

Silver Threads

June 2023, Vol 9 No 12



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

You can register at 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, Option 0. 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 –

Happy Summer everyone!

As many of you know, travel is my passion. Pre-COVID we had purchased airline tickets to visit our son in England. Well, that didn't happen and I had to use them before the end of April, so I took my youngest son to Spain. It was his first trip out of the country and some of the observations he made along the way were quite interesting: The Atlantic Ocean looks the same on every shore. People are people wherever you go; they just speak a different language. It was so clean and we didn't notice many homeless people. My favorite: *families hang out together!*

We are gearing up for summer with more trips and intergenerational programs. Check out all the musical events that are being offered here, at the library and throughout the vicinity. There are so many venues offering a variety of genres.

Art is in bloom as well. Join us for an art discovery tour in Fitchburg. Many communities including downtown Nashua are taking advantage of the talented artists they have and are having murals painted on prevalent walls throughout town.

Anyway, whether it's a concert here at the Senior Center, a performance at Groton Hill, or the Thursday night Band Concert on the Common I encourage you to get out and tap your toes to some music. Maybe take in some art along the way.

Speaking of toe tapping; if you didn't make it to the Senior Prom in May, you missed out. Be sure to come next year. It's another reason this is where you WANT to be!

Karin



Check Out June's Special Events!

- ◇ Join the Galloping Gourmet at the Lemongrass Vietnamese Cuisine in Leominster
- ◇ Take the Open Studios Tour and visit the Murals of Fitchburg
- ◇ Take a Balance and Posture Class sponsored by the Highlands of Fitchburg

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, Tuesday and Thursday: 9am-4pm
Wednesday: 9am-8pm; Friday: 9am-3pm
16 Dudley Road, Townsend, MA 01469
978-597-1710

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



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We do not offer every plan available in your area. Any information we provide is limited to those plans we offer in your area. Please contact MEDICARE.gov or 1-800-MEDICARE to get information on all your options.



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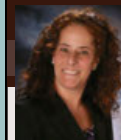
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robinbuxton@rrbuxtonlaw.com

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Edward Jones

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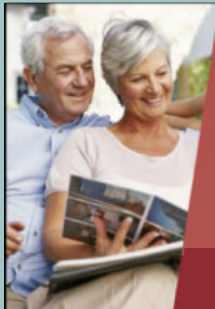
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Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>June</div> 			1 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:30 Osteo Movement	2 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 12:30 Movie Matinee <i>"Book Club"</i>
5 9:30 Chair Exercise 10:00 Chorus 10:30 Senior Fitness 11:00 Hybrid Yoga 12:00 Ping Pong 12:15 O'Neil Cinema 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	6 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Card Making 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 12:30 Trivia 1:30 Line Dancing	7 *Medicare Counseling 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 11:00 Caregivers Lunch 11:00 Healthy Living 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 5:30 Grief Support 6:00 Friends Meeting 6:00 YouTube Yoga 6:00 Tai Chi 6:30 TOPS	8 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner 12:00 Podiatrist 1:00 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement	9 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 10:30 Genealogy 12:30 Movie Matinee <i>"Mrs. Doubtfire"</i> 1:00 Cornhole
12 *Massage 9:30 Chair Exercise 10:00 Chorus 10:30 Senior Fitness 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	13 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 1:00 Almost Summer Tea Party 1:00 Wellness Clinic 1:30 Line Dancing	14 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 Tai Chi 6:00 YouTube Yoga 6:30 TOPS	15 *Massage 9:00 Cribbage Tourn. 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Diabetes Support 11:30 Beth Walsh from Senator Cronin's Office 12:00 Donna's Diner 1:00 Charcoal Drawing 1:30 Osteo Movement	16 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 11:00 Open Studios Tour 12:00 Podiatrist 12:30 Movie Matinee <i>"Sister Act"</i> 1:00 Cornhole
Closed for Juneteenth	20 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Card Making 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 12:30 Trivia 1:30 Line Dancing	21 9:00 Quazy Quilters 9:30 Balance & Posture 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:00 COA Meeting 3:30 Hybrid Yoga 4:00 Galloping Gourmet Lemongrass Vietnamese Cuisine 6:00 Tai Chi 6:00 YouTube Yoga 6:30 TOPS	22 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement	23 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 12:30 Movie Matinee <i>"The Ghost and Mr. Chicken"</i> 1:00 Cornhole
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			30 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 12:30 Movie Matinee <i>"20th Century Women"</i> 1:00 Cornhole	

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

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.

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.

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!

