



Longevity Ledger

Ayer Senior Center

July 2022

From The Desk of the Director—

The dog days of summer are upon us! I was curious about how that phrase came to be. It's origin is in ancient Greece & Rome, when the dog-shaped constellation, Sirius, became visible in the sky. It's presence coincided with sweltering summer temperatures, drought, and intense heat that made man and beast go mad. For the ancient Egyptians, Sirius was a welcome sign, indicating the upcoming flooding of the Nile River, which brought rich soil onto their farmlands to feed their crops.

In modern times, the dog days of summer are largely a happy time—long, sunshine-filled days, outdoor activities with friends and family, fireworks, picnics, getaways to the beach or other favorite summer places. What do the dog days of summer mean to you? Do you have a favorite summer tradition?

We have some great summer events planned this month—a trip to the beach, a summer concert, and an opportunity to make art from your favorite garden clippings. And Pickleball! Parks & Rec has been generous with their time and paint, to line three courts for us at Pirone Park! To start, we'll play on Tuesday mornings at 9am. We can add more times if needed. We hope you can join us!

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
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)*



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.



Canna-Curious?

Tuesday, July 12 (9am pickup, 9:30am presentation)

Cost: \$2.00 for van Are you curious about medical and/or recreational cannabis use (both are legal in Massachusetts)? Advocates suggest cannabis-based products can boost concentration, ease inflammation, and improve sleep. Ayer-based Gage Cabbabis Co. & Central Avenue Compassionate Care are offering an exclusive educational presentation for seniors. Program will be offered at Gage's comfortable, welcoming boutique: experience The Aroma Bar, meet some friendly budtenders, learn more about cannabis and have your questions answered. *There is no obligation to purchase anything.*



Supper Club

Wednesday, July 13: Next Stop Pub & Grill (Ayer)

Tuesday, July 26: S.S. Lobster (Fitchburg)

Cost: \$2/\$4 for the van + the price of your meal Each month we'll go two places—one in town, and one that's more of an adventure. Menus are available to view in advance at the Senior Center. A word about timing: at-home pickups are 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.



Botanical Printmaking Workshop

Monday, July 18 at 10am—FREE

Working with gel plates, acrylic paints and pickings from your own home garden you can make beautiful prints without a press! These prints can be matted and framed, cut up for collage projects, or made into cards. *This program is supported by your local & the MA cultural council.*



Bus Trip: York Beach

Monday, July 25

Cost: \$4.00 for the van

For our second beach trip of the summer, 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.



Outdoor Luncheon with Music from the 50s, 60s & 70s

Friday, July 29 at 12pm

Lunch: Suggested \$3.00 donation

Dan Kirouac is back, delivering the best in mainstream and contemporary adult rock and pop from the 1950's to current. We'll leisurely enjoy boxed lunches from Shop & Save under the shade trees at the Senior Center, while savoring the time outdoors with friends. *Sponsored by the Ayer Cultural Council & the Massachusetts Cultural Council.*



Bus Trip: Groton Farmer's Market

Friday, July 29th at 2:45pm

Buy local! Meet many vendors from farmers and bakers to 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 are accepted by some but not all vendors.

Save the Date, RSVP Later

August 5th—Worcester Red Sox (WooSox) vs Durham Bulls baseball game with fireworks afterwards (\$10)

August 12th—Nagog Park Concert—A Decade of Soul: Classic Soul & Motown Review (\$10)

Volunteers Needed!!!

With the Senior Center back open and programs growing each month, we need YOUR help! Whether you have time each week, each month, or just once a year, there are positions available including: Meals on Wheels delivery, reception/office help, monthly newsletter distribution to area businesses, holiday event help, and volunteer drivers. If you have a hobby you'd like to share with others by leading a one-time program or ongoing class, we'd like to hear from you. Please call the Senior Center at 978-772-8260.

