

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director -

I received my Bachelor's degree 35 years ago, but recently I had the opportunity to go back to school. Not my idea!

Thanks to Katie's research and a grant from the Community Foundation of North Central Massachusetts, a colleague and I were shipped off to California for a training in Chronic Disease Self-Management at Stanford University. No, we didn't cross the Golden Gate Bridge or tour Alcatraz. The days were long, exhausting and very informative, but we look forward to offering this 6-week class twice in 2019 and more often beyond that. I'm sure many of you will find it valuable.

January is a time for new beginnings. It is my pleasure to welcome Sue Dejniak as the newest member of our team. As the Assistant Program Coordinator her focus will be on programming, marketing and publicity. Her energy and knowledge will fit right in with ours and her expertise will expand upon our already creative program options. Thanks for joining us!

Come in out of the cold. Sit by the fire with a cup of coffee and see why this is where you WANT to be!

Karin



Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Susan Dejniak, 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
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SPECIAL EVENTS (RSVP requested)



Winter Walking (Indoors)

Tuesdays in January at 12:30pm

Miss your warm weather walking routine? Don't feel like walking outside this time of year? Join our indoor group, with planned routes and optional circuit training. Canes and walkers welcome! **Note: beginning 1/15.**



Nashoba Tech Lunch

Tuesday, January 8 at 12pm

Savor a delicious lunch while helping Nashoba Tech Culinary Arts students perfect their craft. Meal is \$10. Meal choices are Baked Haddock or Chicken Stuffed Florentine.



Pizza & Proxy

Wednesday, January 9 at 6pm

Join us for pizza and learn how to choose a health care agent for your health care proxy. Presented by Compassionate Care Hospice.



Hot Chocolate Extravaganza

Monday, January 14 at 1pm

Our mobile hot chocolate cart will entice you with a variety of hot chocolate flavors and toppings!



Winter Scam Prevention

Thursday, January 17 at 12:30pm

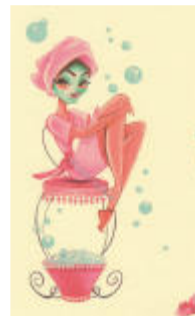
District Attorney Marian Ryan will speak during lunch, raising awareness of scams that target seniors during the winter months; home heating, snow removal, furnace cleaning, tree services, etc.



Senior/Student Crafts & More

Friday January 18 at 1pm

Get to know some of the students at Caldwell Elementary, Townsend's "substantially separate" school for grades K-6. This month we'll visit, get to know each other, and do some simple games and crafts.



Day of Beauty Party

Tuesday, January 29 at 10am

Enjoy sumptuous treats while pampering yourself with a manicure, chair massages, facials, waxing and more! No charge for services, but donations appreciated.

MONTHLY EVENTS

Birthday Party

Thursday, January 3, 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 9, 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 *The Alice Network* by Kate Quinn.

Genealogy Club with Dwight Fitch

Friday, January 11, at 10:30am

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

Council on Aging Board Meeting

Tuesday, January 15, at 10am

Visitors are welcome.

Bus Trip: Boston Public Library Architecture Tour

Friday, January 18 at 8:45am

Cost: \$15 (includes transportation & tour)

The Boston Public Library tour highlights the architecture of its famed buildings as well as art treasures within, including works by Daniel Chester French and John Singer Sargent. Time to browse for books & have lunch afterwards.

Bach's Lunch

Thursday, January 17 at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring *French Inspirations: Wind Trio*. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

O'Neil Cinemas Movie Club:

Movie to be determined by participants!

Wednesday, January 23 at 4pm

Cost: \$12 (includes ticket & transportation; meal extra)

The movie titles haven't been announced yet, but we'll pick something good. Relax in leather recliners, have snacks or a meal delivered to your seat, and enjoy the show!

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

Community Happenings



"The Mayor of West Townsend"

By Alice Avery Struthers



The United States Navy gave "Bob" Tumber a ticket out of his home town. Born and raised in Townsend, he began his education in the new Spaulding School in 1932, its opening year. Having received a Second World War draft classification of 1A, he opted for service in the Navy. After two years of aircraft carrier experience, he came back home to civilian life and a whirl at the GI Bill. That paid his way to classes at North Eastern University.

Employment at Tenney's Haberdashery and General Foods trained him for his future in commerce. He owned and operated the West Townsend Package Store for twenty-eight years. His jovial and boundless loquacious presence behind the counter earned him his title: "Mayor of West Townsend." He served on several town boards, and still had time for 18 years on the Fire Department. His experience with the State Lottery, when he was the town's only agent for two years - is another good story.

