

# Longevity Ledger

#### **Ayer Senior Center**

February 2022

#### From The Desk of the Director—

As I write this, there is a major storm bearing down on New England, promising to bring a foot or more of snow this weekend. One more weekend stuck inside, after almost 2 years of this craziness! And yet I feel hopeful. I am looking forward to the stillness of fresh snow. The latest COVID surge is receding. I ordered some yarn and am looking forward to making a new blanket. I left a shoe out last week and my puppy didn't chew it. Each month I have the pleasure of getting to know more of you.

Hardships, disappointments, and bodily aches/pains are a reality of life. These can be important moments in our lives, but it's our resilience (how quickly we can bounce back) that truly defines us and the path our life takes. As you look forward, I hope the Senior Center can be part of how YOU bounce back and move forward.

See you soon,

Katie

#### **COVID-TEST REMINDER:**

As of 1/19/22, every home in the U.S. is eligible to order 4 free at-home COVID-19 tests from the federal government. The tests are completely free and will usually ship in 7-12 days.

To order go to https://www.covidtests.gov/

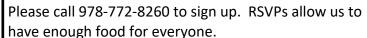
Katie Petrossi, Director
Debbie Keohane, Outreach & Nutrition Coordinator
Sam Parr, MART Van Coordinator
Open 9am-3pm daily
www.ayer.ma.us/council-aging

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 for MOC meals. Wednesday & Thursday "Special" meals are COVID grant funded and therefore no charge.





#### 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.

Monday	Tuesday	Wednesday	Thursday	Friday
	Senior Center MOC: French Meat Pie Meals on Wheels MOC: French Meat Pie	Senior Center Quiche & Salad  Meals on Wheels None	3 <u>Senior Center</u> Turkey Panini <u>Meals on Wheels</u> MOC: White Chicken Chili	None
7 Senior Center MOC: Chicken Rice Bake Meals on Wheels None	Senior Center MOC: Chicken Caccitore Meals on Wheels MOC: Chicken Caccitore	Senior Center Leftover Italian: Chicken Picatta Meals on Wheels None	Senior Center Pizza Taste Test Meals on Wheels MOC: Roasted Pork with Gravy	Senior Center  MOC: Hawaiian  Meatballs & Rice  Meals on Wheels  None
Senior Center MOC: Chicken with Red Pepper Sauce Meals on Wheels None	Senior Center MOC: Salmon with Lemon Dill Sauce Meals on Wheels MOC: Salmon with Lemon Dill Sauce	Senior Center Honeybaked Ham, potatoes, green beans Meals on Wheels None	Senior Center Market Basket Pasta Meals on Wheels MOC: Beef Tips in Bourbon Sauce	Senior Center MOC: Macaroni & Cheese Meals on Wheels None
CLOSED For Presidents Day	Senior Center MOC: Chicken with Appleberry Sauce Meals on Wheels MOC: Chicken with Appleberry Sauce	23 Senior Center None Meals on Wheels None	24 Senior Center Chicken Salad Meals on Wheels MOC: Sweet & Sour Chicken	25 Senior Center MOC: Roast Pork in Gravy Meals on Wheels None
28 Senior Center MOC: Potato Crusted Pollack Meals on Wheels None				

### Special Events (RSVP Required)



**Countdown to 65: Preparing for Medicare Webinar** 

Thursday, February 3rd at 12pm If you're getting close to Medicare eligibility, this webinar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this webinar to help you be confident you're making the right health coverage decisions.



Learn to Play: Cribbage Tuesday, February 8 at 10am

Learn to play cribbage from an experienced player that can walk you through the game!



Learn to Play: Rummikub

**Tuesday, February 8 at 1pm** Are you curious about Rummikub, but don't know where to start? Sign up for this laid back lesson on how to play the tile-based game that's very similar to the card game rummy. By the end, you'll be ready to join our regular Tuesday group.



Valentine's Tote Bag Wednesday, February 9 at 1pm

This adorable tote is perfect for returning running errands like returning books to the library, or as a gift bag for your favorite Valentine! No charge.



