



# Longevity Ledger

## Ayer Senior Center

May 2022

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

Spring has FINALLY arrived... Longer days, warmer breezes, the anticipation of summertime fun! We have some fun and informative events planned this month (see page 2), and a jam-packed summer ahead (see Save the Dates on page 3). I hope you can join us!

I'd like to say a huge THANK YOU to the residents of Ayer for your support of the Senior Center budget at our recent Town Meeting. Our new budget will allow for the restoration of the Nutrition Coordinator position that was not needed during COVID, an expanded and improved meal program, an additional part-time van driver, and more funds for programming. I look forward to your suggestions for speakers, musicians, programs, day trips, etc. Town Meeting also approved the hiring of a social worker for the town, who will spend some of their hours working with us at the Senior Center.

Lastly, I'm considering reopening the Senior Center Store, which will sell basic household & personal items (and maybe a treat or two). Hopefully this convenience will save you from making another stop on your way home from the Senior Center. If there are specific items you'd like to see offered, please let me know.

See you soon,

Katie

### **Council On Aging (Next Meeting: Tuesday, May 10th at 2pm at the Senior Center)**

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:** Carolyn McCreary, Janine Nichipor, Dennis Curran, Paula McCrea, Carole Tillis.

Katie Petrossi, Director  
Debbie Keohane, Outreach & Nutrition Coordinator  
Sam Parr, MART Van Coordinator  
Open 9am-3pm daily  
[www.ayer.ma.us/council-aging](http://www.ayer.ma.us/council-aging)

Ayer Senior Center  
18 Pond Street Rear  
Ayer, MA 01423  
Main Office: (978) 772-8260

# 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.



## **COVID Booster Clinic** **Tuesday, May 10 12-2pm**

Ayer Family Pharmacy will be offering COVID booster shots to those who had their Pfizer or Moderna series at least 4 months ago, or their Johnson & Johnson shot at least 2 months ago. Please bring your insurance card. Complimentary pizza lunch will be served.



## **Keller Williams RED Day Senior Luncheon**

**Wednesday, May 11 at 12pm** Our local Keller Williams realtors have a tradition called RED Day (Renew, Energize, Donate) when they give back to the communities they live in. We're honored that they've chosen us! After their staff does some home/yard cleanup for local seniors, they'll be hosting a luncheon here at the senior center—all are welcome!



## **Using the Calendar on your Smartphone**

**Thursday, May 12 at 12:00pm (during lunch)** Are you ready to ditch your paper calendar? Using your smartphone's calendar means it's always with you, and you can share appointments/events with your family & friends! Scott from APAC will show us how to get started, and be available for your general smartphone questions, too.



## **Supper Club**

**Thursday, May 12: Markoh's on Main**

**Wednesday, May 25: Townsend House**

**Cost: \$2/\$4 for the van + the price of your meal** Our Supper Club is expanding! Each month we'll go two places—one in town and one out of town. Menus are available to view in advance at the Senior Center. A word about timing: Pickups are at 4:45, leave from the Center at 5pm. If you're meeting us there, adjust for driving time.



## **New Senior Center Building Update**

**Tuesday, May 17 at 2pm**

What's the latest in the efforts to find the Senior Center a new home? Join members of the Building Committee and Abacus Architects to hear about progress to date, current challenges, and next steps. We look forward to your insights and suggestions about this exciting project. Refreshments will be served.

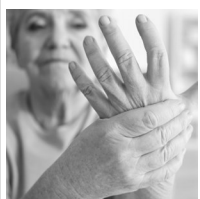


## **Bus Trip: Southwick's Zoo**

**Wednesday, May 18 at 9:30am**

**Cost: \$15 includes zoo admission, skyride or train ride, and box lunch**

Spanning over 200 acres, Southwick's Zoo is New England's largest zool. Southwick's is home to over 850 animals in naturalistic habitats including lions, tigers, giraffes, chimpanzees, white rhinos, two-toed sloths, and more. The zoo also has a variety of attractions including the Skyfari Sky Ride, Woodland Express Train, Soaring Eagle Zip Line, 35-acre Deer Forest, petting zoo, walk-through aviary, presentations and keeper talks, and so much more!



## **Attacking Arthritis**

**Wednesday, May 25th at 12:30pm (following lunch)**

Don't just live with arthritis pain, learn how YOU can help your pain! Join John St. Jean PTA from Connections Physical Therapy, who will present on exercises and strategies to improve your arthritis pain. He'll teach you to safely and effectively progress through a strengthening program from head-to-toe!

## Upcoming Events - RSVP Now



### 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, prizes, and more! This fun event is open to all seniors and is free of charge.

## Upcoming Events ~ Save the Date, RSVP Later

June 6th—Beach Bus to Hampton Beach (\$4)

June 24th—Pickity Place Luncheon (\$15)

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)



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

The Senior Center is working with both Keller Williams Red Day of Service and 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.



