



Longevity Ledger

Ayer Senior Center

June 2023

From The Desk of the Director—

Welcome summer!! I've been waiting for this time of year—warm but not hot. I invite you to advantage of the mild weather and lengthening days on our new patio seating. Or join us for our Father's Day luncheon and comedy show—all are welcome! June also means the Fireman's Cookout, an opportunity to update your COVID booster, and using the beauty of your garden to create lush botanical prints. There's something for everyone.

Next time you're at the Senior Center, please welcome Mary Ellen Gorman, our new Outreach Coordinator. Mary Ellen has years of experience helping people navigate the often complex ups & downs of life. She's here to help you too—at the Senior Center, on the phone, or in your home. We also have two new COA Board members—welcome aboard Mary Markham and Bob Gardner!

Looking forward to seeing you soon!

—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, June 14 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)*



Pickleball for Beginners with Sue Adams

Friday, June 2, 9, & 16 at 9:30am. Free.

This is your chance to learn to play pickleball in a fun and friendly setting for beginners. 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. RSVP required, no drop-ins please.



COVID Booster Clinic

Wednesday, June 7 at 12pm

Ayer Family Pharmacy will be here to offer updated COVID boosters to those who are out-of-date. Updated boosters were released in September 2022. The CDC recommends that people aged 65 and older have two doses of the "updated" booster (spaced 4+ months apart).



Fireman's Cookout

Friday, June 9 at 4pm. FREE.

The Ayer Fire Department is once again opening the firehouse for us, serving up burgers and hot dogs and all the fixings! This event is open to all seniors and free of charge.



Father's Day Luncheon & Comedy Juggling Show

Monday, June 12 at 12pm. FREE

Join us for a wonderful afternoon of appreciation of fathers. We'll enjoy delicious burgers from Red Robin and then the laughter, music, and comedy of Bryson Lang, a central Mass native who has traveled the world performing on cruise ships, casinos, and clubs. Not to be missed!



Growing Places Farmer's Market (Ayer Library)

Tuesday, June 13 at 3pm

Come shop the Growing Places Market! Fresh local produce will be available for purchase using cash, credit, ATM, farmers market coupons, or SNAP/HIP dollars. The Market will visit the Ayer Library monthly on the second Tuesday of the month from 3 - 4 pm.



Botanical Prints with Ann-Marie Labolita

Friday, June 16 at 9:30am FREE

Working with a small gel plate, acrylic paints and botanicals from your own home garden or house plants, you will learn to make beautiful prints without a press! With the addition of stencils, you will create interesting backgrounds and build layers in your prints. *Sponsored by the Ayer Cultural Council.*



Lavender Festival

Friday, June 23 at 2:45pm Cost: \$10.00

This unique farm festival at Summitwynds in Holden is not to be missed! Enjoy a relaxing and tranquil experience in the lavender fields, overlooking the pastures and spectacular view of Mount Wachusett. Enjoy lavender treats & drinks like lavender lemonade, lavender ice cream and more. Listen to live music or stop into the vintage camper photo booth for some fun pictures! Our VIP tickets will include: Unlimited Wagon Rides; Lavender Recipes; Lavender Lemonade; \$5 Shop coupon; Lavender Farm Notecards; Reusable Produce Bag; Souvenir Cup. Also, your choice of: a PICK YOUR OWN lavender bouquet, or a dried lavender bundle, or dried buds or sachet.



How to Write and Self-Publish Your Life Story

Wednesday, June 28 at 12:30pm

Henry Quinlan, publisher and author with more than 50 years of experience, will offer writing tips that will make your reader engaged, your title attractive and tell a secret to recovering your costs within a very short period. His recounting of anecdotes from authors he has published will leave you feeling amazed. In this workshop, you'll learn how to get started writing your life story, and how to make it a positive experience. You'll learn the advantages of writing a positive account of your life, full of anecdotes and photos. Henry will introduce the audience to Artificial Intelligence and how it can help you to write your story.

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.
Coffee Hour	Fridays at 9am. Join friends old & new for coffee and pastries.
Game Time	Fridays at 1pm. We have all the best board games... bring a friend!

Senior Services



SHINE Medicare Counseling

Monday, June 5 (First Monday of the month) by appointment.

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.



SNAP/EBT Food Benefits

By Appointment

Due to recent action by the federal government, the extra COVID SNAP benefits are ending March 2, 2023 in Massachusetts. Starting in April, you will get only one monthly payment. That is your normal benefit. Get your normal amount on DTA Connect or listen to the information about your case by calling DTA at 877-382-2363. If you need further assistance, we can help!

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 **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.



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, June 2 and 23 at 1pm

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



Women's Conversation with Linda

Wednesday, June 14 & 28 at 11am. FREE.

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, June 13 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, June 14 at 11:00am (Shirley Senior Center, 9 Parker Rd, Shirley)

Wednesday, June 28 at 2:30pm (Shirley Meadows, 27 Hospital Road, Devens)

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

Friday, June 16 at 4:30pm (Bull Run Restaurant, 215 Great Road, Shirley)

Tuesday, June 27 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

Wednesday, June 14 at 4:30am: Chili's Bar & Grille (Westford)

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 (June 13) 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—Now on Tuesdays!!

Tuesdays in June at 1pm. Join us Fridays for free popcorn and movies.

June 6: *The Book Club* (2018). Starring Jane Fonda, Diane Keaton, and Candice Bergen. Four lifelong friends have their lives forever changed after reading *50 Shades of Grey* in their monthly book club.

June 13: *Jack and Jill* (2011). Starring Adam Sandler, Al Pacino and Katie Holmes. Jack Sadelstein is a successful advertising executive in Los Angeles, with a beautiful wife and kids, who dreads one event each year--the Thanksgiving visit of his fraternal twin sister, Jill. Jill's neediness and passive-aggressiveness is maddening to Jack, turning his normally tranquil life upside down.

