



Longevity Ledger

Ayer Senior Center

January 2024

From The Desk of the Director—

Happy New Year! It's common this time of year to make resolutions or set goals. Mine are spend more time camping and hiking, learn to take better photos with my phone, and finally become fluent enough in sports to engage my sports-driven, fantasy football-obsessed teen boys in long and insightful sports conversations. That last one might be wishful thinking. What are your goals for 2024? The American Geriatrics Society's Health in Aging Foundation recommends these top 9 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy:

- Eat 5 servings daily of fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats
- Be active: Physical activity can be safe and healthy for older adults, even when you have health conditions
- See your healthcare provider regularly
- Toast with a smaller glass: As we age, we metabolize alcohol slower
- Quit smoking
- Guard against falls by exercising, checking for medication interactions, and doing a home safety check
- Give your brain a workout
- Get enough sleep
- Speak up when you feel anxious or down

As you read our expanded newsletter, we hope you'll enjoy the educational articles, new content from the COA Board, and more. Take a look at the new Tuesday group shopping destinations. We've mixed it up based on current participation and requested destinations. If you have additional suggestions, please let me know.

— **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.



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)*



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.



Running From Office: Why Americans Dislike Politics & Politicians (*OneDayU*)

Wednesday, January 10 at 10:30am

With more than 500,000 elected positions in the United States, the American political system can only sustain itself if a large number of citizens put themselves forward for public service. But Washington's increase in partisanship, prolonged stalemates, and numerous scandals, has taken a toll on the American people. The mean-spirited, dysfunctional political system that has come to characterize American politics has turned people off to the idea of engaging in politics and turned the next generation off to running for office. In this lecture, Jennifer L. Lawless will examine data about people's opinions about contemporary politics and their political ambition (or lack of it). She'll also explain why young Americans, in particular, feel completely alienated from contemporary politics and express little aspiration to run for office in the future. She will also provide practical suggestions for how new technologies, national service programs, and well-strategized public service campaigns could turn things around.



Showtunes Sing-Along

Friday, January 12th at 11am

Marge will lead us in a fun sing-a-long of your favorite songs from Sound of Music, Yankee Doodle, and more! A "good" voice is not required, we're all friends here! Song words will be provided.



Stencil and Bird Printing Workshop with Ann-Marie Labolita

Friday, January 19 at 10:30am FREE

Use a gel plate and acrylic paints to make prints using stencils with decorative designs and birds. With this process, both simple and more complex images can be made. This workshop is suitable for non-crafty people, as well as those with gel plate experience. Note: Participants with images of birds they'd like to incorporate are encouraged to bring them. The Senior Center will have bird photographs as well. All other supplies provided.



Delivery Lunch

Friday, January 19 at 12pm FREE

Cold weather keeping you cooped up? Maybe you're not one for our onsite group lunches? This meal is coming to you! The Cottage is serving up freshly baked lasagna and string beans, delivered to your door by Senior Center staff and volunteers!



A Brief History of Cookbooks and Recipes (*One Day U*) and Cookbook Swap

Monday, January 22 at 1:00pm

Today, we take recipes for granted—they should be easy to follow, teach us technique, and produce exceptional results. But cookbooks have evolved over the past 1,000 years and their intentions and meanings have changed over time. In the class, we'll explore: the first written recipes on cuneiform tablets, the visceral delights of eating in the ancient Muslim world, the first cookbook written by an East Asian woman, the legacy of Black cookbook writers in America, the Queer activism cookbooks of the 20th century...and everything in between! If you'd like, bring a cookbook or recipe to examine with our new knowledge and swap with others.



Hot Chocolate Party

Wednesday, January 24th at 1pm. FREE

Join us for lunch and then stick around for everyone's favorite winter treat—hot chocolate! We'll be serving it up with all the best mixings, toppers, and sides.

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



Rummikub

Tuesdays at 1pm.



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!



Monthly Events



Tea Time

Tuesday, January 2, 9, 23 at 1pm

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



Birthday Party

Tuesday, January 9 at 12:00pm

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



Coping with Grief

Tuesday, January 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

Friday, January 12 at 11:15am: The Outlook at Nashoba Ski Area (Westford)

Wednesday, January 31 at 5:00pm: Tiny's (Ayer)

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 (January 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 Fridays for free popcorn and movies.

January 16: *Message in a Bottle* (1999). Starring Kevin Costner, Robin Wright Penn, and Paul Newman. A woman finds a romantic letter in a bottle washed ashore and tracks down the author, a widowed shipbuilder whose wife died tragically early. As a deep and mutual attraction blossoms, the man struggles to make peace with his past so that he can move on and find happiness.

January 30: *The Tender Bar* (2021). Starring Ben Affleck, A boy (Jr.) seeks a replacement for his father, who disappeared shortly after his birth, and bonds with his uncle Charlie and the patrons at a bar in Long Island. He listens closely to the stories of these men and guidance on how to live.

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, January 9 at 2:00pm

COA Office Hours: Tuesday January 23 between 10:30 and 11:30am 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.

This month's "**Board Topics**" is written by Mary Markham, who is also one of our AARP Tax Aide volunteers.



