

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

It's the times that make you sad that help you appreciate the times that make you happy. Personally, I have experienced some life changers this past couple of months. They have made me even more appreciative of my life and the little blessings within it.

As most of you know, my mother passed away in March. Yes, I'm sad but very comforted by the fact that at 91 she had experienced a full life. She left a happy, healthy and loving family, enjoyed many years near my sister, was fortunate to have a tiny house on my brother's property, and most of all was in her own bed holding his hand as she passed. She was very loved and loving, and has left a hole in my world.

I would like to thank those with the idea and follow-through, and the Board of Selectmen, for approving the creation of the Edeltraut Mauter Memorial Fund in her name.

I'm also grappling with the graduation of my eldest. Aidan has been a joy and a challenge since day one. I love him more than life itself and wouldn't trade him for anything! I've noticed how our bond has grown in the last six months. I think maybe there is some maturity and appreciation going on there. I'm so glad he likes to talk to me about what's on his mind. That can certainly be a lot when talking about an 18 year old boy. Sending him off into the arms of the Air Force will be hard, but oh so good for him!

So when life throws you a curve ball, try to turn it around into something positive. I know it's easier said than done and I should heed my own advice, but life is good. The sun is out. It's SUMMER!

Karin Canfield Moore

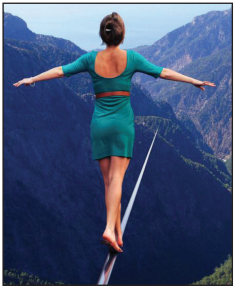


Please don't forget to sign in
when you arrive! It helps us know
which programs people are
interested in!

Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Donna Fenton, Kitchen Manager/Volunteer Coordinator
Abby Foster, Asst. Program Coordinator
Donna Howard, Transportation Administrator/Lead Van Driver
Katie Petrossi, Program Coordinator

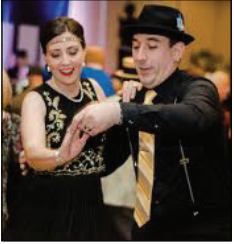
Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm

SPECIAL EVENTS (RSVP requested)



Walking the Social Tightrope of Widowhood **Tuesday, June 5 at 10am**

The loss of a significant other can create difficult interactions within social circles. Learn how to balance the new experiences, while maintaining old friendships.



Dance2Swing **Wednesday, June 6 at 3pm**

Come on down for a beginner's swing dance lesson before the live band takes the stage. Beginners will be matched up with experienced dancers to get things moving quickly.



Heart Healthy Ways to Wellness **Tuesday, June 12 at 11am**

Presented by MOC, this discussion will provide tips on how to take care of your ticker for overall health and wellness.



Shingle Mingle

Thursday, June 14 at 1pm
Learn the essential facts about recognizing and treating the virus, plus have the chance to get the most recent vaccine.



Kimball Farms (Westford) **Friday, June 15 at 10:30am** **Cost: \$3.50 (bus) + \$ for lunch, ice cream & activities**

Famous since 1939 for legendary ice cream, Kimball Farm has grown, and now includes miniature golf, a driving range, bumper boats, and an arcade. Enjoy an al fresco lunch, and finish off the day with some of the farm's famous ice cream.



Police Picnic **Wednesday, June 20 at 12pm**

Come get to know local law enforcement and enjoy lunchtime fare.



Dealing with the House **Wednesday, June 20 at 6:30pm**

The sale of a loved one's home can be an emotionally challenging undertaking. This panel discussion will focus on managing the transfer of a home, including legal and real estate aspects.



Technology Thursday **Thursday, June 21 at 11am**

Learn about the types of blogs, sites and apps that can be used to get the creative juices flowing.

MONTHLY EVENTS

Birthday Party

Thursday, June 7, at 12pm

Please join us for our celebration honoring this month's birthdays. Festivities will include a delicious homemade meal and birthday cake.

Book Club

Wednesday, May 13, at 1pm

The book club meets the 2nd Wednesday of every month. Books are usually available at the Townsend Public Library. This month's group will discuss *The Chaperone*, by Laura Moriarty.

Bach's Lunch

Thursday, June 21, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring a quartet and the music of Jimmy Van Heusen, with new music for old instruments. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, June 19 at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, June 8, at 10:30am

Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.