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

Superfoods That Help You Sleep

(excerpted from article by Nicole Pajer, AARP, 2021)

Nutritionists say these bedtime snacks are best for promoting quality sleep:

Kiwi

Pumpkin Seeds

Cheese

Tart Cherry Juice

Chamomile Tea

Rice

Nuts

Medicare Preventive Services

Did you know that Medicare Part B covers approximately two dozen preventive benefits, often at no or low cost to you? These benefits include services such as your flu and pneumonia shots, COVID shots, screenings for various health conditions (e.g., heart disease and certain types of cancer), and options to help you stop smoking. Preventive care may help to keep you healthier by preventing illness or detecting medical conditions.

For more information on covered preventive benefits, see Section 2 of the *Medicare & You 2022* handbook or call your local SHINE office with questions. Also, talk to your health care provider about how Medicare preventive services can help you.

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 **Wednesday, July 6th at 2pm** at the Senior Center to find out more!

COA Board of Directors:

Carolyn McCreary, 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.
- Poker** Every other Monday, July 18 at 1pm. This classic game is fun for all!
- Adult Coloring** Every other Monday, July 11 & 25 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. 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.
- Game Hour** Fridays at 1pm. We have all your favorite games! Grab your friends & come over!

Fitness

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



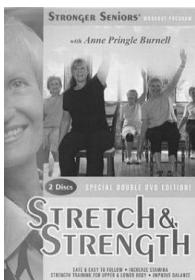
Walking Club

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 starting July 19th 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!



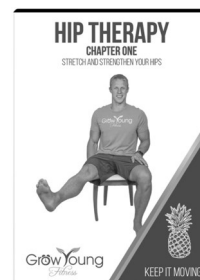
Chair Exercise
Mon thru Fri
9:00am



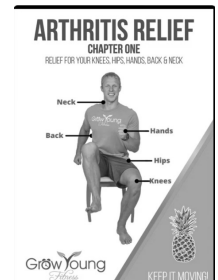
Chair Yoga
Tues & Thurs
10am



Knee Therapy
Mon—Wed—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, 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
				¹ Senior Center MOC: Potato Pollack Meals on Wheels None
⁴ CLOSED	⁵ Senior Center MOC: Sausage & Pepper Grinder Meals on Wheels MOC: Sausage & Pepper Grinder	⁶ Senior Center Sausage & Spinach Alfredo (Coleman Catering) Meals on Wheels None	⁷ Senior Center Pizza (Junction RPD) Meals on Wheels MOC: Balsamic Chicken	⁸ Senior Center MOC: Roasted Pork Meals on Wheels None
¹¹ Senior Center None Meals on Wheels None	¹² Senior Center Sandwiches & Potato Salad (Lazy Mary's) Meals on Wheels MOC: Chicken Marsala	¹³ Senior Center Chicken Pot Pie (Coleman Catering) Meals on Wheels None	¹⁴ Senior Center Cobb Salad (Honeybaked Ham) Meals on Wheels MOC: Roasted Turkey	¹⁵ Senior Center None Meals on Wheels None
¹⁸ Senior Center MOC: Chicken Drumstick Meals on Wheels None	¹⁹ Senior Center Chicken and Lamb Skewers, Falafel (Zaytoon) Meals on Wheels MOC: Potato Pollack	²⁰ Senior Center American Chop Suey (Coleman Catering) Meals on Wheels None	²¹ Senior Center None Meals on Wheels MOC: Beef Stew	²² Senior Center None Meals on Wheels None
²⁵ Senior Center MOC: Beef Taco Meals on Wheels None	²⁶ Senior Center Shepherds Pie & Salad (Bushel & Peck) Meals on Wheels MOC: Chicken Parmesan	²⁷ Senior Center Bratwurst with Cabbage and Potatoes (Coleman Catering) Meals on Wheels None	²⁸ Senior Center Chicken Parmesan & Penne (Lazy Mary's) Meals on Wheels MOC: Cheese Omelet	²⁹ Senior Center Box sandwich lunch (Shop & Save) Meals on Wheels 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.



