



Longevity Ledger

Ayer Senior Center

March 2024

From The Desk of the Director—

Spring is finally here—we made it! It's easy to get excited in March, but as the saying goes, "in like a lion, out like a lamb." Which means I sometimes get ahead of myself. I get impatient for warmer days, early perennials, the jovial celebrations of spring and St Patrick's Day. So it's fitting that Action for Happiness (you'll remember I introduced this organization last month) calls it Mindful March.

You've likely heard that buzz word, but what does mindfulness mean? It means focusing on the present moment. Some of this may be generational, but a lot of people have minds that are full & racing all the time. Between TV, the internet, and our smart phones, our brains are constantly being stimulated. Planning, processing, worrying. Some people even use their phones while going to the bathroom! It's important to take time away from all that, to focus on *this* exact moment. What does this paper newsletter feel like in your hands? Feel the weight of the backs of your thighs pushing into the chair. What do you hear around you? Can you smell something?

Before you can this nonsense, there's been a lot of research on the benefits of mindfulness: improved cognitive ability, slowed brain aging, a reduction in stress, anxiety, and depression symptoms, an increased sense of well-being, better pain management, and improved quality of life for those living with chronic conditions.

I hope you'll give it a try. Action for Happiness' calendar is chock full of simple mindfulness activities. Pick one up at the Senior Center and see if you find it helpful. Check off the days you tried, and turn in your completed calendar by April 5th for the chance to win a prize!

— **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 March and early April by appt

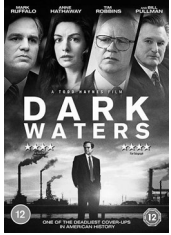
The AARP Tax-Aide program will help you get your taxes filled out and filed for – FREE! This includes filling out and electronically filing both state and federal tax returns. The Tax-Aide volunteers that work with you to complete the returns are certified by the IRS. There are no income eligibility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



Sing-Along: Irish Favorites

Friday, March 8 at 11am; FREE

In honor of St Patrick's Day, Marge will lead us in a fun sing-a-long of your favorite Irish songs! A "good" voice is not required, we're all friends here! Song words will be provided.



Dark Waters Film & Discussion Hosted by PACE

Friday, March 8 at 1pm; FREE

PACE (People of Ayer Concerned about the Environment) will be at the Senior Center as we show the movie *Dark Waters* (2019) starring Mark Ruffalo and Anne Hathaway, the true story of a corporate environmental defense attorney who risks his career and his family when he takes action against a chemical manufacturing corporation, DuPont, after they contaminate the town with unregulated chemicals. PACE will answer questions afterwards and talk about the Ayer PFAS Study.



Spring Day of Beauty

Monday, March 11, 10am—2pm; Cost: \$5.00 per service

Get ready for spring with a mini spa day! A Spa For You will be here offering manicures, pedicures, mini-facials, and mini-massages. Sign up for one service, or all four!



Fitchburg Art Museum Special Exhibits:

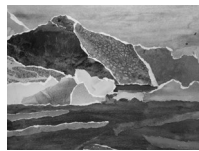
Friday, March 15 at 1pm

Cost: \$5.00 for Seniors; \$2 for EBT card holders, plus van fare

Hop aboard the COA Van and head to the Fitchburg Art Museum. In addition to their fantastic regular collection, we'll be able to access two special exhibits: *Atomic Artistry* and *On Her Terms: Feminine Power Embodied*.

Atomic Artistry is an exhibition at the intersection of art, science, and climate activism that features nuclear power in a positive light.

On Her Terms: Feminine Power Embodied features New England artists who use the human body in their work to engage contemporary issues around women's rights. The artists identify the body as a site of empowerment, where the feminine form becomes an intimate place to explore themes of vulnerability and ferocity, radical joy and self-reclamation.



Decorative Paper and Collage Workshop with Ann-Marie LaBolita

Friday, March 22 at 1pm; FREE

Participants will make a collage using decorative papers based on a landscape image that they supply. This image can be from their photos, a copy of a painting or a magazine image. Class will begin with making some decorative papers using paint and tissue paper. Additional decorative papers will be provided including the substrate to collage papers onto. Next, they will view and discuss various approaches to collage technique and style and begin designing and composing their own. Most materials are supplied by the artist and some materials may be added by the venue. Enrollment is limited to 15. The workshop will run for 2-2.5 hours. *This event is sponsored by Ayer Cultural Council.*



Take a Walk in the Park Day

Friday, March 29 at 1pm

In honor of National Take a Walk in the Park Day, we'll be hosting a mini walk-a-thon! At this low key and fun event, we'll be walking the small loop at Pleasant Street Park, making it easy and accessible for all mobility levels. Each time you complete a loop, your name will be entered to win prizes, bragging rights, and more!

