

# Silver Threads

January 2023  
Vol 9 No 7

TOWNSEND SENIOR CENTER

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

**You can register at [myactivecenter.com](http://myactivecenter.com)!**

*This provides patrons an option to sign up for programs online through your computer, tablet or smart phone.*

**Or you can call us at 978-597-1710. Thank you!**

*Important Note: If you can't make it to something you've signed up for, please remember to cancel your reservation. Someone may be waiting for a spot!*

## From the Desk of the Director –

*2023... kind of hard to believe isn't it?*

Even with all the turmoil and strife in the world I'm hoping that this will be a year of healing and recovery. The last few years have been so unpredictable and volatile that I know we could all use a little less stress in all aspects of our lives. Many of us will be making a lot of choices, decisions and changes. I encourage us all to try and embrace them and focus on how they will enrich your life. Look for the positive in everything that comes your way.

Now that we are fortunate enough to be fully staffed, we are putting on our thinking caps and starting to plan all the wonderful things that we want to accomplish this coming year and beyond. Look for special events, more wellness programming, intergenerational collaborations with the library, and YES casino trips are back too! We are also working on alternative transportation options.

We hope this year will be filled with joy and want to thank you for making us so successful! It's an honor for us to be here for all of you! Never forget that whoever you are, wherever you are, whatever you need you can count on us to be here for YOU!



**Karin**

*P.S. Remember our snow policy is: if North Middlesex Regional Schools are closed, so are we and there is no van service. If they are delayed, we are open regular hours.*

Karin Canfield Moore, Director  
Elise Johnson, Assistant Director & Program Coordinator  
Janet Cote, Volunteer Coordinator  
Lorraine Farmer, Senior Meals Associate  
Donna Fenton, Kitchen Manager  
Donna Howard, Transportation Administrator & Outreach  
Greg Smith, Assistant Program Coordinator

### 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>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Closed for New Years</b>	<b>3</b> *Massage 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 1:30 Mani. & Facials	<b>4</b> *Medicare Counseling 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 4:00 Grief Support 6:00 Friends 6:30 TOPS	<b>5</b> *Massage <b>9:00 Cornhole</b> 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Healthy Living 11:15 Tai Chi 12:00 Donna's Diner 1:00 Cribbage 1:00 Charcoal Drawing 1:30 Osteo Movement 2:30 Charcoal Drawing	<b>6</b> 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Weaving Drop-In 11:00 Name Your Game 11:00 Women's Meditation <b>1:00 Cornhole</b>
<b>9</b> *Water Aerobics 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus <b>10:00 Coffee &amp; Conv.                    w/Special Guest</b> 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving <b>1:00 Cornhole</b> 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	<b>10</b> *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club <b>10:30 Slow Jam</b> 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	<b>11</b> 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 12:00 Wellness Clinic 1:00 Bingo 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 6:30 TOPS	<b>12</b> *Massage <b>9:00 Cornhole</b> 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Donna's Diner 12:00 Podiatrist <b>1:00 Bach's Lunch</b> 1:00 Cribbage 1:00 Tech Help 1:00 Charcoal Drawing 1:30 Osteo Movement 2:30 Charcoal Drawing	<b>13</b> 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Weaving Drop-In 10:30 Genealogy 11:00 Name Your Game 11:00 Women's Meditation 12:30 Movie Matinee <i>"Judy"</i> <b>1:00 Cornhole</b>
<b>Closed for MLK Jr. Day</b>	<b>17</b> *Massage 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club <b>10:30 Slow Jam</b> 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing <b>3:30 SNAP/WIC</b>	<b>18</b> 10:00 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:00 COA Meeting 3:30 Hybrid Yoga 6:30 TOPS	<b>19</b> *Massage <b>8:30 Encore Casino Trip</b> <b>9:00 Cornhole</b> 9:00 Cribbage Tournament 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Diabetes Support 11:15 Tai Chi 12:00 Donna's Diner 1:00 Charcoal Drawing 1:30 Osteo Movement 2:30 Charcoal Drawing	<b>20</b> 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Podiatrist 10:00 Weaving Drop-In 11:00 Name Your Game 11:00 Women's Meditation <b>1:00 Cornhole</b>
<b>23</b> *Water Aerobics 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 10:00 Dementia Nurse 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving <b>1:00 Cornhole</b> 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	<b>24</b> *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club <b>10:30 Slow Jam</b> 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	<b>25</b> 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Book Club 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 6:30 TOPS	<b>26</b> *Massage <b>9:00 Cornhole</b> 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help 1:00 Charcoal Drawing 1:30 Osteo Movement 2:30 Charcoal Drawing	<b>27</b> 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Weaving Drop-In 11:00 Name Your Game 11:00 Women's Meditation <b>11:00 Galloping                    Gourmet:                    Mountain View</b> 12:30 Movie Matinee <i>"It's Complicated"</i> <b>1:00 Cornhole</b>
<b>30</b> *Water Aerobics 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving <b>1:00 Cornhole</b> 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	<b>31</b> *Massage 9:00 Quazy Quilters 9:30 Walking Club <b>10:30 Slow Jam</b> 10:30 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing	<div>January</div> 		

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

### Senior Fitness

Thursdays at 9:15am (live instructor - \$5 per class)  
Mondays 9:00am (DVD)

### Chair Exercise

Mondays, Wednesdays and Fridays at 10am

### Walking Club

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

### Learn to Tap Dance

Mondays at 1pm; \$5 per class  
You can't help but feel joyful learning this dance style!  
Tap shoes helpful but not required; we can loan some.