Valentine's Bingo Thursday, February 10 at 1pm

**Cost: \$5.00 for 4 cards** 

This classic game just got sweeter! We'll play with Valentine's Day themed cards and prizes.



Chair Massage

Monday, February 14 at 12:30pm

Cost: \$10 for 10 mins or \$20 for 20 mins. Chair massage is the best of all worlds—relief from aching muscles, but you remain fully clothed & don't need to lie flat on the table for an hour.



Preventing Fraud & Identity Theft (Two ways to participate!)

Thursday, February 17th at 12:30pm Watch this presentation at the Senior Center or from the comfort of your home! Robin Putnam, from the Office of Consumer Affairs and Business Regulation and Danielle Bass from the Better Business Bureau will present on identity theft & fraud prevention. This virtual presentation will include information about her Office and how **theft** they help protect consumers locally and across the Commonwealth. It will also cover how to spot and avoid scams, recent scams that her office has learned about, how to prevent identity theft & steps to take if you have fallen victim.



**Hot Chocolate Bar** 

**Tuesday, February 22 at 1pm** (no charge)

There's nothing better than a warm drink on a cold day. Come in and sit by the fireplace and chat, while enjoying a delicious hot chocolate, with all your favorite flavors and toppings.



TED Talk: We Don't "Move On" From Grief, We Move Forward With It

**Monday, February 28 at 11am** Remember Cliff's Notes, the study guides that helped you with that book your English class was reading? TED Talks are the modern equivalent. These 10-15 minute videos by both experts and real people, are quick exposures to interesting topics. We'll listen as a group, and discuss afterwards. This month's talk summary: In a talk that's both heartbreaking and hilarious, writer and podcaster Nora McInerny shares her hard-earned wisdom about life and death. Her candid approach to something that will, let's face it, affect us all, is as liberating as it is gut-wrenching. Most powerfully, she encourages us to shift how we approach grief. "A grieving person is going to laugh again and smile again," she says. "They're going to move forward. But that doesn't mean that they've moved on."

## 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, February 14 & 28 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, February 7 at 1pm. This classic game is fun for all!

Tuesdays at 10am. New to the game? We're offering a learn-to-play session on 2/8. Cribbage

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!

Thursdays at 1pm. \$5.00 for 4 cards. **Bingo** 

**Boggle** Fridays at 1pm. Race the clock to form words from scattered letters!

Movie Friday, February 11 at 1pm. It Happened One Night, starry Clark Gable and Claudette

> Colbert. A renegade reporter trailing a young runaway heiress for a big story joins her on a bus heading from Florida to New York, and they end up stuck with each other when the bus

leaves them behind at one of the stops.

### For Your Health

Well-Adult Clinic Tuesday, February 22 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. For in-home flu shots, call Nashoba Public Health Nurse Susan Hoag at

> **No Tuesday Morning** Classes During Tax Prep

> > Season!

(978) 772-3335 ext. 357 to schedule.

### SS (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 (proof of vaccination required)

**Thursdays** 

9:00am: 12 feet apart without masks for those with health conditions that make mask wearing difficult (proof of vaccination required)



Thursdays at 10am.





Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Cribbage 12:00 MOC Lunch 1:00 Rummikub	9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Quiche 12:00 Medicare Webinar 1:00 Knit/Crochet	9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: Turkey Panini 1:00 Bingo	9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Boggle
9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Poker	8 10:00 Learn to Play Cribbage 12:00 MOC Lunch 1:00 Learn to Play Rummikub  AARP Tax Prep	9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch:     Leftover Italian     Chicken Picatta 1:00 Valentine     Tote Bag 1:00 Knit/Crochet	9:00 Chair Exercise 10:00 Yoga 12:00 Pizza Taste	9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Boggle 1:00 Movie: It Happened One Night
9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 12:30 Chair Massage 1:00 Adult Coloring	15 10:00 Cribbage 12:00 MOC Lunch 1:00 Rummikub AARP Tax Prep	9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Leftover Honey Baked Ham 1:00 Knit/Crochet	9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: MB Pasta 12:30 Fraud Talk 1:00 Bingo	9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Boggle
CLOSED  for  President's Day	10:00 Cribbage 11:00 Well Adult Clinic 12:00 MOC Lunch 1:00 Rummikub 1:00 Hot Chocolate Bar	9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 1:00 Knit/Crochet **No Lunch**	9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: ChickenSalad 1:00 Bingo	9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Boggle
9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 11:00 Ted Talk: Moving Forward 12:00 MOC Lunch	Febru	Jary 2		