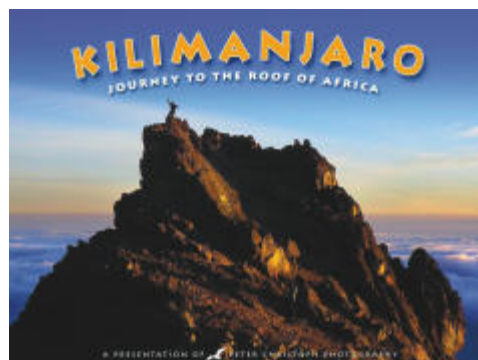
Around Town: Old Brick Store

The sturdy, vintage brick building at the corner of Elm Street West, and Route 119 in West Townsend now houses a grocery store. It once included the West Townsend Post Office. As a matter of fact, in 1849 it was built as a church. No steeple survives, but the windows give it away, if you look closely. Steeple and bell were removed in 1920. On the second floor the Universalist Restoration Society held services that ceased in about 1865.



In the Building:

Winter Reading Program: Read Across Africa



Swahili for Beginners: January 6th

African Nights Paint Party: January 9th

***Kilimanjaro—Journey to the Roof of Africa:*
January 20th**

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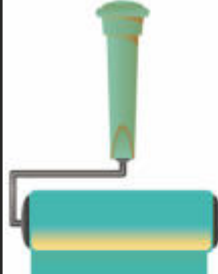
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January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Closed for New Years Day HAPPY 2019!	2 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: 12:30 Woodworking 1:00 Bingo 1:00 Knitting 3:00 Chair Exercise 5:00 Evening Quilting 6:30 Tai Chi at TCC 6:30 T.O.P.S. Message by appt.	3 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch & Birthday Party: 1:00 Cribbage	4 9:00 Quazy Quilters 9:00 Poker 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Women's Meditation 11:00 Line Dancing (intermediate) 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong Manicures/Pedicures/ Reflexology by appointment
7 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group	8 10:00 Stretch & Tone 11:00 Canasta 12:00 Nashoba Tech Lunch 1:00 Flute 1:30 Watercolor Message by appt.	9 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch: 12:00 Well Adult Clinic 12:30 Woodworking 1:00 Book Club 1:00 Bingo 1:00 Knitting 3:00 Chair Exercise 3:00 UFO Party 6:00 Caregiver Roundtable: Pizza & Proxy 6:30 T.O.P.S. 6:30 Tai Chi at TCC 7:00 Friends Meeting	10 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: 1:00 Cribbage Friends Foxwoods Trip	11 9:00 Quazy Quilters 9:30 Line Dancing (beginner) 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 Lunch: Soup/Salad Bar 12:30 Movie: <i>Morning Glory</i> 1:00 Mahjong Manicures/Pedicures/ Reflexology by appointment
14 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: 12:00 Medicare Counseling 12:45 Qi Gong 1:00 Hot Chocolate	15 10:00 Stretch & Tone 10:00 COA Meeting 12:00 Lunch: 12:30 Winter Walking 1:00 Trivia & Jeopardy 1:00 Flute 1:30 Watercolor	16 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch: 12:30 Woodworking 1:00 Bingo 1:00 Knitting 3:00 Chair Exercise	17 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: 12:30 Winter Scams 12:45 Bach's Lunch	18 8:45 Bus Trip: Boston Public Library 9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Women's Meditation 11:00 Line Dancing (intermediate)

<p>1:00 Hot Chocolate Extravaganza 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group</p>	<p>Message by appt.</p>	<p>5:00 Chair Exercise 6:30 Tapestry Weaving 6:30 T.O.P.S. 6:30 Tai Chi at TCC</p>	<p>11:00 Line Dancing (intermediate) 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser 1:00 Crafts with Caldwell Elementary 1:00 Mahjong</p>	<p>21</p> <p>Closed for Martin Luther King Jr Day Do something admirable!</p>	<p>22</p> <p>10:00 Stretch & Tone 11:00 Canasta 11:00 Chorus 12:00 Lunch: 12:30 Winter Walking 1:00 Flute 1:30 Watercolor Message by appt.</p>	<p>23</p> <p>10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch: 12:30 Woodworking 1:00 Bingo 1:00 Knitting 3:00 Chair Exercise 4:00 Tapestry Weaving 4:00 Movie Night at O'Neil Cinemas 6:30 T.O.P.S. 6:30 Tai Chi at TCC Message by appt.</p>	<p>24</p> <p>10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: 1:00 Cribbage</p>	<p>25</p> <p>9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:30 Movie: <i>Coco Before Chanel</i> 1:00 Mahjong Manicures/Pedicures/Reflexology by appointment</p>	<p>28</p> <p>9:30 Joint Health Yoga 10:00 Chair Exercise 11:00 Chorus 12:00 Lunch: 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Diabetes Wellness Group</p>	<p>29</p> <p>10:00 Stretch & Tone 10:00 Day of Beauty 12:00 Lunch: 12:30 Winter Walking 1:00 Trivia & Jeopardy 1:00 Flute Message by appt.</p>	<p>30</p> <p>10:00 Chair Exercise 12:00 Lunch: 12:30 Woodworking 1:00 Bingo 1:00 Knitting 3:00 Chair Exercise 3:00 Paper Beads 4:00 Afternoon Tea 6:30 T.O.P.S. 6:30 Tai Chi at TCC Message by appt.</p>	<p>31</p> <p>10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: 1:00 Cribbage</p>	<p>Many thanks to Gables of Fitchburg and Stewart's Florist for sponsoring our monthly birthday lunches!</p>
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ARTS & CRAFTS (Drop In)