Bus Trip: Fruitlands Sunset Drum Circle

Wednesday, May 23 at 6pm

Cost: \$15 + \$3.50 (bus)

Connect with the landscape, mother earth and the ancient wisdom of rhythm while building and celebrating community. Take the roadrunner for this facilitated drum circle on the hillside at sunset. Native American, African and assorted drums and percussion will be provided. No prior drumming experience needed. Circles will take place monthly through the summer.

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



Overlooked Summer Travel Tips

an excerpt from tripsavvy.com

One of the best budget travel tips for seniors involves a time-honored organization that has been operating summer programs for a generation. From 1975 until 2009, the non-profit Road Scholar program was known as Elderhostel. The original idea was to open college housing to elderly travelers for a senior summer school with unique educational programs.

These senior summer travel programs are now offered throughout the year, and accommodations are made at hotels and retreat centers as well as university housing. Reservations are still referred to as enrollments. Although many of the participants are at or near retirement age, there is no minimum age listed for participation.

Road Scholar offers programs in the U.S., Canada, Latin America and Antarctica, Africa, Middle East, Asia, Australia and the South Pacific. Most tour prices include accommodations, meals, field trips and lectures.

For example, the “All About Glass from the Crystal City and Around the World” tour in Corning, N.Y. packs 10 lectures and four field-trips into a three-night itinerary starting at \$498/person (\$166/day). That daily rate is roughly the average for U.S. programs. Although not always inexpensive, these programs provide value and would be difficult to duplicate on your own at the prices listed. Transportation to-and-from your program is not included, so it might pay for budget travelers to pick something close to home or close to another location they intend to visit. Nonetheless, this is one of those over-looked summer travel tips that could add to your education as well as your travel enjoyment.

European river cruises are also popular among travelers 60 years of age and older. These itineraries enable them to set foot in more cities and towns without a series of complex transfers. Unpack once and enjoy the trip. European river cruises can be on the expensive side, but if you’re willing to do some shopping, there are solid deals to be found. For example, Grand Circle Cruise Line offers a trio of trips lasting 12-15 days for under \$200/day per person. That’s roughly half what many other European river cruises will require.

Ocean cruises typically cost less, but consider that many European river cruises include shore excursions with your fare. You won’t need to pay for guided tours of the cities visited. You’re also likely to have more ports-of-call on your itinerary.

SENIOR SPOTLIGHT



A Dandy Driver and a Handy Man

by Alice Struthers

When Peter “Pete” Buxton isn’t driving Townsend’s Roadrunner Bus, he might be hanging pictures, putting up grab bars or repairing a wheelchair. As a backup van driver, his weekly hours vary. This gives him time to perform a variety of services for Townsend’s seniors through the Center’s Handyman Program. He also finds time to serve as president of the Friends of the Townsend Seniors. He and his wife Carole have eight children.

Pete has driven a bus for Townsend Senior Center ever since the service began. “Chris Clish (original TSC director) hunted me down to be a driver,” he said. “She knew I had the license.”

Born in Winchester, MA, Pete graduated from high school in Pepperell. His driving career started when he was fifteen years old. “My father put me in a truck in a gravel pit and told me to learn.” He learned well, and put his skill to work in the family’s construction company. His association with trucks and cars continued through thirty-four years with Ford Motor Company. Currently, in another sideline, he picks up and delivers new cars. “That way I get the thrill of getting a new car without having to buy one,” he said with his familiar smile.



Used Syringe Disposal

To dispose of used medical syringes, obtain the proper container from the Board of Health office (272 Main Street, Townsend or 33 Central Street, Ayer). It is very important that you have the appropriate container to store used syringes. The used needles may be

disposed of with the nurse during the Wellness Clinic on the second Wednesday of every month. Containers and the disposal fee cost \$5, payable by cash or check.



Hope Community Chorus *Strawberry Jam*

Sunday, June 10 at 2pm

Cost: \$2.50

You won't want to miss this "berry-special" event. The concert will feature Broadway show tunes, a few surprises (of course) followed by traditional strawberry shortcake and lemonade.

Complete the puzzle and turn it in to Katie to win a prize!

