

# Silver Threads

TOWNSEND SENIOR CENTER

## *Peace on Earth...*

As the holidays quickly approach, I'm doing my best to make the most of having our first (nearly) empty-nest Christmas. With the two older lads off on their respective Air Force journeys, it'll just be the youngest hanging out with us this year. Of course, we will have our traditional dinner with family and friends, but the morning will be different without all three boys. It is with this in mind that I urge you all to ponder the concept of peace and good will. Be at peace and pay it forward.

This month we have a trip to Vaillancourt Folk Art and Tower Hill, our Holiday Fair (thank you Friends of the Townsend Library!), and Christmas Party. No matter what your holiday plans are, check the calendar and pick an event or two as soon as possible then come in and see why this is where you WANT to be!

*...and Good  
Will to Men*

*Karin*



### **Save the Date:**

- Jan 23: Collette Tours movie on Iceland and early sign-up discount day

### **Council on Aging: Tuesday, December 17 at 10am**

Help determine Senior Center priorities; all are welcome.

### **Program Notes:**

- There will be no Friday soup/salad bar in December
- No lunch 12/26 (only Meals on Wheels)
- Scrapbooking Open Project Time has moved to Wednesdays!
- No line dancing or Mahjong on 12/20

Karin Canfield Moore, Director  
Janet Cote, Outreach Coordinator  
Susan Dejnia, 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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## SPECIAL EVENTS (RSVP 978-597-1710)



**Two-part Holiday Bus Trip**  
**Monday, December 2 at 1:30pm**  
**Cost: \$35** Tour the Vaillancourt Folk Center to learn about the colonial tradition of hand painted Santas, receive a commemorative ornament and tour Tower Hill Botanical Gardens Night Lights.



**Stamp Bingo**  
**Mondays, December 2 & 26 at 11am**  
 Immediately following Stamp Collecting, we'll play a stamp-themed bingo with stamp prizes!



**Ergonomics of Movement™**  
**Tuesdays in December at 12pm**  
**Cost: \$10/class** Learn how best to protect your body by moving correctly & efficiently through everyday movements without pain or disruption.



**Dementia Nurse Consultation**  
**December 5 & 19 by Appointment**  
 Bernadette Oinonen, MS, RN has decades of experience working with families facing dementia. She can help with skills to manage challenging behaviors, connecting to relevant services, provide caregiver support, and more. Please see Katie to make your confidential appointment.



**Bus Trip: Nashua Mall Plaza**  
**Friday, December 6 at 12pm**  
**Cost: \$3.50** Get your holiday shopping done, without the hassle of traffic and finding a parking spot! We'll visit the plaza containing Kohl's, LLBean, Christmas Tree Shops, etc. Shop at your leisure.



**Holiday Makeup Tips**  
**Tuesday, December 10 at 10:30am**  
 Look great in your holiday photos with easy makeup tips for mature skin. Bring your own makeup or sample the latest Mary Kay products (this is not a selling-oriented event).



**Galloping Gourmets: La Santa Tacos and Tequilas**  
**Wednesday, December 11 at 4:30pm**  
**Cost: \$5 plus your meal.** Enjoy a meal with friends without the hassle of driving!



**Self Defense Techniques**  
**Thursday, December 12 at 10:30am**  
 Neil Stone Karate Academy will offer a no-charge class on the basics of self-defense, using techniques that can be used at any age, even with physical limitations.



**How to Play Table Shuffleboard**  
**Thursday, December 12 at 10am**  
 Have you seen our new shuffleboard table and wanted to try but don't know the rules? Our resident expert, Bill, will teach us the basics and get us playing this simple yet exciting game.



**Winter Safety**  
**Thursday, December 12 at 12pm**  
 This lunchtime presentation will focus on how to be safe in the cold months. Hear traditional practical steps like being sure to sand the path, and also some important newer concepts!



**Afternoon Tea Party**  
**Wednesday, December 18 at 5pm**  
 Enjoy tea, snacks, and the company of friends! At a special time this month, before "Holiday Music Past & Present."



**Holiday Music Past & Present**  
**Wednesday, December 18 at 6:30pm**  
 Enjoy your favorite popular and traditional holiday music and gain insights into their history. Co-sponsored by Friends of Townsend Seniors.



