

December 2022

Vol 9 No 6

Silver Threads

TOWNSEND SENIOR CENTER

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. 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!

From the Desk of the Director -

As I begin downsizing in earnest I am keenly aware of all the "stuff" I have accumulated over the years. How much of it is really worth keeping? Unfortunately, not much. Though I intend to donate and resell as much as I possibly can I dread how much will end up in a dumpster and eventually a landfill somewhere.

All you need to do is drive up Route 13 between Townsend and Milford to see a minimum of 6 storage unit facilities to realize that we all have too much "stuff". So I have a suggestion.

It is clear that we are all feeling the pinch, so I encourage all of us to take a page from the Greatest Generation and keep it simple this year. We have more important things to spend our money on. Make a concerted effort to regift, reduce, reuse. Give experiences, not things. Bake. Be crafty. Give something useful. Afterall, who doesn't love homemade jelly, jam, pickles, bread, soap, candles, granola, candies or cookies? If you do shop, shop locally. Go to a craft fair, or two.

We have plenty of options for you to come in and make some fabulous gifts. As an added bonus you can turn down your thermostat and save some money while you have a cup of coffee, participate in a program, watch something on TV or a movie, enjoy a delicious lunch. Who knows, you might even leave with a new friend or two. What a great way to start the New Year!

All of us here are proud to hear you tell us the many reasons why this is where you WANT to be!



**Wishing each and every one of you the
happiest of holidays and the very merriest
of Christmases - Karin, Elise, Janet,
Lorraine, Donna F, Donna H, Greg, Peter,
Steve, Anne and John**

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-Friday: 9am-3pm

Wednesday: 9am-8pm

16 Dudley Road, Townsend, MA 01469

978-597-1710

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>December</div> <div>Ugly Sweater day on the 20th! Prizes for the ugliest!</div>			1 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Donna's Diner 12:30 Mexican Train 1:00 Cribbage 1:30 Charcoal Drawing 1:30 Osteo Movement	2 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Weaving Drop-In 11:00 Scrabble 11:00 Women's Meditation
5 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 10:00 Coffee & Conv. 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	6 *Massage 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club 10:00 Crafting w/Angela 10:30 CBG Jam 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Mani. & Facials	7 *Medicare 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 4:00 Grief Support 6:00 Friends 6:30 TOPS	8 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 D's Diner w/Concert 12:00 Podiatrist 12:30 Mexican Train 12:45 Bach's Lunch 1:00 Cribbage 1:00 Tech Help 1:30 Charcoal Drawing 1:30 Osteo Movement	9 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Weaving Drop-In 10:30 Genealogy 11:00 Scrabble 11:00 Women's Meditation 12:30 Movie Matinee <i>"The Santa Clause"</i> Saturday, 10 10:00 Holiday Fair
12 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 10:00 Coffee & Conv. 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	13 *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:30 CBG Jam 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	14 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 12:00 Wellness Clinic 1:00 Bingo 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 6:30 TOPS	15 *Massage 9:00 Cribbage Tournament 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Diabetes Support 11:15 Tai Chi 12:00 Christmas Party 12:30 Mexican Train 1:30 Charcoal Drawing 1:30 Osteo Movement	16 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Podiatrist 10:00 Weaving Drop-In 11:00 Scrabble 11:00 Women's Meditation 1:00 Holiday Terrariums Saturday, 17 7:30 Charlie Brown Christmas Concert
19 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 10:00 Coffee & Conv. 10:00 Dementia Nurse 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	20 *Massage 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club 10:00 Ugly Sweater Cookie Decorating 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing	21 10:00 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 5:00 Michelle Goodwin Dance Recital 6:30 TOPS	22 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Donna's Diner 12:30 Mexican Train 1:00 Cribbage 1:00 Tech Help 1:30 Charcoal Drawing 1:30 Osteo Movement	23 <div>Closed For Christmas</div>
26 <div>Closed For Christmas</div>	27 *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	28 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Book Club 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 6:30 TOPS	29 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Donna's Diner 12:30 Mexican Train 1:00 Cribbage 1:30 Charcoal Drawing 1:30 Osteo Movement	30 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Weaving Drop-In 11:00 Scrabble 11:00 Women's Meditation

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

Senior Fitness

Thursdays at 9:15am (live instructor - \$5 per class)
Mondays 9:00am (DVD)

Chair Exercise

Mondays, Wednesdays and Fridays at 10am

Walking Club

Tuesdays and Thursdays at 9:30am
Inside and outside options, weather depending.

