



Longevity Ledger

Ayer Senior Center

December 2021

From The Desk of the Director—

It feels fantastic to be open again! I have enjoyed “putting a face to the name” for many of you that I’d previously known only on the phone. It’s been wonderful to see your smiling faces (though masked) each morning for coffee, exercise, lunch, and activities. If you haven’t dropped in yet, please do!

Thank you to the 34 people who returned our programming survey. Congratulations to Connie Lind and Maureen Murray, who were randomly chosen to win Market Basket gift cards! Please call or stop in and we’ll make arrangements to get it to you.

You’ll notice in this month’s newsletter that we’ve added a few more activities, like poker and rummikub. We hope you can join us for one of our holiday parties, or the many meal options. As always, I’m eager to hear your suggestions about what you’d like to see next!

Katie

Katie Petrossi, Director

Debbie Keohane, Outreach & Nutrition Coordinator

Sam Parr, MART Van Coordinator

Open 9am-3pm daily

Ayer Senior Center

18 Pond Street Rear

Ayer, MA 01423

Main Office: (978) 772-8260

Dial-a-Ride: (978) 772-8261

Meals *(RSVP Required)*



Join us at one of our many dining options! All onsite meals served at noon. Suggested \$3.00 donation.

Please call the Senior Center at 978-772-8260 to sign up. RSVPs allow us to have enough food for everyone.

- Mondays:** MOC meal at the Senior Center
Tuesdays: Meals on Wheels deliveries provided by MOC
Wednesdays: MOC meal at the Senior Center OR a meal cooked at the Senior Center
Thursdays: Meals on Wheels deliveries provided by MOC
Meal at the Senior Center (MOC or restaurant)
Fridays: Meal provided by a local restaurant!
Dec 3: Il Forno (Italian)
Dec 10: Ixtapa (Mexican)

Meals on Wheels

Provided by MOC

Call 978-345-8501 Ext. 2 to register

Meal includes:

Entree, Bread, Fruit, Milk

Meals Delivered Tuesday & Thursday
each week between 11:30am –
1:30pm. Someone must be home to
receive the meal.

For Fun *(RSVP Required)*

- Coffee Hour** Mondays, Wednesdays, and Fridays at 9am. Join friends old & new for coffee and pastries.
- Adult Coloring** Every other Monday, December 6 & 20 at 1pm. Think coloring is only a childhood pastime? Think again! Adult coloring can help reduce stress and anxiety, improve motor skills & focus, and help you sleep better. Give it a try!
- Poker** Every other Monday, December 13 & 27 at 1pm. This classic game is fun for all!
- Boggle** Tuesdays at 11am. Race the clock to form words from scattered letters!
- Rummikub** Tuesdays at 1pm. New to the game, that's OK! We'll review the rules at the beginning.
- Knit/Crochet** Wednesdays at 1pm. Casual get-together to work on your latest project with fiber friends!
- Bingo** Thursdays at 1pm. \$5.00 for 4 cards.
- Movie** Friday, December 3: Polar Express

For Your Health

- Well-Adult Clinic** **Tuesday, December 28 at 11am** Nashoba Board of Health nurses will provide free blood pressure screening, random blood sugar testing, general health and first aid. Flu shots will be available.

Would you like a home visit to receive a flu shot? Please call our Nashoba Public Health Nurse Susan Hoag at (978) 772-3335 ext. 357 to schedule.

Special Events *(RSVP Required)*



Polar Express Pajama Party

Friday, December 3 at 1pm

Wear your favorite cozy pajamas and watch the classic Christmas movie, Polar Express. We'll have hot chocolate, all you need to do is Believe.



Brain Health Cooking

Tuesday, December 7 at 12pm

We will be discussing how to develop a brain healthy diet, based off of the well researched Mediterranean diet. We will talk about the benefits of this diet and what types of foods it consists of. *Lunch generously provided by Nashoba Park.*



Bus Trip: Christmas Tree Shops Plaza

Friday, December 10 at 9am

Cost: \$4.00 for van fare

Get your last minute holiday shopping done without the hassle of driving and parking! You can also visit Kohl's, LL Bean Outlet, Burlington Coat Factory, and Home Depot.



