

Silver Threads February 2024



Why are the **Friends of the Townsend Seniors** so important?

Who are they? The Friends are a non-profit organization. They were formed in 2000 to perpetuate the dignity and well-being of Townsend's elder residents. Their members and officers are volunteers who are passionate about giving back to the seniors of the community— whether seniors themselves or not.



What do they do? They support programs here at the Senior Center. Recently, their funds have sponsored, in part, the Sunshine Boys, the Nissitissit String Quartet, Delvena Theater, Matt York and Dan Kirouac. *The Friends also make it possible to serve meals 5 days a week and in appreciation of that we have renamed Donna's Diner to Meals With Friends.*

The Friends also sponsor holiday dinners and offsite events for seniors, such as bus trips. In Fall 2023, they sponsored a bus trip to see Fiddler on the Roof at the Winnepesaukee Playhouse, followed by a group dinner at Hart's Turkey Farm. We saw a great response to this bus trip and seats sold out very quickly. *Starting in 2024, Friends members will enjoy early access to signup for their sponsored events and trips. Because their trips often sell out, becoming a member of the Friends will grant you the benefit of first access to sign up before the general public.*

How do they raise money? To become a member of the Friends, one pays yearly dues. The fee is \$5 for an individual and \$10 for a family membership. In addition to dues, the Friends also raise funds through food and bake sales, puzzle sales and raffles. Volunteer support at these events is vital in order for them to successfully raise funds. They are very grateful for active volunteers and will always welcome new volunteer help.

How can YOU get involved? For all of their efforts, the Friends depend on membership above all. You do not have to be a senior citizen-or even a resident of Townsend to become a member of the Friends. Anyone of any age can join! Please consider filling out the form at the back of this newsletter and joining them in their mission to support the Senior Center's programming and events.

Don't forget!!! Advance registration is required for all programs.

You can register at myactivecenter.com. Or you can call us at 978-597-1710, Option 0. Thank you!

Elise Johnson, Director
Greg Smith, Assistant Director
Jeanne Urda, Program Coordinator & Outreach
Janet Cote, Assistant Program Coordinator
Donna Fenton, Kitchen Manager & Volunteer Coordinator
Gail Gray, Chef
Lorraine Farmer, Senior Meals Associate
Donna Howard, Transportation Administrator
Drivers: Steve Bourdon, Peter Buxton, John Corwin, Lorraine Farmer

Townsend Senior Center Hours
Monday, Tuesday and Thursday: 9am-4pm
Wednesday: 9am-8pm; Friday: 9am-3pm
16 Dudley Road, Townsend, MA 01469
978-597-1710
townsendma.gov/senior-center-council-aging



JANET CRAMB
REAL ESTATE BROKER
Lic. in MA & NH



CELL: 978.852.5704
janetcramb@gmail.com
www.JanetCrambAndCompany.com



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@4LPi.com or
(800) 477-4574 x6377

**McNabb Pharmacy
& Home Health Care**

Celebrating our 90th Anniversary
978-597-2392

Medication Packaging
Home Medical Equipment
Free Medicare Part D Consults



Your Locally Owned
Health Mart
PHARMACY

233 Main St.
Townsend

Need Help with Medicare Plans?
Special or Open Enrollment Period?
Retiring/Turning 65?

Schedule Phone Appointment to
Review Prescription Costs
Supplement & Medicare Advantage

Call 978-314-3760

Deb Haley

Certified Enrollment Agent
MA, NH, ME, VT, CT, RI, NJ, NC, SC, TN, FL, AZ
Licensed Health Insurance Broker - NPN#18509337
I do not offer every plan available in your area. Currently I represent 20 organizations that offer 50 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



Robin B. Buxton
Attorney At Law

978.650.1120

111 Main St., Pepperell

robinbuxton@rrbuxtonlaw.com

www.rrbuxtonlaw.com

• DOMESTIC RELATIONS •

• PROBATE •

• CRIMINAL DEFENSE •

"Toughness doesn't always wear a tie"

Edward Jones

Member SIPC

Want a financial advisor that puts you first?



