



# Longevity Ledger

## Ayer Senior Center

April 2024

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

Spring is a time when the earth renews itself and blossoms after a long winter. New growth is everywhere, and any remains of winter get absorbed into the process. Like the earth, older adults have the wisdom that comes from going through this process many times. What dark and heavy winter-like things are you hanging onto? A grudge, an old hurt, an excuse, a fear, a sore spot between friends & loved ones? This spring, consider burying it like the leftover dead leaves. You've been carrying it for long enough. Let the freedom that comes from forgiveness and release bring you into a mental, emotional and spiritual spring season.

Transportation Notes: Sam is going on a much-deserved vacation from April 19—May 3. A substitute driver is being trained, but I cannot guarantee they will be prepared in time to cover Sam's vacation. If you need groceries to cover you while Sam is gone, please consider joining our 4/17 trip to Market Basket, or our 4/18 trip to Shop & Save. If the substitute driver is trained and ready to cover any of the vacation, I will send a robocall to our regular riders. As always, please remember to reserve your ride at least 48 business hours in advance. Lastly, some exciting news! At a time when EVERYTHING seems to be getting more expensive, we're lowering van fares! Beginning April 1, rides will be \$1.00 each way, regardless of destination.

Programming Notes: There will be no 9am or 10am exercise on April 3 & 10, due to added tax prep appointments. We appreciate your understanding while we try to accommodate a variety of programs and services in our small space.

This month's Action for Happiness calendar is Active April. By moving our bodies, even in modified ways, we send powerful signals to the brain that wake it up and increase our sense of well-being, and reduce anxiety and depression. As in previous months, you can pick up a calendar of simple daily self-led tasks that, when strung together, have been shown to increase happiness. Place a checkmark on the days you completed the task, and return your calendar for the 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](http://www.ayer.ma.us/council-aging)

# Special Events *(RSVP Required)*



## **AARP Tax-Aide**

### **Wednesdays and Friday in early April by appt**

The AARP Tax-Aide program will help you get your taxes filled out and filed for – FREE! This includes filling out and electronically filing both state and federal tax returns. The Tax-Aide volunteers that work with you to complete the returns are certified by the IRS. There are no income eligibility requirements for this program.



## **Needle-Felted Mushrooms**

### **Wednesday, April 3 at 10am; Cost \$5.00**

Join fiber Artist Rachel Benson to learn the art of needle felting while creating an adorable pair of mushrooms. No experience needed and all materials provided!



## **How Much is Too Much? A Conversation About Clutter**

### **Wednesday, April 3 at 12pm. FREE**

Join AARP Massachusetts and Lee Shuer, an internationally recognized authority on hoarding disorders, for a webinar conversation about clutter and the difficult task many older adults face of getting rid of years of accumulated belongings. Gain insights on how to begin letting go of things and strategies to help you organize and make space in your home.



## **Eclipse Viewing Party**

### **Monday, April 8 from 2-4pm**

Ayer will experience an ALMOST total eclipse beginning at 2:15pm and continuing until almost 4pm. We'll provide the safe viewing glasses and chairs for viewing!



## **Dinner & Musical Bingo**

### **Thursday, April 11 at 5pm; Cost: van fare + the cost of your meal (no cover for bingo)**

Wachusett Brewing Company in Westminster is a great casual spot for pizza, salads, and sandwiches, not to mention a pint of their local beer, brewed onsite! After enjoying a delicious dinner, we'll play musical bingo! Instead of calling numbers, the caller plays clips of well-known songs, and you match them to the song titles and artists on your bingo card. It's really fun!



## **Volunteer Appreciation Luncheon**

### **Wednesday, April 17 at 12pm; FREE**

Join us in honoring the volunteers that help make our senior center run smoothly and be the best place it can be! We couldn't do it without them, and we are so thankful!



## **Senior Center Building Project Update**

### **Tuesday, April 23 at 1pm**

COA Director Katie and members of the building committee will make a brief presentation about the recent progress made in efforts to build a new senior center, discuss challenges and opportunities, next steps, and how you can get involved!