Bus Trip: Tower Hill Botanical Gardens Night Lights

Monday, December 13 at 5pm

Cost \$15.00 (includes lights and van fare)

Celebrate the season with thousands of lights, new experiences, and enchanting landscapes. Enjoy a walking experience outdoors (walk as much or as little as you like) through roughly 15 acres of formal gardens and surrounding woodlands, including illuminated plants, paths, sculptures, and fountains. The magical scene is enhanced with fire pits for warming up, making s'mores, or enjoying a cup of hot cocoa.



Holiday Ornament Craft

Wednesday, December 15 at 1pm

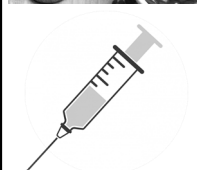
Use simple crafting techniques to make shatter-free ornaments. Keep for yourself or give as a gift! No charge.



Holiday Cookie Decorating

Thursday, December 16 at 9am

Skip the mess of baking, but enjoy the fun of icing Christmas cookies! We'll supply the cookies, icing, and decorations. All you need to bring is the creativity. You'll leave with more than enough cookies to share! No charge.



Flu and COVID Booster Clinic

Thursday, December 16, 12-2pm

Ayer Family Pharmacy will be offering annual flu shots and COVID booster shots to those who had their Pfizer or Moderna series at least 6 months ago, or their Johnson & Johnson shot at least 2 months ago.



Christmas Party & Luncheon

Wednesday, December 22 at 12pm

Join us for a classic holiday ham meal catered by Market basket, Christmas carols, and for those who would like to, a Yankee Swap (\$15 max). We might even see Santa!



New Year's Eve Party & Luncheon

Wednesday, December 29 at 12pm

Wear your party clothes (or borrow some bling from us) and get ready to ring in 2022 in style! We'll enjoy hors d'oeuvres, a nice meal, and maybe even some dancing!

Sudoku

Sudoku Rules:

Each row should have the number 1 thru 9, no repeats

Each column should have the number 1 thru 9, no repeats

Each of the 9 3x3 squares should have the number 1 thru 9, no repeats

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



Many thanks to

Bemis Associates

for their generous donation of cold weather cozy soup kits!

If you haven't received yours yet, let us know.

Fitness *(RSVP Required)*

Chair Exercise (DVD-based)

Mondays, Wednesdays, and Fridays:

9:30am: 6 feet apart with masks required

10:30am: 12 feet apart without masks for those with health conditions that make mask wearing difficult

Tuesdays and Thursdays

9:00am: 12 feet apart without masks for those with health conditions that make mask wearing difficult

Yoga (DVD-based)

Tuesdays & Thursdays at 10am.

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>December 2021</h1>		1 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Knit/Crochet	2 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: Lasagna 1:00 Bingo	3 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Italian by Il Forno 1:00 Polar Express Pajama Party
6 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Adult Coloring	7 9:00 Chair Exercise 10:00 Yoga 11:00 Boggle 12:00 Brain Healthy Cooking Luncheon 1:00 Rummikub	8 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Knit/Crochet	9 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: Sandwich Tray 1:00 Bingo	10 9:00 Coffee Hour 9:00 Christmas Tree Shops 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Mexican
13 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Poker 5:00 Bus Trip: Christmas Lights	14 9:00 Chair Exercise 10:00 Yoga 11:00 Boggle 1:00 Rummikub	15 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Knit/Crochet 1:00 Christmas Ornament Craft	16 9:00 Cookie Decorating 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: Baked Potato Bar 12:00 Flu & COVID Booster Clinic 1:00 Bingo	17 CLOSED FOR STAFF TRAINING
20 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Adult Coloring	21 9:00 Chair Exercise 10:00 Yoga 11:00 Boggle 1:00 Rummikub	22 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Christmas Party & Lunch	23 CLOSED FOR CHRISTMAS	24 CLOSED FOR CHRISTMAS
27 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Poker	28 9:00 Chair Exercise 10:00 Yoga 11:00 Boggle 11:00 Well Adult Clinic 1:00 Rummikub	29 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 New Years Eve Party & Lunch	30 CLOSED FOR NEW YEARS	31 CLOSED FOR NEW YEARS

