

# SILVER THREADS

## TENTATIVE

TOWNSEND SENIOR CENTER

Vol 7 No 8 February 2021

### From the Desk of the Director –

There's a light at the end of the tunnel! At least we certainly hope there is. I'm choosing to believe it is sunshine and daffodils instead of a train.

As we have all seen all too clearly this past year, there are many uncertainties in life and just when you think you've overcome one hurdle, another one generally pops up in its place. Another thing I've noticed this past year is how we have all looked those obstacles in the eye and said, "not this time!" I'm so proud of how you have pulled through this!

Keep on keeping on, hang in there, fight the good fight, and persevere. It's not going to go away in the blink of an eye, but I feel it's time for us to climb out of this COVID crap and emerge better than ever!

Spring is a time of rebirth. Take some time to lift your face to the sunshine. Listen to the birds and peepers. Smile. Think about all the people you will be catching up with, the trips you'll be taking, the hugs you will be giving and receiving.

Join us for some lighthearted entertainment, virtual programs, and meals. Feel free to call us with any questions you might have about services, upcoming events, and vaccine information.

In the meantime, never forget that whoever you are, wherever you are, whatever you need you can count on us to be here for YOU!

**Karin**



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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# Drive Thru Lunch



**RESERVATIONS REQUIRED 48 hours in advance**  
Call 978-597-1710 to sign-up. Suggested \$3.00 donation

Monday	Tuesday	Wednesday	Thursday	Friday
1 TBD	2	3 TBD	4 Chicken Salad Sub	5
8 TBD	9	10 TBD	11 No lunch	15
15 Closed	16 Brunch: French Toast & Bacon	17 TBD	18 Lasagna	19
22 TBD	23	24 TBD	25 No lunch	26

**\*\*Monday and Wednesday meals provided by MOC; Thursday meals homemade by Donna**

## 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 and Wednesday each week  
between 10:10am –12:30pm.

*Someone must be home to receive the meal*

## Library Programs

Call 978-597-1714 to sign up



**Fitchburg State's Adult Learning Program (ALFA)** has numerous fun and educational programs planned for Spring 2021. Classes will be online.

To see the course catalog visit:  
[www.fitchburgstate.edu/ALFA](http://www.fitchburgstate.edu/ALFA)



### Passionate Dishes For Your Valentine Tuesday, February 9 at 7:00pm

In both art & literature, food invites passion. Romantic foods don't have to be limited to oysters & wine. Food color, texture, & preparation all play a part in a passionate meal. Spicy food will get your heart rate going & make your cheeks

flush. Liz Barbour of The Creative Feast knows that a beautiful plate can bring tears to your eyes. Learn about the foods of passion and how you can prepare recipes that entice. Registration is required. Zoom link will be emailed.



### Calling All Pet Lovers!

**Monday, February 22 at 7:00pm**

Do you have an amazing pet that loves to perform? Show off your skills at this fun pet party! Join us even if your pet's only talent is being adorable! Everyone is welcome! Don't have a pet? No worries! Come enjoy the cuteness!

Registration is required. Zoom link will be emailed.

## Important Phone Numbers

**COVID-19 Updates:** Dial 211, then:  
Symptoms & Testing x26  
Financial Resources x21  
Emotional Support or Suicide Hotline x25

### 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 (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.**

## Valentine's Fun

*Space is limited; RSVP required for ALL programs*



### **Not-So-Newlywed Game**

**Thursday, February 11 at 2pm via zoom and Cable Channel 9**

This lighthearted, hilarious game of “how well do you know each other” is sure to bring a smile to your face. We need couples to volunteer, whether you’ve been married for 50 years or 50 days! We also need YOU to be part of our (virtual) studio audience!



### **Valentine's Day Grab & Go Bags**

**Friday, February 12 at 2pm**

Drive by and let us show you some love with our fun Valentine's Day themed bags!

## Phone-Based Programs

*RSVP required for ALL programs*

Want to talk to others and learn new things during the pandemic, but not interested in Zoom programs? Join us for phone-based programs! *Please call the Senior Center to sign up and receive the program phone number.*

### **Table Topics**

Tuesdays February 2 & 16 at 2pm. We'll draw random, fun, light-hearted questions out of a hat and share our responses!

