

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

Last month we celebrated our volunteers. You know, the people who keep the wheels turning; the wind in our sails; the motion to our ocean! Our volunteer coordinator, Donna Fenton, wisely chose the theme of our volunteer appreciation luncheon - bamboo. I'd like to pass on the reasoning behind her choice:

Why lucky bamboo? It means good fortune. To have a bamboo plant in your home makes people feel welcome. It represents integrity, flexibility, balance, grace and strength. When impacted by a storm, it bends with the wind. When the storm ceases, it gets right back in place. Bamboo can cope with adversity and still stand firmly. Our volunteers possess all these qualities and more.

It respects its elders...

...young branches on the top will not grow at the same angle as the older branches in order to allow sunlight for their elders. When young shoots emerge from the roots, they are under the shade of the older bamboo branches. Such a spirit reflects the young respecting the old as well as the old respecting the young.

I want to congratulate our volunteer of the year, Sandy Stevens and would personally like to thank all of our volunteers and patrons for making the Townsend Senior Center a place where we all truly WANT to be!

May the luck of the bamboo be yours today and always.

Respectfully,

Karin Canfield Moore

Please don't forget to sign in
when you arrive! It helps us know
which programs people are
interested in!



Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Donna Fenton, Kitchen Manager/Volunteer Coordinator
Abby Foster, Asst. Program Coordinator
Donna Howard, Transportation Administrator/Lead Van Driver
Katie Petrossi, Program Coordinator

Townsend Senior Center Hours

Monday-Friday: 9am-3pm

Wednesday: 9am-8pm

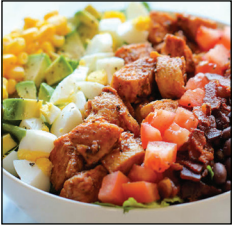
SPECIAL EVENTS (RSVP requested)



Maypole Dance

Wednesday, May 1 at 11:30am

Adorn yourself with a festive flower crown (**Join the group to make one at 9:30!**), and then celebrate the vitality and rejuvenation of Spring with a traditional ancient custom.



I Don't Cook Anymore

Monday, May 7 at 1pm

Sponsored by Hannaford's, the monthly Healthy Living Group will feature a talk on how to make smart, efficient dietary choices.



Music Therapy

Wednesday, May 9 at 11am

Music therapy helps improve health in several areas, such as cognitive functioning, motor skills, emotional development, communication, sensory, social skills, and quality of life through the use of both active and receptive music experiences such as improvisation, re-creation, composition, listening, and discussion of music to achieve treatment goals.



Lion's Club Vision Tools

Thursday, May 10 at 12:30pm

Lion's Club will provide a demonstration and discuss their free lending process for low vision tools, such as magnifiers. Participants will have the opportunity to begin the application process for borrowing tools. The senior center will also be given its own piece of equipment for use on site.



Fruitlands Sunset Drum Circle

Wednesday, May 23 at 6pm

Connect with the landscape, mother earth and the ancient wisdom of rhythm while building and celebrating community. Take the roadrunner for this facilitated drum circle on the hillside at sunset.



Songbirds of the Northeast

Thursday, May 24 at 1pm

This presentation will feature photographs and recordings of our region's songbirds. The role of song in these birds' lives as well as their diet, social behavior, and other adaptations for survival are discussed. Participants will learn how to provide an attractive habitat for songbirds.

MONTHLY EVENTS

Birthday Party

Thursday, May 3, at 12pm

Please join us for our celebration honoring this month's birthdays. Festivities will include a delicious homemade meal and birthday cake.

Book Club

Wednesday, May 9, at 1pm

The book club meets the 2nd Wednesday of every month. Books are usually available at the Townsend Public Library. This month's group will discuss *Midnight at the Bright Ideas Bookstore*, by Matthew Sullivan.

Bach's Lunch

Thursday, May 17, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring Night's Blackbird, with new music for old instruments. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, May 15 at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, May 11, at 10:30am

Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.

