



Longevity Ledger

Ayer Senior Center

October 2023

From The Desk of the Director—

October is the fall equivalent of March's "in like a lion, out like a lamb." At the beginning of the month we're basking in the warm days and feel cozy wearing an extra layer in the evening. But by the end of the month, we're all just hoping the snow holds off for the Halloween trick-or-treaters!

As we welcome the cooler temps, I want to also welcome our new Senior Center users. We're growing quickly, and love seeing new faces! If you haven't checked out the Center yet, October is a great time. We've got a fall foliage coach bus trip, Supper Club, informative and entertaining lunch time presenters, and so much more!

Hope to see you soon,

— **Katie**

Save the Date: November 4 at 11am: Bemis Associates "Thanks Through Giving" meal is back!!

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, October 10 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)*



Farmer's Market

Tuesday, October 3, 12:30—1:30pm at the Ayer Library

Tuesday, October 10, 11:30am— 1:30pm at Rogers Field, Devens

This time of year, Ayer has two farmer's markets nearby for you to purchase fruits and vegetables using cash, credit, ATM, farmers market coupons, or SNAP/HIP dollars. Transportation available.



Rotary Club Chicken BBQ

Saturday, October 7 FREE

The Rotary Club of Ayer, Shirley, Harvard & Devens is back with their annual Chicken BBQ! This drive-thru pick-up event will be held at the Eisengrein Community Center in Devens and includes BBQ chicken, side salad, roll, and dessert. If you are able to drive to Devens to pick up the meal, please RSVP with the Rotary Club directly by calling Dolores at (978) 448-6881. If you do not drive and need the Senior Center to deliver your meal, please call the Senior Center to sign up for delivery at (978) 772-8260. Last day to RSVP is October 2nd.



Downsizing: Using Online Methods to Sell Your Stuff

Thursday, October 12 at 12pm (lunch & learn)

Mike Roy of RHR Real Estate will be back to discuss an important part of the downsizing process—how to get rid of all the stuff. In this session, he'll focus on how to use online methods like Facebook Marketplace, Craigslist, Buy Nothing groups, Ebay, Etsy and more. Strategies to sell your items quickly for top dollar and online safety will be included.



Fall Foliage Aboard the Essex Steam Train and Riverboat

Monday, October 16, 9:45am—5:30pm Cost: \$50

All Aboard! We're taking a coach bus south this year to Essex, Connecticut for a train ride on an antique steam train. Then we'll transfer onto a riverboat on the Connecticut River, enjoying a box lunch and (hopefully) beautiful displays of fall foliage!



Let's Get Cooking for 1-2 People

Wednesday, October 18 at 12:15pm

Cooking for one or two can seem like a daunting task, yet there are so many ways to keep it simple, inexpensive and more delicious than you can imagine! Learn to transform a few ingredients into delicious meals by learning where and when to buy, safe cooking and storing, and how to combine ingredients to make many different dishes. Presented by Alex Welch, MA, RDN, LDN of MOC.



Loaves & Fishes: How You Can Help & How They Can Help You

Thursday, October 19 at 12pm

Learn more about this local organization that provides provide nutritious food, in an atmosphere of kindness and respect, to individuals in need who reside in Ayer, Devens, Dunstable, Groton, Harvard, Littleton and Shirley. Hear about programs of interest to seniors, and how you can get involved!



Planning for Medicare

Tuesday, October 24 at 6pm FREE

Planning for Medicare-Countdown to 65 is a no-cost seminar that helps you understand your Medicare health insurance options outside of your employer-sponsored coverage, whether or not you're planning to retire.



Yoga with Marcelle

Wednesday, October 25 at 12:45pm Cost: \$5.00

Marcelle is back with a one-time gentle yoga workshop designed to ease aches and pains, loosen tight joints to increase range of motion, lower stress, calm the nervous system and promote good sleep.



Halloween Luncheon

Tuesday, October 31 at 12:00pm FREE

Join us for a hauntingly good time at a Halloween-themed party. Wear a costume if you have one!



Bemis Thanks by Giving Luncheon

Saturday, November 4 (Doors open at 11am) FREE

Bemis Associates are proud to host their 23rd annual Thanks By Giving Luncheon at Springhill Suites in Devens. Last Day to RSVP is Oct 23.

Monthly Events



Tea Time

Friday, October 6 & 20 at 1pm

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



Women's Conversation with Linda

Wednesday, October 11 & 25 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, October 10

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



Coping with Grief: Nashoba Associated Boards of Health is working hard to replace the grief support groups that ended when their nursing service discontinued. Please stay tuned, group are expected to resume mid-October.



Supper Club

Wednesday, October 25 at 5pm: Lazy Bubble (Pepperell)

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 (October 10) 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 in October at 1pm. Join us Fridays for free popcorn and movies.

October 17—*Where the Crawdads Sing* (2022). Her family walked out on her. So she raised herself by learning the ways of the marsh—and fell for a boy who taught her the ways of the world.

October 31—*Hocus Pocus* (1993). Starring Bette Midler, Sara Jessica Parker, and Kathy Najimy, this classic Halloween comedy features a teenage boy named Max and his little sister who move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.

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:

Oct 2 & 30; Nov 6, 13, 20 & 27; Dec 4.

MOC Fuel Assistance

**New Application Appointments
1st & 3rd Mondays in October 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

On September 6th, the Select Board dissolved the combined Senior Center/Community Center Committee, following the Parks Commission's vote to rescind their support for a project at Pirone Park. Recognizing that the need for a Senior Center still exists, at that same meeting the Select Board created a new Senior Center Site Selection and Building Committee.

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.

