

Silver Threads

August 2023, Vol 10 No 2



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.*

From the Desk of the Director –

A couple of recent incidents have prompted me to put our Mission Statement on the cover this month. Though we are known for providing fun and creative programming as well as delicious meals, part of our duty is to provide education, information and referral services. Sometimes the best ways to disseminate such educational information is to piggyback on another well-attended program such as Donna's Diner. We are aware that some of you find this annoying, but think of it this way: the person presenting is only doing their job; someone in the audience might find the information helpful or even life-changing; you might even find some unexpected value in it. We would appreciate it if you could listen and learn. If you can't, simply excuse yourself. Be KIND.



Sometimes we have performances. Whether these are in-house or paid performers, they have spent a lot of time training and practicing for what you are witnessing. Please give them the courtesy of your silence and attention. I'm sure these are the same words you would tell your children or grandchildren.

As summer starts to wind down you will find that we have a few intergenerational programs on the docket. What a fun way to introduce yourself to some youngsters who may not have anyone in their lives with your unique life experiences!

Keep Cool, Keep Calm, Keep Kind and keep this the place you WANT to be!

Karin

Don't forget!!! Advance registration is required for all programs.

You can register at myactivecenter.com

This provides patrons an option to sign up for programs online through your computer, tablet or smart phone.

Or you can call us at 978-597-1710, Option 0. Thank you!

Important Note: If you can't make it to something you've signed up for, please remember to cancel your reservation. Someone may be waiting for a spot!

Check Out August Special Events!

- ◇ Summer Concert at Nara Park to see the Ultimate Fleetwood Mac Tribute Show - August 25th
- ◇ Bus Trip to the 140th Bolton Fair at the Fairgrounds in Lancaster - August 11th
- ◇ Nashoba Valley Concert Band– Outdoor Performance!- August 23rd

Karin Canfield Moore, Director
Elise Johnson, Assistant Director & Program Coordinator
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Senior Meals Associate
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator & Outreach
Greg Smith, Assistant Program Coordinator

Townsend Senior Center Hours
Monday, Tuesday and Thursday: 9am-4pm
Wednesday: 9am-8pm; Friday: 9am-3pm
16 Dudley Road, Townsend, MA 01469
978-597-1710

<https://www.townsendma.gov/senior-center-council-aging>



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We do not offer every plan available in your area. Any information we provide is limited to those plans we offer in your area. Please contact MEDICARE.gov or 1-800-MEDICARE to get information on all your options.

Robin B. Buxton Attorney At Law

978.650.1120

111 Main St., Pepperell

robinbuxton@rrbuxtonlaw.com

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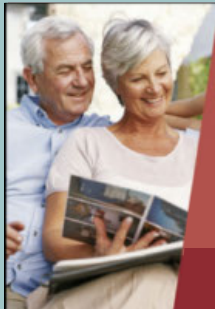
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Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
A U G U S T	1 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 10:30 Mobile Market 12:00 Donna's Diner-to go! 12:30 Trivia 1:30 Line Dancing	2 *Medicare Counseling 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 11:00 Healthy Living 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 5:30 Grief Support 6:00 Friends Meeting 6:00 Tai Chi 6:00 Free Yoga 6:30 TOPS	3 *Massage 9:30 Wood Carving 9:30 Walking Club 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:30 Osteo Movement	4 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Drop-In 12:00 Tap Dance 12:30 Movie Matinee "The Peanut Butter Falcon" 1:00 Cornhole	
	7 9:30 Chair Exercise 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	8 *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 1:00 Wellness Clinic 1:30 Line Dancing	9 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Crafting w/Angela 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 Tai Chi 6:00 Free Yoga 6:30 TOPS	10 *Massage 9:30 Wood Carving 9:30 Walking Club 12:00 Donna's Diner 12:00 Podiatrist 1:00 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement	11 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Drop-In 10:30 Genealogy 11:30 Bolton Fair Trip 12:00 Tap Dance 12:30 Movie Matinee "Mrs. Harris Goes To Paris" 12:45 Puzzle Race 1:00 Cornhole
	14 *Massage 9:30 Chair Exercise 10:00 Craft-A-Palooza 12:00 Ping Pong 12:30 Knitting 1:00 Wii Bowling 1:00 Rummikub 3:00 Water Aerobics	15 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 12:30 Trivia 1:30 Line Dancing	16 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Crafting w/Angela 1:00 Table Shuffleboard 4:30 Galloping Gourmet 5:00 Corn Hole Contest 6:00 Tai Chi 6:30 TOPS	17 *Massage 9:00 Cribbage Tourn. 9:30 Wood Carving 9:30 Walking Club 11:00 Diabetes Support 11:30 Beth Walsh from Senator Cronin's Office 12:00 Donna's Diner 1:00 Charcoal Drawing	18 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Drop-In 11:00 Podiatrist 12:30 Movie Matinee "Top Gun Maverick" 1:00 Cornhole
21 9:30 Chair Exercise 12:00 Ping Pong 12:30 Knitting 1:00 Wii Bowling 1:00 Rummikub 3:00 Water Aerobics	22 *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 1:30 Line Dancing	23 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Book Club 1:00 Table Shuffleboard 6:00 Tai Chi/Free Yoga 6:30 TOPS 6:30 Nashoba Valley Concert Band	24 *Massage 9:30 Wood Carving 9:30 Walking Club 12:00 Donna's Diner 1:00 Root Beer Float Social with 3 Chord Strum 1:00 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help	25 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Drop-In 12:30 Movie Matinee "Dirty Rotten Scoundrels" 1:00 Cornhole 6:30 Nara Park – Tusk-The Ultimate Fleetwood Mac Tribute Show	
28 *Massage 9:30 Chair Exercise 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	29 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 1:30 Line Dancing	30 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 Tai Chi 6:00 Free Yoga 6:30 TOPS	31 *Massage 9:30 Wood Carving 9:30 Walking Club 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:30 Osteo Movement		

