



Longevity Ledger

Ayer Senior Center

May 2024

From The Desk of the Director—

Please join me in welcoming Russell, our new part-time van driver! Russell is filling in for Sam at the beginning of the month, while Sam takes a much-deserved vacation. For the first week of the month, we're offering group shopping only. On Wednesday, 5/1 we'll go to Market Basket, Thursday 5/2 to Walmart, and Friday 5/3 to Shop & Save. We hope this will help you with the necessities. Sam will be back and offering the full van schedule on Monday, May 6th. Going forward, we will gradually increase our transportation options to utilize both drivers on a weekly basis. If you have suggestions, please let me know!

As many of you know, the Senior Center was awarded a Hybrid Technology Grant from the State of Massachusetts Executive Office of Elder Affairs. The goal of the grant is to increase our programs that people can participate in from the Center or from their home, and increase your ability to participate in those programs. While we prefer seeing you in-person at the Senior Center, there are many reasons to participate remotely. Perhaps you have a cold but still want to see the performer without getting everyone sick. Perhaps you're rehabbing from a surgery and want to participate but aren't quite up to coming into the Center. Maybe you feel uncomfortable in crowded spaces, but still want to participate in our events. Going forward, you'll notice some of our Special Events labeled as "in-person or remote participation options." If you'd like to participate in one of these events remotely, let us know and we'll give you the specific instructions for that event. This month the COA Board meeting will be offered as a hybrid program, as well as three of our special events: How Much is Too Much: A Conversation About Alcohol; Preparing for Medicare; and our new Conversation Group.

We're excited to announce more growth—our Meals on Wheels program is now offering Monday deliveries, in addition to our existing Tuesdays and Thursdays. Meals on Wheels is a fantastic program. Not only does it provide a hot meal to Ayer residents who are homebound for physical or mental/emotional reasons, it also provides an opportunity to socialize with the volunteer driver, and check in on their well-being and connect them to services if desired. If you or someone you know are interested in receiving Meals on Wheels, give us a call.

This month's Action for Happiness calendar is Meaningful May and focuses on the free and easy ways we can feel a sense of purpose and be a part of something larger than ourselves, to connect to our everyday moments and appreciate their value. As we've been offering the past few months, pick up a copy of the Action for Happiness calendar and keep track of which items you've completed. Turn in your calendar at the end of the month for a chance to win a prize! — **Katie**

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)*



How Much Is Too Much? A Conversation about Alcohol presented by AARP **Wednesday, May 1 at 12pm** *(in-person and hybrid/remote participation options)*

Aging can lower the body's tolerance for alcohol, as well as exacerbate health problems that are common in older adults. Join William Stauffer, a nationally recognized trainer, writer and social worker, for a webinar about the unique challenges we face when it comes to alcohol use as we age. We'll discuss the importance of learning how to talk about alcohol use and the fallacies and realities around problematic use in older adults.



Conversation Group

Monday, May 6 at 10am *(in-person and hybrid/remote participation options)*

Join us for the inaugural meeting of new Conversation Group! At this first meeting we'll get acquainted with each other and our new OWL system. We'll discuss what kind of group we'd like to see—current events, women's health, obscure topics, light-hearted topics, or a mix of everything!



Mother's Day Luncheon

Friday, May 10 at 12pm FREE

In honor of the moms and all the special women in our lives, let's celebrate with a delicious lunch from Filho's Cucina and a photo contest. Bring in your favorite photo of you and your kids (or better yet, you and your mom), and whoever can correctly identify the most people wins a prize!