## **How Much is Too Much? A Conversation about Loneliness**

### **Wednesday, April 24 at 12pm**

Social contact has many health benefits, yet many of us are isolated. What is the difference between being alone and being lonely? What can we learn about connections? Sandra Harris is President of AARP MA and founder of the MA Coalition to End Loneliness and Build Community. Her presentation will be via webinar.



## **AARP Safe Driver Program**

### **Friday, April 26 at 9:30am—3:00pm**

#### **Cost: \$20 for AARP members; \$25 for non-members—includes free lunch**

Even the most experienced drivers can benefit from brushing up on their driving skills. This updated AARP Smart Driver Course is the nation's largest driver safety course and is designed especially for drivers age 50 and older. Attendees will be taught: The current rules of the road; How to understand new traffic control devices on our ever-changing roadways; About defensive driving techniques; About some of the new *technical* features in vehicles like *lane departure warnings*, *blind spot indicators* and *adaptive cruise control* and How to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive an auto insurance discount upon completing the course. There are **no** road tests to pass.

## Fun & Games



### Cribbage

Tuesdays at 11am.

Cribbage with a Cop: Second Tuesday of the month



### Bingo

Thursdays at 1pm.

\$1.00 per card.



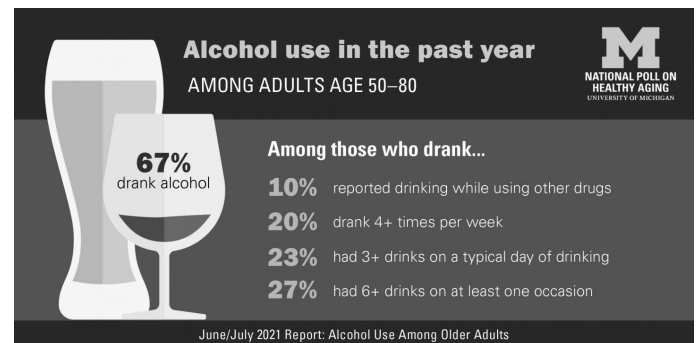
Many thanks to the following people who have donated to the Ayer Senior Center:

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

## April is Alcohol Awareness Month

Though use of alcohol in social situations is perceived as normal, there are some significant health risks associated with alcohol use, especially among older adults. Alcohol is a central nervous system (CNS) depressant drug that can alter vision & reduce hearing, making it harder to follow social conversations. Alcohol can impair judgment and inhibit the ability to balance, making falls more likely. Alcohol can delay reaction time in older adults, making operating a vehicle potentially dangerous after even one drink. It can interfere with your medication, making it ineffective or worsening side effects. Chronic alcohol consumption increases aging of the skin and can contribute to cardiovascular diseases and cancer.

Despite these known risk factors, alcohol consumption is still quite high amongst older adults, per the Michigan National Poll on Healthy Aging. Consider taking an inventory of how much you drink and the way it affects your health and mood. If you have questions or concerns, contact your primary care provider or call the Massachusetts Substance Abuse Hotline at (800) 327-5050.



**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.



## Word Scramble

ERFCA  
LIMADES  
SUDBRA  
NTEEPDR  
NGAASNHESNI  
ANLUUSU  
ESRJET  
DOD

---

---

---

---

---

---

---

---

TESEA  
FULPLYA  
BLOEOABMZ  
SMDNISLE  
IWT  
RHDTTEILEGHA  
FPSOO

---

---

---

---

---

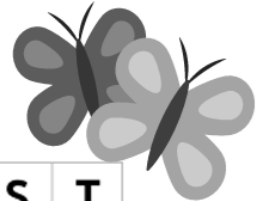
---

---

---



# SPRINGTIME



S	O	L	R	H	E	U	R	E	B	I	S	S	T
E	S	C	C	D	U	M	A	A	A	K	P	L	M
M	S	R	E	E	B	B	I	S	D	A	I	S	L
E	A	I	E	R	I	R	N	T	S	E	E	D	S
M	A	B	A	U	R	E	B	E	P	R	N	E	R
P	Y	T	I	T	D	L	O	R	F	B	G	L	P
R	A	S	U	A	S	L	W	Y	L	G	U	D	E
H	M	S	A	L	L	A	N	B	O	N	B	D	E
O	T	E	T	N	I	N	B	S	W	I	Y	U	P
L	I	T	L	E	U	P	L	U	E	R	D	P	S
I	B	T	I	B	L	R	S	A	R	P	A	S	S
D	B	O	L	S	D	S	S	U	S	S	L	R	B
A	A	E	A	E	B	U	T	T	E	R	F	L	Y
Y	R	I	C	A	R	R	O	T	S	E	F	N	E

