



Longevity Ledger

Ayer Senior Center

November 2021

From The Desk of the Director—

I'd like to begin by saying thank you for the wonderful Meet & Greet in September! The weather was great, the sandwiches were delicious, and I truly appreciate your kindness in welcoming me to Ayer. For those of you who weren't able to join us, let me tell you a little bit about myself. I was lucky to grow up being close to my grandparents, whose vitality sparked a curiosity about aging, which fueled my career. Before I became the Director in Ayer, I was the Assistant Director and Program Coordinator in Townsend. I have two teenage boys who keep my life busy and keep me learning and laughing.

The staff and I have been working hard to get the Senior Center open again safely. You'll notice the space has been refreshed with new carpet, paint, and furniture. We hope you will come check out our new look!

Please be patient as we continue to be mindful of COVID-19—this means lower capacity, so everyone can maintain social distancing. Our latest safety guidelines are featured in the newsletter, and any updates will be posted in the building.

As we slowly gear up programming and services, we welcome your input about what you'd like to see happen here. You'll notice the last page of the newsletter is a survey. Please fill it out and return to the Senior Center by dropping in, mailing, or emailing it... all completed surveys will have a chance to win a prize!

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)*

Beginning November 8

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.

Mondays: MOC meal at the Senior Center

Tuesdays: Meals on Wheels deliveries provided by MOC

Wednesdays: MOC meal at the Senior Center

Thursdays: Meals on Wheels deliveries provided by MOC

Fridays: Meal provided by a local restaurant! Details to come.



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 10:30am –12:30pm. Someone must be
home to receive the meal.

Fitness *(RSVP Required)*

Chair Exercise (DVD-based) Mondays, Wednesdays, and Fridays at 10am.

Yoga (DVD-based) Tuesdays & Thursdays at 10am.



For Your Health

Well-Adult Clinic **Tuesday, November 23 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 Fun *(RSVP Required)*

Coffee Hour Mondays, Wednesdays, and Fridays at 9am. Join friends old & new for coffee and pastries.

Boggle Tuesdays at 11am. Race the clock to form words from scattered letters!

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

Knit/Crochet Wednesdays at 1pm. Casual get-together to work on your latest project with fiber friends!

Movie November 12: Bob Ross: Happy Accidents, Betrayal & Greed (2021)
November 19: Something's Got To Give (2003)

Special Events *(RSVP Required)*



Bus Trip: O'Neil Cinemas in Littleton

Monday, November 8 at approx. 1pm

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

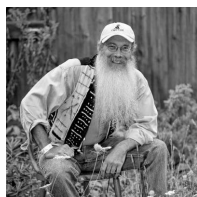
Visit luxurious O'Neil Cinemas at The Pointe in Littleton. Relax in the comfort of reclining leather seats and watch the movie of the day (titles released approx. 7 days in advance).



Planning for Medicare *Presented by Blue Cross Blue Shield*

Tuesday, November 9 at 2pm

Getting close to Medicare eligibility? Whether you're planning to retire or continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? Medicare can be confusing, so we designed this presentation to help you be confident you're making the right health coverage decisions.



Celebrating the Seasons: Thanksgiving Harvest

Wednesday, November 10 at 12pm

Davis Bates will use his acclaimed storytelling skills to celebrate the Thanksgiving harvest rituals past & present. Lunch will be served. *Sponsored by the Ayer Cultural Council.*



Bus Trip: Christmas Tree Shops Plaza

Friday, November 12 at 9am

Get your 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.



Dan Kirouac Concert with Lunch

Wednesday, November 17 at 12pm

Most-loved songs of the 1950s, 1960s, and early 1970s will be revisited and re-interpreted by the simplicity of a digital piano and one vocal. This will be a jukebox of memories from the stars of pop, light rock, and easy-listening. Lunch will be served. *Sponsored by the Ayer Cultural Council*



Bus Trip: Stone Soup Dinner

Friday, November 19 at 5pm

The Senior Center van will take you to Living Water Fellowship for their Friday night potluck meal. No contribution is necessary, nor is staying for the group afterwards. No charge for the meal; only the van.



Thanksgiving Meal

Tuesday, November 23 at 12pm

After so much time apart, it's time to gather (safely) and give thanks! Enjoy all the traditional holiday fixins with friends old and new!



Candle Making Class

Tuesday, November 30 at 2pm

Cost: \$5.00

Learn to make your own candles, while also repurposing your favorite teacup or other small container! This craft is a great way to give new life to an old favorite, and also makes a great low-cost gift for the upcoming holidays!



