



Longevity Ledger

Ayer Senior Center

March 2022

From The Desk of the Director—

I can't believe it's March already! Mother Nature gave us a quick peek at the grass, only to replace it with snow. But in that brief moment, I could imagine the spring. Warm sun on my face, the promise of new life that begins with the daffodils and tulips. The hiker in me dislikes spring, otherwise known as mud season. So I use this time to get things in order—planning a vacation, organizing photos, cleaning closets, etc. Maybe it's not just our home that needs spring cleaning:

“Spring is coming... Time for some cleaning. Remove all the self-doubt, worry, jealousy, regret, anger, guilt, or any other negative emotions that are holding you back from your happy, fulfilled life.” — Nanette Mathews

We'd love to be a part of your happy, fulfilled life. Take a look at our many offerings—we hope you can join us, and suggest something you'd like to do next month!

See you soon,

Katie

COVID-TEST REMINDER:

As of 1/19/22, every home in the U.S. is eligible to order 4 free at-home COVID-19 tests from the federal government. The tests are completely free and will usually ship in 7-12 days.

To order go to <https://www.covidtests.gov/>

Katie Petrossi, Director
Debbie Keohane, Outreach & Nutrition Coordinator
Sam Parr, MART Van Coordinator
Open 9am-3pm daily

www.ayer.ma.us/council-aging

Ayer Senior Center
18 Pond Street Rear

Special Events *(RSVP Required)*



Pairing Food and Wine: The Romance and the Chemistry *(presented by OneDayU)*
Tuesday, March 1 at 4pm The history of wine & food are wonderfully intertwined. The finest cuisines from around the world have wines that were developed to complement them, and those pairings have wonderful, historical, & romantic histories. In fact, there are some chemical explanations for why certain wines make certain foods taste better and why certain foods bring out the best in certain wines. In this online class shown at the Senior Center, we will dive into the science of matching the building blocks of flavor, including acid, tannin, fat, spice, and salt. We will talk about some of the classic food & wine pairings and why they work. This class will prepare you to take a deeper look at a wine list or ask more nuanced questions at the wine shop.



Learn to Play: Cribbage
Tuesday, March 8 at 10am

Learn to play cribbage from an experienced player that can walk you through the game!



First Ladies: Behind the Scenes with Six Powerful Women *(presented by OneDayU)*
Thursday, March 17 at 4pm Whether editing speeches and appearing on the campaign trail, presiding over White House renovations and social events, championing important causes, or functioning as the president's most trusted adviser, first ladies have made significant contributions to the heads-of-state's careers and to the nation. Yet, the accomplishments of those who have acted as the power behind the presidency have gone largely unreported and underappreciated. This online class shown at the senior center will feature an illuminating look at six first ladies who have served the United States.



Bus Trip: American Heritage Museum
Friday, March 18 at 9:30am

Cost: \$10 plus the cost of your lunch

At the American Heritage Museum you explore America's military conflicts, beginning with the Revolutionary War to today. Their massive collection of tanks, armored vehicles, and military artifacts allow for up-close viewing, including some items that are the only ones on display in all of North America. The immersive WWII trench experience is not to be missed! After we visit the museum, we'll stop for lunch on our way home.



Protecting Yourself From Your Smartphone
March 23 at 12:30pm

Do you have a new smartphone, or questions about how to stay safe on your existing phone? Taught by our hometown experts at Ayer Public Access Corporation (APAC), you'll learn the basics of email on your phone, safety software, and steps you can take to protect yourself online. We'll leave plenty of time at the end for your specific questions.



Supper Club: Groton Publik House
Thursday, March 24 at 5pm
Cost: \$4.00 for the van + the cost of your meal

To kick off our monthly Supper Club, we're headed to Groton Publik House, located at the Groton Country Club. This casual neighborhood pub features delicious food and a great selection of local craft beers.



Bus Trip: Butterfly Place
Monday, March 28 at 12:30pm
Cost: \$8.00

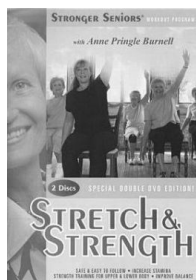
See New England butterflies and tropical species from all over the world. Take a break from winter as we stroll along winding pathways in their 80 degree habitat. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat.

