



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.

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

Meals Delivered Tuesday & Thursday each week between 11:30am –1:30pm.

Someone must be home to receive the meal.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Senior Center</u> MOC: French Meat Pie <u>Meals on Wheels</u> MOC: French Meat Pie	2 <u>Senior Center</u> Quiche & Salad <u>Meals on Wheels</u> None	3 <u>Senior Center</u> Turkey Panini <u>Meals on Wheels</u> MOC: White Chicken Chili	4 <u>Senior Center</u> MOC: Beef Bolognese <u>Meals on Wheels</u> None
7 <u>Senior Center</u> MOC: Chicken Rice Bake <u>Meals on Wheels</u> None	8 <u>Senior Center</u> MOC: Chicken Caccitore <u>Meals on Wheels</u> MOC: Chicken Caccitore	9 <u>Senior Center</u> Leftover Italian: Chicken Picatta <u>Meals on Wheels</u> None	10 <u>Senior Center</u> Pizza Taste Test <u>Meals on Wheels</u> MOC: Roasted Pork with Gravy	11 <u>Senior Center</u> MOC: Hawaiian Meatballs & Rice <u>Meals on Wheels</u> None
14 <u>Senior Center</u> MOC: Chicken with Red Pepper Sauce <u>Meals on Wheels</u> None	15 <u>Senior Center</u> MOC: Salmon with Lemon Dill Sauce <u>Meals on Wheels</u> MOC: Salmon with Lemon Dill Sauce	16 <u>Senior Center</u> Honeybaked Ham, potatoes, green beans <u>Meals on Wheels</u> None	17 <u>Senior Center</u> Market Basket Pasta <u>Meals on Wheels</u> MOC: Beef Tips in Bourbon Sauce	18 <u>Senior Center</u> MOC: Macaroni & Cheese <u>Meals on Wheels</u> None
21 CLOSED For Presidents Day	22 <u>Senior Center</u> MOC: Chicken with Appleberry Sauce <u>Meals on Wheels</u> MOC: Chicken with Appleberry Sauce	23 <u>Senior Center</u> None <u>Meals on Wheels</u> None	24 <u>Senior Center</u> Chicken Salad <u>Meals on Wheels</u> MOC: Sweet & Sour Chicken	25 <u>Senior Center</u> MOC: Roast Pork in Gravy <u>Meals on Wheels</u> None
28 <u>Senior Center</u> MOC: Potato Crusted Pollack <u>Meals on Wheels</u> 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.



identity theft

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 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 McNerny 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!
- Cribbage** Tuesdays at 10am. New to the game? We're offering a learn-to-play session on 2/8.
- 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.
- Boggle** Fridays at 1pm. Race the clock to form words from scattered letters!
- Movie** Friday, February 11 at 1pm. *It Happened One Night*, starrer 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 (978) 772-3335 ext. 357 to schedule.

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 (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)

Yoga (DVD-based)

Thursdays at 10am.



No Tuesday Morning
Classes During Tax Prep
Season!

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Cribbage 12:00 MOC Lunch 1:00 Rummikub	2 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Quiche 12:00 Medicare Webinar 1:00 Knit/Crochet	3 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: Turkey Panini 1:00 Bingo	4 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Boggle
7 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 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	10 9:00 Chair Exercise 10:00 Yoga 12:00 Pizza Taste Test Contest 1:00 Valentine's Bingo	11 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Boggle 1:00 Movie: <i>It Happened One Night</i>
14 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	16 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Leftover Honey Baked Ham 1:00 Knit/Crochet	17 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: MB Pasta 12:30 Fraud Talk 1:00 Bingo	18 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Boggle
21 CLOSED for President's Day	22 10:00 Cribbage 11:00 Well Adult Clinic 12:00 MOC Lunch 1:00 Rummikub 1:00 Hot Chocolate Bar AARP Tax Prep	23 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 1:00 Knit/Crochet **No Lunch**	24 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: Chicken Salad 1:00 Bingo	25 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Boggle
28 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 11:00 Ted Talk: Moving Forward 12:00 MOC Lunch 1:00 Adult Coloring	<div>  </div>			

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,

WORCESTER



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

DIAL A STORY

WORCESTER PUBLIC LIBRARY
& TALKING 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.

QUESTIONS?

PLEASE CONTACT THE AYER LIBRARY
BY CALLING 978-772-8250 OR EMAILING
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AYER, MA

THIS PROGRAM IS GENEROUSLY
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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.



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 & deliver 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.

NASHOBA PARK

A VOLUNTEERS OF AMERICA
SENIOR COMMUNITY

Caregiver Appreciation

DINNER ON US

February 24th | 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 22nd. *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 Lions Citrus Sale

Pre order for
March 19 delivery

AND

Gift Boxes Mail Order
Shipped Anywhere In
Continental US

www.harvardlions.org

The Harvard Lions Club has launched their 31st annual fruit sale and are now taking online orders. A Harvard Lion will deliver your order starting March 19.

Cash and Carry – March 19 – 27 at Harvard Town Center and Harvard Transfer Station.

Gift Boxes - If you are looking for a different variety of fruit, smaller quantities for yourself, or if you would like to send a box to friends and family outside our Harvard Lions delivery area, you can do so at our gift box order site. There are a number of different gift box options and all can be shipped anywhere in the continental United States.

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

Any questions please email HarvardLionsFruitSale@gmail.com.



Local delivery



Gifts Boxes

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