Mark Collier, AAMS™

Financial Advisor

18 Main Street, Suite #205, Townsend, MA 01469

978-597-0537

MKT-5894N-A

edwardjones.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit **www.mycommunityonline.com**



CENTURY 21 North East

GRETCHEN ARCHAMBAULT
REALTOR | MA NOTARY

📞 978.505.5990

✉ GretchenArch@gmail.com

*Local Resident

*Extensive Market Knowledge

*Trusted Advisor of Your Best Interests



EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED

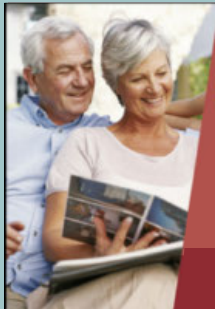
**Place Your Ad Here and
Support our Community!**

Instantly create and
purchase an ad with

**AD
CREATOR
STUDIO**



lpicomunities.com/adcreator



One commitment
community
choice

**Life
Care
Centers
of America**

The Highlands
5-Star CMS Rating • 978.343.4411
335 Nichols Rd. • Fitchburg, MA 01420
TheHighlandsMA.com

Life Care Center of Leominster
5-Star CMS Rating • 978.537.0771
370 West St. • Leominster, MA 01453
LifeCareCenterOfLeominster.com

YOUR SKILLED NURSING CARE SPECIALISTS.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • **www.lpicommunities.com**

Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 1:00 Tech Help 1:00 Cribbage 1:30 Osteo Movement	2 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation 12:00 Meals with Friends 12:30 Movie Matinee <i>"Groundhog Day"</i> 1:00 Ping Pong/Cornhole 1:00 Women's Music
5 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 11:30 Galloping Gourmet 12:00 Meals with Friends 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	6 *Massage 7 *Tax-Aide 9:00 Quazy Quilters 9:00 Zumba 9:00 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:00 Women's Conversation 12:00 Meals with Friends 12:30 Trivia 1:00 Crafting w/Angela 1:30 Line Dancing	7 *Medicare 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 11:00 Healthy Living 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 Friends Meeting 6:30 TOPS	8 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 12:00 Podiatrist 1:00 Cribbage 1:30 Osteo Movement	9 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:30 Genealogy 11:00 Woman's Meditation 12:00 Meals with Friends 12:30 Movie Matinee <i>"Casablanca"</i> 1:00 Ping Pong/Cornhole 1:00 Women's Music
12 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:00 Meals with Friends 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	13 *Massage *Tax-Aide 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:30 Beth Walsh from Senator Cronin's Office 12:00 Meals with Friends 1:00 Alcohol Inks 1:30 Line Dancing	14 *Medicare 9:30 Chair Exercise 10:00 Watercolor 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:30 TOPS	15 *Massage 9:00 Cribbage Tournament 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 1:00 Tech Help 1:30 Osteo Movement 6:30 Delvena Theater	16 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:30 Book Club 11:00 Woman's Meditation 12:00 Meals with Friends 12:00 Podiatrist 12:30 Movie Matinee <i>"Mamma Mia"</i> 1:00 Ping Pong/Cornhole 1:00 Women's Music
19 Closed for Presidents Day	20 *Massage *Tax-Aide 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:00 Women's Conversation 12:00 Meals with Friends 12:30 Trivia 1:30 Line Dancing	21 9:00 Quazy Quilters 9:30 Chair Exercise (LIVE) Hip Hop Dance 10:00 Hearing Clinic 10:00 Watercolor 12:00 Meals with Friends 12:30 Wellness Clinic 1:00 Bingo 1:00 Table Shuffleboard 3:00 COA Meeting 6:30 TOPS	22 *Massage 9:30 Wood Carving 9:30 Walking Club 10:00 Tai Chi 12:00 Meals with Friends 1:00 Cribbage	23 9:00 Weaving 9:00 Bus Trip American Heritage 9:30 Chair Exercise 9:30 Zumba 10:30 Beg. Rug Hooking 11:00 Woman's Med. 11:00 Aerial Artistry 12:00 Meals with Friends 12:30 Movie Matinee <i>"When Harry Met Sally"</i> 1:00 Ping Pong/Cornhole 1:00 Women's Music
26 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:00 Meals with Friends 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 1:00 Nutrition Program 2:00 Osteo Movement 2:30 Grief Support 3:00 Water Aerobics	27 *Massage *Tax-Aide 9:00 Quazy Quilters 9:00 Zumba 9:30 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Meals with Friends 1:00 Alcohol Inks 1:30 Line Dancing	28 9:30 NO Chair Exercise 10:00 Watercolor 10:00 Coffee with Donna 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:30 TOPS	29 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 1:00 Cribbage 1:30 Osteo Movement	