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!



Botanical Prints

Friday, June 16 at 9:30am FREE

Working with a small gel plate, acrylic paints & botanicals from your home garden, you will make beautiful prints without a press! Stencils create backgrounds & build layers in your prints. *Sponsored by the Ayer Cultural Council.*



Rock Painting

Tuesdays June 13 & 27 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, June 8 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

Friday, June 2, 9, 16 at 9:30am. Free.

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 & 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

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

June 2, 6, 7, 9, 14, 17, 21, 23, 28

We pick-up food & deliver to seniors (after 2pm):

June 7, 9, 23

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
			¹ <u>Senior Center</u> Pizza (Verona) <u>Meals on Wheels</u> MOC: Teriyaki Salmon	² <u>Senior Center</u> Leftover Stuffed Shells <u>Meals on Wheels</u> None
⁵ <u>Senior Center</u> MOC: Sausage, Peppers & Onions <u>Meals on Wheels</u> None	⁶ <u>Senior Center</u> Chicken Wraps (Sorrento's) <u>Meals on Wheels</u> MOC: Chicken Picatta	⁷ <u>Senior Center</u> Corned Beef Sandwich (Harvard General Store) <u>Meals on Wheels</u> None	⁸ <u>Senior Center</u> Chinese Favorites (Wok N Roll) <u>Meals on Wheels</u> MOC: Egg Salad	⁹ <u>Senior Center</u> MOC: Pasta Fagioli <u>Meals on Wheels</u> None 4pm Fireman's Cookout
¹² <u>Senior Center</u> Father's Day Burgers (Five Guys) <u>Meals on Wheels</u> None	¹³ <u>Senior Center</u> Ham & Cheese Panini (Markoh's) <u>Meals on Wheels</u> MOC: Stuffed Shells	¹⁴ <u>Senior Center</u> Italian Subs (Cottage) <u>Meals on Wheels</u> None	¹⁵ <u>Senior Center</u> Chicken Fricassee (creamy broth), mashed potatoes <u>Meals on Wheels</u> MOC: BBQ Steak Tips	¹⁶ <u>Senior Center</u> MOC: Breaded Cod <u>Meals on Wheels</u> None
¹⁹ CLOSED FOR JUNETEENTH	²⁰ <u>Senior Center</u> Chicken & Broccoli Pasta (Metropolitan Deli) <u>Meals on Wheels</u> MOC: BBQ Boneless Ribs	²¹ <u>Senior Center</u> Breakfast Burritos (Karyn's Kitchen) <u>Meals on Wheels</u> None	²² <u>Senior Center</u> Closed; no meal <u>Meals on Wheels</u> TBD	²³ <u>Senior Center</u> MOC: Frittata Ratatouille <u>Meals on Wheels</u> None
²⁶ <u>Senior Center</u> MOC: Mac & Cheese <u>Meals on Wheels</u> None	²⁷ <u>Senior Center</u> Eggplant Parmesan (Lazy Mary's) <u>Meals on Wheels</u> MOC: General Tso Chicken	²⁸ <u>Senior Center</u> Grilled Chicken Sandwich (Smokey Bones) <u>Meals on Wheels</u> None	²⁹ <u>Senior Center</u> Seafood Salad (Nashoba Park) <u>Meals on Wheels</u> MOC: Meatball Stroganoff	³⁰ <u>Senior Center</u> MOC: Steak Salad <u>Meals on Wheels</u> None

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:

1st Tuesday: Nashua Mall Plaza (Nashua): Christmas Tree Shops, Kohls, Burlington Coat Factory, LL Bean

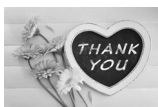
2nd Tuesday: Walmart (Lunenburg)

3rd Tuesday: Target (Leominster)

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
<h1>JUNE 2023</h1>			1 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	2 9:00 Chair Exercise 9:30 Pickleball 10:00 Exercise 12:00 Lunch 1:00 Tea Time No van service
5 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> No van service	6 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Movie 1:00 Rummikub	7 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch & COVID Booster Clinic 1:00 Knit/Crochet	8 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	9 9:00 Chair Exercise 9:30 Pickleball 10:00 Exercise 12:00 MOC Lunch 1:00 Games 4:00 Fireman's Cookout
12 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 Father's Day Luncheon & Show	13 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage with A Cop 11:00 Tai Chi 12:00 Birthday Lunch 1:00 Movie 1:00 Rock Painting 1:00 Rummikub 2:00 COA Meeting 3:00 Farmer's Mkt	14 9:00 Chair Exercise 10:00 Exercise 11:00 Women's Conversation 11:00 Grief Support 12:00 Lunch 1:00 Knit/Crochet 4:30 Supper Club	15 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	16 9:00 Chair Exercise 9:30 Pickleball 9:30 Botanical Prints 10:00 Exercise 12:00 MOC Lunch 1:00 Games 4:30 Grief Social
19 CLOSED FOR JUNETEENTH	20 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub	21 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	22 CENTER CLOSED BUT VAN IS RUNNING	23 9:00 Chair Exercise 10:00 Exercise 12:00 MOC Lunch 1:00 Tea Time 2:45 Lavender Fest
26 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch Opening at 10am	27 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 11:30 Grief Social 12:00 Lunch 1:00 Rummikub 1:00 Rock Painting Opening at 10am	28 10:00 Exercise 11:00 Women's Conversation 12:00 Lunch 12:30 Life Story 1:00 Knit/Crochet 2:30 Grief Support Opening at 10am	29 10:00 Yoga 12:00 Lunch 1:00 Bingo Opening at 10am	30 10:00 Exercise 12:00 MOC Lunch Opening at 10am