Learn to Tap Dance

Mondays at 1pm; \$5 per class
You can't help but feel joyful learning this dance style!
Tap shoes helpful but not required; we can loan some.

Tai Chi

Thursdays at 11:15am \$5 per class
Join Jeff for this Chinese martial art practiced for health benefits and meditation.

Line Dancing

Tuesdays at 1:30pm, no class on 12/6. \$5 per class

Move your body with Carin:

Hybrid Yoga; \$5 per class

(Chair and floor options)

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

Osteo Movement

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.

Beginner Yoga

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

Building Memory Skills

Thursdays at 10am; \$5 per class

Do you struggle to remember things? Is your eye-hand coordination lacking? This class is for you!

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



Massage with Morningstar:

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



Sarah from Footcare Focus

will offer podiatry services, \$45
Thursday, Dec. 8th from 12pm to 3pm
Friday, Dec. 16th from 10am to 1pm
Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, December 14th from 12-2pm
BP screening, glucose check, etc.



Hearing Clinic

Wednesday, December 21st at 10am



Women's Meditation

Fridays at 11am

Water aerobics at the YMCA!

Mondays at 3pm
Van leaves the Senior Center at 2:30pm
Call for more information.

Manicures and Facials

First Tuesday at 1:30pm by appointment

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.

Dementia Nurse Consultation

3rd Monday at 10am, by appointment

Bernadette Oinonen, MS, RN served the senior population for over 35 years supporting and educating family caregivers of clients with dementia. All parties benefit learning to navigate the journey they may travel.

Healthy Living

No meeting in December. Returning in January.

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

Diabetes Support

Thursday, December 15th at 11am

Come and pick up Healthy recipes for the holidays!
Snacks and a prize raffle!

Grief Support Group

Wednesday, December 7th at 4pm

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

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



Alcohol Ink Jewelry

2nd and 4th Tuesdays at 1pm
Limited to 12 students. Cost is \$12 including materials.



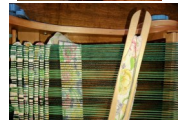
Watercolor with Sue!

Wednesdays at 10am and 2pm
\$20 per month.
Limit of 12 students per class.



Weaving Classes:

No Classes in December
Sessions will return in January



Weaving Drop-In

Fridays 10am-noon
This is a time to come in to finish a project or bring your own project.



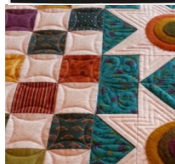
Felting

2nd and 4th Tuesdays at 9:30am
Choose a Christmas Ornament to Needlefelt! \$3 fee.



Charcoal Drawing with Sue!

Thursdays at 1:30pm
Charcoal has unique characteristics that will encourage your creativity. \$20 per month. Limit of 12 students.



Quazy Quilters

Tuesdays from 9am to 3pm
1st & 3rd Wednesdays at 1:00pm
Work on your latest project, or use our supplies to create something new!



Scrapbooking

2nd & 4th Wednesday at 3pm
Bring your own supplies or use ours!



Wood Carving

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

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

Women's Conversation

First & Third Tuesdays at 11am



Trivia

First & Third Tuesdays at 1pm



Cigar Box Guitar Slow Jam

1st and 2nd Tuesday at 10:30am



Book Club

Wednesday, December 28th at 1pm
"The Christmas Bookshop"
by Jenny Colgan



Bingo

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



Hope Community Chorus

Mondays at 10am



Genealogy with Dwight Fitch

Friday, December 9th at 10:30am
Trace your ancestry and find out where your family tree has roots.



Movie Matinees:

Friday, December 9th at 12:30pm
"The Santa Clause" with Tim Allen
Pizza provided by Friends of the Townsend Seniors



Mexican Train Dominoes

Tuesdays at 10:30am
and Thursdays at 12:30 pm



Scrabble or Backgammon or Chess...

