



# Longevity Ledger

## Ayer Senior Center

August 2022

### ***From The Desk of the Director—***

Please extend a warm welcome to our new Nutrition Coordinator, Denise Galvin! She's been here just a few days so far, but I can tell she's going to be an excellent addition to our team. If you have suggestions for catering, restaurants, or any other food-related programs, please let her know.

We have a jam-packed month, featuring our regular programs, plus special events like a soul & Motown concert, an evening at Sunset Tiki Bar, informational programs about REAL IDs and the Mona Lisa, a tie-dye party, sunset drumming, a baseball game, and an ice cream social!

We hope you can join us, as we squeeze every last bit of fun out of the summer!

See you soon,

Katie

**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.

Katie Petrossi, Director  
Sam Parr, MART Van Coordinator  
Denise Galvin, Nutrition Coordinator  
Open 9am-3pm daily  
[www.ayer.ma.us/council-aging](http://www.ayer.ma.us/council-aging)

Ayer Senior Center  
18 Pond Street Rear  
Ayer, MA 01432  
Main Office: (978) 772-8260  
Dial-a-Ride: (978) 772-8261

# Special Events *(RSVP Required)*



## Supper Club

**Thursday, August 4 at 5pm: Sunset Tiki Bar (Westford)**

**Cost: \$4 for the van + the price of your meal**

This month we're dining out only once, but it'll be worth it—we're headed to Sunset Tiki Bar! Situated at the base of Nashoba Ski Area, you'll feel like you've been transported to the tropics, with a beach atmosphere, tropical cocktails, and live music. *Please note there is a small area of sand that you must walk through to access the restaurant. Please choose footwear accordingly.*



## Bus Trip: York Beach

**Monday, August 8 at 9am-3pm**

**Cost: \$4.00 for the van**

We're headed to York Beach in Maine! One of the most beloved beaches in Maine, Short Sands Beach offers over a quarter mile of surf and sand, and is bordered by shops, restaurants, an arcade, and Wild Animal Kingdom. This outing is an unstructured day at the beach. Bring your beach chair, a snack, and a book. *Preference will be given to those rained out in July.*



## Bus Trip: Devens Farmer's Market

**Tuesday, August 9 at 11:30am**

Buy local! Meet many vendors: farmers, bakers, herbalists and crafters. You'll find a variety of goods, including vegetables, baked goods, fruits, berries, sweets, jams, meats, honey, herbs, pasta and more! Farmers Market Coupons & EBT cards are accepted by some but not all vendors.

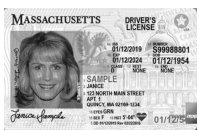


## Bus Trip: A Decade of Soul: Classic Soul & Motown Review

**August 12 at 7pm**

**Cost: \$10.00**

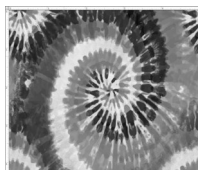
The Nagog Park Concert series features excellent bands in an outdoor amphitheater in Acton. This time it's a review of all your favorite soul and Motown favorites! Please bring a camp chair (let us know if you need to borrow one), snacks/drinks, a light jacket, and bug spray.



## What is a REAL ID, and Do I Need One?

**Tuesday, August 16th at 12pm.**

The RMV's REAL ID workshop will help you understand what a REAL ID is, identify if you will need to have a REAL ID, and provide detailed instruction on how to apply for one. They'll answer pressing questions like, "Does everyone need to have a REAL ID?"



## Tie-Dye Party

**Wednesday, August 17 at 1pm**

**Cost: Free**

Tie Dye is a summertime staple, whether it takes you back to your hippie days, or you just love the color swirls. We'll have t-shirts and bags on hand, but feel free to bring canvas shoes or anything else you'd like to liven up!

## Special Events, Continued



### **The Mona Lisa—The World's Most Famous Painting** (*One Day U*)

**Monday, August 22 at 4pm**

In 1503, Leonardo da Vinci painted a portrait of Florentine noblewoman Lisa Gherardini, a work so important to him that it remained in his possession until he died. Half a millennia later, the "Mona Lisa" is considered not only a masterpiece of Renaissance portraiture, but also the most famous painting in all of Western art. This lecture explains the work's enduring appeal by looking closely at its remarkable details and its equally remarkable history.



