

Silver Threads

TENTATIVE

From the Desk of the Director –

We thought it appropriate to change up our look a bit since that is what has happened to the world around us in the past few months.

I find much of what is happening now reminiscent of the futuristic fantasy genre often referred to as steampunk; a combination of the old and the new; tried and true machinery combined with the newest technological advances; the intimacy of hunkering down with close friends and family and the expansiveness of having all the world's knowledge and information at your fingertips.

We've all been through a lot since March and I now find myself being so much more appreciative of the core group I have chosen to keep in my midst. It also seems that the birds are singing to their (and our) hearts delight. We've watched as the country shut down and we were all asked to shelter in place. We held our breath as other states loosened up their restrictions and wondered if it would work. We weathered protests about lives and protests about masks. We waited.

As I write this, cases are surging again in most of the United States. New England is holding strong, but we don't know yet what August will look like. Hopefully people will choose to be safer in place and we will be able to follow through on the programs and events we are proposing for the month.

I know many of you have been enjoying Donna's Drive-in Diner, our crazy Bingo show, Zoom, Cable TV9 and YouTube classes. You will see that we have concentrated on offering programs that allow us all to practice safe socialization. There will be dependable protocol in place that will be adhered to consistently. There's more to come and you will rediscover why this is where you WANT to be (from time to time).

Be healthy my friends!

Karin

Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Susan Dejniak, Assistant Program Coordinator
Donna Fenton, Kitchen Manager/Volunteer Coordinator
Donna Howard, Transportation Administrator
Katie Petrossi, Program Coordinator

Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm
16 Dudley Road, Townsend, MA 01469
978-597-1710
<https://www.townsend.ma.us/senior-center-council-aging>



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Townsend Council on Aging, Townsend, MA

06-5303



Drive-Thru Meals



Monday M.O.C. Meals

Mondays in August!

Curbside Pick-up only; no inside dining

RESERVATIONS REQUIRED

by noon Friday

Call 978-597-1710 to sign-up

Suggested \$3.00 donation

- Aug 3: Macaroni & Cheese**
- Aug 10: Pollock in Dill Sauce**
- Aug 17: Lasagna Rollup in Meat Sauce**
- Aug 24: Lemon Picatta Chicken**



Thursdays in August!

Curbside Pick-up only; no inside dining

RESERVATIONS REQUIRED

48 hrs in advance

Call 978-597-1710 to sign-up

Suggested \$3.00 donation

- Aug 6: Turkey Wrap**
- Aug 13: Donna's Vegetable Goulash**
- Aug 20: Chicken Caesar Salad**
- Aug 27: Baked Ham Dinner**

Meals on Wheels

Provided by MOC

Call: 978-345-8501 Ext. 2 to register

Questions? Call Donna 978-597-1710



Hot meal includes: Entree, Bread, Fruit, Milk
Meals Delivered Monday and Wednesday each week
between 10:10am –12:30pm.

Someone must be home to receive the meal

Important Phone Numbers

COVID-19 Updates: Dial 211, then:

Symptoms & Testing x26

Financial Resources x21

Emotional Support or Suicide Hotline x25

Community Services:

Elder Abuse Hotline:

(800) 922-2275

Executive Office of Elder Affairs:

(617) 727-7750

Fuel Assistance:

(800) 632-8175

Montachusett Home Care:

(978) 537-7411

Nashoba Nursing Service:

(978) 425-6675

Townsend Ecumen. Outreach (Food Pantry)

(978) 597-2209

SHINE Medicare Counseling

508-422-9931



Farmer's Market Coupons Are Here!

Pick-up your coupons on
August 3rd or 5th from 12:00-2:00pm

*Income eligibility requirements apply. Maximum
household income cannot exceed:*

<u>Household Size</u>	<u>Monthly Income</u>	<u>Annual Income</u>
1	\$1,832	\$21,978
2	\$2,470	\$29,637

Please let us know if you are living alone and would like a weekly phone call to check in on you.

SENIOR CENTER EVENTS (RSVP Required)

As you'll notice, some of your favorite events have gone online, via Zoom, YouTube, or Cable Channel 9. Some are returning to the Senior Center under the tent. We hope to add more each month while the weather is nice!

Programs Under The Tent

Many thanks to the North Central Massachusetts Community Foundation grant to the Friends of the Townsend Seniors that allowed for the purchase of a tent to provide some of your favorite programs safely!



Weaving Circle (open project time)

Mondays at 9am. No charge. RSVP Required.

Qi Gong

Mondays at 1pm. \$5 per class. RSVP Required.