This committee will have five resident representatives, in addition to the two resident representatives of the COA and Planning Boards. Expressions of Interest are due to the Town Manager's office by September 28, and will be interviewed and appointed by the Select Board at their October 3rd meeting. If you are interested in contributing a senior voice or have experience/expertise in any of the responsibilities listed above, please consider volunteering your time on this committee.



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/bdzxccp2>

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!

For Your Health



Well-Adult Clinic

Returning in November!

Ayer Flu Clinic: Tuesday, October 10 3:00-5:30pm at the Ayer Library

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.



Pickleball

Intermediate Pickleball: Stroke of the Week (for players who know how to play & are looking to improve. Two class choices, Fridays at 9:30AM-10:30AM or 11:00AM-12:00PM

Week 3: October 6- Dinking

Week 4: October 13-Behind the Kitchen Line

Learn to Play Pickleball: This class is designed for the player who is new to pickleball and wants to learn the game. Two class choices, Fridays 10/6 & 13. Must attend both. Session (1) 12:30PM-1:45PM
Session (2) 2:00-3:15PM

Paddles are provided for class but use your own if you have one. Wear safety glasses, prescription or sunglasses for eye protection. Wear comfortable clothing/ athletic wear and tennis or pickleball sneakers. Bring water.

If your health insurance has a **FITNESS BENEFIT** you may be able to apply it to Jeff's classes! See Katie

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):

October 6, 13, 27

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
2 <u>Senior Center</u> MOC: Beef Stew <u>Meals on Wheels</u> None	3 <u>Senior Center</u> Steak & Cheese Sub (Cottage) <u>Meals on Wheels</u> MOC: Stuffed Shells	4 <u>Senior Center</u> Chicken Picatta (Martys) <u>Meals on Wheels</u> None	5 <u>Senior Center</u> Shepherd's Pie (Donelans) <u>Meals on Wheels</u> MOC: Teriyaki Pork Lo Mein	6 <u>Senior Center</u> Pizza (Verona) <u>Meals on Wheels</u> None
9 Closed For Columbus Day	10 <u>Senior Center</u> Stuffed Shells (Lazy Marys) <u>Meals on Wheels</u> MOC: Pot Roast	11 <u>Senior Center</u> Turkey/Ham Sandwich (HoneyBaked) <u>Meals on Wheels</u> None	12 <u>Senior Center</u> Burgers & Chips (Red Robin) <u>Meals on Wheels</u> MOC: Chicken Salad	13 <u>Senior Center</u> MOC: Calypso Salmon <u>Meals on Wheels</u> None
16 <u>Senior Center</u> MOC: Turkey w Gravy <u>Meals on Wheels</u> None	17 <u>Senior Center</u> Meatloaf & Mashed Potatoes (Donelans) <u>Meals on Wheels</u> MOC: Meatballs	18 <u>Senior Center</u> Turkey Club & Soup (Markohs) <u>Meals on Wheels</u> None	19 <u>Senior Center</u> Chicken & Broccoli with Greek Salad (Jimbo's) <u>Meals on Wheels</u> MOC: Beef Stroganoff	20 <u>Senior Center</u> Italian Subs (Cottage) <u>Meals on Wheels</u> None
23 <u>Senior Center</u> MOC: Mac & Cheese <u>Meals on Wheels</u> None	24 <u>Senior Center</u> Lasagna & Salad (Martys) <u>Meals on Wheels</u> MOC: Lemon Garlic Cod	25 <u>Senior Center</u> Breakfast Favorites (Karyn's Kitchen) <u>Meals on Wheels</u> None	26 <u>Senior Center</u> Chicken Pot Pie (Nashoba Park) <u>Meals on Wheels</u> MOC: Butternut Squash Ravioli	27 <u>Senior Center</u> Pizza (Sorrentos) <u>Meals on Wheels</u> None
30 <u>Senior Center</u> MOC: Chicken Picatta <u>Meals on Wheels</u> None	31 <u>Senior Center</u> Halloween Party <u>Meals on Wheels</u> MOC: Shepherd's Pie			

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.

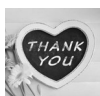
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am-12pm	Leominster & Fitchburg	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Acton & Concord
Afternoon 12-4pm	Ayer, Shirley, Groton, Harvard, Devens	Group Shopping (see below)	Market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

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

*Ayer Shop & Save
Shaws Floral Dept.*



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch <i>SHINE by Appt</i> No Van Service	3 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 12:30 Farmer's Market 1:00 Rummikub	4 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	5 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch & 1:00 Bingo	6 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Tea Time <u>Saturday 10/7</u> •Newton Street Folk Festival (no van) •Rotary Chicken BBQ
9 CLOSED FOR Columbus Day	10 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage & Cop 11:00 Tai Chi 11:30 Farmers Market 12:00 Birthday Lunch 1:00 Rummikub 2:00 COA Meeting 3:00 Flu Clinic at Library	11 9:00 Chair Exercise 10:00 Exercise 11:00 Women's Conversation 12:00 Lunch No Afternoon Programs	12 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch & Downsizing 1:00 Bingo	13 9:00 Chair Exercise 10:00 Exercise 12:00 MOC Lunch
16 9:00 S-B-F with Jeff 9:45 Fall Foliage Train 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch	17 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 1:00 Movie	18 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch & Cooking for One 1:00 Knit/Crochet	19 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch & Loaves & Fishes 1:00 Bingo	20 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Tea Time
23 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch 7:00 Town Meeting (Van Available)	24 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 6:00 Medicare	25 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 12:45 Yoga with Marcelle 1:00 Knit/Crochet 5:00 Supper Club	26 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	27 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch
30 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:00 Yoga with Jeff 12:00 MOC Lunch <i>SHINE by Appt</i>	31 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage 11:00 Tai Chi 12:00 Halloween Lunch 1:00 Rummikub 1:00 Movie	<div> <div>October</div>  </div>		