



Longevity Ledger

Ayer Senior Center

January 2022

From The Desk of the Director—

Happy New Year! With the new year comes a fresh mindset, an opportunity to do things differently, and a sense of possibility for the future. Here at The Center, we've got several important goals (in no particular order):

Increase Participation: If you haven't been into our newly remodeled space, please drop by and check us out. The Center is for ALL seniors, regardless of where you live. We offer a variety of meals, services, and fun programs. If you have suggestions for something new, let us know.

Help Ayer Seniors: We're here to help you with your housing, food, healthcare, and transportation needs. Please call to schedule an appointment if you have questions or need assistance.

Plan for the future: The building committee has reconvened and we're looking at all the options for a new "Center for Active Living." Also, our new My Senior Center kiosk is up & running. This software will help us track participation and collect the data we need to get grants for more programs. Please arrive a few minutes early for your first program this month, so we can get you signed up and pass out key tags.

What are your plans for the new year?

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 for MOC meals. Restaurant meals are COVID grant funded and therefore no charge.

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:** Special meal at the Senior Center OR for delivery
- Thursdays:** Special meal at the Senior Center AND
Meals on Wheels deliveries provided by MOC
- Fridays:** MOC meal at the Senior Center

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
3 <u>Senior Center</u> MOC: Chicken Parm <u>Meals on Wheels</u> None	4 <u>Senior Center</u> None <u>Meals on Wheels</u> Potato Pollack	5 <u>Senior Center</u> Osawa: sushi, sesame chicken, beef & vegetables <u>Meals on Wheels</u> None	6 <u>Senior Center</u> Turkey Pot Pie <u>Meals on Wheels</u> MOC: Beef Stew	7 <u>Senior Center</u> MOC: Broccoli Bake <u>Meals on Wheels</u> None
10 <u>Senior Center</u> MOC: Beef & Cabbage <u>Meals on Wheels</u> None	11 <u>Senior Center</u> None <u>Meals on Wheels</u> Chicken Drumstick	12 Special Event: Lucia's Tavolo DELIVERED to you! Chicken marsala, risotto, green beans	13 <u>Senior Center</u> Ravioli & Carrots <u>Meals on Wheels</u> MOC: Apple Cranberry Roast Pork	14 <u>Senior Center</u> MOC: Cheeseburger <u>Meals on Wheels</u> None
17 CLOSED for MLK Jr Day	18 <u>Senior Center</u> None <u>Meals on Wheels</u> Beef & Lentil Chili	19 Special Event: Heart to Home Lunch Choose: Breaded Cod or Honey Chicken	20 <u>Senior Center</u> Macaroni & Cheese <u>Meals on Wheels</u> MOC: Turkey & Gravy	21 <u>Senior Center</u> Last Stop: Chicken Broccoli Alfredo <u>Meals on Wheels</u> None
24 <u>Senior Center</u> MOC: Mac & Cheese <u>Meals on Wheels</u> None	25 <u>Senior Center</u> None <u>Meals on Wheels</u> Chicken Corn Stew	26 Special Event: Lazy Mary's DELIVERED to you! Chicken Parmesan	27 <u>Senior Center</u> Shepherd's Pie <u>Meals on Wheels</u> MOC: Honey Ginger Chicken	28 <u>Senior Center</u> Chinese food leftovers <u>Meals on Wheels</u> None
31 <u>Senior Center</u> MOC: Chicken Picatta <u>Meals on Wheels</u> None				

Special Events *(RSVP Required)*



Chair Massage

Monday, January 10th 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, fully clothed, and don't need to lie flat on the table for an hour.



How to Play Rummikub

Tuesday, January 11 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!



Donut Tasting Contest

Wednesday, January 12 at 9am

Who makes the best donuts in the area? You be the judge. We'll blind sample the donuts, and the person who correctly guesses which donut shoppe each one comes from, will win a prize!



Heart to Home Luncheon

Wednesday, January 19 at 12pm

The team at Heart to Home Meals is offering a **free** hot lunch, to try out their service. Our meal will be hot, but this company offers over 160 healthy and nutritious meals, soups and desserts, hand delivered by a local driver right to your freezer. Meals are frozen and can be stored in your freezer until you are ready to heat and enjoy! Their friendly, convenient service can be adapted to suit many dietary preferences, with free delivery and no contract or minimum commitment required. *No purchase is required to participate in this lunch event.*



Bus Trip: O'Neil Cinemas in Littleton

Wednesday, January 19 at approx. 12pm

Cost: \$11.00 (\$7.00 senior ticket + van fare)

Visit luxurious O'Neil Cinemas at The Pointe in Littleton. Relax in the comfort of reclining leather seats and watch the movie of the day (titles released approx. 7 days in advance).



Craft: Scarf & Mitten Wreath

Thursday, January 20 at 9:30am

No charge

Do you have an old scarf & mittens laying around? Repurpose them into this adorable winter wreath, a perfect decoration to brighten long boring winter days. Also makes a great gift!