Watercolor Poppies

Monday, May 13 at 1pm FREE

Paint the delicate petals of poppy flowers with watercolor paint. In this class you will learn how to layer the translucent paint and work on two paintings concurrently to allow time for the layers to dry. Poppies are beautiful anytime of year, but are also perfect as a May remembrance of Memorial Day. *This course is paid for by the EOE Hybrid Programming Grant.*



Lilac Tour at Arnold Arboretum (Harvard University)

Thursday, May 16 at 11:45am Cost: \$10 for the tour + \$2 van fare

Celebrate the arrival of spring and New England's finest collection of over 400 lilacs at the Arnold Arboretum. Our 60-minute guided walking tour will allow you to see the lilacs up close, enjoy their scents, and hear their stories. *While this tour will be on paved surfaces, for your enjoyment please ensure that you are able to stand for 60 minutes.*

MEMORIAL
DAY



Memorial Day Luncheon

Wednesday, May 22 at 12pm FREE

Join us for a free luncheon in honor of those who made the ultimate sacrifice in service of our country. We'll also have Americana music featuring our very own Marge Withee at the keyboard!



Planning for Medicare

Wednesday, May 22 at 5pm *(in-person and hybrid/remote participation options)*

Led by a Blue Cross Blue Shield of Massachusetts, this presentation is for individuals approaching Medicare eligibility. Topics covered include an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans, and programs available to early retirees. Ideal for those who are working and looking to transition.



Asparagus Tour & Lunch at Verrill Farm (Concord)

Saturday, May 25 at 10am Cost: \$10 for the tour/lunch + \$2 van fare

Join Steve Verrill for a tour of the asparagus field and take a peek into the growing & harvesting of this first local crop of spring! After the tour, you'll receive a delicious boxed lunch featuring our own asparagus, to be enjoyed under the tents! The specific lunch will be a surprise, but past lunches have been asparagus lasagna, asparagus frittata, etc. *Please note that this tour involves walking through a working farm's fields. Please expect uneven ground and plan to wear sturdy sneakers or boots.*



Beach Bus: Rockport Beach

Thursday, May 30 at 9am Cost: \$2.00 van fare

The Beach Bus is back! Arriving in Rockport mid-morning for plenty of time for relaxing on Front Beach or browsing the shops of Bearskin Neck 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 (bring your own beach chair and a book). Use the time however you like on this unstructured trip.

Fun & Games



Cribbage

Tuesdays at 11am.

Cribbage with a Cop: Second Tuesday of the month



Bingo

Thursdays at 1pm.

\$1.00 per card.



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

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

Jared Splaine

Senior Center Liaison to the Ayer Police Department



I've been a patrol officer with Ayer PD since 2023. I'm a graduate of Westfield State University. My first job was in the activities department at a senior center in Medfield, MA. Elder services has always been a passion of mine and I'm excited to get to know the cast of characters at the COA!

Jared will be our liaison to the Ayer Police Department. Community Liaison programs bridge any gaps between law enforcement and citizens, to create an environment of trust and cooperation. It's also a great way for seniors to learn about the latest public safety issues.

We hope you'll say hello when you see him our programs and activities. He's happy to answer any questions you have, and be a trusted and friendly face, should you need anything from the Police in the future. Welcome Jared!



Food Costs are high!

Senior Center Meal Scholarship Program

The Senior Center offers lunch five days a week. If the \$3.00 suggested donation is too much, we can help! Due to the generosity of an anonymous donor, we can cover your lunch donation.

To find out more, see a staff member.



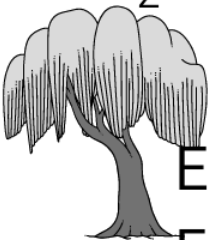
MAY



WORD SEARCH



R	Z	M	A	J	B	U	N	Y	L	I	L
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Emerald
Flowers
Gemini
Hawthorn

Lily
Maia
Memorial
Mothers

Snake
Spring
Taurus
Willow



Monthly Events



Tea Time

Tuesday, May 14 & 28 at 1pm

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



Birthday Party

Tuesday, May 14 at 12:00pm

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



Coping with Grief

Tuesday, May 21 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

Friday, May 17 at 11:15am: Mary Ann's Diner (Amherst, NH)

Cost: \$2 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 (May 14) 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 for free movies and snacks.

