

Silver Threads

TOWNSEND SENIOR CENTER

Vol 8 No 6, December 2021

From the Soap Box of the Director -

What has happened to the fine art of communication? I've noticed oftentimes that wires get crossed when communicating with my kids largely due to the fact that, especially with the one who doesn't live at home or call on a regular basis, the majority of communication is conducted via text or, even worse, Snap Chat. While these avenues have their place, they can't make up for the sound of someone's voice or the nuances that come out through a conversation or laughter. You can't text laughter. Not even with an emoji.

So I challenge you (and I), being of the age where we actually remember sending letters and visiting people at their homes and making phone calls, (My dad used to get so upset when I would hang on the phone all evening with my friends after seeing them at school all day!) to send that card to someone you haven't seen in awhile. Knock on a door. Pick up the phone. Say hello at the store. Make someone laugh. It will make their day—and yours!

Meanwhile...

'Tis the month of Christmas and all through the Senior Center nobody really knew what would be happening for the Holidays, but the staff had some ideas and the program leaders and instructors put their thinking caps on and magic began to happen.

There will be gifts from Friends and other community supporters. There will be parties and meals and teas. There will be crafts and new programs and fun and games to be had by all. There may even be a few surprises along the way. Note that the events listed in green on the calendar are pending room use restrictions. We will know more soon.

So put on your scarves and boots and make your way on over here because whoever you are, wherever you are, whatever you need you can count on us to be here for YOU!

Karin

Holiday Fair/Festival of Trees December 11 10-3PM

Come to the library/senior center to view the Festival of Trees as you shop and have fun at the Holiday Fair! Shop at crafter tables, eat some homemade meals, buy a specialty dessert or cookies by the bag!

Karin Canfield Moore, Director
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Program Coordinator
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator

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

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



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Lunch

RESERVATIONS REQUIRED

48 hours in advance

Suggested \$3.00 donation

Onsite lunches

Please observe mask protocol as requested

Tuesdays: Soup & Salad Bar

Thursdays: Donna's Diner

Dec 2: Lasagna

Dec 9: Beef Tacos

Dec 16: Drive thru Prime Rib Christmas Dinner

Dec 30: No Lunch *Happy New Year!*

Meals on Wheels Provided by MOC

Call: 978-345-8501 Ext. 2 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.

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

Community Foundation of North Central Massachusetts
Greater Lowell Community Foundation
Hannaford of Townsend
Friends of the Townsend Seniors
Rivercourt Residences
Townsend Ecumenical Outreach (TEO)
Townsend VFW

Christmas Open House

Thursday, December 16th

9-noon

Enjoy pastries with coffee or hot cocoa
while visiting with friends
and enjoying sounds of the season.

1 pm

Drive thru Prime Rib Dinner with a surprise guest!

RSVP required by December 10th.

Important Phone Numbers

Community Services:

Elder Abuse Hotline:

(800) 922-2275

Executive Office of Elder Affairs:

(617) 727-7750

Fuel Assistance:

(978) 342-4520

Montachusett Home Care:

(978) 537-7411

Nashoba Nursing Service:

(978) 425-6675

Townsend Ecumenical Outreach (Food Pantry)

(978) 597-2209

SHINE Medicare Counseling

508-422-9931

Laptops available to borrow!

It's easy to learn be tech savvy
with our loaner program!



Explore independently or use our
tech training services to learn
email, internet, online banking,
zoom, online shopping, accessing
your health portal, online food
delivery and more!

Technology Help

Do you have a new phone or tablet and need help learn-
ing to use it?

Learn to use popular programs including Zoom, Paypal,
Gmail, Facebook, etc.

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

SENIOR PLANET

FROM **AARP**

Have a tech question, beyond what the Senior Center
can help with?

Give Senior Planet's National Tech Hotline a call!
(920) 666-1959

Please note this is NOT a toll-free number. Open from
9am – 5pm EDT, Monday – Friday

Need a greeting card for a special event?

We have many to choose from.

Come on by and check out our selection!

