

# Silver Threads

TOWNSEND SENIOR CENTER

## From the Desk of the Director -

As I write this it's miserable outdoors and I can't imagine the greening of the world knocking at our door. I look forward to seeing the spring bulbs peek their green shoots out of the ground and the fresh green of the budding tree limbs make their subtle appearance.

These signs are what I need to quit spinning my wheels on the routine tasks of work and life maintenance and step outside to embrace the sun on my face, the smell of freshly mown grass, and tiptoe through the tulips.

Maybe you need an excuse to get out and about. Well there are plenty of reasons held within these pages. Look inside for the first glimpse of exciting trips we have planned, continued fitness offerings, and a wide variety of classes. We have a little something for everyone here and are always interested in hearing about the ideas you have for things to do. After all, the community we have is why this is where you WANT to be.

In the meantime...

**Karin**



HANG IN THERE BABY!



## Save The Date:

- 4/1-22: Yoga for Pain (FREE four week course)
- 4/5: Riverdance at Wang Theatre, Boston
- 4/29: AARP Safe Driver Course
- 6/20: Newport Mansions Flower Show
- 8/13: Red Sox Game

## Program Notes

- No Trivia 3/3
- No Silver Sneakers 3/19

## Council on Aging: Tuesday, March 17 at 10am

Help determine Senior Center priorities; all are welcome.

Karin Canfield Moore, Director  
Janet Cote, Outreach Coordinator  
Susan Dejaniak, 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.townsend.ma.us/senior-center-council-aging>





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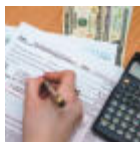
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## SPECIAL EVENTS (RSVP 978-597-1710)



**AARP Tax Assistance**  
**Tuesdays in March by Appt**  
 AARP offers free tax preparation to help seniors file their taxes.



**O'Neil Cinemas Movie Club**  
**Wednesday, March 4 at 4pm**  
**Cost: \$12**



**Mini Golf**  
**March 7 4-9pm; March 8 10am-4pm**  
 The foam fairways return! This annual event is fun for all ages and benefits Friends of the Townsend Library & Seniors.



*Presented by LUK.  
 Dinner provided by Patriot Pizza.*

**Grandparents Raising Grandchildren: Trauma Parenting**  
**Wednesday, March 11 at 6pm**  
 Often the situation that created the need to raise our grandchildren is traumatic. Learn how exposure to stressors affects kids and how to respond. Dinner provided; RSVP Required.



**2020 Census Information**  
**March 12 at 12pm**  
 Completing the census helps fund vital community services, including those for seniors. Get information about when/how to complete it, where to get help, and how to do your part to shape the future of our community.



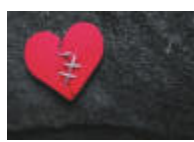
**Dementia Nurse Consultation**  
**March 12 by Appointment**  
 Bernadette Oinonen, MS, RN has decades of experience working with families facing dementia. She can help with skills to manage challenging behaviors, connecting to relevant services, provide caregiver support, and more.



**TED Talk: Emotional Courage**  
**Tuesday, March 17 at 11am**  
 How we deal with our emotions shapes everything that matters: our actions, relationships, health and happiness. This talk challenges a culture that prizes positivity over emotional truth and discusses the power of emotional agility. Conversation to follow video.



**Census Help**  
**March 18, 20, 24 by appointment**  
 Having trouble getting the census done? Our staff will be available to walk you through the steps.



**Steps to Healing Grief: A Look at Life Transitions**  
**March 18 at 11am**

Grief is doubly difficult at times that hold special meaning for you and the one who died. This supportive gathering will provide tips for working through grief, sharing your story, & beginning to heal.



**Galloping Gourmets: Lilac Blossom**  
**Wednesday, March 18 at 5:30pm**

Cost: \$5 plus your meal. Enjoy a meal with friends without the hassle of driving! This month we'll visit Lilac Blossom in Nashua, NH



**Heart To Home Luncheon**  
**March 19 at 12pm FREE**

Enjoy a meal and learn more about this new service that offers healthy and nutritious meals, hand delivered to your freezer.



**Dementia Caregiver Support Group**  
**March 19 at 1pm**

This new group will meet on the third Thursday of each month. Led by Bette McNaab and Bernadette Oinonen.