### Tai Chi

Thursdays at 11:15am \$5 per class  
Join Jeff for this Chinese martial art practiced for health benefits and meditation.

### Line Dancing

Tuesdays at 1:30pm, no class on 12/6. \$5 per class

### Move your body with Carin:

#### Hybrid Yoga; \$5 per class

(Chair and floor options)

Mondays at 11:00am and Wednesdays at 3:30pm

#### Osteo Movement

Mondays at 2pm and Thursdays at 1:30pm; \$5 per class

Offers everything! Posture, balance, core strength, etc.

You must be able to commit to 2 days a week for 8 weeks! Bring a mat and walking stick.

#### Beginner Yoga

Fridays at 9:30am; \$5 per class

#### Building Memory Skills

Thursdays at 10am; \$5 per class

Do you struggle to remember things? Is your eye-hand coordination lacking? This class is for you!

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



### Massage with Morningstar:

Tuesdays and Thursdays by appointment  
\$45/50mins.



### Sarah from Footcare Focus

will offer podiatry services, \$45  
Thursday, Jan. 12th from 12pm to 3pm  
Friday, Jan. 20th from 10am to 1pm  
Call 978-597-1710 for an appointment.



### Wellness Clinic

Wednesday, January 11th from 12-2pm  
BP screening, glucose check, etc.



### Hearing Clinic

Wednesday, January 18th at 10am



### Women's Meditation

Fridays at 11am

### Water aerobics at the YMCA!

Mondays at 3pm  
Van leaves the Senior Center at 2:30pm  
Call for more information.

### Manicures and Facials

First Tuesday at 1:30pm by appointment

### 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.

### Dementia Nurse Consultation

Monday, January 23rd at 10am, by appointment  
Bernadette Oinonen, MS, RN served the senior population for over 35 years supporting and educating family caregivers of clients with dementia. All parties benefit learning to navigate the journey they may travel.

### Healthy Living

Thursday, January 5th at 11am

This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

### Diabetes Support

Thursday, January 19th at 11am

Come and pick up Healthy recipes for the holidays! Snacks and a prize raffle!

## Grief Support Group

Wednesday, January 4th at 4pm

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  
2nd and 4th Thursdays at 1pm  
Call 978-597-1710 to make an appointment. No charge.

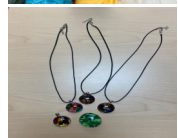


## ARTS AND CRAFTS Registration required for ALL programs - 978-597-1710



### Knotty Knitters

*Mondays at 12:30pm* Knit or crochet with other beginners or get help from those who are more experienced.



### Alcohol Ink Jewelry

*2nd and 4th Tuesdays at 1pm*  
Limited to 12 students. Cost is \$12 including materials.



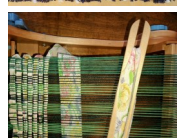
### Watercolor with Sue!

*Wednesdays at 10am and 2pm*  
\$20 per month.  
Limit of 12 students per class.



### Weaving Classes:

*Mondays at 12:30pm*  
Weave a simple lace on a pre-warped loom. \$5 fee for materials.



### Weaving Drop-In

*Fridays 10am-noon*  
This is a time to finish a class project or bring one of your own.



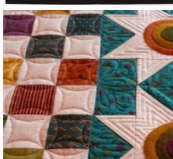
### Felting

*2nd and 4th Tuesdays at 9:30am*  
Make a wet felted hat! \$10 fee for materials.



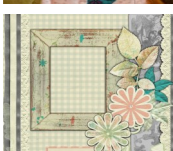
### Charcoal Drawing with Sue!

*Thursdays at 1:00 and 2:30 (beginners)*  
Charcoal has unique characteristics that will encourage your creativity. \$20 per month. Limit of 12 students.



### Quazy Quilters

*Tuesdays from 9am to 3pm*  
*1st & 3rd Wednesdays at 1:00pm*  
Work on your latest project, or use our supplies to create something new!



### Scrapbooking

*2nd & 4th Wednesday at 3pm*  
Bring your own supplies or use ours!



### Wood Carving

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

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

### Women's Conversation

*First & Third Tuesdays at 11am*



### Trivia

*First & Third Tuesdays at 1pm*



### Slow Jam

*Tuesday at 10:30am beginning 1/10.*  
For acoustic string instruments only.



