

Silver Threads

March 2023
Vol 9 No 9

TOWNSEND SENIOR CENTER

Don't forget!!! Advance registration is required for all programs.

You can register at myactivecenter.com

This provides patrons an option to sign up for programs online through your computer, tablet or smart phone.

Or you can call us at 978-597-1710. Thank you!

Important Note: If you can't make it to something you've signed up for, please remember to cancel your reservation. Someone may be waiting for a spot!

From the Desk of the Director -

If you've been one of the many patrons who have enjoyed the additional programs and events we have added to our repertoire since unveiling our new addition you won't be surprised to hear that participation here has increased by over 30% since then. We have also had almost 200 new members since then.

While we are excited about our popularity, it means that we have to keep some policies in place to manage what could at times become mayhem.

So here are a few reminders:

- register for all meals a minimum of 24 hours in advance
- call for rides on the Roadrunner at least 48 hours beforehand. Weekends don't count (nobody is here to take the call). Medical appointments take precedence and we will be flexible where we can, but do your best to make your appointments during the days and times for each location.
- please preregister for each event. We need to know who will be in the building so we can efficiently allocate space.
- if you preregistered for something and can't make it, let us know. Someone may be waiting for a spot.

As we all continue working together, not only will you discover why this is the place you WANT to be, but why this is *WHERE IT'S AT!*

Karin

P.S. Our snow policy is: if North Middlesex Regional Schools are closed, so are we and there is no van service. If they are delayed, we are open regular hours.

URGENT REQUEST!

Do you know anyone interested in becoming a volunteer SHINE (Medicare) counselor? Maybe a stay-at-home parent, early retiree, or someone who just wants to pay it forward. raining begins in May. In person in Boston or via Zoom. This is one of our most beneficial programs!

Call Karin or Elise at 978-597-1710 for more information.

New Programs!

- ◇ Tax-Aid, Every Tuesday, through April 11th
- ◇ Intergenerational Tai Chi, 9 week program through Wednesday, March 29th, 6-7:30pm
- ◇ Fly Tying w/Eino, Thursday, March 23rd and 30th from 11am-12pm

Karin Canfield Moore, Director
Elise Johnson, Assistant Director & Program Coordinator
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Senior Meals Associate
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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Deb Haley

Certified Enrollment Agent MA, NH, VT, ME & FL
Licensed Health Insurance Broker - NPN#18509337

We do not offer every plan available in your area. Any information we provide is limited to those plans we offer in your area. Please contact MEDICARE.gov or 1-800-MEDICARE to get information on all your options.