Knitting Group
Mondays & Wednesdays at 1pm
(Drop In)



Wood Carving & Woodburning
Wednesdays, 12:30pm-2:30pm
(Drop In) Try something new!
Experienced carvers & burners available
to assist those new to the craft.

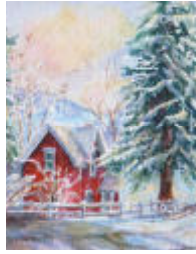


Evening Quazy Quilters Qub
First Wednesday of the month at 5pm
(Drop In)
No quips about it! Sewing machines,
fabric, and ideas available, or bring your
own. Fellow quilters will assist in piec-
ing things together.

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



ARTS & CRAFTS (RSVP Requested)



Monthly Watercolor Classes with Linda
Mondays Series (10:30am):
January 7 & 14
Tuesday Series (1:30pm):
January 8, 15, 22, 29
Wednesday Series (10:30am):
January 2, 9, 16, 23
Thursday Series (10:30am):
January 3, 10, 17, 24



Tapestry Weaving
Wednesdays. January 16 & 23, 4pm
Cost: \$5.00
Explore free form wall hangings
characterized by dramatic textures.
Novice to advanced welcome.
Sponsored by RiverCourt Residences.



UFO Party
Weekday, January 9 at 3pm
Bring in your Unfinished Felted Object
(UFO) and finally get it done! Diane
will provide expert guidance.



Paper Bead Jewelry
Wednesday, January 30 at 3pm
Cost: \$10.00
Learn to transform scrap paper into
gorgeous beaded jewelry!

JUST FOR FUN



Movie Matinee
Friday, January 11, at 12:30pm
Morning Glory
Friday, January 25, at 12:30pm
Coco Before Chanel



Rummikub
Mondays at 1pm



Trivia & Jeopardy
Tuesdays, January 15 and 29 at 1pm



Cribbage
Thursdays at 1pm,
except when there is a...
Cribbage Tournament
Thursday, January 17 at 9am



Hope Community Chorus
Mondays at 11am



Scrabble
January 11 and 25 at 10am



Joint Health Yoga
Thursday, January 31 at 1:30pm
Cost: \$6.00
No prior yoga experience required! This low impact
and gentle joint focused class will help improve
flexibility and balance, decrease discomfort of a stiff
body, and improve recovery from stumbles.



Poker
Friday, January 4 at 9am
Try your hand at a not-so-high-stakes game!



Mahjong
Fridays, January 4, 11, 18, 25 at 1pm



Afternoon Tea
Wednesday, January 30 at 4pm
Take your afternoon tea in style, sipping tea from the
Cozy Tea Cart. Please sign up in advance, so we will
know how many party favors we need!

Native American Flute Lessons
Tuesdays at 1pm
Cost: \$40 for 4 week sessions

Canasta
January 8 and 22 at 11am



Women's Meditation Group
Fridays at 11am



Qi-Gong
Mondays, at 12:45pm
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.



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, January 7, 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.



Reflexology, Manicures & Pedicures
Friday, January 4, 11, 25 by Appt.
Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)

Massage

Tuesdays (Jan 8, 15, 22, 29) and Wednesdays (Jan 2 & 23)
By Appt.

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

Chair and table massages available.

Women's Conversation Group

Wednesdays, January 9 and 23 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

Monday, January 28 at 1pm

Board of Health Talk

Stay Tuned! Next Talk in March 2019

Your public health nurses from Nashoba Board of Health will lead a discussion about timely health promotion topics.