**Bus Trip: Isabella Stewart Gardner Museum**

**March 23 at 1pm Cost: \$9**

Visit the famed Boston museum and see the latest exhibits, including the geometric works of Adam Pendelton, and rare John Singer Sargent pieces.



**Balance & Gait Testing**  
**March 25 at 12pm** Life Care Center of America will discuss how balance and the way we walk impacts fall risk. They will provide free testing if desired.



**Afternoon Tea**

**March 25 at 4pm** Sip tea from Cozy Tea Cart while enjoying light snacks and the company of friends!

### 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 (978) 597-2209

### Your Elected Officials:

Edward Markey (D), US Senate: (202) 224-2742  
 Elizabeth Warren (D), US Senate: (202) 224-4543  
 Lori Trahan (D), US Representative: (202) 225-3411  
 Dean Tran, MA Senate: (617) 722-1230  
 Sheila Harrington, MA Representative: (617) 722-2305

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



# March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:30 Gentle Yoga 10:00 Chair Exercise <b>10:00 Stamp Collecting</b> <b>11:00 Stamp Bingo</b> 10:30 Watercolor 11:00 Chorus 11:00 Knotty Knitters 12:00 Lunch 12:00 Weaving <b>12:30 Healthy Living Group</b> 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League)	<b>3</b> <b>9:00 AARP Tax Prep</b> 10:00 Silver Sneakers 12:00 Lunch 12:00 Ergonomics of Movement 12:30 Walking Club 1:30 Watercolor <b>Message by appt.</b>	<b>4</b> 10:00 Chair Exercise 10:30 Watercolor 11:00 Knotty Knitters 12:00 Lunch 12:30 Woodworking 1:00 Bingo 2:30 Scrapbooking 4:00 Smartphone Help <b>4:00 Movie Night</b> <b>5:00 Evening Quilting</b> <b>6:00 Friends Meeting</b> 6:30 T.O.P.S. <b>Message by appt.</b>	<b>5</b> 10:00 Shuffleboard 10:00 Silver Sneakers 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch: Stuffed Baked Potatoes <b>12:00 Dementia Nurse Consult</b> 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga	<b>6</b> 9:00 Quazy Quilters 10:00 Line Dancing 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Soup & Salad Bar 1:00 Mahjong <b>Manicure/Pedicure Reflexology by appt</b> <b>Mini-Golf</b> <b>Saturday 4—9pm</b> <b>Sunday 1pm—4pm</b>
<b>9</b> 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 11:00 Knotty Knitters 12:00 Lunch 12:00 Weaving 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League)	<b>10</b> <b>9:00 AARP Tax Prep</b> <b>9:30 Shamrock Craft</b> 10:00 Silver Sneakers 12:00 Lunch 12:00 Ergonomics of Movement 12:30 Walking Club 1:30 Watercolor <b>Message by appt.</b>	<b>11</b> 10:00 Chair Exercise 10:30 Watercolor 11:00 Knotty Knitters <b>11:00 Women's Conversation</b> <b>12:00 Well Adult Clinic</b> 12:00 Lunch 12:30 Woodworking <b>1:00 Book Club</b> 1:00 Bingo 2:30 Scrapbooking 4:00 Smartphone Help <b>6:00 Grandparents Raising Grandchildren: Trauma Parenting</b> 6:30 T.O.P.S.	<b>12</b> 10:00 Shuffleboard 10:00 Silver Sneakers 10:30 Watercolor 11:00 Wii Bowling (open to all) <b>12:00 Lunch &amp; Learn: Census Information &amp; St Patricks Day Feast</b> <b>12:00 Dementia Nurse Consult</b> 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga <b>Friends Trip to Mohegan Sun</b>	<b>13</b> 9:00 Quazy Quilters 10:00 Line Dancing 10:00 Chair Exercise 10:00 Scrabble <b>10:30 Genealogy</b> 11:00 Women's Meditation 12:00 Soup & Salad Bar <b>12:30 Movie: The Favourite</b> 1:00 Mahjong <b>Manicure/Pedicure Reflexology by appt.</b> <b>3/15: Hope Community Chorus Concert</b>
<b>16</b> 9:30 Gentle Yoga 10:00 Chair Exercise <b>10:00 Stamp Collecting</b> <b>11:00 Stamp Bingo</b>	<b>17</b> <b>9:00 AARP Tax Prep</b> 10:00 Silver Sneakers <b>10:00 COA Meeting</b> <b>11:00 TED Talk: Emotional</b>	<b>18</b> 10:00 Chair Exercise <b>10:00 Hearing Clinic</b> 10:30 Watercolor 11:00 Knotty Knitters	<b>19</b> <b>9:00 Cribbage Tournament</b> 10:00 Shuffleboard 10:30 Watercolor 11:00 Wii Bowling (open to all)	<b>20</b> 9:00 Quazy Quilters 10:00 Line Dancing 10:00 Chair Exercise 11:00 Women's Meditation