### **Bus Trip: Sunset Drum Circle at Fruitlands Museum**

**Tuesday, August 23 at 6:15pm**

**Cost: \$5.00**

Join us on the Fruitlands hillside for a facilitated drum circle as we watch the sunset over the Nashua Valley. Connect with the landscape, mother earth and the ancient wisdom of rhythm while building and celebrating community. Native American, African and assorted drums and percussion will be provided. You can bring your own instrument, too. No prior drumming experience needed.



### **Ice Cream Social**

**Friday, August 26 at 1pm**

**Cost: Free**

I scream, you scream, we all scream for Kimball's ice cream! From the comfort of the senior center (no long lines!) we'll enjoy a favorite summertime treat, with all the best toppings.



### **Bus Trip: WooSox Game and Fireworks**

**Friday, September 2 at 5pm**

**Cost: \$10.00**

Let our driver fight the traffic to Worcester, where we'll watch the WooSox (The Red Sox Triple-A team) play the Buffalo Bisons, and enjoy Fireworks after the game!

## Farmers Market Coupons



If you're over age 60 or disabled, you may qualify for \$25 in Farmer's Market coupons, to apply towards fresh fruits and vegetables!

Income cannot be more than \$23,828 annually (\$1,986 monthly) for a household of one, or \$32,227 annually (\$2,686 monthly) for a household of two.

While Ayer doesn't currently offer a Farmer's Market, nearby markets include:

Groton (160 Chicopee Row): Fridays, 3-7pm

Harvard (location TBD): Saturdays, 9am-12pm

## The Council on Aging is looking for new Board Members!

Do you want to serve your community and advocate for the needs of Ayer seniors? Attend the next COA meeting on **Tuesday, August 9 at 2pm** at the Senior Center to find out more!

### **COA Board of Directors:**

Janine Nichipor, Dennis Curran, Paula McCrea,  
Carole Tillis

# For Fun

- Coffee Hour** Mondays, Wednesdays, and Fridays at 9am. Join friends old & new for coffee and pastries.
- Shuffleboard** Mondays at 11am. This table-based game has all the same rules as deck shuffleboard, without the constant bending down to pick up the pucks. Beginners welcome.
- Cribbage** Tuesdays at 11am. All experience levels welcome.
- 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! All levels welcome.
- Bingo** Thursdays at 1pm. \$1.00 per card.

The National Suicide Prevention Lifeline is now:  
988 Suicide and Crisis Lifeline



# Fitness

Carin is taking the summer off to be with her family. Gentle Yoga and Tap Dance will return in the fall



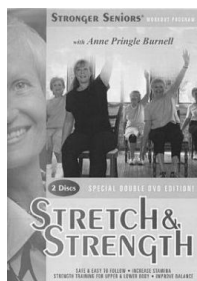
## Walking Club

**Thursdays at 9am** Walking is great cardiovascular exercise, relieves arthritis pain, and helps you sleep. Walking with friends is even better! We'll meet at the Senior Center before we head outdoors. All ability levels welcome.



## Pickleball

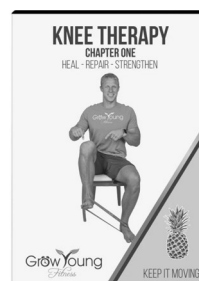
**Tuesdays at 9am** In partnership with Parks & Rec, we've created three courts at Pirone Park. Pickleball is similar to doubles tennis, but the court is smaller, so it's friendly for aging knees. The ball and paddle are hollow, so the plays are slower. It's free to play, all the equipment is included, and beginners are welcome!



