

# SILVER THREADS

TOWNSEND SENIOR CENTER

Vol 8 No 1 July 2021

## From the Desk of the Director -

Why is it that just when we seem to be coming out of the darkness, darkness hits us again ... right between the eyes?

The past year has been a year of extreme loss for many of us: patrons, staff, and contributors. I hope that as the restrictions of COVID lift and allow many things to come back to "normal" that we take time to breathe, listen to the birds, smell the roses, and think about being sensitive to what others might be dealing with. It's easy to get wrapped up in the possibilities the future holds without being cognizant that this past year and more has put us all through emotions and experiences that we have never experienced before.

You will see in this month's newsletter that we have brought back quite a few programs while juggling with limited access to available space due to construction of our new addition. We hope the addition will be complete this fall and that a grand re-opening will be in order. BUT, as we have all learned recently, nothing is predictable, so we will continue to just do our best, be our best and hope for the best.

One thing we should all keep in mind that we all deal with change, tragedy, and the unknown in different ways. Be here for each other. Be compassionate. Laugh, live, and love. After all, what else matters?



Never forget that whoever you are, wherever you are, whatever you need you can count on us to be here for YOU! And we are grateful that you are here for us as well.

**Karin**

## Program Note:

Chair Exercise, Weaving Circle, and Quilting are cancelled on July 9th, to accommodate the Library Slime program in the Meeting Hall. Thank you for understanding.

*Have questions about how to get a **COVID-19 Vaccine**?  
Call the Senior Center at 978-597-1710, we're happy to assist you.*

Karin Canfield Moore, Director  
Janet Cote, Volunteer Coordinator  
Susan Dejaniak, Assistant Program Coordinator  
Donna Fenton, Kitchen Manager  
Donna Howard, Transportation Administrator  
Katie Petrossi, Assistant Director and 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>



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# Drive Thru Lunch



**RESERVATIONS REQUIRED 48 hours in advance**  
Call 978-597-1710 to sign-up. Suggested \$3.00 donation

## **Mondays**

**5:** Closed

**12:** Baked Cod Newburg  
Rice Pilaf, Broccoli

**19:** Beef Bolognese over  
Pasta with Carrots

**26:** Chicken Cordon Bleu  
Whipped Potatoes

## **Tuesdays**

**6:** No Meal

**13:** No Meal

**20:** No Meal

**27:** Coffee Hour

## **Wednesdays**

**7:** Mini Ravioli  
Spinach

**14:** Grilled Chicken  
Cacciatore

**21:** Turkey, Gravy,  
Potatoes, Green Beans

**28:** Chicken Sausage,  
Peppers, Onions, Potato

## **Thursdays**

**1:** Hamburger, Pasta Salad,  
Chips

**8:** Strawberry Spinach  
Salad with Grilled Chicken

**15:** Seafood Salad Roll,  
Coleslaw, Chips

**22:** No Meal

**29:** Sausage Sub with  
Peppers & Onions

**\*\*Monday and Wednesday meals provided by MOC; Thursday meals homemade by Donna**

### **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 10:10am –12:30pm.

Someone must be home to receive the meal.

## **Our Heartfelt Thanks!**

To all of you who have reached out to me and my family, kept us in your prayers, and sent us peace and healing thoughts. You have all made it just a bit easier to move forward, heal and come to terms with our loss and the changes ahead.

Once again, the caring and support of you, our patrons, volunteers, contributors and staff have proven to be invaluable in our time of need. Words cannot express how much you mean to us.

Thank you! **Karin**

## **Technology Help**

Do you have a new phone or tablet and need help learning to use it? Learn to use popular programs including Zoom, Paypal, Gmail, Facebook, etc. Wednesdays and Thursdays by appointment. No charge.

## **Important Phone Numbers**

### **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 (Food Pantry)

(978) 597-2209

SHINE Medicare Counseling

508-422-9931

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

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

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

## Programs Inside the Building

*RSVP required for ALL programs*

### For Your Health

#### Medicare Counseling

July 14 by appointment. SHINE assistance enrolling in Medicare, choosing a plan, etc.

#### Dementia Nurse Consultation

Thursday, July 8 by appt.

#### Hearing Clinic

Wednesday, July 21 by appointment.

**Manicures & Pedicures** (offered by New England Nails) Mondays by appointment. \$12 for mani; \$28 for pedi; or \$38 for both.