For Fun

- Coffee Hour** Mondays, Wednesdays, and Fridays at 9am. Join friends old & new for coffee and pastries.
- Poker** Every other Monday, March 7 & 21 at 1pm. This classic game is fun for all!
- Cribbage** Tuesdays at 10am. New to the game? We're offering a learn-to-play session on 3/8.
- Rummikub** Tuesdays at 1pm. This tile-based game that's very similar to the card game rummy. Have fun making runs, and then watching your friends build them up or break them apart. New to the game? We'll review the rules at the beginning, and offer a more detailed introduction on Tuesday, March 8. All levels welcome.
- Bingo** Thursdays at 1pm. \$5.00 for 4 cards.
- Boggle** Fridays at 1pm. Race the clock to form words from scattered letters!

Fitness Classes (DVD-Based)

No Tuesday Morning Classes
During Tax Prep Season!



Chair Exercise

Mon- Wed—Thurs—Fri

9:00am

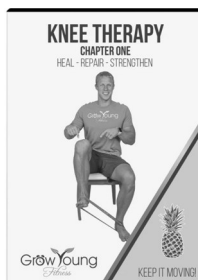
6 feet apart, masks
required



Chair Yoga

Thursdays

10am

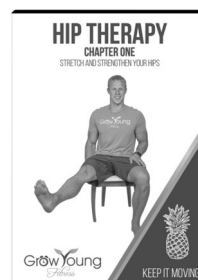


Knee Therapy

Mon—Wed—Fri

10am

These workouts will help repair and strengthen your knees; reduce pain, swelling, and stiffness; and increase mobility and joint function.

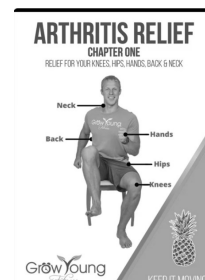


Hip Therapy

Thursdays

11am

These workouts will help strengthen your hips from the safety of a chair. Stretch and improve your flexibility, reduce aches and pains, and increase range of motion.



Arthritis Relief

Mon—Wed—Fri

1pm

These workouts will help relieve arthritis pain in your back, hands, hips, and knees and neck.

Meals *(RSVP Required)*

Join us at one of our many dining options! All onsite meals served at noon. Suggested \$3.00 donation for MOC meals. Wednesday & Thursday "Special" meals are COVID grant funded and therefore no charge.

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

Meals Delivered Tuesday & Thursday each week between 11:30am –1:30pm.

Someone must be home to receive the meal.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Senior Center MOC: Beef & Lentil Chili Meals on Wheels MOC: Beef & Lentil Chili	2 Senior Center MOC: Chicken with Vodka Sauce Meals on Wheels MOC: Chicken with Vodka Sauce	3 Senior Center Soup & Salad Meals on Wheels Roast Turkey	4 Senior Center MOC: Swedish Meatballs Meals on Wheels None
7 Senior Center MOC: Macaroni & Cheese Meals on Wheels None	8 Senior Center MOC: Beef & Cabbage Casserole Meals on Wheels MOC: MOC: Beef & Cabbage Casserole	9 Senior Center Honeybaked Ham, Potatoes, Green Beans Meals on Wheels None	10 Senior Center Turkey Pot Pie Meals on Wheels MOC: Breaded Chicken Drumstick	11 Senior Center MOC: Meatloaf Meals on Wheels None
14 Senior Center MOC: Apricot Chicken Meals on Wheels None	15 Senior Center MOC: Sloppy Joe Meals on Wheels MOC: Sloppy Joe	16 Senior Center Leftover Chinese Food Meals on Wheels None	17 Senior Center Market Basket Pasta Meals on Wheels MOC: Roast Pork Sandwich	18 Senior Center MOC: Corned Beef Hash Meals on Wheels None
21 Senior Center MOC: Shepherd's Pie Meals on Wheels None	22 Senior Center MOC: Chicken Coq au Vin Meals on Wheels MOC: Chicken Coq au Vin	23 Senior Center Restaurant Meal: Subway Subs Meals on Wheels None	24 Senior Center Spinach & Artichoke Chicken Meals on Wheels MOC: Chicken Jambalaya	25 Senior Center MOC: CranOrange Pork Meals on Wheels None
28 Senior Center MOC: Balsamic Chicken Meals on Wheels None	29 Senior Center MOC: Potato Pollack Filet Meals on Wheels MOC: Potato Pollack Filet	30 Senior Center Baked Potato Bar Meals on Wheels None	31 Senior Center Market Basket Pizza Meals on Wheels MOC: Beef Stew	

MART Van

Please call 978-772-8261 to schedule a ride
Call the MART van directly at (978) 514-5118 for return trips
Rides must be reserved 48 hours in advance!