Bus Trip: Tour of Westminster Homes

Friday, May 18 at 11:30am

Cost: \$25 (includes bus+tour+lunch)

The Westminster Spring 2018 Tour of Homes & Designer Showcase includes a tour of several of Westminster's architecturally significant homes, intimate gardens, churches and landmark institutions that help define Westminster as a genteel and gracious town. Bagged lunch will be provided and enjoyed at one of the historical sites.

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



SENIOR SPOTLIGHT



My title has been “Lead Van Driver.” Now we are hoping to add “Transportation Administrator” Donna Howard said with a smile.

Her title may change and the demands have increased along with the number of users and miles logged, but her job at Townsend’s Senior Center basically remains the same: she drives and administers operation of the Road Runner van. She’s been on the job (and on the road) since July, 2000. One day of her 35 -hour week is spent at her desk doing scheduling and paper work. Three other drivers share the job of transporting senior citizens to their errands, medical appointments, shopping trips and entertainments. The bus is on the road an average of 38 hours a week. The area of service includes Townsend, Pepperell, Groton, Ayer, Lunenburg, Leominster, and Fitchburg.

Donna holds a class #2 driver’s license, which qualifies her to drive all vehicles short of tractor trailers. In the past, while living in West Groton, she drove a school bus for five years. “It was a job I could do and take the kids along,” she recalled. Born in Quincy, MA, Donna grew up near the sea. She and husband Arnie, (a fellow ocean lover), have a family of five daughters and four grandchildren. She is qualified in CPR, and takes classes relating to many different aspects of the work. She does yoga and enjoys gardening and visits to the beach.

“I enjoy helping people. It gives you perspective about aging,” she said when asked about the things she likes about her job. One of the downfalls; “I don’t have as much time to spend with my grandchildren. “ When asked about the most difficult part of her job, Donna somberly replied, “The hardest part is losing people you’ve gotten close to, when they’re not here anymore.” She stressed that she values the time spent with her riders and enjoys getting to know them and being able to provide a valuable service for them.



Spring Health Tips for Seniors

An excerpt from The Arbor Company

After a long and sometimes dark winter, you might feel inspired to make changes to enhance your health. Whether you're living in a senior community already, living independently, living with a family member, or caring for one, these spring health tips are worth taking into account.

- **Take Yourself in for a Tune Up**

To keep your body running at peak performance, it needs a spring-tune up.

- **Put on Your Walking Shoes**

There's no better way to explore the season than by walking. Not only that, walking in a park or forest is a great way to connect with nature, and, if you join a walking club or hiking group, it can be an easy way to meet new friends.

- **Take an Exercise Class**

Consider Yoga, Pilates or Tai Chi, all of which can improve balance and flexibility and decrease your chances of falling.

- **Get Outside and Garden**

Tending to a garden can boost your level of Vitamin D, which can, in turn, help reduce the risk of bone problems and fractures. Gardening can be calming and relaxing, and it can improve strength, flexibility and agility.

- **Lighten Up Your Diet**

Many healthy fruits and veggies, like asparagus, peas, lettuce, and strawberries come into season in the spring, making it the perfect time to replace heavier winter meals with salads, light soups or other lightly cooked fare.

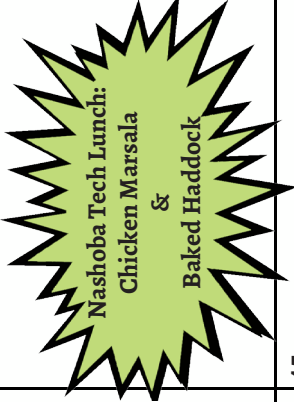
- **Drink Lots of Water**

As you age, your ability to notice thirst may decrease, and dehydration can adversely affect memory and concentration and increase fatigue; it can also lead to serious complications such as increased risk of falls.

