/or during a major winter storm? Please call the Senior Center to be added to our Storm Readiness List!

Winter Weather Policy: The Senior Center will follow the ASRSD for winter storms. If the schools are closed, we will be closed. If the schools are delayed, we will open on a delay.

Christmas

Word Search

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| K | C | D | S | L | E | I | G | H | R |
| V | V | H | F | A | M | I | L | Y | E |
| U | K | J | R | N | G | F | J | B | I |
| L | F | I | C | I | X | I | A | J | N |
| B | Q | N | A | M | S | O | F | T | D |
| E | O | G | N | E | F | T | F | T | E |
| L | X | L | D | R | U | A | M | O | E |
| L | Q | E | L | R | R | F | F | A | R |
| S | R | U | E | Y | B | O | F | M | S |
| M | Y | P | S | N | O | W | M | A | N |

Word list:

BELLS
CANDLES
CHRISTMAS
FAMILY
GIFT
JINGLE
MERRY
REINDEER
SLEIGH
SNOWMAN

Senior Center Volunteers Needed

Receptionist: Thursday afternoons or Friday mornings

Seasonal Decorations: Change centerpieces monthly, seasonal party decor

Lunch Helper: Assist with setup, serving, clean up (Thurs or Fri)

Van Driver: No special license required, training provided

Program Facilitator: Current Events, Women's Conversation, History Buffs, Arts & Crafts, etc. You don't need to be an expert!

If you are 60+ and own your own home, you can earn up to \$1500
property tax credit while volunteering!

Call the Ayer Senior Center at (978) 772-8260 to learn more.





Senior Services

SHINE Medicare Counseling

Questions about signing up for Medicare? Need to make changes to your existing coverage? Our certified SHINE counselor, Linda, is here to help. SHINE Counselors offer free and unbiased support, discuss all options related to Medicare and additional coverage, and she does not sell any plans. In-person and telephone or video calls are available. Support in Spanish is also available.

Next onsite SHINE Counseling: Monday, December 4 by appt.

SHINE also offers resources online through its website at www.shinema.org or by calling Central Mass SHINE at 508-422-9931.

Fuel Assistance

Fuel Assistance (also known as the Low Income Home Energy Assistance Program) helps eligible households challenged by the high cost of home heating fuel pay a portion of their winter heating bills. This program provides assistance for the cost of the primary source of heat, which includes, but is not limited to Oil, Electricity, Natural Gas, Propane, Kerosene, Wood and Coal. No matter what type of heating source you have, LIHEAP may be able to help you pay your winter heating bills.

New Application Appointments: 1st & 3rd Mondays in December by appt.

To schedule an in-person appt: Call MOC Fuel Assistance directly at 978-342-4520 or visit www.toapply.org/MassLIHEAP and start your Fuel Assistance application. You can also visit 165B Mill Street, Leominster, to make an appointment in-person.



**Going through a tough time?
Help is here.**

Call or text now

833-773-2445



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/free cell phones/service)

Affordable Connectivity Program (home internet)

Call the Senior Center to schedule an appointment.



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

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

December 1, 8, 22

Christmas Meal Delivery: Dec 19

If you need delivery, you must reserve 48hrs ahead

First time Loaves & Fishes clients:

Call (978) 772-4627x312 or

Email: clientservices@loavesfishespantry.org
to enroll or schedule a drive-thru time.

Senior Center Building Update

The Committee met for the first time on November 16th. At this meeting the Committee selected its Officers as follows: Katie Petrossi, Chair; Ken Diskin, Vice Chair; Dennis Curran, Clerk.

The Committee and the Town Manager then reviewed the “ground rules” for the process: the Charge and Purposes of the Committee, an overview of the Open Meeting Law and Public Records Law, and an overview of the process for the Town to acquire real property including an overview of the appropriate use of Executive Session for this purpose.

The Committee received a presentation from the Chair on the need for a new Senior Center, and the Vice Chair provided an overview of the sites looked at previously.

The Committee voted (9-0) to conduct a comprehensive look at all possible Town owned-land sites first before looking at privately owned land sites. The Committee began discussing its public outreach strategy.

The next meeting is scheduled for Thursday, December 7, 2023 at 6pm at Town Hall.



FREE Online Networking Group For 50+ Job Seekers

Meetings will feature:

- Topical Presentations
- Interactive Workshops
- Expert Guest Speakers
- Access To Hiring Managers
- Networking Opportunities

Curriculum will include:

- Self Assessments
- New Artificial Intelligence Tools
- Cover Letters, Resumes, LinkedIn
- Interviewing Techniques
- Networking Tips & Tricks



Facilitated by
certified career
coach Debbi Hope.

Supported by
60 public libraries
in MA and NH.



Registration Information

Morning Session:
1st & 3rd Wednesdays
9:30–11:30am

Evening Session:
2nd & 4th Wednesdays
6–8pm



<https://tinyurl.com/bdzxccp2>

Questions?
Contact librarian
& co-facilitator
Robert Hayes at
978-640-4490 or
rhayes@tewksburypl.org



<https://tinyurl.com/4842xzsp>

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!

See the Special Events page for more information about our exciting holiday crafts:

**Tinsel Wreaths
Festive Glasses
Mason Jar Cookies**

For Your Health



Well-Adult Clinic

Thursday, December 7 at 12:30

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.

How many letters are in the Christmas alphabet? 25 — there's noel.

Why is the Grinch such a good gardener? He has a green thumb.

What do you get if you cross a snowman and a vampire? Frostbite.

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

Instructor-Led Classes



Strength-Balance-Flexibility with Jeff Cote

Mondays at 9am; \$3 suggested donation

This class will help keep your muscles strong, 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.