Friday, July 8 at 1pm. *Crazy Rich Asians* (2018). Based on the acclaimed worldwide bestseller. Native New Yorker Rachel Chu goes with her boyfriend, Nick Young, to his best friend's wedding in Singapore. Excited about visiting Asia for the first time but nervous about meeting Nick's family, Rachel's unprepared to learn Nick has neglected to mention a few key details about himself.



Friday, July 29 at 1pm. *Moonrise Kingdom* (2012). The year is 1965, and the residents of New Penzance, an island off the coast of New England, inhabit a community that seems untouched by some of the bad things going on in the rest of the world. Twelve-year-olds Sam (Jared Gilman) and Suzy (Kara Hayward) have fallen in love and decide to run away. But a violent storm is approaching the island, forcing a group of quirky adults (Bruce Willis, Edward Norton, Bill Murray) to mobilize a search party and find the youths before calamity strikes. Warm, whimsical, and poignant, the immaculately framed and beautifully acted *Moonrise Kingdom* presents writer/director Wes Anderson at his idiosyncratic best.

Arts & Crafts



Adult Mandalas & Coloring

Mondays, July 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!

For Your Health



Chair Massage

Tuesday, July 12 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, July 14 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) July 1, 6, 8, 13,
15, 20, 22, 27, 29

The MART van will pick-up food & deliver to seniors
on: July 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>July</h1> <h1>2022</h1>				1 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Lunch 1:00 Games 1:00 Arthritis Relief
4 Closed For Independence Day	5 9:00 Chair Exercise 10:00 Journaling 10:00 Yoga 10:00 Cribbage 11:00 Hip Therapy 12:00 Lunch 1:00 Rummikub	6 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief 2:00 COA Meeting	7 9:00 Chair Exercise 9:00 Walking Club 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch 1:00 Bingo	8 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Lunch 1:00 Games 1:00 Arthritis Relief 1:00 Movie
11 No Morning Programs 1:00 Arthritis Relief 1:00 Adult Coloring	12 9:00 Chair Exercise 9:00 Canna-Curious 10:00 Yoga 10:00 Journaling 10:00 Cribbage 11:00 Hip Therapy 12:00 Lunch 1:00 Rummikub	13 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Lunch 12:30 Arthritis 1:00 Knit/Crochet 1:00 Arthritis Relief 5:00 Supper Club	14 9:00 Chair Exercise 9:00 Walking Club 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	15 Center Closed, Van running
18 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 10:00 Botanical Prints 11:00 Shuffleboard 12:00 Lunch 1:00 Arthritis Relief 1:00 Poker	19 9:00 Chair Exercise 9:00 Pickleball 10:00 Yoga 10:00 Journaling 10:00 Cribbage 11:00 Hip Therapy 12:00 Lunch 1:00 Rummikub	20 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Lunch 12:30 Arthritis 1:00 Knit/Crochet 1:00 Arthritis Relief	21 Center Closed, Van running	22 Center Closed, Van running
25 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 11:00 Shuffleboard 12:00 Lunch 1:00 Arthritis Relief 1:00 Adult Coloring TBD: York Beach	26 9:00 Chair Exercise 9:00 Pickleball 10:00 Yoga 10:00 Journaling 10:00 Cribbage 11:00 Hip Therapy 12:00 Lunch 12:30 Massage 1:00 Rummikub 5:00 Supper Club	27 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Lunch 1:00 Arthritis Relief	28 9:00 Chair Exercise 9:00 Walking Club 10:00 Yoga 11:00 Hip Therapy 12:00 Lunch 1:00 Bingo	29 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee Therapy 12:00 Lunch & Dan Kirouac Concert 1:00 Games 1:00 Arthritis Relief 1:00 Movie 2:45 Farmer's Market