- **Watch for Allergies**

Untreated allergies aren't just uncomfortable--they can lead to breathing problems, sinus infections, and colds.

MAY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Flower Crowns 9:30 Walking Club 10:00 Stretch & Tone 11:00 Healing Meditation 11:00 Hand & Foot 11:30 Maypole Dancing 12:00 Lunch: Lasagna Rollup 1:00 Trivia & Jeopardy 1:30 Watercolor	2 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Chicken Coq Au Vin 12:30 Woodcarving 1:00 Bingo 1:05 Red Sox vs. Royals 5:00 Quilting 6:30 TOPS Messages by appt.	3 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Homemade Lunch and Birthday Party: Cinco de Mayo Fiesta 1:00 Cribbage 1:30 Gentle Yoga	4 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 1:30 Let Your Yoga Dance Manicures/Pedicures Reflexology by Appt.	11 9:00 Quazy Quilters 9:00 Men's Poker 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:00 Bus Trip: NE Fabric & Decor 12:30 Movie: Blind Side 1:00 Mahjong 1:30 Let Your Yoga Dance Manicures/Pedicures Reflexology by Appt. 5/12: Friends' Yard Sale
7 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: Chicken Corn Stew 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group: I Don't Cook Anymore 1:00 Bridge	8 9:30 Walking Club 10:00 Stretch & Tone 11:00 Healing Meditation 12:00 Nashoba Tech Lunch 11:00 Hand & Foot 1:30 Watercolor Messages by appt. <div>  </div>	9 10:00 Chair Exercise 10:30 Watercolor 11:00 Music Therapy 11:00 Women's Conversation 12:00 Lunch: Egg Salad 12:00 Well Adult Clinic 12:30 Woodcarving 1:00 Bingo 1:00 Book Club 3:00 Suncatchers 5:00 Knife Sharpening 6:00 Genealogy 6:00 Caregiver's Roundtable 6:00 BINGO 6:30 TOPS 7:05 Red Sox vs. Yankees	10 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Homemade Lunch: Grilled Mesquite Pork 12:30 Lion's Club Vision Tools 1:00 Cribbage 1:30 Gentle Yoga Friends' Foxwoods Trip	18 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 11:30 Bus Trip: Tour of Woodstock
14 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: Chicken Cacciatore 12:00 Medicare Counseling 12:30 Qi Gong 1:00 Rummikub	15 9:30 Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 10:00 Crafting for the Community 11:00 Healing Meditation 11:00 Silk Knotted Necklaces	16 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch: Chicken Teriyaki 12:30 Woodcarving 1:00 Bingo 6:30 TOPS	17 9:00 Cribbage Tournament 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Homemade Lunch: Baked Stuffed Potato 12:45 Rock'n' Roll Lunch	18 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 11:30 Bus Trip: Tour of Woodstock