Well Adult Clinic

Wednesday, January 9 at 12pm

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

Hearing Clinic

Wednesday, January 16, at 10am

Evening Tai Chi for adults of all ages

(at the Townsend Congregational Church)

Wednesdays, 6:30 –8pm Cost: \$10

UP & COMING

Valentine's Dance—February 14th

Akwaaba African Dance & Drum Ensemble—
February 23 at 3pm

Weaving Club continues!

Polymer Clay Beads with Linda— Date TBD

Snow Policy Reminder: *The Senior Center is closed when North Middlesex Schools are closed. During delayed openings, the Center will run its normal hours. Wednesday evening hours determined at the Director's discretion.*

GROUP FITNESS

Chair Exercise

Mondays, Wednesdays, &
Fridays at 10am

Exercise through video instruction.

New Class!
Wednesdays at 3pm!

Stretch & Tone

Tuesdays & Thursdays at 10am

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

Gentle Yoga

Mondays at 9:30am Cost: \$6/class

New Time!!!

Line Dancing

Fridays; Cost: \$5/class or \$7 for both/all

Beginner: 9:30—10:00am

Improver: 10:00am –11:00am

Advanced class continues until 11:30

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.*

Hint: Remember the “order of operations” from school.
There’s more than one way to solve this one!



High Hand: Peter Salisbury, 21

"My mother always used to say, 'The older you get, the better you get. Unless you're a banana.'"
--Betty White

Mary Szurley

ROAD RUNNER BUS SCHEDULE (PLEASE CALL IN YOUR RESERVATION 48 HOURS IN ADVANCE)

FARES (One Way):

- Within Townsend: \$1.25
- Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

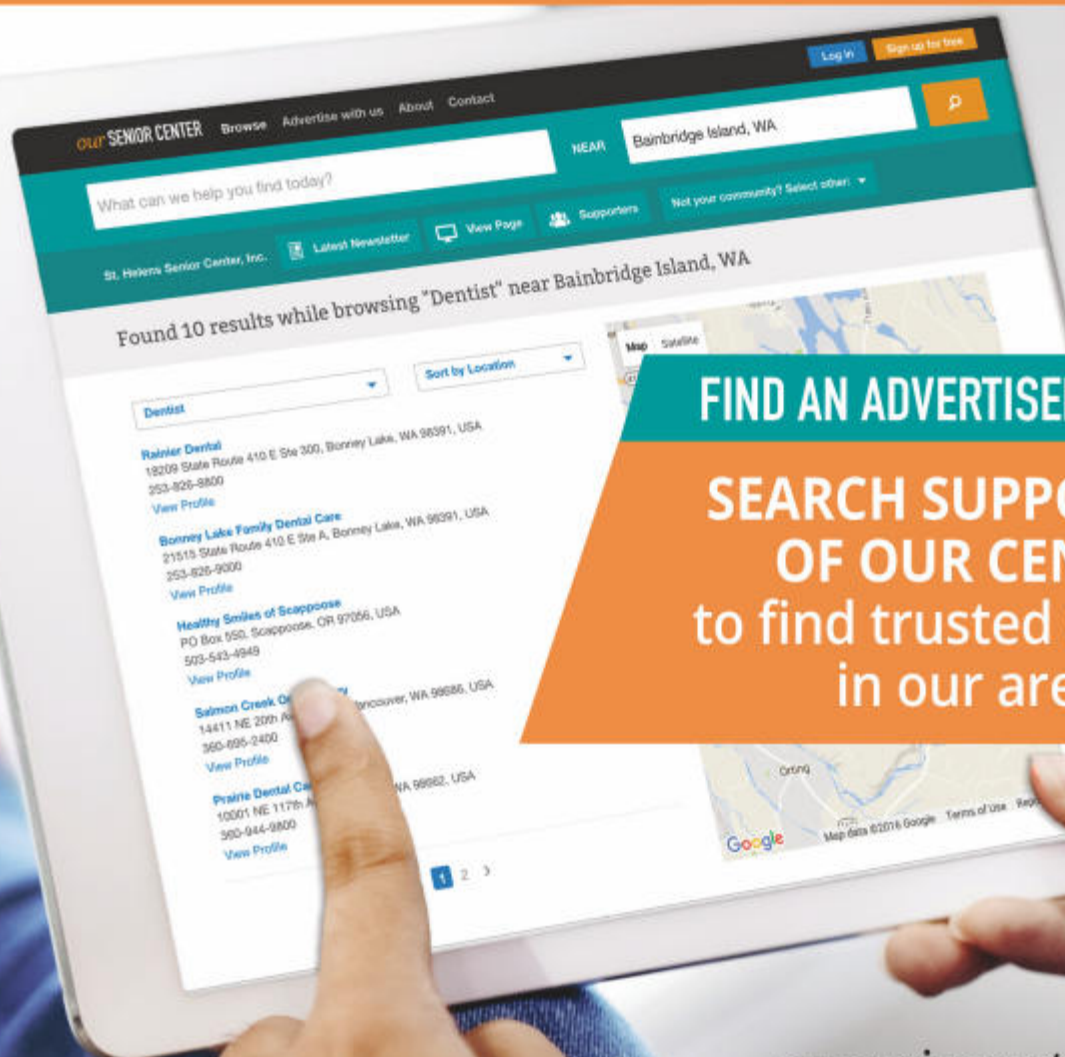
Please schedule appointments between 9:30am and 12:30pm.

