

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director -

Valentine's Day – it used to represent idealized love with flowers, chocolate, and maybe a night on the town, but what does it mean to us now? Can I suggest we celebrate self love and life lived courageously?

A phrase that keeps popping into my head: "Peace, Love and All That!" The mantra of a childhood friend who recently lost his battle with the dreaded "C" word. Despite being in remission for a decade, the beast recurred with a vengeance and continued to progress despite chemotherapy and radiation. Knowing him to be a selfless, happy-go-lucky child with a persistent smile on his face, I wasn't surprised to learn that he agreed to participate in a trial of the first immune cells grown from stem cells.

Though the treatment didn't save his life, I like to think of him as a pioneer and that he has given the doctors a wealth of information to learn from and other patients hope that they may spend a little more time with those they love.

My point is, even when you are faced with a monster, it is your choice to hide under your bed or to face that monster with your head held high, a twinkle in your eye, and a smile on your face and proclaim in the loudest voice you can muster, "PEACE, LOVE, AND ALL THAT!"

Karin

Save The Date:

3/12: Census Information Session
3/19: Heart to Home Luncheon
4/29: AARP Safe Driver Course

Program Notes

- No Yoga 2/3
- Group trips to Planet Fitness have been cancelled due to lack of interest



Council on Aging: Tuesday, February 18 at 10am
Help determine Senior Center priorities; all are welcome.

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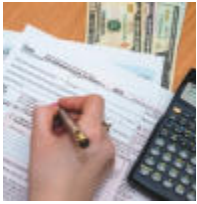
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SPECIAL EVENTS (RSVP 978-597-1710)



AARP Tax Assistance
Tuesdays in February by Appt
 AARP offers free tax preparation to help seniors file their taxes. First priority given to Townsend residents and Senior Center patrons.



Dementia Nurse Consultation
February 6 & 20 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.



MEN ONLY: Flower Arranging
Friday, February 7 at 1pm
Cost: \$15

Men, don't forget Valentine's Day is approaching! Women love flowers, especially if you arranged them yourself! This simple arrangement is something anyone can accomplish, and it won't take too long!



The Power of Positivity
Wednesday, February 12 at 11am
 A positive attitude is a state of mind about a situation or fact that allows you to focus on the opportunities and accomplishments. Learn the benefits & effects of this perspective and how to increase positive thinking to reduce the stress & improve overall health. *Presented by Nashoba Associated Board of Health.*



Grandparents Raising Grandchildren: Facebook Basics
Wednesday, February 12 at 6pm
 Learn the basics of Facebook for keeping in touch with friends and family, but also to "speak the language" of today's parents and understand the role of social media in modern friendships. **ALL ARE WELCOME!**



Fly Tying
Thursday, February 20 at 10:30am
 Dust off your gear and get your ties ready for spring fishing! Eino will offer tips for your best catch yet!



Trivia with Ashley
Thursday, February 20 at 1pm
 Flex your mental muscles and have some fun with friends! Win prizes and bragging rights!



Bus Trip: Larz Anderson Auto Museum
Friday, February 21 at 9:30am
Cost \$10. View America's oldest car collection and the special exhibit, Golden Age: Distinction, Style & Grace 1915-1948. We'll stop for lunch on our way home.



TED Talk: Ten Ways to Have a Better Conversation
Tuesday, February 25 at 11am
 Celeste Headlee has worked as a radio host for decades, and she knows the ingredients of a great conversation: Honesty, brevity, clarity and a healthy amount of listening. Conversation to follow video.



Galloping Gourmets: Lucia's
Wednesday, February 26 at 5:30pm
 Cost: \$5 plus your meal. Enjoy a meal with friends without the hassle of driving! This month we'll visit Lucia's Italian Restaurant in Ayer.



Self Defense Techniques
Thursday, February 27 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.



Traveling Tooth Fairy
Thursday, February 27 by Appt
 Get your teeth cleaned and examined conveniently at the Senior Center!

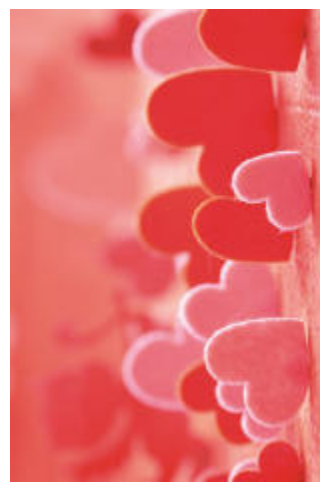
Community Services:

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.



