



Longevity Ledger

Ayer Senior Center

April 2022

From The Desk of the Director—

Welcome spring! We continue to add more programming each month, so if you haven't been into the Senior Center since before COVID, now's the time! Please give a warm welcome to Carin Duteau, our new yoga and tap dance instructor! Wednesday meals will be provided by Coleman Catering (the people who own Salt & Light in Groton). Our One Day University collaboration is serving up two incredible lectures this month: one on baseball, and one on Cryptocurrency for beginners. We're embarking on a year-long life review journal class. March's Supper Club was filled to capacity so quickly, we're doing it twice in April: one in-town, and one out of town.

Consistent with guidance from the CDC and Ayer Town Hall, masks are optional at the Senior Center. Please remember that people have a variety of reasons for wearing/not wearing a mask and be respectful of individual choices.

Lastly, you've probably received a Senior Center robocall by now. They're the easiest way for us reach people quickly to notify about weather-related closings, 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 will come from this number.

See you soon,

Katie

Council On Aging (Next Meeting: Tuesday, April 12th at 10am at Town Hall)

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: Carolyn McCreary, Janine Nichipor, Dennis Curran, Paula McCrea, Carole Tillis.

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
Ayer, MA 01423
Main Office: (978) 772-8260

Special Events *(RSVP Required)*



The Ten Greatest Baseball Players of All Time *(presented by OneDayU)*

Monday, April 4 at 4pm Another baseball season is upon us! What better way to celebrate than a discussion of the greatest baseball players of all time? Any such list of “greatest players” is entirely subjective, but this lecture will provide a historical context needed for any discussion of how to measure and evaluate players over time. We will also discuss various statistical measurements used to evaluate players, comparisons of different eras of baseball history, and other factors that go into evaluating and comparing players over time. Baseball fans love to argue, so join Professor Cannato for this fun and entertaining lecture. See where baseball greats Babe Ruth, Hank Aaron, Ty Cobb, Willie Mays, and Ted Williams end up on the list. And be prepared to debate and discuss your own choices for greatest.



My Life Journaling

Tuesdays at 10am

Cost: \$10.00 (paid at the end when we print)

Want to leave your life story for future generations, but not sure where to start? Are your children or grandkids bugging you to fill out one of those memory books? We'll make the process easy by meeting weekly to respond to pre-determined writing prompts. When we're done, we'll print and bind it.



Supper Club #1: Tiny's Restaurant

Thursday, April 7 at 5pm

Cost: \$4.00 + the price of your meal

Our Supper Club is expanding! Each month we'll go two places—one in town and one out of town. On April 7th we're visiting hometown favorite Tiny's restaurant. On the 26th, we'll venture to Acton to Rapscaillon Table & Tap.



Bus Trip: New England Quilt Museum

Friday, April 8 at 9:30am

Cost: \$5.00

Located within the heart of the Lowell historic district, The New England Quilt Museum is a showplace for antique and contemporary quilts. Learn about this distinctive American art form as you view their regular displays and their special exhibitions including: For the Love of Gaia (thirteen award-winning quilt artists celebrate Gaia, the Greek goddess of Earth and mother of all life); Our Fine Feathered Friends (Quilts of every style to celebrate birds and the many ways in which they help sustain our delicate ecosystems); and Barb Vedder's Life In Quilts.



Art in Bloom

Monday, April 11 at 1pm

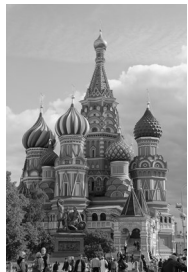
A perennial favorite, Art in Bloom is back! From the comfort of the Senior Center, we'll be paired with a live Museum of Fine Arts guide and a floral expert, to lead us through the stunning creativity of floral designers who interpret works of art in the Museum collection. See some of your favorite works of art, as well as those not frequently on display.



