



Longevity Ledger

Ayer Senior Center

February 2023

From The Desk of the Director—

I often use this letter to explore the history of a holiday or invite you to reflect on a season or stage of life. February is synonymous with Valentine's Day, but what does that mean for many of us who are uncoupled by choice, by circumstance, or by loss? I suggest we (whether coupled or not) focus on loving ourselves—having appreciation for our own worth or value. "Self-care" is a relatively new term, and it's based in the idea that you cannot adequately take care of others without also taking care of yourself. Many of us have spent our lifetimes caring for children, spouses, and grandchildren. Now it's time to focus that care on your own well-being.

Self-care is more than pampering yourself. That's one option, but others include: spend time outside in nature, socialize with friends, nurture an "attitude of gratitude," reconnect with old hobbies or try a new one, and practice self-soothing techniques. Reject the idea that you need to be perfect, especially when those expectations create unrealistic standards. Embrace the fact that you cannot control everyone—only yourself. Evaluate your social circle... does it need to expand, or are there toxic relationships to let go? Eat well and move your body—both improve your mood. Get rid of the clutter, both mental and physical. That will make room for creativity. Make a list of the positive things about yourself, and read it daily.

We've got some great self-care activities this month—hope you can join us!

Katie Petrossi



WINTER WEATHER REMINDER: If the Ayer-Shirley schools are closed, the Senior Center will be closed.



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, Paula McCrea, Janine Nichipor, Carole Tillis, Marge Withee

Next COA Board Meeting: Tuesday, February 7 at 2pm

Katie Petrossi, Director

Sam Parr, MART Van Coordinator

Denise Galvin, Nutrition Coordinator

Open 9am-3pm, Mon—Fri

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)*



Needle Felted Penguin

Thursday, February 9 at 10am

Cost: \$5.00

Join fiber artist Rachel Benson to learn the basics of needle felting. In the workshop you will be guided step by step to make your own adorable penguin. In honor of Valentine's Day you can also add a little heart for him to hold. All materials provided!



Valentine's Luncheon

Tuesday, February 14 at 12pm, FREE

Please join us for a delicious lunch featuring pork Florentine, mashed potatoes, and string beans.



Valentine's Day of Beauty

Tuesday, February 14 at 12:30pm

Cost: \$5.00

Give yourself some love this Valentine's Day with a mini spa day! A Spa For You will be here offering manicures, pedicures, and facials. Joe will also be offering chair massages. Sign up for one service, or all four!



Bus Trip to O'Neil Cinemas (Movie Title TBD)

Wednesday, February 15 at 3:30pm

Cost: \$7.00 ticket plus \$4.00 van

Visit luxurious O'Neil Cinemas at The Pointe in Littleton. Relax in the comfort of reclining leather seats and watch the movie of the day (titles released approx. 7 days in advance).



Football Trivia

Thursday, February 16 at 11am

Do you know the oldest NFL stadium still in use? Or which team is the only non-profit, community-owned team in the NFL? Let's see who can score a trivia touchdown—be the first to ring the bell and shout out the correct answer!



Bus Trip: Nashoba Tech Lunch

Friday, February 17 at 11:30am

Take a ride to the Elegant Chef, the restaurant run by the culinary arts students at Nashoba Valley Technical High School. You'll receive a delicious and affordable meal (\$5-13), and help the students get the experience they need.



Delivery Lunch

Friday, February 24 at 12:00pm; FREE

Want a delicious lunch on a cold winter day, but don't feel like going out? The Senior Center will deliver to you! We'll bring you Lucia Tavolo's mouth-watering chicken marsala, risotto, and vegetable—at no cost! Please call the Senior Center at 978-772-8260 by Feb 16th to sign up.



Annie - The Musical

Sunday, February 26 at 5:15pm

Cost: \$30.00 The best-loved musical of all time is set to return in a new production – just as you remember it and just when we need it most. Little Orphan Annie has reminded generations of theatergoers that sunshine is always right around the corner. The Hanover Theatre and Conservatory presents the magical, the spectacular and the heartwarming story of Annie, an orphan whose happiness and positivity continues to remind generations that no matter how hard life can get sometimes, the 'Sun Will Come out Tomorrow.'