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

JUNE EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar Manicures/Pedicures Reflexology by Appt.
4 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group 4:00 Friends' Meeting	5 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 10:00 Walking the Social Tightrope of Widowhood 11:00 Healing Meditation 12:00 Lunch 1:00 Trivia & Jeopardy 1:30 Watercolor	6 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 3:00 Dance2Swing 6:30 Quilting 6:30 TOPS 7:00 Line Dancing 7:05 Red Sox vs. Tigers Massages by appt.	7 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage 1:30 Gentle Yoga	8 9:00 Quazy Quilters 9:00 Men's Poker 10:00 Chair Exercise 10:30 Genealogy 12:00 Lunch: Soup/Salad Bar 12:30 Movie: Affliction 1:00 Mahjong Manicures/Pedicures Reflexology by Appt. 6/10: Hope Community Chorus Concert Strawberry Jam
11 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:00 Medicare Counseling 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group	12 9:00 Dental Clinic 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 10:00 Crafting for the Community 11:00 Healing Meditation 11:00 Heart Healthy Ways to Wellness 11:00 Hand & Foot 12:00 Lunch	13 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Well Adult Clinic 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Book Club 3:00 Suncatchers 3:05 Red Sox vs. Orioles 6:00 BINGO	14 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Homemade Lunch 1:00 Shingle Mingle 1:00 Cribbage 1:30 Gentle Yoga	15 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 10:30 Bus Trip: Kimball's Westford 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser

12:00 Lunch 1:30 Watercolor Messages by appt.	0:00 Bingo 6:00 Caregiver's Roundtable 6:30 TOPS		
18 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Let's Gogh Art: Flower Pot	19 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 11:00 Healing Meditation 12:00 Lunch 1:00 Trivia & Jeopardy 1:00 Grief Support 1:30 Watercolor	20 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Police Picnic 12:30 Woodcarving 1:00 Bingo 4:00 Afternoon Tea 6:30 TOPS 6:30 Dealing with the House	21 9:00 Cribbage Tournament 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 11:00 Technology Thursday 12:00 Lunch 12:45 Bach's Lunch 1:00 Weaving 1:30 Gentle Yoga
25 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group	26 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 11:00 Healing Meditation 11:00 Hand & Foot 12:00 Lunch 1:30 Watercolor Messages by appt.	27 10:00 Chair Exercise 10:30 Watercolor 11:00 Flower Arranging 11:00 Women's Conversation 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:00 Bus Trip: Fruitlands Sunset Drum Circle 6:30 TOPS 7:10 Red Sox vs. Angels	28 9:30 Walking Club 10:00 Needlefelting Cupcakes 10:00 Stretch & Tone 10:30 Watercolor 11:00 Healthy Cooking for One 12:00 Lunch 1:00 Cribbage 1:30 Gentle Yoga: Healthy Joint Class
22 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar 12:30 Movie: <i>Beauty and the Beast</i> 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.	29 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar		

ARTS & CRAFTS (RSVP requested)



Knitting Group

Mondays & Wednesdays, at 1pm (Drop In)



Watercolor Classes with Linda

Mondays, Wednesdays, & Thursdays at 10:30am; Tuesdays at 1:30pm

Cost: \$22/3 week class; \$30/4 week class



Suncatchers

Wednesday, June 13 at 3pm

Cost: \$12

Create a beautiful wire wrapped tree of life suncatcher.



Let's Gogh Art: Flowerpots

Monday, June 18 at 1pm

Cost: \$15

Paint your own flowerpot, with a floral addition. All materials will be provided, including planting soil and plants.



Needlefelting: Cupcakes

Thursday, June 28 at 10am

Cost: \$5

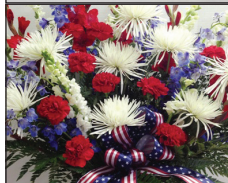


Weaving I: Glasses Case

Thursday, June 21 at 1pm

Cost: \$20/4 classes

This class will be the first of 4, using weaving techniques in different ways, building experience to move to advanced projects.

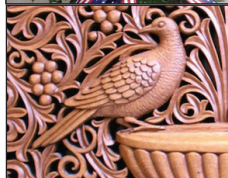


Flower Arranging

Wednesday June 27 at 11am

Cost: \$15 (?)

Create a patriotic arrangement for Fourth of July.



Wood Carving

Wednesdays, 12:30pm-2:30pm (Drop In)

Try something new! Experienced carvers available to assist those new to the craft.



