



Longevity Ledger

Ayer Senior Center

February 2024

From The Desk of the Director—

February is... not my favorite month. The excitement of the holidays is long gone, my back and shoulders are sore from shoveling, and I feel cooped up. The thaw and early flowers of March feel a long way away. This year is Leap Year, so we have an extra day of it, too.

I stumbled across an organization called Action For Happiness that might change the way I look at February. The goal of this not-for-profit is to inspire people to take small actions daily to create a kinder and happier world. While everyone's definition of happiness and their path to get there is different, they've combed the research and determined there are 10 keys to Happier Living: Giving (doing kind things for others), Relating (connecting with people), Exercising (taking care of your body), Awareness (living life mindfully), Trying Out (keep learning new things), Direction (have goals to look forward to), Resilience (find ways to bounce back), Emotions (look for what's good), Acceptance (be comfortable with who you are), and Meaning (be part of something bigger).

To break these big ideas down into smaller steps, they create free monthly calendars with daily actions towards a happier life. This month's calendar is "Friendly February." It's filled with 29 easy things you can do, like: Tell a loved one about the strengths you see in them. Share something you find inspiring, helpful, or amusing. Show an active interest by asking questions when talking to someone today. If you'd like to participate in Friendly February with me, pick up a free calendar on the fireplace mantle (or I can email it to you). Those who return completed calendars to me at the end of the month (by March 8) will be entered to win a prize!

There's a few practical things I want to draw your attention to: You'll notice we're partially closed on Thursday, February 8, and completely closed on February 9 due to tree work being done by the Ayer Housing Authority. They need our parking lot to stage the vehicles. Please see the calendar page for more information. Lastly, we're watching the Affordable Connectivity Program (ACP) Extension Act of 2024, which would provide \$7 Billion to extend discounted internet to low income households. The FCC indicates this program will run out of money by the end of April unless Congress acts. No need to panic yet, just be aware. Write your Congressional Representative if this program matters to you!

— **Katie**

For the health and safety of everyone:

Please do not come to the Senior Center if you have a cough, runny nose, sore throat, fever, or body aches. Take a few days to rest and recuperate, and we'll see you when you're well again.

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)*



AARP Tax-Aide

Fridays in February, March, and 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. Ayer residents have priority registration for appointments through January 12th. Non-residents may schedule appointments after Jan 15th.



Sing-Along: Favorites of the '50s and '60s

Friday, February 2 at 11am

Marge will lead us in a fun sing-a-long of your favorite songs from the 1950s & 1960s! A “good” voice is not required, we’re all friends here! Song words will be provided.



Valentine's Day of Beauty

Monday, February 5, 9am—12pm; Cost: \$5.00 per service

Give yourself some love this Valentine's Day with a mini spa day! A Spa For You will be here offering manicures, pedicures, and facials. Joe will also be offering chair massages. Sign up for one service, or all four!



Valentine's Day Luncheon

Wednesday, February 14 at 12pm FREE

Victor Hugo said it well: “The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves.” Join us for a complimentary luncheon to appreciate that wonderful, messy feeling called love, whether it's for a spouse, loved one, or your best friends.



Delivery Lunch

Friday, February 16 at 12:15pm FREE

Cold weather keeping you cooped up? Maybe you're not one for our onsite group lunches? You're in luck—this meal is coming to you! Tiny's is serving up a hearty meatloaf and mashed potatoes, delivered to your door by Senior Center staff and volunteers.



COVID, Flu, and RSV Clinic

Friday, February 16 at 12pm

Ayer Family Pharmacy will be at the Senior Center with all the seasonal vaccines you might have missed in the fall: COVID, Flu, and RSV. Please bring your insurance card. If you would like to take a FREE meal home with you (Meatloaf & mashed potatoes from Tiny's), let us know.



Hip Hop Chair Dance

Wednesday, February 21 at 11am FREE

This chair-based Hip Hop dance class will get your blood rushing and your spirits up! Rondae Drafts is owner of Music Dance.edu and a former Director of a hip-hop company. You will travel through time on the “Soul Train” and chair dance to clean-cut hip-hop and R&B music. *The class is sponsored by the Ayer Cultural Council.*



Theatre at the Mount presents: The Music Man

Friday, February 23 at 6:15pm Cost: \$15.00

The Music Man follows fast-talking traveling salesman, as he cons the people of River City, Iowa, into buying instruments and uniforms for a boys' band that he vows to organize, despite not knowing a trombone from a treble clef. His plans to skip town are foiled when he falls for Marian, the librarian. The Music Man is wicked, funny, warm, romantic, and touching.