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

Move your body with Carin:

Hybrid Yoga; \$5 per class (except 2/21)
Mondays at 11:00am and Wednesdays at 3:30pm

Osteo Movement (except 2/22)
Mondays at 2pm and Thursdays at 1:30pm; \$5 per class
This class focuses on balance, weight bearing exercises using hand weights -Bring a mat and walking stick.

Learn to Tap Dance (except 2/22)
Mondays at 1pm, Beginners Thursdays at 10am
You can't help but feel joyful learning this dance style! Tap shoes helpful but not required; we can loan some. \$5 per class.

Fit & Fabulous (except 2/22)
Thursdays at 9am; \$5 per class
This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.

Beginner Yoga (except 2/23)
Fridays at 9:30am; \$5 per class

Free Yoga with Kris
On hiatus for the month of February

DVD Chair Exercise—Free
Mondays, Wednesdays, and Fridays at 9:30am
Join us for a special **LIVE Hip Hop Dance Chair exercise class with Rhondae Drafts on 2/21 @ 9:30.**

Walking Club
Tuesdays and Thursdays at 9:30am
Inside and outside options, weather permitting.

Line Dancing
Tuesdays at 1:30pm \$5 per class

Tai Chi
Thursdays at 10am \$5 per class
Through the slow gentle movements of Tai Chi, you can have better physical, mental & spiritual balance.

Zumba with Nee
Tuesdays at 9:00am, Fridays at 9:30am. \$5 per class

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



Massage with Morningstar:
By appointment. See Front Desk for February schedule. \$45/50mins.



Sarah from Footcare Focus
offers podiatry services, **\$50 as of 1/1/2024**
Thursday, Feb. 8th from 12pm to 4pm,
Friday, Feb. 16th from 12pm to 3pm.
Call 978-597-1710 for an appointment.



Wellness Clinic
3rd Wednesday of the month @ 12:30-2:30
BP screening, glucose check, etc.



Diabetes Support
On hiatus for February



Women's Meditation
Fridays at 11am

Hearing Clinic
3rd Wednesday of the month @ 10am

Water aerobics at the YMCA!
Mondays at 3pm
Meet at the Fitchburg "Y"! Call for more information.

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.

Medicare Consultation
Wednesdays Feb. 7th and 14th from 2pm-6pm
Call for an appointment
Appointments available with a consultant from SHINE or Integrity Medicare Advisors, Inc.

Healthy Living
Wednesday, Feb. 7th at 11am
This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

Grief Support Group with Karen Campbell 4th Monday of the month (Feb. 26th) @ 2:30pm

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

Thursdays, Feb. 1st and Feb. 15th
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.



Watercolor with Sue!

Wednesdays at 10am
\$20 per month.
Limit of 16 students per class.



Warped Weavers

Fridays at 9am
Drop in to start a new project or to finish your project. \$5 per project.



Wood Carving

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



Felting

Tuesdays: 2/6 at 9am, 2/27 at 9:30am
Work on existing projects and get ready for the Gallery Exhibit in March & April.



Quazy Quilters

Tuesdays, and 1st, 3rd & 5th Wednesdays at 9am. Work on your latest project, or use our supplies to create something new!



Crafting with Angela

1st Tuesday, at 1pm
Macrame a bookmark. Cost is \$2 \$2 material fee.



Alcohol Ink Jewelry

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

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

Women's Conversation

First & Third Tuesdays at 11am

Trivia

First & Third Tuesdays at 12:30pm

3 Chord Strum Band

Tuesdays at 10:00am
Open to all! For acoustic instruments only.