MART Van

Beginning 12/13, please call 1-800-922-5636, extension 3 to schedule

Call the MART cell 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 (1pm):

Tuesdays:

1st Tuesday: Mall at Whitney Field & Market Basket (Leominster)

2nd Tuesday: Walmart (Lunenburg)

3rd Tuesday: Target (Leominster)

4th Tuesday: Walmart (Lunenburg)

Wednesdays:

Market Basket (Littleton)

Select Fridays:

Loaves & Fishes delivery. For December 3, 10, 21 (Christmas Meal)

Fares:

\$1.00 each way in-town

\$2.00 each way, out of town

Please Note:

There is NO charge for delivering Loaves & Fishes if you are unable to drive

No fee to ride to the Senior Center for lunch only



www.DriveGervais.com

978-772-6600

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AYER, MA

THIS PROGRAM IS GENEROUSLY
SPONSORED BY THE FRIENDS
OF THE AYER LIBRARY.



Many thanks to

Guy Gionet of Gionet's Auto

for donating a commercial coffee maker!

Drop by and enjoy a cup—coffee hour is Monday,
Wednesday, and Friday at 9am



Fuel Assistance

Get help paying for heating your house or apartment. This program helps pay a portion of your home heating bill between November 1st and April 20th, and may help pay part of your rent if heat is included.

Where can I apply?

- Contact New England Farm Workers Council (Fitchburg) at 978-342-4520
- Call the Heatline at 800-632-8175
- Visit www.mass.gov/hed/fuel

What verifications do I need?

You must show verification of monthly income with your application. You can use a DTA Income Verification Letter. The fuel assistance agency will let you know if other documentation is needed to process your application.

Income Eligibility and Benefit Levels for 2022

Eligibility depends on the number of people in your household, your income level, and whether you live in subsidized housing. Benefits for 2022 range from \$250-600 per season.



Serving Ayer, Devens,
Dunstable, Groton,
Harvard, Littleton
and Shirley.

Loaves & Fishes Food Pantry provides food and support to residents of Ayer and surrounding towns.

****Drive-Thru Pantry Schedule (9am-12pm)****

You may pick up in your own car on the following days: December 1, 3, 8, 10, 15, 18, 20 (Christmas Meal), 22, 29

The MART van will pick-up food & deliver to seniors on December 3, 10, 21 (Christmas Meal)

Call (978) 772-4627x312 or email clientservices@loavesfishespantry.org to enroll or schedule a drive-thru time.

Ayer Senior Center

COVID-19 Policies:



Wear your Mask: The Town of Ayer has issued a Mask Advisory to help stop the spread. You may remove your mask while eating or drinking, but kindly please put it back on after you are finished.

Social Distance: We will social distance whenever possible. We appreciate your understanding.

Sign Up: To protect against overcrowding, please sign up for ALL Senior Center programs. No drop-ins.

Stay Home: Please stay home if you're sick or have been exposed to COVID-19.

WORCESTER TALKING BOOK LIBRARY

Providing FREE services by mail to MA residents of any age who are unable to read traditional print materials due to a visual or physical disability.

1-800-762-0085

www.talkingbook.mywpl.org

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& TALKING BOOK LIBRARY



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has a great new service!

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the WTBL newsletter, and more. New
content for all ages is updated every month.

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



We need your contact information!

Would you like to receive the newsletter via email,
or receive important information about senior
center closures via robocall?

If so, we need your phone number & email address!

Please call the Senior Center at 978-772-8260
to update us.