Songs of Johnny Cash with Matt York

Wednesday, February 28 at 12pm

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003. He'll discuss Cash's emergence as a groundbreaking artist in the 1950's, his marriage to June Carter and many of his other career highlights. *This program is supported in part by a grant from the Ayer Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency*

Virtual & Hybrid Programs



Cognitive Upgrade

Thursday, February 15 at 10am FREE

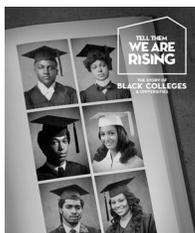
Many people think that the aging process is only about decline and deterioration which can lead to a fearful and depressing outlook about growing older. The newest research offers a much more positive outlook about the amazing potential of the brain to grow, change, rewire and upgrade. In this presentation, you'll be combining the latest research about the brain along with stimulating exercises to activate the brain. *We'll be joining other adult learners via zoom at this program presented by The Osher Lifelong Learning Institute (OLLI) at UMass Boston.*



Managing Money: A Caregiver's Guide to Finances – 10:30 a.m

Thursday, February 22 at 10:30am

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us for this free program that will feature tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning. Presented by the Alzheimer's Association®. *We'll be joining other adult learners via zoom at this program presented by The Osher Lifelong Learning Institute (OLLI) at UMass Boston.*



Tell Them We Are Rising

Monday, February 26 at 1pm

In honor of Black History Month, we'll view the film Tell Them We Are Rising: The Story of Black Colleges and Universities, to examine the impact black colleges and universities have had on American history, culture, and national identity.

Valentine's Day Word Search Puzzle

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

ARROW
 BOW
 CARDS
 CHOCOLATE
 CUPID
 DANCES
 DINNER
 FAMILY
 FEBRUARY
 FLOWERS
 FRIENDSHIP
 FUN
 GIFTS
 HEARTS
 HUGS
 KISSES
 LOVE
 RINGS
 ROSES
 TEDDIES
 VALENTINES

Winter Storm Preparations



With winter upon us, there is a good chance we'll experience a snowstorm. While the snow is pretty, severe winter storms are associated with an increased risk of power outages, automobile accidents, heart attacks due to over-exertion, freezing to death, and carbon monoxide poisoning. Having an emergency kit is one thing you can do to prepare. Mass.gov suggests having the following items in your kit:

Water: Bottled water (one gallon per person/per day for at least three days), water purification tablets

Food: At least a three-day supply of non-perishable foods that do not need cooking (ready-to-eat canned meats, fruits, vegetables, or juices, protein or granola bars, cereal, peanut butter, dried fruit, nuts, crackers, baby food, comfort foods)

Tools and Supplies: Manual can opener, Radio (battery-powered or hand crank), flashlight or lantern, extra batteries, cell phone with charger, wrench, pliers, and other basic tools

Personal Items: Prescription medications (two-week supply), personal hygiene items, eyeglasses, contact lenses, dentures, extra batteries or supplies for medical equipment, change of clothes, sturdy shoes

Pets: Collar, leash, harness, crate, food, bowls, current photo, license and medical information

Documents: Insurance policies, bank account records, identification cards (IDs), medical information, and other copies of important documents

Money: Extra cash and traveler's checks (ATMs may not work during a power outage)

Other Items: First-aid kit, emergency whistle, waterproof matches/lighter, local area maps.

As you prepare for a storm, consider adding yourself to the Senior Center's Storm Readiness List—we (or public safety) will check in on you as a storm approaches and passes through. Other steps for being ready: charge your cell phone, laptop, or other devices. Make sure prescriptions are refilled and you have backup power for any medical equipment that requires electricity. Check the batteries on your smoke/carbon monoxide detectors.

Fun & Games



Cribbage

Tuesdays at 11am.

Cribbage with a Cop: Second Tuesday of the month



Breezy Bingo

Mondays at 1pm FREE

This new, relaxed bingo game is for players who don't care who wins, they're just looking to have fun.

Bingo for Bosses

Thursdays at 1pm. \$1.00 per card.

This is our traditional bingo game—rowdy yet respectful banter is encouraged!

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

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



Monthly Events



Tea Time

Tuesday, February 13 & 27 at 1pm

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



Birthday Party

Tuesday, February 13 at 12:00pm

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



Coping with Grief

Tuesday, February 20 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, February 23 at 11:15am: Elegant Chef & Bistro (Nashoba Tech)

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 (February 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

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

February 6: *Just Getting Started* (2107): An ex-F.B.I. Agent (Tommy Lee Jones) and an ex-mob lawyer in the Witness Protection Program (Morgan Freeman) have to put aside their petty rivalry on the golf course to fend off a mob hit.

February 20: *Uncle Buck* (1989): Laid back commitment-phobe Buck babysits his brother's rebellious teenage daughter and her cute younger brother and sister.

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, February 13 at 2:00pm

COA Office Hours: RETURNING IN MARCH. Member(s) of the COA Board of Directors will be available at the Ayer Library study room 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.