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

Rides are available beginning at 8am for your medical, dental, shopping, and errand needs within the towns of Ayer, Shirley, Groton, Devens and Harvard.

Special Trips (approx. 1pm):

Tuesdays:

- 1st Tuesday: Mall at Whitney Field & Market Basket (Leominster)
- 2nd Tuesday: Walmart (Lunenburg)
- 3rd Tuesday: Target (Leominster)
- 4th Tuesday: Walmart (Lunenburg)

Wednesdays:

Market Basket (Littleton)

Select Fridays:

Loaves & Fishes delivery on March 4, 11, 25.

Fares:

\$1.00 each way in-town

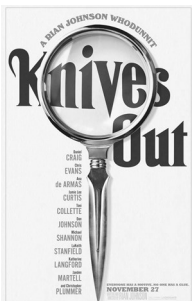
\$2.00 each way, out of town

Please Note:

There is NO charge for delivering Loaves & Fishes if you are unable to drive

No fee to ride to the Senior Center for lunch only

Movies



Friday, March 11 at 1pm: *Knives Out* (2019). Comedy. When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.



Friday, March 25 at 1pm. *Charade* (1963). Starring Cary Grant, Audrey Hepburn, and Walter Matthau. This romantic mystery thriller is an absolute delight, infused with hints of everything from Alfred Hitchcock to James Bond. Regina Lampert (Audrey Hepburn), a married woman, falls for the charming and mysterious Peter Joshua (Cary Grant) while off on a skiing trip. When she returns home and finds her husband has died, Regina suddenly turns to Peter for help evading the men after her late husband's stolen fortune. But nothing — and no one — is quite what it seems in this cat and mouse mystery that keeps you guessing until the credits.

Monday	Tuesday	Wednesday	Thursday	Friday	
March 2022	1 10:00 Cribbage 12:00 MOC Lunch 1:00 Rummikub 4:00 Food & Wine Pairing AARP Tax Prep	2 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief	3 9:00 Chair Exercise 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch: Soup & Salad 1:00 Bingo	4 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Boggle 1:00 Arthritis Relief	
	7 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Poker 1:00 Arthritis Relief	8 10:00 Learn to Play Cribbage 12:00 MOC Lunch 1:00 Learn to Play Rummikub AARP Tax Prep	9 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Exercise 12:00 Lunch: Ham 1:00 Knit/Crochet 1:00 Arthritis Relief 1:00 St Patricks Topiary Craft	10 9:00 Chair Exercise 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch: Turkey Pot Pie 1:00 Bingo	11 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Boggle 1:00 ArthritisRelief 1:00 Movie: <i>Knives Out</i>
	14 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 12:30 Chair Massage 1:00 Adult Coloring 1:00 Arthritis Relief	15 10:00 Cribbage 12:00 MOC Lunch 1:00 Rummikub AARP Tax Prep	16 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Lunch: Leftover Chinese 1:00 Knit/Crochet 1:00 Arthritis Relief	17 9:00 Chair Exercise 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch: MB Pasta 1:00 Bingo 4:00 First Ladies	18 9:00 Coffee Hour 9:30 Bus Trip: American Heritage Museum 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Boggle 1:00 Arthritis Relief
	21 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Poker 1:00 Arthritis Relief	22 10:00 Cribbage 11:00 Well Adult Clinic 12:00 MOC Lunch 1:00 Rummikub AARP Tax Prep	23 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Lunch: Subway 12:30 Smartphone 1:00 Knit/Crochet 1:00 Arthritis Relief	24 9:00 Chair Exercise 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch: Spinach Artichoke Chicken 1:00 Bingo 5:00 Supper Club	25 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Boggle 1:00 ArthritisRelief 1:00 Movie: <i>Charade</i>
	28 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 12:30 Bus Trip: ButterflyPlace 1:00 Adult Coloring 1:00 Arthritis Relief	29 10:00 Cribbage 12:00 MOC Lunch 1:00 Rummikub AARP Tax Prep	30 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Lunch: Baked Potato Bar 1:00 Knit/Crochet 1:00 Arthritis Relief 1:00 Bird Houses	31 9:00 Chair Exercise 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch: Pizza 1:00 Bingo	

Arts & Crafts



Adult Mandalas & Coloring

Monday, March 14 & 28 at 1pm

Adult coloring can help reduce stress and anxiety, improve motor skills & focus, and help you sleep better. Give it a try!



Knit/Crochet Wednesdays at 1pm

This casual, non-structured get-together to work on your latest project with fiber friends!