February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Chair Exercise 10:00 Stamp Collecting 11:00 Stamp Bingo 10:30 Watercolor 11:00 Chorus 11:00 Knotty Knitters 12:00 Lunch 12:00 Weaving 12:30 Healthy Living Group 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League)	4 9:00 AARP Tax Prep 9:30 Valentine Bookmarks 10:00 Silver Sneakers 12:00 Lunch 12:00 Ergonomics of Movement 12:30 Walking Club 1:00 Trivia & Jeopardy 1:00 Native American Flute 1:30 Watercolor Message by appt.	5 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 1:00 Knotty Knitters 1:00 Bingo 2:30 Scrapbooking 3:00 Glass Pendants 4:00 Smartphone Help 5:00 Evening Quilting 6:00 Friends Meeting 6:30 T.O.P.S Message by appt.	6 10:00 Shuffleboard 10:00 Silver Sneakers 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch 12:00 Dementia Nurse Consult 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga	7 9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Soup & Salad Bar 1:00 Mahjong 1:00 Men Only Flower Arranging
10 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 11:00 Knotty Knitters 12:00 Lunch 12:00 Weaving Celtic Hearts 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League)	11 9:00 AARP Tax Prep 9:30 Valentine Decorative Vase 10:00 Silver Sneakers 12:00 Lunch 12:00 Ergonomics of Movement 12:30 Walking Club 1:00 Native American Flute 1:30 Watercolor Message by appt.	12 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 11:00 Power of Positivity 12:00 Well Adult Clinic 12:00 Lunch 12:30 Woodworking 1:00 Book Club 1:00 Knotty Knitters 1:00 Bingo 2:30 Scrapbooking 4:00 Smartphone Help 6:00 Grandparents Raising Grandchildren: Facebook	13 10:00 Shuffleboard 10:00 Silver Sneakers 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga	14 9:00 Quazy Quilters 10:00 Line Dancing (Improver) 10:00 Chair Exercise 10:00 Scrabble 10:30 Genealogy 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Soup & Salad Bar 12:30 Movie: When Harry Met Sally 1:00 Mahjong

17	Closed for Presidents Day	18	9:00 AARP Tax Prep 10:00 Silver Sneakers 10:00 COA Meeting 12:00 Lunch 12:00 Ergonomics of Movement 12:30 Walking Club 1:00 Trivia & Jeopardy 1:00 Native American Flute 1:30 Watercolor Message by appt.	19	10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 1:00 Knotty Knitters 1:00 Bingo 2:30 Scrapbooking 6:00 Needlefelted Critter 6:30 T.O.P.S.	20	9:00 Cribbage Tournament 10:00 Shuffleboard 10:00 Silver Sneakers 10:30 Fly Tying 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch 12:00 Dementia Nurse Consult 12:30 Walking Club 1:00 Trivia with Ashley 1:00 Wii Balance Games 1:30 Chair Yoga	21	9:00 Quazy Quilters 9:30 Bus Trip: Larz Anderson Auto Museum 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Soup & Salad Bar 12:00 Hairdresser 1:00 Mahjong
24		9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 11:00 Knotty Knitters 12:00 Lunch 12:00 Weaving 12:30 Diabetes Wellness 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League)	25	9:00 AARP Tax Prep 10:00 Silver Sneakers 11:00 TED Talk: Ten Ways to Better Conversation 12:00 Lunch 12:00 Ergonomics of Movement 12:30 Walking Club 1:00 Native American Flute 1:30 Watercolor Message by appt.	26	10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch 12:30 Woodworking 1:00 Knotty Knitters 1:00 Bingo 2:30 Scrapbooking 3:00 Glass Pendants 4:00 Smartphone Help 5:00 Evening Quilting 5:30 Galloping Gourmets 6:30 T.O.P.S. Message by appt.	27	10:00 Silver Sneakers 10:00 Shuffleboard 10:30 Watercolor 10:30 Self Defense Techniques 11:00 Wii Bowling (open to all) 12:00 Lunch 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga Traveling Tooth Fairy by Appt	28

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

Many thanks to the businesses that
donated to the Senior Center this month:
Gables of Fitchburg, Stewart's Florist,
Hannaford, Rivercourt Residences.

PERSONAL CARE



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



Ergonomics of Movement™
Tuesdays at 12pm Cost: \$10/class
Learn how the body works, how to protect & strengthen it by moving correctly & efficiently as you go about your daily routine without disruption to your schedule.



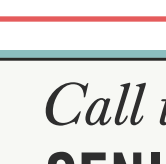
Women's Meditation Group
Fridays at 11am



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, February 3 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.