Schedule all appointments by calling 978-597-1710

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How to Deal With Noisy Restaurants and Hearing Loss

by Christina Ianzito, AARP The Magazine

With loud music, high ceilings and hard surfaces that don't absorb sound, restaurants now find noise to be the top complaint about them, according to the 2018 Zagat National Dining Trends Survey.

Entrepreneurs are trying to solve the problem. Gregory Scott, who has hearing loss, was frustrated at not being able to follow conversations with his fellow diners at restaurants. So he came up with a smartphone app to help. Diners use **SoundPrint** to take a decibel reading, and the app then averages the location's readings, so anyone can view relative noise levels before choosing a place for gathering and eating. You also can search for quiet (or loud, if you're into that) restaurants in your area based on other users' evaluations. There are now more than 16,000 users and 30,000 submissions — most so far clustered in big cities like New York and Chicago, but expanding. Scott says he hopes that each submission will "let venue managers know that we care about noise."



A similar app, **iHEARu**, created by a Seattle audiologist, is in the early stages of compiling decibel readings at restaurants and other public venues. Yelp, a popular app and website that offers customer ratings and reviews, lists noise level among restaurant attributes, but only in a characterization such as "average"; also, that label is assigned by the business, not customers. And some restaurant critics, including those for the *San Francisco Chronicle* and the *Washington Post*, have taken to providing decibel readings in their reviews. Normal conversation is about 60 decibels; if restaurant noise is 70 to 80 decibels, you'll need to speak up. Scott notes that New York City restaurants average 77 decibels; bars, 81 decibels.

He offers some tips for eating out if you have hearing loss or are bothered by restaurant noise.

- **Before you go:** "Call or email ahead and ask to be seated in a quieter area of the restaurant such as an alcove, a separate room, or a table away from the bar, espresso machines, open kitchens or larger tables (because larger tables tend to be louder). It helps to choose restaurants that have incorporated sound absorbers into their design, such as tablecloths, carpeting, plants, upholstered chairs and wider spaces between tables."
- **When it's noisy and there's nowhere quieter you can move:** "Ask the venue managers if they can turn down the background music (often a leading cause of excessive noise). It helps tremendously if you can show them a sound-level reading indicating that the place is too loud."
- **If you read lips:** "If you're part of a larger party, ask to be seated at a round table rather than a rectangular one, and search for places with brighter lighting. Both make it easier to read companions' lips. And tell the waiter that you read lips, so they can enunciate clearly."

January Fun Facts

January 1, 1902: First Rose Bowl was held in Pasadena, California

January 5, 1961: Television show about a talking horse, Mr. Ed, debuted and ran for six years

January 25, 1964: The Beatles "I Want To Hold Your Hand" hit #1 on the Billboard Top 100. It became their best selling single


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YOU'LL BE JOINING US SOONER THAN YOU THINK!

Save the Date!

January 19, 2019

Senior Appreciation Lunch

The  Friends salute Townsend's greatest generation.

Complimentary Luncheon and Entertainment

(Snow Date: January 22)

The Road Runner will be in full-service. Watch for sign-up sheets at the Senior Center

Many, MANY Thanks!

The Bake Table at the Holiday Fair was very successful. Sincere appreciation for all the donations, thanks to the shoppers and a special round of applause to all who helped on the day of the fair. That's why we're Friends!

The Friends of the Townsend Seniors meet the first Wednesday of the month at the Senior Center at 7pm.

There is a lot of work to do and a lot more we'd like to do. We're looking for new members, new fundraising idea, and

BE A FRIEND OF THE FRIENDS

☐ \$5 Friend ☐ \$10 Family ☐ Benefactor \$ _____
New Member ☐ Renewal ☐

Name: _____

Address: _____

Town: _____ Phone: _____

☐ I'm interested in volunteering. Call for the next event.

Checks payable to: Friends of Townsend Seniors
PO Box 972, Townsend, MA 01469.

You may also drop the form at the Senior Center.