



Longevity Ledger

Ayer Senior Center

October 2022

From The Desk of the Director—

Welcome fall! While I don't want to let go of the long summer days, there is something refreshing about the cool mornings and warm afternoons. While fall is outwardly marked by falling leaves, sweaters, and pumpkin spice everything—it's also a time of physical, emotional, and spiritual transition. Just as the trees let go of their leaves, it's time to let go of any thoughts, habits, hurts or grudges that no longer serve us. What have you been holding onto? What would it take to release it, and how would you feel once you're free from it?

On a practical note, I'm excited to announce that Shop & Save has resumed their weekly baked goods donations. Drop by the Senior Center on Monday mornings to see what we received! Also, the Senior Center has free home test kits COVID-19 available to anyone who needs them. Please drop by anytime to pickup.

Lastly, what are your favorite holiday traditions at the Senior Center? I am looking for ideas!

Katie

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.

Next COA Board Meeting: Tuesday, October 11 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 October 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.*



Coffee & Conversation **Fridays in October at 9am; FREE**

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



Fall Foliage Turkey Train **Monday, October 3rd at 10:15am**

Cost: \$45.00 This fall foliage train comes complete with a turkey dinner catered by Hart's Turkey Farm! We'll depart from Meredith Station and travel south along the western shore of Lake Winnepesaukee. While aboard the train you'll enjoy panoramic views of New Hampshire's largest lake, while sneaking a peek at some of the many beautiful lakeside vacation homes we'll pass along the way.



Bus Trip: Devens Farmer's Market **Tuesday, October 4 at 11:30am**

Buy local! You'll find a variety of goods, including vegetables, baked goods, fruits, berries, sweets, jams, meats, honey, herbs, pasta and more! Farmers Market Coupons & EBT cards accepted. If you need Farmers Market Coupons, please call us to sign up!



Pickleball Lessons with Sue Adams **Tuesdays, October 4 & 11 at 10am (free play also available every Tuesday at 10am)**

We are thrilled to offer FREE pickleball lessons, to get everyone comfortable with our new courts on the parking lot at Pirone Park! Wear sneakers and bring a water bottle—paddles are provided! Sue will provide an hour-long lesson. It's fun for all; all ability levels welcome!



How to Choose a Rehab Facility (presented by 2Sisters Senior Living Advisors) **Wednesday, October 5 at 11am**

This presentation will discuss the different types of rehabilitation, when you might need rehabilitation, what to expect during your stay, how to use outcome statistics to choose a facility, and what insurance does/does not cover.



Rotary Club Chicken BBQ

Saturday, October 8. Pickups 11:30-2pm; deliveries around 12:30pm
The Rotary Club is hosting their annual Chicken BBQ. Pickup at Bob Eisengrein Community Center (100 Sherman Ave., Devens). FREE. The meal will be pre-packed and include barbecued chicken, side salads, rolls, and dessert. Drive up/curbside pickup. Reservations Required. Please RSVP online at www.ayerrotary.com or by calling Dolores Alberghini at 978-448-6881. If you need delivery, please sign up with Senior Center at 978-772-8260.



Coffee and Cribbage with a Cop

2nd Tuesday (October 11) 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.



Geriatric Medicine Talk (presented by Ayer Family Pharmacy Students)

Wednesday, October 12 at 12pm Learn about physiological changes due to age that influence the way medications should be taken - did you know thinning skin requires smaller doses of topical medications? Come find out if any of your medicines are on the BEERS list of medicines seniors should not take!

Special Events, Continued



Women's Conversation with Linda

October 12 & 26 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.



Flu Clinic

Thursday, October 13, 11:30-12:30pm (appointment required)

Ayer Family Pharmacy will be onsite providing high-dose flu vaccines. If you live at Pond Street and need an in-home vaccination, please let us know. Pizza will be served.



Grief Social

Friday, October 14, 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.*



Medicare Supplement Plans vs Advantage Plans

Tuesday, October 18 at 4pm

It's important to get the right health coverage to fit your needs. Blue Cross Blue Shield Medicare experts will be on hand to discuss: What's Original Medicare? • Differences between Medicare Supplement and Medicare Advantage Plans • Do I need Prescription Drug Coverage? • Real life case studies • Resources to help you in the decision process.



Supper Club

Thursday, October 20 at 5pm: Bamboo Asian Cuisine (Westford)

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.



Sports Night: Patriots Viewing Party

Monday, October 24 at 8pm Gather around the Senior Center TV with friends (and snacks) to watch the Patriots play the Chicago Bears! Please RSVP for food count.



