



Longevity Ledger

Ayer Senior Center

September 2022

From The Desk of the Director—

It's hard to believe that September marks my one year anniversary as Director of the Senior Center! It has been a tremendous honor and pleasure to meet many wonderful seniors, re-open the center "after" the pandemic, and expand upon the programs and services available to Ayer seniors.

But we're not done yet! You'll notice several new offerings for September, including:

- Expanded van service to include Fitchburg and Concord
- Instructor-led Strength-Balance-Flexibility class
- Instructor-led Tai Chi class
- Sweatin' To The Oldies™ video class (which we'll do seated to protect our joints)
- The Senior Store is back and better than ever! Offering snacks, personal care items, and household basics, the store will be open onsite when the Senior Center is open, and offer a once a month "mobile store" at the Pond Street and Pleasant Street senior housing community rooms.

See you soon,

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: Wednesday, September 14th 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 September beginning 9/12 at 11:30am; 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 and Cribbage with a Cop

2nd Tuesdays 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.



Pickleball Lessons with Sue Adams

Tuesdays in September at 10am (free play every Tuesday; lessons beginning 9/13)

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 on this fun game that's 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 too. It's fun for everyone, and all ability levels are welcome!



Coffee & Conversation

Fridays in September at 9am; FREE

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



Bus Trip: WooSox Game and Fireworks

Friday, September 2 at 5pm

Cost: \$10.00

Let our driver fight the traffic to Worcester, where we'll watch the WooSox (The Red Sox Triple-A team) play the Buffalo Bisons, and enjoy Fireworks after the game!

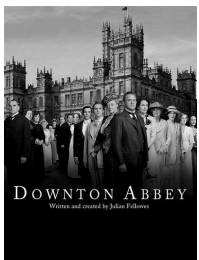


Bus Trip: Hampton Beach Seafood Festival

Friday, September 9 at 11am

Cost: \$10.00 for ticket & transportation plus the price of your food

The main road in front of Hampton Beach will be closed to host seafood restaurants, craft vendors, cooking demonstrations, and live music! We'll drop you off near the heart of it all, but please be advised this is an event with a lot of standing/walking.



What Can Downton Abbey Teach Us About History? (OneDayU)

Wednesday, September 14 at 3:30pm Perhaps the most popular period dramas of all time, *Downton Abbey* is much more than escapist fantasy. While its fashions & lavish interior decorations appeal to viewers, we can use the series to understand the social, political, and cultural life & values of early twentieth-century Britain: from the Edwardian era through the First World War & the Roaring Twenties. How accurately does life at the Abbey reflect gender and class relations, and the lives of women? Other topics include voting rights, the experiences of soldiers on the Western Front and civilians on the Home Front and the first

sexual revolution that followed the war, innovations in fashion and technology, & the impact of laws and lingering Victorian mores on certain members of the Downton household. *Downton Abbey* has also created its own industry, with products, tourist attractions, and museum exhibits. We'll discuss why this series has such international appeal and what it says about the twenty-first century: from the 2008 economic crash, to Brexit, to Americans' fascination with British royalty. Tea/snacks served at 3:30pm; the lecture begins at 4pm.

Special Events, Continued



Bus Trip: Sunset Drum Circle at Fruitlands Museum

Wednesday, September 14 at 6:15pm

Cost: \$5.00

Join us on the Fruitlands hillside for a facilitated drum circle as we watch the sunset over the Nashua Valley. Connect with the landscape, mother earth and the ancient wisdom of rhythm while building and celebrating community. Native American, African and assorted drums and percussion will be provided. You can bring your own instrument, too. No prior drumming experience needed.



Bus Trip: Devens Farmer's Market

Tuesday, September 20 at 11:30am

Buy local! Meet many vendors: farmers, bakers, herbalists and crafters. 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!



Supper Club

Thursday, September 22 at 5pm: Meadowbrook Orchards (Sterling, MA)

Cost: \$4 for the van + the price of your meal

Enjoy a selection of BBQ favorites on the deck overlooking the orchards (or indoors if there's a chill in the air). Their farm store has many delicious take & bake items for tomorrow's dinner! A word about timing: at-home pickups are 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.



Fall Foliage Turkey Train

Monday, October 3rd at 10:15am

Cost: \$25.00 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 though Weirs Beach and Paugus Bay towards Lakeport, NH and back along the very same route. 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. Your meal includes freshly carved roast turkey, stuffing, whipped potato, butternut squash, gravy, rolls & butter and warm apple crisp for dessert!

Farmers Market Coupons



If you're over age 60 or disabled, you may qualify for \$25 in Farmer's Market coupons, to apply towards fresh fruits and vegetables!

Income cannot be more than \$23,828 annually (\$1,986 monthly) for a household of one, or \$32,227 annually (\$2,686 monthly) for a household of two.