Hearing Clinic
Wednesday, February 19 at 10am

Reflexology, Manicures & Pedicures
No appts in February; Veronica is returning in March!
Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)

Massage with Morningstar of Little Bear Massage
Tuesdays: Feb 4, 11, 18, 25; Wednesdays: Feb 5 & 26 By
Appt. \$45/50 min

Women's Conversation Group
Wednesdays, February 12 & 26 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, February 24 at 12:30pm
Manage your diabetes with confidence. Topics will include managing stress, lifestyle changes, shared experiences, preventing complications, etc.

Well Adult Clinic
Wednesday, February 12 at 12pm
BP screening, glucose check, general health and first aid.

Hairdresser
Friday, February 21 at 1pm

Traveling Tooth Fairy
Thursday, February 27 by appt.

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◀ **Joan Lunden**, journalist,
best-selling author, former
host of *Good Morning America*
and senior living advocate.



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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:

April 25: Earth Day Celebration



Make a donation to the Friends
and receive
a reusable grocery bag!

GROUP FITNESS

Chair Exercise (video instruction)

Mondays, Wednesdays, & Fridays at 10am

Gentle Yoga with Patsy

Mondays at 9:30am (no class 2/3 or 2/17)

Cost: \$6/class

Silver Sneakers™

Tuesdays & Thursdays at 10am

Cost: \$5/class, paid per class

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

The Senior Center is in need of:

Kleenex (tissues)
Disinfectant wipes

Thank you for your generosity!

JUST FOR FUN



Scrabble

February 14 & 28 at 10am



Movie Matinee

Friday, February 14 at 12:30pm

When Harry Met Sally

Friday, February 28 at 12:30pm

Pretty Woman



Rummikub

Mondays at 1pm



Trivia & Jeopardy

Tuesdays, February 4 & 18 at 1pm



Cribbage—Regular Play

Thursdays at 1pm (except 2/20)

Cribbage Tournament

Thursday, February 20 at 9am



Smartphone Help Sessions

Wednesdays, Feb 5, 12, 26 at 4pm



Genealogy with Dwight Fitch

Friday, February 14 at 10:30am



Mahjong

Fridays, February 7, 14, 21, 28 at 1pm



Shuffleboard

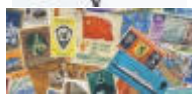
Thursdays at 10am

Come check out our new table!



Helen's Native American Style Flute Lessons

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



Stamp Collecting & Bingo

Monday, February 3 at 10am

Beginners and lifelong enthusiasts welcome!



Wii Games: Bowling Thursdays at 11am

Wii Games: Balance Games Thursdays at 1pm



Book Club

Wednesday, February 12 at 1pm

This month's group will discuss: **"D-Day Girls"**
by Sarah Rose



Hope Community Chorus

Mondays at 11am

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



Knotty Knitters (Drop In)
Mondays & Wednesdays at 11am



Weaving Group (Drop In)
Mondays at 12pm (except 2/10)
Bring your loom and work with fiber friends. Finish that project!



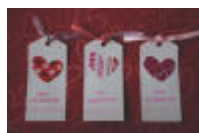
Scrapbooking Group (Drop In)
Wednesdays at 2:30pm
Use our supplies or bring your own!
February's group will focus on creating/completing your holiday pages!



Evening Quazy Quilters (Drop In)
February 5 & 26 at 5pm Sewing machines, fabric, & ideas available.



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)



Valentine Bookmarks
Tuesday, February 4 at 9:30am
Cost: \$3 each Create your own Valentine bookmark(s) and give as a gift to your favorite readers. Multiple colors and design options available.



Glass Pendants
Wednesday, February 5 OR 26 at 3pm (two sessions; pick one date)
Cost: \$6 Make a glass pendant decorated with alcohol inks and then wire wrapped with beads. A statement piece!



Weaving: Celtic Hearts
Monday, February 10 at 12pm
Cost: \$2 Learn needle weaving just in time for Valentine's Day! Finish as a pendant or a pin. *Sponsored by Rivercourt.*



Valentine Decorative Vase
Tuesday, February 11 at 9:30am
Cost: \$8 Make a beautiful Valentine decoration for your home or for a loved one. Add some pretty flowers (not included) or artificial decor to put inside and give as a gift.



Love Notes
Wednesday, February 12 at 6pm
Cost: \$2 Fold beautiful papers to make a journal to keep your love notes or favorite poem.



Needlefelted Critters
Wednesday, February 19 at 6pm
Cost: \$2 Use wool to create an adorable creature. Critter TBD.

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
Mornings 9:00am—12:00pm	Pepperell (Medical)	Leominster (Medical)	Townsend (Medical and Errands)	Groton and Ayer (Medical)	Fitchburg and Lunenburg (Medical)
Afternoons 1:00—3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Medical and Errands)	Townsend (Errands)	Fitchburg and Lunenburg (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.

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\$31.50 (Out of Town)