1:00 Adult Coloring

# 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: Walmart (Lunenburg)

Wednesdays:

Market Basket (Littleton)

Select Fridays:

Loaves & Fishes delivery on February 4, 11, 25

#### 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

## AARP Income Tax Preparation Assistance

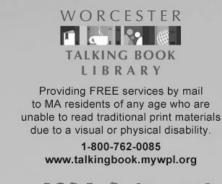


Volunteers will be at the Senior Center this year to assist you in preparing your 2021 income tax return.

Please call the Senior Center at 978-

772-8260 to schedule your appointment, as spots are limited. Tax assistance will be available in February, March, and early April.

Please bring the following to your appointment: Picture ID, copy of last year's tax return, social security cards for all people listed on the return, W-2 forms for wages, 1099s for other types of income,



#### dial a story

Worester Public Library
4 Parking Book Library



The Worcester Talking Book Library has a great new service!

Call 508-552-3456 to hear stories, poems, the WTBL newsletter, and more. New content for all ages is updated every month.



## BOOKS ON WHEELS FROM THE AYER LIBRARY

A HOME DELIVERY SERVICE FOR PATRONS WHO ARE UNABLE TO VISIT THE LIBRARY IN PERSON

#### SIGN-UP NOW FOR BOOKS ON WHEELS!

SIMPLY FILL OUT A REQUEST FORM IN PERSON OR OVER THE PHONE. FORMS ARE AVAILABLE AT THE COA AND AT THE AYER LIBRARY.

PLEASE CONTACT THE AYER LIBRARY BY CALLING 978-772-8250 OR EMAILING AYERLIBRARY@CWMARS.ORG

AYER LIBRARY 26 EAST MAIN ST. AYER, MA

**OUESTIONS?** 

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



## **Ayer Senior Center COVID-19 Policies:**

<u>Wear your Mask:</u> 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.

<u>Social Distance:</u> We will social distance whenever possible. We appreciate your understanding.

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

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



#### **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 or apply online at www.toapply.org/NEFWF
- 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.



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

Pick up in your own car: (9am-12pm) February 2, 4, 9, 11, 16, 19, 23, 25

The MART van will pick-up food & <u>deliver</u> to seniors on: February 4, 11, 25. 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.



# Caregiver Appreciation

February 24<sup>th</sup> | 4:00-6:00 PM

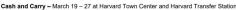
Being a caregiver is selfless and often unrecognized, we want to say **Thank You** for everything you do with dinner on us. Swing by Nashoba Park to pick up a Brain Healthy dinner and take a night off from cooking.

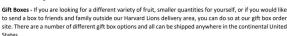
Please RSVP by Monday, February 22<sup>nd</sup>. *Please make* sure to mention any allergies when you RSVP.

> Nashoba Park Assisted Living 15 Winthrop Ave, Ayer, MA 01432 | 978-772-0707 | NashobaPark.com



Harvard Lion will deliver your order starting March 19.





Go to www.harvardlions.org for more details or scan the QR code to order

Any questions please email HarvardLionsFruitSale@gmail.com





#### 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



#### **Upcoming COVID Booster Clinics**

The Nashoba Board of Health is hosting Moderna Booster Vaccine Clinics Wednesdays in February from 1:00-5:00pm St Anthony's Church, 33 Chapel St, Shirley, MA 01464

To sign up visit:

https://home.color.com/vaccine/register/nashoba

Or call the Board of Health at (978) 772-3335 NO WALK-INS ACCEPTED