May 7: *Hampstead* (2017) Starring Diane Keaton and James Norton, An American widow finds unexpected love with a man living wild on Hampstead Heath when they take on the developers who want to destroy his home.

May 21: *American Graffiti* (1973) Starring Richard Dreyfuss, Ron Howard and Paul Le Mat. A group of teenagers in California's central valley spend one final night after their 1962 high school graduation cruising the strip with their buddies before they pursue their varying goals.

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.

Council on Aging—Board Notes

COA Board of Directors:

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

Next COA Board Meeting: Tuesday, May 14 at 2:00pm at Senior Center & on Zoom

COA Office Hours: Tuesday, May 7 from 10-11am at the Ayer Library. Member(s) of the COA Board of Directors will at the Ayer Library, offering an opportunity 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.

Affordable Connectivity Program (ACP)

The Federal Communications Commission formally notified Affordable Connectivity Program (ACP) providers that, due to a lack of additional funding from Congress, the agency will only be able to fully fund the program through the month of April. If you are enrolled in the ACP Program, expect to see an increase on your May bill.

The Affordable Connectivity Program ACP is the largest—and most successful—broadband affordability program in our nation's history. More than 23 million households across rural, suburban, and urban America rely on the ACP to pay for the high-speed internet service they need for school, work, health care, and more. The ACP supports eligible low-income households struggling to afford monthly broadband service.

The Ayer Senior Center is watching this closely waiting for Congress to vote on this. We will be looking at alternate options for access to low cost internet. Please schedule an appointment to meet with Mary Ellen if you would like assistance with your ACP benefits should they be discontinued.

If you use this program and/or believe in the value of it, please contact our Congressional Representative Lori Trahan at (202)225-3411 to voice your support. You can also sign the petition organized by the non-profit Don't Disconnect Us at www.dontdisconnectus.org



dr. Celeste

Senior Center Volunteers Needed

Do you have a hobby or passion you'd like to share with others? Love to debate current events? Are you a history buff? Do you tinker with woodcarving, wood burning, etc? Do you enjoy crafting?

You don't need to be an expert!

If you know enough to guide beginners in simple projects, that's enough!

If you are 60+ and own your own home, you can earn up to \$2,000 property tax credit while volunteering!

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



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



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

Pick up in your own car:

May 1, 3, 7, 8, 10, 15, 18, 22, 24, 29, 31

Closed Friday, May 17th

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

May 10, 24, 31

If you need delivery, you must reserve at least 48hrs ahead

First-time Loaves & Fishes clients:

Call (978) 772-4627x312 or

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



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/bdzcpc2>

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



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

Senior Center Building Update

The Senior Center Site Selection and Building Committee continues to explore Town-owned properties as potential sites for a new Senior Center, and has narrowed it to three sites. Due diligence (a fancy term for doing our homework) is underway to further determine the suitability of each site and the site-specific steps needed to move forward. The Committee has engaged Catlin Architecture to assist with site selection and develop concept drawings. The next meeting is scheduled for Wednesday, May 15th at 6pm in Town Hall and via Zoom. The public is welcome to attend.

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

Next onsite SHINE Counseling: SHINE appts by phone in May; In-Person appts returning this summer.

Friendly Call/Visit Program

Start the new year off feeling more connected. Our new friendly call/visit program is a great opportunity to get to know our Outreach staff—whether for a “official” check-in or just some good conversation. To get started, call the Senior Center at (978) 772-8260 and ask for Mary Ellen.

Police Department & Senior Center Programs

The Senior Center is working together with the Ayer Police Department to keep our seniors safe. We will assist with signing you up for these important services. Staying informed and up to date is one way of keeping yourself, family and friends safe.



File of Life helps rescue workers quickly find important medical information when every second counts. It has space to write in your in medical conditions, medication, insurance information, emergency contacts, and more. The plastic holder has a built-in magnet and is placed on the refrigerator. It is important to fill these out with current medical information and review them when changes occur.