<p>11:00 Stamp Bingo</p> <p>10:30 Watercolor</p> <p>11:00 Chorus</p> <p>11:00 Knotty Knitters</p> <p>12:00 Lunch</p> <p><b>12:00 Weaving: Zoom Loom Horse</b></p> <p>1:00 Qi Gong</p> <p>1:00 Rummikub</p> <p>1:00 Wii Bowling (League)</p>	<p>11:00 TED Talk: Emotional Courage</p> <p>12:00 Lunch</p> <p>12:00 Ergonomics of Movement</p> <p>12:30 Walking Club</p> <p>1:00 Trivia &amp; Jeopardy</p> <p>1:30 Watercolor</p> <p><b>Message by appt.</b></p>	<p>11:00 Knotty Knitters</p> <p><b>11:00 Healing Grief and Life Transitions</b></p> <p>12:00 Lunch</p> <p>12:30 Woodworking</p> <p>1:00 Bingo</p> <p>2:30 Scrapbooking</p> <p>4:00 Smartphone Help</p> <p><b>4:00 Census Help</b></p> <p><b>5:00 Dried Floral Swags</b></p> <p><b>5:30 Galloping Gourmets</b></p> <p>6:30 T.O.P.S.</p>	<p>11:00 Wii Bowling (open to all)</p> <p><b>12:00 Heart To Home Lunch</b></p> <p>12:30 Walking Club</p> <p>1:00 Wii Balance Games</p> <p><b>1:00 Dementia Caregiver Support Group</b></p> <p>1:30 Chair Yoga</p>	<p>11:00 Women's Meditation</p> <p>12:00 Soup &amp; Salad Bar</p> <p><b>12:00 Hairdresser</b></p> <p>1:00 Mahjong</p> <p><b>1:00 Census Help</b></p>
<p><b>23</b></p> <p>9:30 Gentle Yoga</p> <p><b>10:00 Bus Trip: Isabella Stewart Gardner Museum</b></p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Chorus</p> <p>11:00 Knotty Knitters</p> <p>12:00 Lunch</p> <p>12:00 Weaving</p> <p>1:00 Qi Gong</p> <p>1:00 Rummikub</p> <p>1:00 Wii Bowling (League)</p>	<p><b>24</b></p> <p><b>9:00 AARP Tax Prep</b></p> <p>10:00 Silver Sneakers</p> <p>12:00 Lunch</p> <p>12:00 Ergonomics of Movement</p> <p>12:30 Walking Club</p> <p><b>1:00 Census Help</b></p> <p>1:30 Watercolor</p> <p><b>Message by appt.</b></p>	<p><b>25</b></p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Knotty Knitters</p> <p><b>11:00 Women's Conversation Lunch &amp; Learn: Gait &amp; Balance Talk &amp; Testing</b></p> <p>12:30 Woodworking</p> <p>1:00 Bingo</p> <p>2:30 Scrapbooking</p> <p><b>4:00 Afternoon Tea</b></p> <p><b>5:00 Evening Quilting</b></p> <p>6:30 T.O.P.S.</p> <p><b>Message by appt.</b></p>	<p><b>26</b></p> <p>10:00 Silver Sneakers</p> <p>10:00 Shuffleboard</p> <p>10:30 Watercolor</p> <p>11:00 Wii Bowling (open to all)</p> <p>12:00 Lunch: Lasagna</p> <p>12:30 Walking Club</p> <p>1:00 Wii Balance Games</p> <p>1:00 Cribbage</p> <p>1:30 Chair Yoga</p>	<p><b>27</b></p> <p>9:00 Quazy Quilters</p> <p>10:00 Line Dancing</p> <p>10:00 Chair Exercise</p> <p>10:00 Scrabble</p> <p>11:00 Women's Meditation</p> <p><b>11:30 Wet Felted Neck Warmers</b></p> <p>12:00 Soup &amp; Salad Bar</p> <p><b>12:30 Movie: Joy</b></p> <p>1:00 Mahjong</p> <p><b>Manicure/Pedicure Reflexology by appt</b></p>
<p><b>30</b></p> <p>9:30 Gentle Yoga</p> <p>10:00 Chair Exercise</p> <p>11:00 Chorus</p> <p>11:00 Knotty Knitters</p> <p>12:00 Lunch</p> <p>12:00 Weaving</p> <p><b>12:30 Diabetes Wellness</b></p> <p>1:00 Qi Gong</p> <p>1:00 Rummikub</p> <p>1:00 Wii Bowling (League)</p>	<p><b>31</b></p> <p><b>9:00 AARP Tax Prep</b></p> <p>10:00 Silver Sneakers</p> <p>12:00 Lunch</p> <p>12:00 Ergonomics of Movement</p> <p>12:30 Walking Club</p> <p>1:00 Trivia &amp; Jeopardy</p> <p><b>Message by appt.</b></p>	<div> <p>Many thanks to the businesses that donated to the Senior Center this month: Gables of Fitchburg, Stewart's Florist, Hannaford, Rivercourt Residences.</p> </div>		