DVD-Based Classes



Chair Exercise (DVD)

Tuesday thru Friday at 9am. Free.

This chair-based program features a variety of favorite DVD-based favorites like Ann Pringle's Strength & Stretch, and Grow Young Fitness videos.



Intermediate Chair Exercise (DVD)

Monday, Wednesday, Friday at 10am. Free

This chair exercise program takes it up a notch, for those looking for a faster paced workout, including the Curtis Adams Fitness.



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.

Meals *(RSVP Required)*

Join us at one of our many dining options:

- Restaurant catered meals Tuesdays, Wednesdays, Thursdays and select Fridays
- Monthly Supper Club
- MOC meals on Mondays & select Fridays
- Meals on Wheels (delivered Tuesdays and Thursdays)



All onsite meals served at noon. Suggested \$3.00 donation for all meals. If you would like to attend lunch but the suggested donation presents a financial hardship, please see the COA Director for confidential enrollment in our Meal Assistance Program.

**RSVP 48 Hours in Advance by calling:
(978) 772-8260**

**RSVPs allow us to have enough food for everyone.
Thank you for understanding our policy.**

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.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| | | | | ¹ <u>Senior Center</u> MOC: Breaded Cod <u>Meals on Wheels</u> None |
| ⁴ <u>Senior Center</u> MOC: BBQ Pulled Pork <u>Meals on Wheels</u> None | ⁵ <u>Senior Center</u> Chicken & Rice with Salad (Marty's) <u>Meals on Wheels</u> MOC: Garlic Chicken | ⁶ <u>Senior Center</u> Pot Roast & Potatoes (Donelan's) <u>Meals on Wheels</u> None | ⁷ <u>Senior Center</u> Mini Charcuterie (Shaw's) <u>Meals on Wheels</u> MOC: Tuna, Garden, and Quinoa Salads | ⁸ <u>Senior Center</u> Steak & Cheese Subs (The Cottage) <u>Meals on Wheels</u> None |
| ¹¹ <u>Senior Center</u> MOC: Veggie Fried Rice <u>Meals on Wheels</u> None | ¹² <u>Senior Center</u> Chicken Parm Sub (Junction) <u>Meals on Wheels</u> MOC: Hot Dog | ¹³ <u>Senior Center</u> Haddock Sandwich (Tiny's) <u>Meals on Wheels</u> None | ¹⁴ <u>Senior Center</u> Stuffed Shells & Salad (Lazy Mary's) <u>Meals on Wheels</u> MOC: Beef Wellington | ¹⁵ <u>Senior Center</u> MOC: Macaroni & Cheese <u>Meals on Wheels</u> None |
| ¹⁸ <u>Senior Center</u> MOC: Meatballs & Marinara <u>Meals on Wheels</u> None | ¹⁹ <u>Senior Center</u> Turkey Club & Soup (Markoh's) <u>Meals on Wheels</u> MOC: Fish Stew | ²⁰ <u>Senior Center</u> Cheesburger & Chips (Red Robin) <u>Meals on Wheels</u> None | ²¹ <u>Senior Center</u> Seafood, Tuna, or Veggie Rolls (Cottage) <u>Meals on Wheels</u> MOC: Meatloaf | ²² <u>Senior Center</u> Holiday Party: Pork Loin, Roast Potatoes, Veggies (Donelan's) <u>Meals on Wheels</u> None |
| ²⁵ Closed For Christmas | ²⁶ Closed For Christmas | ²⁷ <u>Senior Center</u> Shepherd's Pie (Donelan's) <u>Meals on Wheels</u> None | ²⁸ <u>Senior Center</u> Turkey Pot Pie (Nashoba Park) <u>Meals on Wheels</u> MOC: Breaded Chicken | ²⁹ <u>Senior Center</u> MOC: Egg Bake <u>Meals on Wheels</u> None |

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: Walmart (Lunenburg)
2nd Tuesday: Walmart (Lunenburg)
3rd Tuesday: No trip due to Loaves & Fishes Christmas deliveries
4th Tuesday: No trip due to Christmas

**NO VAN SERVICE
DECEMBER 25-29**

Have a great vacation, Sam!

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

Representative Dan Sena
(617) 722-2014

Senator Jamie Eldridge
(617) 722-1120

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 |
|--|---|--|--|--|
| <h1>December</h1> | | | | 1 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch |
| 4 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch <i>Fuel Assistance by Appt SHINE by Appt</i> | 5 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 1:00 Movie 1:00 COA Office Hours | 6 9:00 Chair Exercise 10:00 Exercise 11:00 Listening Session 12:00 Lunch 1:00 Knit/Crochet | 7 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo 6:00 Senior Center Bldg Committee | 8 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Festive Glasses |
| 11 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 Wreaths | 12 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage & Cop 11:00 Tai Chi 12:00 Birthday Lunch 1:00 Rummikub 1:00 Tea Party Sing-A-Long 2:00 COA Meeting 4:00 Grief Group | 13 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch & Nutrition Myths 1:00 Knit/Crochet 4:30 Christmas Lights & Dinner | 14 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo | 15 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch |
| 18 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 Bingo <i>Fuel Assistance by Appt</i> | 19 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 1:00 Movie <i>Loaves & Fishes Christmas Delivery</i> | 20 9:00 Chair Exercise 10:00 Exercise 11:00 Holiday Mason Jars 12:00 Lunch 1:00 Knit/Crochet 5:00 Supper Club | 21 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo | 22 9:00 Chair Exercise 10:00 Exercise 12:00 Holiday Lunch |
| 25 Closed for Christmas | 26 Closed for Christmas | 27 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet No van service | 28 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo No van service | 29 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch No van service |