November 2021



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Coffee Hour 10:00 Chair Exercise	2 10:00 Yoga 11:00 Boggle	3 9:00 Coffee Hour 10:00 Chair Exercise 1:00 Knit/Crochet	4 10:00 Yoga 1:00 Bingo	5 9:00 Coffee Hour 10:00 Chair Exercise
8 9:00 Coffee Hour 10:00 Chair Exercise 12:00 Lunch 1:00 O'Neil Cinemas	9 10:00 Yoga 11:00 Boggle 2:00 Medicare	10 9:00 Coffee Hour 10:00 Chair Exercise 12:00 Lunch & Davis Bates 1:00 Knit/Crochet	11 CLOSED FOR VETERANS DAY	12 9:00 Christmas Tree Shops 9:00 Coffee Hour 10:00 Chair Exercise 12:00 Lunch 1:00 Movie
15 9:00 Coffee Hour 10:00 Chair Exercise 12:00 Lunch	16 10:00 Yoga 11:00 Boggle	17 9:00 Coffee Hour 10:00 Chair Exercise 12:00 Lunch & Dan Kirouac Concert 1:00 Knit/Crochet	18 10:00 Yoga 12:00 Lunch 1:00 Bingo	19 9:00 Coffee Hour 10:00 Chair Exercise 12:00 Lunch 1:00 Movie 5:00 Stone Soup Dinner
22 9:00 Coffee Hour 10:00 Chair Exercise 12:00 Lunch	23 10:00 Yoga 11:00 Boggle 11:00 Well Adult Clinic 12:00 Thanksgiving Lunch	24 9:00 Coffee Hour 10:00 Chair Exercise	25 CLOSED FOR THANKSGIVING	26 CLOSED FOR THANKSGIVING
29 9:00 Coffee Hour 10:00 Chair Exercise 12:00 Lunch	30 10:00 Yoga 11:00 Boggle 2:00 Candle Making			

MART Van

Call 978-772-8261 to schedule
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 and Harvard.

Special Trips (1pm):

Tuesdays:

- 1st Tuesday: Market Basket (Littleton)
- 2nd Tuesday: Walmart (Lunenburg)
- 3rd Tuesday: Target (Leominster)
- 4th Tuesday: Walmart (Lunenburg)

Wednesdays:

Market Basket (Littleton)

Select Fridays:

Loaves & Fishes delivery. For November: 5, 12, 23 (Thanksgiving Meal)

Fares:

\$1.00 each way in-town

\$2.00 each way, out of town

Please call the MART cell at (978) 514-5118 for return trips



www.DriveGervais.com

978-772-6600

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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.



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: November 3, 5, 10, 12, 17, 20, 22 (Thanksgiving Meal), 24.

The MART van will pick-up food & deliver to seniors on November 5, 12, and 23 (Thanksgiving 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.



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

time to
UPDATE



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.



Survey

To help us serve the seniors of Ayer, please take a moment to answer a few questions about the programs and services you'd like to see offered at Ayer Senior Center. Complete the survey and return to Senior Center in person (or mail to Ayer Senior Center, 18 Pond Street Rear, Ayer, MA 01432) for a chance to win a gift card to Market Basket!

Name: _____ Phone Number: _____
Email: _____

What kinds of meals would you be interested in having at the Senior Center?

- ☐ Coffee and assorted pastries
- ☐ Hot breakfast
- ☐ Meals inside the senior center (Provided by MOC)
- ☐ Meals inside the senior center (Provided by other sources like restaurants or home-cooked)
- ☐ Drive-thru/pick-up meals
- ☐ I am not interested in meals provided by the Senior Center

What types of programs would you attend at the Senior Center, if offered?

- ☐ Educational programs such as speakers, TED Talks, etc.
- ☐ Exercise/Fitness programs such as chair aerobics, line dancing, yoga, etc.
- ☐ Games such as cribbage, bingo, board games, etc
- ☐ Self-care programs like meditation, manicures/pedicures, massage, etc.
- ☐ Day Trips (Museums, concerts, beach day, etc)
- ☐ Intergenerational programs
- ☐ Other: _____

If programs were provided for a fee, what type of fee would you be comfortable paying:

- ☐ Free
- ☐ \$1-5
- ☐ \$5-10
- ☐ \$10-15

Where would you ride the MART van for medical appointments, shopping and errands?

- ☐ Acton
- ☐ Ayer
- ☐ Groton
- ☐ Harvard
- ☐ Lancaster
- ☐ Leominster
- ☐ Littleton
- ☐ Lunenburg
- ☐ Shirley
- ☐ Other: _____

Ideas & suggestions for how we can better serve you:

