



Longevity Ledger

Ayer Senior Center

November 2023

From The Desk of the Director—

November marks the beginning of the holiday season. For some, this is a joyous time, full of family traditions. For others, the expectations that come with those traditions can be stressful. For many, grief or feelings of isolation become overwhelming during the holidays. As we age, the holidays present challenges: our energy levels decline, our family and/or financial situations change.

Virginia Berger, Certified Retirement Coach, suggests asking yourself (and your family, if applicable) the following questions: Is this a tradition that adds to my family or faith life or detracts from it? Is it something that adds stress—emotional, financial, or health wise— to me or any of my family members? Have I/we outgrown this tradition? Can we let go of this for a couple of years? How could we modify this tradition to this year's circumstances?

Whether you keep everything the same or make changes to your holiday traditions, asking these question helps ensure you're entering the Holiday season intentionally, focused on the things that really matter and bring you the most joy.

— **Katie**

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

Shop & Save, Ayer (weekly baked goods), Shaw's Floral, Groton (Pleasant Park Centerpieces), Wag & Wash, Littleton (samples for our booth at the Devens Dog Festival), and Pinard's Florist (arranging/wrapping our Halloween baskets for the Devens Dog Festival)

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.

COA Board of Directors: Dennis Curran, Bob Gardner, Mary Markham, Janine Nichipor, Marge Withee
Next COA Board Meeting: Tuesday, November 14 at 2pm

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

www.ayer.ma.us/council-aging

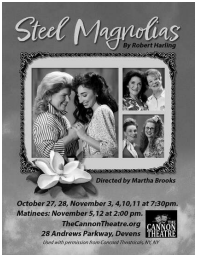
Dial-a-Ride: (978) 772-8261

Special Events (RSVP Required)



30 Day Gratitude Challenge The Month of November

Gratitude is a feeling of thankfulness and appreciation, and a willingness to return kindness to others. Gratitude increases feelings of happiness & optimism, reduces stress, improves sleep, and buffers the impact of certain health events. See a staff member to pick up your challenge worksheet. All completed worksheets returned by December 8th will be entered into a drawing. The winner will have a donation made in their name to their favorite charity (*donation provided by COA Staff*).



Steel Magnolias at the Cannon Theatre, Devens Friday, November 3 at 6:45pm. Cost: \$10.00

This classic play is set in Truvy's beauty salon, where all the ladies who are 'anybody' come to have their hair done. Helped by her eager new assistant, Annelle, the outspoken, wise-cracking Truvy dispenses shampoo and free advice to the town's rich curmudgeon, Ouiser, an eccentric millionaire, Miss Clairee, who has a raging sweet tooth; and the local social leader, M'Lynn, whose daughter, Shelby is about to marry a "good ole boy". After tragedy strikes, these women draw on their underlying strength and their bond as they navigate both good times and bad... together.



Medicare Open Enrollment (Presented by Central Mass SHINE)

Wednesday, November 8 at 12:15pm Central Mass SHINE (Serving the Health Insurance Needs of Everyone) provides unbiased health insurance information & counseling. Medicare plans change from year to year. The Medicare Open Enrollment Period allows all Medicare beneficiaries to make changes to their health plan coverage. Join us for information to consider as you think about your coverage options for 2024.



Navigating Solo: Creative Ways for Solo Agers to Navigate the Winter Holiday Season Thursday, November 9 at 6:45pm FREE

Solo Aging Advocate Ailene Gerhardt will be live on the Senior Center television to discuss creative ways to navigate the winter holiday season. After her presentation, we'll connect with other solo agers. This event is open to anyone who identifies as a solo ager (anyone 55+ who, through choice or circumstance, finds themselves aging without the support of adult children or close family members).



Celebrating the Season: A Thanksgiving Harvest of Song and Stories

Tuesday, November 14 at 12:30pm FREE Join beloved storyteller Davis Bates for a celebration of the season and the Diverse Cultural Heritage of New England. His participatory performance will include farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and a family story about a Thanksgiving during the Depression of the 1930's. There will also be plenty of sing-alongs, a short lesson in how to play music with spoons and an appearance by a dancing wooden dog named Bingo. *Funded, in part, by a grant from the Ayer Cultural Council, a local agency supported by the Massachusetts Cultural Council.* If you'd like to join us for lunch at noon, please make sure to sign up for both when calling to RSVP.



Thanksgiving Lunch featuring Robin Sewell and Ukelele Songs of the 1950s, 60s, and 70s Friday, November 17 at 12:15pm FREE

Join us for a traditional Thanksgiving meal, accompanied by the tunes of Robin Sewell. Her love for singing and playing the ukulele is evident as she performs at various assisted living residences, senior centers, or town gatherings with a circle of ukulele friends. Music selections for this solo performance focus on songs from the 1950's and surrounding decades. Feel free to tap your foot and sing along if the spirit moves you!



