



Longevity Ledger

Ayer Senior Center

July 2023

From The Desk of the Director—

Summer is upon us! Nothing says summer like a vine-ripened tomato, fresh strawberries, or a soft and fragrant cantaloupe from a local farmstand. Did you know that the Ayer Library hosts a monthly Farmer's Market? Typically on the second Tuesday of the month (check the Library calendar to confirm), they take cash, credit, EBT/SNAP cards, and HIP benefits. If you have SNAP benefits and are not *also* using your HIP benefit, please call us to learn more—you're missing out on a free \$40/month of fresh, local produce!

Please take note of a change in our transportation schedule. Our monthly Walmart trip is moving to the third Tuesday of the month, freeing up the van for Farmer's Markets on the second Tuesday. We'll visit different Farmer's Markets each month, until we find a favorite.

The Senior Center/Community Center Building Committee held its first meeting mid-June. The Committee is comprised of nine members, including three Town employees (Katie Petrossi, COA Director; Jeff Thomas, Parks & Rec Director; and Dan Van Shalkwyk, DPW Director), resident representatives of the COA Board (Dennis Curran), Parks Commission (Kevin Malantic), and Planning Board (Ken Diskin), and three residents-at-large: Ellen Fitzpatrick, Christine Logan, and Marge Withee. The first meeting was largely administrative—introductions, review of the efforts since 2019, and a review of the charge of the committee: to develop a proposed Senior/Community center to be located on a portion of Pirone Park. There is much work to be done, and there are many site-specific considerations that must be weighed carefully, so stay tuned. Their next meeting is July 12 at 4pm at Town Hall.

— 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, July 11 at 2pm

Katie Petrossi, Director

Sam Parr, MART Van Coordinator

Denise Galvin, Nutrition Coordinator

Mary Ellen Gorman, Outreach Coordinator

Open 9am-3pm, Mon—Fri

www.ayer.ma.us/council-aging

Ayer Senior Center

18 Pond Street Rear

Ayer, MA 01432

Main Office: (978) 772-8260

Dial-a-Ride: (978) 772-8261

Special Events *(RSVP Required)*



Growing Places Farmer's Market

Wednesday, July 5 at 12:30pm

The Growing Places Market will bring fresh local produce to the Ayer Library. Fruits and vegetables will be available for purchase using cash, credit, ATM, farmers market coupons, or SNAP/HIP dollars.



Hampton Beach Trip

Monday, July 10 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.



Kimballs Ice Cream Social

Friday, July 14 at 1pm; FREE

I scream, you scream, we all scream for ice cream! Enjoy your favorite flavors of Kimballs Ice Cream, from the comfort of the Senior Center.



Balance Basics

Tuesday, July 18 at 12pm

Connections Physical Therapy will talk about the basics of balance, how it changes over time, and the four types of balance assessments. No matter your balance ability, you can always improve. Learn simple strategies to improve your balance, and when to seek medical advice.



The "Me" Decade A Cultural Review of the 1970s Through Music

Thursday, July 20 at 12pm

This multi-media presentation highlights the cultural nuances of the 1970s, featuring live acoustic music and audience sing-alongs, coupled with audio and video clips showing the best (and sometimes the worst) of the 1970s. The decade of the 1970s conjures up images of Watergate, the end of the Vietnam War, the election of a peanut farmer to the Presidency, rampant inflation, the rationing of gas and more. There was no shortage of musicians willing to comment on the cultural happenings of the 1970s. These included Crosby, Stills, Nash and Young, Chicago, Simon and Garfunkel, Yes, The Band, Bob Dylan, and others. This hour-long presentation is suitable for all ages and it is family-friendly. *Funded by the Ayer Cultural Council.*

ELTON JOHN
GREATEST HITS
1970-2002

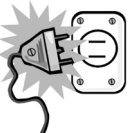


Yellow Brick Road—Tribute to Elton John

Friday, July 21 at 7pm; Cost: \$10.00

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

ELECTRICITY



Everything You Wanted to Know About Energy But Were Afraid To Ask

Wednesday, July 26 at 12pm

This two-part presentation will provide some clarity on electricity pricing and the various factors that impact it. The presentation will cover how electricity is generated, where it is coming from, what impacts its generation, explanation of our electric bill, the impact of fuels, weather, market, federal and state regulations and environmental controls on its pricing.

*****See the Arts & Crafts section for more information about upcoming card making and rock painting classes*****

Senior Services



SHINE Medicare Counseling Monday, July 10 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 and our weekly Medicare 101 webinars.