Fitness and Exercise RSVP required for ALL programs - 978-597-1710

Move your body with Carin:

Hybrid Yoga; \$5 per class **No class 8/14,16,21,23**
(Chair and floor options)

Mondays at 11:00am and Wednesdays at 3:30pm

Osteo Movement **No class 8/14, 17, 21 & 24**

Mondays at 2pm and Thursdays at 1:30pm; \$5 per class

Offers everything! Posture, balance, core strength, etc.

You must be able to commit to 2 days a week for 8 weeks! Bring a mat and walking stick.

Learn to Tap Dance **No class 8/14 & 21**

Mondays at 1pm & select Fridays at 12pm

You can't help but feel joyful learning this dance style! Tap shoes helpful but not required; we can loan some. \$5 per class

Building Memory Skills

Thursdays at 10am; \$5 per class

Do you struggle to remember things? Is your eye-hand coordination lacking? **On Hiatus. See you in September!**

Beginner Yoga **No class 8/18 & 25**

Fridays at 9:30am; \$5 per class

Free Yoga with Kris

Join Kris for some of her favorite You Tube videos.

No class 8/16

Chair Exercise

Mondays, Wednesdays and Fridays at 9:30am

Walking Club

Tuesdays and Thursdays at 9:30am

Inside and outside options, weather permitting.

Line Dancing

Tuesdays at 1:30pm. \$5 per class

Zumba with Nee

Fridays at 9:30am. \$5 per class

Tai Chi with Jeff Cote

Wednesdays at 6pm, \$5/class. **MEETS OUTDOORS!**

For Your Health RSVP required for ALL programs - 978-597-1710



Massage with Morningstar:

By appointment. See calendar for August schedule. \$45/50mins.



Sarah from Footcare Focus

offers podiatry services, \$45

Thursday, August 10th from 12pm to 4pm

Friday, August 18th from 11am to 3pm

Call 978-597-1710 for an appointment.



Wellness Clinic

Tuesday, August 8th from 1-3pm

BP screening, glucose check, etc.



Diabetes Support

Thursday, August 17th at 11am

Come and pick up Healthy recipes!



Women's Meditation

On Hiatus. See you in September!

Hearing Clinic

Wednesday, August 16th at 10am

Water aerobics at the YMCA!

Mondays at 3pm

Meet at the Fitchburg "Y"!

Call for more information.

TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

Reach your weight-loss goals by getting the tools, information and support you need to succeed.

Medicare Consultation

Wednesday, Aug. 2nd, hourly appts. from 2pm to 5pm

Need to sign up for Medicare? Have questions on your current coverage? Meet with a consultant from Integrity Medicare Advisors, Inc. to have your questions answered.

Healthy Living

Wednesday, August 2nd at 11am

This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

Grief Support Group

Wednesday, August 2nd at 5:30pm

Are you grieving? Lonely?

Please join us for free adult bereavement support offered by Nashoba Nursing Service and Nashoba Associated Boards of Health.

Offered by Nashoba Nursing Service and Nashoba Associated Boards of Health. Call 978-597-1710 and reserve your seat.

Technology Help

Do you have a phone or tablet and need help?

Learn to use popular programs including Zoom, PayPal, Gmail, Facebook

2nd and 4th Thursdays at 1pm

Call 978-597-1710 to make an appointment. No charge.



ARTS AND CRAFTS *Registration required for ALL programs - 978-597-1710*



Knotty Knitters

Monday at 12:30pm Knit or crochet with other beginners or get help from those who are more experienced.