## Word Box

Birds	Flowers	May	Rainbow
Bunny	Holiday	Pastels	Seeds
Butterfly	Ladybug	Peeps	Spring break
Carrot	Lilac	Puddle	Tulips
Easter	March	Rabbit	Umbrella

# Monthly Events



## Tea Time

**Tuesday, April 9 & 30 at 1pm**

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



## Birthday Party

**Tuesday, April 9 at 12:00pm**

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



## Coping with Grief

**Tuesday, April 16 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

**Monday, April 8 at 11:30am: Siam Pepper Asian/Thai (Harvard)**

**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 (April 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

**Select Tuesdays at 1pm.** Join us for free movies and snacks.

April 2: *What They Had* (2018): Starring Hilary Swank, Robert Foster, and Blythe Danner. Bridget returns home at her brother's urging to deal with her ailing mother and her father's reluctance to let go of their life together.

April 16: *The Holdovers* (2023): This Oscar winning (and locally filmed) movie follows a curmudgeonly instructor at a prep school who is forced to remain on campus during Christmas break to babysit a handful of students with nowhere to go.

## 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, April 9 at 2:00pm at Senior Center**

**COA Office Hours: Thursday, April 11 from 10-11am at Tiny's.** Member(s) of the COA Board of Directors will at Tiny's, offering a cup of coffee and the 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.

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](http://www.dontdisconnectus.org)



*Planting the Seeds of a Legacy & Resource Fair*  
**Survivor's Toolkit Workshop presented by Sue Heiermann**

Join us for an afternoon of learning. We will have presentations on keeping your faith, finding comedy in challenging situations, and self-care.

Resources for healthcare, elder care assistance, financial planning tools, and end-of-life care resources will be available.

**April 19, 2024 | At 1 PM - 4 PM**

ClearPath for Veterans New England  
84 Antietam St, Devens, MA

*For More Information or to Register please stop by in person or by phone or email*

☎ 978-384-8800  
✉ [info@clearpathnne.org](mailto:info@clearpathnne.org)

# 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.



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

### Pick up in your own car:

April 2, 3, 5, 10, 12, 17, 20, 24, 26

Closed Friday, April 19

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

April 3, 12, 17

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](mailto:clientservices@loavesfishespantry.org)  
to enroll or schedule a drive-thru time.

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



## 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](mailto: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 issued a Request for Proposals (RFP), which is like an open advertisement to private land owners asking them to contact the Town if they are interested in selling their property to the Town of Ayer. At their March 25th meeting, the Committee interviewed three architectural firms and will meet again on April 4th at 7:15pm at Town Hall (and via Zoom) to choose the architect. Public are 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](http://www.shinema.org) or by calling Central Mass SHINE at 508-422-9931.

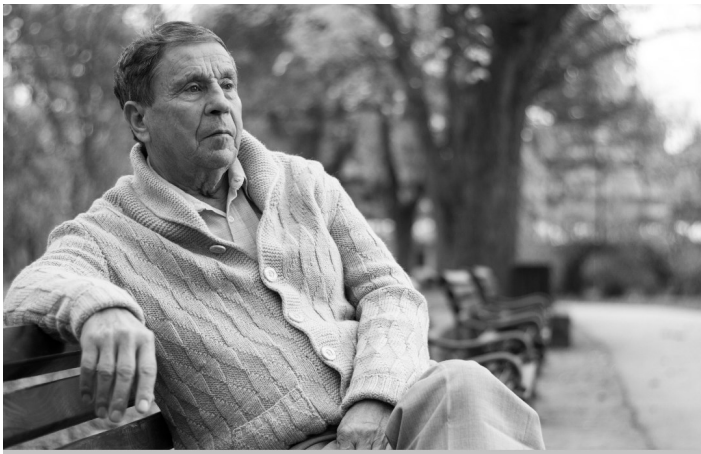
**Next onsite SHINE Counseling: SHINE appts by phone in April; In-Person appts return in May**