Trivia with Mary Ellen

Monday, November 20th at 1pm

Dust off those mental cobwebs with a lively game of trivia with our very own Mary Ellen! Bring your own team or be paired upon arrival. Snacks and prizes!



A History of Games: From Pinball and Monopoly to Minecraft (One Day University)

Monday, November 27 at 1pm We'll examine the history of games, beginning with the industrial revolution and how it influenced the demand for leisure activities from the first coin-operated amusements to the rise of digital entertainment in the late 20th century. How the 19th century gave us our first true game designers, the Prussian war game that influenced every video game played today, and the circus carnival worker-turned-entrepreneur who turned the world upside down by creating Atari. You'll learn where the games we play come from & why humans play them in the first place.

Monthly Events



Tea Time

Friday, November 10 & 17 at 1pm

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



Women's Conversation with Linda

Wednesday, November 8 & 22 at 11am

Get together to laugh, share, and discuss issues relevant to women as they age. The topic will change every week; examples include sleep, stress, grief, fitness, etc. No politics/religion.



Birthday Party

Tuesday, November 14

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



Coping with Grief:

Tuesday, November 21 at 4pm at the Ayer Library

The Nashoba Associated Boards of Health welcomes adults who are experiencing grief to participate in the monthly, drop-in Grief & Healing Support Group. Facilitated by grief counselor Karen Campbell, this support group offers a safe space to share experiences of the grief journey. This group is an opportunity to learn more about the grief process and strategies for managing grief.

Confidentiality is respected and honored. The group honors all types of grief, including grief due to loss, change and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any time in their journey. Since grief is an evolving process, occasional check-ins with a grief support group may be beneficial. No one is required to commit to consistent attendance. For more information, please contact Karen Campbell at 978-772-3335 x322.



Supper Club

Monday, November 13 at 11:30am: Mary Ann's Diner (Amherst, NH)

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 (November 14) at 11am Get to know members of Ayer Police Department over a cup of coffee, or challenge them to a game of cribbage! This casual event is a great time to discuss issues, ask questions, and build community together.



Movies

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

November 7— And So it Goes (2014): Starring Michael Douglas and Diane Keaton, A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home.

November 21—Boyton Beach Club (2005): A romantic comedy about our amazing capacity to rebound and fall in love at any age. Set in an "Active Adult" community in Boynton Beach, Florida at a local Bereavement Club where they go to find emotional support after the loss of a loved one. For anyone who thinks that new love and romance ends long before retirement, they're in for a reality check. Sometimes we all need a little reminder that life is worth living and sharing.

Fun & Games

Cribbage

Tuesdays at 11am.

Rummikub

Tuesdays at 1pm.

Bingo

Thursdays at 1pm. \$1.00 per card.

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.

Senior Services



SHINE Medicare Counseling

With the Medicare Open Enrollment season upon us, our certified SHINE Counselor will be here more frequently to answer your questions about signing up for Medicare or making changes to your Medicare plans. Linda will 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

Upcoming Appointment Dates:

Nov 6, 13, 20 & 27; Dec 4.

MOC Fuel Assistance

New Application Appointments
1st & 3rd Mondays in November by appt.

To schedule an in-person appt
Call 978-342-4520

Visit www.toapply.org/MassLIHEAP and
start your Fuel Assistance application

Visit 165B Mill Street, Leominster, to make
an appointment in-person

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 through a fixed benefit amount 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.

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.

Senior/Community Center Update

The new Senior Center Site Selection and Building Committee has been appointed. It includes two staff members: Katie Petrossi, COA Director and Dan VanSchalkwyk, DPW Director. Also on the Committee are seven Ayer residents: Dennis Curran (COA Board Rep), Ken Diskin (Planning Board Rep), Ellen FitzPatrick, Christopher Prehl, David Cibor, Dave Grubb, and Carolyn McCreary.

This new committee will: Identify and recommend a viable site(s) in the Town of Ayer for the development of a Senior Center; Oversee and administer due diligence and conceptual design; Oversee and conduct the necessary public outreach; Identify and secure funding; Oversee the final design of the project; Develop, oversee, and administer a construction budget for the project to include Town Meeting approval; Oversee the construction of the project.

Their first meeting is expected to be in early November.



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/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!



Winter is Coming!



Storm Readiness List: Would you like the Senior Center 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 ASRSD for winter storms. If the schools are closed, we will be closed. If the schools are delayed, we will open on a delay.

For Your Health



Well-Adult Clinic

Thursday, November 9 at 12:30

Nashoba Board of Health nurses will provide free blood pressure screening, general health information, and first aid. For in-home flu or COVID booster shots, call Nashoba Public Health at (978) 772-3335 ext. 357 to schedule.

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.

DVD-Based Classes



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: MOC meals on Mondays & select Fridays, catered meals Tuesday thru Thursday and select Fridays, and twice monthly Supper Club. All onsite meals served at noon. Suggested \$3.00 donation for all meals.