Recognizing and Responding to Senior Bullying (presented by Nashoba Park)

Tuesday, October 25th at 12pm

"Get out of MY chair. You can't sit here." Most of us have experienced bullying at some point. This talk will identify and explain what behaviors are considered bullying, and describe the impact it has on the person being targeted and the bystanders. We'll learn effective strategies for responding to these situations, and how we as a senior center can establish and maintain an environment of kindness, respect, and trust where bullying is less likely.



Halloween Pizza Party with Ayer Police Department

Monday, October 31 at 12pm

Bring your appetite—and a costume! The Ayer Police Department will host a pizza party and discuss safety issues. This is a great opportunity to get to know some of the new officers, and ask your questions!

For Fun

- 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.
- 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** *Returning this winter!*

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!



Pickleball

Tuesdays at 10am 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! **FREE lessons 10/4 & 11!**



Tai Chi with Jeff Cote

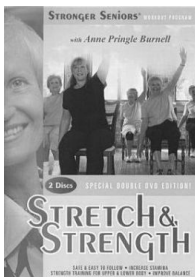
Tuesdays at 11am; \$5 suggested donation

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.



Walking Club

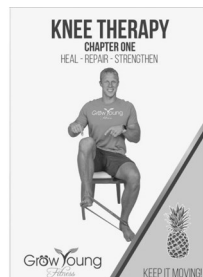
Thursdays at 9am Walking is great exercise, and doing it with friends is even better! We'll meet at the Senior Center before we head outdoors. All ability levels welcome.



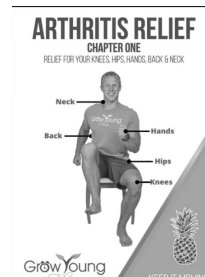
Chair Exercise
Wed & Fri
9:00am



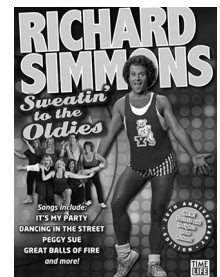
Chair Yoga
Tues & Thurs
10am



Knee/Hip Therapy
Mon—Wed—Fri
10am



Arthritis Relief
Mon—Wed—Fri
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 12:00pm –1:30pm

Someone must be home to receive the meal

Monday	Tuesday	Wednesday	Thursday	Friday
3 No Meals	4 <u>Senior Center</u> Roast Beef Sandwich & Fries (Junction) <u>Meals on Wheels</u> None	5 <u>Senior Center</u> Shrimp Alfredo (Olive Garden) <u>Meals on Wheels</u> MOC: Mac & Cheese	6 <u>Senior Center</u> Chicken Wings & Mac & Cheese (Smoky Bones) <u>Meals on Wheels</u> MOC: Roasted Pork	7 <u>Senior Center</u> MOC: Chicken & White Bean Chili <u>Meals on Wheels</u> None
10 Closed For Columbus Day	11 <u>Senior Center</u> Chicken Marsala (Marty's Café) <u>Meals on Wheels</u> MOC: Meatball Grinder	12 <u>Senior Center</u> Pot Roast (Donelans) <u>Meals on Wheels</u> None	13 <u>Senior Center</u> Pizza (Verona) <u>Meals on Wheels</u> MOC: Teriyaki Beef	14 <u>Senior Center</u> MOC: Broccoli Bake <u>Meals on Wheels</u> None
17 <u>Senior Center</u> MOC: Cheese Ravioli in Meat Sauce <u>Meals on Wheels</u> None	18 <u>Senior Center</u> Beans & Franks (Cottage) <u>Meals on Wheels</u> MOC: Honey Mustard Chicken	19 <u>Senior Center</u> Cheeseburger & Chips (Red Robin) <u>Meals on Wheels</u> None	20 <u>Senior Center</u> Eggplant Parmesan (Lazy Mary) <u>Meals on Wheels</u> MOC: Chicken Rice Bake	21 <u>Senior Center</u> MOC: French Meat Pie <u>Meals on Wheels</u> None
24 <u>Senior Center</u> MOC: Sweet & Sour Meatballs <u>Meals on Wheels</u> None	25 <u>Senior Center</u> Pulled Pork with Mac & Cheese (Nashoba Park) <u>Meals on Wheels</u> MOC: Beef Taco	26 <u>Senior Center</u> Baked Potato Bar <u>Meals on Wheels</u> None	27 <u>Senior Center</u> Chinese Food Favorites (Groton Main House) <u>Meals on Wheels</u> MOC: Sliced Roast Turkey	28 <u>Senior Center</u> MOC: Potato Pollack <u>Meals on Wheels</u> None
31 <u>Senior Center</u> MOC: Cheese Omelet <u>Meals on Wheels</u> 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, BJ's, TJ Maxx, Lowe's, Cabelas, Michaels, Bed Bath & Beyond, Petsmart, and more.

