

# Silver Threads

TOWNSEND SENIOR CENTER

Vol 8 No 7, January 2022

## From the Desk of the Director - Welcome 2022!

The past year was one of heartache and tribulations for many of us. I personally hope that all of you managed to have the best holiday you possible could, considering.

As '22 starts It's a new year filled with new opportunities and new things happening here at the Townsend Senior Center! Inside you will find all of your favorites and a few additions to our repertoire. Look carefully – some programs have new days or times! Their lettering should be blue if I did it right.

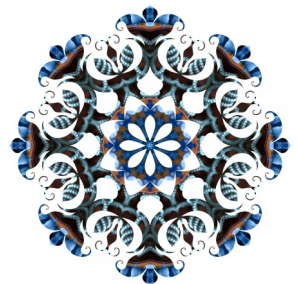
We are happy to report that, though the windows are still drifting around somewhere in the universe, the addition can be used a little bit and are hoping to host a Grand Re-opening the last weekend of March, so mark your calendars!

Along with our new space, we have some new faces and some that have been around awhile that are performing new duties. When you get a chance, come in and introduce yourself to Greg Smith, our new Assistant Program Coordinator. We are looking forward to what innovations he brings to the center!

Since we are shifting gears again I'd like to remind everyone to sign up for programs you plan to participate in. It not only helps us know how many patrons to expect, but makes it easier to contact you if a program gets canceled or rescheduled. This is also a good time to remind you that our snow policy follows that of the North Middlesex Regional School District – if they are closed, so are we and there will be no van service either.

Happy New Year everyone!

**Karin**



**Karin Canfield Moore**, Director  
**Janet Cote**, Volunteer Coordinator  
**Lorraine Farmer**, Program Coordinator  
**Donna Fenton**, Kitchen Manager  
**Donna Howard**, Transportation Administrator

**Townsend Senior Center Hours**  
Monday-Friday: 9am-3pm  
Wednesday: 9am-8pm  
16 Dudley Road, Townsend, MA 01469  
978-597-1710

<https://www.townsendma.gov/senior-center-council-aging>

## Lunch

### RESERVATIONS REQUIRED

**48 hours in advance**

Suggested \$3.00 donation

Onsite lunches

*Please observe mask protocol as requested*

**Tuesdays:** Soup & Salad Bar

**Thursdays:** Donna's Diner

Jan 6: Shepherd's Pie

Jan 13: Mac & Cheese

Jan 20: New England Pot Roast

Jan 27: Butternut Squash Stuffed Shells

### Meals on Wheels Provided by MOC

**Call: 978-345-8501 Ext. 2 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.*

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

Community Foundation of North Central  
Massachusetts

Greater Lowell Community Foundation  
Hannaford of Townsend

Friends of the Townsend Seniors  
Rivercourt Residences

Townsend Ecumenical Outreach (TEO)  
Townsend VFW

Due to low staffing  
and increased demand  
no more “*special*” meals  
will be offered until further notice.



We thank you for your understanding  
and patience and hope you will join us  
for our regularly scheduled luncheons.

## Important Phone Numbers

### Community Services:

Elder Abuse Hotline:

(800) 922-2275

Executive Office of Elder Affairs:

(617) 727-7750

Fuel Assistance:

(978) 342-4520

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

## Special Program

*Thinking About Selling Your Home?*

Michael Roy from RHR Real Estate, Realtor,  
Senior Real Estate Specialist

will be at the Townsend Senior Center

Thursday, January 20th at noon

If you are thinking of selling, he can help you  
prepare your home to sell.

**Please call 978-597-1710 to register.**

## AARP TAX ASSISTANCE

**Will be available weekly on Tuesdays  
from**

**February 1st through April 5th  
Appointments available between  
9 am and 2 pm**

**You must call 978-597-1710  
to register and arrange to get the  
paperwork required  
for your appointment**

*Need a greeting card for a special event?*

*We have many to choose from.*

*Come on by and check out our selection!*

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

# Fitness and Exercise

## Hybrid Yoga with Carin

(Chair and floor options)

Mondays at 11:30am and Wednesdays at 3:30pm

\$5 per class

## Learn to Tap Dance

Mondays at 1pm in the Meeting Hall; \$5 per class

You can't help but feel joyful learning this dance style!

Tap shoes helpful but not required; we can loan some.

## Osteo Movement with Carin

Mondays and Thursdays at 2pm. \$5 per class

*January 3rd thru February 24th*

Put on your sneakers for a class specifically designed to help those with the Osteos (and others as well!) You must be able to commit to 2 days a week for 8 weeks!

## Qi Gong

Thursdays at 11am; \$5 suggested donation per class.

## Skills with Carin

Fridays at 12:30pm \$5 per class

Covers hand-eye coordination, balance, dexterity etc.