Beginner Yoga

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

YouTube Yoga with Kris

Wednesdays at 6pm. Join Kris for some of her favorites.

Senior Fitness

Mondays at 10:30am, Thursdays at 9:15am

(live instructor - \$5 per class)

Chair Exercise

Mondays, Wednesdays and Fridays at 9:30am

Walking Club

Tuesdays and Thursdays at 9:30am

Inside and outside options, weather permitting.

Line Dancing

Tuesdays at 1:30pm. \$5 per class

Zumba with Nee

Tuesdays at 9am, Fridays at 9:30am. \$5 per class

Tai Chi with Jeff Cote

Wednesdays at 6pm, \$5/class. MEETS OUTDOORS!

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



Massage with Morningstar:

Mondays (2nd & 4th), Tuesdays and Thursdays by appointment \$45/50mins.



Sarah from Footcare Focus

offers podiatry services, \$45

Thursday, June 8th from 12pm to 3pm

Friday, June 16th from 12pm to 3pm

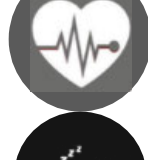
Call 978-597-1710 for an appointment.



Wellness Clinic *Note New Day & Time*

Tuesday, June 13th from 1-3pm

BP screening, glucose check, etc.



Diabetes Support

Thursday, June 15th at 11am

Come and pick up Healthy recipes!



Women's Meditation

On Hiatus. See you in September!

Hearing Clinic

Wednesday, June 21st at 10am

Water aerobics at the YMCA!

Mondays at 3pm

Meet at the Fitchburg "Y"!

Call for more information.

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

On hiatus in June

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

Wednesday, June 7th at 11am

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

Grief Support Group

Wednesday, June 7th at 5:30pm

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



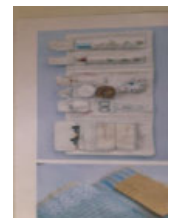
Knotty Knitters

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



Watercolor with Sue!

Wednesdays at 10am
\$20 per month.
Limit of 16 students per class.



Warped Weavers

Fridays at 10am
Drop in or bring your handwoven cloth from the May class to make fiberwork tool holder! More than just a needle case!



Card Making

1st and 3rd Tuesdays at 9:30am
\$1 per card



Felting

2nd and 4th Tuesdays at 9:30am
Mushrooms! Wet felted cap and needle felted stalks. This is a 2 part class. \$5



Charcoal Drawing with Sue!

Thursdays at 1:00
Charcoal has unique characteristics that will encourage your creativity.
Current session is full— ask staff member to be put on waitlist for next beginner class



Quazy Quilters

Tuesdays from 9am to 4pm
1st and 3rd Wednesdays at 9am
Work on your latest project, or use our supplies to create something new!



Wood Carving

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

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

Women's Conversation

On Hiatus. See you in September!



Trivia

First & Third Tuesdays at 1pm



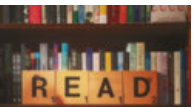
3 Chord Strum Band

Tuesday at 10:00am - Open to all!
For acoustic string instruments only.



Book Club

Wednesday, June 28th at 1pm
"Less"
by Andrew Sean Greer



Bingo

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



Hope Community Chorus

Mondays at 10am



Genealogy with Dwight Fitch

Friday, June 9th at 10:30am
Trace your ancestry and find out where your family tree has roots.



Ping Pong

Mondays at 12pm
Join us for a game! Bring a friend!



Cornhole

Fridays at 1pm (Except 6/2)
Bad weather? Join us indoors!



Mexican Train Dominoes

Tuesdays at 10:30am



Table Shuffleboard

Wednesdays at 1pm



Rummikub

Mondays at 1pm



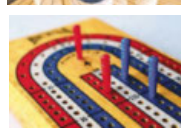
Wii Bowling

Mondays at 1pm



Cribbage

Thursdays at 1pm, except...
Tournament on 6/15 at 9am



Poetry Class

On Hiatus. See you in September!



3 Chord Strum Band

Join the Senior Center's very own instrumental group for a concert during Donna's Diner on Tuesday, May 23rd!

April Cribbage Tournament Winners!

High Score: Bill Hanson & Helen Roy, 708 points
Runner-up: Pam Forrence, 702 points
High Hand: Joanne Lieneck, 28 points

Balance and Posture Class

June 21st at 9:30am

The Highlands of Fitchburg will sponsor this **free** class to teach the importance of proper posture and show practical exercises that will improve posture as well as balance.



Fitchburg Open Studios Tour

Join us on this art discovery tour!

