

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

Looking back, what a year it was!

There was much uncertainty in the world and one couldn't help but contemplate about what the future would hold. People were witness to explosions in London and elsewhere, a multitude of natural disasters wreaked havoc on communities, many voiced concern about Russia's role in global politics, there was debate over immigration, and women made their voices heard. Lest we forget we were a country at war and the Iraqi cities of Baghdad, Falluja and Ramadi saw their share.

But that wasn't this year. It was 100 years ago in 1917. Just goes to show you, some things change; some stay the same. Many of the changes over the past 100 years have been positive and literally life-changing, but I am all too often surprised by the things that haven't changed.

When we are the kind, forgiving, resourceful and altruistic people we want to be, it makes us feel better about ourselves and just maybe it will rub off on others. Get started on that project, personal goal or bucket list item. Better yet, let us assist you on your journey. **You will see why this is the place you WANT to be.**

Karin Canfield Moore



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www.townsend.ma.us/senior-center-council-aging

Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Donna Fenton, Kitchen Manager/Volunteer Coordinator
Abby Foster, Asst. Program Coordinator
Donna Howard, Lead Van Driver
Katie Petrossi, Program Coordinator

Townsend Senior Center Hours

Monday-Friday: 9am-3pm
Wednesday: 9am-8pm

SPECIAL EVENTS (RSVP requested)



Breathe Easy Wellness Talk

Wednesday, January 10 at 11am

Join Susan Hoag of Nashoba Associates Board of Health for a review of the respiratory system and how to keep it healthy and prevent illness. She'll also discuss common respiratory illnesses, chronic diseases and talk about medical screenings related to the respiratory system, with an interactive portion and time for questions and answers.



Beginning Woodburning

Tuesday, January 16, 23, & 30 and February 6 & 13 at 10am

Cost: \$65/5 weeks

Learn the art of decorating wood with the controlled use of a heated pen or tool. Unveil your hidden talent as you experiment with different applications! All abilities welcome. Tools and materials will be provided.



Technology Thursday

Thursday, January 18, 11am-1pm

The experts from the Geek Squad at Best Buy will be here to help you figure out the new technology you received for Christmas! No charge. Please sign up in advance, so we know how many experts we need to get you up to speed quickly!



Conversation About Death & Dying

Thursday, January 18, at 1pm

Deborah offers the opportunity to look at death and dying with a new perspective. She will share her abundant experiences of being with those who are passing, watching for signs that they 'landed' safely, and how to shift our perception from sorrow to gratitude. In sharing her experiences, she welcomes any and all questions.



Crafting for the Community

Thursday, January 25 at 9am

Come together with other members of the community to put your creative efforts to a good cause. This month's project will benefit Atwood Acres, with the production of cushions for the chairs of the dining room.



Medicare Fraud Protection

Thursday, January 25 at 12pm

Learn how to protect yourself and your loved ones from Medicare fraud and deceptive marketing tactics.

MONTHLY EVENTS

Birthday Party

Thursday, January 4, at 12pm

Please join us for our monthly celebration honoring this month's birthdays. Festivities will include a delicious homemade meal and birthday cake.

Book Club

Wednesday, January 10, at 1pm

The book club meets the 2nd Wednesday of every month, and new members are always welcome. Books are usually available at the Townsend Public Library. This month's group will discuss *Girl in Translation*, by Jean Kwok.

Bach's Lunch

Thursday, January 18, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring a classical and contemporary duo, with viola and piano. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, January 16, at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, January 12, at 10:30am

Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.

Bus Trip: The Gate Escape & 435 Grill

Tuesday, January 16 at 12pm

Cost: \$25 + Lunch money RSVP required

Astrophysicist Dr. E. R. Bridge has been secretly working in the Gateway building and he's on the brink of an amazing discovery. But he's going to need an assistant. Do you have what it takes to become his assistant? Players enter a room, and will be given 60 minutes to crack hidden clues, keys, objects and puzzles in order to escape the room. Lunch to follow at 435 Grill.

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



Women's Meditation Group

Fridays, 11am-12pm

Qi-Gong

Mondays, at 12:30pm

Cost: \$5/class

Qi Gong is a gentle, soothing form of exercise excellent for seniors. It is also effective in improving balance, relieving pain, encouraging mobility and reducing stress.