## Senior Fitness with Stephanie

Thursdays at 9:15am (live instructor) \$5 per class

Mondays 9:30am via [Zoom](#)

\$40 for a pack of 6 classes

## Chair Exercise

Mondays, Wednesdays and Fridays at 10am Mondays,

Wednesdays and Fridays at 10am on Cable Channel 9

## Walking Club

Tuesdays and Thursdays at 9:30am.

Inside and outside options, weather depending.

## Line Dancing

Tuesdays at 1:30pm \$5 per class

## For Your Health *RSVP required for ALL programs*



### Medicare Counseling

Wednesday January 12th by appointment

SHINE-certified assistance enrolling in

Medicare, choosing a plan, etc.

Be sure you have a current Medicare Advantage Plan!



### TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

Reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful.



### Manicures, Pedicures, Reflexology

**Mondays** - Mani \$14, Pedi \$23, both for \$35. Trims: toes \$18, fingers \$9.

Reflexology \$27 for 1/2 hour.

Call 978-407-7658 for an appointment.



### Massage with Morningstar:

Tuesdays and Thursdays by appointment.

\$45/50mins.



### Women's Meditation

Fridays at 11am

### Hearing Clinic

Wednesday January 19th by appointment.

### Diabetes Support

Thursday, January 20th at 11am

Come in for some treats and information on how to manage your diabetes with confidence.

### Wellness Clinic

Wednesday, January 12th from 12-2pm

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

### Dementia Nurse Consultation

Thursday, January 20th by appointment.

Bernadette Oinonen, MS, RN served the senior population for over 35 years. With her experience supporting and educating family caregivers of clients with dementia all parties benefit from having a roadmap to negotiate the challenging journey they may travel.

### Stages

Thursdays at 2pm

Join others who are coping with life after loss

**Healthy Living Group** *Will be back next month!*

## HOUSING REHAB ASSISTANCE:

The Town of Townsend has funds available for housing rehab through the Community Development Block Grant. Funds are available for those who are income eligible and may be used for heating systems, windows, septic, paint, etc. To schedule an appointment email [dhansen@cogincorp.com](mailto:dhansen@cogincorp.com) or call Jodie Deschenes at 978-597-1700 x 1706.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement *Mani/Pedi by appt	<b>4</b> 9:00 Quazy Quilters 9:30 Walking Club 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing *Massage by appt	<b>5</b> 9:30 Wood Carving 10:00 Chair Exercise 1:00 Bingo 2:00 Watercolor 3:30 Quazy Quilters 3:30 Hybrid Yoga 3:30 Intermediate Needlefelting 6:00 Friends 6:30 TOPS	<b>6</b> 9:15 Senior Fitness 9:30 Walking Club 10:00 Watercolor 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 2:00 Stages 2:00 OsteoMovement *Massage by appt	<b>7</b> 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class
<b>10</b> 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement *Mani/Pedi by appt	<b>11</b> 9:00 Quazy Quilters 9:30 Walking Club 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing *Massage by appt	<b>12</b> 9:30 Wood Carving 10:00 Chair Exercise 10:00 Rug Hooking 12:00 Wellness 1:00 Bingo 2:00 Watercolor 3:30 Hybrid Yoga 3:30 Intermediate Needlefelting 6:30 TOPS Medicare Counseling	<b>13</b> 9:15 Senior Fitness 9:30 Walking Club 10:00 Watercolor 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help 2:00 Stages 2:00 OsteoMovement *Massage by appt	<b>14</b> 10:00 Weaving 10:00 Chair Exercise 10:30 Genealogy 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class 1:00 Movie Matinee "Everafter"
<b>17</b>  <b>CLOSED FOR MARTIN LUTHER KING JR DAY</b>	<b>18</b> 9:00 Quazy Quilters 9:30 Walking Club 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing *Massage by appt	<b>19</b> 9:30 Wood Carving 10:00 Chair Exercise 10:00 Hearing Clinic 1:00 Bingo 2:00 Watercolor 3:30 Quazy Quilters 3:30 Hybrid Yoga 3:30 Intermediate Needlefelting 6:30 TOPS	<b>20</b> 9:00 Cribbage Tourney 9:15 Senior Fitness 9:30 Walking Club 10:00 Dementia Nurse 10:00 Watercolor 11:00 Diabetes Support 11:00 Qi Gong 12:00 Donna's Diner 12:00 Should I Sell? 2:00 Stages 2:00 OsteoMovement *Massage by appt	<b>21</b> 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class
<b>24</b> 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement *Mani/Pedi by appt	<b>25</b> 9:00 Quazy Quilters 9:30 Walking Club 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing *Massage by appt	<b>26</b> 9:30 Wood Carving 10:00 Chair Exercise 10:00 Rug Hooking 1:00 Bingo 1:00 Book Club 2:00 Watercolor 2:00 Afternoon Tea 3:30 Hybrid Yoga 3:30 Intermediate Needlefelting 6:30 TOPS	<b>27</b> 9:15 Senior Fitness 9:30 Walking Club 10:00 Watercolor 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help 2:00 Stages 2:00 OsteoMovement *Massage by appt	<b>28</b> 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class 1:00 Movie Matinee "Skyfall"
<b>31</b> 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 12:30 Weaving Class	1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement *Mani/Pedi by appt	<div> <div>January</div> <div>Key:</div> <div>Zoom</div> <div>New day or time</div> </div>		