<p>1:00 Kummikub</p> <p>1:00 League Wii Bowling</p> <p>1:00 Knitting Group</p> <p>1:00 Bridge</p>	<p>11:00 Silk Knotted Neckties</p> <p>12:00 Lunch: Potato Pollock</p> <p>1:00 Trivia & Jeopardy</p> <p>1:00 Grief Support</p> <p>1:30 Watercolor</p>	<p>6:30 TOPS</p> <p>7:10 Red Sox vs. A's</p>	<p>12:45 Back S Lunch</p> <p>1:00 Paper Cards</p> <p>1:30 Gentle Yoga</p>	<p>Westminster Homes</p> <p>12:00 Lunch: Soup/Salad Bar</p> <p>12:00 Hairdresser</p> <p>1:30 Let Your Yoga Dance</p>
<p>21</p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Chorus</p> <p>12:00 Lunch: Beef Chili</p> <p>12:30 Qi Gong</p> <p>1:00 Rummikub</p> <p>1:00 League Wii Bowling</p> <p>1:00 Knitting Group</p> <p>1:00 Bridge</p>	<p>22</p> <p>9:30 Walking Club</p> <p>10:00 Stretch & Tone</p> <p>11:00 Healing Meditation</p> <p>11:00 Hand & Foot</p> <p>12:00 Lunch: Grilled Chicken</p> <p>1:30 Watercolor</p> <p>Massages by appt.</p>	<p>23</p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Women's Conversation</p> <p>12:00 Lunch: Roast Pork</p> <p>12:30 Woodcarving</p> <p>1:00 Bingo</p> <p>6:00 Bus Trip: Fruitlands</p> <p>Sunset Drum Circle</p> <p>6:30 TOPS</p>	<p>24</p> <p>9:30 Walking Club</p> <p>10:00 Stretch & Tone</p> <p>10:30 Watercolor</p> <p>1:00 Cribbage</p> <p>1:00 Songbirds of NE</p> <p>1:30 Gentle Yoga</p>	<p>25</p> <p>9:00 Quazy Quilters</p> <p>10:00 Chair Exercise</p> <p>10:00 Line Dancing</p> <p>11:00 Intermediate Line Dance</p> <p>11:00 Women's Meditation</p> <p>12:00 Lunch: Soup/Salad Bar</p> <p>12:30 Movie: Last Vegas</p> <p>1:00 Mahjong</p> <p>1:30 Let Your Yoga Dance</p> <p>Manicures/Pedicures</p> <p>Reflexology by Appt.</p>
<p>28</p> <p>Closed for Memorial Day</p>	<p>29</p> <p>9:30 Walking Club</p> <p>10:00 Stretch & Tone</p> <p>11:00 Chorus</p> <p>11:00 Healing Meditation</p> <p>12:00 Lunch: BBQ Pork Rib</p>	<p>30</p> <p>10:00 Chair Exercise</p> <p>12:00 Lunch: Grilled Chicken</p> <p>12:30 Woodcarving</p> <p>1:00 Bingo</p> <p>4:00 Royal Wedding</p> <p>Afternoon Tea</p> <p>6:30 TOPS</p>	<p>31</p> <p>9:30 Walking Club</p> <p>10:00 Stretch & Tone</p> <p>12:00 Lunch: Soup & Sandwich</p> <p>12:00 Make A Plan</p> <p>1:00 Cribbage</p> <p>1:30 Gentle Yoga</p>	

Friends' Yard Sale

Saturday, May 12

Bring a table and items that haven't made the Spring cleaning cut.

ARTS & CRAFTS (RSVP requested)



Knitting Group

Mondays & Wednesdays, at 1pm (Drop In)



Watercolor Classes with Linda

Mondays, Wednesdays, & Thursdays at 10:30am; Tuesdays at 1:30pm

Please see calendar for dates

Cost: \$22/3 week class; \$30/4 week class



Flower Crowns

Tuesday, May 1 at 9:30am

Cost: \$3

Take part in the annual celebration of Spring by making your own festive floral crown to wear at the **Maypole Dance at 11:30.**

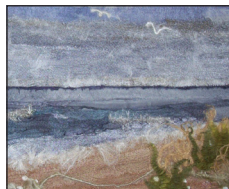


Suncatchers

Wednesday, May 9 at 3pm

Cost: \$12

Create a beautiful wire wrapped tree of life suncatcher.



Bus Trip: NE Fabric & Decor

Friday, May 11 at 12pm

Go on an outing with your crafting friends to find new materials.

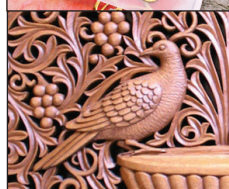


Paper Cards

Thursday, May 17 at 1pm

Cost: \$2

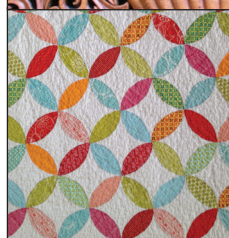
Say it from the heart with your own crafted card. Designs and ideas will be provided, or take what you've learned and make your own creation.



