



Longevity Ledger

Ayer Senior Center

June 2022

From The Desk of the Director—

Welcome Summer! As you read this month's newsletter, you'll notice two things: First, the Senior Center BUILDING is closed for a week in the middle of the month while I'm on vacation. The van will run and Meals on Wheels will be delivered, but the physical space (including exercise classes and congregate meals) will be closed.

The second relates to the MART van. We heard your requests for the van to go to new places, so we're adding Leominster (Monday mornings) and Acton (Friday mornings). You can visit these towns for any reason—medical appointments, errands, socializing, etc. To accommodate the longer rides to/from each of these towns, local van service will be limited on those mornings. As an additional reminder, Tuesday and Wednesday afternoons can be tricky to schedule doctor appointments due to group shopping trips. Please refer to the table on page 6 of the newsletter to see where the van will be each day, and keep this in mind when scheduling with your physician. With any change comes successes and areas for improvement. Please be patient as we try something new, and as always, we welcome your feedback.

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
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 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.



Fireman's Fireman's Cookout

Friday, June 3rd at 4pm at the Firehouse

After a long break, it's time to return to our favorite annual events! The Fire Department is looking forward to hosting us for hamburgers, hot dogs, live music, prizes, and more! This fun event is open to all seniors and is free of charge.



Bus Trip: Hampton Beach

Monday, June 6 at 9am

Cost: \$4.00 for the van

The first of our monthly beach trips this summer, this outing is an unstructured day at the beach. Bring your beach chair, a snack, and a book. If strolling the boardwalk is more your style, go for it! We'll meet up for lunch before heading home early afternoon.



Don't Forget to Bounce the Last Check

Wednesday, June 8 at 12pm

Speaker Henry Quinlan returns to share his strategies for living life to the fullest. His presentation will detail the non-financial issues of retirement. He'll talk about steps to enhance your "emotional pension" as a way to navigate the challenges of retirement and make this time of life as fulfilling and rewarding as possible. This presentation is perfect for new and seasoned retirees alike!



Supper Club

Thursday, June 9: Johnson's Dairy Bar (Groton)

Wednesday, June 22: Ninety-Nine (Westford)

Cost: \$2/\$4 for the van + the price of your meal Each month we'll go two places—one in town or familiar, 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 4:45; 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.



Bus Trip: Pickity Place Luncheon

Friday, June 24th at 10:30am

Cost: \$15.00 Go back to a simpler time to enjoy lunch in this simple 1786 cottage that became the inspiration for the illustrations in the Little Red Riding Hood book. The menu for this five-course luncheon includes french onion soup, wedge salad, blackberry barbeque short ribs or a seasonal vegetable stack, and gelato with fresh strawberries. Walk off your full stomach afterwards by strolling the themed gardens, greenhouse, and gift shop.



Botanical Printmaking Workshop

Monday, June 27th at 1pm—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.*



Volunteer Information & Training Meeting

Wednesday, June 29 at 12:30pm (following lunch)

Learn more about volunteering for the Senior Center, including what we need help with & how to do it. You may be able to earn up to \$1500 off your property taxes! We have opportunities for everyone, whether you're available weekly, monthly, seasonally, or just once a year!

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)

Keller Williams RED Day



Thank you to the Fredette Team of Keller Williams for selecting the seniors of Ayer for their annual day of service! They kicked it off with a delicious meal from Marty's Corner Café in Devens (co-sponsored by Tracey Harding at DR Law). The next day they did yardwork for two local veteran seniors!



Sunscreen Savvy

Quick Tips for Choosing the Right Sunscreen:

1. Avoid sunscreens with oxybenzone.
2. Use mineral sunscreens.
3. Choose reef-safe or reef friendly options.
4. Beware of sprays.
5. Choose SPF of 30 or higher.
6. Look for broad-spectrum sunscreens.
7. Apply liberally and reapply.

Source: Michelle Crouch, AARP



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

The Senior Center is working with 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.



Many thanks to
Karyn's Kitchen
for donating the delicious
breakfast we enjoyed in May!

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, June 28th 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, June 6 at 1pm. This classic game is fun for all!
- Adult Coloring** Every other Monday, June 6 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!