NATIONAL JOHNNY APPLESEED DAY

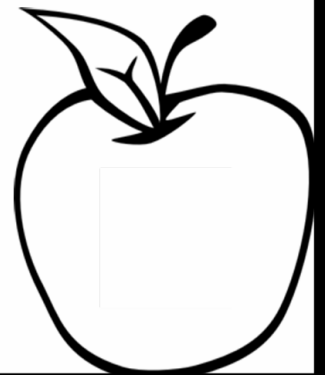
----- MARCH 11TH -----

name: _____

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apple
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orchard
friendly
tree
March
legend
pioneer
Chapman
Red Delicious
Granny Smith

Fuji
Braeburn
Honeycrisp
Gala
McIntosh
Cortland
Empire
Ambrosia



Katie Jones / MWK



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.

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine.



The following tips can help you get started on your way to eating right.

Make half your plate fruits and vegetables.

Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for "reduced sodium" or "no-salt-added" on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole.

Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese.

Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices.

Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you're at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Limit sodium, saturated fat and added sugars.

Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated

Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes.

Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what's in your food.

When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you.

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www.sudoku.com



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)



Monthly Events



Tea Time

Tuesday, March 12 & 26 at 1pm

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



Birthday Party

Tuesday, March 12 at 12:00pm

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



Coping with Grief

Tuesday, March 19 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

Wednesday, March 20 at 4:45pm: Texas Roadhouse

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 (March 12) 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.

March 5: *Calendar Girls* (2003) Comedy based on the true story of a women's group in a small English town who choose to upend the traditional order by posing nude for their annual charity calendar. Stars Helen Mirren.

March 19: *Five Flights Up* (2014) A long-time married couple who've spent their lives together in the same New York apartment become overwhelmed by personal and real estate-related issues when they plan to move away.

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, March 12 at 2:00pm

COA Office Hours: Monday March 11 from 11am-12:30pm at the Community Room at 62 Pleasant St.

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.

Save the Date!!

We have some exciting programs coming up in April!

You can sign up when the April newsletter comes out, at the end of March.



Needle-Felted Mushrooms

Wednesday, April 3 at 11am; Cost \$5.00

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



AARP Safe Driver Program

Friday, April 26 at 9:30am

Cost: \$20 for AARP members; \$25 for non-members

Even the most experienced drivers can benefit from brushing up on their driving skills, so join us for AARP's Driver Safety program from 9:30AM to 3:00PM, including a break for free lunch. This updated AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the new AARP Smart Driver Course, 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 a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course. There are **no** road tests to pass.

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:

March 1, 5, 6, 8, 13, 16, 20, 22, 27, 29

Closed Friday, March 15th

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

March 1, 8, 22

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

First time Loaves & Fishes clients:

Call (978) 772-4627x312 or

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

**AVOIDING A COLONOSCOPY?
DO YOU THINK...**

**"ONLY MEN
GET COLON
CANCER."**

**COLON CANCER IS AN
EQUAL OPPORTUNITY
DISEASE. WOMEN HAVE
THE SAME RISK AS MEN.**

PHYSICIANS FROM THE AMERICAN COLLEGE OF GASTROENTEROLOGY
RECOMMEND THAT **AVERAGE RISK ADULTS** BEGIN
COLORECTAL CANCER SCREENING AT **AGE 45**



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/bdxcpcp2>

Questions?
Contact librarian
& co-facilitator
Robert Hayes at
978-640-4490 or
rhayes@teawksburypl.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. At their February 8th, 2024 meeting, the Committee continued examination of the remaining five parcels, narrowing the list to three after walking each of the potential sites. The Committee also reviewed the six proposals submitted by architects, and will score them before their next meeting. The Committee decided to issue an RFP for privately owned land as well. Their next meeting is on February 29th at 6:00pm at Town Hall. 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.

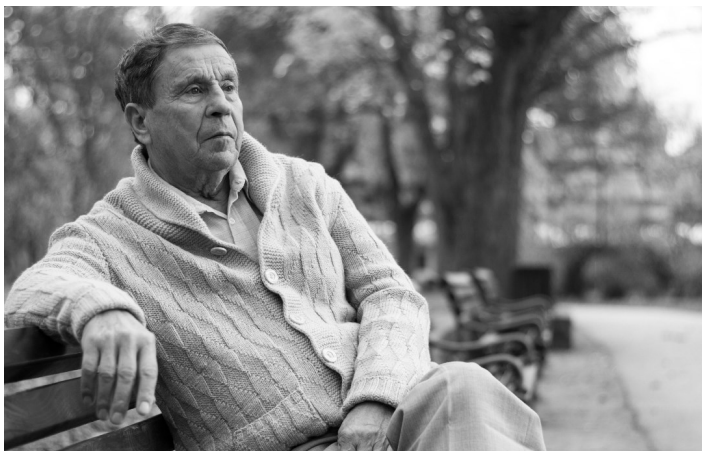
Next onsite SHINE Counseling: Wednesday, March 20 by appt.