Pot of Gold St Patrick's Day Topiary Wednesday, March 9 at 1pm

Cost: \$2.00 Create your own tabletop topiary, complete with green paper flowers, and a gold coin filled planter.



Edible Bird Houses

Wednesday, March 30 at 1pm

Cost: \$2.00 Using sturdy wood houses as a base, we'll decorate with seeds to make an edible birdhouse for our feathered friends.

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:
(800) 632-8175

Aging Services of North Central Massachusetts:
(978) 537-7411

Nashoba Nursing Service:
(978) 425-6675

SHINE Medicare Counseling
(508) -422-9931

For Your Health



Chair Massage

Monday, March 14 at 12:30pm

Cost: \$10/10 mins or \$20/20 mins. Chair massage is the best of all worlds—relief from aching muscles, while remaining fully clothed & sitting in a supportive massage chair.



Well-Adult Clinic

Tuesday, March 22 at 11am Nashoba Board of Health nurses will provide free blood pressure screening, general health information, and first aid. Flu shots available. For in-home flu shots, call Nashoba Public Health at (978) 772-3335 ext. 357 to schedule.

Save the Date:

4/4: The Ten Greatest Baseball Players (OneDayU)

4/11: Art in Bloom with Museum of Fine Arts

AARP Income Tax Preparation Assistance



Volunteers will be at the Senior Center this year to assist you in preparing your 2021 income tax return.

Please call the Senior Center at 978-772-8260 to schedule your appointment, as spots are limited. Tax assistance will be available in February, March, and early April.

Please bring the following to your appointment: Picture ID, copy of last year's tax return, social security cards for all people listed on the return, W-2 forms for wages, 1099s for other types of income, medical expenses, property tax or rental statements.

Medicare Advantage Open Enrollment Tips (from your local SHINE office)

The Medicare Advantage Open Enrollment season runs from January 1st to March 31st each year. If you are already enrolled in a Medicare Advantage plan anytime between January 1st and March 31st of 2022, you are allowed to make a change to a new Medicare Advantage plan OR to drop your Medicare Advantage plan and switch to a stand-alone Medicare Part D prescription drug plan.

You're probably seeing a lot of commercials right now, and while many plans offer good coverage, it's extremely important that Medicare beneficiaries know the right questions to ask before making any changes to their current coverage:

- Ask for confirmation that all of your doctors/medical providers accept any plan BEFORE you enroll.
- Ask for confirmation that all of your current prescription medications are covered by any plan(s) you are offered BEFORE you enroll.
- Ask for confirmation that your hospital(s) of choice accept the plan you are considering BEFORE you enroll.
- You have the right to turn down any solicitations for Medicare enrollment information whether in person at your home or over the phone from individuals you do not know.
- You have the right to refuse to give your personal/Medicare information to anyone who asks if you are not sure of your decision to purchase insurance.
- You are not obligated to provide the names of friends or family who may also be seeking Medicare enrollment assistance.
- You have the right to report any misleading marketing practices to the Massachusetts Senior Medicare Patrol at 800-892-0890.

Ayer Senior Center COVID-19 Policies:

Wear your Mask: The Town of Ayer has issued a Mask Advisory to help stop the spread. You may remove your mask while eating or drinking, but kindly please put it back on after you are finished.

Social Distance: We will social distance whenever possible. We appreciate your understanding.

Sign Up: To protect against overcrowding, please sign up for ALL Senior Center programs. No drop-ins.

Stay Home: Please stay home if you're sick or have been exposed to COVID-19.

Fuel Assistance

Get help paying for heating your house or apartment. This program helps pay a portion of your home heating bill between Nov 1—April 20, and may help pay part of your rent if heat is included. Benefits for 2022 range from \$250-600 per season.

Where can I apply?

- Contact New England Farm Workers Council (Fitchburg) at 978-342-4520 or apply online at www.toapply.org/NEFWF
- Call the Heatline at 800-632-8175
- Visit www.mass.gov/hed/fuel



Loaves & Fishes Food Pantry provides food and support to residents of Ayer and surrounding towns.

Pick up in your own car: (9am-12pm) March 2, 4, 9, 11, 16, 19, 23, 25, 30

The MART van will pick-up food & deliver to seniors on: March 4, 11, 25.

If you need delivery, you must reserve your groceries at least 48 hours in advance.

First time Loaves & Fishes clients: call (978) 772-4627x312 or email clientservices@loavesfishespantry.org to enroll or schedule a drive-thru time.