June 16th at 11am

We will have lunch at **Tacos Tequila Mexican Cocina** at 11:30am and then drive in the van to explore the many outdoor murals and sculptures in Downtown Fitchburg.



\$5 plus the cost of your meal

Please call the Senior Center to sign up
Van will leave at 11am

Friends of the Townsend Seniors invites you to...

Serve Our Seniors!

Would you like to help support the Senior Center's programming?

Are you a senior yourself (55+) who would love to give back?

Non-seniors: have your loved ones enjoyed the Senior Center, and would you like to get involved in supporting it?

The Friends of the Townsend Seniors are seeking new board members.



The Friends of the Seniors meet on the first Wednesday of the month at 6:00pm at the Townsend Senior Center.

If interested, please contact Peter Buxton at 978-502-6786 or stryker.pb@gmail.com.

Movie Theater Excursion-O'Neil Cinema

Book Club: The Next Chapter

Monday, June 5th



Van will leave at 12:15pm for a 1pm movie showing
Call the senior center to sign up
Cost is \$3.50 plus price of ticket

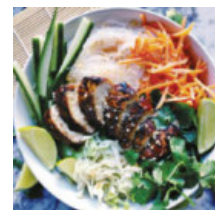
Galloping Gourmet

Lemongrass Vietnamese Cuisine in Leominster

Wednesday, June 21st

Van will leave at 4:00pm
(4:30pm seating)
\$3.50 plus the price of your meal

Please call the Senior Center to sign up




June Lunches at Donna's Diner

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

All onsite lunches
are prepared by
Donna and the Kitchen Staff
Meals are subject to change without notice

Tuesday	Wednesday	Thursday
		6/1: Loaded Baked Potato w/Sides
6/6: Soup & Salad	6/7: BBQ Pulled Pork Sandwich	6/8: Stuffed Peppers
6/13: Soup & Salad	6/14: Mushroom Risotto Topped w/ Grilled Chicken	6/15: Seafood Casserole w/Sides
6/20: Soup & Salad	6/21: Hash & Egg Casserole	6/22: Early July 4th Cookout! 
6/27: Soup & Salad	6/28: Roasted Veggie Pasta Bowl	6/29: Hot Dogs, Baked Beans & Coleslaw

*The Senior Center Kitchen Needs
Donations of Paper Napkins and Paper Towels*

Caregiver's Lunch

Do you know a caregiver who could use support?
Join us for a Caregiver's Support Group lunch
Sponsored by :
Bridges- Memory Care Assisted Living at Westford
June 7th at 11:00am - Call us to sign up!

Dementia Nurse Consulting

Bernadette (MS, RN) supports and educates family caregivers of clients with dementia. Bernadette will be unavailable during June. She will return in July.

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.

Almost Summer Tea Party

June 13th 1-3pm



You are cordially invited to join us for tea,
savory & sweet treats and conversation
Don't forget to wear a fascinator hat!

Movie Matinees for June

June 2nd "Book Club"
June 9th "Mrs. Doubtfire"
June 16th "Sister Act"
June 23rd "The Ghost and Mr. Chicken"
June 30th "20th Century Women"

Pizza provided by Friends of the Townsend Seniors
All showings begin at 12:30pm

Please be prompt!

Please call the Senior Center to
sign up at least 24 hours in advance.



**The Meeting Hall Gallery Committee is looking for
another member– if interested please email**

Meetinghallgallery@gmail.com

**Beth Walsh from
Senator Cronin's Office**

will join us for lunch

Thursday, June 15th from 11:30-1:00

Stop by and discuss your concerns.

You can also call her at 617-722-1230

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 AND WILE E. COYOTE BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE. TOWNSEND RESIDENTS ONLY.

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.
- **Errands:** Shopping, Post Office, Banks, Employment, 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¢

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

Please note the new Roadrunner schedule below!

Monday	Tuesday		Wednesday		Thursday		Friday
Townsend & Lunenburg Errands (Bus 1)	Townsend & Lunenburg Errands (Bus 1)	Leominster & Fitchburg Medical (Bus 2)	Townsend Errands (Bus 1)	Townsend & Pepperell Medical (Bus 2)	Townsend Errands (Bus 1)	Groton & Ayer Medical (Bus 2)	Rotating Locations Errands* (Bus 1)



Say Hello to our new Bus!
(Wile E. Coyote)

Wednesdays
3:00-8:00 PM
By Appointment

*** Rotating Locations:**
Fitchburg, Leominster, Pheasant Lane Mall, Amherst Rt. 101A, and more!

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.*