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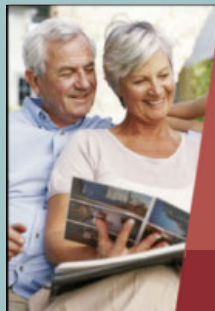
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Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>March</h1>		1 *Medicare Counseling 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 3:30 Hybrid Yoga 4:00 Grief Support 6:00 Friends 6:00 Tai Chi 6:30 TOPS	2 *Massage 9:00 Cornhole 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:30 Osteo Movement 2:30 Charcoal Drawing	3 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 11:00 Table Shuffleboard 11:00 Women's Meditation 12:30 Movie Matinee "King Richard" 1:00 Cornhole
6 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 1:00 Ping Pong 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	7 *Massage 9:00 Tax-Aid 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club 10:30 Slow Jam 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 1:30 Mani. & Facials	8 9:30 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 12:00 Wellness Clinic 1:00 Bingo 3:30 Hybrid Yoga 6:00 Tai Chi 6:30 TOPS	9 *Massage 9:00 Cornhole 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner 12:00 Podiatrist 1:00 Fraud Protection 1:00 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement 2:30 Charcoal Drawing	10 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 10:30 Genealogy 11:00 Table Shuffleboard 11:00 Women's Meditation 12:30 Movie Matinee "Hello, My Name Is Doris" 1:00 Cornhole
13 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 1:00 Ping Pong 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	14 *Massage 9:00 Tax-Aid 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:30 Slow Jam 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	15 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 3:00 COA Meeting 3:30 Hybrid Yoga 6:00 Tai Chi 6:30 TOPS	16 *Massage 9:00 Cornhole 9:00 Cribbage Tournament 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner with Hope Chorus 1:00 Charcoal Drawing 1:30 Osteo Movement 2:30 Charcoal Drawing	17 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Podiatrist 10:00 Weaving Drop-In 11:00 Table Shuffleboard 11:00 Women's Meditation 12:00 Downsizing Seminar Lunch 12:30 Movie Matinee "About Schmidt" 1:00 Cornhole
20 9:30 Chair Exercise 10:00 Chorus 10:00 Dementia Nurse 11:00 Hybrid Yoga 12:30 Knitting 1:00 Ping Pong 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	21 *Massage 9:00 Tax-Aid 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club 10:30 Slow Jam 10:30 Mexican Train 11:00 Women's Conversation 11:30 Beth Walsh from Senator Cronin's Office 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing	22 9:30 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Book Club 3:30 Hybrid Yoga 6:00 Tai Chi 6:30 TOPS	23 *Massage 9:00 Cornhole 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Fly Tying 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement 2:30 Charcoal Drawing 7:30 Nissitissit String Qrt.	24 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Drop-In 11:00 Table Shuffleboard 11:00 Women's Meditation 11:00 Galloping Gourmet: Mountain View 12:30 Movie Matinee "Senior Moment" 1:00 Cornhole
27 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 1:00 Ping Pong 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	28 *Massage 9:00 Tax-Aid 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:30 Slow Jam 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	29 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 12:00 Groton Hill Music "Community Concert" 12:00 HtoH Lunch 1:00 Bingo 3:30 Hybrid Yoga 6:00 Tai Chi 6:30 TOPS	30 *Massage 9:00 Cornhole 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Fly Tying 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:30 Osteo Movement 2:30 Charcoal Drawing	31 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Drop-In 11:00 Table Shuffleboard 11:00 Women's Meditation 12:30 Movie Matinee "Something's Gotta Give" 1:00 Cornhole

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

Senior Fitness

Thursdays at 9:15am (live instructor - \$5 per class)

Chair Exercise

Mondays, Wednesdays and Fridays at 9:30am

Walking Club

Tuesdays and Thursdays at 9:30am

Inside and outside options, weather permitting.

Learn to Tap Dance

Mondays at 1pm; \$5 per class

You can't help but feel joyful learning this dance style!

Tap shoes helpful but not required; we can loan some.

Free Intergenerational Tai Chi

Wednesdays at 6pm through March 29th

(Donations appreciated)

9 Week Session. Join Jeff for this Chinese martial art practiced for health benefits and meditation.

Line Dancing

Tuesdays at 1:30pm. \$5 per class

Move your body with Carin:

Hybrid Yoga; \$5 per class

(Chair and floor options)

Mondays at 11:00am and Wednesdays at 3:30pm

Osteo Movement

Mondays at 2pm and Thursdays at 1:30pm; \$5 per class

Offers everything! Posture, balance, core strength, etc.

You must be able to commit to 2 days a week for 8 weeks! Bring a mat and walking stick.

Beginner Yoga

Fridays at 9:30am; \$5 per class

Building Memory Skills

Thursdays at 10am; \$5 per class

Do you struggle to remember things? Is your eye-hand coordination lacking? This class is for you!

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



Massage with Morningstar:

Mondays, Tuesdays and Thursdays by appointment \$45/50mins.



Sarah from Footcare Focus

will offer podiatry services, \$45

Thursday, Mar. 9th from 12pm to 3pm

Friday, Mar. 17th from 10am to 1pm

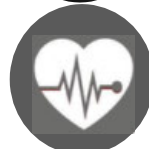
Call 978-597-1710 for an appointment.



Wellness Clinic

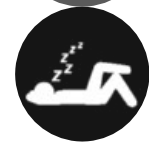
Wednesday, March 8th from 12-2pm

BP screening, glucose check, etc.