Technology! *Love it or Leave it?*

Janine Nichipor, Ayer Council on Aging Board

Find us on the Web: <https://www.ayer.ma.us/council-aging-senior-center>

You may not *love* your smart phone, tablet, laptop or desktop, but if you *leave* it, you may miss a lot. It's increasingly true (and sometimes maddeningly so) how many functions of life are becoming dependent on having access to websites, and mastering the skills to navigate different apps.

I remember when our main tool for looking up an address or phone number was the telephone book. You had to go from store to store to find something, or maybe call ahead. The newspaper listed movies and activities. Today the main connection is online. Some places are even *requiring* it. Instead of "Let your fingers do the walking," the expressions now are "There's an app for that!" or "Google it!" Without being able to navigate new technology, one can feel disconnected and frustrated.

What I hear from seniors across the different age groups, is that the level of expertise varies—a lot. Many younger seniors bring familiarity with online resources from their workplace. Some are learning from the younger generation. Others are getting trained directly at senior centers, libraries, and community ed classes. Age is not as important as having someone to learn from. My 85-year-old friend regularly enjoyed the photos of her grown children and grandchildren on Facebook. She learned to post with the best of them, and enjoyed the connection. Instagram and Twitter (X) are other social media sites that are popular with all different ages.

Where are you on the technology continuum? Do you own an up-to-date device to search the web? Do you know how to save contacts and text? Do you have online access? Can you send an email or download an app? Can you order from Amazon or stores? Do you know how to get Uber or Lyft to pick you up? Can you look up meetings on our town website and access them with Zoom? Can you find out what's at the movies and order tickets? Do you know how to play music via Spotify or Pandora or stream TV shows? Do you know how to stay safe online?

There's so much out there, that the first step is to assess what you know. Then think what you might be missing that you'd like to do. There used to be an ad for Windows that said, "Where do you want to go today?" Ask that and imagine the possibilities—both virtual and real.

Next think about what you need to get there—the device, the training, and the patience to learn something new. Let the COA know what you need to utilize technology and how your Senior Center can help. No need to love it or leave it, just *use* it!

Senior Center Volunteers Needed

Receptionist: Thursday afternoons or Friday mornings

Seasonal Decorations: Change centerpieces monthly, seasonal party decor

Lunch Helper: Assist with setup, serving, clean up (Thurs or Fri)

Van Driver: No special license required, training provided

Program Facilitator: Current Events, Women's Conversation, History Buffs, Arts & Crafts, etc. You don't need to be an expert!

If you are 60+ and own your own home, you can earn up to \$1500 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:

1st Tuesday Evening: 5—7 PM (*call due to holiday*)
Wednesdays, Fridays, and 3rd Saturday: 9 AM-12 PM

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

February 2, 14, 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.



Winter is here!



Storm Readiness List

Would you like the Senior Center or public safety to check in on you before and/or during a major winter storm? Please call the Senior Center to be added to our Storm Readiness List!

Winter Weather Policy

The Senior Center will follow the Ayer Shirley Regional School District (ASRSD) for winter storms. If the schools are closed, we will be closed. If the schools are delayed, we will open on a delay.



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/bdxcpc2>

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



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

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. At their January 11th, 2024 meeting, the Committee continued examination of the remaining 11 parcels, narrowing the list to five based on more detailed information about deed restrictions, wetlands, flood zones, and other considerations. Available Committee members visited each of the sites for a "walkaround" on January 31st, to get additional information about each parcel.

At their next meeting on **Thursday, February 8 at 5:00pm** at Town Hall, the Committee will further discuss the five remaining parcels in more detail, and review any submitted architect proposals. 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 or by calling Central Mass SHINE at 508-422-9931.

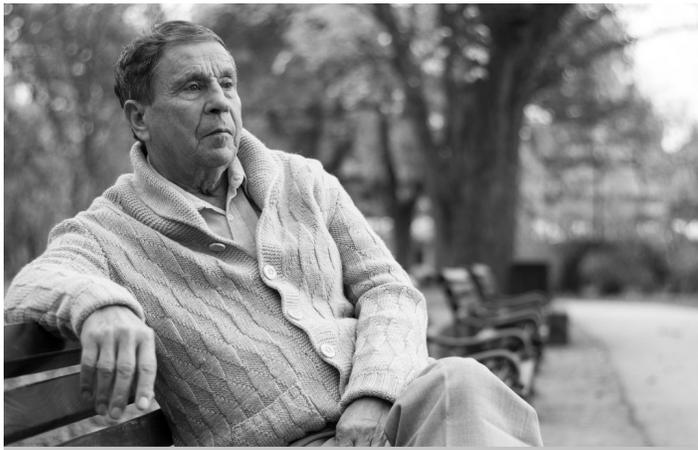
Next onsite SHINE Counseling: Wednesday, February 21 by appt.