TOPS

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, January 8, at 1pm

This group offers the opportunity for open discussion on healthy eating, exercise, and well-being. A new topic of discussion is introduced each month. New members are always welcome to introduce new areas of discussion.



Reflexology, Manicures & Pedicures

Friday, January 5, 12 & 26, by Appt.

Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)



Massage

Tuesday, January 9 & 23; By Appt.

Cost: \$20/20 min; \$45/50 min

Chair and table massages available.

Healing Meditation

Tuesdays, January 2, 9, 16, 23 & 30 at 11am

Get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.

Women's Conversation Group

Wednesdays, January 10 & 24, at 11am

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

Well Adult Clinic

Wednesday, January 10 at 12pm

BP screening, glucose check, general health and first aid.

Hearing Clinic

Wednesday, January 17, at 10am

Grief Support

Tuesday, January 16, at 1pm



Peaceful Passage at Home

Wednesday, January 10, at 6pm

This month's **Caregiver's Roundtable** will feature a special guest, Peg Lorenz. She is on the Board of Directors for the National Home Funeral Alliance, and will discuss options for allowing your loved one a graceful passage at

home. Home funerals provide time to honor your loved one and to grieve in your own way, while offering a more economical option for burial. Peg and Peaceful Passage at Home can offer guidance on pre-planning and steps for after your loved one has passed.

Caregivers are welcome to come for respite, to share their experiences and concerns in a supportive environment, led by Joy Niemiera. **Free on-site caregiving available so caregivers are able to bring their loved one for fun, safe, professional attention.**

GROUP FITNESS

Chair Exercise

Mondays, Wednesdays, & Fridays at 10am

Exercise through video instruction.

Stretch & Tone

Tuesdays & Thursdays at 10am

Cost: \$20/4 classes; \$35/8 weeks; \$7/drop in

Gentle Yoga

Thursdays at 1:30pm

Cost: \$6/class

Line Dancing

Fridays 10am-11am

Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes

Let Your Yoga Dance

Fridays at 12pm

Cost: \$5/class

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 (RSVP requested)



Knitting Group

Mondays, at 1pm (Drop In)

Watercolor Classes with Linda

Mondays, Wednesdays, & Thursdays at 11am; Tuesdays at 1:30pm

Please see calendar for dates

Cost: \$22/3 week class; \$30/4 week class

Snap on Jewelry

Tuesday, January 9 at 10am

Cost: \$10

Pick your favorite snaps and design your own changeable necklace and earrings.

Felt a Flower

Thursday, January 11 at 9am

Cost: \$3

Learn a new technique, with a resist, to create a beautiful felted flower.

Int. Wire Wrapped Jewelry

Tuesday, January 30 at 1pm

Cost: \$12



Needlefelting: Landscape

Wednesday, January 24 at 5pm

Cost: \$5

Bring a favorite photo or image to recreate with felt. Class is limited to 12.

Kusudama Flowers

Wednesday, January 31 at 3pm

Cost: \$8 (includes materials + a vase)

Learn the Japanese art of creating folded paper flowers. Bring your hot glue gun!

Wood Carving

Wednesdays, 12:30pm-2:30pm (Drop In)

Try something new! Experienced carvers available to assist those new to the craft.

Quazy Quilters Qub (Drop In)

Fridays, 9am-2pm

No quips about it! Sewing machines, fabric, and ideas available, or bring your own, and fellow quilters will assist in piecing things together.

FOR FUN



Movie Matinee

Friday, January 12, at 12:30

The Great Wall, with Matt Damon, Tian Jing, and Willem Dafoe

Friday, January 26, at 12:30

Dreamer, with Kurt Russell, Dakota Fanning, and Oded Fehr



Bridge

Mondays at 1pm



Trivia & Jeopardy

Tuesday, January 9 & 23, at 1pm

Let's exercise our minds, and have fun and socialize at the same time! Trivia helps keep the mind sharp while enhancing cognitive functioning.



Cribbage

Thursdays at 1pm

Cribbage Tournament

Thursday, January 18 at 9am

Hand & Foot

Tuesday,
January 2 & 16,
at 11am



Galloping Gourmets

Wednesday, January 17 at 5:30pm

Meet here, carpool (or take the bus on Wednesday nights), and the only cost is your meal. Visit Marco's on Main in Ayer. They boast a \$5 burger with all the best fixin's!

