



# Longevity Ledger

## Ayer Senior Center

March 2023

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

I began writing this note thinking I would talk about luck, since St Patrick's Day is approaching. As the old adage goes: luck is where preparation meets opportunity. Most of you know, I am heavily focused on both of those things in my mid-40s. But what does that look like in later stages of life? While doing some research on this, I came across the idea of a "late life crisis."

Put simply, a late life crisis is when we get focused on what's in the rearview mirror, instead of what's on the horizon. It leads to feelings of dissatisfaction, a loss of identity, a gap between what we expect and our reality, and a feeling that we've peaked and it's all downhill from here. Research suggests that one in three older adults experiences this in some way. Can you identify with these feelings? It's usually triggered by an event—an illness, a loss, financial stress, or not being able to do your favorite activity anymore. Dare I suggest, a pandemic? When you look in your rearview mirror, do you see a life well lived? A path with some bumps but mostly level? Or a rumbling earthquake of dissatisfaction being chased by a tsunami of regret?

Ask yourself these questions: Do you look in the mirror and think, "Who is this person?" Do you obsess about your appearance, trying to "anti-age," to look younger? Do you compare yourself with others your age (and worry that you're not measuring up)? Do you obsess about your mortality? Avoid discussing with your loved ones what you would like for them after you're gone? Do you question the value of the beliefs you've been living by? Feel down or empty frequently?

If you answered yes to several of these questions, you might be having a late life crisis. The key to getting out of it is to reframe it—to think about aging as an opportunity to reflect. Instead of lamenting the "shoulds" - learn from them. Not with the goal of going back in time for a different outcome, but where success looks like a better version of yourself. Convert regret and shame into wisdom and try to apply it going forward. Focus on what "could" happen if you do things differently from here forward. This kind of introspection is the preparation part of luck. I'd like to think that that Senior Center could be part of your opportunity. A place to form meaningful friendships, to explore new passions, and to get the support you need.

**—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, March 14 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](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)*



## **Bus Trip: Nashoba Tech Lunch**

**Friday, March 3 at 11:15am**

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.



## **WOW Handmade Greeting Cards** *(funded by the Ayer Cultural Council)*

**Friday, March 10 at 1:00pm**

In this hands-on workshop to create individual cards for a friend or family such as miss you; gratitude; holidays, well wishes; congratulations; sympathy, special occasions, etc. This is opportunity to make a one-of-a-kind card for someone that may need support or recognition. Participants can discuss possibilities as they experiment choosing colors, shapes and becoming cheerleaders of other's work.



## **What You Should Know About PFAS: The MA PFAS & Your Health Study in Ayer** **Tuesday, March 14 at 12:00pm**

Did you know that Ayer was one of many communities that discovered PFAS (aka "Forever Chemicals") in our public water supply? These chemicals are commonly used in many nonstick, stain-resistant, and waterproof consumer items and have been found in the blood of 99% of Americans. PFAS exposures have been linked to many harmful health effects. Fortunately, drinking water in Ayer is now filtered to remove PFAS. Please join us for a presentation by Dr. Laurel Schaidler, Senior Scientist at Silent Spring Institute and Laurie Nehring, President of People of Ayer Concerned About the Environment. You'll learn more about PFAS chemicals and how to reduce your exposure. You'll also learn if you are eligible to participate in a national CDC-funded health study currently underway in Ayer!



## **Senior Center Update**

**Wednesday, March 15 at 12:30pm**

The Senior Center Site Selection Committee has made a recommendation for the site of a future senior center! Come learn more about the progress to date, next steps, and how you can help!



## **St Patrick's Day Party**

**Thursday, March 16 at 12pm; FREE**

Join us for a traditional Irish meal of corned beef, potatoes, cabbage, and carrots.