While Ayer doesn't currently offer a Farmer's Market, nearby markets include:

- Groton (160 Chicopee Row): Fridays, 3-7pm
- Devens (Rogers Field): Every other Tues, 11:30-2pm

The Council on Aging

Do you want to advocate for the needs of Ayer seniors? Attend the next COA meeting on **Wednesday, September 14th at 2pm** at the Senior Center to participate in COA planning efforts!

COA Board of Directors:

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.
- 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.
- Bingo** Thursdays at 1pm. \$1.00 per card.
- Movies** *Returning this winter!*

Fitness



Strength-Balance-Flexibility with Jeff Cote (beginning 9/19)

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 beginning 9/13!**



Tai Chi with Jeff Cote (beginning 9/20)

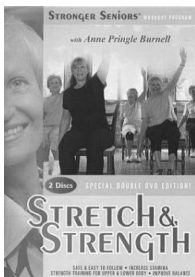
Tuesdays at 11am; \$5 suggested donation

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.

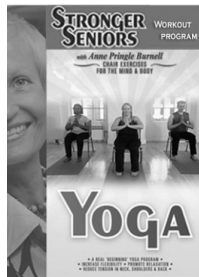


Walking Club

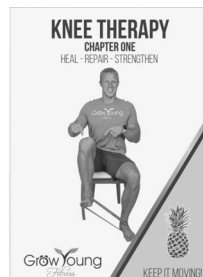
Thursdays at 9am Walking is great exercise, and doing it with friends is even better! We'll meet at the Senior Center before we head outdoors. All ability levels welcome.



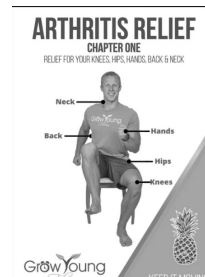
Chair Exercise
Wed & Fri
9:00am



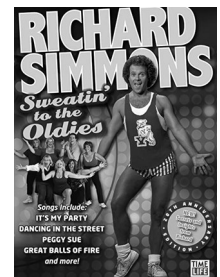
Chair Yoga
Tues & Thurs
10am



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
			1 <u>Senior Center</u> Pizza (Verona) <u>Meals on Wheels</u> MOC: Broccoli Bake	2 <u>Senior Center</u> MOC: Beef Stew <u>Meals on Wheels</u> None
5 Closed for Labor Day	6 <u>Senior Center</u> Sausage, Peppers, Onions (Lazy Marys) <u>Meals on Wheels</u> MOC: Broccoli Stuffed Chicken	7 <u>Senior Center</u> Waffles (Blackbird Café) <u>Meals on Wheels</u> None	8 <u>Senior Center</u> Cheese Lasagna & Salad (Marty's) <u>Meals on Wheels</u> MOC: BBQ Pork	9 <u>Senior Center</u> MOC: Beef Bolognese <u>Meals on Wheels</u> None
12 <u>Senior Center</u> MOC: Chicken Jambalaya <u>Meals on Wheels</u> None	13 <u>Senior Center</u> Leftover Favorites <u>Meals on Wheels</u> MOC: French Meat Pie	14 <u>Senior Center</u> Cheese Ravioli & Salad (Lazy Marys) <u>Meals on Wheels</u> None	15 <u>Senior Center</u> Enchiladas (Ixtapa) <u>Meals on Wheels</u> MOC: Roast Turkey	16 <u>Senior Center</u> MOC: Potato Pollack <u>Meals on Wheels</u> None
19 <u>Senior Center</u> MOC: Mac & Cheese <u>Meals on Wheels</u> None	20 <u>Senior Center</u> Soup & Tuna Sandwich (Karyn's) <u>Meals on Wheels</u> MOC: Chicken Teriyaki	21 <u>Senior Center</u> Chicken Parm & Ziti (Lazy Marys) <u>Meals on Wheels</u> None	22 <u>Senior Center</u> Quiche & Salad (Blackbird Café) <u>Meals on Wheels</u> MOC: Chicken Drummer	23 <u>Senior Center</u> MOC: Apple Pork <u>Meals on Wheels</u> None
26 <u>Senior Center</u> MOC: Breaded Fish <u>Meals on Wheels</u> None	27 <u>Senior Center</u> Sandwich Box (Honeybaked Ham) <u>Meals on Wheels</u> MOC: Beef & Lentil Chili	28 <u>Senior Center</u> Meatloaf & Mashed Potatoes (Tiny's) <u>Meals on Wheels</u> None	29 <u>Senior Center</u> Chicken Cordon Bleu (Il Forno) <u>Meals on Wheels</u> MOC: Chicken Swedish Meatballs	30 <u>Senior Center</u> MOC: Meatloaf <u>Meals on Wheels</u> None

MART Van

No van service
Sept 28-30

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!