Evening Quazy Quilters Qub

Wednesday, June 6 at 5pm

No quips about it! Sewing machines, fabric, and ideas available, or bring your own, and fellow quilters will assist in piecing things together. No RSVP needed

JUST FOR FUN



Movie Matinee

Friday, June 8, at 12:30pm

Affliction with Nick Nolte, Sissy Spacek, and James Coburn

Friday, June 22, at 12:30pm

Beauty and the Beast, with Emma Watson, Dan Stevens, and Luke Evans



Rummikub

Mondays at 1pm



Trivia & Jeopardy

Tuesday, June 5 & 19, at 1pm

Let's exercise our minds, and have fun and socialize at the same time! Trivia helps keep the mind sharp while enhancing cognitive functioning.



Cribbage

Thursdays at 1pm

Cribbage Tournament

Thursday, June 21 at 9am

Hand & Foot
Tuesday,
June 12 & 26,
at 11am



Galloping Gourmets

Will return in July!

Meet here, carpool (or take the bus on Wednesday nights), and the only cost is your meal. The location will be chosen for next month's visit!



Mahjong

Friday, June 8 & 22 at 1pm

Get together for a friendly game.



Sports Party

Wednesday, June 6 at 7:05pm

Red Sox vs. Tigers

Wednesday, June 13 at 3:05pm

Red Sox vs. Orioles

Wednesday, June 27 at 7:10pm

Red Sox vs. Angels

Afternoon Tea

Wednesday, June 20 at 4pm

Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Two teas will be tasted with a sample to take home. Please sign up in advance, so we'll know how many party favors we need!



Thank you to Hannaford's for the bread and pastry donations on Mondays and Wednesdays, and to Stewart's Florist for the birthday carnations each month.



Women's Meditation Group Will resume in September

Qi-Gong

Mondays, at 12:30pm

Cost: \$5/class

Qi Gong is a gentle, soothing form of exercise excellent for seniors. It is also effective in improving balance, relieving pain, encouraging mobility and reducing stress.



TOPS

Wednesdays, at 6:30pm

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



Healthy Living Group:

Monday, June 4, at 1pm

This group offers provides open discussion on healthy eating, exercise, and well-being. A new topic of discussion is introduced each month. New members are always welcome to introduce new areas of discussion.



Reflexology, Manicures & Pedicures

Friday, June 1, 8 & 22, by Appt.

Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)



Massage

Tuesday, June 12 & 26 and

Wednesday June 6; By Appt.

Cost: \$20/20 min; \$45/50 min

Chair and table massages available.

Healing Meditation

Tuesdays, June 5, 12, 19 & 26 at 11am

Get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.

Women's Conversation Group

Wednesdays, June 13 & 27 at 11am

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

Dental Clinic

Tuesday, June 12, at 10am

Well Adult Clinic

Wednesday, June 13 at 12pm

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

Grief Support

Tuesday, June 19, at 1pm

Hearing Clinic

Wednesday, June 20, at 10am

GROUP FITNESS

Chair Exercise

Mondays, Wednesdays, & Fridays at 10am

Exercise through video instruction.

Walking Group

Tuesdays & Thursdays at 9:30am

Stretch & Tone

Tuesdays & Thursdays at 10am

Cost: \$20/4 classes; \$35/8 weeks; \$7/drop in

Gentle Yoga

Thursdays at 1:30pm

Cost: \$6/class

Line Dancing

Fridays 10am-11am (No class 6/8)

Cost: \$3/class. Advanced class

continues until 11:30. \$5 for both classes.

Line Dancing
Wednesday,
June 6 at 7pm
\$5

SPECIAL JUNE PROGRAMS

Caregiver's Roundtable: Recognizing Stress

Wednesday, June 13 at 6pm

Sarah Turcotte from Bridges at Westford will help participants recognize and manage the stress that goes along with caregiving. **Free on-site caregiving available for loved ones.**

Healthy Cooking for One

Thursday, June 28 at 11am

Sponsored by Hannaford's, the program will provide healthy, efficient, appetizing ideas for small meals.

Healthy Joint Class

Thursday, June 28 at 1:30pm

This Gentle Yoga class will focus on movements to help improve flexibility and balance, decrease discomfort, and improve your ability to remain upright after a stumble.

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.