Novel-Tea Book Club for Seniors

Friday, Feb. 16th @ 10:30
"Sundays at Tiffany's" by James Patterson & Gabrielle Charbonnet.: tea is Luscious Escape. Pick up the book at the library.

Bingo

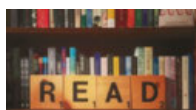
Wednesdays at 1pm
Cost: \$5.00; limit 4 cards.

Hope Community Chorus

Mondays at 10am

Genealogy with Dwight Fitch

Friday, 2/9 at 10:30am
Trace your ancestry and find out where your family tree has roots.



Ping Pong or Cornhole

Fridays at 1:00
Join us for a game! Bring a friend!

Women's Music Workshop

Fridays at 1:00
Explore various aspects of music.

Mexican Train Dominoes

Tuesdays at 10:30am

Table Shuffleboard

Wednesdays at 1pm

Rummikub

Mondays at 1pm

Wii Bowling

Mondays at 1 pm

Cribbage

Thursdays at 1pm, except...
Tournament on 2/15 at 9am

Dec. Cribbage Winners!

High Score: Darquise Bedard, 713 points
Runner Up: Anne Foresman, 708 points
High Hand: Donna Belleville, 22 points



AARP Foundation Tax-Aide

Call the senior center to sign up for free tax preparation service, including electronic filing of returns. Massachusetts residents will be able to get their taxes done for free.

Every Tuesday

February 6th– April 2nd

Pick up a packet at the front desk to fill out prior to appointment.

Beginner Rug Hooking Class

Fridays, 10:30-1:00

Cost: \$80 for 4 week class

Dates: 2/23, 3/1, 3/8, 3/15

Learn the art of traditional rug hooking and create a primitive hooked mat. Fee covers your pattern and supplies. Loaner frames are available for a \$50 deposit.



The American Heritage Museum Hudson, MA Friday, February 23rd -Van leaves @ 9am

The American Heritage Museum is a military history museum located on the grounds of the Collings Foundation. Join us for a guided tour of the museum.

After the museum we will stop for lunch at Victor's 50's Diner



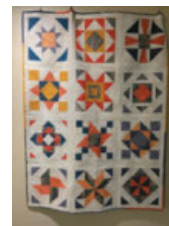
**Admission is \$15 due at sign-up
Plus cost of the van and lunch**

Please Register in Advance at the Front Desk

Quazy Quilters Exhibit

Visit the Meeting Hall from now until February 27th to see the BEAUTIFUL quilts made by the Quazy Quilters.

Contact the artist directly if interested in purchasing a quilt. Quilts sold can be picked up at the end of the show on February 27th.



Galloping Gourmet Monday, February 5th @ 11:30am

**Mountain Room at Monty Tech
Sign up at the front desk!**

Van will leave at 10:45am

Cost is \$5 for van ride plus price of the meal.

Delvena Theater Presents "Love Letters by G. R. Gurney" Thursday, February 15th @ 6:30pm

Love Letters tells the story of a man and a woman through their life-long correspondence. They briefly become involved, go their separate ways, continue to share confidences, leaving the audience speculating on whether they will get together again. Their funny letters give insight into what it means to have a life-long friendship.

Sponsored by the TPL Endowment, The Friends of the Townsend Seniors, and the Amanda Dwight Entertainment Fund

Please Register in Advance

Baechtold and Abel Aerial Artistry Friday, February 23rd @ 11am



Join us for an amazing aerial performance in the main area of the library!
This is a joint collaborative event between the Library and the Senior Center and is sponsored in part by the Friends of the Townsend Seniors

Please Register in Advance

Meet Gwen Johnson, RD of Sage Nutrition Solutions in Pepperell, MA Monday, February 26th @1pm

Gwen will be sharing information about the services she can provide and the insurances she accepts. Gwen will also review the top foods to include in your diet for optimal immunity.