**Christmas Party**  
**Friday, December 20 at 12pm** Come together with friends over a meal, enjoy a concert by Hope Community Chorus, and join in the fun of a Yankee Swap (optional; limit \$15). Food generously sponsored by Ledgewood Bay.

### 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 Ecumenical Outreach (978) 597-2209

### Your Elected Officials:

Edward Markey (D), US Senate: (202) 224-2742  
 Elizabeth Warren (D), US Senate: (202) 224-4543  
 Lori Trahan (D), US Representative: (202) 225-3411  
 Dean Tran, MA Senate: (617) 722-1230  
 Sheila Harrington, MA Representative: (617) 722-2305

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



# December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:30 Gentle Yoga 10:00 Chair Exercise <b>10:00 Stamp Collecting</b> <b>11:00 Stamp Bingo</b> 10:30 Watercolor 11:00 Intermediate Chair Exercise 11:00 Chorus 12:00 Lunch <b>12:30 Healthy Living Group</b> 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group <b>1:30 Planet Fitness</b> <b>1:30 Two-part holiday Bus Trip</b>	<b>3</b> 10:00 Silver Sneakers 12:00 Lunch <b>12:00 Medicare Counseling</b> <b>12:00 Ergonomics of Movement</b> 12:30 Walking Club 1:00 Trivia & Jeopardy 1:00 Native American Flute 1:30 Watercolor <b>Message by appt.</b>	<b>4</b> <b>9:30 Christmas Craft</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 1:00 Knitting Group 1:00 Bingo 2:30 Scrapbooking 3:00 Intermediate Chair Exercise <b>3:00 Marbled Glass Ornaments</b> 4:00 Smartphone Help <b>5:00 Evening Quilting</b> <b>6:00 Friends meeting</b> 6:30 T.O.P.S. <b>Message by appt.</b>	<b>5</b> <b>9:00 Felted Hat</b> 10:00 Shuffleboard 10:00 Silver Sneakers 10:30 Watercolor 11:00 Wii Bowling (open to all) <b>11:00 Men's Strength</b> 12:00 Lunch: Turkey Dinner <b>12:00 Dementia Nurse Consult</b> 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga	<b>6</b> 9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Line Dancing (intermediate) 11:00 Women's Meditation <b>12:00 Bus Trip: Nashua Mall</b> 1:00 Mahjong <b>Manicures/Pedicures/Reflexology by appointment</b> <b>12/7: Holiday Craft Fair</b>
<b>9</b> 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Intermediate Chair Exercise 11:00 Chorus 12:00 Lunch <b>1:00 Weaving: Woven Stars</b> 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group <b>1:30 Planet Fitness</b>	<b>10</b> 10:00 Silver Sneakers <b>10:30 Holiday Makeup Tips</b> 12:00 Lunch <b>12:00 Ergonomics of Movement</b> 12:30 Walking Club 1:00 Native American Flute <b>1:00 Holiday Boxwood Trees</b> 1:30 Watercolor <b>Message by appt.</b>	<b>11</b> 10:00 Chair Exercise 10:30 Watercolor <b>11:00 Women's Conversation</b> <b>12:00 Well Adult Clinic</b> 12:00 Lunch 12:30 Woodworking <b>1:00 Book Club</b> 1:00 Knitting Group 1:00 Bingo 2:30 Scrapbooking 3:00 Intermediate Chair Exercise 4:00 Smartphone Help <b>4:30 Galloping Gourmets</b> 6:30 T.O.P.S.	<b>12</b> <b>10:00 How to Play Shuffleboard</b> 10:00 Silver Sneakers 10:30 Watercolor <b>10:30 Self Defense Techniques</b> 11:00 Wii Bowling (open to all) <b>11:00 Men's Strength</b> <b>12:00 Lunch &amp; Speaker: Winter Safety: French Bread Pizza</b> 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga <b>Friends Foxwoods Trip</b>	<b>13</b> 9:00 Quazy Quilters 10:00 Line Dancing (Improver) 10:00 Scrabble <b>10:30 Genealogy</b> 11:00 Line Dancing (intermediate) 11:00 Women's Meditation <b>12:30 Movie: The Man Who Invented Christmas</b> 1:00 Mahjong <b>Manicures/Pedicures/Reflexology by appointment</b>
<b>16</b> 9:30 Gentle Yoga 10:00 Chair Exercise <b>10:00 Stamp Collecting</b> <b>11:00 Stamp Bingo</b>	<b>17</b> 10:00 Silver Sneakers <b>10:00 COA Meeting</b> 12:00 Lunch <b>12:00 Ergonomics of Movement</b>	<b>18</b> 10:00 Chair Exercise <b>10:00 Hearing Clinic</b> 10:30 Watercolor 12:00 Lunch	<b>19</b> <b>9:00 Cribbage Tournament</b> 10:00 Shuffleboard 10:00 Silver Sneakers 10:30 Watercolor	<b>20</b> 9:00 Quazy Quilters 10:00 Chair Exercise 11:00 Women's Meditation <b>12:00 Christmas Dinner</b>