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 arts & crafts classes!

For Your Health



Well-Adult Clinic

Thursday, March 14 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 <u>Senior Center</u> MOC: Bean & Veg Soup <u>Meals on Wheels</u> None
⁴ <u>Senior Center</u> MOC: American Chop Suey <u>Meals on Wheels</u> None	⁵ <u>Senior Center</u> Ham & Cheese Panini (Markohs) <u>Meals on Wheels</u> MOC: Breaded Cod	⁶ <u>Senior Center</u> Pulled Pork Mac & Cheese (Martys) <u>Meals on Wheels</u> None	⁷ <u>Senior Center</u> Stuffed Shells & Salad (Lazy Mary's) <u>Meals on Wheels</u> MOC: Turkey Dinner	⁸ <u>Senior Center</u> TBD <u>Meals on Wheels</u> None
¹¹ <u>Senior Center</u> MOC: Sweet & Sour Meatballs <u>Meals on Wheels</u> None	¹² <u>Senior Center</u> TBD <u>Meals on Wheels</u> MOC: Chicken Picatta	¹³ <u>Senior Center</u> Fettucine Alfredo (Lazy Mary's) <u>Meals on Wheels</u> None	¹⁴ <u>Senior Center</u> Burgers & Chips (Red Robin) <u>Meals on Wheels</u> MOC: BBQ Pulled Pork	¹⁵ <u>Senior Center</u> Corned Beef & Cabbage (Donelans) <u>Meals on Wheels</u> None
¹⁸ <u>Senior Center</u> MOC: Breaded Chicken <u>Meals on Wheels</u> None	¹⁹ <u>Senior Center</u> Tuna Topped Garden Salad (Junction) <u>Meals on Wheels</u> MOC: Ravioli	²⁰ <u>Senior Center</u> Chicken Picatta (Il Forno) <u>Meals on Wheels</u> None	²¹ <u>Senior Center</u> Eggplant Marino (Anthonys) <u>Meals on Wheels</u> MOC: Salisbury Steak	²² <u>Senior Center</u> Italian Subs (Cottage) <u>Meals on Wheels</u> None
²⁵ <u>Senior Center</u> MOC: Pot Roast <u>Meals on Wheels</u> None	²⁶ <u>Senior Center</u> Fried Chicken Sliders (Chick Licious Ness) <u>Meals on Wheels</u> MOC: Hot Dog & Baked Beans	²⁷ <u>Senior Center</u> Pork & Mashed Potatoes (Donelans) <u>Meals on Wheels</u> None	²⁸ <u>Senior Center</u> Beef Stew (Nashoba Park) <u>Meals on Wheels</u> MOC: Chicken Pot Pie	²⁹ <u>Senior Center</u> MOC: Spinach Alfredo Lasagna <u>Meals on Wheels</u> 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: Target Plaza (Leominster)
- 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

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 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>March</h1>				1 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch <i>Tax prep by appt</i> <i>Loaves & Fishes</i> <i>Delivery by appt</i>
4 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch	5 9:00 Chair Exercise 10:00 Yoga 11:00 Tai Chi 11:00 Cribbage 12:00 Lunch 1:00 Movie	6 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet <i>SHINE by Appt</i>	7 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	8 9:00 Chair Exercise 10:00 Exercise 11:00 Sing-Along 12:00 Lunch 1:00 Dark Waters <i>Tax prep by appt</i> <i>Loaves & Fishes</i> <i>Delivery by appt</i>
11 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 10:00 Day of Beauty 11:00 Yoga with Jeff 12:00 MOC Lunch	12 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage & Cop 11:00 Tai Chi 12:00 Birthday Lunch 1:00 Tea Time 2:00 COA Meeting	13 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	14 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	15 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Art Museum <i>Tax prep by appt</i>
18 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch	19 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Movie 4:00 Grief Group	20 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet 4:45 Supper Club <i>SHINE by Appt</i>	21 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	22 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Collage Paper Workshop <i>Tax prep by appt</i> <i>Loaves & Fishes</i> <i>Delivery by appt</i>
25 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch	26 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Tea Time	27 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	28 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	29 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Walk-a-thon <i>Tax prep by appt</i>