Hearing Clinic

Wednesday, March 15th at 10am



Women's Meditation

Fridays at 11am

Water aerobics at the YMCA!

Mondays at 3pm

Van leaves the Senior Center at 2:30pm

Call for more information.

Manicures and Facials

First Tuesday at 1:30pm by appointment

TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

Reach your weight-loss goals by getting the tools, information and support you need to succeed.

Dementia Nurse Consultation

Monday, March 20th at 10am, by appointment

Bernadette Oinonen, MS, RN served the senior population for over 35 years supporting and educating family caregivers of clients with dementia. All parties benefit learning to navigate the journey they may travel.

Healthy Living

No session in March. See you in April.

This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

Diabetes Support

No session in March. See you in April.

Come and pick up Healthy recipes for the holidays! Snacks and a prize raffle!

Grief Support Group

Wednesday, March 1st 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.

Offered by Nashoba Nursing Service and Nashoba Associated Boards of Health. Call 978-597-1710 and reserve your seat.

Technology Help

Do you have a phone or tablet and need help?

Learn to use popular programs including Zoom, PayPal, Gmail, Facebook
2nd and 4th Thursdays at 1pm
Call 978-597-1710 to make an appointment. No charge.

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



Knotty Knitters

Mondays at 12:30pm Knit or crochet with other beginners or get help from those who are more experienced.



Watercolor with Sue!

Wednesdays at 10am
\$20 per month.
Limit of 12 students per class.



Weaving Classes:

Fridays at 10am-Noon
3/3 and 3/10 - Explore a traditional Japanese art form: Weaving and wrapping rocks. \$5 fee for materials.

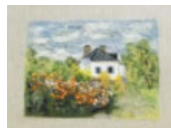
Weaving Drop-In

Fridays 10am-noon
This is a time to finish a class project or bring one of your own.



Alcohol Ink Jewelry

2nd and 4th Tuesdays at 1pm
Limited to 12 students. Cost is \$12 including materials.



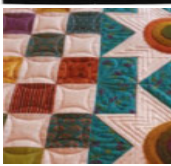
Felting

2nd and 4th Tuesdays at 9:30am
Make a felted landscape. \$5 Materials fee



Charcoal Drawing with Sue!

Thursdays at 1:00 and 2:30 (beginners)
Charcoal has unique characteristics that will encourage your creativity. \$30 fee for new students. Limit of 12 students per class



Quazy Quilters

Tuesdays from 9am to 3pm
1st, 3rd & 5th Wednesdays at 9am
Work on your latest project, or use our supplies to create something new!



Wood Carving

Thursdays, 9:30am-noon
Experienced carvers and beginners

For Fun Registration required for ALL programs - 978-597-1710

Women's Conversation

First & Third Tuesdays at 11am



Trivia

First & Third Tuesdays at 1pm



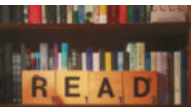
Slow Jam

Tuesday at 10:30am until 4/25
For acoustic string instruments only.



Book Club

Wednesday, March 22nd at 1pm
"Horse"
by Geraldine Brooks



Bingo

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



Hope Community Chorus

Mondays at 10am



Genealogy with Dwight Fitch

Friday, March 10th at 10:30am
Trace your ancestry and find out where your family tree has roots.



Ping Pong

Mondays at 12pm
Join us for a game! Bring a friend!



Indoor Cornhole

Thursdays at 9am, Fridays at 1pm
Cold outside? Join us indoors!



Mexican Train Dominoes

Tuesdays at 10:30am



Table Shuffleboard

New Program! Bring a friend!
Fridays at 11am



Rummikub

Mondays at 1pm



Wii Bowling

Mondays at 1 pm



Cribbage

Thursdays at 1pm, except...
Tournament on 3/16 at 9am



January Cribbage Results

High Score: Pam Forrence - 714 Points
Runner-Up: Betsy Glow - 705 Points
High Hand: Ed Jette - 21 Points



Fly Tying with Eino

March 23rd & 30th
11am-12pm

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



The Townsend Senior Center & Townsend Library present

The Nissitissit String Quartet as they launch their 2023 series
the first week of Spring with “America Originals.”