CodeRed Emergency Alert System The Town of Ayer has a rapid emergency notification service called CodeRED®. The system will distribute emergency messages via telephone to targeted areas or the entire town. By registering, you'll be added to the emergency call list and receive important information you need to know.

Bring Me Home The Ayer Police Department is proud to offer the “Bring Me Home” program to the families and guardians of loved ones (children or adults) who may have a tendency to wander, run away, and/or may have a difficulty communicating where they live. This voluntary program will help Emergency Personnel out on the street quickly identify your loved one, and safely return them home. This program is designed to help protect those individuals who have Autism Spectrum Disorders, suffer from illnesses like Alzheimer's or Dementia, or otherwise may have difficulty communicating with Emergency Personnel who may encounter them. There is no charge for this program, nor are there any yearly fees!

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.

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!



Watercolor Poppies

Monday, May 13 at 1pm FREE

Paint the delicate petals of poppy flowers with watercolor paint. In this class you will learn how to layer the translucent paint and work on two paintings concurrently to allow time for the layers to dry. Poppies are beautiful anytime of year, but are also perfect as a May remembrance of Memorial Day. *This course is paid for by the EOE Hybrid Programming Grant.*

For Your Health



Well-Adult Clinic

Thursday, May 9 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.

SAVE THE DATE!!!!



Devens Food Truck and Craft Festival

Saturday June 1, 11am—6pm
Verbeck Field, Antietam St.

A full day of food trucks, craft vendors, musical performances and more!



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.



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 Mondays, 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

Monday, Tuesday & Thursday between 12:00 –1:30pm
Someone must be home to receive the meal.

Monday	Tuesday	Wednesday	Thursday	Friday
May 2024		1 <u>Senior Center</u> Chicken salad topped garden salad (Junction) <u>Meals on Wheels</u> None	2 <u>Senior Center</u> Italian Subs (Cottage) <u>Meals on Wheels</u> MOC: Breaded Fish	3 <u>Senior Center</u> MOC: Mac & Cheese <u>Meals on Wheels</u> None
		6 <u>Senior Center</u> MOC: Apricot Meatballs <u>Meals on Wheels</u> MOC: Apricot Meatballs	7 <u>Senior Center</u> Fettucine Alfredo (Lazy Marys) <u>Meals on Wheels</u> MOC: Ravioli	8 <u>Senior Center</u> Beef Lasagna & Salad (Marty's) <u>Meals on Wheels</u> None
9 <u>Senior Center</u> MOC: Beef Fajitas <u>Meals on Wheels</u> MOC: Beef Fajitas	10 <u>Senior Center</u> Mother's Day Luncheon: Chicken Skewers and Tortellini Salad (Filhos) <u>Meals on Wheels</u> None	11 <u>Senior Center</u> Egg & Bacon Wrap (Markohs) <u>Meals on Wheels</u> MOC: Turkey Dinner	12 <u>Senior Center</u> Chicken Caesar Wrap (Chip Shots) <u>Meals on Wheels</u> MOC: Crustless Quiche	13 <u>Senior Center</u> MOC: Lentil Stew <u>Meals on Wheels</u> None
14 <u>Senior Center</u> MOC: Chicken Stir Fry <u>Meals on Wheels</u> MOC: Chicken Stir Fry	15 <u>Senior Center</u> Chinese Food Favorites (Main House, Groton) <u>Meals on Wheels</u> MOC: Mediterranean Cod	16 <u>Senior Center</u> Turkey & Swiss Sandwich (Applebees) <u>Meals on Wheels</u> None	17 <u>Senior Center</u> Pizza (Devens Pizza) <u>Meals on Wheels</u> MOC: BBQ Pulled Pork	18 <u>Senior Center</u> TBD (Nashoba Park) <u>Meals on Wheels</u> MOC: Trio of Cold Salads
19 <u>Senior Center</u> Fish Sandwich & Coleslaw (Junction) <u>Meals on Wheels</u> MOC: Stuffed Shells	20 <u>Senior Center</u> Meatloaf & Roasted Potatoes (Donelans) <u>Meals on Wheels</u> None	21 <u>Senior Center</u> Pizza (Sorrentos) <u>Meals on Wheels</u> MOC: Meatloaf	22 <u>Senior Center</u> MOC: Cheese Omelet <u>Meals on Wheels</u> None	23 <u>Senior Center</u> MOC: Cheese Omelet <u>Meals on Wheels</u> None
24 CLOSED For Memorial Day	25 <u>Senior Center</u> MOC: Cheese Omelet <u>Meals on Wheels</u> None	26 <u>Senior Center</u> MOC: Cheese Omelet <u>Meals on Wheels</u> None	27 <u>Senior Center</u> MOC: Cheese Omelet <u>Meals on Wheels</u> None	28 <u>Senior Center</u> MOC: Cheese Omelet <u>Meals on Wheels</u> None