### Meals on Wheels

Provided by MOC

**Call: 978-345-8501 Ext. 2 to register**

Questions? Call Donna 978-597-1710

Hot meal includes: Entree, Bread, Fruit, Milk  
Meals Delivered Monday, Tuesday, Wednesday  
each week between 10:10am –12:30pm.  
*Someone must be home to receive the meal*

## PERSONAL CARE



**Qi-Gong**  
Mondays at 1:00pm  
Cost: \$5/class



**Ergonomics of Movement™**  
Tuesdays at 12pm Cost: \$10/class  
Learn how the body works, how to protect & strengthen it by moving correctly & efficiently as you go about your daily routine without disruption to your schedule.



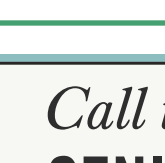
**Women's Meditation Group**  
Fridays at 11am



**T.O.P.S.**  
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, March 2 at 12:30pm  
This group offers the opportunity for open discussion on healthy eating, exercise, and well-being. A new topic of discussion is introduced each month.



**Hearing Clinic**  
Wednesday, March 18 at 10am

**Reflexology, Manicures & Pedicures**  
March 6, 13, 27 by appt  
Cost: Reflexology (\$25/half hr.);  
Manicure (\$15); Pedicure (\$22)

**Massage with Morningstar of Little Bear Massage**  
Tuesdays: Mar 3, 10, 17, 24, 31; Wednesdays: Mar 4 & 25  
By Appt. \$45/50 min

**Women's Conversation Group**  
Wednesdays, March 11 & 25 at 11am  
Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

**Diabetes Wellness Support Group: Carb Counting & Meal Planning**  
Monday, March 30 at 12:30pm  
Manage your diabetes with confidence. Topics: Ways to decrease the sugar and calories daily to achieve weight loss.

**Well Adult Clinic**  
Wednesday, March 11 at 12pm  
BP screening, FREE random blood sugar testing, general health and first aid.

**Hairdresser**  
Friday, March 20 at 1pm

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## FRIENDS OF THE TOWNSEND SENIORS



### Who are we?

Founded in 2000, we are volunteer advocates for Townsend seniors, serving 26% of the town population! We are committed to supporting the Senior Center by contributing volunteer hours, activities, and resources to maintain the Centers' excellence. We fundraise to expand and enhance programming, education, arts and entertainment, travel opportunities, technology and furnishings not included in the annual COA budget appropriation. Our two major fundraisers are the Holiday Fair in December and the August Lawn Party at the Band Concert on the town common.

**We are looking for newness: new members, new ideas, new energy.** The current Board of Directors include Peter Buxton, Donna Miller, Ruth Gibbs, and Priscilla Buck. Reach out to any one of them to learn more about the Friends. Meetings are held the first Wednesday of the month at 6pm at the Senior Center. We welcome visitors.

### Upcoming Events Sponsored by the Friends:

**April 25:** Earth Day Celebration



Make a donation to the Friends  
and receive  
a reusable grocery bag!