Mahjong

Friday, January 12 & 26 at 1pm

Get together for a friendly game.

Sports Party

Wednesday, January 17 at 7:30pm

Bruins vs. Montreal

Join fellow fans to view your favorite sports. Please sign up so we know how many refreshments we need!

Afternoon Tea

Wednesday, January 24 at 4pm

Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Please sign up in advance, so we'll know how many party favors we need!



Thank you to Hannaford's for the bread and pastry donations on Mondays and Wednesdays, and to Stewart's Florist for the birthday carnations each month.

UP & COMING



Jessica Lang Dance

Thursday, February 8 at 3:30pm

Cost: \$70 (show, meal & transportation)

This New York city-based company incorporates striking design elements and transforms classical ballet into artfully engaging works that feature athletic and gifted performers. Enjoy a prix fixe meal prior to the show. Trip is limited to 12 people.



Valentine's Day Dance

Wednesday, February 14 at 5pm

Cost: TBD

Show your sweetheart how much you care! You won't want to miss this event!



Peabody Essex Museum:

Georgia O'Keeffe

Monday, February 26

View the artist's arefully designed garments, presented alongside photographs and her paintings, illuminating O'Keeffe's unified modernist aesthetic

			9				3
				2		6	
5		8		4		1	
				9	3	1	
				1			7
					6		4
		7			9		
9	1			8			
3						8	2

Complete the puzzle and turn it in to Katie by February 15
Correct puzzles will be entered in a drawing!

CRIBBAGE SCORES

High Scores: Dick Perra and Peter Salisbury, 363

High Hand: Bev Johnson, 20

Nashoba Tech Lunch will be taking place on **January 23**. The menu will include Chicken Marsala or Baked Haddock . Registration required.



ROADRUNNER BUS SCHEDULE

Please Call In Your Reservation 48 Hours In Advance!!

Reservations called in later may not be accomodated.

- Mondays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber And Errands
- Tuesdays: Fitchburg, Leominster, Lunenburg– Medical Trips & Shopping/Errands If Possible
- Wednesdays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber. **Now available Wednesday nights to run errands, come into the Caregiver Roundtable, Evening Bingo, TOPS, to pick up items at the TEO, etc.**
- Thursdays: Pepperell, Groton, Ayer– Medical Trips & Shopping Errands If Possible
- Fridays: Lunenburg, Fitchburg-Shopping Day.

FARES: \$1.25 ONE WAY WITHIN TOWNSEND; BUS CARD \$22.50 Pay for 9 rides, get 1 free.

\$1.50 Round trip to the Senior Center from Atwood Acres/Townsend Woods

\$1.75 ONE WAY OUTSIDE TOWNSEND; BUS CARD \$31.50

Pay for nine rides, get one free.

Please schedule appointments between 9:30 AM and 12:30 PM. The bus goes to the Senior Center Monday through Friday. Bus Stop at Atwood Acres/Townsend Woods at 9:00 AM Mon-Fri.

*Any trip to or from the Senior Center for residents of Atwood Acres or Townsend Woods is .25 each way regardless of the time of day subject, to availability. **Rides any time other than 9 AM pick-up need to be scheduled by calling 978-597-1730.**



January Greetings

From the Friends of the Townsend Seniors

MONDAY JANUARY 8th Board Meeting ~ 4:00 p.m. at the Senior Center ~ All members are welcomed.

THURSDAY, JANUARY 11th FOXWOOD TRIP This popular and fun trip is open to all adult residents of Townsend and the surrounding towns. The price is \$30 per person, with reservations paid in advance. Everyone will receive coupons for 'free play' and the buffet lunch. Sign up at the Senior Center or call Ruth Gibbs, 978-597-6837.

*** **Townsend Selectmen Proclaim January as "Seniors' Month in Townsend"** ***

SATURDAY, JANUARY 20th ~ A Dinner and Festivities will be at the Meeting Hall, 12:00pm - 2:00pm. Chairman Donna Miller is planning to celebrate Senior's Month in Townsend with a luncheon and fun surprises! The 'snow-date' is Monday, January 22nd, 12-2 pm. *please note There is no charge for the lunch, however registration is requested Sign-up at the Senior Center desk or call 978- 597-1710. It's a celebration for all Townsend Seniors and all Seniors who are members of the Friends and live outside of Townsend.