Watercolor with Sue!

Wednesdays at 10am
\$20 per month.
Limit of 16 students per class.



Warped Weavers

Fridays at 10am
Drop in to work on a project of your own or choose from one of our small projects! No instructors in August!



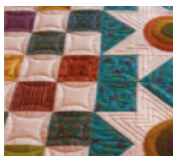
Felting

2nd and 4th Tuesdays at 9:30am
Come in to work on your unfinished projects!



Charcoal Drawing with Sue!

Thursdays at 1:00
Charcoal has unique characteristics that will encourage your creativity.
Current session is full—ask staff member to be put on waitlist for next beginner class



Quazy Quilters

Tuesdays and Wednesdays at 9am
Work on your latest project, or use our supplies to create something new!



Wood Carving

Thursdays, 9:30am-noon
Experienced carvers and beginners

For Fun *Registration required for ALL programs - 978-597-1710*

Women's Conversation

On Hiatus. See you in September!



Trivia

First & Third Tuesdays at 12:30pm



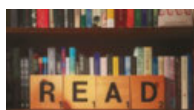
3 Chord Strum Band

Tuesday at 10:00am - Open to all!
For acoustic string instruments only.



Book Club

Wednesday, August 23rd at 1pm
"Remarkably Bright Creatures"
by Shelby Van Pelt



Bingo

Wednesdays at 1pm
Cost: \$5.00; limit 4 cards.



Hope Community Chorus

On Hiatus. See you in September!



Genealogy with Dwight Fitch

Friday, August 11th at 10:30am
Trace your ancestry and find out where your family tree has roots.



Ping Pong

Mondays at 12pm
Join us for a game! Bring a friend!



Cornhole

Fridays at 1pm
Outdoors!



Mexican Train Dominoes

Tuesdays at 10:30am



Table Shuffleboard

Wednesdays at 1pm



Rummikub

Mondays at 1pm



Wii Bowling

Mondays at 1pm



Cribbage

Thursdays at 1pm, except...
Tournament on 8/17 at 9am



Poetry Class

On Hiatus. See you in September!



Crafting with Angela

Wednesday, August 9th and 16th at 1pm
Watercolor Mosaic! Create a beautiful mosaic picture in this 2-part class! \$5 for materials.



June Cribbage Tournament Winners!

High Score: Erika Roy, 720 points
Runner-up: Ed Jette, 719 points
High Hand: Fern Niemi and Carole Helen Lee, 24 points

The Bolton Fair

Friday, August 11th at 11:30

The 140th Bolton Fair at The Fairgrounds in Lancaster.

Join the annual celebration of heritage, culture and community, that provides wholesome family fun, great entertainment, friendly competition and educational experiences for the whole family.

The Bolton Fair is where friends, agriculture, education and creativity unite!



Sign up at the front desk!
Van leaves at 11:30am -
Cost \$15 (includes van ride and admission to the fair)

Galloping Gourmet

Wednesday, August 16th
Lucia's Tavola in Ayer

Sign up at
the front desk!



Van will leave at 4:00pm
Cost is \$5 plus price of meal

Summer Concert at Nara Park

Friday, August 25th at 8pm
Tusk

The Ultimate Fleetwood Mac Tribute Show



Sign up at the front desk
Van will leave at 6:30pm
Cost is \$30 (includes van ride and ticket)

Nashoba Valley Concert Band

Wednesday, August 23rd at 6:30pm

Outdoors— weather permitting!!
Bring a chair or blanket to sit on

Based in Shirley, the Nashoba Valley Concert Band has members from many surrounding towns in the Nashoba Valley area. Amateur musicians rehearse weekly and perform at local events throughout the year.

**Food!
Fun!
Free!**



**All
Ages
Welcome**

This event is brought to you by our Local Cultural Council.



"This program is supported in part by a grant from the Townsend Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."

Intergenerational Corn Hole

Wednesday, August 16th at pm
All ages welcome!!

Come and play a fun game of cornhole in this intergenerational collaborative event with the Townsend Library and the Senior Center

We will be playing outdoors...Weather permitting!



There will be 3 separate hour long time slots available for 4 teams

Must sign up at the library!

Intergenerational Puzzle Race

Friday, August 11th at 12:45pm
All ages welcome!

Join us for this exciting collaborative event with the Townsend Library and the Senior center.

Gather up your team of 4 people to compete against other groups in a timed competition

Teams will have 60 minutes to put together their puzzle— each team will be working on a 500 piece puzzle



The team who completes their puzzle first, or is the closest after 60 mins, wins the prize!

Must sign up at the library!