## JUST FOR FUN



### Scrabble

March 13 & 27 at 10am



### Movie Matinee

Friday, March 13 at 12:30pm

*The Favourite*

Friday, March 27 at 12:30pm

*Joy*



### Rummikub

Mondays at 1pm



### Trivia & Jeopardy (No Trivia 3/3)

Tuesdays, March 17 & 31 at 1pm



### Cribbage—Regular Play

Thursdays at 1pm (except 3/19)

### Cribbage Tournament

Thursday, March 19 at 9am



### Smartphone Help Sessions

Wednesday, March 4 & 11 at 4pm



### Genealogy with Dwight Fitch

Friday, March 13 at 10:30am



### Mahjong

Fridays, March 6, 13, 20, 27 at 1pm



### Shuffleboard

Thursdays at 10am

Come check out our new table!



### Stamp Collecting & Bingo

Monday, March 2 & 16 at 10am

Beginners and lifelong enthusiasts welcome!



**Wii Games: Bowling** Thursdays at 11am

**Wii Games: Balance Games** Thursdays at 1pm



### Book Club

**Wednesday, March 11 at 1pm**

This month's group will discuss: "*The Keeper of Lost Things*" by Ruth Hogan



### Hope Community Chorus

**Mondays at 11am**

## GROUP FITNESS

### Chair Exercise (video instruction)

**Mondays, Wednesdays, & Fridays at 10am**

### Gentle Yoga with Patsy

**Mondays at 9:30am**

**Cost: \$6/class**

### Silver Sneakers™

**Tuesdays & Thursdays at 10am**

**Cost: \$5/class, paid per class**

No class  
3/19

### Walking Club

**Tuesdays & Thursdays at 12:30pm**

### Chair Yoga with Carin

**Thursdays at 1:30pm Cost: \$6/class**

### Line Dancing

**Fridays; Cost: \$5/class at 11:00am**

## The Senior Center is in need of:

- **Paper Towels**
- **Bags for Hannaford Distribution** (recycle any old plastic grocery bags with us!)

*Thank you for your generosity!*

**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 & CRAFTS



**Knotty Knitters (Drop In)**  
Mondays & Wednesdays at 11am



**Weaving Group (Drop In)**  
Mondays at 12pm (except 3/16)  
Bring your loom and work with fiber friends. Finish that project!



**Scrapbooking Group (Drop In)**  
Wednesdays at 2:30pm  
Use our supplies or bring your own!  
March's group will focus on creating/ completing your winter pages!



**Evening Quazy Quilters (Drop In)**  
March 4 & 25 at 5pm Sewing machines, fabric, & ideas available.



**Watercolor Classes**  
Cost: \$22/3 week class; \$30/4 weeks  
Mondays Series (10:30am) no class 3/30  
Tuesday Series (1:30pm) no class 3/31  
Wednesday Series (10:30am)  
Thursday Series (10:30am)



**Shamrock Craft**  
Tuesday, March 10 at 9:30am  
Cost: \$5

Danielle is offering another fun and simple crafting opportunity. The project will be the St Patrick's Day themed, details to come!



**Weaving: Zoom Loom Horse**  
Monday, March 16 at 12pm  
Cost: \$6

Use the zoom looms to create a stuffed horse, with mixed media accents. All ability levels welcome!  
*Sponsored by Rivercourt.*



**Dried Floral Swag**  
Wednesday, March 18 at 5pm  
Cost: \$25

Rachel's Everlastings will teach us to make dried floral swags using locally grown flowers.



**Wet Felted Neck Warmer**  
Friday, March 27 at 11:30am  
Cost: \$5

These neck warmers are more fashion than function, but who would complain about that? Fully customizable.

## ROAD RUNNER BUS SCHEDULE \*\*

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

Schedule all appointments by calling 978-597-1710

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mornings</b> 9:00am—12:00pm	<b>Pepperell</b> (Medical)	<b>Leominster</b> (Medical)	<b>Townsend</b> (Medical and Errands)	<b>Groton and Ayer</b> (Medical)	<b>Fitchburg and Lunenburg</b> (Medical)
<b>Afternoons</b> 1:00—3:00pm	<b>Townsend</b> (Errands)	<b>Leominster</b> (Errands)	<b>Townsend</b> (Medical and Errands)	<b>Townsend</b> (Errands)	<b>Fitchburg and Lunenburg</b> (Errands)

### DESTINATIONS:

- **Medical:** Doctors, Dentists, Therapies, Lab work, etc. (Please schedule morning appointments with your physician/provider).
- **Errands:** Grocery, Pharmacy, Bank, Shopping, Hairdresser/Barber, 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¢

\*\*Occasionally, Senior Center day trips may alter this schedule.

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