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

Fitness and Exercise

Yoga with Carin

Beginner: Mondays at 11:30am in the Meeting Hall
(Chair and floor options)
Wednesdays at 3:30pm in the Meeting Hall;
\$5 per class

Senior Fitness with Stephanie

Mondays and Wednesdays at 9:15am in the Meeting Hall (live instructor) \$5 per class

Mondays and Thursdays at 9:30am via Zoom
\$40 for a pack of 6 classes

No classes after 12/15

Chair Exercise

Mondays and Fridays at 10am in the Meeting Hall
No class 12/24 or 31

Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9

Walking Club

Tuesdays and Thursdays at 9:30am.
Inside and outside options available, dependant on the weather.

Line Dancing

Tuesdays at 10:00am in the Meeting Hall; \$5 per class

Qi Gong

Thursdays at 11am; \$5 suggested donation per class.

Learn to Tap Dance

Mondays at 1pm in the Meeting Hall; \$5 per class
You can't help but feel joyful, learning this dance style!
Tap shoes helpful but not required; we have a few pairs to loan!

For Your Health *RSVP required for ALL programs*

Medicare Counseling

Wednesdays by appointment
SHINE-certified assistance enrolling in Medicare, choosing a plan, etc.
Be sure you have a current Medicare Advantage Plan!



TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm
Reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful.



Manicures, Pedicures, Reflexology

Tuesday afternoons. Mani \$14, Pedi \$23, both for \$35. Trims: toes \$18, fingers \$9.
Reflexology \$27 for 1/2 hour.
Call 978-407-7658 for an appointment.



Massage with Morningstar:

Tuesdays and Thursdays by appointment.
\$45/50mins.



Women's Meditation

Fridays at 11am



Hearing Clinic

Wednesday December 15th by appointment.

Diabetes Support: Tips to Enjoy the Holidays While Keeping Your Blood Sugar in Check

Thursday, December 16th at 11am
Come in for some treats and information on how to manage your diabetes with confidence.

Wellness Clinic

Wednesday, December 8 from 12-2pm
BP screening, glucose check, general health & first aid.

Dementia Nurse Consultation

Thursday, December 16 by appointment. Bernadette Oinonen, MS, RN served the senior population for over 35 years. With her experience supporting and educating family caregivers of clients with dementia all parties benefit from having a roadmap to negotiate the challenging journey they may travel.

Stages

Thursdays at 2pm
Join others who are coping with life after loss

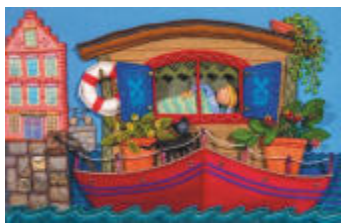
Healthy Living Group *Will be back next year!*

HOUSING REHAB ASSISTANCE:

The Town of Townsend has funds available for housing rehab through the Community Development Block Grant. Funds are available for those who are income eligible and may be used for heating systems, windows, septic, paint, etc. To schedule an appointment email dhansen@cogincorp.com or call Jodie Deschenes at 978-597-1700 x 1706.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>December</h1>		1 9:15 Senior Fitness 12:30 Wood Carving 1:00 Bingo 2:00 Watercolor 3:00 Quazy Quilters 3:30 Beginner Yoga 6:00 Friends 6:30 TOPS	2 9:30 Walking Club 10:00 Watercolor 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 2:00 Stages *Massage by appt	3 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 1:00 Movie Matinee <i>"My Best Friend's Wedding"</i>
6 9:15 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Beginner Yoga 12:00 Knitting 12:30 Weaving w/ Polymer Clay 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub	7 9:30 Walking Club 9:30 Snowman Craft 10:00 Line Dancing 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Gnome Jars 1:00 Trivia *Massage by appt *Mani/Pedi by appt	8 9:15 Senior Fitness 12:00 Wellness Clinic 12:30 Wood Carving 1:00 Bingo 2:00 Watercolor 3:30 Beginner Yoga 6:30 TOPS SHINE Medicare Counseling	9 9:30 Walking Club 10:00 Watercolor 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 2:00 Stages *Massage by appt	10 9:15 Van Trip: Salley Mavor 10:00 Weaving 10:00 Chair Exercise 10:30 Genealogy 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters Holiday Fair Saturday
13 9:15 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Beginner Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub	14 9:30 Walking Club 9:30 Christmas Paper Crafts 10:00 Line Dancing 11:00 Mexican Train 12:00 Soup & Salad 12:00 House Boxes *Massage by appt *Mani/Pedi by appt	15 9:15 Senior Fitness 10:00 Hearing Clinic 12:30 Wood Carving 1:00 Bingo 2:00 Watercolor 3:00 Quazy Quilters 3:30 Beginner Yoga 5:30 Galloping Gourmets: Old Mill 6:30 TOPS	16 Christmas Open House 9:00 Cribbage Tournament 9:30 Walking Club 10:00 Dementia Nurse 10:00 Watercolor 11:00 Diabetes Support 11:00 Qi Gong 2:00 Stages *Massage by appt	17 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 1:00 Movie Matinee <i>"Elf"</i>
20 10:00 Chair Exercise 10:30 Chorus 11:30 Beginner Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub	21 9:30 Walking Club 10:00 Line Dancing 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia *Massage by appt *Mani/Pedi by appt	22 12:30 Wood Carving 1:00 Bingo 1:00 Book Club 2:00 Watercolor 3:30 Beginner Yoga	23 CLOSED	24 FOR CHRISTMAS
27 10:00 Chair Exercise 10:30 Chorus 11:30 Beginner Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub	28 9:30 Walking Club 10:00 Line Dancing 11:00 Mexican Train 12:00 Soup & Salad *Massage by appt *Mani/Pedi by appt	29 12:30 Wood Carving 1:00 Bingo 2:00 Watercolor 3:00 Quazy Quilters 3:30 Beginner Yoga 4:00 Afternoon Tea 6:30 TOPS	30 9:30 Walking Club 10:00 Watercolor 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 2:00 Stages *Massage by appt	31 CLOSED Key: Tentative

