

From the Desk of the Director -

With the onset of spring and the overwhelming desire folks have for getting out and about, we are experiencing a wonderful surge in our participation! With that in mind, we are requiring that patrons SIGN UP/REGISTER for ALL programs and events at the Senior Center. Once we all get used to doing that it will benefit patrons and staff alike (especially when there are changes or cancellations!)



As with the implementation of anything new we realize it will take awhile for all of us to get used to the process and develop a new habit. We recommend that when you receive the Newsletter you sit down with a cup of coffee or tea and make note of what you would like to participate in. Then give us a call or email us with your list and we can get you registered for everything at once. Keep in mind that it is always easier for you to cancel a reservation/appointment than to get squeezed in to something that is already full.

You will see that the Newsletter has been reorganized and that this month's calendar is chock-a-block full of things to do and will be utilizing every nook and cranny we have accessible to us. So grab that cuppa and let us know what you'll be here for.

This is just the beginning...

Karin

Grand Re-opening Celebration Events!

Join us as we express our gratitude for the wonderful new gift we've received!!! Friday, March 25th, 5pm: Dedication of the new addition followed by mocktails and appetizers and featuring music by "Back to the Garden"!

RSVP at 978-597-1710

Saturday, March 26th, 10am to 4pm: Indoor Mini Golf (library and senior center)

Sunday, March 27th, 12 noon: Friends of the Townsend Seniors Annual Supper (by invitation only!)

Karin Canfield Moore. Director
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Program Coordinator
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator & Outreach
Greg Smith, Assistant 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



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ARTS AND CRAFTS RSVP required for ALL programs - 978-597-1710



Knotty Knitters

Mondays at noon Knit or crochet with other beginners or get help from those who've used circular needles awhile.



Watercolor with Sue! (3/17 @10 am) Wednesdays and Thursdays at 2pm. \$30 per month for the class. Limit of 12 students per class.



Weaving Classes: \$ based on supplies Mondays 12:30-2:30 (No class 3/14) Use small looms to weave bands to use as purse or guitar straps, edges or ties for sewing bags, or decorative ribbons. Suitable for beginners or experienced weavers.

Fridays 10am-noon This is a time to come in to finish a Monday project, learn to weave tapestry, or bring a project of your own.



Quazy Quilters

Tuesdays from 9am to 3pm First and third Wednesdays at 3:30 Work on your latest project, or use our supplies to create something new!



Rug Hooking Guild

Wednesday March 23rd 10am to 2pm This traditional style rug hooking guild has been meeting for many years under the guidance of Betty McClentic. We are not accepting new members.



Wood Carving

Wednesdays, 9:30am-noon Experienced carvers and beginners.



Intermediate Needlefelting

Wednesday March 9th, 23rd and 30th at 3:30pm

Continue working on your unfinished projects or start something new.



Silk Painting Workshop

Fridays March 18 & 25 at 1pm Learn how to paint on silk using a simple gutta resist technique that is easier than you'd think and sure to guarantee a beautiful result. You can make a scarf or square to be used as a pillow or wall hanging.

Wear clothing that can be stained! Limit of 6 students!

FOR FUN RSVP required for ALL programs - 978-597-1710

Women's Conversation First & Third Tuesdays March 2 & 16 at 11am

Trivia

First & Third Tuesdays, March 2 & 16 at 1pm

Book Club

Wednesday, March 23 at 1pm. "Piglet" by Melissa Shapiro, DMV

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

Chorus

Mondays at 10:30am

Genealogy with Dwight Fitch Friday, March 11th at 10:30am

Trace your ancestry and find out where your family tree has roots.











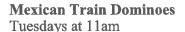


Movie Matinee

Friday, March 11 at 12:30pm "The Best Exotic Marigold Hotel" with Judi Dench and Dev Patel

Friday, March 25 at 12:30pm "Grumpy Old Men"

Classic with John Lemmon, Walter Matthau and Ann-Margret



Rummikub Mondays at 1pm

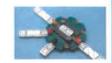
Wii Bowling Mondays at 1 pm

Cribbage

Thursdays at 1pm, except... Tournament 3/17 at 9am

Galloping Gourmets Wednesday, March 23rd Giorgio's in Milford, NH Van leaves at 5:30 pm













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

Hybrid Yoga with Carin

(Chair and floor options)

Mondays at 11:30am and Wednesdays at 3:30pm \$5 per class

Learn to Tap Dance

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 can loan some.