Thank to you to everyone who helped make spirits bright at our December 2nd Holiday Fair. Adults and children had lots of fun!

Check out this month's calendar and choose from the Senior Center's many activities ~ or come sit by the fireplace for visiting, knitting or reading a book from the "lending library. By the way, did you know the Senior Center is open on Wednesdays from 9 AM until 8 PM? The Townsend Senior Center knows how to keep things happy and hopping.

-----**2018 Friends of Townsend Seniors Membership**-----
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

The Friends meet at 4 pm, on the first Monday of every month in the Senior Center – please join us to explain your "other."

Name: _____

Mailing Address: _____

Phone: (H) _____ **(Cell)** _____

Email: _____

JANUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1 <p style="text-align:center">Closed for New Year's Day</p>	2 10:00 Stretch & Tone 11:00 Healing Meditation 11:00 Hand & Foot 12:00 Lunch 1:30 Watercolor	3 10:00 Chair Exercise 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 5:00 Evening Quilting 6:30 TOPS	4 10:00 Stretch & Tone 11:00 Watercolor 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage 1:30 Yoga	5 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Let Your Yoga Dance Manicures/Pedicures Reflexology by Appt.
8 10:00 Chair Exercise 11:00 Watercolor 11:00 Medicare Counseling 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge 1:00 Healthy Living Group 4:00 Friends' Meeting	9 10:00 Stretch & Tone 10:00 Snap On Jewelry Class 11:00 Healing Meditation 12:00 Lunch 1:00 Trivia & Jeopardy 1:00 Beach Ball Volleyball 1:30 Watercolor Massages by appt.	10 10:00 Chair Exercise 11:00 Watercolor 11:00 Breathe Easy 11:00 Women's Conversation 12:00 Well Adult Clinic 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Book Club 6:00 Caregiver's Roundtable: Peaceful Passage at Home 6:00 BINGO 6:30 TOPS	11 9:00 Felt a Flower 10:00 Stretch & Tone 11:00 Watercolor 12:00 Homemade Lunch 1:00 Cribbage 1:30 Yoga Friends' Foxwoods Trip	12 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Let Your Yoga Dance 12:30 Movie: The Great Wall 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.
15 <p style="text-align:center">Closed for Martin Luther King Jr. Day</p>	16 10:00 Stretch & Tone 10:00 COA Board Meeting 10:00 Beginning Woodburning 11:00 Hand & Foot 11:00 Healing Meditation 12:00 Bus Trip: Escape Room & 435 Grill 12:00 Lunch 1:00 Grief Support 1:30 Watercolor	17 10:00 Chair Exercise 10:00 Hearing Clinic 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 5:30 Galloping Gourmets: Marco's on Main (Ayer) 6:30 TOPS 7:30 Bruins vs. Montreal	18 9:00 Cribbage Tournament 10:00 Stretch & Tone 11:00 Watercolor 11:00 Technology Thursday 12:45 Bach's Lunch 1:00 Conversation About Death & Dying 1:30 Yoga	19 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Hairdresser 12:00 Let Your Yoga Dance 1/20: Senior Appreciation Lunch
22 10:00 Chair Exercise 11:00 Chorus 11:00 Watercolor 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	23 9:00 Dental Clinic 10:00 Stretch & Tone 10:00 Beginning Woodburning 11:00 Healing Meditation 12:00 Nashoba Tech Lunch 1:00 Trivia & Jeopardy 1:30 Watercolor Massages by appt.	24 10:00 Chair Exercise 11:00 Watercolor 11:00 Women's Conversation 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 4:00 Afternoon Tea 5:00 Landscape Needlefelting 6:30 TOPS	25 9:00 Crafting for the Community 10:00 Stretch & Tone 11:00 Watercolor 12:00 Medicare Fraud 1:00 Cribbage 1:30 Yoga	26 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Let Your Yoga Dance 12:30 Movie: The Dreamer 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.
29 10:00 Chair Exercise 11:00 Chorus 11:00 Watercolor 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	30 10:00 Stretch & Tone 10:00 Beginning Woodburning 11:00 Healing Meditation 1:00 Intermediate Wire Wrapped Jewelry	31 10:00 Chair Exercise 11:00 Women's Conversation 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 3:00 Kusadoma Flowers 6:30 TOPS		