Special Events RSVP required for ALL programs



Salley Mavor at the New England Quilt Museum

Friday, December 10th, \$15 includes entry, transportation and private tour

Exhibition of the original three-dimensional illustrations from her book, *My Bed: Enchanting Ways to Fall Asleep Around the World*. Made entirely by hand with fabric, beads, wire and found objects, each artwork is much like a shallow stage set assembled into shadow box frames.

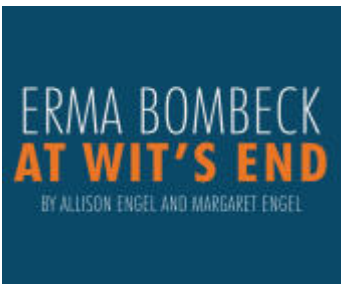


Galloping Gourmets: Old Mill Restaurant (Westminster, MA)

Wednesday, December 15 at 5:30pm

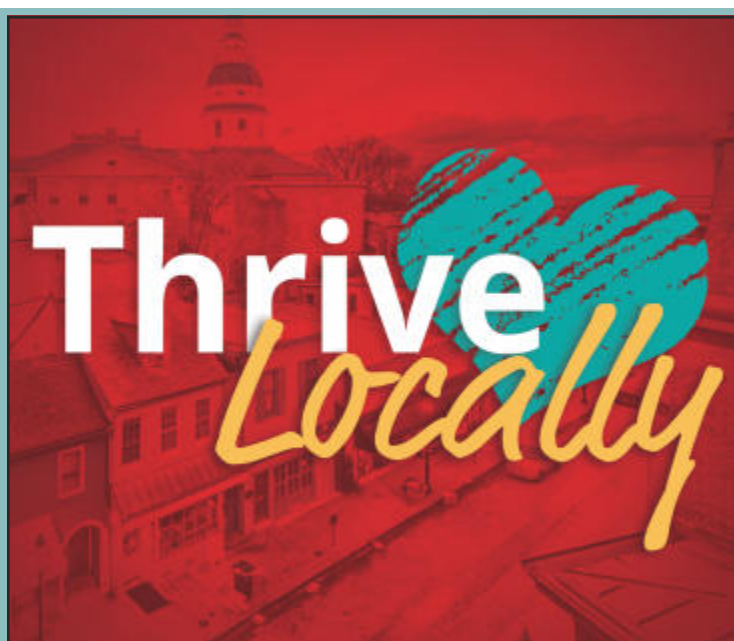
Cost: \$3.50 plus the cost of your meal

Join others looking to try a new or different restaurant, without the hassle of driving! By request, we're headed to the Old Mill Restaurant in Westminster.



