

SILVER THREADS

TENTATIVE

Vol 7 No 12 June 2021

TOWNSEND SENIOR CENTER

Hello Friends,

For more than a year, the COVID-19 pandemic has greatly impacted Senior Center operations. We closed and re-opened—more than once. We shifted our efforts toward community outreach and food security. But now, with the vast majority of Townsend seniors vaccinated, we are ready to take another step forward!! With safety in mind, it's time to get back out there and live life again. The Senior Center is open and bustling with almost all of our pre-COVID programs and services... and even a construction project. We hope you'll come back to your favorite programs, or try something new!

You've probably noticed the fencing, heavy machinery, and changed traffic pattern (Please enter and exit the Senior Center parking lot via the Hawthorne Brook Middle School driveway). We're adding on a large multi-purpose room, to be used for fitness classes and whatever else we cook up! We're looking forward to the fall for a Grand Re-Opening!

See you soon,
Katie

Programming Note: There will be no programs in the Meeting Hall on Thursday, June 3rd and Friday, June 4th, in cooperation with the Library for their annual booksale.

COVID-19 Vaccine Information

There are THREE options to secure a COVID-19 vaccine appointment:

1. Mass Vaccination Sites: You can preregister for an appointment at one of the 7 mass vaccination site at: mass.gov/COVIDvaccine
2. Public Vaccine Sites: Vaccines are being offered at 170 public sites and can be scheduled at vaxfinder.mass.gov
3. Call 211 to schedule your appointment
4. McNabbs Pharmacy: Our local pharmacy has COVID vaccines! Please visit healthmartcovidvaccine.com to sign up!

If you are having trouble navigating the process, call us! We will walk you through it!

Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Susan Dejniaik, 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.townsendma.gov/senior-center-council-aging>



Drive Thru Lunch



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

Mondays

7: Lasagna

14: BBQ Chicken

21: Cheeseburger

28: Kielbasa Casserole

Tuesdays

1: Veal Francaise

8: French toast,
scrambled eggs, fruit

15: Potato Pollack

22: Coffee Hour:
Assorted Pastries

Wednesdays

2: Cheese Omelette

9: Turkey Corn Stew

16: Beef Tips

23: Sweet/Sour Pork

30: Grilled Chicken

Thursdays

3: No Lunch

10: Vegetable Goulash

17: BBQ Chicken

24: Beef Tacos

***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.

The Senior Center is in need of:

**10-12 inch ceramic flower pots for
use on our new veranda**

Thank you in advance
for your generosity!



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

COVID-19 Updates: Dial 211, then:
Symptoms & Testing x26
Financial Resources x21
Emotional Support or Suicide Hotline x25

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

June 9 by appointment. SHINE assistance enrolling in Medicare, choosing a plan, etc.

Dementia Nurse Consultation

Thursday, June 10 by appt.

Hearing Clinic

Wednesday, June 16 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 June (not 6/1) by appointment.. \$45/50mins.

TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

For Fun

Writing Group

Friday, June 4 at 2pm on the patio.

Women's Conversation

Tuesdays June 1, 15, and 29 at 11am.

Trivia

Tuesdays, June 1 & 15 at 1pm. No charge

Book Club (meets on front patio) Wednesday, June 23 at 1pm. "The Music Shop" by Rachel Joyce

Women's Meditation

Fridays at 11am. RSVP Required.

Bingo

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

Cribbage (in the tent)

Thursdays at 1pm

Genealogy (in the tent)

Friday, June 11 at 10:30am (no charge)

Scrabble

Fridays at 10am on the patio

Special Events

RSVP required for **ALL** programs

Dan Kirouac Concert

Wednesday, June 2 at 12pm in the tent. Most-loved songs of the 1950s, 1960s, and early 1970s will be revisited and re-interpreted by the simplicity of a digital piano and one vocal. This will be a jukebox of memories from the stars of pop, light rock, and easy-listening. *Sponsored by the Townsend Cultural Council.*

Safer Sex for Seniors

Wednesday, June 16 at 7pm. This lighthearted and practical webinar is an excellent introduction to acclaimed author Joan Price's webinar series and will help prepare you for fulfilling and fun intimate relationships at any age.

Medication Safety & The COVID Vaccine

Thursday, June 17 at 12pm in the tent. If you have questions or concerns about your medications, this event is for you!. A pharmacist will also be speaking about the COVID vaccine and if it's right for you, potential side effects, and more. *Presented by the Massachusetts College of Pharmacy & Health Sciences.*

Summer Survival Bags

Friday, June 18 at 11am. Pick up a goody bag full of all the essentials for summer fun! No charge, but RSVP Required.

Coffee Hour

Tuesday, June 22nd at 10am. Meet up with friends on the Senior Center patio! We'll offer some light refreshments as well. No charge.

Hip Hop Dancing (Chair-based)

Tuesday, June 22 at 1:30pm. Travel through time on the "Soul Train" and chair dance to clean cut hip hop and R&B songs. *Sponsored by the Townsend Cultural Council.*