Wood Carving

Wednesdays, 12:30pm-2:30pm (Drop In)

Try something new! Experienced carvers available to assist those new to the craft.



Evening Quazy Quilters Qub

(Drop In)

Wednesday, May 2 at 5pm

No quips about it! Sewing machines, fabric, and ideas available, or bring your own, and fellow quilters will assist in piecing things together.

JUST FOR FUN



Movie Matinee

Friday, May 11, at 12:30pm

Blind Side with Sandra Bullock, Tim McGraw, and Aaron Quinn

Friday, May 25, at 12:30pm

Last Vegas, with Robert DeNiro, Michael Douglas, and Morgan Freeman



Bridge

Mondays at 1pm



Trivia & Jeopardy

Tuesday, May 1 & 15, at 1pm

Let's exercise our minds, and have fun and socialize at the same time! Trivia helps keep the mind sharp while enhancing cognitive functioning.



Cribbage

Thursdays at 1pm

Cribbage Tournament

Thursday, May 17 at 9am

Hand & Foot
Tuesday,
May 8 & 22,
at 11am



Galloping Gourmets

Will return in June!

Meet here, carpool (or take the bus on Wednesday nights), and the only cost is your meal. The location will be chosen for next month's visit!



Mahjong

Friday, May 11 & 25 at 1pm

Get together for a friendly game.

Sports Party

Wednesday, May 2 at 1:05pm

Red Sox vs. Royals

Wednesday, May 9 at 7:05pm

Red Sox vs. Yankees

Wednesday, May 16 at 7:10pm

Red Sox vs. A's



Royal Wedding Afternoon Tea

Wednesday, May 30 at 4pm

Take your afternoon tea in style, sipping tea from the Cozy Tea Cart, and celebrating the marriage of Prince Harry and Megan Markle. Please sign up in advance, so we'll know how many party favors we need!



Thank you to Hannaford's for the bread and pastry donations on Mondays and Wednesdays, and to Stewart's Florist for the birthday carnations each month.



Women's Meditation Group
Fridays, 11am-12pm

Qi-Gong
Mondays, at 12:30pm
Cost: \$5/class

Qi Gong is a gentle, soothing form of exercise excellent for seniors. It is also effective in improving balance, relieving pain, encouraging mobility and reducing stress.



TOPS
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:
I Don't Cook Anymore
Monday, May 7, at 1pm

This group offers provides open discussion on healthy eating, exercise, and well-being. A new topic of discussion is introduced each month. New members are always welcome to introduce new areas of discussion.



Reflexology, Manicures & Pedicures
Friday, May 4, 11, & 25, by Appt.
Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)



Massage
Tuesday, May 8 & 22 and
Wednesday May 2; By Appt.
Cost: \$20/20 min; \$45/50 min
Chair and table massages available.

Healing Meditation
Tuesdays, May 1, 8, 15, 22 & 29 at 11am
Get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.

Women's Conversation Group
Wednesdays, May 9 & 23 at 11am
Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

Well Adult Clinic
Wednesday, May 9 at 12pm
BP screening, glucose check, general health and first aid.

Hearing Clinic
Wednesday, May 16, at 10am

Grief Support
Tuesday, May 15, at 1pm

GROUP FITNESS

Chair Exercise
Mondays, Wednesdays, & Fridays at 10am
Exercise through video instruction.

Stretch & Tone
Tuesdays & Thursdays at 10am
Cost: \$20/4 classes; \$35/8 weeks; \$7/drop in

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

Line Dancing
Fridays 10am-11am
Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes.