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 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 gel printing class!

For Your Health



Well-Adult Clinic

Thursday, February 8 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.



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.



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 Senior Center Garden Salad topped with Tuna (Junction) Meals on Wheels MOC: TBD	2 Senior Center Leftovers: Pork Roast, Potatoes, Green Beans (Donelans) Meals on Wheels None
5 Senior Center MOC: TBD Meals on Wheels None	6 Senior Center Cheeseburgers (Markohs) Meals on Wheels MOC: TBD	7 Senior Center Shepherd's Pie (Donelans) Meals on Wheels None	8 Senior Center Closed Meals on Wheels MOC: TBD	9 Senior Center Closed Meals on Wheels None
12 Senior Center MOC: TBD Meals on Wheels None	13 Senior Center Beef Noodle Bowl (WeCo of Acton) Meals on Wheels MOC: TBD	14 Senior Center Valentine's Lunch: Eggplant Rotini (Il Forno) Meals on Wheels None	15 Senior Center Chicken Sliders (Chick Liscious Ness) Meals on Wheels MOC: TBD	16 Senior Center Delivery: Meatloaf (Tiny's) Meals on Wheels None
19 Closed for President's Day	20 Senior Center Cuban Sandwich (Junction) Meals on Wheels MOC: TBD	21 Senior Center Cheese Lasagna (Marty's Café) Meals on Wheels None	22 Senior Center Steak Subs (Cottage) Meals on Wheels MOC: TBD	23 Senior Center MOC: TBD Meals on Wheels None
26 Senior Center MOC: TBD Meals on Wheels None	27 Senior Center Fettucine Alfredo (Olive Garden) Meals on Wheels MOC: TBD	28 Senior Center Eggplant Parm Sub (Cottage) Meals on Wheels None	29 Senior Center Turkey Sandwich & Greek Salad (Nashoba Park) Meals on Wheels MOC: TBD	

Senior Center (MART) Van

Fares:
 \$1.00 each way in-town
 \$2.00 each way, out of town

Please call 978-772-8261 to schedule a ride
 Call the MART van directly at (978) 514-5118 for return trips

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

Rides must be reserved 48 hours in advance!

Special Programs may cause modifications to this schedule.

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

Group Shopping (pickups begin at 1pm):

- 1st Tuesday: No Trip
- 2nd Tuesday: Walmart (Lunenburg)
- 3rd Tuesday: Westford destinations (medical, shopping, etc)
- 4th Tuesday: Walmart (Lunenburg)

**NO VAN SERVICE
FRIDAY, FEBRUARY 9**

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

Representative Dan Sena
(617) 722-2014

Senator Jamie Eldridge
(617) 722-1120

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>February</h1>			1 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	2 9:00 Chair Exercise 10:00 Exercise 11:00 Sing-Along 12:00 Lunch <i>Loaves & Fishes Delivery by appt</i>
5 9:00 S-B-F with Jeff 9:00 Day of Beauty 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch 1:00 Bingo	6 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage & Cop 11:00 Tai Chi 12:00 Birthday Lunch 1:00 Movie	7 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	8 Partially Closed Due to Tree Work <input checked="" type="checkbox"/> Activities & Lunch <input checked="" type="checkbox"/> Van <input checked="" type="checkbox"/> Meals on Wheels	9 Closed Due to Tree Work <input checked="" type="checkbox"/> Activities & Lunch <input checked="" type="checkbox"/> Van
12 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch 1:00 Bingo	13 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Tea Time 2:00 COA Meeting	14 9:00 Chair Exercise 10:00 Exercise 12:00 Valentine's Day Luncheon 1:00 Knit/Crochet <i>Loaves & Fishes Delivery by appt</i>	15 9:00 Chair Exercise 10:00 Yoga 10:00 Cognitive Upgrade 12:00 Lunch 1:00 Bingo	16 9:00 Chair Exercise 10:00 Exercise 12:00 Delivery Lunch 12:00 Vaccine Clinic <i>Tax prep by appt</i>
19 Closed For President's Day	20 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Movie 4:00 Grief Group	21 9:00 Chair Exercise 10:00 Exercise 11:00 HipHop Dance 12:00 Lunch 1:00 Knit/Crochet <i>SHINE by Appt</i>	22 9:00 Chair Exercise 10:00 Yoga 10:30 Caregiver Finances 12:00 Lunch 1:00 Bingo	23 9:00 Chair Exercise 10:00 Exercise 11:15 Supper Club 12:00 Lunch 6:15 Music Man <i>Tax prep by appt</i> <i>Loaves & Fishes Delivery by appt</i>
26 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch 1:00 Tell Them We Are Rising	27 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Tea Time	28 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch & Matt York 1:00 Knit/Crochet	29 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	