Virtual Programs

Call the Senior Center to sign up and receive the link

Native American Flute

Fridays at 2pm, \$40 per month

Eight Happiness Boosting Strategies

Tuesday, June 8 at 10am. Wonder how some people can be happy even when things aren't going their way? Explore the science behind what makes people happy & learn simple strategies to apply in your life. *Presented by BCBS*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Key: Onsite Programs Zoom Programs</p>	1 11:00 Women's Conversation 1:00 Trivia	2 9:30 Senior Fitness 11:00 Qi Gong 12:00 MOC Lunch 12:00 Dan Kirouac Concert 1:00 Bingo 3:00 Watercolor 3:30 Beginner Yoga 6:00 Friends 6:30 TOPS	3 9:30 Senior Fitness 1:00 Cribbage	4 10:00 Scrabble 10:00 Weaving Circle 11:00 Women's Meditation 2:00 Writing Group 2:00 Flute Lessons
7 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting 1:00 Tap Dance 1:30 Weaving Class Mani/Pedi by appt	8 10:00 Breakfast 10:00 Happiness 1:00 Line Dancing Massage by appt	9 9:30 Senior Fitness 11:00 Qi Gong 12:00 MOC Lunch 1:00 Bingo 3:00 Watercolor 3:30 Beginner Yoga 6:30 TOPS SHINE Medicare Counseling	10 9:30 Senior Fitness 10:00 Dementia Nurse Consultation 11:00 Fly Tying 12:00 Donna's Diner 1:00 Cribbage 1:30 Gentle Yoga	11 10:00 Scrabble 10:00 Weaving Circle 10:00 Chair Exercise 10:30 Genealogy 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
14 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting 1:00 Tap Dance 1:30 Weaving Class Mani/Pedi by appt	15 9:30 Needle Felting 10:00 COA 11:00 Women's Conversation 1:00 Trivia Massage by appt	16 9:30 Senior Fitness 10:00 Hearing Clinic 11:00 Qi Gong 12:00 MOC Lunch 1:00 Bingo 3:00 Watercolor 3:30 Beginner Yoga 6:30 TOPS 7:00 Safer Sex	17 9:30 Senior Fitness 12:00 Donna's Diner 12:00 Medication Safety 1:00 Cribbage 1:30 Gentle Yoga	18 10:00 Scrabble 10:00 Weaving Circle 10:00 Chair Exercise 11:00 Summer Survival Bags 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
21 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting 1:00 Tap Dance 1:30 Weaving Class Mani/Pedi by appt	22 10:00 Coffee Hour 1:00 Line Dancing 1:30 Hip Hop Dancing Massage by appt	23 9:30 Senior Fitness 11:00 Qi Gong 12:00 MOC Lunch 1:00 Bingo 1:00 Book Club 3:00 Watercolor 3:30 Beginner Yoga 6:30 TOPS	24 9:30 Senior Fitness 12:00 Donna's Diner 1:00 Cribbage 1:30 Gentle Yoga	25 10:00 Scrabble 10:00 Weaving Circle 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
28 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 12:00 Knitting Mani/Pedi by appt	29 10:00 Chorus 11:00 Women's Conversation Massage by appt	30 9:30 Senior Fitness 11:00 Qi Gong 12:00 MOC Lunch 1:00 Bingo 6:30 TOPS		

Fitness & Exercise ****RSVP Required for ALL Programs****

Gentle Yoga with Patsy
(no class 6/3)

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, donation appreciated

Chair Yoga with Carin
(no class 6/28 or 30)

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 6/4)

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

Line Dancing

Tuesdays, June 8 & 22 in the Meeting Hall; \$5 per class

Qi Gong

Wednesdays at 11am in the Meeting Hall; \$5 suggested donation per class.

Learn to Tap Dance
(no class 6/28)

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!

Volunteers Needed Townsend Commission on Disability

We need people (min 5, max 13) to fill terms of 1, 2 or 3 years to work on an ADA Plan for the Town, and performing the other work of the commission as defined in MGL Chapter 40 Section 8J.

A majority of said commission members shall consist of people with disabilities, one member shall be a member of the immediate family of a person with a disability and one member of said commission shall be either an elected or appointed official of that city or town.

If you are interested, please fill out a volunteer response form on the town website:

<https://www.townsendma.gov/town-clerk/webforms/resident-request-appointment-volunteer-board-or-committee>

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

Yarning for Summer? Yarning for Color?



WANTED!!!

Knitted and crocheted yarn strips, squares, rectangles and panels up to 12 in. wide

SUMMER yarn SPLASH!

We're "painting" the pillars, benches, and trees and even the rocks

We Need Your Help

Any yarn. Any color. Any Pattern
Lotsa' colors encouraged

Drop off at the Senior Center by June 1st.

Knit Happens!

More information at the
Senior Center and Library
or Alice: harborgal88@gmail.com

Psst Pom poms, Flowers, Critters, Birds, Bugs
and Butterflies are welcome too



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: _____

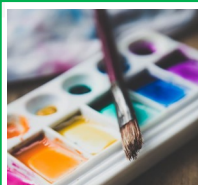
Phone: _____

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

One-time fee of \$10 for an at-home painting kit for new students, plus \$30 per month for the class.



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

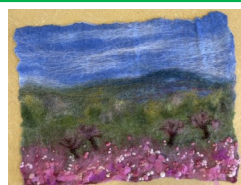
Fridays at 12pm

Work on your latest project, or use our supplies to create something new!



Weaving Circle

Fridays at 10am in the tent. Join fellow weavers to make progress on your project or get help from Laura or Fran!



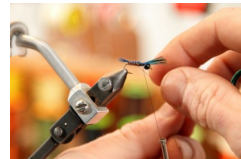
Felted Landscape or Seascape

Tuesday, June 15 at 9:30am \$5.00
Bring an inspiration photo if you have something to reproduce, or model after one of Diane's work!



Weaving: Color Play

Three-part series: Mondays June 7, 14, 21 at 1:30pm in the tent. Cost \$10.00 Color play in both warp & weft. Learn plaid and how to play with yarn thickness.



Fly Tying Thursday, June 10 at 11am. Get ready for fishing season! Eino will show you everything you need to know! No charge.



Laptops Available to borrow!

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



Hope Community Chorus
Reunion & Planning Session

Tuesday, June 29 at 10am
In the tent

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¢

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