



# Longevity Ledger

## Ayer Senior Center

May 2023

### **From The Desk of the Director—**

Welcome Spring! With the weather getting nicer, we hope you'll venture out and see us. Join us for one of our delicious catered lunches, stay for a craft or game, or perhaps enjoy our new patio seating.

A few noteworthy changes in this month's programming:

- We've added a tea/social time on Tuesday afternoons.
- We've restarted Friday movies on select Fridays.
- The Senior Store is available onsite, but will no longer be mobile due to lack of interest.

Hope to see 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, Janine Nichipor, Marge Withee

**Next COA Board Meeting:** Tuesday, May 2 at 2pm

**Katie Petrossi**, Director

**Sam Parr**, MART Van Coordinator

**Denise Galvin**, Nutrition Coordinator

Open 9am-3pm, Mon—Fri

[www.ayer.ma.us/council-aging](http://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**

**Fridays 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.



## **Mother's Day Luncheon & Day of Beauty**

**Monday, May 8 at 12pm**

Calling all mothers! Join us for a luncheon to honor all mothers. We'll enjoy a delicious lunch of marinated chicken skewers, pasta salad, and rosemary focaccia bread from Filho's (free), followed by manicures, pedicures, massages, and facials offered by A Spa For You (each service is \$5.00).



## **Growing Places Farmer's Market (Ayer Library)**

**Tuesday, May 9 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.



## **Vascular Health with Dr DiDato**

**Wednesday, May 10 at 12pm**

This lunch and learn will feature the advances in Vascular Surgery that are now minimally invasive (and oftentimes done in the office). These new techniques assist patients who are diabetic or have circulatory issues care for their legs and feet in such a way that prevents any dramatic interventions for wounds or issues that could lead to toe/foot or limb loss.



## **Guided Mindfulness Meditation**

**Thursday, May 11 at 11am**

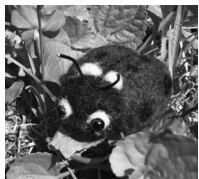
Maureen, our favorite Nashoba Board of Health nurse, will lead us in a guided mindfulness meditation session. Research suggests that meditation physically changes the brain and can help increase our ability to process information, slow the cognitive effects of aging, reduce inflammation, support the immune system, reduce symptoms of menopause, control the brain's response to pain, and improve sleep. Come give it a try!



## **Medicare Supplement or Medicare Advantage?**

**Wednesday, May 17 at 12pm**

Medicare Supplement or Medicare Advantage? Which Coverage Is Best For Me? This is the #1 question most people have when deciding on health coverage in retirement. This presentation will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies and provide resources to help in the decision process. *Offered by Blue Cross Blue Shield.*



## **Needle-Felted Ladybug**

**Wednesday, May 24 at 1pm Cost: \$5.00**

Join fiber artist Rachel Benson to learn the basics of needle felting. In this workshop you will be guided step-by-step to make your own iconic summer critter, the ladybug! All materials provided.



## **Spring is in the Ayer: Lunch and Flower Arranging at Nashoba Park**

**Wednesday, May 31 at 11:45am**

This fun event includes lunch, tour, and class with Christine the EnrichedLIFE Director where you'll learn the basics of flower arranging and take your creation home with you. Come join Christine and the residents at Nashoba Park for a fun-filled day that will bring joy to your home. This is a bring-your-own-vase event. If you don't have a vase, please see Katie—the senior center has extras!

# Fun & Games

<b>Cribbage</b>	Tuesdays at 11am. All experience levels welcome.
<b>Rummikub</b>	Tuesdays at 1pm. All experience levels welcome.
<b>Bingo</b>	Thursdays at 1pm. \$1.00 per card.
<b>Coffee Hour</b>	Fridays at 9am. Join friends old & new for coffee and pastries.
<b>Game Time</b>	Fridays at 1pm. We have all the best board games... bring a friend!

## Senior Services



### **SHINE Medicare Counseling**

**Monday, May 1 (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](http://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 **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

### Tuesdays at 1pm

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



## Women's Conversation with Linda

### Wednesday, May 10 & 24 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, May 9 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, May 10 at 11:00am (Shirley Senior Center, 9 Parker Rd, Shirley)

Wednesday, May 24 at 2:30pm (Shirley Meadows, 27 Hospital Road, Devens)

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

Friday, May 19 at 4:30pm (Bull Run Restaurant, 215 Great Road, Shirley)

Tuesday, May 23 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, May 10 at 4:30am: Texas Roadhouse**

**Wednesday, May 17 at 5:00pm: Phoenix (Shirley)**

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

A word about timing: at-home pickups begin 15-20 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 (May 9) 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

**Fridays in May at 1pm.** Join us Fridays for free popcorn and movies.

May 12: *Ticket to Paradise* (2022) George Clooney & Julia Roberts team up as exes who find themselves on a shared mission: to save their love struck daughter from making the same mistake they once made.

May 19: *June Again* (2022) A twist of fate gives June a reprieve from a debilitating illness. She sets about to put her family and business back on track. When it goes awry, she sets out on a journey and discovers she needs help from the people she was trying to help.

## 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! This month we're working on simple hats and mittens to donate to local charities. Pattern will be provided!



### Needle-Felted Ladybug

**Wednesday, May 24 at 1pm Cost: \$5.00** Join fiber artist Rachel Benson to learn the basics of needle felting. In this workshop you will be guided step-by-step to make your own iconic summer critter, the ladybug!