Name your game. We have many to choose from (and bring a friend)!
Fridays at 11am



Rummikub

Mondays at 1pm



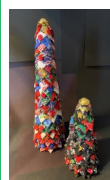
Wii Bowling

Mondays at 1 pm



Cribbage

Thursdays at 1pm, except...
Tournament on 12/15 at 9am



Crafting with Angela

Tuesday, December 6th at 10am

Complete a holiday craft project from start to finish!
Make a Christmas tree from scrap fabric! No cutting, no gluing. Cost: \$5 for materials.

Holiday Terrariums

Friday, December 16th at 1pm

Create a holiday decoration for your home or gift it to a loved one!
Cost: \$3 for materials



Special Events *RSVP required for ALL programs - 978-597-1710*



**A CHARLIE BROWN CHRISTMAS SOUNDTRACK
LIVE WITH THE HEATHER PIERSON TRIO**



A Charlie Brown Christmas with the Heather Pierson Trio *Park Theatre in Jaffrey, NH*

The acclaimed Heather Pierson Jazz Trio performs the celebrated soundtrack of "A Charlie Brown Christmas," which was written by jazz great Vince Guaraldi. The trio has made this live performance an annual holiday event across New England and beyond.

Saturday, December 17th at 7:30 pm. Bus leaves at 7:30pm. \$30- Includes admission and transportation. Limited to 12 Guests.

Ugly Sweater Cookie Decorating

Wear your favorite ugly sweater and join us on **December 20th** at 10am to slather some sugar cookies with frosting..
Cost \$3 for materials-
Registration required



Christmas Party

Thursday, December 15th at noon



*Help us celebrate the season with music, merriment,
and a festive holiday feast.*

*Who knows, someone special just might show up!
You are also encouraged to participate in the bring a gift,
get a gift exchange.*

Please limit your gift value to \$5

Please register in advance

December Lunches

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

Tuesdays: Soup & Salad Bar

Wednesdays: Heart to Home Meals

Thursdays: Donna's Diner

Tuesday	Wednesday	Thursday
		12/1: Donna's Diner <i>Chicken & Biscuit Casserole</i>
12/6: Soup & Salad	12/7: Heart to Home <i>Sweet & Sour Chicken</i>	12/8: Donna's Diner <i>Burgundy Beef Tips</i>
12/13: Soup & Salad	12/14: Heart to Home <i>Vegetable Pasta Primavera</i>	12/15: Christmas Party and Buffet
12/20: Soup & Salad	12/21: Heart to Home <i>Scrambled Eggs w/ Veggies</i>	12/22: Donna's Diner <i>Classic Turkey Sandwich</i>
12/27: Soup & Salad	12/28: Heart to Home <i>Fish Florentine</i>	12/29: Donna's Diner <i>Chef's Salad</i>

Do you miss our Social Room?

Join us on Mondays for

Coffee and Conversation

Drop in between 10am-12pm to connect with friends and make new ones!

Dementia Nurse Consulting

Bernadette Oinonen, MS, RN will be available by appointment every **third Monday from 10am-12pm**

Bernadette is here to support and educate family caregivers of clients with dementia

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.

Holiday Arts

HBMS Band & Chorus Concert

Thursday, December 8th during Donna's Diner

The Hawthorne Brook middle school students will perform while you enjoy lunch and will bring desserts for everyone!

Bach's Lunch at the Groton Music Center

Thursday, December 8th

Violin & Piano Duo –20th Century Classics

Van leaves at 12:45pm, Limited to 6 Guests.

Bring a brown bag lunch and enjoy the music!

Holiday Fair

Saturday, December 10th

Crafters, Desserts, Children's Games, Shopping! See the spectacular Festival of Trees! And Santa!

Michelle Goodwin Dance Recital

Wednesday, December 21st at 5pm

Get in the holiday spirit with the talented dancers from our local dance academy. Snacks and drinks will be served!

Beth Walsh from Senator Cronin's office will be here

Thursday, December 15th from 11:30-1:00 to join us for lunch, visit with you and discuss your concerns.

You can also call her at 617-722-1230

Keep Warm and Carry On!

The Townsend Senior Center welcomes you to come in and warm up even if you are not participating in a program.

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 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.

All trips in December are free thanks to the LRTA and the State Legislature!

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¢

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

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



*The Senior Center Kitchen
needs donations of paper towels, and
heavy duty dinner paper plates.*

***Do you want to help the Senior Center?
Please consider joining the Friends of the Townsend
Seniors and help their fundraising efforts. Thank you!***

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.*