### **Fuel Assistance**

Fuel Assistance (also known as the Low Income Home Energy Assistance Program) helps eligible households challenged by the high cost of home heating fuel pay a portion of their winter heating bills. This program provides assistance for the cost of the primary source of heat, which includes, but is not limited to Oil, Electricity, Natural Gas, Propane, Kerosene, Wood and Coal. No matter what type of heating source you have, LIHEAP may be able to help you pay your winter heating bills. To schedule an in-person appt: Call MOC Fuel Assistance directly at 978-342-4520; Go to [www.toapply.org/MassLIHEAP](http://www.toapply.org/MassLIHEAP) and start your Fuel Assistance application; Visit 165B Mill Street, Leominster, to make an appointment in-person.

### **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.



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

Call or text now

**833-773-2445**



**The Senior Center is happy to assist you with a variety of programs designed to help seniors manage their fixed incomes, including:**

SNAP/EBT Food Benefits

Senior Housing Applications

Lifeline (low cost/free cell phones/service)

Affordable Connectivity Program (home internet)

**Call the Senior Center to schedule an appointment.**



## Crafts & Creativity



### Knit/Crochet

**Wednesdays at 1pm** Gather around the fireplace to visit with friends! Work on your own project, or one to benefit a local charity!

See the Special Events page to learn more about our upcoming arts & crafts classes!

## For Your Health



### Well-Adult Clinic

**Thursday, April 11 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.



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 Tuesdays and Thursdays)



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

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

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

## **Meals on Wheels**

*Provided by MOC*

Call 978-345-8501 Ext. 2 to register

Meal includes: Entree, Bread, Fruit, Milk

Delivered

Tuesday & Thursday between 12:00 –1:30pm

Someone must be home to receive the meal.

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Senior Center</u> MOC: Turkey with Gravy <u>Meals on Wheels</u> None	2 <u>Senior Center</u> Pizza (Verona) <u>Meals on Wheels</u> MOC: Stuffed Shells	3 <u>Senior Center</u> Chicken Teriyaki & Rice (Marty's) <u>Meals on Wheels</u> None	4 <u>Senior Center</u> Steak Subs (Cottage) <u>Meals on Wheels</u> MOC: Chicken Cordon Bleu	5 <u>Senior Center</u> MOC: Lentil Vegetable Stew <u>Meals on Wheels</u> None
8 <u>Senior Center</u> MOC: Chicken and Vegetable Stir Fry <u>Meals on Wheels</u> None	9 <u>Senior Center</u> Chicken Salad Wrap (Markoh's) <u>Meals on Wheels</u> MOC: Hot Dog	10 <u>Senior Center</u> Stuffed Shells & Salad (Lazy Marys) <u>Meals on Wheels</u> None	11 <u>Senior Center</u> Grilled Chicken & Veggies (Outback) <u>Meals on Wheels</u> MOC: Cold Trio of Salads	12 <u>Senior Center</u> MOC: Mediterranean Cod <u>Meals on Wheels</u> None
15 <b>CLOSED FOR PATRIOTS/TAX DAY</b>	16 <u>Senior Center</u> Tuna salad (Junction) <u>Meals on Wheels</u> MOC: Broccoli Bake	17 <u>Senior Center</u> Spaghetti & Meatballs (Anthony's) <u>Meals on Wheels</u> None	18 <u>Senior Center</u> Meatloaf and Mashed Potatoes (Donelans) <u>Meals on Wheels</u> MOC: Meatloaf	19 <u>Senior Center</u> Pizza (Devens Pizza) <u>Meals on Wheels</u> None
22 <u>Senior Center</u> MOC: Shepherd's Pie <u>Meals on Wheels</u> None	23 <u>Senior Center</u> Cheeseburgers & Chips (Markoh's) <u>Meals on Wheels</u> MOC: Balsamic Chicken	24 <u>Senior Center</u> Lemon Chicken Broccoli Pasta (Bertucci's) <u>Meals on Wheels</u> None	25 <u>Senior Center</u> Honey Chicken Wrap and Pasta Salad (Nashoba Park) <u>Meals on Wheels</u> MOC: BBQ Pulled Pork	26 <u>Senior Center</u> Meatballs Subs (Cottage) <u>Meals on Wheels</u> None
29 <u>Senior Center</u> MOC: Chicken Alfredo <u>Meals on Wheels</u> None	30 <u>Senior Center</u> Enchiladas (Tequillas) <u>Meals on Wheels</u> MOC: Turkey Rice Casserole			