Trivia

First and third Tuesdays (August 4 & 18) at 1pm. No charge. RSVP Required.

Women's Conversation

Thursdays at 1pm. No charge. RSVP Required.

Onsite Programs

Pickleball

Mondays at 9am on the HBMS courts. No charge.

Movie Night

Wednesday, August 12 at 8:30pm. Watch *Grease* from the comfort of your car! Friends will sell popcorn and beverages. RSVP Required.

Hairdresser

Friday, August 21 by appointment.

Tech Help

Learn to use popular programs including Zoom, Paypal, Gmail, Facebook, etc. Selected days by appointment. (no charge)

Zoom Classes

How will Zoom classes work? To sign up, call the Senior Center (978-597-1710). We'll email you a link to click on at the start of class. If your class involves a fee, you will need to pay via check or Paypal before receiving the link. If you'd like some help learning online platforms like Zoom, Facebook Live, YouTube, or purchasing online via PayPal or Venmo... sign up for a Tech Help appointment, we're happy to walk you through it.

Native American Flute

Tuesdays at 1pm, \$40 per month

Interactive Bingo

Wednesdays at 1pm on Cable Channel 9 (no charge). Watch Lynn call the numbers on TV, then call the Senior Center's Bingo Line (978-597-1730) to yell BINGO!

Medicare Counseling

Wednesday, August 12 by appointment. SHINE assistance enrolling in Medicare, choosing a plan, etc. No charge.

Selectman's Q&A

Thursday, August 13 at 10:30am on Cable Channel 9 AND Zoom (no charge). Hear the latest town news, share your thoughts, concerns, and ideas.

Genealogy

Friday, August 14 at 10:30am via Zoom (no charge)

Q&A with the Director

Friday, August 14 at 1pm via Zoom (no charge)
Karin will provide updates on the Center and answer your questions.

Virtual Tea Party

Wednesday, August 26 at 4pm via Zoom (no charge)
Fix a cup of tea and talk with friends!

August 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Pickleball 9:00 Weaving 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Qi Gong	4 1:00 Trivia 1:00 Flute Lessons 1:30 Chair Yoga	5 9:30 Senior Fitness 10:00 Chair Exercise 1:00 Bingo 6:00 Friends Meeting	6 12:00 Donna's Diner 1:00 Women's Conversation 1:00 Watercolor 1:30 Chair Yoga	7 10:00 Chair Exercise
10 9:00 Pickleball 9:00 Weaving 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Qi Gong	11 1:00 Flute Lessons 1:30 Chair Yoga	12 9:30 Senior Fitness 10:00 Chair Exercise 12:00 Medicare Counseling 1:00 Bingo 8:30 Outdoor Movie: <i>Grease</i>	13 10:30 Selectman's Q&A 12:00 Donna's Diner 1:00 Women's Conversation 1:00 Watercolor 1:30 Chair Yoga	14 10:00 Chair Exercise 10:30 Genealogy 1:00 Q&A with the Director
17 9:00 Pickleball 9:00 Weaving 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Qi Gong	18 10:00 COA Meeting 1:00 Trivia 1:00 Flute Lessons 1:30 Chair Yoga	19 9:30 Senior Fitness 10:00 Chair Exercise 1:00 Bingo	20 12:00 Donna's Diner 1:00 Women's Conversation 1:00 Watercolor 1:30 Chair Yoga	21 10:00 Chair Exercise 12:00 Hairdresser
24 9:00 Pickleball 9:00 Weaving 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Qi Gong	25 1:00 Flute Lessons 1:30 Chair Yoga	26 9:30 Senior Fitness 10:00 Chair Exercise 1:00 Bingo 4:00 Tea Party	27 12:00 Donna's Diner 1:00 Women's Conversation 1:00 Watercolor 1:30 Chair Yoga	28 10:00 Chair Exercise
31 9:00 Pickleball 9:00 Weaving 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Qi Gong	<div> Key: Onsite Programs Zoom Programs Cable Programs YouTube Live Programs </div>			

FITNESS/EXERCISE

Gentle Yoga with Patsy	Available anytime on YouTube, donation appreciated
Yoga Needra with Patsy	Available anytime on YouTube, donation appreciated Yoga Nidra (effortless relaxation) uses a guided meditation to release a powerful stress reduction response. Anyone, no matter age or physical condition, can enjoy the benefits of this class.
Chair Exercise	Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9
Qi-Gong	Mondays at 1:00pm under the tent, \$5 per class
Senior Fitness with Stephanie	Mondays and Wednesdays at 9:30am via Zoom, \$5 per class
Chair Yoga with Carin	Tuesdays and Thursdays at 1:30pm via Zoom; \$5 per class