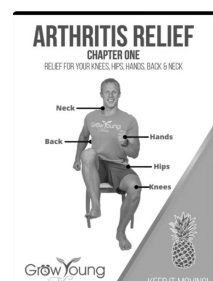
**Chair Exercise**  
Mon Wed Fri  
9:00am



**Chair Yoga**  
Tues & Thurs  
10am



**Knee & Hip Therapy**  
Mon—Wed—Fri  
10am



**Arthritis Relief**  
Mon—Wed—Fri  
1pm

# Meals *(RSVP Required)*

Join us at one of our many dining options: MOC meals, catered meals, and restaurant meals, 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
<b>1</b> <b>Senior Center</b> MOC: Hawaiian Meatballs <u><b>Meals on Wheels</b></u> None	<b>2</b> <b>Senior Center</b> MOC: Sloppy Joe <u><b>Meals on Wheels</b></u> MOC: Sloppy Joes	<b>3</b> <b>Senior Center</b> Surprise! (Coleman Catering) <u><b>Meals on Wheels</b></u> None	<b>4</b> <b>Senior Center</b> Quiche & Salad (Blackbird Café) <u><b>Meals on Wheels</b></u> MOC: Beef & Lentil Chili	<b>5</b> <b>Senior Center</b> MOC: Potato Pollack <u><b>Meals on Wheels</b></u> None
<b>8</b> <b>Senior Center</b> MOC: Macaroni & Cheese <u><b>Meals on Wheels</b></u> None	<b>9</b> <b>Senior Center</b> Pizza (Nashoba Club) <u><b>Meals on Wheels</b></u> MOC: Chili Cheeseburger	<b>10</b> <b>Senior Center</b> Surprise! (Coleman Catering) <u><b>Meals on Wheels</b></u> None	<b>11</b> <b>Senior Center</b> Cobb Salad (Honeybaked Ham) <u><b>Meals on Wheels</b></u> MOC: Honey Mustard Chicken	<b>12</b> <b>Senior Center</b> MOC: Cran-Orange Pork Roast <u><b>Meals on Wheels</b></u> None
<b>15</b> <b>Senior Center</b> MOC: Breaded Fish <u><b>Meals on Wheels</b></u> None	<b>16</b> <b>Senior Center</b> Cheese Ravioli & Salad (Lazy Mary's) <u><b>Meals on Wheels</b></u> MOC: Shepherd's Pie	<b>17</b> <b>Senior Center</b> Lemon Herb Chicken, Rice, Salad (Blackbird Café) <u><b>Meals on Wheels</b></u> None	<b>18</b> <b>Senior Center</b> Surprise! (Coleman Catering) <u><b>Meals on Wheels</b></u> MOC: Chicken Teriyaki	<b>19</b> <b>Senior Center</b> MOC: Roast Turkey & Herb Gravy <u><b>Meals on Wheels</b></u> None
<b>22</b> <b>Senior Center</b> MOC: Beef Bolognese over Pene <u><b>Meals on Wheels</b></u> None	<b>23</b> <b>Senior Center</b> Chinese Favorites (Chopsticks) <u><b>Meals on Wheels</b></u> MOC: Chicken Fajitas	<b>24</b> <b>Senior Center</b> Surprise! (Coleman Catering) <u><b>Meals on Wheels</b></u> None	<b>25</b> <b>Senior Center</b> Breakfast for Lunch (Karyn's Kitchen) <u><b>Meals on Wheels</b></u> MOC: Roast Pork & Onion Gravy	<b>26</b> <b>Senior Center</b> MOC: Turkey Corn Stew <u><b>Meals on Wheels</b></u> None
<b>29</b> <b>Senior Center</b> MOC: Pesto Chicken <u><b>Meals on Wheels</b></u> None	<b>30</b> <b>Senior Center</b> Sandwich Platter (Subway) <u><b>Meals on Wheels</b></u> MOC: Potato Pollack	<b>31</b> <b>Senior Center</b> Chicken Broccoli Alfredo (Lazy Mary's) <u><b>Meals on Wheels</b></u> None		

# MART Van

## Fares:

\$1.00 each way in-town

\$2.00 each way, out of town

Please call 978-772-8261 to schedule a ride

Call the MART van directly at (978) 514-5118 for return trips

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	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Acton
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:

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.

## Movies

Snacks will be served! RSVP Required.



### Respect

Friday, August 19 at 1pm

Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom, "Respect" is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul.