Senior Center Van

Please call 978-772-8261 to schedule a ride

Call the van directly at (978) 514-5118 when your appointment is over

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

Rides must be reserved 48 hours in advance!

Special Programs may cause modifications to this schedule

No Rides May 1-3.
Enjoy your vacation,
Sam!

	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)	The Pointe Littleton: Market Basket, Emerson Urgent Care, etc	Ayer, Shirley, Groton, Harvard, Devens	Loaves & Fishes Deliveries

Group Shopping (pickups begin at 1pm):

- 1st Tuesday: Target Plaza (Leominster)
- 2nd Tuesday: Walmart (Lunenburg)
- 3rd Tuesday: Westford destinations (medical, shopping, etc)
- 4th Tuesday: Super Walmart (Leominster)

NEW FARE:
\$1.00 each way

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

MA State Representative Dan Sena

(617) 722-2014

MA State Senator Jamie Eldridge

(617) 722-1120

US Congressional Rep Lori Trahan

(202) 225-3411

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 125 hours and receive up to \$2,000.00 off your taxes!

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

- 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>May</h1>		1 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch & Alcohol 1:00 Knit/Crochet <i>Limited Van Service</i>	2 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo <i>Limited Van Service</i>	3 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch <i>Limited Van Service</i>
6 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Conversation 11:00 Yoga with Jeff 12:00 MOC Lunch	7 9:00 Chair Exercise 10:00 Yoga 11:00 Tai Chi 11:00 Cribbage & Cop 1:00 Movie <i>10:00 COA Office Hours at the Library</i>	8 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	9 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	10 9:00 Chair Exercise 10:00 Exercise 12:00 Mother's Day Luncheon <i>Loaves & Fishes Delivery by appt</i>
13 9:00 S-B-F with Jeff 10:00 Exercise 11:00 Yoga with Jeff 12:00 MOC Lunch 1:00 Watercolor Poppies	14 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Birthday Lunch 1:00 Tea Time 2:00 COA Meeting	15 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	16 9:00 Chair Exercise 10:00 Yoga 11:45 Lilac Tour 12:00 Lunch 1:00 Bingo	17 9:00 Chair Exercise 10:00 Exercise 11:15 Supper Club 12:00 Lunch
20 9:00 S-B-F with Jeff 10:00 Exercise 11:00 Yoga with Jeff 12:00 MOC Lunch	21 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Movie 4:00 Grief Group	22 9:00 Chair Exercise 10:00 Exercise 12:00 Memorial Day Luncheon 1:00 Knit/Crochet 5:00 Preparing for Medicare	23 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	24 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch <i>Loaves & Fishes Delivery by appt</i> <i>5/25 at 10:00 Asparagus Tour & Lunch</i>
27 CLOSED FOR MEMORIAL DAY	28 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Tea Time	29 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	30 9:00 Beach Bus 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	31 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch <i>Loaves & Fishes Delivery by appt</i>