### **20 Questions**

Tuesdays February 9 & 16 at 2pm. You've got 20 opportunities to ask yes/no questions like “Is it an animal?” or “Do I use it during the summer?” to guess the secret person, place, or thing!

### **Book Club**

Wednesday, February 10 at 11am. This month's book is "The Yonhalossee Riding Camp for Girls" by Anton Disclafani. Call the library at 978-597-1714 to check out a copy of the book.

### **Phone Buddies**

Are you interested in pairing with a local family, for regular phone conversations? Call the Senior Center at 978-597-1710 to sign up!

## Virtual Programs

*RSVP required for ALL programs*

How will virtual classes work? To sign up, call the Senior Center (978-597-1710). We'll email you a link to join.

### **Virtual Bingo**

Wednesdays at 5pm. Play via Zoom or watch Cable Channel 9, and call the bingo line (978-597-1730) to yell Bingo!

### **Native American Flute**

Fridays at 2pm, \$40 per month

### **Medicare Counseling**

Wednesday, February 10 by appt. SHINE assistance enrolling in Medicare & choosing a plan.

**Dementia Nurse Consultation** (Via phone, or Zoom) Thursday, February 11 by appt. First meeting free.

### **Genealogy**

Friday, February 12 at 10:30am via Zoom (no charge)

### **Writing Group**

Friday, February 5 at 2pm. This group discusses writing styles, offers friendly critiques, and suggests a subject for a writing task for the next meeting. All are welcome!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Key:</b></p> <p>Onsite Programs Zoom Programs Cable Programs Phone Programs</p> <h1 style="text-align: center;">February 2021</h1>				
<b>1</b>  9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	<b>2</b>  10:00 Yoga with Patsy 1:30 Intermediate Chair Yoga 2:00 Table Topics	<b>3</b>  10:00 Chair Exercise 12:00 MOC Lunch 3:00 Watercolor 5:00 Virtual Bingo	<b>4</b>  9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 12:00 Donna's Diner	<b>5</b>  10:00 Quazy Quilters 10:00 Chair Exercise 2:00 Writing Group 2:00 Flute Lessons
<b>8</b>  9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	<b>9</b>  9:30 Felted Mittens 10:00 Yoga with Patsy 1:30 Intermediate Chair Yoga 2:00 20 Questions	<b>10</b>  10:00 Chair Exercise 11:00 Book Club 12:00 MOC Lunch 3:00 Watercolor 5:00 Virtual Bingo  SHINE Medicare Counseling	<b>11</b>  9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 10:00 Dementia Nurse Consultation 10:30 Talk of the Town 2:00 Not-So-Newlywed Game	<b>12</b>  10:00 Quazy Quilters 10:00 Chair Exercise 10:30 Genealogy 2:00 Flute Lessons 2:00 Valentine's Grab & Go
<b>15</b>  <div>CLOSED</div>	<b>16</b>  10:00 Yoga with Patsy 12:00 Brunch 1:30 Intermediate Chair Yoga 2:00 Table Topics	<b>17</b>  10:00 Chair Exercise 12:00 MOC Lunch 3:00 Watercolor 5:00 Virtual Bingo	<b>18</b>  9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 12:00 Donna's Diner	<b>19</b>  10:00 Quazy Quilters 10:00 Chair Exercise 2:00 Flute Lessons
<b>22</b>  9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	<b>23</b>  1:30 Intermediate Chair Yoga 2:00 20 Questions	<b>24</b>  10:00 Chair Exercise 12:00 MOC Lunch 3:00 Watercolor 5:00 Virtual Bingo	<b>25</b>  9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy	<b>26</b>  10:00 Quazy Quilters 10:00 Chair Exercise 2:00 Flute Lessons

## Fitness & Exercise

**\*\*RSVP Required for All Programs\*\***

**Gentle Yoga with Patsy**

Tuesdays and Thursdays at 10am on Cable Channel 9, and available anytime on YouTube, donation appreciated

**Chair Exercise**

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

**Senior Fitness with Stephanie**

Mondays and Thursdays at 9:30am via Zoom, \$5 per class

**Intermediate Chair Yoga with Carin**

Tuesdays at 1:30pm and Thursdays at 9:30am via Zoom; \$5 per class

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

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



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## Online Resources to Explore



**Lifetime Connections Without Walls** is a telephone-based activities program that provides opportunities for older adults to connect with others in their community and across the country. We offer social and educational sessions, friendly conversation, and support groups - all over the phone - all from the comfort of home. LCWW is a program of Family Eldercare, a nonprofit agency serving older adults in Austin, Texas.



