



Longevity Ledger

Ayer Senior Center

September 2023

From The Desk of the Director—

Welcome fall! September is one of my favorite months. The days are warm and sunny, but the evenings are cool. Change is in the air, literally and figuratively. It's fun to enjoy the pumpkins, cinnamon, and festivals that bring our community together before the long winter. What about the changes happening *within you*—physically, emotionally, spiritually? If not immediately obvious, take a moment to reflect: how do I feel about my current situation? Do I feel the same as I always have, or has something shifted within me? What is weighing me down that I need to release? What is bringing me joy, that I need to make more time for?

We have many exciting programs planned this month. We welcomed many new faces last month, and are looking forward to meeting YOU!

— Katie

“Reflect upon your present blessings – of which every man has many – not on your past misfortunes, of which all men have some.”
— Charles Dickens

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, September 12 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, September 5 at 12:30pm at the Ayer Library

Tuesday, September 12 & 26 at 11:30am at Rogers Field, Devens

This time of year, Ayer has two farmer's markets nearby, and we're making it easy to get to both of them. This is a great opportunity to purchase fruits and vegetables using cash, credit, ATM, farmers market coupons, or SNAP/HIP dollars.



Hampton Beach Seafood Festival

Friday, September 8 at 11am Cost: \$5.00 + van fare

Over 50 food vendors and 70 local artisans will descend upon Hampton Beach for one of the biggest beach events of the year! Spend a couple of hours sampling seafood from the area's favorite restaurants, shopping, and listening to live music on 2 stages.



Downsizing: Using Online Methods to Sell Your Stuff

Tuesday, September 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.



Gentle Flow Yoga Demonstration Class

Thursday, September 14 at 10am

Marcelle Bocko will lead us in a free gentle yoga class designed to ease aches and pains, loosen tight joints to increase range of motion, lower stress, calm the nervous system and promote good sleep.



Plant the Seeds Now to Live More Actively in Your 70s, 80s, and 90s

Wednesday, September 20 at 12:45pm

Diminished mental capacity and falling are NOT inevitable parts of aging. A lot of factors come into play including heredity and upbringing that are unchangeable, but there are many factors that you can control that make a difference in how you live out your third act. Functional Aging Specialist, Brain Health Trainer, and founder of Fitting Fitness In®, Holly Kouvo, will show you how you can have your desired quality of life for the rest of your life. Learn the best changes you can make to improve the quality of your life and remain independent longer.



Luncheon and Music at the Pleasant Street Park

Friday, September 22 at 12pm. FREE

Let's take advantage of the last few warm days of fall to gather outside with friends old & new. Relax to the music of singer/songwriter Kenny Selcer and enjoy a hearty meal of baked haddock, pasta salad, and steamed vegetables from Il Forno. Transportation to the park available.



Tusk—The Ultimate Tribute to Fleetwood Mac

Saturday, September 23 at 6:45pm; Cost: \$10.00

NARA Park in Acton is serving up all your Elton John favorites in their relaxing outdoor amphitheater. Food and drink are available for purchase. Bring your camp chair (or borrow one of ours), a light jacket, and bug spray.



Flu & COVID vaccine clinic

Friday, September 29 at 12pm

Ayer Family Pharmacy will be onsite to administer the newest flu and COVID vaccines. Please bring your insurance card and vaccine card. If you need a home visit from the nurse to receive your vaccinations, please let us know and we're happy to come to you after the clinic is over.



Rotary Club Grab & Go Chicken BBQ Dinner

Saturday, October 7th at 12pm

The Rotary Club is serving up a delicious chicken dinner at the Eisengrein Community Center in Devens! If you are able to drive there, please RSVP directly by calling Dolores at (978) 448-6881. If you do not drive and would like your meal delivered, please call the Senior Center to sign up.

**** See the Arts & Crafts page for more info about our Needle Felting and Mod Podge crafts! ****

Monthly Events



Tea Time

Friday, September 1, 8, 29 at 1pm

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



Women's Conversation with Linda

Wednesday, September 13 & 27 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, September 12

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



Coping with Grief: Nashoba Nursing offers two ways to support those who are grieving.

