

# Silver Threads

TOWNSEND SENIOR CENTER

Vol 8 No 9, March 2022

## 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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Townsend Council on Aging, Townsend, MA

06-5303



## 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*



### Bingo

*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



### Mexican Train Dominoes

*Tuesdays at 11am*



*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
<b>M A R C H</b>	<b>1</b> 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	<b>2</b> 9:30 Wood Carving 10:00 Chair Exercise 1:00 Bingo 2:00 Watercolor 3:30 Quazy Quilters 3:30 Hybrid Yoga 4:00 Grief Support 6:00 Friends 6:30 TOPS	<b>3</b> 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	<b>4</b> 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  <b>Sunday, March 6</b> <b>Erma Bombeck trip</b>
	<b>7</b> 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	<b>8</b> 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	<b>9</b> 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	<b>10</b> 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
<b>14</b> 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	<b>15</b> 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	<b>16</b> 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	<b>17</b> 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	<b>18</b> 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class 1:00 Silk Painting
<b>21</b> 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	<b>22</b> 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	<b>23</b> 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 5:30 Galloping Gourmets 6:30 TOPS	<b>24</b> 9:30 Walking Club 11:00 Qi Gong 12:00 Donna's Diner 12:00 <i>Selling Your Home</i> 1:00 Cribbage 1:00 Tech Help 2:00 Watercolor 2:00 OsteoMovement *Massage by appt	<b>25</b> 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  <b>5:00 Grand Re-opening 3/26 Indoor Minigolf</b>
<b>28</b> 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	<b>29</b> 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	<b>30</b> 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	<b>31</b> 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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ltempleton@4LPi.com or (800) 477-4574 x6377

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emailed to you at

[www.mycommunityonline.com](http://www.mycommunityonline.com)



# 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 must 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).

## 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
<b>Mornings</b> 9:00am-12:00pm	<b>Pepperell</b> (Medical )	<b>Leominster</b> (Medical)	<b>Townsend</b> (Medical)	<b>Groton, Ayer</b> (Medical)	<b>Lunenburg, Fitchburg</b> (Medical)
<b>Afternoons</b> 1:00-3:00pm	<b>Townsend</b> (Errands)	<b>Leominster</b> (Errands)	<b>Townsend</b> (Errands)	<b>Townsend</b> (Errands)	<b>Fitchburg</b> (Errands)
			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 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.