<p><b>11:00 Stamp Bingo</b>  10:30 Watercolor  11:00 Intermediate Chair Exercise  11:00 Chorus  12:00 Lunch  12:00 Weaving  <b>12:30 Diabetes Wellness</b>  <b>1:00 Hairdresser</b>  1:00 Qi Gong  1:00 Rummikub  1:00 Wii Bowling (League)  1:00 Knitting Group  <b>1:30 Planet Fitness</b></p>	<p><b>12:00 Economics of Movement</b>  12:30 Walking Club  1:00 Trivia &amp; Jeopardy  1:00 Native American Flute  1:30 Watercolor  <b>Message by appt.</b></p>	<p>12:00 Lunch  12:30 Woodworking  1:00 Knitting Group  1:00 Bingo  2:30 Scrapbooking  3:00 Intermediate Chair Exercise  4:00 Smartphone Help  <b>5:00 Afternoon Tea</b>  <b>5:00 Evening Quilting</b>  <b>6:30 Holiday Music of the Past &amp; Present</b>  6:30 T.O.P.S.  <b>Message by appt.</b></p>	<p>10:30 Watercolor  11:00 Wii Bowling (open to all)  <b>11:00 Men's Strength</b>  12:00 Lunch: Soup/Sandwich  <b>12:00 Dementia Nurse Consult</b>  12:30 Walking Club  1:00 Wii Balance Games  1:30 Chair Yoga</p>	<p><b>12:00 Christmas Party</b></p>
<p><b>23</b>  9:30 Gentle Yoga  10:00 Chair Exercise  10:30 Watercolor  11:00 Intermediate Chair Exercise  12:00 Lunch  12:00 Weaving  1:00 Qi Gong  1:00 Rummikub  1:00 Wii Bowling (League)  1:00 Knitting Group  <b>1:30 Planet Fitness</b></p>	<p><b>24</b></p> <p><b>Closed for Christmas</b></p>	<p><b>25</b></p> <p><b>Closed for Christmas</b></p>	<p><b>26</b>  10:00 Silver Sneakers  10:00 Shuffleboard  10:30 Watercolor  11:00 Wii Bowling (open to all)  <b>11:00 Men's Strength</b>  12:30 Walking Club  1:00 Wii Balance Games  1:00 Cribbage  1:30 Chair Yoga  <b>Message by appt.</b></p>	<p><b>27</b>  9:00 Quazy Quilters  10:00 Line Dancing (improver)  10:00 Chair Exercise  10:00 Scrabble  11:00 Line Dancing (intermediate)  11:00 Women's Meditation  <b>12:30 Movie: The Holiday</b>  1:00 Mahjong</p>
<p><b>30</b>  9:30 Joint Health Yoga  10:00 Chair Exercise  11:00 Intermediate Chair Exercise  12:00 Lunch  12:00 Weaving  1:00 Qi Gong  1:00 Rummikub  1:00 Wii Bowling (League)  1:00 Knitting Group  <b>1:30 Planet Fitness</b></p>	<p><b>31</b></p> <p><b>Closed for New Year's Day</b></p>			<p>Many thanks to the businesses that donated to the Senior Center this month: Gables of Fitchburg, Stewart's Florist, Hannaford, Patriot Pizza, Rivercourt Residences.</p>

### 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, Tuesday, Wednesday  
each week between 10:10am –12:30pm.  
*Someone must be home to receive the meal*

## PERSONAL CARE



**Women's Meditation Group**  
Fridays at 11am



**Qi-Gong**  
Mondays at 1:00pm  
Cost: \$5/class

Qi Gong is a gentle, soothing form of exercise excellent for seniors. It is also effective in improving balance, relieving pain, encouraging mobility and reducing stress.



