

SILVER THREADS

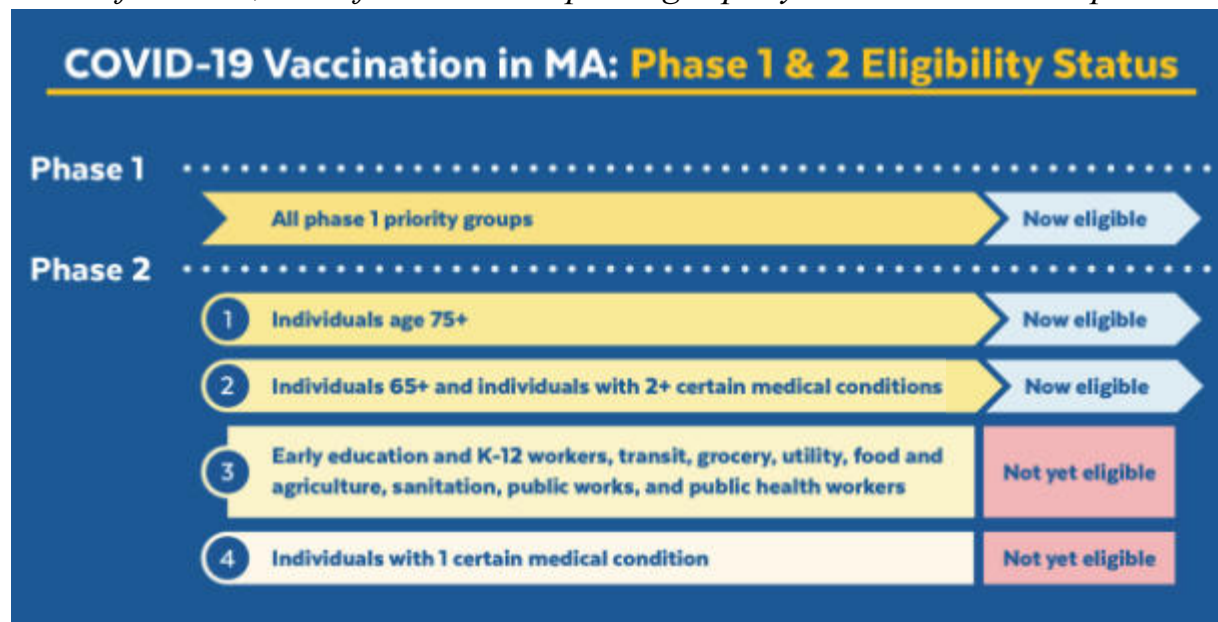
TENTATIVE

Vol 7 No 9 March 2021

TOWNSEND SENIOR CENTER

COVID-19 Information

****Current as of 2/18/21, but information is updating rapidly! We will send out updates weekly.**



If you are eligible to receive a COVID-19 vaccination, you can schedule your appointment by visiting www.vaxfinder.mass.gov or Calling 211

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

Beware of COVID-19 Vaccine Scams!

If you are uncomfortable traveling to Gillette, Fenway, Springfield, Danvers, Natick or Dartmouth mass vaccination sites, you can take a friend, neighbor, or caregiver along and they can be vaccinated with you.

This is a great opportunity for you and those you care about to get vaccinated.

But PLEASE do not accept assistance or a ride from a stranger. Do NOT give your Medicare number, social security number, or any other personal information to someone you do not know and trust. There is NO charge to receive the vaccine, at any location.

Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Susan Dejnia, 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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Townsend Council on Aging, Townsend, MA

06-5303



Drive Thru Lunch



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Meatballs with Mac & Cheese	2	3 Pork Teriyaki & Veggie Fried Rice	4 Mild Chili over Pasta	5
8 Chicken with Vodka Sauce & Couscous	9	10 Chicken & White Bean Chili	11 You pick a frozen meal: Apple & Honey Glazed Chicken, or Crumb-Topped Cod	15
15 Beef Bolognese	16	17 Apricot Glazed Chicken & Wild Rice	18 St Patrick's Day Feast	19
22 Chicken & Rice Bake	23	24 Chicken Brunswick Stew	25 Pigs in a Blanket with Broccoli Cheddar Soup	26
29 Shepherd's Pie	30	31 Pork with Stroganoff Noodles		



Heart to Home Meals is hosting a free lunch! The company provides a selection of over 140 healthy and nutritious meals, snacks and desserts, hand delivered by a local driver right to your freezer. Their friendly, convenient service can be adapted to suit your dietary preferences, with free delivery and no contract or minimum commitment required.

Please call to sign up & select one FROZEN meal:

- 1. Apple and Honey Glazed Chicken:** A skinless, boneless chicken thigh topped with an apple and honey glaze served with mashed potatoes and green beans.
- 2. Crumb-Topped Cod in Lemon Sauce:** Cod filet, topped with a parsley crumb, in a lemon butter sauce. Served with rice, asparagus, and green beans.

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.*

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

Senior Center Robo-Calls

Are you missing our calls with updates on COVID, event RSVPs, etc? These calls are generated by MySeniorCenter & come from **(617) 993-0263**. You can add this number as a contact into your cell phone!

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

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

Phone-Based Programs

RSVP required for ALL programs

Want to talk to others and learn new things during the pandemic, but not interested in Zoom programs? Join us for phone-based programs! *Please call the Senior Center to sign up and receive the program phone number.*

Table Topics	Tuesdays March 2, 16, 30 at 2pm. We'll draw random, fun, light-hearted questions out of a hat and share our responses!
20 Questions	Tuesdays March 9 & 23 at 2pm. You've got 20 opportunities to ask yes/no questions like "Is it an animal?" or "Do I use it during the summer?" to guess the secret person, place, or thing!
Book Club	Wednesday, March 10 at 11am. This month's book is "The Music Shop" by Rachel Joyce. Call the library at 978-597-1714 to check out a copy of the book.
Phone Buddies	Are you interested in pairing with a local family, for regular phone conversations? Call the Senior Center at 978-597-1710 to sign up!

Virtual Programs

RSVP required for ALL programs

How do virtual classes work? To sign up, call the Senior Center (978-597-1710). We'll email you a link to join.

Virtual Bingo	Wednesdays at 5pm. Play via Zoom or watch Cable Channel 9. Call the bingo line (978-597-1730) to yell Bingo!
Native American Flute	Fridays at 2pm, \$40 per month
Medicare Counseling	Wednesday, March 10 by appt. SHINE assistance enrolling in Medicare & choosing a plan.
Dementia Nurse Consultation	(Via phone, or Zoom) Thursday, March 11 by appt. First meeting free.
Healthier Heart	Tuesday, March 2 at 10am. Discover simple tactics for preventing and treating heart disease. Learn easy strategies that can help to lower your blood pressure, cholesterol, and triglycerides while improving your overall health. Tricia's fun props, stories, and practical tips will help motivate you to make the small changes that lead to better heart health. <i>Offered by Blue Cross Blue Shield, you do not need to have their insurance to participate.</i>
Writing Group	Friday, March 5 at 2pm. This group discusses writing styles, offers friendly critiques, & suggests a subject for a writing task for the next meeting. All welcome!
Genealogy	Friday, March 12 at 10:30am via Zoom (no charge)
COVID-19 Scams	Tuesday, March 16 at 11am. District Attorney Ryan will discuss the far-reaching impacts of the COVID-19 pandemic including the increase in scams that target the elderly and other vulnerable populations. Discussion will also focus on the lasting impacts of isolation and provide advice on how to mitigate feelings of loneliness.
Better Sleep	Tuesday, March 23 at 10am. Sleep is vital to your physical and emotional health. During challenging times, it can be especially difficult to stop worried thoughts from keeping you awake at night. Join us to learn strategies to get a good night's sleep and discover stress-relieving breathing exercises to help you fall asleep or fall back to sleep faster. Discover how to feel calmer during the day and sleep more soundly at night. <i>Offered by Blue Cross Blue Shield, you do not need to have their insurance to participate.</i>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key: Onsite Programs Zoom Programs Cable Programs Phone Programs				
				