Fares:

\$1.00 each way in-town

\$2.00 each way, out of town

	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

Special Programs may cause modifications to this schedule

Group Shopping:

1st Tuesday: Whitney Field Mall (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.

The **Department of Transitional Assistance (DTA)** is warning residents of skimming scams that have impacted some DTA clients. These scams are aimed at obtaining credit, debit, and Electronic Benefits Transfer (EBT) card information and Personal Identification Numbers (PINs). DTA is strongly recommending its clients frequently change their PINs.

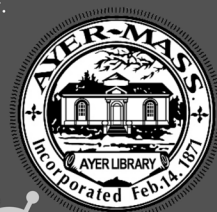
If any DTA client believes they may have fallen victim to a skimming or phishing scam, they are encouraged to report it to DTA's fraud hotline at 1-800-372-8399. Additionally, there have also been reports of a phishing scam where individuals receive scam text messages that their Pandemic EBT (P-EBT) benefits have been blocked. The message directs individuals to call a number where they are asked to provide their P-EBT card number. This message is not from DTA. **DTA only sends text messages from 382-674 and would only direct clients to call the Assistance Line (877-382-2363) or EBT Customer Service Line (800-997-2555).**

Covid-19 Home Test Kits Available for Free

Available to residents of Ayer, while supplies last.
Limit of 2 boxes per household.

Test kits are at the following locations during normal business hours:

Ayer Board of Health, 3rd Floor Town Hall
Ayer Fire Department
Ayer Police Department
Ayer Senior Center



Creativity



Knit/Crochet

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



Rock Painting

Wednesdays Sept 7, 14, 21 at 1pm

Join local artist Frank Raymond to learn the joy of painting rocks, which can be kept for your own enjoyment, or you can join a local group that hides them and delights in reporting finding them. What a fun way to connect with people in town!



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, September 13 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, September 8 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 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)

Sept 7, 9, 14, 17, 21, 23, 28, 30

We pick-up food & deliver to seniors (after 2pm):
Sept 14, 23, 30

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
<h1>September 2022</h1>			1 9:00 Walking Club 10:00 Yoga 11:00 Sweatin' 12:00 Lunch 1:00 Bingo	2 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief 5:00 WooSox
5 CLOSED FOR LABOR DAY	6 10:00 Pickleball 10:00 Yoga 10:00 Journaling 11:00 Cribbage 12:00 Lunch 12:30 Massage 1:00 Rummikub	7 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 12:30 Arthritis 1:00 Knit/Crochet 1:00 Arthritis Relief 1:00 Rock Painting	8 9:00 Walking Club 10:00 Yoga 11:00 Sweatin' 12:00 Lunch 12:30 Well Adult Clinic 1:00 Bingo	9 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Seafood Fest 12:00 Lunch 1:00 Games 1:00 Arthritis Relief
12 9:00 Chair Exercise 10:00 Knee/Hip 11:00 Shuffleboard 11:30 Gardening 12:00 Lunch 1:00 Arthritis Relief 2:00 Mobile Store: Pond St A 3:00 Mobile Store: Pond St B	13 10:00 Pickleball 10:00 Yoga 10:00 Journaling 11:00 Coffee & Cribbage with a Cop 12:00 Lunch 1:00 Rummikub	14 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief 1:00 Rock Painting 2:00 COA Meeting 3:30 Downton Abbey 6:15 Drum Circle	15 9:00 Walking Club 10:00 Yoga 11:00 Sweatin' 12:00 Lunch 1:00 Bingo	16 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief
19 9:00 S-B-F with Jeff 10:00 Knee/Hip 11:00 Shuffleboard 11:30 Gardening 12:00 Lunch 1:00 Arthritis Relief 2:00 Mobile Store: Pleasant St	20 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	21 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief 1:00 Rock Painting	22 9:00 Walking Club 11:00 Sweatin' 10:00 Yoga 12:00 Lunch 1:00 Bingo 5:00 Supper Club	23 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief
26 9:00 S-B-F with Jeff 10:00 Knee/Hip 11:00 Shuffleboard 11:30 Gardening 12:00 Lunch 1:00 Arthritis Relief	27 10:00 Pickleball 10:00 Yoga 10:00 Journaling 11:00 Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Rummikub	28 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Knit/Crochet 1:00 Arthritis Relief <i>No van service</i>	29 9:00 Walking Club 11:00 Sweatin' 10:00 Yoga 12:00 Lunch 1:00 Bingo <i>No van service</i>	30 9:00 Coffee Hour 9:00 Chair Exercise 10:00 Knee/Hip 12:00 Lunch 1:00 Games 1:00 Arthritis Relief <i>No van service</i>