Music from the revolutionary time to the present!

March 23rd at 7:30pm

“This program is supported by a grant from the Townsend Cultural Council, a local agency
that is supported by the Mass Cultural Council, a state agency”



Galloping Gourmet

Mountain View Restaurant at Monty Tech

Friday, March 24th

Van will leave at 11am

\$3.50 plus the price of your meal

Please call the Senior Center to sign up



Hope Community Chorus

will sing Irish inspired songs

before Donna's Diner on

Thursday, March 16th



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March Lunches

RESERVATIONS REQUIRED

24 hours in advance
Suggested \$3.00 donation

Onsite lunches

Tuesdays: Soup & Salad Bar

Wednesdays: Heart to Home Meals

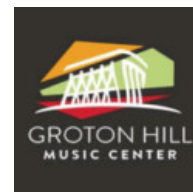
Thursdays: Donna's Diner

Tuesday	Wednesday	Thursday
	3/1: Heart to Home <i>Braised Beef</i>	3/2: Donna's Diner <i>Chicken & Broccoli Stuffed Shells</i>
3/7: Soup & Salad	3/8: Heart to Home <i>Sweet and Sour Chicken</i>	3/9: Donna's Diner <i>Hearty Beef Stew</i>
3/14: Soup & Salad	3/15: Heart to Home <i>Salmon w/ dill sauce</i>	3/16: Donna's Diner St. <i>Patrick's Day Dinner</i>
3/21: Soup & Salad	3/22: Heart to Home <i>Cauliflower/Broc & Cheese Casserole</i>	3/23: Donna's Diner <i>Make your own tacos!</i>
3/28: Soup & Salad	3/29: Heart to Home <i>Buffet</i>	3/30: Donna's Diner <i>Chicken Teriyaki w/Rice</i>

Community Concert at Groton Hill Music Center

Wednesday, March 29th at 12pm

Free daytime community concert open to the public
Call the senior center to sign up



Movie Matinee now every Friday!!

March 3rd "King Richard"
March 10th "Hello, My Name Is Doris"
March 17th "About Schmidt"
March 24th "Senior Moment"
March 31st "Something's Gotta Give"



Pizza provided by Friends of the Townsend Seniors

FREE Tax -Aid

Call the Senior Center to sign up for free in-person tax preparation service, including electronic filing of returns

Every Tuesday through April 11th

Pick up a packet at the front desk to fill out PRIOR to your appointment date

Downsizing Seminar

Fix It To List It

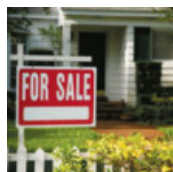
March 17th at 12pm

**Decluttering*

**Legal and Financial Matters*

**Listing your home*

Lunch Buffet will be served



Protecting Seniors From Fraud

March 9th at 1pm

Marc Gravelle from Rollstone Bank & Trust will teach you ways to recognize and protect yourself or a vulnerable loved one from falling victim to fraud



Dementia Nurse Consulting

Bernadette Oinonen, MS, RN will be available by appointment **Monday the 20th from 10am-12pm**

Bernadette is here to support and educate family caregivers of clients with dementia

Growing Places Market @ Townsend Library

March 20th 10-11am

Open to all:

Purchase Fresh Local Produce

Pay with Cash, credit, SNAP/HIP dollars



Meals on Wheels

Provided by MOC

Call: 978-345-8501 Ext. 5 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.

Important Phone Numbers

Elder Abuse Hotline: (800) 922-2275

Executive Office of Elder Affairs: (617) 727-7750

Fuel Assistance: (978) 342-4520

Aging Services: (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.

ROAD RUNNER BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE. TOWNSEND RESIDENTS ONLY.

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.

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¢

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

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

***The Senior Center Kitchen
needs donations of paper towels and chicken or beef
broth (not cubes).***

***Do you want to help the Senior Center?
Please consider joining the Friends of the Townsend
Seniors and help their fundraising efforts. Thank you!***

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.*

The 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.*