Osteo Movement with Carin

Mondays and Thursdays at 2pm. \$5 per class *January 3rd thru February 24th*

Put on your sneakers for a class specifically designed to help those with the Osteos (and others as well!) You must be able to commit to 2 days a week for 8 weeks!

Line Dancing

Tuesdays at 1:30pm \$5 per class

Skills with Carin

Fridays at 12:30pm \$5 per class Covers hand-eye coordination, balance, dexterity etc.

Senior Fitness with Stephanie

Thursdays at 9:15am (live instructor) \$5 per class Mondays 9:30am via Zoom (No classes 3/21-4/04) \$40 for a pack of 6 classes

Chair Exercise

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

Walking Club

Tuesdays and Thursdays at 9:30am. Inside and outside options, weather depending.

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



Medicare Counseling

Wednesday March 9th by appointment SHINE-certified assistance enrolling in Medicare, choosing a plan, etc.

Be sure you have a current Medicare Advantage Plan!



Pedicures with

Sarah from Footcare Focus

Thursday, March 10th from 11am to 2 pm Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, March 9th from 12-2pm BP screening, glucose check, general health & first aid.



Women's Meditation

Fridays at 11am

Hearing Clinic

Wednesday March 16th by appointment.

TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

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

Dementia Nurse Consultation

Thursday, March 17th by appointment.
Bernadette Oinonen, MS, RN served the senior population for over 35 years. With her experience supporting and educating family caregivers of clients with dementia all parties benefit from having a roadmap to negotiate the challenging journey they may travel.

Massage with Morningstar:

Tuesdays and Thursdays by appointment. \$45/50mins. (No Massage 3/10)

AARP TAX ASSISTANCE

Tuesdays through April 5th Appointments available between 9 am and 2 pm Call 978-597-1710 to register and get the paperwork required for your appointment.

Grief Support Group

Wednesday, March 2nd at 4pm

Are you grieving? Lonely?
Please join us for free adult bereavement support offered by Nashoba Nursing Service and Nashoba Associated Boards of Health. Call 978-597-1710 so we can plan accordingly.

Technology Help

Do you have a new phone or tablet and need to learn to use it?

Learn to use popular programs including Zoom, Paypal, Gmail, Facebook, etc.

Thursdays March 10 & 24 @ 1pm Call 978-597-1710 to make an appointment. No charge.

Monday	TUESDAY	WEDNESDAY	Thursday	Friday
	9:00 Quazy Quilters 9:00 Tax Assistance 9:30 Walking Club 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing *Massage by appt	2:00 Watercolor 3:30 Quazy Quilters 3:30 Hybrid Yoga 4:00 Grief Support 6:00 Friends 6:30 TOPS	9:15 Senior Fitness 9:30 Walking Club 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 2:00 Watercolor 2:00 OsteoMovement *Massage by appt	9:30 Worcester Art Museum Trip 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class Sunday, March 6 Erma Bombeck trip
9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	9:00 Quazy Quilters 9:00 Tax Assistance 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	9:30 Wood Carving 10:00 Chair Exercise 12:00 Wellness Clinic 1:00 Bingo 2:00 Watercolor 3:30 Hybrid Yoga 3:30 Intermediate Needlefelting 6:30 TOPS Medicare Counseling	9:15 Senior Fitness 9:30 Walking Club 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help 2:00 Watercolor 2:00 Podiatrist 2:00 OsteoMovement 3:00 Ireland Trip	11 10:00 Weaving 10:00 Chair Exercise 10:30 Genealogy 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class 1:00 Movie Matinee "Best Exotic Marigold Hotel"
9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	9:00 Quazy Quilters 9:00 Tax Assistance 9:30 Walking Club 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing *Massage by appt	9:30 Wood Carving 10:00 Chair Exercise 10:00 Hearing Clinic 1:00 Bingo 2:00 Watercolor 3:30 Quazy Quilters 3:30 Hybrid Yoga 6:30 TOPS	9:00 Cribbage Tourney 9:15 Senior Fitness 9:30 Walking Club 10:00 Dementia Nurse 10:00 Watercolor 11:00 Qi Gong 12:00 Donna's Diner 2:00 OsteoMovement *Massage by appt	18 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class 1:00 Silk Painting
21 10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	9:00 Quazy Quilters 9:00 Tax Assistance 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	10:00 Rug Hooking 1:00 Bingo 1:00 Book Club 2:00 Watercolor 3:30 Hybrid Yoga 3:30 Intermediate Needlefelting 5:30 Galloping Gourmets 6:30 TOPS	9:30 Walking Club 11:00 Qi Gong 12:00 Donna's Diner 12:00 Selling Your Home 1:00 Cribbage 1:00 Tech Help 2:00 Watercolor 2:00 OsteoMovement *Massage by appt	10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class 1:00 Movie Matinee "Grumpy Old Men" 1:00 Silk Painting 5:00 Grand Re-opening 3/26 Indoor Minigolf
10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	9:00 Quazy Quilters 9:00 Tax Assistance 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	9:30 Wood Carving 10:00 Chair Exercise 10:00 Rug Hooking 1:00 Bingo 1:00 Book Club 2:00 Watercolor 3:30 Hybrid Yoga 3:30 Intermediate Needlefelting 6:30 TOPS	9:30 Walking Club 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 2:00 Watercolor 2:00 OsteoMovement *Massage by appt	