**T.O.P.S.**  
Wednesdays at 6:30pm

Reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful.



**Healthy Living Group**  
Monday, December 2 at 12:30pm

This group offers the opportunity for open discussion on healthy eating, exercise, and well-being. A new topic of discussion is introduced each month.



**Reflexology, Manicures & Pedicures**  
Fridays, December 6 & 13 by Appt.  
Cost: Reflexology (\$25/half hr.);  
Manicure (\$15); Pedicure (\$22)

**Massage with Morningstar of Little Bear Massage**  
Tuesdays: Dec 3, 10, 17 ; Wednesdays: Dec 4, 18 ; Thursday  
Dec 26 By Appt. \$45/50 min

**Women's Conversation Group**  
Wednesday, December 11 at 11am

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

**Diabetes Wellness Support Group: Carb Counting & Meal Planning**  
Monday, December 16 at 12:30pm

Manage your diabetes with confidence. Topics will include managing stress, lifestyle changes, shared experiences, preventing complications, etc.

**Well Adult Clinic**

Wednesday, December 11 at 12pm

BP screening, glucose check, general health and first aid.

**Hearing Clinic**

Wednesday, December 18 at 10am

**Hairdresser**

Monday, December 16 at 1pm

The Senior Center is in need of:  
Kleenex (tissues) & Disinfectant wipes  
*Thank you for your generosity!*

## Call today to connect with a SENIOR LIVING ADVISOR

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best-selling author, former  
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emailed to you at

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## FRIENDS OF THE TOWNSEND SENIORS



### Who are we?

Founded in 2000, we are volunteer advocates for Townsend seniors, serving 26% of the town population!

We are committed to supporting the Senior Center by contributing volunteer hours, activities, and resources to maintain the Centers' excellence. We fundraise to expand and enhance programming, education, arts and entertainment, travel opportunities, technology and furnishings not included in the annual COA budget appropriation. Our two major fundraisers are the Holiday Fair in December and the August Lawn Party at the Band Concert on the town common.

**We are looking for newness: new members, new ideas, new energy.** The current Board of Directors include Peter Buxton, Donna Miller, Ruth Gibbs, and Priscilla Buck. Reach out to any one of them to learn more about the Friends. Meetings are held the first Wednesday of the month at 6pm at the Senior Center. We welcome visitors.

### Upcoming Events Sponsored by the Friends:

December 7—Holiday Fair at the Senior Center & Library. The Friends will host a bake sale; donations cheerfully accepted and sincerely appreciated. Drop off Saturday AM.

January 25—The Friends will host the Annual Senior Appreciation Luncheon in the Meeting Hall.