### Addiction 101

Join us for a great informative conversation regarding addiction.

Learn about the physiology and the role that genetics and trauma play.

It's time we begin to understand the why and then

we can work more effectively on treatment and prevention.

*Facilitated by Tara Rivera, MBA, Treatment Advocate and Adjunct Professor*

*3 Sessions available—Free to All*

- **Wednesday 4/27/2022 at the Shirley Town Hall, 7 Keady Way, Shirley, MA.**

Doors open at 5:30pm. Program runs 6:00pm-7:00pm with Q&A and refreshments to follow.

ZOOM Available: <https://us02web.zoom.us/j/81984131687?pwd=MjBvb1NoUllKbnI3UjUwOXpYRHJxQT09>

- **Monday 5/2/2022, Shirley COA, 9 Parker Rd, Shirley MA .**

Seating starts at 10:00. Program runs 10:30 am -11:30 am with Q&A and refreshments to follow.

ZOOM Available : <https://us02web.zoom.us/j/87430557761?pwd=MGp5QWRUWlRlbnI3UjUwOXpYRHJxQT09>

- **Monday 5/16/2022 Stone Soup Kitchen, 41 Littleton Rd, Ayer, MA,**

Doors open at 5:30pm. Program runs 6:00 pm -7:00 pm with Q&A and refreshments to follow.

Presented by Recovery Restoration <https://www.rrcfitchburg.com/>

Sponsored by The HEAL Initiative <https://heal.nih.gov/>

## Prescription Advantage Newsletter Article – Spring 2022

### Why do I need Prescription Advantage?

You might need Prescription Advantage, even if you already have Medicare Part D plan or coverage from a former employer. **There are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the “donut hole”;
- It allows you to change your Medicare plan outside of Medicare’s open enrollment;
- At certain income levels it’s FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by **calling 1-800-243-4636** or visiting [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)

*Prescription Advantage is administered by  
the Commonwealth of Massachusetts Executive Office of Elder Affairs.*

## Fitness



### Gentle Yoga with Carin (No Class 5/11)

**Wednesdays at 10am, Cost: \$5.00 per class** This live, instructor –led class will meet you where you are and provide gentle stretching that will reduce aches & pains, increase joint mobility, and leave you feeling relaxed and ready for the day.



### Tap Dancing (No Class 5/11)

**Wednesdays at 11am, Cost: \$5.00 per class**

Tap dancing is a great way to boost your cardiovascular fitness, tone your legs, and burn fat. Perhaps the best thing about tap dancing—you can’t help but smile when you’re doing it! We have loaner shoes if you need them.



### Walking Club

**Thursdays at 9am**

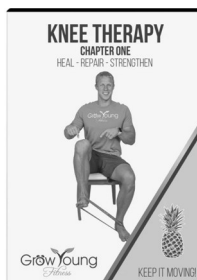
Walking is great cardiovascular exercise, relieves arthritis pain, and helps you sleep. Walking with friends old and new is even better! We’ll meet at the Senior Center before we head outdoors. All ability levels welcome.



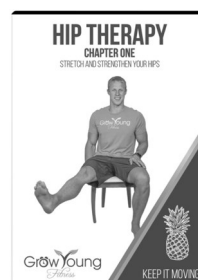
**Chair Exercise**  
Mon thru Fri  
9:00am