## **Planning for Medicare**

**Wednesday, March 22 at 5:00pm** Need help understanding your Medicare health insurance options? BCBS will help you understand Medicare health insurance options outside of your employer-sponsored coverage, whether or not you're planning to retire. Topics include: • Medicare and Medicare Parts A and B • Medicare enrollment timeline • Medigap plans that supplement Medicare coverage • Medicare Advantage plans, such as HMOs and PPOs • Medicare Part D prescription drug plans • Plans and programs available to early retirees, such as COBRA. *No COA Van transportation.*



## **The Forest Floor** *(offered by the Nashua River Watershed Association)*

**Tuesday, March 28 at 12:00pm**

Join us for a hands-on exploration of mosses, fungi and lichens. Learn about the life history of these organisms. The NWRA will provide botany magnifiers (lupes) and dissecting microscopes to allow participants to take a hands-on and close-up look at these intricate and amazing lifeforms. Participants often remark that they have probably walked past the specimens without ever noticing them - but once seen, they tend to suddenly appear on every walk, or when sitting in the backyard.



## **Indoor Putt-Putt Golf Tournament**

**Friday, March 31st, 10am-2pm**

Gather your team (or we can assign you a partner) and enter our indoor putt-putt golf tournament! The senior center will be transformed into a 9+ hole golf course, with prizes for best scores, most creative team names, and best costumes! This event is open to all ages, so tell your friends, family, and neighbors!

# 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, March 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](http://www.shinema.org) and our weekly Medicare 101 webinars.



### **Fuel Assistance Application Assistance**

**Monday, March 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, March 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 (March 13) at 2pm in Bldg A; 2:30pm in Bldg B**  
**Pleasant Street: Third Mondays (March 20) 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, March 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.



## Birthday Party

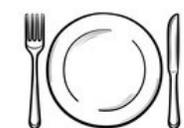
**Tuesday, March 14 at 12pm** New tradition! Following lunch, we'll celebrate our friends old and new that have a birthday this month.



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

1. **Grief Support Groups:** Conversation about Death & Grief  
Wednesday, March 8 at 11:00am (Shirley Senior Center, 9 Parker Rd, Shirley)  
Wednesday, March 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, March 17 at 4:30pm (Bull Run Restaurant, 215 Great Road, Shirley)  
Tuesday, March 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

**Tuesday, March 7 at 4:30pm: Tiny's**  
**Monday, March 27 at 11:15am: Parker's Maple Barn**  
**Cost: \$4 for the van + the price of your meal**

A word about timing: at-home pickups begin 15-20 mins before the meetup time above. The time above is the time to be at the Senior Center. If you're meeting us at the restaurant, adjust for the COA Van's driving time.



## Coffee and Cribbage with a Cop

**2nd Tuesday (March 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 March at 9am; FREE**

Join us for coffee and pastries on Fridays in March. 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!



### WOW Handmade Greeting Cards

**Friday, March 10 at 1pm**

Come to this hands-on workshop to create individual cards for a friend or family such as miss you; gratitude; holidays, well wishes; congratulations; sympathy, special occasions, etc. This is your opportunity to make a one-of-a-kind card for someone that may need support or recognition. Participants can discuss possibilities as they experiment choosing colors, shapes and becoming cheerleaders of other's work. *Funded by the Ayer Cultural Council.*

## For Your Health



### Chair Massage

**Tuesday, March 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, March 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:

March 2023 1, 3, 7, 8, 10, 15, 18, 22, 24, 29, 31

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

March 3, 10, 29

If you need delivery, you must reserve 48hrs ahead

**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
		1 <b>Senior Center</b> Cobb Salad (Honeybaked Ham) <b>Meals on Wheels</b> None	2 <b>Senior Center</b> Stuffed Shells & Salad (Lazy Mary's) <b>Meals on Wheels</b> MOC: Turkey & Gravy	3 <b>Senior Center</b> MOC: Potato Pollock <b>Meals on Wheels</b> None
6 <b>Senior Center</b> MOC: Cheese Omelet <b>Meals on Wheels</b> None	7 <b>Senior Center</b> Taco Nacho Bar (Ocho Café) <b>Meals on Wheels</b> MOC: Chicken Teriyaki	8 <b>Senior Center</b> Fried Chicken Box (Chicken Sammy's) <b>Meals on Wheels</b> None	9 <b>Senior Center</b> Broccoli Chicken Rigatoni (Bertucci's) <b>Meals on Wheels</b> MOC: Chicken Picatta	10 <b>Senior Center</b> Soups & Bread (Donelan's) <b>Meals on Wheels</b> None
13 <b>Senior Center</b> MOC: Potato Pollack <b>Meals on Wheels</b> None	14 <b>Senior Center</b> Pizza (Groton Pizza) <b>Meals on Wheels</b> MOC: Beef & Lentil Chili	15 <b>Senior Center</b> Burger Bar (Red Robin) <b>Meals on Wheels</b> None	16 <b>Senior Center</b> Corned Beef, Cabbage, Potatoes, Carrots <b>Meals on Wheels</b> MOC: Corned Beef	17 <b>Senior Center</b> MOC: Meatloaf <b>Meals on Wheels</b> None
20 <b>Senior Center</b> MOC: Chicken Alfredo <b>Meals on Wheels</b> None	21 <b>Senior Center</b> Mac & Cheese (Mac & Cheese Shack) <b>Meals on Wheels</b> MOC: Turkey Breast	22 <b>Senior Center</b> Breakfast Wraps (Markoh's Wake & Bake) <b>Meals on Wheels</b> None	23 <b>Senior Center</b> Chicken Parm (Il Forno) <b>Meals on Wheels</b> MOC: Steak Fajita	24 <b>Senior Center</b> MOC: Frittata <b>Meals on Wheels</b> None
27 <b>Senior Center</b> MOC: Meatballs Marinara <b>Meals on Wheels</b> None	28 <b>Senior Center</b> Pasta with Meatballs (Marty's Café) <b>Meals on Wheels</b> MOC: Roast Beef & Gravy	29 <b>Senior Center</b> Cuban Sanwich & Fries (Junction) <b>Meals on Wheels</b> None	30 <b>Senior Center</b> Chicken Caesar Salad (Nashoba Park) <b>Meals on Wheels</b> MOC: Hot dog & beans	31 <b>Senior Center</b> MOC: Baked Cod <b>Meals on Wheels</b> 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 & 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*



**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!

**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

**Interested in learning more?**

**Call the Senior Center at**

**978-772-8260**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 2023</b>		<b>1</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	<b>2</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	<b>3</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Exercise 11:15 Nashoba Tech 12:00 Lunch 1:00 Games
		<b>6</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:30 Yoga with Jeff 12:00 Lunch  <i>Fuel Assistance by Appt SHINE by Appt</i>	<b>7</b> 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 4:30 Supper Club <i>AARP Tax Prep</i>	<b>8</b> 9:00 Chair Exercise 10:00 Exercise 11:00 Women's Conversation 11:00 Grief Support 12:00 Lunch 1:00 Knit/Crochet 5:00 Supper Club
<b>13</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:30 Yoga with Jeff 11:45 Gardening 12:00 Lunch 2:00 Mobile Store	<b>14</b> 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage Cop 11:00 Tai Chi 12:00 Birthday Lunch & PFAS 12:30 Massage 1:00 Rummikub 2:00 COA Meeting <i>AARP Tax Prep</i>	<b>15</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 12:30 Senior Center Update 1:00 Knit/Crochet	<b>16</b> 9:00 Chair Exercise 10:00 Yoga 12:00 St Patrick's Lunch 1:00 Bingo	<b>17</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Games 4:30 Grief Social  <i>no van service</i>
<b>20</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:30 Yoga with Jeff 12:00 Lunch 2:00 Mobile Store  <i>no van service</i>	<b>21</b> 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> <i>no van service</i>	<b>22</b> 9:00 Chair Exercise 10:00 Exercise 11:00 Women Conv 12:00 Lunch 1:00 Knit/Crochet 2:30 Grief Support 5:00 Planning for Medicare <i>no van service</i>	<b>23</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo  <i>no van service</i>	<b>24</b> 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch  <i>no afternoon programs no van service</i>
<b>27</b> 9:00 S-B-F with Jeff 10:00 Exercise 10:00 Body Work 11:15 Supper Club 11:30 Grief Social 11:30 Yoga with Jeff 12:00 Lunch 4:30 Supper Club	<b>28</b> 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 11:30 Grief Social 12:00 Lunch & Forest 1:00 Rummikub <i>AARP Tax Prep</i>	<b>29</b> 9:00 Chair Exercise 10:00 Exercise 12:00 Lunch 1:00 Knit/Crochet	<b>30</b> 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch 1:00 Bingo	<b>31</b> 10:00 Putt-Putt Golf Tournament