Nashoba Nursing Service & Hospice  
Nashoba Associated Boards of Health  
Your COMMUNITY. Your CHOICE Since 1931

3 Patterson Rd, #3 • (978) 425-6675

*Conversation About Death and Grief*

**First Wednesday of the Month: Jul 6<sup>th</sup> ~ Aug 3<sup>rd</sup> ~ Sept 7<sup>th</sup>**

4:00 PM - Townsend Senior Center, 16 Dudley Road, Townsend, MA 01469

**Second Wednesday of the Month: July 13<sup>th</sup> ~ Aug 10<sup>th</sup> ~ Sept 14<sup>th</sup>**

11:00 AM - Shirley Senior Center, 9 Parker Road, Shirley, MA

**Third Wednesday of the Month: Jul 20<sup>th</sup> ~ Aug 17<sup>th</sup> ~ Sept 21<sup>st</sup>**

3:30 PM - Eagle House Senior Center, 25 Memorial Dr, Lunenburg, MA

**Fourth Wednesday of the Month: Jul 27<sup>nd</sup> ~ Aug 24<sup>th</sup> ~ Sept 28<sup>th</sup>**

2:30 PM - Shirley Meadows Community Room 27 Hospital Road, Devens, MA

Please contact Lucia Camara, Bereavement and Spiritual Care Provider with Nashoba Nursing Service & Hospice @ (978) 425 6675

## Creativity



**Knit/Crochet** Wednesdays at 1pm

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



**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.

## For Your Health



**Chair Massage**

**Tuesday, August 9 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**

**Thursday, August 11 at 12:30-1:30pm**

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.

## 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 will come from this number.

## 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) Aug 3, 5, 10, 12, 17, 20, 24, 25, 31

The MART van will pick-up food & deliver to seniors on: Aug 5, 12, 26

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](mailto:clientservices@loavesfishespantry.org)  
to enroll or schedule a drive-thru time.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Shuffleboard 12:00 Lunch 1:00 Arthritis Relief	<b>2</b> 9:00 Pickleball 10:00 Journaling 10:00 Yoga 11:00 Cribbage 12:00 Lunch 1:00 Rummikub	<b>3</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch *No afternoon programs	<b>4</b> 9:00 Walking Club 10:00 Yoga 12:00 Lunch 1:00 Bingo 5:00 Supper Club	<b>5</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch *No afternoon programs
<b>8</b> 9:00 Coffee Hour 9:00 Chair Exercise 9:00 York Beach 10:00 Knee/Hip 11:00 Shuffleboard 12:00 Lunch 1:00 Arthritis Relief	<b>9</b> 9:00 Pickleball 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:30 Farmer's Market 12:00 Lunch 12:30 Massage 1:00 Rummikub 2:00 COA Meeting	<b>10</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 12:30 Arthritis 1:00 Knit/Crochet 1:00 Arthritis Relief	<b>11</b> 9:00 Walking Club 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	<b>12</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief 1:00 Movie 7:00 Decade of Soul
<b>15</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Shuffleboard 12:00 Lunch 1:00 Arthritis Relief	<b>16</b> 9:00 Pickleball 10:00 Yoga 10:00 Journaling 11:00 Cribbage 12:00 Lunch & REAL ID 1:00 Rummikub	<b>17</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 12:30 Arthritis 1:00 Knit/Crochet 1:00 Arthritis Relief 1:00 Tie-Dye	<b>18</b> 9:00 Walking Club 10:00 Yoga 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	<b>19</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief 1:00 Movie
<b>22</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Shuffleboard 12:00 Lunch 1:00 Arthritis Relief 4:00 Mona Lisa	<b>23</b> 9:00 Pickleball 10:00 Yoga 10:00 Journaling 11:00 Cribbage 12:00 Lunch 1:00 Rummikub 6:15 Drum Circle	<b>24</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief	<b>25</b> 9:00 Walking Club 10:00 Yoga 12:00 Lunch 1:00 Bingo	<b>26</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief 1:00 Ice Cream
<b>29</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Shuffleboard 12:00 Lunch 1:00 Arthritis Relief	<b>30</b> 9:00 Pickleball 10:00 Yoga 10:00 Journaling 11:00 Cribbage 12:00 Lunch 1:00 Rummikub	<b>31</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief	<h1>August</h1> <h1>2022</h1>	