Cryptocurrency, Blockchain, NFTs and Metaverse: Four New Concepts Explained

Tuesday, April 12 at 4pm Our world is increasingly virtual. Each new major information technology—from radio to television to the Internet to Mobile Phones—changes the way people work, socialize, & play. We're standing at the doorstep of a new technological revolution that will transform how people own & experience information & digital goods. This new socio-technical existence will rely on a class of assets enabled by blockchain technologies—cryptocurrencies and NFTs—and will be integrated into our daily lives via the metaverse. If that last sentence reads like a doozy and makes you feel like a virtual neophyte, then this class is for you! We'll ease you into these four fundamental concepts, explaining what they mean, how they are related to each other, and why they are important. Learn simple tips on how to dip a toe into the metaverse yourself. *(presented by OneDayU).*

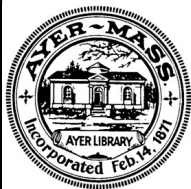
Special Events, continued *(RSVP Required)*



Russia: Myths, Mysteries, and Spies

Wednesday, April 13 at 12:30pm

This engaging & timely presentation will feature a live, onsite talk by Henry Quinlan, based on his 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. Mr. Quinlan will share his visits to major Russian sights: Hermitage, Bolshoi Theater, Kremlin Museum, Palaces, Moscow Subway, Pushkin Museum; as well as his encounters with the Soviet Space Program and the Russian mafia. There will be ample time for Q&A, and to discuss the current situation between Russia & Ukraine. Lunch will be served at noon, please RSVP for both!



Preparing for Town Meeting: What You Need to Know

Friday, April 15 at 12:30pm

What's on the warrant? What's the deal with all that procedure? If I want to ask a question, how do I do it? Town Moderator James O'Connor will be here to give us the basics of how the meeting will be run, and answer your questions about the warrant items. The moderator will speak during our monthly restaurant take-out meal—Filho's Cucina— so join us for both!



Bus Trip: Stone Soup Dinner

Friday, April 22 at 5pm

The Senior Center van will take you to Living Water Fellowship for their Friday night potluck meal. No contribution is necessary, nor is staying for the group program afterwards. No charge for the meal; only the van.



Supper Club #2: Rapscaillon Table & Tap

Tuesday, April 26 at 5pm

Cost: \$4.00 + the price of your meal

Our Supper Club is expanding! Each month we'll go two places—one in town and one out of town. On April 7th we're visiting hometown favorite Tiny's restaurant. On the 26th, we'll venture to Acton to Rapscaillon Table & Tap.

Upcoming Events

May 6: Movie in the Park, hosted by APAC

June 3: Fire Department Cookout



Do you (or someone you know) need help cleaning up yard waste or other debris from your yard?

The Senior Center is working with both Keller Williams Red Day of Service and St Mary's/St Anthony's Mission Days to assist local residents with yard chores.

If you would like to be considered, please call the Senior Center at 978-772-8260.

Dad Jokes

Why do seagulls fly over the sea?

Because if they flew over a bay, they'd be bagels

What did the dirt say to the rain?

You'd better cut it out, or my name will be mud!

When is it impossible to plant flowers?

When you haven't botany.

Why do dogs float in water?

Because they are good buoys.

Why couldn't the little flower ride a bike?

It didn't have any petals.

Why did Beethoven get rid of his chickens?

All they said was, "Bach, Bach, Bach..."

Did you hear the one about the gardener who couldn't wait for spring?

He was so excited, he wet his plants!

For Fun

Coffee Hour Mondays, Wednesdays, and Fridays at 9am. Join friends old & new for coffee and pastries.

Poker Every other Monday, April 4 at 1pm. This classic game is fun for all!

Adult Coloring Every other Monday, April 11 & 25 at 1pm. Think coloring is only a childhood pastime? Think again! Adult coloring can help reduce stress and anxiety, improve motor skills & focus, and help you sleep better. Give it a try!

Cribbage Tuesdays at 10am. New to the game? We're offering a learn-to-play session on 4/12.

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, April 12. All levels welcome.

Bingo Thursdays at 1pm. \$1.00 per card.

Game Hour Fridays at 1pm. We have all your favorite games! Grab your friends & come over!

Fitness Classes (DVD-Based)

No Tuesday Morning Classes 4/5 & 12 due to Tax Prep



Gentle Yoga with Carin

Wednesdays at 10am, Cost: \$5.00 per class

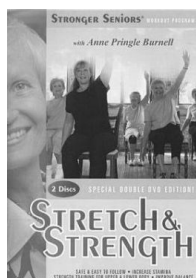
This live, instructor-led class will meet you where you are and provide gentle stretching that will reduce aches & pains, increase joint mobility, and leave you feeling relaxed and ready for the day.