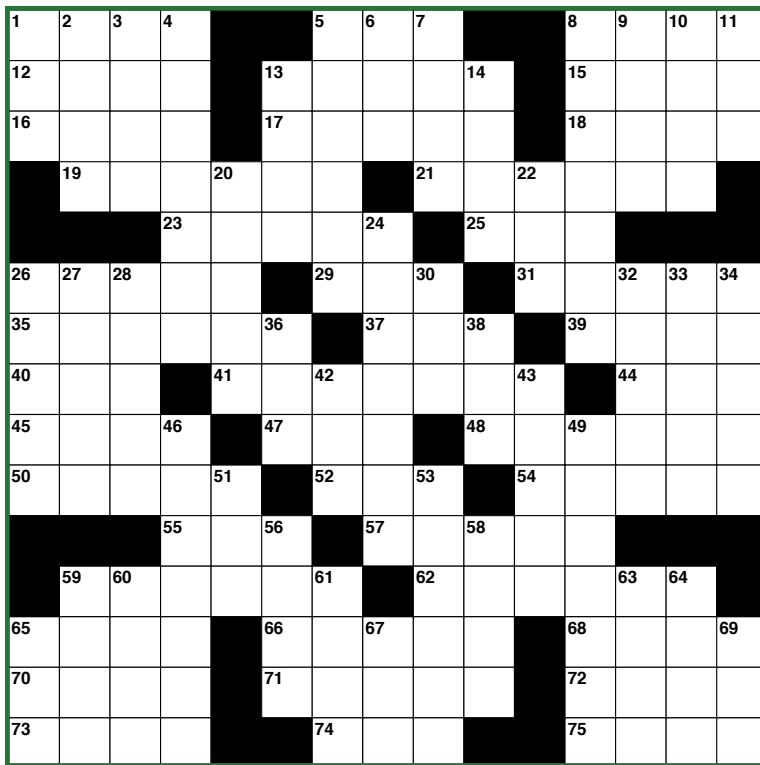
Let Your Yoga Dance
Fridays at 1:30pm
Cost: \$24/month

Walking Club
is back!
Tues. & Thurs.
at 9:30am

UP & COMING

- Friends of the Townsend Library Book sale: June 8 & 9
- Needlefelting Cupcakes: June 28th
- Bus Trip: Kimball's June 15. Enjoy golf, lunch, and ice cream
- Technology Thursday: Crafting apps
- Police Picnic
- Estate sale planning: June 20
- Shingle Mingle: Learn the ins and outs of managing this challenging ailment. Get your immunization shot on June 14th.

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.*



ACROSS

- 1 Sticky fastener
- 5 Gymnastic mat
- 8 Opp. of right
- 12 Baker's need
- 13 Hesitates
- 15 Cast metal
- 16 Baseball glove
- 17 Scoop out
- 18 There's four in a quart
- 19 Against
- 21 Inborn innate
- 23 Fourth month of the year
- 25 Payable
- 26 Rarity
- 29 Crown
- 31 Blade
- 35 Unseal (2 wds.)
- 37 Cobweb
- 39 Cowboy fight
- 40 United States
- 41 Main mast
- 44 BB association
- 45 Upper body muscles
- 47 Promissory note
- 48 Cloth hat that is fastened with ribbons

- 50 Moral principles
- 52 Desert
- 54 Creator of Sherlock Holmes
- 55 Make lace
- 57 Type of dance
- 59 Loss of ability to make decisions
- 62 Seed sower
- 65 Water (Spanish)
- 66 Apartments
- 68 Set down
- 70 Faddish devotion
- 71 Lace of square mesh
- 72 Sports channel
- 73 Compass point
- 74 Remote
- 75 Sulk



DOWN

- 1 Turkey
- 2 Tel ___ (Israel's capital)
- 3 Peter, for short
- 4 Go aboard a train
- 5 Cyclic
- 6 Succor
- 7 Cafe
- 8 Listening technique (2 wds.)
- 9 Canal
- 10 Loving