**Please call
(978) 772-8260
to sign up 48hrs in
advance. RSVPs allow
us to have enough food
for everyone.**



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



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):

November 3, 15

Thanksgiving Meal Delivery: Nov 21st

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.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| | | 1 <u>Senior Center</u> Meatball Subs (Cottage) <u>Meals on Wheels</u> None | 2 <u>Senior Center</u> Walhalla Pasta (Outback) <u>Meals on Wheels</u> MOC: Pasta Fagioli | 3 <u>Senior Center</u> Pizza (Pizza Bella) <u>Meals on Wheels</u> None |
| 6 <u>Senior Center</u> MOC: Beef & Broccoli <u>Meals on Wheels</u> None | 7 <u>Senior Center</u> Pasta & Meatballs (Marty's) <u>Meals on Wheels</u> MOC: Apricot Chicken | 8 <u>Senior Center</u> Beef Brisket Wrap (Coleman Catering) <u>Meals on Wheels</u> None | 9 <u>Senior Center</u> Cobb Salad (HoneyBaked Ham) <u>Meals on Wheels</u> MOC: Breaded Fish | 10 Closed For Veteran's Day |
| 13 <u>Senior Center</u> MOC: Hot Dog <u>Meals on Wheels</u> None | 14 <u>Senior Center</u> Chicken Picatta (Donelan's) <u>Meals on Wheels</u> MOC: Rigatoni Marinara | 15 <u>Senior Center</u> Cheeseburgers & Chips (Red Robin) <u>Meals on Wheels</u> None | 16 <u>Senior Center</u> Chicken Enchiladas (Tequilla's) <u>Meals on Wheels</u> MOC: Cold Trio of Salads | 17 <u>Senior Center</u> Thanksgiving Luncheon (Donelans) <u>Meals on Wheels</u> None |
| 20 <u>Senior Center</u> MOC: Beef Chili <u>Meals on Wheels</u> None | 21 <u>Senior Center</u> BLT Wraps & Soup (Markoh's) <u>Meals on Wheels</u> MOC: Rosemary Salmon | 22 <u>Senior Center</u> Stuffed Shells & Salad (Lazy Mary's) <u>Meals on Wheels</u> None | 23 Closed For Thanksgiving | 24 Closed for Thanksgiving |
| 27 <u>Senior Center</u> MOC: Mac & Cheese <u>Meals on Wheels</u> None | 28 <u>Senior Center</u> Roast Beef Sandwiches & Fries (Junction) <u>Meals on Wheels</u> MOC: Meatloaf | 29 <u>Senior Center</u> Chicken Broccoli Alfredo (Lazy Mary's) <u>Meals on Wheels</u> None | 30 <u>Senior Center</u> Ham & Cheddar Quiche (Nashoba Park) <u>Meals on Wheels</u> MOC: Broccoli Cheese Egg Bake | |

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: Nashua Mall Plaza (Nashua): Christmas Tree Shops, Kohls, Burlington Coat Factory, LL Bean
2nd Tuesday: Farmer's Market
3rd Tuesday: Walmart (Lunenburg)
4th Tuesday: Highland Commons (Hudson/Berlin line): Market Basket, BJ's, TJ Maxx, Lowe's, Cabelas, Michaels, Bed Bath & Beyond, PetSmart, and more.

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>November</h1> | | 1 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet | 2 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch & 1:00 Bingo | 3 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 6:45 Steel Magnolias Saturday 10/4: Bemis (doors open at 11am) |
| 6 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch <i>Fuel Assistance by Appt</i> <i>SHINE by Appt</i> | 7 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 1:00 Movie | 8 9:00 Chair Exercise 10:00 Exercise 11:00 Women's Conversation 12:00 Lunch & SHINE 101 1:00 Knit/Crochet | 9 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo 6:45 Navigating Solo | 10 Closed For Veteran's Day |
| 13 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 11:30 Supper Club 12:00 MOC Lunch <i>SHINE by Appt</i> | 14 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage & Cop 11:00 Tai Chi 12:00 Birthday Lunch & Celebrating the Seasons 1:00 Rummikub 2:00 COA Meeting 4:00 Grief Group | 15 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet | 16 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo | 17 9:00 Chair Exercise 10:00 Exercise 12:00 Ukelele & Thanksgiving Lunch |
| 20 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 Trivia <i>SHINE by Appt</i> <i>Fuel Assistance by Appt</i> | 21 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 1:00 Movie | 22 9:00 Chair Exercise 10:00 Exercise 11:00 Women's Conversation 12:00 Lunch 1:00 Knit/Crochet | 23 Closed For Thanksgiving | 24 Closed For Thanksgiving |
| 27 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 History of Games No Van Service | 28 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub No Van Service | 29 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet No Van Service | 30 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo | |