



Longevity Ledger

Ayer Senior Center

January 2023

From The Desk of the Director—

This new year, 2023, feels futuristic to me. Do you remember the old Conan O'Brien Show skit, where Conan held a flashlight under his chin and eerily sang "in the year 2000" and then said funny things we'd encounter in the future? And now we're decades past that! I wonder how many of them came true? Not Doc Brown and Marty McFly's floating car from the movie Back To The Future. Self-driving, yes. Flying, no.

What are some of the inventions, trends, or advances that you've experienced during your lifetime? What was the best/most helpful one? The worst one? What are you still hoping will happen?

The new year is a time of hope and of possibility. Many people have told me the past two years felt like treading water—they put plans on hold in order to stay safe and healthy. Now that we have vaccinations, boosters, a variety of treatments, and more experience about how to effectively treat those with COVID... many people are determined to live their lives again (while being mindful of any additional risk factors). What are your plans for this year? Time with family and friends? Travel? Healing old wounds? Learning a new hobby? The Senior Center can be a part of many of those goals. We look forward to seeing you in the new year!

Katie



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, January 10 at 2pm

Katie Petrossi, Director

Sam Parr, MART Van Coordinator

Denise Galvin, Nutrition Coordinator

Open 9am-3pm daily

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)*



SHINE Medicare Counseling

The first Monday of the month, beginning February 6. FREE.

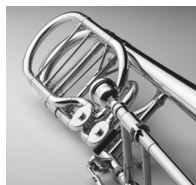
Questions about signing up for Medicare or making changes to your Medicare plans? A certified SHINE counselor is available to assist you with free and unbiased support: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. In-person and telephone 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, January 9 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.



Bus Trip: Bach's Lunch

Thursday, January 12 at 10:30am

Visit the new Groton Hill Music Center to enjoy "Four of a Kind!" trombone quartet playing everything from Bach to Offenbach. Pack your lunch; coffee and tea provided.



Pajama Party Luncheon

Friday, January 13 at 12pm; FREE.

January days can be cold and bleak, and you feel like staying in your pajamas all day. Don't just dream about it, do it! We'll be comfy and cozy all day, enjoying breakfast favorites from Karyn's Kitchen.



Homecare 101

Tuesday, January 17 at 12pm

Many people have strong preferences about the way they age. Some want to move to a retirement community to take advantage of the amenities, while others prefer to stay in their home. If you want to stay in your home, what are the options? FCP Live-In Inc will help us understand the variety of ways to receive the care you need in your home.



Football Trivia

Thursday, January 19 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, January 20 at 11:30am

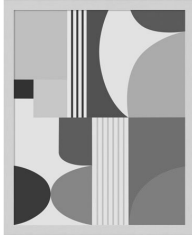
Take a ride to the Elegant Chef, the restaurant run by the culinary arts students at Nashoba Valley Technical High School. You'll receive a delicious and affordable meal (\$5-13), and help the students get the experience they need.

Save the Date: AARP Income Tax Preparation Assistance

Volunteers will be at the Senior Center this year to assist you in preparing your 2022 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. Appointments for Ayer residents can be scheduled beginning January 3rd, with residents of surrounding towns able to schedule beginning January 16.

Special Events *(RSVP Required)*



Defining Modern Art: Learn and Create

January 30 at 1pm. FREE This exciting program has two components: First, Joyce Thomas will lead us through a fun, hands on workshop preceding a video seminar. You will create mini abstract art paintings and learn more about color, line, shape, and other design elements. A sleeve magnet will be provided for your favorite masterpiece so you can display or give as a gift. This will get our creative juices flowing before we watch the hour-long OneDayU course titled “Where Did Modern Art Come From: Radical Thinking Artists and World-Changing Ideas.” Monet lampshades, Van Gogh wallpaper, Picasso mugs, Jackson Pollock silk scarves ... it’s easy to think of modern art as an effortless lifestyle adornment. But each great leap forward in art was accompanied by – if not the direct result of – radical ideas and world-changing manifestos. This lecture charts the rise of radical thinking in modern art, from its origins in the 1870s – sparked by the choice of a single word – to the revolutionary movements of the early 20th century and the conceptual experiments of the 1960s, unearthing truly radical thought in everything from an apple to a bicycle wheel. We’ll look with fresh eyes at some of the greatest modern artists, including Monet and Cézanne, Picasso and Duchamp, Donald Judd, and Carolee Schneeman, to rediscover the progressive thrust of their work, and to re-examine how they were, in their very different ways, attempting to create entirely new worlds.

How to Stay Safe In Cold Weather—Older Adults Are Particularly Vulnerable

(Excerpted from www.aarp.org)

Older people are especially vulnerable when temperatures drop because they have less efficient circulation. They also may have medical conditions (such as thyroid problems or diabetes) and take medications (such as beta-blockers) that can raise their risk of health problems, including injuries, in the cold, says Matthew Levy, associate professor of emergency medicine at the Johns Hopkins University School of Medicine. “Bone density decreases, which could put someone at risk for injuries from falls, and blood pressure medicine may not allow your heart rate to increase as needed” [when shoveling snow, for instance]. Another issue is a decrease in muscle mass, says Ronan Factora, M.D. a geriatric medicine specialist at the Cleveland Clinic in Ohio. Normal muscle “is what twitches and creates heat when we shiver.” Because we have less muscle when we’re older, we’re less able to generate that vital heat. Tips on how to protect yourself in frigid temperatures and heat emergencies:

Pile on the layers. If you have no heat in your home, gather all blankets, coats, sleeping bags — anything that will allow you to maintain your body temperature — and bundle up. If your car is in a garage and you can’t open the garage door, don’t run the heater in your car to get warm or to charge devices.

Be careful with candles. If possible, use a flashlight as a light source instead of candles, which are a fire hazard.

Keep the weather outside. Do anything you can to maintain the temperature indoors if you don’t have a heat source (or even if you do). Keep blinds and curtains closed, roll towels and place them under doors to keep out drafts. Close the doors to unused rooms and avoid opening doors to the outside unless absolutely necessary.

Take care with electric heaters and generators. If using a portable electric heater, make sure it is not damaged in any way (is the cord hot when you plug it in?), do not leave it unattended, and make sure it’s at least 3 feet away from curtains or bedding.

Never use a gas-powered generator indoors; you can be poisoned by the colorless, odorless by-product: carbon monoxide.

Be careful while clearing snow. Extreme exertion, such as shoveling, can lead to a heart attack. “People who aren’t normally used to doing such strenuous exercise should not shovel unless they literally have a clean bill of health from their doctor,” Levy says. And note that every winter brings distressing snowblower injuries. You can’t be too careful when using one.

Don’t drive unless you must. If you do, drive slowly — even if you have four-wheel or all-wheel drive, — take turns, braking—more slowly than you normally would do.” Also, consider taking back roads, if they are plowed, because they “can have much less traffic and fewer accidents.” And before hitting the road, be sure to clear all the snow and ice off all the windows — not just off the front windshield — so you have full visibility. And also clear the snow and ice from the top of the car to prevent it from blowing off on other vehicles and impeding their drivers’ visibility.

Keep pets safe. Remember that they can get cold — and hypothermia and frostbite — too. Keep them dry, and warm, using blankets and hot-water bottles if they seem dangerously cold. If you walk your dog outdoors, try to avoid areas with salt; canines are at risk for salt poisoning because they often lick their paws after a walk.

Keep an eye on the fridge and freezer. If you lose power, food can spoil — and eating spoiled food can make you sick. If you’ve been away from home and return to a working freezer, you might not realize that you had previously lost power and that the food has refrozen. So Levy suggests a “life hack”: Freeze a cup of water inside the freezer and then put a penny on top. If you check the cup later and the penny has sunk, you know the water has melted and then refrozen.

Monthly Events



Hydroponic Gardening Club

2nd & 4th Mondays, January 9 & 23 at 11:30am

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 (Jan 9) at 2pm in Bldg A; 2:30pm in Bldg B

Pleasant Street: Third Mondays (Jan 9 due to MLK 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, January 11 & 25 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. The traditional **Support Group** offers conversations about death and grief. For more information, contact Lucia Camara of Nashoba Nursing at (508) 951-3850. Support groups meet on **January 11** at 11am at the Shirley Senior Center, and/or **January 25** at 2:30pm at Shirley Meadows Community Room. Their second offering is a **Grief Social**, which provides a gentle opportunity to gather and meet with others who are grieving. Gentle and light conversation to help work through the grief, meet and hear how others are getting through their grief, and realize there is no need to go this alone. January's Grief Social will take place Friday, **January 13**, 4:30-6pm at the Bull Run Restaurant. *COA Van transportation is available for daytime support groups, but not the evening social.*



Supper Club: S.S. Lobster (Fitchburg)

Wednesday, January 25 at 5pm

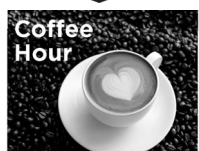
Cost: \$4 for the van + the price of your meal

A word about timing: at-home pickups begin at 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 (January 10) 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 January at 9am; FREE

Join us for coffee and pastries on Fridays in January. 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.

For Fun

- 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.
- Movies** *Returning this winter!*

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!



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. Then we'll print and bind it.

For Your Health



Chair Massage

Tuesday, January 10 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, January 12 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.

Fitness



Chair Exercise

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

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

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!



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:

January 3, 4, 6, 11, 13, 18, 21, 25, 27

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

January 6, 13, 27

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
2 Closed for New Years Day	3 <u>Senior Center</u> Pizza (Verona) <u>Meals on Wheels</u> MOC: Meatball Grinder	4 <u>Senior Center</u> Lasagna & Salad (Marty's Café) <u>Meals on Wheels</u> None	5 <u>Senior Center</u> Burgers & Fries (Red Robin) <u>Meals on Wheels</u> MOC: Broccoli Bake	6 <u>Senior Center</u> MOC: Chicken Drumstick <u>Meals on Wheels</u> None
9 <u>Senior Center</u> MOC: Cheese Ravioli <u>Meals on Wheels</u> None	10 <u>Senior Center</u> Steak & Cheese Subs and Fries (Cottage) <u>Meals on Wheels</u> MOC: Honey Mustard Chicken	11 <u>Senior Center</u> Shepherd's Pie (Donelans) <u>Meals on Wheels</u> None	12 <u>Senior Center</u> Fajita Bar (Moe's) <u>Meals on Wheels</u> MOC: Chicken & Rice Bake	13 <u>Senior Center</u> Pajama Party Breakfast Favorites (Karyn's Kitchen) <u>Meals on Wheels</u> None
16 Closed for MLK Jr Day	17 <u>Senior Center</u> Eggplant Parmesan (Lazy Mary's) <u>Meals on Wheels</u> MOC: Beef Taco	18 <u>Senior Center</u> BLT Wraps & Soup (Markoh's) <u>Meals on Wheels</u> None	19 <u>Senior Center</u> Rigatoni with Broccoli & Lemon Cream (Bertucci's) <u>Meals on Wheels</u> MOC: Roast Turkey	20 <u>Senior Center</u> MOC: Baked Salmon <u>Meals on Wheels</u> None <i>Coffee with Nashoba Park</i>
23 <u>Senior Center</u> None <u>Meals on Wheels</u> None	24 <u>Senior Center</u> None <u>Meals on Wheels</u> MOC: Stroganoff Meatballs	25 <u>Senior Center</u> Chicken or Tuna Salad and Soup (Karyn's Kitchen) <u>Meals on Wheels</u> None	26 <u>Senior Center</u> Cobb Salad (Honey Baked Ham) <u>Meals on Wheels</u> MOC: Chicken & Sausage Paella	27 <u>Senior Center</u> MOC: Roast Pork <u>Meals on Wheels</u> None
30 <u>Senior Center</u> MOC: Potato Pollock <u>Meals on Wheels</u> None	31 <u>Senior Center</u> Baked Fish (Tiny's) <u>Meals on Wheels</u> MOC: Cheese Lasagna			

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.

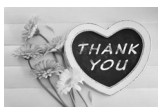
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am-12pm	Leominster & Fitchburg	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Acton & Concord
Afternoon 12-4pm	Ayer, Shirley, Groton, Harvard, Devens	Group Shopping (see below)	Market 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, 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
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
2 Closed for New Years Day	3 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub	4 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 12:00 Lunch 1:00 Knit/Crochet	5 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	6 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 12:00 Lunch
9 9:00 S-B-F with Jeff 10:00 Intermediate Chair Exercise 11:45 Gardening 12:00 Lunch 2:00 Mobile Store Pond St Bldg A 2:30 Mobile Store Pond St Bldg B 3:00 Mobile Store Pleasant St <i>Fuel Assistance by Appt</i>	10 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage with a Cop 11:00 Tai Chi 12:00 Lunch 12:30 Massage 1:00 Rummikub 2:00 COA Meeting	11 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	12 9:00 Chair Exercise 10:00 Yoga 10:30 Bach's Lunch 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	13 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 12:00 Pajama Lunch 4:30 Grief Social
16 Closed for MLK Jr Day	17 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch & Homecare 101 1:00 Rummikub	18 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 12:00 Lunch 1:00 Knit/Crochet	19 9:00 Chair Exercise 10:00 Yoga 11:00 Football Trivia 12:00 Lunch 1:00 Bingo	20 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 11:30 Nashoba Tech Lunch 12:00 Lunch
23 Closed for Staff Training	24 Closed for Staff Training	25 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 5:00 Supper Club	26 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	27 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Intermediate Chair Exercise 12:00 Lunch
30 9:00 S-B-F with Jeff 10:00 Intermediate Chair Exercise 12:00 Lunch 1:00 Modern Art	31 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub	<div>January 2023</div>		