- 11 Explosive
- 13 Mumble
- 14 Deliver by post
- 20 Start to grow
- 22 Jitney
- 24 Civil court case
- 26 Motorcar
- 27 Defeat unexpectedly
- 28 Grab for
- 30 Pod vegetable
- 32 Animal with long ears, a short tail, and soft fur
- 33 What a teenager does

- 34 Excite
- 36 Luau dish
- 38 Baby eating apparel
- 42 Pater
- 43 Hogan
- 46 Locate
- 49 Pasta
- 51 Calorie
- 53 Spring holiday
- 56 Quarrel
- 58 Structure used by a bird to lay eggs and rear young
- 59 Accent mark

- 60 Plant buds that begin to grow underground
- 61 First letter of the Arabic alphabet
- 63 Asia
- 64 Aged
- 65 American Cancer Society (abbr.)
- 67 Wing
- 69 Compass point

DONATION REQUEST

The Senior Center is in need of paper towels, napkins, plastic cutlery, and 6" paper plates. Any contribution is greatly appreciated!

ROADRUNNER BUS SCHEDULE (Please call in your reservation 48 hours in advance)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Townsend: Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/ Barber Errands	Fitchburg, Leominster and Lunenburg: Medical Trips Shopping/Errands (If possible)	Townsend: Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/Barber Errands Now available for shopping and evening activites at the Senior Center!	Groton, Pepperell, and Ayer: Medical Trips Shopping/Errands (If possible)	Fitchburg and Lunenburg: Shopping

FARES (One Way):

- Within Townsend: \$1.25
- Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Sr. Center (roundtrip): \$0.50

- Please schedule appointments between 9:30 AM and 12:30 PM.
- The bus goes to the Senior Center Monday through Friday.
- Bus Stop at Atwood Acres/Townsend Woods at 9:00 AM Mon-Fri.
- Rides need to be scheduled by calling 978-597-1710.

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



May Greetings

From the Friends of the Townsend Seniors

2018 WILLIAM E. MAY ENDOWMENT AWARD NOMINATION TIME

It's "William E. May Endowment Award" nomination time! The Friends are looking for that outstanding individual(s) in the Townsend community who has given himself, or herself, to the growth and betterment of the town of Townsend. Candidates will be well-respected and have demonstrated through actions and deeds, a keen interest in the affairs and needs of the Senior Citizens of Townsend. If someone was nominated in the past and not selected, please consider re-nominating that person. **Nomination forms are available at the Senior Center and are due by Friday, June 1st.**

Past William E. May Endowment Award Honorees:

2001- William E. May	2007- Hirk and Louise Fortin	2013- Susan and Ken Gerken
2002- Dr. Lawrence Churchville, Jr.	2008- Cornelia "Connie" Giles	2014- Jane and Ray Jackson
2003- Nancy and Roy Shepherd	2009- Terry McNabb	2015- Donna Miller
2004- Jim Clish and Ethel Amiro	2010- Lt. David Profit	2016- Peter Buxton
2005- Bob Tumber	2011- Avis Roy	2017 Alice Struthers
2006- Ed and Mary West	2012- Russ Moore	

Monday, May 7th - FRIENDS' BOARD MEETING , 4:00 pm Senior Center ~ All Members Invited

Thursday May 10th - FOXWOOD TRIP ~ The cost is \$30 per person. Pre-Paid reservations are at the Senior Center, 978-597- 1710 or call Ruth Gibbs at 978-597- 6837. Everyone receives coupons for free play and the buffet lunch. Foxwood trips are open to all adults. Bring your friends... It's a fun day!

Our members are supporters and "cheerleaders" and you continue to amaze us.. Hip Hip Hooray to all of you!

-----2018 Friends of Townsend Seniors Membership-----

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

The Friends meet at 4 pm, on the first Monday of every month in the Senior Center – please join us to explain your "other."

Name: _____

Mailing Address: _____

Phone: (H) _____ **(Cell)** _____

Email: _____