**Massage with Morningstar:** Tuesdays in July by appointment.. \$45/50mins.

#### TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

### For Fun

#### Women's Conversation

Tuesday, July 20 at 11am.

#### Trivia

Tuesdays, July 6 and 20 at 1pm. No charge

#### Wii Bowling

Tuesdays, July 13 & 27 at 10am

#### Rummikub

Tuesdays, July 13 & 27 at 10am

**Book Club** (meets on front patio) Wednesday, July 28 at 1pm. *"The Lying Game"* by Ruth Ware

#### Women's Meditation (no class July 9)

Fridays at 11am. RSVP Required.

#### Bingo

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

#### Cribbage

Thursdays at 1pm; except Tournament 7/15 at 9am

#### Genealogy

Returning in September

#### Scrabble

Fridays at 10am on the patio

## Special Events *RSVP required for ALL programs*



#### Bus Trip: Elton John Tribute Band

Friday, July 23 at 6:45pm

\$20 for ticket & bus ride.

See Yellow Brick Road, an Elton John Tribute Band, play at the outdoor amphitheater at NARA park in Acton. Bring your lawn chair and snacks.



#### Movie Night at O'Neil Cinemas

Wednesday, July 14

We don't know what movies are playing yet, but we'll take the roadrunner to see a late afternoon show.

## Virtual Programs

*Call the Senior Center to sign up and receive the link*

**Native American Flute**

**Fridays at 2pm, \$40 per month**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Key:</b> Onsite Programs Zoom Programs</p>			<p>1</p> <p>9:30 Senior Fitness 12:00 Donna's Diner 1:00 Cribbage 1:30 Gentle Yoga</p>	<p>2</p> <p>9:30 Weaving 10:00 Scrabble 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons</p>
<p>5</p> <p><b>CLOSED For Independence Day</b></p>	<p>6</p> <p>1:00 Trivia Massage by appt</p>	<p>7</p> <p>9:30 Senior Fitness 12:00 MOC Lunch 1:00 Bingo 3:00 Watercolor 3:30 Beginner Yoga 6:00 Friends 6:30 TOPS</p>	<p>8</p> <p>9:30 Senior Fitness 10:00 Dementia Nurse Consultation 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 1:30 Gentle Yoga</p>	<p>9</p> <p>10:00 Scrabble 2:00 Flute Lessons  **Limited Programs due to Library Event</p>
<p>12</p> <p>9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting 1:00 Tap Dance 1:00 Weaving Class  Mani/Pedi by appt</p>	<p>13</p> <p>10:00 Rummikub 10:00 Wii Bowling 1:00 Line Dancing Massage by appt</p>	<p>14</p> <p>9:30 Senior Fitness 12:00 MOC Lunch 1:00 Bingo 3:00 Watercolor 3:30 Beginner Yoga 6:30 TOPS  O'Neil Cinemas Trip SHINE Medicare Counseling</p>	<p>15</p> <p>9:00 Cribbage Tournament 9:30 Senior Fitness 11:00 Qi Gong 12:00 Donna's Diner 1:30 Gentle Yoga</p>	<p>16</p> <p>9:30 Weaving 10:00 Scrabble 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons</p>
<p>19</p> <p>9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting 1:00 Tap Dance 1:00 Weaving Class  Mani/Pedi by appt</p>	<p>20</p> <p>10:00 COA 11:00 Women's Conversation 1:00 Trivia Massage by appt</p>	<p>21</p> <p>9:30 Senior Fitness 10:00 Hearing Clinic 12:00 MOC Lunch 1:00 Bingo 3:00 Watercolor 3:30 Beginner Yoga 6:30 TOPS</p>	<p>22</p> <p>9:30 Senior Fitness 9:30 Fairy &amp; Flower Cards 11:00 Qi Gong 1:00 Cribbage 1:30 Gentle Yoga</p>	<p>23</p> <p>9:30 Weaving 10:00 Scrabble 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons 6:45 Elton John Tribute Concert</p>
<p>26</p> <p>9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting 1:00 Tap Dance 1:00 Weaving Class  Mani/Pedi by appt</p>	<p>27</p> <p>10:00 Rummikub 10:00 Wii Bowling 10:00 Coffee Hour 1:00 Line Dancing Massage by appt</p>	<p>28</p> <p>9:30 Senior Fitness 12:00 MOC Lunch 1:00 Book Club 1:00 Bingo 3:00 Watercolor 3:30 Beginner Yoga 6:30 TOPS</p>	<p>29</p> <p>9:30 Senior Fitness 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 1:30 Gentle Yoga</p>	<p>30</p> <p>9:30 Weaving 10:00 Scrabble 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons</p>