# 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 4/19-5/3.

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	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) - BEGINNING IN MAY

**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

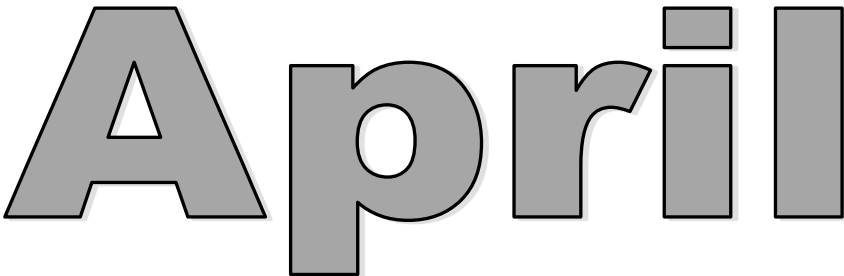
Ayer senior citizens can receive a Tax Deferral through participation in the Senior Work-Off Program. The purpose of this program is to provide qualified, efficient resources to the Town, while assisting senior residents in paying their property tax bills by drawing on their skills and expertise, and 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
<b>1</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch	<b>2</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Tai Chi 11:00 Cribbage 12:00 Lunch 1:00 Movie	<b>3</b> 10:00 Needle Felted Mushrooms 12:00 Lunch & Clutter 1:00 Knit/Crochet  <i>Tax prep by appt</i>  <i>Loaves &amp; Fishes Delivery by appt</i>	<b>4</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo  7:15 Building Committee Meeting at Town Hall	<b>5</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch  <i>Tax prep by appt</i>  No van service
<b>8</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 11:30 Supper Club 12:00 MOC Lunch 2:00 Eclipse Party	<b>9</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Tai Chi 11:00 Cribbage & Cop 12:00 Birthday Lunch 1:00 Tea Time 2:00 COA Meeting	<b>10</b> 12:00 Lunch 1:00 Knit/Crochet  <i>Tax prep by appt</i>	<b>11</b> 9:00 Chair Exercise 10:00 Yoga 10:00 COA Office Hours 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo 5:00 Musical Bingo	<b>12</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch  <i>Tax prep by appt</i>  <i>Loaves &amp; Fishes Delivery by appt</i>
<b>15</b>  <b>CLOSED</b> <b>For</b> <b>Patriot's Day</b>	<b>16</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Movie 4:00 Grief Group	<b>17</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Volunteer Luncheon 1:00 Knit/Crochet  <i>Loaves &amp; Fishes Delivery by appt</i>	<b>18</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo  <i>Shop &amp; Save Trip</i>	<b>19</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch  <i>No van service (tentative)</i>
<b>22</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch  <i>No van service (tentative)</i>	<b>23</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Senior Center Building Update  <i>No van service (tentative)</i>	<b>24</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch & Loneliness Talk 1:00 Knit/Crochet  <i>No van service (tentative)</i>	<b>25</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo  <i>No van service (tentative)</i>	<b>26</b> 9:00 Chair Exercise 9:30 Safe Driver 10:00 Exercise 12:00 Lunch  <i>No van service (tentative)</i>
<b>29</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch  <i>No van service (tentative)</i>	<b>30</b> 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Tea Time  <i>No van service (tentative)</i>	<div style="text-align: center;">  </div>		