Upcycled Wood Bead Craft

Wednesday, January 26 at 9:30am

Cost: \$2.00 Is your favorite old shirt, scarf, or pillowcase starting to look worn out? Give it new life with this clever upcycled craft. We'll cut your item into strips and attach to wooden beads of various sizes, and string into a necklace or bracelet. Bring multiple items and the designs are unlimited!



Bus Trip: Winter Beach Bus

Monday, January 31 at 10:00am Cost: \$18 per person

Want to get out of the house this winter, but reluctant to go to crowded spaces? Let's explore the New Hampshire Seacoast from the comfort of the MART van. Our scenic drive will begin at Hampton Beach where we'll watch the waves pummel the shore, on our way up scenic Route 1A to Rye Beach where we might see some adventurous wetsuit-clad surfers. Next stop is Petey's Summertime Seafood in Rye, NH where we'll pick up takeout lunch and park the bus at Wallis Sands Beach to eat. From there we'll continue to the Seacoast Science Center where a naturalist will hop onboard to give us a tour of Odiorne State Park, before turning onto Route 1B to visit the gloriously restored Wentworth By The Sea grand hotel for some hot chocolate. Our last stop will be a Great Island Common, with views of Portsmouth Harbor Lighthouse, before heading home.

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, January 3 & 24 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, January 10 & 31 at 1pm. This classic game is fun for all!
- Cribbage** Tuesdays at 10am. New to the game? We're offering learn-to-play sessions on 1/4 & 11.
- 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, January 21 at 1pm. *Into the White*. Set in Norway during WWII, a group of British and German soldiers find themselves stranded in the wilderness after an aircraft battle. Finding shelter in the same cabin, they realize the only way to survive the winter is to place the rules of war aside.

For Your Health

- Well-Adult Clinic** Tuesday, January 25 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)

Tuesdays and 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)

Tuesdays & Thursdays at 10am.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Adult Coloring	4 9:00 Chair Exercise 10:00 Yoga 10:00 Learn to Play Cribbage 1:00 Rummikub	5 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Osawa 1:00 Knit/Crochet	6 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: Turkey Pot Pie 1:00 Bingo	7 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Boggle
10 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 12:30 Chair Massage 1:00 Poker	11 9:00 Chair Exercise 10:00 Yoga 10:00 Learn to Play Cribbage 1:00 Learn to Play Rummikub	12 9:00 Donut Taste Test 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Lucia's Tavolo 1:00 Knit/Crochet	13 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: Ravioli 1:00 Bingo	14 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Boggle
17 CLOSED For MLK Jr Day	18 9:00 Chair Exercise 10:00 Yoga 10:00 Cribbage 1:00 Rummikub	19 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Heart to Home Lunch 12:00 O'Neil Cinemas 1:00 Knit/Crochet	20 9:00 Chair Exercise 9:30 Wreath Craft 10:00 Yoga 12:00 Lunch: Mac & Cheese 1:00 Bingo	21 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Last Stop 1:00 Boggle 1:00 Movie: Into the White
24 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Adult Coloring	25 9:00 Chair Exercise 10:00 Yoga 10:00 Cribbage 1:00 Rummikub	26 9:00 Coffee Hour 9:30 Bead Craft 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Lazy Mary's	27 9:00 Chair Exercise 10:00 Yoga 12:00 Lunch: Shepherd's Pie 1:00 Bingo	28 9:00 Coffee Hour 9:30 Chair Exercise 10:30 Chair Exercise 12:00 Lunch: Leftover Chinese 1:00 Boggle
31 9:00 Coffee Hour 9:30 Chair Exercise 10:00 Winter Beach Bus 10:30 Chair Exercise 12:00 MOC Lunch 1:00 Poker	<div>January 2022</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 January 7, 21, 28

No van service Jan 3 & 4.
Sam is taking a much
deserved vacation!

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. Appointments for Ayer residents can be scheduled beginning January 3rd, with residents of surrounding towns able to schedule beginning January 18.

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, medical expenses, property tax or rental statements.

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
AYERLIBRARY@CWMARS.ORG

AYER LIBRARY

26 EAST MAIN ST.
AYER, MA

THIS PROGRAM IS GENEROUSLY
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OF THE AYER LIBRARY.



WORD OF THE DAY



Snap Gap: This term is related to SNAP (Supplemental Nutrition Assistance Program). SNAP benefits are an electronic benefit that's used like cash to purchase food. Snap Gap is the term for the percentage of people who are *eligible* for food assistance but aren't *enrolled*. Did you know that Ayer's SnapGap is 50%?!?! That means that half of all the individuals in town that COULD be getting financial assistance to purchase food AREN'T. There are special rules for seniors, and if you aren't claiming your medical expenses, you're missing out on benefits! Please call the Senior Center if you have questions about your SNAP eligibility, or for assistance



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.



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: January 5, 7, 12, 15, 19, 21, 26, 28

The MART van will pick-up food & deliver to seniors on January 7, 21, 28

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.

Upcoming COVID Booster Clinics

The Nashoba Board of Health is hosting
Moderna Booster Vaccine Clinics
Wednesdays in January: 12, 19, 26 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

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

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due to a visual or physical disability.

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www.talkingbook.mywpl.org

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& TALKING BOOK LIBRARY



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content for all ages is updated every month.



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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.