Many thanks to the following businesses
who have supported the
Ayer Senior Center recently:

Ayer Shop & Save

Marty's Corner Café (Devens)



Upcoming Flu Clinics

Thursday, October 13

11:30am-12:30pm

Ayer Senior Center

Appointment preference for seniors. Please call to sign up. Pizza will be served!

Tuesday, October 18

3:00 -5:30pm

Ayer Library

All ages welcome.

Preregistration required at <https://www.nashoba.org/calendar>

Flu shots are also available at CVS in Groton, Ayer Family Pharmacy, and Shaw's Osco Pharmacy in Groton. If you need a ride to a flu clinic or other shot locations, please call the Senior Center.

The Council on Aging

Do you want to advocate for the needs of Ayer seniors? Attend the next COA meeting on **Tuesday,**

October 11 at 2pm at the Senior Center to participate in COA planning efforts!

COA Board of Directors:

Dennis Curran, Paula McCrea, Janine Nichipor, Carole Tillis, Marge Withee

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. When we're done, we'll print and bind it.

For Your Health



Chair Massage

Tuesday, October 11 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

Returns in November, No Clinic this month due to Flu Clinics

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.

Fuel Assistance Application appointments will be available in mid-October! Stay Tuned!

SHINE Open Enrollment appointments will be available in mid-October! Stay Tuned!

Senior Tax Workoff

Did you know that you can volunteer for the Town of Ayer and receive up to \$1500 off your property tax bill?

Call the Senior Center to find out more!

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.

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)

October 4, 5, 7, 12, 15, 19, 21, 26, 28

We pick-up food & deliver to seniors (after 2pm):
October 7, 21, 28

If you need Friday delivery, you must reserve your grocery order by Wednesday at noon.

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
3 9:00 S-B-F with Jeff 10:00 Knee/Hip 10:15 Turkey Train 11:00 Shuffleboard 11:45 Gardening *No lunch or afternoon programs	4 10:00 Pickleball 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 11:30 Farmers Mkt 12:00 Lunch 1:00 Rummikub	5 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Rehab Choice 12:00 Lunch 12:30 Arthritis 1:00 Knit/Crochet 1:00 Arthritis Relief	6 9:00 Walking Club 10:00 Yoga 11:00 Sweatin' 12:00 Lunch 1:00 Bingo	7 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief 10/8 Rotary Chicken BBQ
10 Closed For Columbus Day	11 10:00 Pickleball 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	12 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Women's Conversation 12:00 Lunch & Pharmacy Talk 12:30 Arthritis 1:00 Knit/Crochet 1:00 Arthritis Relief	13 9:00 Walking Club 10:00 Yoga 11:00 Sweatin' 11:30 Flu Clinic 12:00 Lunch 1:00 Bingo	14 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief 4:30 Grief Social
17 9:00 S-B-F with Jeff 10:00 Knee/Hip 11:00 Shuffleboard 11:45 Gardening 12:00 Lunch 1:00 Arthritis Relief 2:00 Mobile Store: Pleasant St	18 10:00 Pickleball 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub 4:00 Medicare	19 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief	20 9:00 Walking Club 10:00 Yoga 11:00 Sweatin' 12:00 Lunch 1:00 Bingo 5:00 Supper Club	21 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief
24 9:00 S-B-F with Jeff 10:00 Knee/Hip 11:00 Shuffleboard 11:45 Gardening 12:00 Lunch 2:00 Mobile Store A 3:00 Mobile Store B 8:00 Patriots	25 10:00 Pickleball 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch & Bullying Talk 1:00 Rummikub	26 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Women's Conversation 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief	27 9:00 Walking Club 10:00 Yoga 11:00 Sweatin' 12:00 Lunch 1:00 Bingo	28 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief
31 9:00 S-B-F with Jeff 10:00 Knee/Hip 11:00 Shuffleboard 11:45 Gardening 12:00 Halloween Party 1:00 Arthritis Relief	<div>October 2022</div>			