

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director -

Remember when we were all scurrying about thinking that all the computers would crash and the world would end on New Year's Eve 2000? Well here we are in 2020. I for one really can't believe it!



We carry the knowledge of the ages in the palm of our hands, can communicate with the world in seconds, and ask Alexa to play music and add milk to the shopping list. Coming soon are autonomous cars, vacations in space, and we can't even imagine what else.

The imaginations of man gave us Marty McFly in Back to the Future time traveling to 2015 and the apocalypse of Mad Max, supposedly set in the mid-1990s. Both are a possibility.

If this all seems a little overwhelming, you're not alone. Come on in for a traditional board game, a cup of coffee or to learn a new craft. No matter what side of the technology revolution you stand on, this is where you WANT to be.

Happy New Year!

Karin

Program Notes:

- Patsy's Monday yoga class will take a winter break beginning 1/20 and resume 2/24.
- Men's Strength has been cancelled due to lack of interest.



Council on Aging: Tuesday, January 21 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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SPECIAL EVENTS (RSVP 978-597-1710)



Stamp Bingo

Monday, January 6 at 11am

Immediately following Stamp Collecting (at 10am), we'll play a stamp-themed bingo with stamp prizes!



Reed Homestead Documentary

Thursday, January 9 at 12:30pm

Stimulating, educational interviews with 2 Minutemen units about their activities at the Fall Open House, which includes historical details of life in 1800 and the role of the Homestead in shaping Townsend culture and character. *Sponsored by the Townsend Cultural Council*



Dementia Nurse Consultation

January 9 & 22 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.



Diabetes Prevention & Glucose Testing

Monday, January 15 at 6:30pm Get tips on staying healthy now and into the future, including exercise, healthy eating, and managing your glucose. Complimentary glucose testing available. *Presented by Epic Wellness.*



Brain Games

Wednesday, January 15 at 6:30pm

Take control of your brain health as you age. Learn which activities are proven to sharpen your focus, improve your memory, and more. *Presented by Right at Home.*



Introduction to Reiki

Tuesday, January 21 at 12pm

No charge!

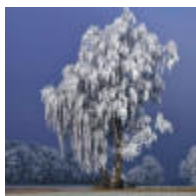
Experience the healing power of Reiki, a Japanese technique for stress reduction, relaxation & healing.



O'Neil Cinemas Movie Club

Wednesday, January 22

Cost: \$12 (incl ticket & roadrunner; 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!



Winter Blues Grief... It's A Thing

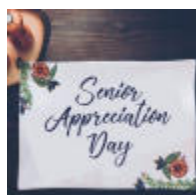
Wednesday, January 22 at 12pm
Days with less sunlight and bad weather are opportunities to contemplate, but it's easy for the mind to become burdened with the fatigue of grief due to the loss of a loved one, a physical limitation, etc. We'll discuss the many options for dealing with winter grief. *Presented by Nashoba Nursing.*



Iceland Experience

Thursday, January 23 at 12:30pm

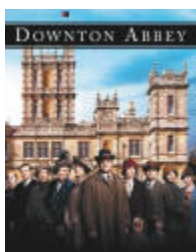
Collette Tours will present a film on the Friends next trip to Iceland. Learn more about this enchanted destination and details of the trip.



Senior Appreciation Lunch

Saturday, January 25 at 12pm

Friends of the Townsend Seniors will host their annual luncheon to celebrate our Seniors!



Downton Abbey Movie & Tea Party

Wednesday, January 29 at 3pm

Watch the much anticipated movie based on the drama of life in the English countryside. Afterwards, enjoy tea, snacks, and the company of friends!



Understanding the New Food Labels

Thursday, January 30 at 12pm

Learn how to read the new food label so you can easily make great choices, learn what nutrients are best for you, and how to compare foods for your best health. *Presented by MOC.*

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.