Grief Support Groups: Conversation about Death & Grief

Wednesday, September 13 at 11:00am (Shirley Senior Center, 9 Parker Rd, Shirley)

Wednesday, September 27 at 2:30pm (Shirley Meadows, 27 Hospital Road, Devens)

Grief Social: A gentle opportunity to gather and meet with others who are grieving

Friday, September 15 at 4:30pm (Bull Run Restaurant, 215 Great Road, Shirley)

Tuesday, September 26 at 11:30am (Il Forno Restaurant, 529 King Street, Littleton)

For more information, contact Lucia Camara of Nashoba Nursing at (508) 951-3850. *COA Van transportation is available for the daytime gatherings, but not the evening social.*



Supper Club

Wednesday, September 13 at 5pm: Tiny's

Cost: \$2 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 (September 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 in September at 1pm. Join us Fridays for free popcorn and movies.



September 5: *Water for Elephants* (2011). An older man reflects back on his life in the circus in the 1930s. A young veterinarian falls on hard times during the Depression and joins the circus, where he falls in love with the Ringmaster's wife.

September 19: *As Good As It Gets* (1997). New York City. Melvin Udall, a cranky, bigoted, obsessive-compulsive writer, finds his life turned upside down when neighboring gay artist Simon is hospitalized and his dog is entrusted to Melvin. In addition, Carol, the only waitress who will tolerate him, must leave work to care for her sick son, making it impossible for Melvin to eat breakfast.

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 Monday, September 11 by appt.

Questions about signing up for Medicare or making changes to your Medicare plans? A certified SHINE counselor is available to assist you with free and unbiased support: we are available to discuss all options related to Medicare and additional coverage, and we do 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 and our weekly Medicare 101 webinars.

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 or free cell phones/
service)
Affordable Connectivity Program (home
internet)**

Call the Senior Center to schedule an appointment.

The Power of Gratitude

Wednesday, September 27 at 12:30pm

Join our new social worker, Brittany Beaudry, to learn more about the power of gratitude. Gratitude is a buzz word you've probably heard of, but did you know that gratitude is associated with greater happiness? It can help you feel more positive emotions, relish good experiences, improve your health, deal with adversity, and strengthen your relationships. This workshop will help you learn simple and easy ways to discover gratitude in your life.

Senior/Community Center Update

The efforts to build a new Senior Center have reached yet another dead end. At their August meeting, the Parks Commission rescinded their support of the Senior Center/Community Center project on Field 6 at Pirone Park. You can read their public statement on the Town website or request a copy at the Senior Center.

While I am disappointed on a number of levels, we cannot dwell in these feelings. The need for a larger senior center remains. We need to offer a wider variety of programs and services—beyond what can be offered in our “cozy” space now, which lacks program space, a commercial kitchen, staff space, and adequate parking.

What happens now? The current building committee was created by the Select Board, specific to Pirone Park. That committee will be dissolved by the Select Board at their upcoming meeting, and a new Senior-Center-Only Site Selection and Building Committee will be appointed. We'll need three residents on the committee—we'd love to have you!

Next Mtg: To Be Determined



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



<https://tinyurl.com/bdxcpc2>

Evening Session:
2nd & 4th Wednesdays
6-8pm



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

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

Crafts & Creativity



Knit/Crochet

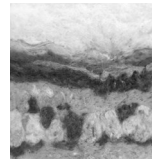
Wednesdays at 1pm Gather around the fireplace to visit with friends! Work on your own project, or one to benefit a local charity!



Mod Podge Plaques

Friday, September 15 at 1pm

Our very own Barbara Gibbons will lead this fun craft—bring a family photo, art from a greeting card, etc and we'll learn how to attach to a plaque that can be hung on the wall.



Felted Landscape

Thursday, September 28th at 10:30am

Cost: \$5.00

Join fiber artist Rachel Benson to learn the basics of needle felting. In this workshop you will be guided step-by-step to make a landscape scene.

For Your Health



Well-Adult Clinic

Thursday, September 14 at 12:30pm

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 1: September 15- Backhands

Week 2: September 29- Serves and Returns

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 9/29, 10/6, 10/13 Must attend all 3. 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.