## For Your Health



### Well-Adult Clinic

**Thursday, May 11 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 for 10 min; \$50 for 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

**Fridays 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:

\*New Hours Starting April 1st\*

1st Tuesday Evening: 5—7 PM

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

May 2, 3, 5, 10, 12, 17, 20, 24, 26, 31

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

May 5, 12, 26

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 <b>Senior Center</b> MOC: TBD <b>Meals on Wheels</b> None	2 <b>Senior Center</b> Mac & Cheese with Pulled Pork (Marty's) <b>Meals on Wheels</b> MOC: TBD	3 <b>Senior Center</b> Pizza (Verona) <b>Meals on Wheels</b> None	4 <b>Senior Center</b> Chicken Parm & Greek Salad (Jimbo's) <b>Meals on Wheels</b> MOC: TBD	5 <b>Senior Center</b> Taco/Nacho Bar (Ocho Café) <b>Meals on Wheels</b> None
8 <b>Senior Center</b> Mother's Day Luncheon (chicken skewers, pasta salad, Filhos) <b>Meals on Wheels</b> None	9 <b>Senior Center</b> Lemon Chicken Penne (Bertucci's) <b>Meals on Wheels</b> MOC: TBD	10 <b>Senior Center</b> Cobb Salad (Honey Baked Ham) <b>Meals on Wheels</b> None	11 <b>Senior Center</b> Burgers & Fries (Red Robin) <b>Meals on Wheels</b> MOC: TBD	12 <b>Senior Center</b> Steak & Cheese Subs (Subway) <b>Meals on Wheels</b> None
15 <b>Senior Center</b> MOC: TBD <b>Meals on Wheels</b> None	16 <b>Senior Center</b> Meatloaf & Mashed Potatoes (Donelan's) <b>Meals on Wheels</b> MOC: TBD	17 <b>Senior Center</b> Ham/Roast Beef/ Turkey Sandwiches (Metropolitan Deli) <b>Meals on Wheels</b> None	18 <b>Senior Center</b> Stuffed Shells & Salad (Lazy Mary's) <b>Meals on Wheels</b> MOC: TBD	19 <b>Senior Center</b> MOC: TBD <b>Meals on Wheels</b> None
22 <b>Senior Center</b> MOC: TBD <b>Meals on Wheels</b> None	23 <b>Senior Center</b> Caprese Sandwiches (Fiorella's) <b>Meals on Wheels</b> MOC: TBD	24 <b>Senior Center</b> Chicken with Mushrooms & Bacon (Outback Steakhouse) <b>Meals on Wheels</b> None	25 <b>Senior Center</b> Turkey Chop Suey (Nashoba Park) <b>Meals on Wheels</b> MOC: TBD	26 <b>Senior Center</b> MOC: TBD <b>Meals on Wheels</b> None
29 <b>CLOSED FOR MEMORIAL DAY</b>	30 <b>Senior Center</b> Penne Marinara (Lazy Mary's) <b>Meals on Wheels</b> MOC: TBD	31 <b>Senior Center</b> None <b>Meals on Wheels</b> 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

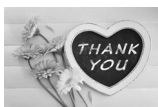
2nd Tuesday: Walmart (Lunenburg)

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
<b>1</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 Lunch  <i>SHINE by Appt</i>	<b>2</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Tea Time 1:00 Rummikub 2:00 COA Meeting	<b>3</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	<b>4</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	<b>5</b> 9:00 Chair Exercise 9:30 Pickleball 10:00 Exercise 12:00 Lunch 1:00 Games
<b>8</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 Lunch & Day of Beauty	<b>9</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage with A Cop 11:00 Tai Chi 12:00 Birthday Lunch 1:00 Tea Time 1:00 Rummikub 3:00 Farmer's Mkt	<b>10</b> 9:00 Chair Exercise 10:00 Exercise 11:00 Women's Conversation 11:00 Grief Support 12:00 Lunch & Vascular Health 1:00 Knit/Crochet 4:30 Supper Club	<b>11</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Meditation 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	<b>12</b> 9:00 Chair Exercise 9:30 Pickleball 10:00 Exercise 12:00 Lunch 1:00 Games 1:00 Movie
<b>15</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 Lunch  <b>NO VAN SERVICE</b>	<b>16</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Tea Time 1:00 Rummikub	<b>17</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch & Medicare 1:00 Knit/Crochet	<b>18</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	<b>19</b> 9:00 Chair Exercise 9:30 Pickleball 10:00 Exercise 12:00 Lunch 1:00 Games 1:00 Movie 4:30 Grief Social
<b>22</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 Lunch	<b>23</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 11:30 Grief Social 12:00 Lunch 1:00 Tea Time 1:00 Rummikub	<b>24</b> 9:00 Chair Exercise 10:00 Exercise 11:00 Women Conversation 12:00 Lunch 1:00 Knit/Crochet 1:00 Ladybug 2:30 Grief Support 5:00 Supper Club	<b>25</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	<b>26</b> 9:00 Chair Exercise 9:30 Pickleball 10:00 Exercise 12:00 Lunch 1:00 Movie  <b>NO VAN SERVICE</b>
<b>29</b>   <b>CLOSED FOR MEMORIAL DAY</b>	<b>30</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Tea Time 1:00 Rummikub	<b>31</b> 9:00 Chair Exercise 10:00 Exercise 11:45 Lunch & Flower Arranging - NP 1:00 Knit/Crochet		