**DOROT** is a nonprofit organization addressing the challenged of an aging population, delivering diverse range of programs and services to the seniors of New York City & beyond.



**Senior Planet** offers courses, programs, and activities to help seniors learn new skills, get in shape, and save money. You'll find zoom classes on many different topics. Explore all the options at [www.seniorplanet.org](http://www.seniorplanet.org)



**TechBoomers** provides free courses, step-by-step tutorials and informational articles that can help you learn anything and everything about the Internet's most popular websites and apps. Visit [www.techboomers.com](http://www.techboomers.com) to learn more.

## Help is Available!



**Are you having trouble paying your rent or mortgage because of the COVID-19 pandemic?**



**Are you at risk of becoming homeless?**

You may be eligible to receive help with paying your rent or mortgage. The Massachusetts Department of Housing and Community Development (DHCD) offers two programs that can assist low-income households. The **Residential Assistance for Families in Transition (RAFT)** and **Emergency Rental and Mortgage Assistance (ERMA)** programs may provide income-eligible households with up to \$10,000 to pay overdue or future rent or mortgage costs. Gross household income for a family of 2 is \$77,000 for ERMA and \$51,200 for RAFT. Call 978.630.6771 or (508) 791-7265 x172 to find out more. Please call the Senior Center at 978-597-1710 if you have food or fuel assistance needs.

## 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.

We invite you to join or renew your current membership TODAY!

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

\_\_\_ I am interested in volunteering!

\_\_\_ 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 chairman Peter Buxton, 978-502-6786.

**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.*



**Thank You  
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-EMS Relief  
Association,  
Townsend  
VFW, and  
Apple Meadow  
Hardware for  
sponsoring  
Winter  
Carnival!**

## ARTS AND CRAFTS (via Zoom)

When you sign up & pay for a class, a kit with all needed supplies will be available for pick-up. Please let us know if delivery is needed.



### **Quazy Quilters** *Fridays at 10am*

Visit with friends while showing off your latest projects.



### **Watercolor with Linda** *Wednesdays at 3pm*

One-time fee of \$10 for an at-home painting kit for new students, plus \$30 per month for the class.



### **Felted Mittens**

Tuesday, February 9 at 9:30am

Cost: \$2.00 each

These adorable mini-mittens would make a great lapel pin. Or make many into a garland!



### **Dragon Boat Sachets**

Kits available 2/16; Zoom help on 2/19 at 1pm

Cost: \$3.00 These intriguing 3-D containers can hold a small bag of sachet, or you can leave them empty and just hang for your decor. Kit will include a cardboard foldable and enough

ribbon to cover it, as well as a loop hanger, 3 round-head pins and a tassel. You provide your own craft glue and scissors. Ribbon color choices are white, light blue, dark teal or multi-color. Pick one!



## **Laptops Available to borrow!**

It's easy to participate in virtual programs like senior fitness, yoga, watercolor, etc.  
Call us to pick up and schedule training!

## ROAD RUNNER BUS SCHEDULE

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

**Schedule all appointments by calling 978-597-1730**

**SAFE RIDING PROCEDURE:** All riders will have their temperature taken before boarding. Riders **must** wear a mask covering **mouth & nose**.

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am—12:00pm	Townsend (Medical )	Leominster, Fitchburg, Lunenburg (Medical)	Townsend (Medical)	Groton, Ayer, Pepperell (Medical)	(no service)
Afternoons 1:00—3:00pm	(no service)	(no service)	(no service)	(no service)	(no service)

### **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¢

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