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. Your tax return is completed by one tax-aide volunteer and another tax-aide volunteer reviews it. This allows the tax-aide volunteers to minimize errors by checking the documentation on hand for accuracy.

What has changed for 2023? At the Federal level, the standard deductions for married couples filing jointly is \$27,700. For single taxpayers and married individuals filing separately - \$13,850. Heads of households \$20,800. The Annual Gift exclusion is now \$17,000. For the Commonwealth of Massachusetts, the Tax Credit for dependent child, disabled adult, or minor - \$310. Senior Circuit Breaker doubles to \$2,400. Rental Deduction - \$4,000. Short Term capital gains decreases to 8.5%. Cesspool or Septic Systems credit triples to \$18,000, with the amount claimable going to \$4,000 per year. Estate Tax is eliminated for estates under \$2 million with a uniform credit of \$99,960.

You need to bring information to the appointment with you so that your taxes will be completed. Common items include correspondence from the IRS or the Commonwealth of Massachusetts, checking or savings account information to direct deposit refunds or debit amounts due, W-2 forms for employers, 1099s for Social Security benefits, interest or dividend income, pension, annuity, or IRA distributions. For a complete list of documents needed, please speak to a Senior Center staff member when you make your appointment.

Most taxpayers have a choice of taking either a standard deduction or itemizing their deductions. You need to have more itemized deductions than the standard deduction to make it beneficial. If you have a substantial dollar amount of deductions, you may want to itemize. If your itemized deductions are greater than the standard deduction bring the following additional information: 1098 form showing home mortgage interest. A summary list of medical/dental/vision expenses, including doctor and hospital bills and medical insurance premiums, prescription medicines, assisted living services, long-term insurance, and bills for medical-related home improvements such as ramps and railings for people with disabilities. Summary of cash and noncash contributions to charity. Property tax bills paid during the year (frequently shown on mortgage statement). 1095-A forms if you purchased insurance through the marketplace (exchange).

Call the Ayer Council on Aging to make your appointment.

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):

January 5, 12, 26

If you need delivery, you must reserve 48hrs ahead

First time Loaves & Fishes clients:

Call (978) 772-4627x312 or

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

Senior Center Building Update

The Committee met on December 7, 2023 to review a list of all Town-owned properties, based on a list provided by the DPW. The Committee looked at maps for each of the 53 parcels and eliminated all but 11, based on acreage being less than the 1.5 acre criteria or because the land was in use by another Town department. Deed-restrictions such as conservation land were not yet available at the time of the meeting.

At their next meeting on **Thursday, January 11 at 5:30pm** at Town Hall, the Committee will examine the 11 remaining properties in more detail, and review a draft Request for Proposals for an architect for the project.



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.



NAVIGATING SOLO: Solo Ager's Discussion Group

Join other Solo Ager's (single or partnered adults 55+ without the support of adult children or close family members) for a six week online small group conversation focused on what it means to navigate aging on one's own.

SPACE IS LIMITED! Next cohort begins Wednesday, January 17, 2024, 6:45 - 7:45 pm ET ALL DETAILS including dates and fees:

WWW.BEACONPATIENTSOLUTIONS.COM/SOLOGROUP



AN INITIATIVE OF
BEACON PATIENT SOLUTIONS LLC



Navigating Solo: Solo Ager's Discussion Group

Our next cohort will launch on January 17, 2024 and is open to anyone regardless of location! Please take the Eastern Time Zone start time into account!

Each session is one hour long!

Discussion Group Meeting Dates, Wednesdays,
6:45 pm ET, 5:45 pm CT, 4:45 pm MT, 3:45 pm PT:
January 17, January 24, January 31, February 7, February 14, February 21

REGISTRATION OPTIONS:

- 1: Navigating Solo 101 Discussion Group (6 one hour sessions, includes administrative fee for materials) \$96
- 2: Navigating Solo 101 Discussion Group (6 one hour sessions, includes administrative fee for materials) and 1 one-on-one 30-minute solo aging plan consultation, includes a written summary of our conversation, \$130
- 3: Navigating Solo 101 Discussion Group (6 one hour sessions, includes administrative fee for materials) and 2 one-on-one 30-minute solo aging plan consultations, includes a written summary of our conversation, \$160



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.

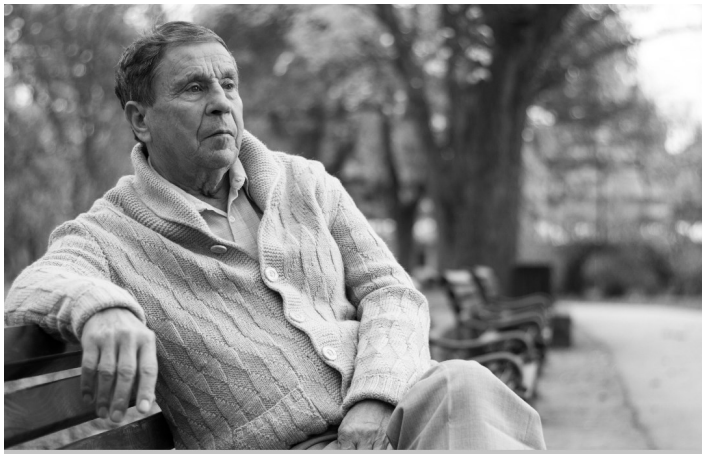
Next onsite SHINE Counseling: Wednesday, January 24 by appt.