Special Events RSVP required for ALL programs - 978-597-1710



Worcester Art Museum - Flora in Winter: Friday, March 4th \$30 includes admission and transportation.

Get an early start to spring with this annual flora extravaganza when the Museum blooms with flower arrangements created by the region's top floral designers inspired by works of art.

Van leaves at 9:30 am (lunch not included)



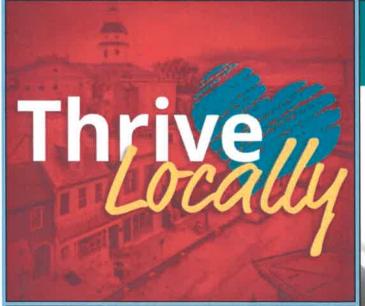
Ireland! with Beeyonder
Wednesday, March 9th 3pm
Join us for a LIVE interactive virtual trip to Ireland
Refreshments included!

Where do you want to go? What do you want to do?

This is a great time to start thinking of what trips you would like to take this summer and fall.



Give Lorraine your ideas and we will start the planning process.



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Lunch

RESERVATIONS REQUIRED

48 hours in advance Suggested \$3.00 donation

Onsite lunches

Please observe mask protocol as requested

Tuesdays: Soup & Salad Bar

Thursdays: Donna's Diner

March 3: Beef Stirfry

March 10: Ham Salad Sandwich & Soup

March 17: Traditional St. Patrick's day dinner

March 24: Turkey Wrap & Soup

March 31: Pork Tenderloin w/apple stuffing



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 11am –12:30pm.
Someone <u>must</u> be home to receive the meal.

Special Program

Thinking About Selling Your Home?

Michael Roy from RHR Real Estate
Senior Real Estate Specialist
will be at the Townsend Senior Center
Thursday, March 24th at noon
If you are thinking of selling, he can help you
prepare your home to sell.
Please call 978-597-1710 to register.

Need a greeting card for a special event?

We have many to choose from, Come on by and check out our selection!

HOUSING REHAB ASSISTANCE:

The Town of Townsend has funds available for housing rehab through the Community Development Block Grant. Funds are available for those who are income eligible and may be used for heating systems, windows, septic, paint, etc.

To schedule an appointment email dhansen@cogincorp.com or call Jodie Deschenes at 978-597-1700 x 1706.

Do you enjoy our programs and activities?
Do you have some ideas?
Do you want to help?

Join the Council on Aging Board or the Friends of the Townsend Seniors and keep a good thing going!

Important Phone Numbers

Community Services:

Elder Abuse Hotline: (800) 922-2275

Executive Office of Elder Affairs:

(617) 727-7750

Fuel Assistance:

(978) 342-4520

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:

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.

ROAD RUNNER BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST 48 HOURS IN ADVANCE

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.

Mask Mandate on public transportation remains in effect. Mask must cover nose, mouth and chin.

DESTINATIONS:

Medical: Doctors, Dentists, Therapies, Lab work, etc.
 (Please schedule morning appointments with your physician/provider).

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

FARES (One Way):

- Within Townsend: \$1.25; Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

	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)
		1	Wednesdays 3:00-8:00 PM By Appointment		

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.

New membershipRenewal\$5 Fr	riend\$10 Family \$Benefactor					
I am interested in volunteering for:Program DevelopmentFundraisingBakingRecruiting volunteersOther						
Name: Phone:	Mailing Address: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.