Canvas Art Painting

Friday, February 17 at 10am

Cost: \$5.00

Join us for a fun class as we paint this lovely Winter Cardinal scene. Staff from Art Signals will be on hand to guide you through this painting step by step. No artistic skills or experience necessary!

Fun & Games

Cribbage	Tuesdays at 11am. All experience levels welcome.
Rummikub	Tuesdays at 1pm. All experience levels welcome.
Bingo	Thursdays at 1pm. \$1.00 per card.
Coffee Hour	Fridays at 9am. Join friends old & new for coffee and pastries.
Game Time	Fridays at 1pm. We have all the best board games... bring a friend!

Senior Services



SHINE Medicare Counseling

Monday, February 6th (First Monday of the month) by appointment.

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.



Fuel Assistance Application Assistance

Monday, February 6th (First Monday of the month) by appointment.

Don't let rising fuel costs take over your budget! Fuel Assistance (also known as the Low Income Home Energy Assistance Program) helps eligible households pay a portion of their winter heating bills. If you make less than \$42,411 annually for a household of one (or \$55,461 for a household of two), this program can help you pay for the cost of your primary source of heat. Appointments will be at the Senior Center, but please call MOC Fuel Assistance at 978-342-4520 to schedule your appt.



AARP Income Tax Preparation

Tuesdays in February, March, and April by appointment

Trained volunteers will be at the Senior Center this year to assist you in preparing your 2022 income tax return. Please bring your picture ID, last year's tax return, income statements (W2, 1099, etc) and statements for any expenses you wish to write off.



SNAP/EBT Food Benefits

By Appointment

Due to recent action by the federal government, the extra COVID SNAP benefits are ending March 2, 2023 in Massachusetts. Starting in April, you will get only one monthly payment. That is your normal benefit. Get your normal amount on DTA Connect or listen to the information about your case by calling DTA at 877-382-2363. If you need further assistance, we can help!

MassHealth Eligibility Update: MassHealth has maintained members' coverage and benefits due to continuous coverage requirements that started during the COVID-19 emergency. We will soon return to our normal renewal process. All MassHealth members will need to renew their health coverage. If MassHealth has enough information to confirm your eligibility, your coverage will be renewed automatically. If we are not able to confirm your eligibility automatically, we will send a renewal form in a blue envelope to the mailing address we have on file. What you need to do now: Make sure MassHealth has your most up to date address, phone number, and email so you do not miss important information and notices from MassHealth. Update using your MA Login Account at <http://www.mahix.org/individual>. Don't have an account? Contact MassHealth Customer Service at (800) 841-2900.

Need help applying for **senior housing**, or **ACP** benefits that lower your cell phone and internet bills? We can help! Call the Senior Center to schedule an appointment.

Monthly Events



Hydroponic Gardening Club

2nd & 4th Mondays, February 13 & 27 at 11:45am

Hydroponic gardening involves growing plants without soil! In place of soil, the plants grow in a nutrient-rich water solution. Please stop in to see our new hydroponic garden, learn how to grow vegetables in this unique format, and then eat the harvest! *This program is made possible through a grant with the Central Massachusetts Area Agency on Aging and 2gether We Eat.*



Senior Store

Senior Center: Daily following lunch

Pond Street: Second Mondays (Feb 13) at 2pm in Bldg A; 2:30pm in Bldg B

Pleasant Street: Third Mondays (Feb 27 due to President's Day holiday) at 3pm

The Senior Store is a convenience program offered by the senior center, featuring snacks, household items, personal care items, and basic groceries. Prices vary and reflect what we paid for the items (this is not a fundraiser, nor is it subsidized).



Women's Conversation with Linda

Wednesday, February 8 & 22 at 11am. FREE.

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.



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

1. Grief Support Groups: Conversation about Death & Grief

Wednesday, February 8 at 11:00am (Shirley Senior Center, 9 Parker Rd, Shirley)

Wednesday, February 22 at 2:30pm (Shirley Meadows, 27 Hospital Road, Devens)

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

Friday, February 17 at 4:30pm (Bull Run Restaurant, 215 Great Road, Shirley)

Tuesday, February 28 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, February 8 at 5pm: Markoh's on Main

Monday, February 27 at 4:30pm: Bailey's Igloo Dining (Townsend)

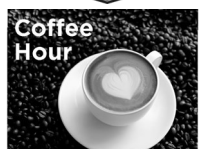
Cost: \$4 for the van + the price of your meal

A word about timing: at-home pickups begin at 4:15-4:30; if you're meeting us at the Senior Center be ready to leave at 5pm. If you're meeting us at the restaurant, adjust for driving time.