MassHealth Eligibility Update: MassHealth's continuous coverage due to the COVID-19 emergency has ended. Starting April 1, 2023, MassHealth has returned to its standard annual eligibility renewal process. All 2.3 million members will be reviewed over the following 12 months. Members who need to provide information to MassHealth will receive a redetermination package in a large blue envelope. In preparation for this, it is important that you:

- Report any address changes or status updates to MassHealth as soon as possible.
- Update MassHealth by calling the Customer Service number at 800-841-2900
- Open and read any communications from MassHealth as soon as it arrives in the mail
- Follow the instructions in the letter and return any forms and required documentation
- Make sure you reply well in advance of the deadline

Need help applying for **SNAP/EBT Food Benefits, Senior Housing, or Lifeline/ACP** benefits that lower your cell phone and internet bills? We can help! Call the Senior Center to schedule an appointment.

Fun & Games

Cribbage

Tuesdays at 11am. All experience levels welcome.

Rummikub

Tuesdays at 1pm. All experience levels welcome.

Bingo

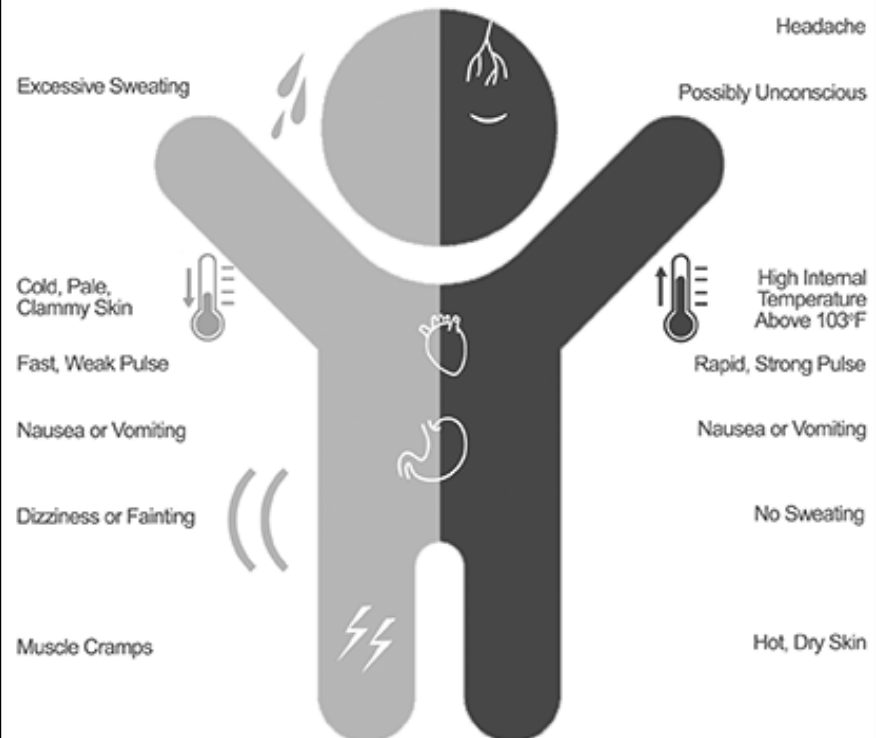
Thursdays at 1pm. \$1.00 per card.

What other games/groups would you participate in? Bridge? Mexican Train? Monopoly? Trivial Pursuit? Let us know!

Know The Signs

Heat Exhaustion

Heat Stroke



What To Do

1. Move to a cooler location.
2. Lie down and loosen your clothing.
3. Apply cool, wet cloths to as much of your body as possible.
4. Sip water.
5. If you have vomited and it continues, seek medical attention immediately.

What To Do

1. **CALL 911 IMMEDIATELY**
2. Move the person to a cooler environment.
3. Reduce the person's body temperature with cool cloths or even a bath.
4. Do NOT give fluids.

Source: CDC

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, July 7 & 28 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, July 11 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, July 12 at 11:00am (Shirley Senior Center, 9 Parker Rd, Shirley)

Wednesday, July 26 at 2:30pm (Shirley Meadows, 27 Hospital Road, Devens)

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

Friday, July 21 at 4:30pm (Bull Run Restaurant, 215 Great Road, Shirley)

Tuesday, July 25 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

Friday, July 28 at 11:30am: Carlson's Cider Barn (Harvard)

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 (July 11) 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 July at 1pm. Join us Fridays for free popcorn and movies.



July 11: *Slumdog Millionaire* (2008) A Mumbai teenager reflects on his life after being accused of cheating on the Indian version of "Who Wants to be a Millionaire?"

July 18: *Stepford Wives* (2004) Joanna Eberhart, a talented photographer, wife and young mother relocates with her family to Stepford, CT, where she suspects that something in Stepford's environment is changing the wives from free-thinking, intelligent women into compliant wives dedicated solely to homemaking

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.

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!



WOW Card Making with Sandi

Thursday, July 13 at 10:30am; FREE

Create one-of-a-kind cards for all occasions. Discuss possibilities as you experiment choosing colors, shapes and becoming cheerleaders of other's work. *Funded by the Ayer Cultural Council.*



Rock Painting

Tuesdays July 11 & 25 at 1pm

Local artist Frank Raymond will teach the joy of painting rocks. Keep for your own enjoyment or join a local group that hides them and delights in finding them. A fun way to connect with people in town!