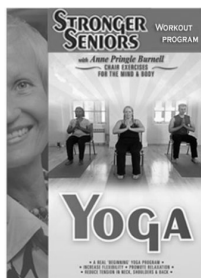
Tap Dancing

Wednesdays at 11am, Cost: \$5.00 per class

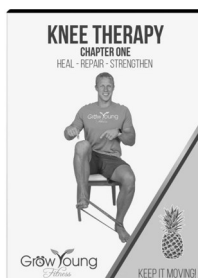
Tap dancing is a great way to boost your cardiovascular fitness, tone your legs, and burn fat. Perhaps the best thing about tap dancing—you can't help but smile when you're doing it! We have loaner shoes if you need them.



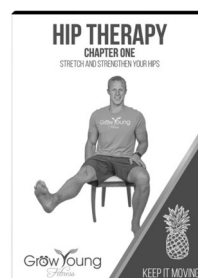
Chair Exercise
Mon thru Fri
9:00am



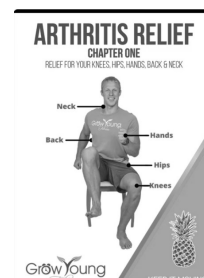
Chair Yoga
Tues & Thurs
10am



Knee Therapy
Mon & Fri
10am



Hip Therapy
Tues & Thurs
11am



Arthritis Relief
Mon—Wed—Fri
1pm

Meals *(RSVP Required)*

Join us at one of our many dining options: MOC meals, catered meals by Coleman Catering, restaurant take-out (this month's meal is from Filho's), 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 11:30am –1:30pm

Someone must be home to receive the meal

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| | | | | 1 Senior Center MOC: Broccoli Bake Meals on Wheels None |
| 4 Senior Center MOC: Beef & Cabbage Meals on Wheels None | 5 Senior Center MOC: Chicken Drumstick Meals on Wheels MOC: Chicken Drumstick | 6 Senior Center Catering: Meatloaf, mashed potatoes, salad Meals on Wheels MOC: Egg Sandwich | 7 Senior Center Chicken Picatta Meals on Wheels MOC: Chicken Meatballs | 8 Senior Center MOC: Roast Pork Meals on Wheels None |
| 11 Senior Center MOC: Potato Pollock Meals on Wheels None | 12 Senior Center MOC: Lasagna Roll Meals on Wheels MOC: Lasagna Roll | 13 Senior Center Catering: Chicken parmesan & salad Meals on Wheels None | 14 Senior Center Lasagna & Salad Meals on Wheels MOC: Chicken Cordon Bleu | 15 Senior Center Restaurant Meal: Filho's Cucina Pollo Verona, Mushroom Ravioli, Antipasto Meals on Wheels None |
| 18 Closed For Patriots Day | 19 Senior Center MOC: Chicken Cacciatore Meals on Wheels MOC: Chicken Cacciatore | 20 Senior Center Catering: Pork tenderloin Divan, Roasted potatoes, Broccoli Meals on Wheels None | 21 Senior Center Meatball Subs & Fries Meals on Wheels MOC: Turkey Corn Stew | 22 Senior Center MOC: BBQ Pulled Pork Meals on Wheels None |
| 25 Senior Center MOC: Swedish Meatballs Meals on Wheels None | 26 Senior Center MOC: Breaded Cod Meals on Wheels MOC: Breaded Cod | 27 Senior Center Catering: Chicken vegetable orzo soup, salad, rolls Meals on Wheels None | 28 Senior Center Thanksgiving Waffles Meals on Wheels MOC: Sloppy Joe | 29 Senior Center MOC: Mac & Cheese Meals on Wheels None |

AARP Income Tax Preparation Assistance



IRS-certified volunteers are at the Senior Center this year to assist you in preparing your 2021 income tax return. Only two more dates available: April 5 & 12.
Please call the Senior Center at 978-772-8260 to schedule your appointment.

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: Highland Commons (Hudson/Berlin line): Market Basket, BJ's, TJ Maxx, Lowe's, Cabelas, Michaels, Bed Bath & Beyond, Petsmart, and more.