Coffee and Cribbage with a Cop

2nd Tuesday (February 14) 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.



Coffee & Conversation

Fridays in February at 9am; FREE

Join us for coffee and pastries on Fridays in February. This is a great way to drop in and see our remodeled Senior Center, if you haven't been in since before the pandemic!

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.

Creativity



Knit/Crochet

Wednesdays at 1pm Gather around the fireplace to visit with friends! This month we're working on simple hats and mittens to donate to local charities. Pattern will be provided!



Needle Felted Penguin

Thursday, February 9 at 10am

Cost: \$5.00

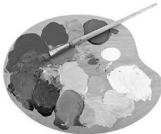
See description in Special Events



Adult Coloring with Connie McKinnon

Monday, February 13 at 1pm; FREE

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



Canvas Art Painting

Friday, February 17 at 10am

Cost: \$5.00

See description in Special Events

For Your Health



Chair Massage

Tuesday, February 14 at 12:30pm

Cost: \$10/10 mins or \$20/20 mins. Chair massage provides relief from aching muscles, while remaining fully clothed & sitting in a supportive massage chair.



Well-Adult Clinic

Thursday, February 9 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 for 10 min; \$50 for 1 hour

This one-on-one session with Jeff utilizes Chinese medicine to improve the flow of energy in your body and promote healing.

Fitness



Chair Exercise (DVD)

Tuesday thru Friday at 9am. Free.

This chair exercise program will feature a variety of favorite DVD-based favorites like Ann Pringle's Strength & Stretch, as well as the Grow Young Fitness videos that alleviate arthritis and joint pain.



Intermediate Chair Exercise (DVD)

Monday, Wednesday, and Friday at 10am. Free.

This DVD-based chair exercise program takes it up a notch, for those looking for a faster paced workout, including the Curtis Adams fitness series.



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.



Strength-Balance-Flexibility with Jeff Cote

Mondays at 9am; \$3 suggested donation This instructor-led class will help keep your muscles strong, your joints flexible, and reduce your risk of falling!



Yoga with Jeff Cote

Mondays at 11:30am; \$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.

If your health insurance includes a fitness benefit, you may be able to apply it to Jeff's classes! See Katie for more info.

Meals *(RSVP Required)*

Join us at one of our many dining options: MOC meals, catered meals, 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 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:

February 2023 1, 3, 7, 8, 10, 15, 18, 22, 24

We pick-up food & deliver to seniors (after 2pm):

February 3, 10, 24

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> Leftovers: Turkey Dinner <u>Meals on Wheels</u> None	2 <u>Senior Center</u> Stuffed Shells & Salad (Lazy Mary's) <u>Meals on Wheels</u> MOC: Pork Rib Patty	3 <u>Senior Center</u> MOC: Beef & Broccoli Stir Fry <u>Meals on Wheels</u> None
6 <u>Senior Center</u> MOC: Basil Parm Cream Chicken <u>Meals on Wheels</u> None	7 <u>Senior Center</u> Pizza (Verona) <u>Meals on Wheels</u> MOC: Beef Chop Suey	8 <u>Senior Center</u> Breakfast Burritos (Karyn's Kitchen) <u>Meals on Wheels</u> None	9 <u>Senior Center</u> Fettucini Alfredo (Olive Garden) <u>Meals on Wheels</u> MOC: Turkey Salad with Cranberries	10 <u>Senior Center</u> MOC: Pasta Fagioli <u>Meals on Wheels</u> None
13 <u>Senior Center</u> MOC: Hot Dog & Baked Beans <u>Meals on Wheels</u> None	14 <u>Senior Center</u> Pork Florentine (Donelans) <u>Meals on Wheels</u> MOC: Chicken Scampi	15 <u>Senior Center</u> Chicken Dinner (Boston Market) <u>Meals on Wheels</u> None	16 <u>Senior Center</u> Chinese Favorites (Wok & Roll) <u>Meals on Wheels</u> MOC: Macaroni & Cheese	17 <u>Senior Center</u> MOC: Meatloaf <u>Meals on Wheels</u> None
20 Closed for President's Day	21 <u>Senior Center</u> Lasagna & Salad (Marty's) <u>Meals on Wheels</u> MOC: Steak Fajita	22 <u>Senior Center</u> Roast Beef Sandwich & Fries (Junction) <u>Meals on Wheels</u> None	23 <u>Senior Center</u> Mac & Cheese (Nashoba Park) <u>Meals on Wheels</u> MOC: Chicken Marsala	24 <u>Senior Center</u> Chicken Marsala (Lucia's Delivery Meal) <u>Meals on Wheels</u> None
27 <u>Senior Center</u> MOC: Beef Stroganoff <u>Meals on Wheels</u> None	28 <u>Senior Center</u> Chicken Salad Sandwiches (Markoh's) <u>Meals on Wheels</u> MOC: Sweet & Sour Chicken Meatballs			