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. 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):

September 6, 22, 29

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> BLT Wraps & Soup (Markoh's) <u>Meals on Wheels</u> None
⁴ CLOSED FOR LABOR DAY	⁵ <u>Senior Center</u> Panini Platter & Salad (Roasted Peppers) <u>Meals on Wheels</u> MOC: Sausage, Peppers, Onions	⁶ <u>Senior Center</u> Seafood & Tuna Rolls (Cottage) <u>Meals on Wheels</u> None	⁷ <u>Senior Center</u> Baked Ziti (Il Forno) <u>Meals on Wheels</u> MOC: TBD	⁸ <u>Senior Center</u> Roast Beef Sandwich & Fries (Junction) <u>Meals on Wheels</u> None
¹¹ <u>Senior Center</u> MOC: Hot Dog <u>Meals on Wheels</u> None	¹² <u>Senior Center</u> Meatloaf & Mashed Potatoes (Donelans) <u>Meals on Wheels</u> MOC: Lasagna	¹³ <u>Senior Center</u> Sandwich Platter & Potato Salad (Lazy Mary's) <u>Meals on Wheels</u> None	¹⁴ <u>Senior Center</u> Burgers & Chips (Red Robin) <u>Meals on Wheels</u> MOC: Steak Salad	¹⁵ <u>Senior Center</u> Pizza (Devens Pizza) <u>Meals on Wheels</u> None
¹⁸ <u>Senior Center</u> MOC: American Chop Suey <u>Meals on Wheels</u> None	¹⁹ <u>Senior Center</u> Stuffed Shells & Salad (Lazy Mary's) <u>Meals on Wheels</u> MOC: Breaded Chicken and Gravy	²⁰ <u>Senior Center</u> Enchiladas (Tequila's) <u>Meals on Wheels</u> None	²¹ <u>Senior Center</u> Lemon & Broccoli Chicken Pasta (Bertucci's) <u>Meals on Wheels</u> MOC: Pork Marsala	²² <u>Pleasant Street Luncheon</u> Baked Haddock, Pasta Salad, Mixed Veggies (Il Forno) <u>Meals on Wheels</u> None
²⁵ <u>Senior Center</u> MOC: Chicken Alfredo <u>Meals on Wheels</u> None	²⁶ <u>Senior Center</u> Pot Roast & Mashed Potatoes (Donelan's) <u>Meals on Wheels</u> MOC: Turkey White Bean Chili	²⁷ <u>Senior Center</u> Breakfast Burritos (Karyn's Kitchen) <u>Meals on Wheels</u> None	²⁸ <u>Senior Center</u> Tuscan Mac & Cheese (Nashoba Park) <u>Meals on Wheels</u> MOC: Baked Cod	²⁹ <u>Senior Center</u> MOC: Tortellini Salad <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.

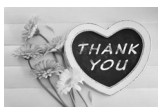
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am-12pm	Leominster & Fitchburg	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Acton & Concord
Afternoon 12-4pm	Ayer, Shirley, Groton, Harvard, Devens	Group Shopping (see below)	Market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

Group Shopping (pickups begin at 1pm):

- 1st Tuesday: 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



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

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>September</h1> 				1 9:00 Chair Exercise 10:00 Exercise 12:00 MOC Lunch 1:00 Tea Time
4 CLOSED FOR LABOR DAY	5 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 1:00 Movie	6 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	7 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	8 9:00 Chair Exercise 10:00 Exercise 11:00 Seafood Fest 12:00 MOC Lunch 1:00 Tea Time
11 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>	12 9:00 Chair Exercise 10:00 Yoga 11:00 Cribbage with a Cop 11:00 Tai Chi 11:30 Farmers Market 12:00 Birthday Lunch & Downsizing 1:00 Rummikub 2:00 COA Meeting	13 9:00 Chair Exercise 10:00 Exercise 11:00 Grief Support 11:00 Women's Conversation 12:00 Lunch 1:00 Knit/Crochet 5:00 Supper Club	14 9:00 Chair Exercise 10:00 Yoga Demonstration 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	15 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Mod Podge 4:30 Grief Social
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 Rummikub 1:00 Movie	20 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 12:45 Plant the Seeds for Active Aging 1:00 Knit/Crochet	21 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	22 12:00 Lunch & Music at Pleasant Park <i>No morning programs</i> Sat, Sept 23 at 6:45pm—Concert
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 11:30 Farmers Market 11:30 Grief Social 12:00 Lunch 1:00 Rummikub	27 9:00 Chair Exercise 10:00 Exercise 11:00 Women's Conversation 12:00 Lunch 12:30 Gratitude 1:00 Knit/Crochet 2:30 Grief Support	28 9:00 Chair Exercise 10:00 Yoga 10:30 Needle Felted Landscape 12:00 Lunch 1:00 Bingo	29 9:00 Chair Exercise 10:00 Exercise 12:00 MOC Lunch 12:00 Flu & Covid Vaccines 1:00 Tea Time