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.

What is Seasonal Affective Disorder?

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD). In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression. Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

Symptoms of depression can include:

- Persistent sad, anxious, or "empty" mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like "hibernating")



If you or someone you know is showing symptoms of SAD, talk to a health care provider or a mental health specialist about your concerns. They may have you fill out a questionnaire to determine if your symptoms meet the criteria for SAD.

Treatments are available to help people with SAD. They fall into four main categories that can be used alone or in combination:

- Light therapy involves sitting in front of a very bright light box (10,000 lux) every day for about 30–45 minutes, usually first thing in the morning, from fall to spring.
- Psychotherapy can help people with SAD by teaching them new ways of thinking and behaving and changing habits that contribute to depression.
- Antidepressant Medications can be effective for SAD when used alone or in combination with talk therapy. Antidepressants work by changing how the brain produces or uses certain chemicals involved in mood or stress.
- Vitamin D can help because many people with winter-pattern SAD have vitamin D deficiency; vitamin D supplements may help improve symptoms.

Talk to a health care provider about the potential benefits and risks of different treatment options and which treatment is best for you. Find tips for talking with a health care provider to improve your care and get the most out of your visit.

Source: National Institute of Mental Health. (2021). Depression. (NIH Publication No. 21-MH-8079). U.S. Department of Health and Human Services, National Institutes of Health.



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 Debbie 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



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



<https://tinyurl.com/bdzxccp2>

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

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, January 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.



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 Closed for New Years Day	2 Senior Center Coldcut Sandwiches & Salad (Lazy Mary's) Meals on Wheels MOC: TBD	3 Senior Center Pizza (Verona) Meals on Wheels None	4 Senior Center Spaghetti & Meatballs (Anthony's Coal Fired Pizza) Meals on Wheels MOC: TBD	5 Senior Center Turkey Dinner Meals on Wheels None
8 Senior Center MOC: TBD Meals on Wheels None	9 Senior Center Alice Chicken & Rice (Outback) Meals on Wheels MOC: TBD	10 Senior Center Chicken Marsala (Donelans) Meals on Wheels None	11 Senior Center Enchiladas (Tequila's) Meals on Wheels MOC: TBD	12 Senior Center MOC: TBD Meals on Wheels None
15 Closed For MLK Jr Day	16 Senior Center BLT Wraps (Markohs) Meals on Wheels MOC: TBD	17 Senior Center Burgers & Chips (Red Robin) Meals on Wheels None	18 Senior Center BBQ Chicken & Rice (Martys) Meals on Wheels MOC: TBD	19 Senior Center Delivery: Lasagna Meals on Wheels None
22 Senior Center MOC: TBD Meals on Wheels None	23 Senior Center Pizza (Sorrentos) Meals on Wheels MOC: TBD	24 Senior Center Cheese Tortellini Carbonara (Donelans) Meals on Wheels None	25 Senior Center Cheddar Quiche (Nashoba Park) Meals on Wheels MOC: TBD	26 Senior Center Mealball Subs and Chips (Cottage) Meals on Wheels None
29 Senior Center MOC: TBD Meals on Wheels None	30 Senior Center Breakfast Wraps (Markohs) Meals on Wheels MOC: TBD	31 Senior Center Honey Chicken Salad (The 99) Meals on Wheels None		

Senior Center (MART) Van

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

Fares:

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

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

Rides must be reserved 48 hours in advance!

Special Programs may cause modifications to this schedule.

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

Group Shopping (pickups begin at 1pm):

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

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
1 Closed For New Years Day	2 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 1:00 Tea Time	3 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	4 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	5 9:00 Chair Exercise 10:00 Exercise 11:15 Supper Club 12:00 Lunch
8 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	9 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage & Cop 11:00 Tai Chi 12:00 Birthday Lunch 1:00 Rummikub 1:00 Tea Time 2:00 COA Meeting	10 9:00 Chair Exercise 10:00 Exercise 10:30 Running From Office 12:00 Lunch 1:00 Knit/Crochet	11 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo 5:30 Senior Center Bldg Committee	12 9:00 Chair Exercise 10:00 Exercise 11:00 Sing-Along 12:00 Lunch
15 Closed For MLK Jr Day	16 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 1:00 Movie 4:00 Grief Group	17 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	18 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	19 9:00 Chair Exercise 10:00 Exercise 10:30 Bird Stencil Gel Prints 12:00 Delivery Lunch
22 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 Cookbooks	23 9:00 Chair Exercise 10:00 Yoga 10:30 COA Office Hours 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 1:00 Tea Time	24 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet 1:00 Hot Chocolate Party <i>SHINE by Appt</i>	25 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	26 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch
29 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	30 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 1:00 Movie	31 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet 5:00 Supper Club	<div>January</div>	