Sunday, January 30th at 2pm \$20 includes transportation and snack.

Funniest. Mom. Ever. A celebration of humorist Erma Bombeck, *At Wit's End* rejoices in the life of a woman considered to be one of America's favorite moms, who championed the everyday lives of housewives with a daring truth few of her generation were willing to tell.



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www.mycommunityonline.com



For Fun *RSVP required for ALL programs*



Women's Conversation
First & Third Tuesdays
Dec 7 & 21 at 11am



Trivia
First & Third Tuesdays,
Dec 7 & 21 at 1pm



Book Club Wednesday, December 22 at 1pm. *"Mr. Dickens and His Carol"* by Samantha Silva



Rummikub & Wii Bowling
Mondays at 1 (space allowing)



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



Chorus
Mondays at 10:30am



Cribbage
Thursdays at 1pm, except...
Tournament 12/16 at 9am



Mexican Train Dominoes
Tuesdays at 11am



Movie Matinee
Friday, December 3 at 12:30pm
My Best Friend's Wedding
with Julia Roberts
Friday, December 3 at 12:30pm
Elf with Will Farrell



Wood Carving
Wednesdays, 12:30pm-2:30pm
(Drop In) Experienced carvers and beginners alike.



New Year's Afternoon Tea and Yankee Gift Swap
Wednesday, December 29, at 4pm
Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Please RSVP.



Genealogy with Dwight Fitch
Friday, December 10 at 10:30am
Trace your ancestry and find out where your family tree has roots. No need to sign up.

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.) 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.



RAFFLE to benefit Friends of the Seniors. Tickets available at the senior center; \$3 each or 4 for \$10

17" and 15" poseable, needle felted wool figures, handmade wool and cotton clothing



\$_____ 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.

We need donations of brown paper bags, paper towels and facial tissue. Thank you!

ARTS AND CRAFTS —sign up REQUIRED



Knotty Knitters

Mondays at noon Knit or crochet with other beginners or get help from those who've used circular needles awhile.



Watercolor with Sue!

Wednesdays at 2pm. Thursdays at 10
\$30 per month for the class.
Limit of 12 students per class.



Weaving Drop-In

Fridays 10am-noon
Bring your unfinished weaving class projects or anything fiber-related.



Quazy Quilters

Fridays at 12pm
Select Wednesday evenings at 3
Work on your latest project, or use our supplies to create something new!



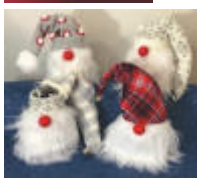
Weaving: \$4

Monday, December 6 from 12:30-2:30
Enjoy a fun and easy weaving project. Bright strips of polymer will be woven into Christmas trees! Use as ornaments or jewelry. Supplies provided.



Snowmen Popsicles: \$3

Tuesday, December 7th @9:30am
Diane will teach you how to make this whimsical needle felted gift or ornament!



Mason Jar Gnomes: \$10

Tuesday, December 7, 1-3pm
These adorable gnomes are made with a mason jar. Pop off the hat and fill them with holiday candies or other goodies. An easy and fun no-sew project!



Christmas Paper Crafts: \$3

Tuesday, December 14th @ 9:30 am \$3
Join Diane and Donna to make cards, gift tags and/or ornaments to spruce up your holidays!



House Boxes: \$10

Tuesday, December 14, 12-3pm
Create a sturdy box in the shape of a house with a flip up roof. They stand 6" tall and are perfect for filling with a variety of gift items. All supplies included, but feel free to bring your favorite wrapping paper.

ROAD RUNNER BUS SCHEDULE

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

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.

**No
SERVICE
12/10
12/23 & 24,
12/31**

Mask Mandate on public transportation remains in effect. Mask must cover nose, mouth and chin.

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am-12:00pm	Pepperell (Medical)	Leominster (Medical)	Townsend (Medical)	Groton, Ayer (Medical)	Lunenburg, Fitchburg (Medical)
Afternoons 1:00-3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Errands)	Townsend (Errands)	Fitchburg (Errands)

DESTINATIONS:

- Medical:** Doctors, Dentists, Therapies, Lab work, etc.
(Please schedule morning appointments with your physician/provider).

FARES (One Way):

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

Wednesdays
3:00-8:00 PM
By Appointment

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