August Lunches at Donna's Diner

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

All onsite lunches

are prepared by

Donna and the Kitchen Staff

Meals are subject to change without notice

Tuesday	Wednesday	Thursday
8/1: Strawberry Salad To Go	8/2: Fish Sandwich	8/3: Taco Bar
8/8: Soup & Salad	8/9: BLT Sandwich	8/10: Flatbread Pizza
8/15: Soup & Salad	8/16: Stir Fry Veggies w/ bacon	8/17: Tuna Melt
8/22: Soup & Salad	8/23: Waldorf Salad with Grilled Chicken	8/24: BLT Sandwich
8/29: Soup & Salad	8/30: Muscles w/ Angel Hair Pasta	8/31: Grilled Sweet Sausage

New Class Starting in September

Traditional Rug Hooking For Beginners

6 week class beginning Friday, September 29th

\$30 class fee plus \$30 materials fee

You will be provided with a pattern on linen fabric, a hook, a looser frame, and all of the materials needed to finish this 12"x 16" wall hanging



This class will cover basic hooking and finishing techniques and explore options for creating pieces that reflect your unique personality and preferences

This class is made possible in part by:
The Friends of the Townsend Seniors



Craft-A-Palooza!!! - All Ages Welcome!!!

Monday, August 14th from 10am to 1pm - Stop By Anytime!

Come craft with your favorite young person at our craft stations! For ages 2 - 200! **Free!**

Movie Matinees for August

Aug. 4th "The Peanut Butter Falcon"
Aug. 11th "Mrs. Harris Goes to Paris"
Aug. 18th "Top Gun Maverick"
Aug. 25th "Dirty Rotten Scoundrels"

Pizza provided by Friends of the Townsend Seniors

All showings begin at 12:30pm

Please call the Senior Center to sign up at least 24 hours in advance.



Fresh local produce for sale in the Meeting Hall or outside

1st Tuesdays:
10:30am-11:30am
August 1st
September 5th
October 3rd

HIP/SNAP dollars accepted; cash; credit; farmers market coupons

Meals on Wheels

Provided by MOC

Call: 978-345-8501 Ext. 5 to register

Hot meal includes:

Entree, Bread, Fruit, Milk

Meals Delivered Monday & Wednesday each week between 11am - 12:30pm.

Someone must be home to receive the meal.

Important Phone Numbers

Elder Abuse Hotline: (800) 922-2275

Executive Office of Elder Affairs: (617) 727-7750

Fuel Assistance: (978) 342-4520

Aging Services: (978) 537-7411

Nashoba Nursing Service: (978) 425-6675

Townsend Ecumenical Outreach (Food Pantry):
(978) 597-2209

SHINE Medicare Counseling: 508-422-9931

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

ROAD RUNNER AND WILE E. COYOTE BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE. TOWNSEND RESIDENTS ONLY.

Schedule all appointments by calling 978-597-1730.

ALL stops must be scheduled. Up to two stops are included in your fare.

For each additional stop, you will be charged 50 cents per stop.

DESTINATIONS:

- **Medical:** Doctors, Dentists, Therapies, Lab work, etc.
- **Errands:** Shopping, Post Office, Banks, Employment, 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¢

**Buy a Bus Card
and Save!
10 rides
\$22.50 (In Town)
\$31.50 (Out of Town)**

Please note the new Roadrunner schedule below!

Monday	Tuesday		Wednesday		Thursday		Friday
Townsend & Lunenburg Errands (Bus 1)	Townsend & Lunenburg Errands (Bus 1)	Leominster & Fitchburg Medical (Bus 2)	Townsend Errands (Bus 1)	Townsend & Pepperell Medical (Bus 2)	Townsend Errands (Bus 1)	Groton & Ayer Medical (Bus 2)	Rotating Locations Errands* (Bus 1)



**Say Hello to our new Bus!
(Wile E. Coyote)**

**Wednesdays
3:00-8:00 PM
By Appointment**

*** Rotating Locations: Fridays**
Aug. 4th Walmart Lunenburg
Aug. 11th Hannaford Townsend
Aug. 18th Pheasant Lane
Aug. 25th Shopping Rt. 101A Area

Friends of the Townsend Seniors - Become a Member Today!

You don't have to be a Townsend resident, you don't even have to be a Senior Citizen, whatever that is. *We've heard it's merely a state of mind.*

The only requirement is an interest in the Friends' activities, mission and goals and a desire to support the Townsend Senior Center and the entire senior community - 25% of Townsend's population.



___ New membership ___ Renewal ___ \$5 Friend ___ \$10 Family \$ ___ Benefactor

___ I am interested in volunteering for:

___ Program Development ___ Fundraising ___ Baking ___ Recruiting volunteers. ___ Other

Name: _____ Mailing Address: _____

Phone: _____ Email: _____

To learn more about the Friends - our mission, membership and reorganization plans contact:
friendsofthetownsendseniors@hotmail.com

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.*