# Fitness and Exercise

## Gentle Yoga with Patsy

Thursdays at 1:30pm in the Meeting Hall. \$6 per class.  
Tuesdays and Thursdays at 10am on Cable Channel 9, and  
available anytime on YouTube

## Chair Yoga with Carin

Beginner: Mondays at 11:30am in the Meeting Hall  
Wednesdays at 3:30pm in the Meeting Hall; \$5 per class  
Intermediate: Class resumes in the fall

## Senior Fitness with Stephanie

Mondays at 9:30am in the tent  
Wednesdays at 9:30am in the Meeting Hall  
Mondays and Thursdays at 9:30am via Zoom  
All formats are \$20 per month

## Chair Exercise (no class July 9)

Mondays and Fridays at 10am in the Meeting Hall.  
Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9.

## Line Dancing

Tuesdays, July 13 & 27 in the Meeting Hall; \$5 per class

## Qi Gong

Thursdays at 11am in the Meeting Hall; \$5 suggested donation 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 have a few pairs to loan!



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# Baseball Word Scramble

1. aidnmod \_\_\_\_\_
2. ctrphie \_\_\_\_\_
3. ohstsrtop \_\_\_\_\_
4. omherun \_\_\_\_\_
5. ugduot \_\_\_\_\_
6. enidrfiel \_\_\_\_\_
7. sbae \_\_\_\_\_
8. doumn \_\_\_\_\_
9. hcteacr \_\_\_\_\_
10. iteksr \_\_\_\_\_
11. laeeug \_\_\_\_\_
12. knucklllbea \_\_\_\_\_
13. rwnoudn \_\_\_\_\_
14. dltoufei \_\_\_\_\_
15. iafirsce \_\_\_\_\_
16. astudim \_\_\_\_\_
17. rrero \_\_\_\_\_
18. kiofpcf \_\_\_\_\_
19. opbackts \_\_\_\_\_
20. odulberedhae \_\_\_\_\_

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

## Laptops Available to borrow!

It's easy to participate in virtual programs like senior fitness, yoga, watercolor, etc. Call us to schedule training!

## 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.

We invite you to join or renew your current membership TODAY!

\_\_\_ 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.

## ARTS AND CRAFTS (In the Building, except Watercolor—sign up **REQUIRED**)



### Watercolor with Linda

*Wednesdays at 3pm via Zoom*  
\$30 per month for the class. New students: \$10 one-time fee for paint kit.



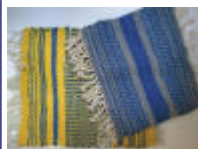
### Knotty Knitters

*Mondays at 12pm —outdoors, weather permitting.* Knit or crochet with other beginners or get help from those who've been around the circular needles a time or two.



### Quazy Quilters

*Fridays at 12pm; no class July 9*  
Work on your latest project, or use our supplies to create something new!



### Weaving Drop-In

*Fridays at 10am; no class July 9*  
Join in the camaraderie as we work on anything weaving. Fran & Laura are on hand to assist folks who need to complete a project from one of our previous classes. Or, bring a fiber project of your own!



### Weaving: Line it Up

*Monday, July 12 at 1pm*  
Can't draw a straight line? Come let Fran Levi show you how to weave straight lines all across a circle to create a fabulous, fun work of art! There will be a selection of "shiny things" to tie on when you're done, or bring your own!



### Weaving: Deep Blue Sea

*Monday, July 26 at 1pm*  
Immerse yourself in ocean colors to create a wavy circle of cool art! Laura Doell invites weavers of all abilities to come; with the option of bringing a favorite beach-combing treasure to add. There will be extra shells on hand - and a drill for making holes in found objects.



### Fairy & Flower Cards

*Thursday, July 22 at 9:30am*  
*Cost: \$3.00* It takes only a few minutes to create a simple, unique, and meaningful handmade card. Use stamps and embellishments to make these delightful cards—perfect for summer birthdays, hostess gifts, and friends who need a boost.

## ROAD RUNNER BUS SCHEDULE

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

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

**SAFE RIDING PROCEDURE:** All riders will have their temperature taken before boarding. Riders **must** wear a mask covering **mouth & nose**.

	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¢

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and Save!**  
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