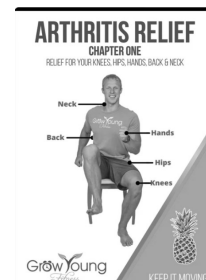
**Chair Yoga**  
Tues & Thurs  
10am



**Knee Therapy**  
Mon & 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 Karyn's Kitchen), 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
<b>2</b> <b>Senior Center</b> MOC: Shepherd's Pie <u><b>Meals on Wheels</b></u> None	<b>3</b> <b>Senior Center</b> MOC: Chicken Drumstick <u><b>Meals on Wheels</b></u> MOC: Chicken Drumstick	<b>4</b> <b>Senior Center</b> Chicken cacciatore, vegetable orzo salad <u><b>Meals on Wheels</b></u> None	<b>5</b> <b>Senior Center</b> Turkey Pot Pie <u><b>Meals on Wheels</b></u> MOC: Apple Cider Pork	<b>6</b>  <b>CLOSED</b>
<b>9</b> <b>Senior Center</b> MOC: Sweet & Sour Meatballs <u><b>Meals on Wheels</b></u> None	<b>10</b> <b>Senior Center</b> COVID Booster Pizza Party <u><b>Meals on Wheels</b></u> MOC: Beef Bolognese pasta	<b>11</b> <b>Senior Center</b> Keller Williams Luncheon <u><b>Meals on Wheels</b></u> None	<b>12</b> <b>Senior Center</b> Beef and pork lasagna, salad <u><b>Meals on Wheels</b></u> MOC: Turkey & Gravy	<b>13</b> <b>Senior Center</b> MOC: Potato Pollack <u><b>Meals on Wheels</b></u> None
<b>16</b> <b>Senior Center</b> MOC: Ravioli Primavera <u><b>Meals on Wheels</b></u> None	<b>17</b> <b>Senior Center</b> MOC: Chicken Fajitas <u><b>Meals on Wheels</b></u> MOC: Chicken Fajitas	<b>18</b> <b>Senior Center</b> Pulled pork, mac & cheese, potato salad <u><b>Meals on Wheels</b></u> None	<b>19</b> <b>Senior Center</b> Sandwich Platter <u><b>Meals on Wheels</b></u> MOC: Chicken with Peach Salsa	<b>20</b> <b>Senior Center</b> MOC: BBQ Roast Pork <u><b>Meals on Wheels</b></u> None
<b>23</b> <b>Senior Center</b> Karyn's Kitchen Breakfast for Lunch <u><b>Meals on Wheels</b></u> None	<b>24</b> <b>Senior Center</b> MOC: Breaded Cod <u><b>Meals on Wheels</b></u> MOC: Breaded Cod	<b>25</b> <b>Senior Center</b> Chicken ala King, salad <u><b>Meals on Wheels</b></u> None	<b>26</b> <b>Senior Center</b> Marinated Chicken Skewers <u><b>Meals on Wheels</b></u> MOC: Meatloaf	<b>27</b> <b>Senior Center</b> MOC: Cheeseburger <u><b>Meals on Wheels</b></u> None
<b>30</b>  <b>CLOSED For Memorial Day</b>	<b>31</b> <b>Senior Center</b> MOC: Chicken Picatta <u><b>Meals on Wheels</b></u> MOC: Chicken Picatta			

## We need your input!

Based on the survey from last fall and numerous conversations, we know you want expanded van service—to towns like Leominster, Fitchburg, Acton, and Littleton. To make time for these lengthier drives, would you be willing to have more consolidation of in-town trips? For example, set times to go to Shop & Save, and/or days that we go to the other towns, but are therefore NOT available for appointments at NVMC?

\_\_\_\_\_ Yes      \_\_\_\_\_ No

# MART Van

Please call 978-772-8261 to schedule a ride  
Call the MART van directly at (978) 514-5118 for return trips  
Rides must be reserved 48 hours in advance!

The MART Van is available to Ayer residents age 60+ and those with disabilities of any age. Rides are available beginning at 8am for your medical, dental, shopping, and errand needs within the towns of Ayer, Shirley, Groton, Devens and Harvard.

### Special Trips (approx. 1pm):

#### Tuesdays:

- 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.

#### Wednesdays:

Market Basket (Littleton)

#### Select Fridays:

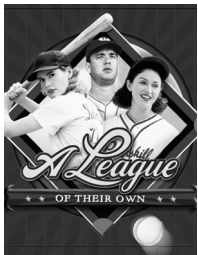
Loaves & Fishes delivery on May 6, 13, 27.

#### Fares:

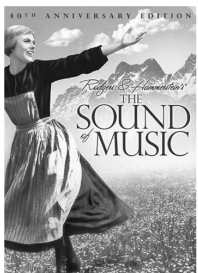
\$1.00 each way in-town

\$2.00 each way, out of town

## Movies



**Friday, May 13 at 1pm: *A League of their Own* (1992).** A League of Their Own is a 1992 American sports comedy-drama film that tells a fictionalized account of the real-life All-American Girls Professional Baseball League (AAGPBL). Directed by Penny Marshall, the film stars Tom Hanks, Geena Davis, Madonna, Lori Petty, Jon Lovitz, David Strathairn, Garry Marshall and Bill Pullman.



**Friday, May 27 at 1pm: *The Sound of Music* (1965).** Maria (Dame Julie Andrews) had longed to be a nun since she was a young girl, yet when she became old enough discovered that it wasn't at all what she thought. Often in trouble and doing the wrong things, Maria is sent to the house of retired Naval Captain Georg Von Trapp (Christopher Plummer), to care for his children. Von Trapp was widowed several years before and was left to care for seven "rowdy" children. The children have run off countless governesses. Maria soon learns that all these children need is a little love to change their attitudes. Maria teaches the children to sing, and through her, music is brought back into the hearts and home of the Von Trapp family. A romance blooms, but is fraught with obstacles.



## Arts & Crafts



### Adult Mandalas & Coloring

**Monday, May 2 & 16 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

**Monday, May 9 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

**New Time!**

**Thursday, May 12 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) May 4, 6, 11, 13, 18, 21, 25, 27

The MART van will pick-up food & deliver to seniors on: May 6, 13, 27

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.