## GROUP FITNESS

### Chair Exercise (video instruction)

**Mondays, Wednesdays, & Fridays at 10am**

### Intermediate Chair Exercise (video instruction)

**Mondays at 11am**

**Wednesdays at 3 pm**

### Gentle Yoga with Patsy

**Mondays at 9:30am**

**Cost: \$6/class**

### Joint Health Yoga

**Monday, December 30 at 9:30am**

### Group Trip to Planet Fitness

**Mondays at 1:30pm**

**NEW!!**

### Silver Sneakers™

**Tuesdays & Thursdays at 10am**

**Cost: \$5/class, paid per class**

### Men's Strength

**Thursdays at 11am**

**Cost: \$5/class, paid per class**

**NEW!!**

### Walking Club

**Tuesdays & Thursdays at 12:30pm**

### Chair Yoga with Carin

**Thursdays at 1:30pm Cost: \$6/class**

### Line Dancing

**Fridays; Cost: \$5/class or \$7 for both/all**

**Improver: 10:00am –11:00am**

**Advanced class continues until 11:30**

**No Class  
12/20**

## JUST FOR FUN



### Scrabble

**December 13 & 27 at 10am**



### Movie Matinee

**Friday, December 13 at 12:30pm**

*The Man Who Invented Christmas*

**Friday, December 27 at 12:30pm**

*The Holiday*



### Rummikub

**Mondays at 1pm**



### Trivia & Jeopardy

**Tuesdays, December 3 & 17 at 1pm**



### Cribbage—Regular Play

**Thursdays at 1pm (except 12/19)**

### Cribbage Tournament

**Thursday, December 19 at 9am**



### Smartphone Help Sessions

**Wednesdays, Dec 4, 11, 18 at 4pm**



### Genealogy with Dwight Fitch

**Friday, December 13 at 10:30am**



### Mahjong

**Fridays, December 6, 13, 27 at 1pm**



### Shuffleboard

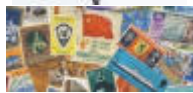
**Thursdays at 10am**

**Come check out our new table!**



### Helen's Native American Style Flute Lessons

**Tuesdays at 1pm Cost: \$40 for 4 week sessions**



### Stamp Collecting

**Monday, December 2 & 16 at 10am**

**Beginners and lifelong enthusiasts welcome!**



**Wii Games: Bowling Thursdays at 11am**

**Wii Games: Balance Games Thursdays at 1pm**



### Book Club

**Wednesday, December 11 at 1pm**

**This month's group will discuss: "At the Water's Edge" by Sara Gruen**



### Hope Community Chorus

**Mondays at 11am No rehearsal 12/23 & 30**

**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.*



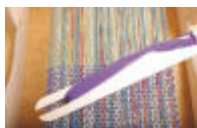
## ARTS & CRAFTS



**Knitting Group (Drop In)**  
Mondays & Wednesdays at 1pm



**Scrapbooking Group (Drop In)**  
Wednesdays at 2:30pm  
Use our supplies or bring your own!



**Weaving Group (Drop In)**  
Mondays at 12pm (except (11/18))  
Bring your loom and work with fiber friends.



**Watercolor Classes**  
Cost: \$22/3 week class; \$30/4 weeks  
Mondays Series (10:30am)  
Tuesday Series (1:30pm)  
Wednesday Series (10:30am)  
Thursday Series (10:30am)



**Marbled Glass Ornaments**  
Wednesday, December 4 at 3pm  
Cost: \$7 Glass ornaments are the base for swirling alcohol inks and marbled paint techniques. Make 3 ornaments: keep them for yourself or give as gifts!



**Evening Quazy Quilters (Drop In)**  
December 4 & 18 at 5pm Sewing machines, fabric, & ideas available.



**Felted Hat**  
Thursday, December 5 at 9am  
Cost: \$20  
Make a wet felted hat! The shape and color are up to you... whimsical, functional, or fantasy!



**Weaving: Woven Stars**  
Monday, December 9 at 1pm  
Cost: \$2 Come and learn to weave a basic Scandinavian star in for the holidays! Laura and Fran will take you step-by-step through the process.  
*Sponsored by Rivercourt.*



**Holiday Boxwood Trees**  
Tuesday, December 10 at 1pm  
Cost: \$25 Embrace the beautiful colors and textures of the winter with a festive and elegant arrangement for your home!

## ROAD RUNNER BUS SCHEDULE \*\*

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

Schedule all appointments by calling 978-597-1710

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mornings</b> 9:00am—12:00pm	<b>Pepperell</b> (Medical)	<b>Leominster</b> (Medical)	<b>Townsend</b> (Medical and Errands)	<b>Groton and Ayer</b> (Medical)	<b>Fitchburg and Lunenburg</b> (Medical)
<b>Afternoons</b> 1:00—3:00pm	<b>Townsend</b> (Errands)	<b>Leominster</b> (Errands)	<b>Townsend</b> (Medical and Errands)	<b>Townsend</b> (Errands)	<b>Fitchburg and Lunenburg</b> (Errands)

### 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.

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