



Longevity Ledger

Ayer Senior Center

November 2022

From The Desk of the Director—

The holiday season is upon us. While we all get caught up in the hustle and bustle of holiday traditions, it's important to slow down for a few minutes and reflect on the meaning of this year. It's been a rough couple years for most of us, so it's all the more critical to make time to process it as we try to move forward into a new normal. Consider the following:

Happiness: Are you happy? What could make you happier? It's easy to get into the habit of complaining about small daily things when you've lost sight of your larger purpose. Can't remember what that purpose is? Today is a great day to define your purpose and set goals that will help you get there.

Gratitude: Despite all the world events, there is much to be thankful for. What are you thankful for? Maybe it's health, family, friendships, home, or your traditions. Whether big or small, remind yourself daily.

Service: How do you contribute to your community? This doesn't mean just financially. Do you volunteer? Are you a source of kindness and support in your neighborhood?

Forgiveness: When we are hurt, we harbor feelings of anger, bitterness, and vengeance. Forgiveness doesn't have to mean reconciliation, but forgiving releases the power the act/feeling has over us. Research shows that people who forgive have improved health and peace of mind. They have more room to embrace peace, hope, and joy.

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, November 8 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)*



Hydroponic Gardening Workshop

Mondays in November at 11:45am; FREE

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.*



SHINE Medicare Counseling

Mondays in November. Appointments at 1pm, 2pm, 3pm. FREE.

Questions about signing up for Medicare or making changes to your Medicare plans? A certified SHINE counselor is available to assist you with such questions! The SHINE Program is funded through the federal Administration for Community Living and administered through the Massachusetts Executive Office of Elder Affairs. Our services are free and unbiased: we are available to discuss all options related to Medicare and additional coverage, and we do not sell any plans. Call the center to schedule at 978-772-8260. Upon request, telephone and 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

Mondays, November 7 & 21 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 challenged by the high cost of home heating fuel 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, including Oil, Electricity, Natural Gas, Propane, Kerosene, Wood and Coal. Appointments will be at the Senior Center, but please call MOC Fuel Assistance at 978-342-4520 to schedule your appointment.



Coffee and Cribbage with a Cop

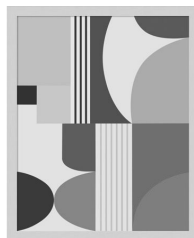
2nd Tuesday (November 8) at 11am Get to know members of Ayer Police Department over a cup of coffee, or challenge them to a game of cribbage! This casual event is a great time to discuss issues, ask questions, and build community together.



Coffee & Conversation

Fridays in November at 9am; FREE

Join us for coffee and pastries on Fridays in November. This is a great way to drop in and see our remodeled Senior Center, if you haven't been in since before the pandemic!



Defining Modern Art: Learn and Create

Wednesday, November 9 at 1pm; FREE

This exciting program has two components: First, Joyce Thomas will explain some of the basic concepts of modern art before we create our own mini works of art using artist trading cards. This will get our creative juices flowing as 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.

Special Events, (RSVP Required) Continued



Women's Conversation with Linda **November 9 & 23 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.



Grief Social

Friday, November 11, 4:30-6pm at the Bull Run Restaurant

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 realizing there is no need to go this alone. *Presented by Nashoba Nursing; no COA transportation available.*



Supper Club

Tuesday, November 8 at 5pm: Cracker Barrel (Tewksbury)

Tuesday, November 22 at 5pm: Tiny's (Ayer)

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.



COVID Booster Clinic

Monday, November 14 at 11:30am

Ayer Family Pharmacy will have both of the brands (Moderna and Pfizer) of the new bivalent COVID booster available. The timing is perfect, to renew your maximum immunity before Thanksgiving gatherings. Please bring your insurance card, but insurance is not required to receive the booster. We'll be serving pizza, so join us for lunch as well!



Transportation: Know Your Options

Tuesday, November 15 at 2pm at Nashoba Park

If you're not driving anymore, or all this traffic has you stressed out and you'd rather catch a ride, there are many opportunities to get from point A to point B. Join us for a panel discussion with Nashoba Park Assisted Living, Ayer Police/Fire, and the Senior Center to learn more about the transportation services each offers.



Thanksgiving Dinner Celebration

Thursday, November 17 at 12pm; FREE

Join friends new and old to celebrate all that we are thankful for. We'll enjoy a classic turkey dinner with all the fixins!



College Basketball (Men's): Holy Cross vs Harvard

Wednesday, November 30 at 6pm

Cost: \$10.00

Enjoy two local favorite college teams battle it out, in the comfort of seats with backs!