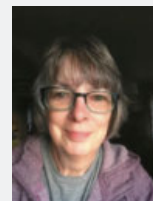


Please Register in Advance

Coffee with Donna Howard Wednesday, February 28th @ 10am

Don't be *sour*
and don't *glower*
That Donna *Howard*
Is retiring!
Join us for this special
Coffee *hour*
Where we can *shower*
Donna *Howard*

With thanks and appreciation!



Please Register in Advance

NEW NAME! Meals With Friends
Made possible by the Friends of the Townsend Seniors

RESERVATIONS REQUIRED

24 hours in advance

Cost \$4.00

All onsite lunches are prepared by Gail and the Kitchen Staff
 Meals subject to change without notice



Monday	Tuesday	Wednesday	Thursday	Friday
			2/1: Hearty Beef Stew with Bread	2/2: Homemade Pizza
2/5: Brunch for Lunch	2/6: Soup & Salad	2/7: Chili with Corn Bread and Nacho Chips	2/8: Turkey Tetrazzini, Bread	2/9: Homemade Pizza
2/12: Brunch for Lunch	2/13: Mardi Gras Jambalaya, Salad, Bread	2/14: Valentine's Veggie Quiche, Strawberry Spinach Salad	2/15: Sausage with Gravy over Biscuits	2/16: Homemade Pizza
2/19: Closed for President's Day	2/20: Soup & Salad	2/21: Ravioli, Vegetable, Garlic Bread	2/22: Chicken & Mushroom Scaloppine, Bread	2/23: Homemade Pizza
2/26 Brunch for Lunch	2/27: Soup & Salad	2/28: Seafood Casserole with Crumble Topping	2/29: Vegetable Lasagna, Garlic Bread	

A note from the kitchen:

Don't forget we are offering meals **5 days a week**. **Sign up for MONDAYS and FRIDAYS!** See schedule above. Be sure to schedule lunch around your programs so you can enjoy the day at the center.

Kitchen needs: chicken or beef broth, Lysol or Clorox disinfecting wipes

Movie Matinees for February

Feb. 2nd "Groundhog Day"- A TV weatherman finds himself reliving the same day over and over again when he goes on location to the town of Punxsutawney.

Feb. 9th "Casablanca"- An American nightclub owner in North Africa is drawn into WWII when he discovers his old flame is in town with her husband.

Feb. 16th "Mamma Mia"- (Musical) A young woman invites 3 of her free-spirited mom's former flings to her wedding hoping to discover which one is her father.

Feb. 23rd "When Harry Met Sally"- Harry and Sally's paths cross over and over again causing them to consider a romance with each other.

**Movie begins at
12:30pm**

Sign up 24 hours in advance to reserve a spot

Free popcorn!

Sign up for Donna's Diner for pizza lunch

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.

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) 877-6002

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

ROAD RUNNER AND WILE E. COYOTE BUS SCHEDULE

RESERVATION MUST BE MADE AT LEAST 48 HOURS IN ADVANCE DURING OPEN BUSINESS HOURS

TOWNSEND RESIDENTS ONLY

Schedule all appointments by calling 978-597-1730.

ALL stops must be scheduled. Up to two stops are included in your fare.

DESTINATIONS:

- **Medical:** Doctors, Dentists, Therapies, Lab work, etc.
- **Errands:** Shopping, Post Office, Banks, Employment, 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¢

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

Please plan your appointments according to the van schedule

Monday	Tuesday		Wednesday	Thursday		Friday
Townsend & Lunenburg Errands	Leominster & Fitchburg Errands	Leominster & Fitchburg Medical	Townsend & Pepperell Errands & Medical	Townsend Errands	Groton & Ayer Medical	*Rotating Locations Errands See schedule Below



**Roadrunner &
Wyle E. Coyote**

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

*** Rotating Locations: Fridays**
Feb.2nd: Watertown Plaza/Market Basket
Feb.9th:Lunenburg Walmart/Market Basket
Feb.16th: Rt 101A area/Market Basket

Friends of the Townsend Seniors - Become a Member Today

The Friends meet at 6pm at the Senior Center the first Wednesday each month.

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:
friendsofthetownsendseniors1@gmail.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.*