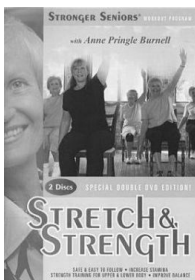
Fitness

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

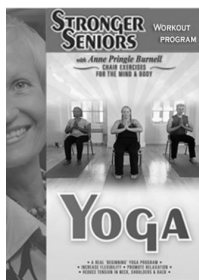


Walking Club Thursdays at 9am

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



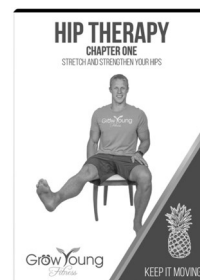
Chair Exercise
Mon thru Fri
9:00am



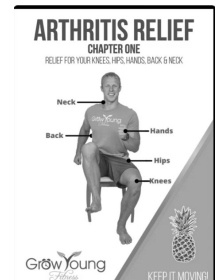
Chair Yoga
Tues & Thurs
10am



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 by Coleman Catering, restaurant meals (this month is breakfast for lunch from Marty's Corner Cafe), 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 <u>Senior Center</u> BBQ Chicken Breast Roasted Vegetable Orzo Salad <u>Meals on Wheels</u> None	2 <u>Senior Center</u> Turkey Pot Pie & Salad <u>Meals on Wheels</u> MOC: Roasted Pork	3 <u>Senior Center</u> MOC: Cacciatore Meatballs <u>Meals on Wheels</u> MOC: Cacciatore Meatballs
6 <u>Senior Center</u> MOC: BBQ Pulled Chicken <u>Meals on Wheels</u> None	7 <u>Senior Center</u> MOC: Breaded Cod <u>Meals on Wheels</u> MOC: Breaded Cod	8 <u>Senior Center</u> Lemon-herb Turkey Tips & Salad <u>Meals on Wheels</u> None	9 <u>Senior Center</u> Pizza <u>Meals on Wheels</u> MOC: Mac & cheese	10 <u>Senior Center</u> None <u>Meals on Wheels</u> None
13 <u>Senior Center</u> None <u>Meals on Wheels</u> None	14 <u>Senior Center</u> None <u>Meals on Wheels</u> MOC: Apricot Chicken	15 <u>Senior Center</u> None <u>Meals on Wheels</u> None	16 <u>Senior Center</u> None <u>Meals on Wheels</u> MOC: Meatloaf	17 <u>Senior Center</u> None <u>Meals on Wheels</u> None
20 Closed For Juneteenth	21 <u>Senior Center</u> MOC: Chicken Stroganoff <u>Meals on Wheels</u> MOC: Chicken Stroganoff	22 <u>Senior Center</u> Chicken Salad Wraps <u>Meals on Wheels</u> None	23 <u>Senior Center</u> Freezer Fest <u>Meals on Wheels</u> MOC: Breaded Cod Sandwich	24 <u>Senior Center</u> MOC: Broccoli Stuffed Chicken <u>Meals on Wheels</u> None
27 <u>Senior Center</u> MOC: Spinach Feta Egg Bake <u>Meals on Wheels</u> None	28 <u>Senior Center</u> MOC: Sweet & Sour Chicken <u>Meals on Wheels</u> MOC: Sweet & Sour Chicken	29 <u>Senior Center</u> Penne with Beef Bolognese <u>Meals on Wheels</u> None	30 <u>Senior Center</u> Marty's soup, salad, sandwiches <u>Meals on Wheels</u> MOC: Chicken Drumstick	

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

**Friday, June 24 at 1pm: Southside with You (2016):**

Future U.S. President Barack Obama and lawyer Michelle Robinson go on a fateful first date in the summer of 1989.

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.

Arts & Crafts



Adult Mandalas & Coloring

Returning in July! 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, June 28 at
12:30pm

New Time!

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, June 9 at
12:30-1:30pm

New Time!

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) June 1, 3, 8,
10, 15, 18, 22, 24, 29

The MART van will pick-up food & deliver to seniors
on: June 3, 10, 24

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.