1950's Songs

R A V E O N I A R T Y R E T S Y M L I
 D Y T S I M H O N K Y T O N K L E O L
 O G N A J D A N I H C R A E S T N N E
 N V L O N E L Y T E A R D R O P S L Y
 N B E E Y R M M B T L S Q H G E H Y E
 A L T F O A O D A E M B K E J U O Y L
 S U O T I V D K N R L A M A I I U O D
 N E O N E N E Y A E E L I U T Z T U D
 O B Y I G F K Y R R S L E T R M U K I
 T E T A I T Z E B E H U U N E A A S D
 N R T V K A A T H O V R O U E N S H O
 E R E E R E R L U T F E S Y S N I O B
 E Y E C Q A T S L I K Y F A O I L U A
 T H F D E U E Y T S G C S T D S A N B
 X I H H H R I T Y G A C A I E H N D M
 I L S W O O U L E A I L O M E B O D A
 S L R C L T T P A T K D L A P O M O B
 L I K E V O L E Y B E Y B Y S Y V G A
 R I P I T U P E N I G H T T R A I N L

Complete the puzzle and turn it in to Katie
for the chance to win a prize!

BLUEBERRY HILL
 BO DIDDLEY
 BYE BYE LOVE
 CRAZY ARMS
 DJANGO
 DONNA
 EVERYDAY
 FEVER
 HEARTBREAK HOTEL
 HONKY TONK
 HOUND DOG
 JAILHOUSE ROCK
 KANSAS CITY
 LA BAMBA
 LONELY TEARDROPS
 LONG TALL SALLY
 MACK THE KNIFE
 MANNISH BOY
 MAYBELLENE
 MISTY
 MONA LISA

MOVE IT
 MYSTERY TRAIN
 NIGHT TRAIN
 ONLY YOU
 PEGGY SUE
 RAVE ON
 RED HOT
 RIP IT UP
 RUMBLE SEARCHIN'
 SHOUT
 SIXTEEN TONS
 SPEEDO
 SUZIE Q
 TAKE FIVE
 TEQUILA
 TUTTI FRUTTI
 YAKETY YAK
 YOU SEND ME

Last Month's
 puzzle winner is
MaryAnn Simard
 See Katie for your prize!

ROADRUNNER BUS SCHEDULE (Please call in your reservation 48 hours in advance)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Townsend: Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/ Barber Errands	Fitchburg, Leominster and Lunenburg: Medical Trips Shopping/Errands (If possible)	Townsend: Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/Barber Errands Now available for shopping and evening activities at the Senior Center!	Groton, Pepperell, and Ayer: Medical Trips Shopping/Errands (If possible)	Fitchburg and Lunenburg: Shopping

FARES (One Way):

- Within Townsend: \$1.25
- Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Sr. Center (roundtrip): \$0.50

- Please schedule appointments between 9:30 AM and 12:30 PM.
- The bus goes to the Senior Center Monday through Friday.
- Bus Stop at Atwood Acres/Townsend Woods at 9:00 AM Mon-Fri.
- Rides need to be scheduled by calling 978-597-1710.

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



June Greetings

From the Friends of the Townsend Seniors

It's time to nominate an honoree for the 2018 William E. May Endowment Award. Nominate a person(s) you believe has given of themselves to the community of Townsend. Nomination forms are available at the Senior Center. Previous Honorees: 2001-William E. May, 2002; Dr. Lawrence Churchville, Jr; 2003- Nancy and Roy Shepherd; 2004- Jim Clish and Ethel Amiro; 2005-Bob Tumber; 2006; Ed and Mary West; 2007- Hirk and Louise Fortin; 2008- Cornelia "Connie" Giles; 2009- Terry McNabb; 2010- Lt. David Profit; 2011; Avis Roy; 2012; Russ Moore; 2013- Susan and Ken Gerken; 2014- Jane and Ray Jackson; 2015- Donna Miller; 2016; Peter Buxton; 2017-Alice Struthers

We invite you to join or renew your membership today! The Friends have fun and and raise funds to support the Senior Center's many activities and to purchase necessary equipment.

_____ \$5.00 Friend _____ \$10.00 Family _____ Benefactor Membership (Individual or Family)

I am interested in Volunteering _____

_____ Program Development _____ Fundraising _____ Baking _____ Recruiting Volunteers _____ Other

NAME: _____

ADDRESS: _____

PHONE: Home _____ Cell _____

EMAIL ADDRESS: _____

Checks payable to: Friends of the Townsend Seniors. Please return to the Senior Center, or Mail to Friends of the Townsend Seniors attn: Membership, P.O. Box 972, Townsend MA 01469.

Townsend Senior Center
16 Dudley Road
Townsend, MA 01469

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 32
FITCHBURG, MA 01420