Fares:

- \$1.00 each way in-town
- \$2.00 each way, out of town

Wednesdays:

Market Basket (Littleton)

Select Fridays:

Loaves & Fishes delivery on April 1, 8, 22, 29

Movies



Friday, April 8 at 1pm: *Worth* (2020). Following the horrific 2001 attacks on the World Trade Center & Pentagon, Congress appoints attorney & mediator Kenneth Feinberg (Michael Keaton) to lead the September 11th Victim Compensation Fund. Assigned with allocating financial resources to the victims of the tragedy, Feinberg and his firm's head of operations, Camille Biros (Amy Ryan), face the impossible task of determining the worth of a life to help the families who had suffered incalculable losses. When Feinberg locks horns with Charles Wolf (Stanley Tucci), a community organizer mourning the death of his wife, his initial cynicism turns to compassion as he begins to learn the true human costs of the tragedy.

Friday, April 22 at 1pm: *The Gang's All Here* (1943).

Playboy Andy Mason, on leave from the army, romances showgirl Eadie Allen to such effect that she's starry-eyed when he leaves next morning for active duty in the Pacific. Only trouble is, he gave her the assumed name of Casey. Andy's eventual return with a medal is celebrated by his rich father with a benefit show featuring Eadie's show troupe, at which she's sure to learn his true identity...and meet Vivian, his 'family-arrangement' fiancée.

Arts & Crafts



Adult Mandalas & Coloring

Monday, April 11 & 25 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!



Kusudama Flowers

Tuesday, April 19 at 1pm

Cost: \$2.00

These folded paper flowers are easy to create, but they look intricate and gorgeous! Make one as a hair barrette or a pencil topper, or make many to form a flower ball.



Spring Decoupage Coasters

Thursday, April 28 at 1:pm

Cost: \$2.00

Bring your favorite spring magazine clips, or use our papers to decorate tile coasters. Would make a great Mother's Day or birthday gift!

For Your Health



Chair Massage

Monday, April 11 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, April 26 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.

Fuel Assistance

Get help paying for heating your house or apartment. Benefits range from \$250-\$600 per season.

- 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

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



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

Pick up in your own car: (9am-12pm) April 1, 6, 8, 13, 16, 20, 22, 27, 29

The MART van will pick-up food & deliver to seniors on: April 1, 8, 22, 29

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.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| <h1>April</h1> <h1>2022</h1> | | | | 1 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Games 1:00 Arthritis Relief |
| 4 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Poker 1:00 Arthritis Relief 4:00 Baseball | 5 10:00 Journaling 10:00 Cribbage 12:00 MOC Lunch 1:00 Rummikub AARP Tax Prep | 6 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Yoga 11:00 Tap Dance 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief | 7 9:00 Chair Exercise 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch 1:00 Bingo 5:00 Supper Club | 8 9:00 Coffee Hour 9:00 Chair Exercise 9:30 Bus Trip: Quilt Museum 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Games 1:00 Arthritis Relief 1:00 Movie |
| 11 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 1:00 Art in Bloom | 12 10:00 Journaling 10:00 Learn to Play Cribbage 12:00 MOC Lunch 1:00 Learn to Play Rummikub 4:00 Cryptocurrency AARP Tax Prep | 13 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Yoga 11:00 Tap Dance 12:00 Lunch 12:30 Russia 1:00 Knit/Crochet 1:00 Arthritis Relief | 14 9:00 Chair Exercise 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch 1:00 Bingo | 15 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Filho's Lunch 12:30 Town Meeting Talk 1:00 Games 1:00 Arthritis Relief |
| 18 Closed For Patriots Day | 19 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 10:00 Cribbage 12:00 MOC Lunch 1:00 Rummikub 1:00 Kusudama Flower Craft | 20 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Yoga 11:00 Tap Dance 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief | 21 9:00 Chair Exercise 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch 1:00 Bingo | 22 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Games 1:00 Arthritis Relief 1:00 Movie 5:00 Stone Soup |
| 25 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Adult Coloring 1:00 Arthritis Relief | 26 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 10:00 Cribbage 11:00 Well Adult Clinic 12:00 MOC Lunch 1:00 Rummikub 5:00 Supper Club | 27 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Yoga 11:00 Tap Dance 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief | 28 9:00 Chair Exercise 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch 1:00 Bingo 1:00 Spring Coasters | 29 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 MOC Lunch 1:00 Games 1:00 Arthritis Relief |