1 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	2 10:00 Yoga with Patsy 10:00 Healthier Heart 1:30 Intermediate Chair Yoga 2:00 Table Topics	3 10:00 Chair Exercise 12:00 MOC Lunch 3:00 Watercolor 5:00 Virtual Bingo	4 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 12:00 Donna's Diner	5 10:00 Quazy Quilters 10:00 Chair Exercise 2:00 Writing Group 2:00 Flute Lessons
8 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	9 10:00 Yoga with Patsy 1:30 Intermediate Chair Yoga 2:00 20 Questions	10 10:00 Chair Exercise 11:00 Book Club 12:00 MOC Lunch 3:00 Watercolor 5:00 Virtual Bingo SHINE Medicare Counseling	11 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 10:00 Dementia Nurse Consultation 10:30 Talk of the Town 12:00 Donna's Diner	12 10:00 Quazy Quilters 10:00 Chair Exercise 10:30 Genealogy 2:00 Flute Lessons
15 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	16 9:30 Felted Spring Chickens 10:00 Yoga with Patsy 11:00 COVID-19 Scams 1:30 Intermediate Chair Yoga 2:00 Table Topics	17 10:00 Chair Exercise 12:00 MOC Lunch 3:00 Watercolor 5:00 Virtual Bingo	18 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 12:00 Donna's Diner	19 10:00 Quazy Quilters 10:00 Chair Exercise 2:00 Flute Lessons
22 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	23 10:00 Yoga with Patsy 10:00 Better Sleep 1:30 Intermediate Chair Yoga 2:00 20 Questions	24 10:00 Chair Exercise 12:00 MOC Lunch 3:00 Watercolor 5:00 Virtual Bingo	25 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 12:00 Donna's Diner	26 10:00 Quazy Quilters 10:00 Chair Exercise 2:00 Flute Lessons
29 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	30 10:00 Yoga with Patsy 1:30 Intermediate Chair Yoga 2:00 Table Topics	31 10:00 Chair Exercise 12:00 MOC Lunch 3:00 Watercolor 5:00 Virtual Bingo		

Fitness & Exercise

****RSVP Required for All Programs****

Gentle Yoga with Patsy

Tuesdays and Thursdays at 10am on Cable Channel 9, and available anytime on YouTube, donation appreciated

Chair Exercise

Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9

Senior Fitness with Stephanie

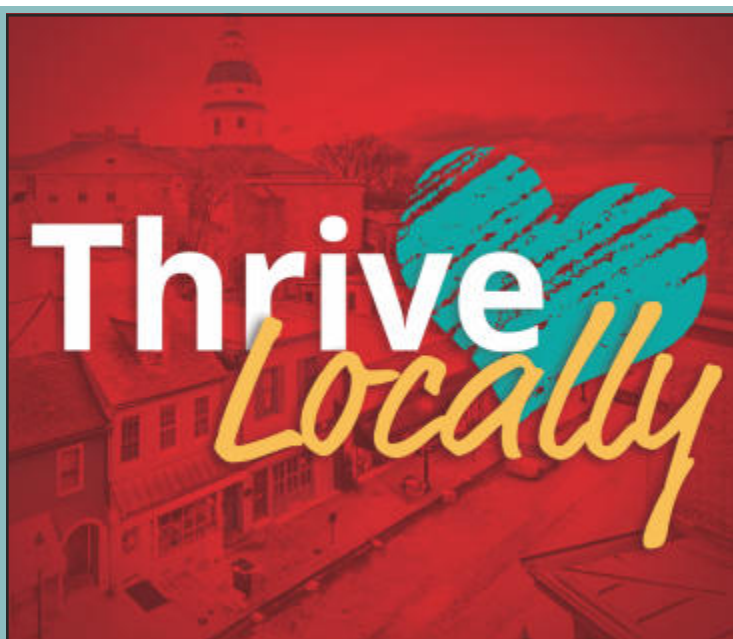
Mondays and Thursdays at 9:30am via Zoom, \$5 per class