For Your Health



Well-Adult Clinic

Thursday, July 13 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

July 5, 7, 12, 14, 19, 22, 26, 28

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

July 7, 14, 28

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.

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None	4 CLOSED FOR INDEPENDENCE DAY	5 <u>Senior Center</u> Pizza (Littleton Sub Shop) <u>Meals on Wheels</u> None	6 <u>Senior Center</u> Stuffed Shells & Salad (Lazy Mary's) <u>Meals on Wheels</u> MOC: TBD	7 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None
10 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None	11 <u>Senior Center</u> Seafood Salad Rolls & Salad (The Cottage) <u>Meals on Wheels</u> MOC: TBD	12 <u>Senior Center</u> Tacos (Ocho Café) <u>Meals on Wheels</u> None	13 <u>Senior Center</u> Baked Ziti & Greek Salad (Jimbo's) <u>Meals on Wheels</u> MOC: TBD	14 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None
17 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None	18 <u>Senior Center</u> Roast Beef Sandwiches & Chips (The Junction) <u>Meals on Wheels</u> MOC: TBD	19 <u>Senior Center</u> Pulled Pork Sandwich & Coleslaw (Smokey Bones) <u>Meals on Wheels</u> None	20 <u>Senior Center</u> Cheeseburgers (Red Robin) <u>Meals on Wheels</u> MOC: TBD	21 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None
24 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None	25 <u>Senior Center</u> Rigatoni with Chicken & Broccoli (Bertucci's) <u>Meals on Wheels</u> MOC: TBD	26 <u>Senior Center</u> BBQ Chicken & Rice Pilaf (Marty's Café) <u>Meals on Wheels</u> None	27 <u>Senior Center</u> Tuscan Mac & Cheese (Nashoba Park) <u>Meals on Wheels</u> MOC: TBD	28 <u>Senior Center</u> MOC: TBD <u>Meals on Wheels</u> None
31 <u>Senior Center</u> MOC: TBD <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.

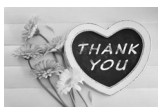
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am-12pm	Leominster & Fitchburg	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Acton & Concord
Afternoon 12-4pm	Ayer, Shirley, Groton, Harvard, Devens	Group Shopping (see below)	Market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

Group Shopping (pickups begin at 1pm):

- 1st Tuesday: 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, BJ's, 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

Nashoba Nursing Service

(978) 425-6675

SHINE Medicare Counseling

(508) 422-9931

Tax Relief for Seniors


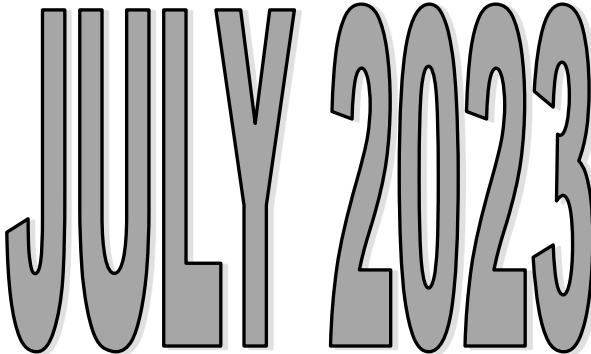

Ayer senior citizens can receive a Tax Deferral through participation in the Senior Work-Off Program. The purpose of this program is to provide qualified, efficient resources to the Town, while assisting senior residents in paying their property tax bills by drawing on their skills and expertise, and 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
3 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch	4 CLOSED FOR INDEPENDENCE DAY	5 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 12:30 Farmers Mkt 1:00 Knit/Crochet	6 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	7 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Tea Time
10 9:00 S-B-F with Jeff 9:00 Hampton Beach 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch <i>SHINE by Appt</i>	11 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage with A Cop 11:00 Tai Chi 12:00 Birthday Lunch 1:00 Rock Painting 1:00 Rummikub 1:00 Movie 2:00 COA Meeting	12 9:00 Chair Exercise 10:00 Exercise 11:00 Grief Support 12:00 Lunch 1:00 Knit/Crochet 2:00 Building Mtg	13 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	14 9:00 Chair Exercise 10:00 Exercise 12:00 MOC Lunch 1:00 Ice Cream Social
17 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch	18 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch & Balance Basics 1:00 Movie 1:00 Rummikub	19 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	20 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch & 70s 1:00 Bingo	21 9:00 Chair Exercise 10:00 Exercise 12:00 MOC Lunch 4:30 Grief Social 7:00 Concert
24 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch	25 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 11:30 Grief Social 12:00 Lunch 1:00 Rock Painting 1:00 Rummikub	26 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch & Energy 1:00 Knit/Crochet 2:30 Grief Support	27 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	28 9:00 Chair Exercise 10:00 Exercise 11:30 Supper Club 12:00 MOC Lunch 1:00 Tea Time
31 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch	<div>    </div>			