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.

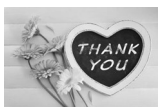
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am-12pm	Leominster & Fitchburg	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Acton & Concord
Afternoon 12-4pm	Ayer, Shirley, Groton, Harvard, Devens	Group Shopping (see below)	Market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

Group Shopping:

1st Tuesday: Nashua Mall Plaza (Nashua): Christmas Tree Shops, Kohls, Burlington Coat Factory, LL Bean
2nd Tuesday: Walmart (Lunenburg)
3rd Tuesday: Target (Leominster)
4th Tuesday: Highland Commons (Hudson/Berlin line): Market Basket, BJs, 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
Bemis Corporation*



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

Nashoba Nursing Service

(978) 425-6675

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>February 2023</h1>		1 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 12:00 Lunch 1:00 Knit/Crochet	2 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	3 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 12:00 Lunch 1:00 Games
6 9:00 S-B-F with Jeff 10:00 Intermediate Chair Exercise 10:00 Body Work 11:30 Yoga with Jeff 12:00 Lunch <i>Fuel Assistance by Appt</i> <i>SHINE by Appt</i>	7 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 2:00 COA Meeting <i>AARP Tax Prep</i>	8 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 11:00 Women's Conversation 11:00 Grief Support 12:00 Lunch 1:00 Knit/Crochet 5:00 Supper Club	9 9:00 Chair Exercise 10:00 Yoga 10:00 Needlefelted Penguins 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	10 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 12:00 Lunch 1:00 Games
13 9:00 S-B-F with Jeff 10:00 Intermediate Chair Exercise 10:00 Body Work 11:30 Yoga with Jeff 11:45 Gardening 12:00 Lunch 1:00 Adult Coloring 2:00 Mobile Store	14 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage Cop 11:00 Tai Chi 12:00 Valentine's 12:30 Day of Beauty 1:00 Rummikub <i>AARP Tax Prep</i>	15 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 12:00 Lunch 1:00 Knit/Crochet 3:30 Movie Night	16 9:00 Chair Exercise 10:00 Yoga 11:00 Football Trivia 12:00 Lunch 1:00 Bingo	17 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 10:00 Canvas Art 11:30 Nashoba Tech 12:00 Lunch 1:00 Games 4:30 Grief Social
20 Closed For President's Day	21 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub <i>AARP Tax Prep</i>	22 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 11:00 Women's Conversation 12:00 Lunch 1:00 Knit/Crochet 2:30 Grief Support	23 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	24 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 12:00 Delivery Lunch 1:00 Games 2/26 5:15pm Annie
27 9:00 S-B-F with Jeff 10:00 Intermediate Chair Exercise 10:00 Body Work 11:30 Grief Social 11:30 Yoga with Jeff 12:00 Lunch 2:00 Mobile Store 4:30 Supper Club	28 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 11:30 Grief Social 12:00 Lunch 1:00 Rummikub <i>AARP Tax Prep</i>	<div>  <p>Friendly Reminder</p> <p>For the health and safety of everyone:</p> <p>Please do not come to the Senior Center if you have a cough, runny nose, sore throat, fever, or body aches. Take a few days to rest and recuperate, and we'll see you when you're well again.</p> <p>If you have these symptoms and need a COVID test, please call us and we'll set it outside for you.</p> </div>		