### Book Club

*Wednesday, January 25th at 1pm*  
"The Paris Library"  
by Janet Skeslien Charles



### Bingo

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



### Hope Community Chorus

*Mondays at 10am*



### Genealogy with Dwight Fitch

*Friday, January 13th at 10:30am*  
Trace your ancestry and find out where your family tree has roots.



### Movie Matinees:

**Friday, January 13th at 12:30pm**

"Judy" with Renee Zellweger

**Friday, January 27th at 12:30pm**

"It's Complicated" with Meryl Streep,  
Steve Martin and Alec Baldwin

**Pizza provided by Friends of the Townsend Seniors**



### Mexican Train Dominoes

*Tuesdays at 10:30am*



### Name Your Game

**We have many to choose from (and bring a friend)!**

*Fridays at 11am*



### Rummikub

*Mondays at 1pm*



### Wii Bowling

*Mondays at 1pm*



### Cribbage

*Thursdays at 1pm, except...*  
Tournament on 1/19 at 9am



## November Cribbage Results

High Score: Pam Forrence - 726 Points

Runner-Up: Carole Phillips - 701 Points

High Hand: Anne Foresman, Fern Niemi - 20 Points

## Indoor Cornhole

Monday 1pm-3pm

Thursday 9am-11am

Friday 1pm-3pm



## Special Events RSVP required for ALL programs - 978-597-1710

### Encore Casino Bus Trip- Boston Harbor

**Thursday, January 19th**

Coach bus will leave the senior center at 8:30am and depart from Boston at 4:00pm

Cost is \$40 per person (includes \$20 voucher for slot play)

**\*Payment required at sign up\***

*Last day to sign up is Thursday, January 5th*



### Galloping Gourmet

This month we will be going to the  
**Mountain View Restaurant at  
Monty Tech  
on January 27th at 11:30am**

Please call the senior center to  
reserve your spot

The van will leave at 11am and the cost  
will be \$3.50 plus price of your meal

### Bach's Lunch Concerts

Free concert featuring faculty & friends!

*Bring a bagged lunch to enjoy*

**January 12th: Trombone Quartet  
Bach to Offenbach...and more!**

Concert starts at 1:30pm and van will leave  
the senior center at 1pm

# January Lunches

## RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

**Tuesdays:** Soup & Salad Bar

**Wednesdays:** Heart to Home Meals

**Thursdays:** Donna's Diner

Tuesday	Wednesday	Thursday
1/3: Soup & Salad	1/4: Heart to Home <i>Franks and Beans</i>	1/5: Donna's Diner <i>Seafood Chowder</i>
1/10: Soup & Salad	1/11: Heart to Home <i>Fish and Chips</i>	1/12: Donna's Diner <i>Ground Beef &amp; Gravy</i>
1/17: Soup & Salad	1/18: Heart to Home <i>Scrambled Eggs and Sausage</i>	1/19: Donna's Diner <i>Chicken &amp; Broccoli Alfredo</i>
1/24: Soup & Salad	1/25: Heart to Home <i>Ham Dinner</i>	1/26: Donna's Diner <i>Stuffed Pork Tenderloin</i>
1/31: Soup & Salad		

## Acoustic Slow Jam

Tuesdays at 10:30am from  
January 10th until March 28th

It's all about having fun, the joy of music, making friends and learning some new tunes! The jams will be strictly limited to acoustic instruments and simple to play songs. Singers are welcome to join in as well! Beginners welcome!

## SNAP/WIC (formerly Food Stamps) Information Session

Learn if you are eligible to sign up  
and how and where?

**Tuesday, January 17th 3:30-5:00 pm**  
**in the Senior Center**

Join us on Monday, January 9th for  
**Coffee and Conversation**  
with special guest "Dorie" the miniature  
golden doodle therapy dog

Drop in between 10am-12pm to connect  
with friends and make new ones!

*Beth Walsh from Senator Cronin's office  
will be here*

*Tuesday, January 17th from 11:30-1:00  
to join us for lunch, visit with you and discuss  
your concerns.*

*You can also call her at 617-722-1230*

## Dementia Nurse Consulting

Bernadette Oinonen, MS, RN will be available by  
appointment **Monday the 23rd from 10am-12pm**

Bernadette is here to support and educate family  
caregivers of clients with dementia

## Keep Warm and Carry On!

**The Townsend Senior Center welcomes you to  
come in and warm up even if you are not  
participating in a program.**

## 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) 597-2209

SHINE Medicare Counseling: 508-422-9931

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

# 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.**

## 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¢

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

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

***The Senior Center Kitchen  
needs donations of paper towels, and heavy duty din-  
ner paper plates.***

***Do you want to help the Senior Center?  
Please consider joining the Friends of the Townsend  
Seniors and help their fundraising efforts. Thank you!***

## 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.*

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:  
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.*