Silver Bells (It's Christmas Time in the City)

Friday, December 2 at 6:30pm

Cost: \$15.00

The hustle and bustle of Christmas in New York City comes to the Theatre at the Mount stage in this traditional-meets-untraditional Christmas Spectacular! The elegance and excitement of Times Square, Radio City Music Hall, and St. Patrick's Cathedral are filled with holiday music, love and laughter for the entire family...and a special visit from the big guy in the red suit himself!

For Fun

Cribbage	Tuesdays at 11am. 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.
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!
Bingo	Thursdays at 1pm. \$1.00 per card.
Coffee Hour	Fridays at 9am. Join friends old & new for coffee and pastries.
Movies	<i>Returning this winter!</i>

Navigating The Holidays as a Solo Ager

Tuesday, November 8 at 10:30am (Free; Online)

A Solo Ager is anyone 55+ who, because of choice or by circumstance, is without the support of an adult child or close family members.

Planning ahead is one of the best ways for solo agers to live a dynamic life. Maximizing our connections with others is always helpful, especially as we approach the holiday season. Despite our best efforts and intentions, it may be that we are left to our own devices in taking pleasure during this time of year. Throughout our discussion we will identify useful approaches for solo agers to navigate the ups and downs of the holiday season. *Presented by Ailene Gerhardt, in partnership with Cambridge Neighbors, and sponsored by the Cambridge Public Library Foundation.* To register, please call the Cambridge Public Library at (617) 349-4040.

Fitness



Strength-Balance-Flexibility with Jeff Cote

Mondays at 9am; \$3 suggested donation This instructor-led class will help you keep your muscles strong, your joints flexible, and reduce your risk of falling!



Tai Chi with Jeff Cote

Tuesdays at 11am; \$5 suggested donation

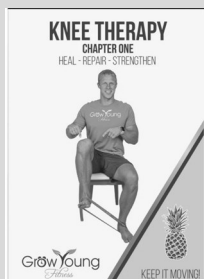
Often described as meditation in motion, Tai Chi is a slow-moving exercise that reduces stress & anxiety, improves flexibility, balance & agility, reduces joint pain, and promotes good sleep.



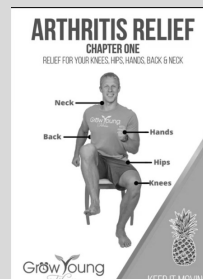
Chair Exercise
Tues— Fri
9:00am



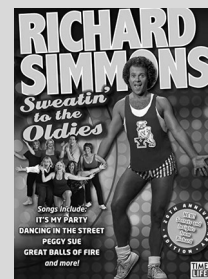
Chair Yoga
Tues & Thurs
10am



Knee/Hip Therapy
Mon—Wed— Fri
10am



Arthritis Relief
Friday
1pm



Sweatin' (seated)
Thurs
11am

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:

November 1, 2, 4, 9, 11, 16, 19, 23, 30

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

November 4, 9, 16, 23, 30

Thanksgiving Meal Special Delivery: November 22

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
	1 Senior Center Stuffed Shells & Salad (Lazy Mary's) Meals on Wheels MOC: Meatballs Stroganoff	2 Senior Center Rotisserie Chicken and 2 sides (Boston Market) Meals on Wheels None	3 Senior Center Shepherd's Pie & Salad (Donelans) Meals on Wheels MOC: Chicken & Sausage Paella	4 Senior Center MOC: Cran-Apple Pork Meals on Wheels None
7 Senior Center MOC: Potato Pollack Meals on Wheels None	8 Senior Center Pizza (Junction) Meals on Wheels MOC: Spinach Feta Egg Bake	9 Senior Center Pork with gravy, potatoes, veggie (Tiny's) Meals on Wheels None	10 Senior Center Breakfast Favorites (Karyn's Kitchen) Meals on Wheels MOC: Meatloaf	11 Closed for Veteran's Day
14 Senior Center Pizza & COVID Boosters Meals on Wheels None	15 Senior Center Leftover Pot Roast, Carrots, Rice Meals on Wheels MOC: Red Pepper Chicken	16 Senior Center Pasta with Meatballs & Salad (Marty's Corner Café) Meals on Wheels None	17 Senior Center Thanksgiving Dinner (Donelans) Meals on Wheels MOC: Ravioli Primavera	18 Senior Center MOC: Chicken in Vodka Sauce Meals on Wheels None
21 Senior Center MOC: Chicken Marsala Meals on Wheels None	22 Senior Center Assorted Sandwiches, Chips, Cookie (Honeybaked Ham) Meals on Wheels MOC: Potato Pollack	23 Senior Center MOC: Rotini with Meatballs Meals on Wheels None	24 Closed For Thanksgiving	25 Closed For Thanksgiving
28 Senior Center MOC: Beef Tacos Meals on Wheels None	29 Senior Center Beef & Cheese Enchiladas (Ixtapa) Meals on Wheels MOC: Breaded Drummer	30 Senior Center Burger Bar (Red Robin) Meals on Wheels None		

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.