## Special Events RSVP required for ALL programs

### ERMA BOMBECK **AT WIT'S END**

BY ALLISON ENGEL AND MARGARET ENGEL

**Sunday, January 30th at 2pm \$20  
includes transportation and snack.**

Funniest. Mom. Ever. A celebration of humorist Erma Bombeck, *At Wit's End* rejoices in the life of a woman considered to be one of America's favorite moms, who championed the everyday lives of housewives with a daring truth few of her generation were willing to tell.



### Coming in February:

*Registration starts January 31st!*



**Museum of Russian Icons; Friday, February 11th.  
\$15 includes transportation, admission and a tour!**

(lunch at a restaurant not included)

Enjoy their fifteenth anniversary exhibition *Icons for our Time: Orthodox Art from Around the World*. The museum inspires the appreciation and study of Russian culture by collecting and exhibiting icons and related objects, igniting the interest of many.

## For Fun *RSVP required for ALL programs*



### Women's Conversation

First & Third Tuesdays  
January 4 & 18 at 11am



### Trivia

First & Third Tuesdays,  
January 4 & 18 at 1pm



### Book Club

Wednesday, January 26 at 1pm.  
"The Cold Millions" by Jess Walter



### Rummikub & Wii Bowling

Mondays at 1



### Bingo

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



### Chorus

Mondays at 10:30am



### Cribbage

Thursdays at 1pm, except...  
Tournament 1/20 at 9am



### Mexican Train Dominoes

Tuesdays at 11am



### Movie Matinee

Friday, January 14 at 12:30pm

"Everafter"

with Drew Barrymore

Friday, January 28 at 12:30pm

"Skfall" Bond. James Bond.



### Wood Carving

Wednesdays, 9:30am-noon

Experienced carvers and beginners alike.  
Just drop on in!



### Afternoon Tea

Wednesday, January 26 at 2pm

Take your afternoon tea in style, sipping tea  
from the Cozy Tea Cart. Please RSVP.



### Genealogy with Dwight Fitch

Friday, January 14 at 10:30am

Trace your ancestry and find out where your  
family tree has roots. No need to sign up.

## 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.



\_\_\_\_ 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:  
friendsofthetownsendseniors@hotmail.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.

**We need donations of brown paper bags, paper towels and facial tissue. Thank you!**

## ARTS AND CRAFTS —sign up REQUIRED



### Knotty Knitters

*Mondays at noon* Knit or crochet with other beginners or get help from those who've used circular needles awhile.



### Watercolor with Sue!

*Wednesdays at 2pm. Thursdays at 10*  
\$30 per month for the class.  
Limit of 12 students per class.



### Weaving Class: \$ based on supplies

*Mondays 12:30-2:30*  
Using rigid-heddle looms we will lead you through weaving a multi-color rectangle to be folded and sewn into a sweet clutch bag. Want a strap? Join us in March to wave a short tab for a secure closure and matching strap!



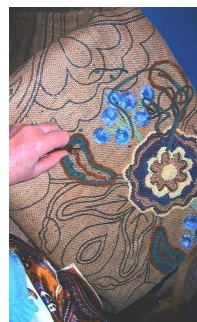
### Warped Weavers Drop-In

*Fridays 10am-noon*  
This is a time to come in to finish a Monday project, learn to weave tapestry, or bring a project of your own.



### Quazy Quilters

*Tuesdays from 9am to 3pm*  
*First and third Wednesdays at 3:30*  
Work on your latest project, or use our supplies to create something new!



### Rug Hooking Guild

*Wednesdays January 12 and 26 10am to 2pm*

This traditional style rug hooking guild has been meeting for many years under the guidance of Betty McClentic. We are not accepting new members at this time. Let a staff member know if you would be interested in joining in the future.



### Intermediate Needlefelted Mermaid

*Wednesdays at 3:30pm*  
\$15 includes a tub!  
This 3 or 4 part class will start with making the armature and apply wool for the basic body and head. Class two will wet felt the lower body and tail using a variety of fibers. The third and maybe fourth classes will attach the tail and work on details.

## ROAD RUNNER BUS SCHEDULE

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

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

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

**For each additional stop, you will be charged 50 cents per stop.**

No Service  
1/17

**Mask Mandate on public transportation remains in effect. Mask must cover nose, mouth and chin.**

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am-12:00pm	Pepperell (Medical )	Leominster (Medical)	Townsend (Medical)	Groton, Ayer (Medical)	Lunenburg, Fitchburg (Medical)
Afternoons 1:00-3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Errands)	Townsend (Errands)	Fitchburg (Errands)

### 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¢

Wednesdays  
3:00-8:00 PM  
By Appointment

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