Intermediate Chair Yoga with Carin

Tuesdays at 1:30pm and Thursdays at 9:30am via Zoom; \$5 per class

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

Community Foundation of North Central Massachusetts
Gables of Fitchburg
Greater Lowell Community Foundation
Hannaford of Townsend
Friends of the Townsend Seniors
Rivercourt Residences
Townsend Ecumenical Outreach (TEO)
Townsend VFW



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Townsend Council on Aging, Townsend, MA

06-5303

From the Desk of the Director -

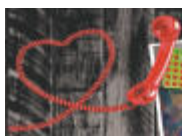
We thought it more important to have vaccine information on the front cover than my usual ramblings. I want to thank all of you who have taken the time to answer the food surveys for the work we are doing in conjunction with TEO and called with questions about getting the COVID vaccine. As you know, things are changing rapidly and we hope to get back to some semblance of normalcy soon. The staff is working with town leaders and our COA Board to determine the best course of action. As you can see, March is going to be a quiet month. We have intentionally done this in order to focus on preparations to open again, albeit gradually.

In the meantime, budget and town meeting season are upon us. Seeing how involved people were with national politics this year, I encourage you to keep informed on what is happening locally and make your voices heard. After all, you represent just shy of 25% of the town's population. Let us know how we can serve you better.

Take care and see you soon!

Karin

Online Resources to Explore



Lifetime Connections Without Walls is a telephone-based activities program that provides opportunities for older adults to connect with others in their community and across the country. We offer social and educational sessions, friendly conversation, and support groups - all over the phone - all from the comfort of home. LCWW is a program of Family Eldercare, a nonprofit agency serving older adults in Austin, Texas.



DOROT is a nonprofit organization addressing the challenged of an aging population, delivering diverse range of programs and services to the seniors of New York City & beyond.



Senior Planet offers courses, programs, and activities to help seniors learn new skills, get in shape, and save money. You'll find zoom classes on many different topics. Explore all the options at www.seniorplanet.org



TechBoomers provides free courses, step-by-step tutorials and informational articles that can help you learn anything and everything about the Internet's most popular websites and apps. Visit www.techboomers.com to learn 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.) 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!

___ 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 chairman Peter Buxton, 978-502-6786.

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.*

Attention Townsend Residents



Available for Townsend
Residents now! NEFWC

978-342-4520

<http://www.partnersforcommunity.org/default/index.cfm/about-pfc/affiliates-programs/nefwc/>

How to qualify for help paying heating bills

NEFWC and other administering agencies determine household eligibility based on annualized income and number of household members.

To find out whether your household qualifies, you can call or stop by the NEFWC office nearest you for information on how to apply for fuel assistance.

All in partnership with:

CDBG

Community Development
Block Grant



Laptops

Available to borrow!

It's easy to participate in virtual programs like senior fitness, yoga, watercolor, etc.

Call us to pick up and schedule training!

ARTS AND CRAFTS (via Zoom)

When you sign up & pay for a class, a kit with all needed supplies will be available for pick-up.



Quazy Quilters *Fridays at 10am*

Visit with friends while showing off your latest projects.



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.



Felted Spring Chicks

Tuesday, March 16 at 9:30am Cost: \$3.00 each. Welcome spring with these adorable friends, and expand your needle felting experience to learn new techniques!



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	Townsend (Medical)	Leominster, Fitchburg, Lunenburg (Medical)	Townsend (Medical)	Groton, Ayer, Pepperell (Medical)	(no service)
Afternoons 1:00—3:00pm	(no service)	(no service)	(no service)	(no service)	(no service)

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¢