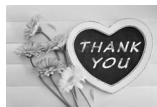
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning 8am-12pm	Leominster & Fitchburg	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Ayer, Shirley, Groton, Harvard, Devens	Acton & Concord
Afternoon 12-4pm	Ayer, Shirley, Groton, Harvard, Devens	Group Shopping (see below)	Market 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



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

Would you like to put your skills, expertise, hobbies and interests to good use for the town, while at the same time reducing your property tax bill?

You can work up to 105 hours at the equivalent of \$14.25/hr to receive up to \$1500.00 off your taxes!

While you can be placed with any town department, the Senior Center is looking for people to:

- Receptionist 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!

Hours are earned Nov 1—Oct 31st each year and credited to 4th quarter taxes.

Interested in learning more?
Call the Senior Center at
978-772-8260

Creativity



Knit/Crochet

Wednesdays at 1pm This casual, non-structured get-together to work on your latest project with fiber friends!



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, November 8 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, November 10 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.

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.

Name: _____

Thanksgiving Quiz

(excerpted from www.howstuffworks.com)

Turn in your answers before the Thanksgiving Luncheon on 11/17 for a chance to win a \$20 Market Basket Gift Card!

1. Who made Thanksgiving a national holiday in 1863?
 - A. President Andrew Johnson
 - B. President Abraham Lincoln
 - C. President James Buchanan
2. Why did President Franklin Roosevelt move Thanksgiving up one week earlier in 1939?
 - A. To appease businesses
 - B. To accommodate soldiers
 - C. To fit within his New Deal
3. What protein source do scholars believe was featured at the very first Thanksgiving celebration?
 - A. Fish
 - B. Buffalo
 - C. Quail
4. What holiday did some Native Americans begin observing instead of Thanksgiving in 1970?
 - A. Day of Remembrance
 - B. Day of Mourning
 - C. Chieftain's Day
5. In Greek Mythology, what did the cornucopia represent?
 - A. A severed goat's head
 - B. A basket full of the autumn harvest
 - C. A satchel belonging to Hera

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub	2 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Rehab Choice 12:00 Lunch 1:00 Knit/Crochet	3 9:00 Chair Exercise 10:00 Yoga 11:00 Sweatin' 12:00 Lunch 1:00 Bingo	4 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Arthritis Relief
7 9:00 S-B-F with Jeff 10:00 Knee/Hip 11:45 Gardening 12:00 Lunch 2:00 Mobile Store Pond St Bldg A 3:00 Mobile Store Pond St Bldg B <i>SHINE by Appt</i> <i>Fuel Assistance by Appt</i>	8 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Tai Chi 11:00 Cribbage with a Cop 12:00 Lunch 12:30 Massage 1:00 Rummikub 2:00 COA Meeting 5:00 Supper Club	9 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Women's Conversation 12:00 Lunch 1:00 Knit/Crochet 1:00 Modern Art	10 9:00 Chair Exercise 10:00 Yoga 11:00 Sweatin' 12:00 Lunch 1:00 Bingo	11 <div style="text-align: center;">Closed For Veteran's Day</div>
14 9:00 S-B-F with Jeff 10:00 Knee/Hip 11:30 COVID Booster Clinic 11:45 Gardening 12:00 Lunch 2:00 Mobile Store: Pleasant St <i>SHINE by Appt</i>	15 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 2:00 Transportation	16 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Knit/Crochet	17 9:00 Chair Exercise 10:00 Yoga 11:00 Sweatin' 12:00 Thanksgiving Dinner 1:00 Bingo	18 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Arthritis Relief
21 9:00 S-B-F with Jeff 10:00 Knee/Hip 11:45 Gardening 12:00 Lunch <i>SHINE by Appt</i> <i>Fuel Assistance by Appt</i>	22 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch & 1:00 Rummikub 5:00 Supper Club	23 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Women's Conversation 12:00 Lunch <i>No Afternoon Programs</i>	24 <div style="text-align: center;">CLOSED FOR THANKSGIVING</div>	25 <div style="text-align: center;">CLOSED FOR THANKSGIVING</div>
28 9:00 S-B-F with Jeff 10:00 Knee/Hip 11:45 Gardening 12:00 Lunch <i>SHINE by Appt</i>	29 9:00 Chair Exercise 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub	30 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Knit/Crochet 6:00 Basketball Game		