January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <p>Many thanks to the businesses that donated to the Senior Center this month: Gables of Fitchburg, Stewart's Florist, Hannaford, Rivercourt Residences.</p> </div>		<p>Closed for New Years Day</p>	<p>2</p> <p>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</p>	<p>3</p> <p>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 1/5: Living with Bears</p>
<p>6</p> <p>9:30 Gentle Yoga 10:00 Chair Exercise 10:00 Stamp Collecting 11:00 Stamp Bingo 10:30 Watercolor 11:00 Intermediate Chair Exercise 11:00 Chorus 12:00 Lunch 12:00 Weaving 12:30 Healthy Living Group 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knotty Knitters 1:30 Planet Fitness</p>	<p>7</p> <p>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.</p>	<p>8</p> <p>10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 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 3:00 Intermediate Chair Exercise 4:00 Smartphone Help 6:00 Friends Meeting 6:30 T.O.P.S Message by appt.</p>	<p>9</p> <p>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 Reed Homestead Documentary 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga</p>	<p>10</p> <p>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: Mary Poppins 1:00 Mahjong Manicures/Pedicures/Reflexology by appointment</p>
<p>13</p> <p>9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Intermediate Chair Exercise 11:00 Chorus 12:00 Lunch 12:00 Weaving Techniques</p>	<p>14</p> <p>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.</p>	<p>15</p> <p>10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch 12:00 Diabetes Prevention & Free Glucose Testing 12:30 Woodworking 1:00 Knotty Knitters</p>	<p>16</p> <p>9:00 Cribbage Tournament 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</p>	<p>17</p> <p>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 12:00 Hairdresser 1:00 Mahjong</p>

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.



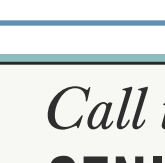
Women's Meditation Group
Fridays at 11am



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, January 6 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, January 15 at 10am

Reflexology, Manicures & Pedicures
Friday, January 10 by Appt.
Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)

Massage with Morningstar of Little Bear Massage
Tuesdays: Jan 7, 14, 21, 28 ; Wednesdays: Jan 8, 29; By Appt. \$45/50 min

Women's Conversation Group
Wednesdays, January 8 and 22 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, January 27 at 12:30pm
Manage your diabetes with confidence. Topics will include managing stress, lifestyle changes, shared experiences, preventing complications, etc.

Well Adult Clinic
Wednesday, January 8 at 12pm
BP screening, glucose check, general health and first aid.

Hairdresser
Friday, January 17 at 1pm

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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:

January 25—The Friends will host the Annual Senior Appreciation Luncheon in the Meeting Hall.

The Senior Center is in need of:
Kleenex (tissues) & Disinfectant wipes
Thank you for your generosity!

GROUP FITNESS

Chair Exercise (video instruction)
Mondays, Wednesdays, & Fridays at 10am

Intermediate Chair Exercise (video instruction)
Mondays at 11am
Wednesdays at 3 pm

Gentle Yoga with Patsy
Mondays at 9:30am (no class 1/20 & 27)
Cost: \$6/class

Group Trip to Planet Fitness
Mondays at 1:30pm

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



JUST FOR FUN



Scrabble
January 10 & 24 at 10am



Movie Matinee
Friday, January 10 at 12:30pm
Mary Poppins
Friday, January 24 at 12:30pm
Instant Family



Rummikub
Mondays at 1pm



Trivia & Jeopardy
Tuesdays, January 7 & 21 at 1pm



Cribbage—Regular Play
Thursdays at 1pm (except 1/16)
Cribbage Tournament
Thursday, January 16 at 9am



Smartphone Help Sessions
Wednesdays, Jan 8, 15, 22 at 4pm



Genealogy with Dwight Fitch
Friday, January 10 at 10:30am



Mahjong
Fridays, January 3, 10, 17, 24, 31 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
Monday, January 6 at 10am
Beginners and lifelong enthusiasts welcome!



Wii Games: Bowling Thursdays at 11am
Wii Games: Balance Games Thursdays at 1pm



Book Club
Wednesday, January 8 at 1pm
This month's group will discuss: "The Race for Paris" by Meg Waite Clayton



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 1pm



Weaving Group (Drop In)
Mondays at 12pm (except 1/13)
Bring your loom and work with fiber friends.



Scrapbooking Group (Drop In)
Wednesdays at 2:30pm
Use our supplies or bring your own!



Evening Quazy Quilters (Drop In)
January 15 & 29 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) No class 1/30



Weaving: Technique Sample
Monday, January 13 at 12pm
Cost: \$2 Weaving sampler in winter colors! Learn a few new techniques like tabby, soumak, twill, leno, rya and more, with Laura and Fran. Take home a wall hanging!
Sponsored by Rivercourt.

6 STEPS TO PREVENT A FALL



Find a good balance and exercise program

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



Talk to your health care provider

Ask for an assessment of your risk of falling. Share your history of recent falls.



Regularly review your medications with your doctor or pharmacist

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



Get your vision and hearing checked annually and update your eyeglasses

Your eyes and ears are key to keeping you on your feet.



Keep your home safe

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



Talk to your family members

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

Source: National Council on Aging, www.ncoa.org/falls-prevention

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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