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For Your Safety

We welcome you back to the Senior Center, to enjoy the activities and people you love. To ensure everyone's safety, please adhere to the following guidelines:

- Masks must be worn at all times
- Maintain a social distance of 6 feet between people
- Cooperate with staff screening questions and temperature screening
- Sanitize your hands upon arrival and during programs when necessary
- If you discover you have COVID-19 or have come in close contact with someone who has, please notify the Senior Center ASAP
- Patrons must be pre-registered for all onsite programs to be able to participate

These guidelines apply everywhere on Senior Center property: indoors and outdoors. Staff reserves the right to ask those not adhering to these guidelines to leave the premises.

If you are not feeling well (for any reason) PLEASE STAY HOME!!!!

Thank you!!

Many thanks to the organizations that have been so supportive of the Senior Center during the pandemic:

Greater Lowell Community Foundation
Central Massachusetts Community Foundation
873 Café
Townsend Hannaford

**Special thanks to TEO
for working with us to help those in need!**

The Senior Center is in need of:

Paper Towels

Napkins

Thank you for your generosity!

FRIENDS OF THE TOWNSEND SENIORS



Friends of the Townsend Seniors - Coming Events

AUG. 5: The Friends of the Townsend Seniors will meet at 6 pm at the Senior Center.

SEPT. 2: The Friends will meet at 6 pm at the Senior Center.

TBD: The 20th Annual Meeting of the Friends will be scheduled at a later date due to COVID-19. The milestone meeting will introduce and vote on Reorganization and FoTS bylaw revisions.

The Friends welcomes the public to all meetings. We expect compliance with distancing and face masks. Meeting spaces may have limited capacity therefore it is important to "RSVP" so that the meeting hosts prepare for seating. To learn more about the Friends - our mission, membership and reorganization plans contact chairman Peter Buxton, 978-502-6786.

Mission Statement: *The Townsend Council on Aging is committed to the continued growth and wellbeing of our senior citizens by providing programs, education, information and referral services with a goal of helping seniors achieve the best quality of life possible.*

ARTS AND CRAFTS (via Zoom)

When you sign up & pay for a class, a kit with all necessary supplies will be placed outside the Senior Center for pick-up. Please let us know if delivery is needed.



Watercolor with Linda

Thursdays at 1pm via Zoom.

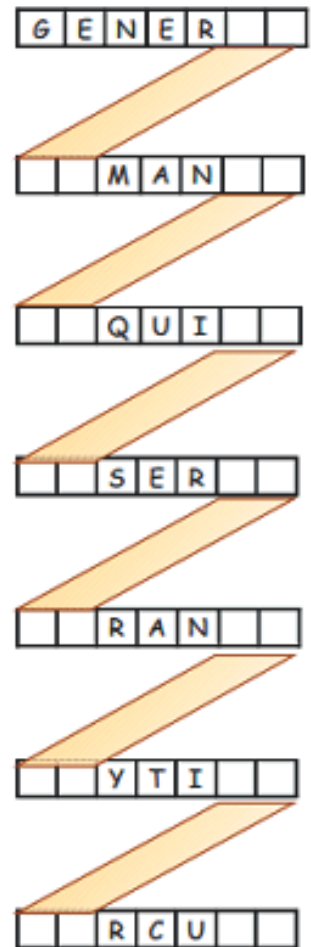
One-time fee of \$10 for an at-home painting kit, plus \$20 per month for the class.

August's painting will be of a barn and field.

ZIG

Instructions:

Complete each seven letter word, and carry the last two letters down to begin the next word. If you get stuck, try starting at the bottom and



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ROAD RUNNER BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE

Schedule all appointments by calling 978-597-1730

SAFE RIDING PROCEDURE: All riders will have their temperature taken before boarding. Riders must wear a mask or covering over mouth & nose. Only one rider on the bus at a time.

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am—12:00pm	Townsend (Medical and Errands)	Leominster (Medical)	Townsend (Medical and Errands)	Groton, Ayer, Pepperell (Medical)	(no service)
Afternoons 1:00—3:00pm	Townsend (Medical and Errands)	(no service)	Townsend (Medical and Errands)	(no service)	(no service)

DESTINATIONS:

- **Medical:** Doctors, Dentists, Therapies, Lab work, etc. (Please schedule morning appointments with your physician/provider).
- **Errands:** Grocery, Pharmacy, Bank, Shopping, Hairdresser/Barber, etc.

FARES (One Way):

- Within Townsend: \$1.25; Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

****Occasionally, Senior Center day trips may alter this schedule.**