

SILVER THREADS

TENTATIVE

Vol 7 No 11 May 2021

TOWNSEND SENIOR CENTER

From the Desk of the Director -

Are we out of the woods? Not quite yet...

I can't express how wonderful it has been to see so many of you since we reopened in April!!! The excitement and eager anticipation on your faces has been heart-warming.

Another thing we have noticed is an underlying level of anxiety. I didn't quite understand the possible reason for this until one evening when I worked late and stopped at a local convenience store for a gallon of milk on my way home. There were two other customers in the store, an employee at the pizza place and a cashier. It took me a moment to realize why I felt like something was off; I was the only person in the store wearing a mask. Just took me by surprise. I did look on the door and there was a notice that masks are required. Oh well.

Thankfully we live in a country where, for the most part, we can all make our own choices. We can choose where we want to shop, whether or not to get vaccinated, and what level of caution we care to practice as this crazy COVID continues. Unfortunately, I think that the ambiguity of all of this and the rise in cases among younger adults is attributing to the overall level of anxiety felt by many. We are afraid of having to go backwards AGAIN!



This is why I encourage all of you to consider what your comfort levels are and abide by them. Make your own choices. Listen to your heart. Do what is best for you and those around you. Be patient. *We will be back full force!* Hopefully it will be sooner rather than later.

Never forget that whoever you are, wherever you are, whatever you need you can count on us to be here for YOU!

Karin

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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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
3 Veal Picatta	4	5 Sesame Chicken & Fried Rice	6 Stuffed Shells, Salad, Garlic Bread	7
10 Beef & Lentil Chili	11 Ham & cheese quiche, fruit, bagel	12 Dill Salmon	13 Shepherd's Pie with Peas and Carrots, Diner Roll	14
17 Chicken Swedish Meatballs	18	19 Breaded Drumstick	20 Soup & Antipasto Salad	21
24 BBQ Beef Sandwich	25 Coffee, bagels, pastries, fruit	26 Cold Plate: Egg Salad, Potato Salad, Beet & Onion Salad	27 Chicken Salad Sandwich with Chips and Pickle	28
31 CLOSED				

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

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.

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!

Breakfast Drive-Thru

Tuesday, May 11th

10:00am

Suggested Donation: \$3.00

Broccoli & Cheese Quiche
Bagel
Mixed Fruit



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.

Programs Inside the Building

RSVP required for ALL programs

For Your Health

Space is limited; **RSVP required for ALL programs.**

Medicare Counseling

May 12 by appointment. SHINE assistance enrolling in Medicare, choosing a plan, etc.

Hearing Clinic

Wednesday, May 19 by appointment.

Manicures & Pedicures (offered by New England Nails) Monday mornings by appointment. \$38 for a manicure and pedicure.

Massage with Morningstar: Tuesdays and Wednesdays in May by appointment.

TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

For Fun

Space is limited; **RSVP required for ALL programs.**

Women's Conversation

Tuesdays May 4 & 18 at 11am.

Trivia

Tuesdays, May 4 & 18 at 1pm. No charge

Book Club (meets on front patio)

Wednesday, May 26 at 1pm. This month's book selection is "The Sandcastle Girls" by Chris Bohjalian.

Women's Meditation

Fridays at 11am. RSVP Required.

Bingo

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

Special Events RSVP required for ALL programs

Warriors, Queens & Intellectuals: 36 Great Women before 1400 This weekly *Great Courses* series will feature a new woman of note every week. May 4: Poppaea Helps Nero Persecute Christians; May 11: Plotina Advises Emperor Trajan; May 18: Perpetua is Martyred in the Arena; May 25: Julia Maesa Controls an Unusual Emperor.

Coffee Hour

Tuesday, May 25th at 10am. Meet up with friends on the Senior Center patio! We'll offer some light refreshments as well. No charge.

Mother's Day Giftbags

Friday, May 7th at 11am. We are so thankful for the women in our lives, we have a special gift for you. No charge, but sign-up required. Drive thru to pick-up, like Donna's Diner.

Immunity Boosters & Busters

Wednesday, May 5th at 2pm via Zoom. Learn which foods and lifestyle practices enhance immunity and which ones decrease your body's ability to fight infection & illness. *Presented by Blue Cross Blue Shield. You do not need to carry their insurance to participate.*

Meditation for Busy Minds

Thursday, May 27th at 2pm via Zoom. Learn what meditation is and how it works to quiet the mind. Practice simple meditation techniques during the webinar and discover free apps for creating an at-home practice. New and experienced meditators welcome. *Presented by Blue Cross Blue Shield. You do not need to carry their insurance to participate.*

Virtual Programs

Call the Senior Center to sign up and receive the link

Native American Flute Fridays at 2pm, \$40 per month

Dementia Nurse Consultation Via phone, or Zoom. Thursday, May 13 by appt.

Talk of the Town

Thursday, May 13 at 10:30am on Cable Channel 9 AND Zoom. Selectmen Veronica Kell will share the latest town news and hear your thoughts, concerns, and ideas about Senior issues. (This is NOT a Selectmen's Meeting)

Writing Group

Friday, May 7 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, May 14 at 10:30am via Zoom (no charge)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key: Onsite Programs Zoom Programs Cable Programs Phone Programs				
<h1>May 2021</h1>				
3 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting Manicures/Pedicures by appt	4 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 11:00 Women's Conversation 1:00 Trivia 2:30 Great Women Massage by appt	5 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 2:00 Immunity Boosters 6:00 Friends 6:30 TOPS Massage by appt	6 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 12:00 Donna's Diner 1:30 Gentle Yoga	7 10:00 Chair Exercise 11:00 Mother's Day Giftbag Pickup 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Writing Group 2:00 Flute Lessons
10 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting Manicures/Pedicures by appt	11 9:30 Needle Felting 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 10:00 Breakfast 2:30 Great Women Massage by appt	12 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 6:30 TOPS SHINE Medicare Counseling	13 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 9:30 Weaving 10:00 Yoga with Patsy 10:00 Dementia Nurse Consultation 10:30 Talk of the Town 12:00 Donna's Diner 1:30 Gentle Yoga	14 10:00 Chair Exercise 10:30 Genealogy 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
17 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting Manicures/Pedicures by appt	18 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 11:00 Women's Conversation 1:00 Trivia 2:30 Great Women Massage by appt	19 9:30 Senior Fitness 10:00 Chair Exercise 10:00 Hearing Clinic 12:00 MOC Lunch 1:00 Bingo 6:30 TOPS	20 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 9:30 Weaving 10:00 Yoga with Patsy 10:00 Super Foods 12:00 Donna's Diner 1:30 Gentle Yoga	21 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
24 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting Manicures/Pedicures by appt	25 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 10:00 Coffee Hour 2:30 Great Women Massage by appt	26 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 1:00 Book Club 6:30 TOPS Massage by appt	27 9:00 Fabric Dyeing 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 9:30 Weaving 10:00 Yoga with Patsy 12:00 Donna's Diner 2:00 Meditation for Busy Minds 1:30 Gentle Yoga	28 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
31 CLOSED				

Fitness & Exercise ****RSVP Required for ALL Programs****

Gentle Yoga with Patsy

Thursdays at 1:30pm in the Meeting Hall. \$6 per class.
Tuesdays and Thursdays at 10am on Cable Channel 9, and
available anytime on YouTube, donation appreciated

Chair Exercise

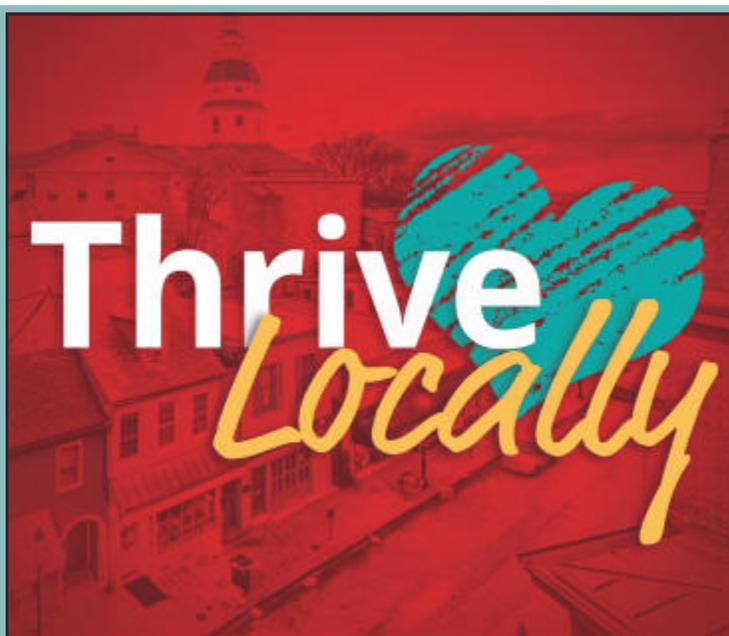
Mondays and Fridays at 10am in the Meeting Hall.
Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9.

Senior Fitness with Stephanie (No Class 5/12)

Wednesdays at 9:30am in the Meeting Hall, \$20 per month
Mondays and Thursdays at 9:30am via Zoom, \$20 per month

Chair Yoga with Carin

Beginner: Mondays at 11:30am in the Meeting Hall; \$5 per class
Intermediate: Tuesdays and Thursdays at 9:30am via Zoom; \$5 per
class



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emailed to you at
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COVID-19 Information

***Current as of 4/26/21, but information is updating rapidly! We will send out updates as we receive them.*

If you are eligible to receive a COVID-19 vaccination, you have THREE options to secure an appointment:

1. Mass Vaccination Sites: You can preregister for an appointment at one of the 7 mass vaccination site at: mass.gov/COVIDvaccine
2. Public Vaccine Sites: Vaccines are being offered at 170 public sites and can be scheduled at vaxfinder.mass.gov
3. Call 211 to schedule your appointment
4. McNabbs Pharmacy: Our local pharmacy has COVID vaccines! Please visit healthmartcovidvaccine.com to sign up!

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

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

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



Technology Help

Do you have a new phone or tablet and need help learning to use it? Learn to use popular programs including Zoom, Paypal, Gmail, Facebook, etc. Wednesdays and Thursdays by appointment. No charge.

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 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.*

ARTS AND CRAFTS (In the Building, except Watercolor—sign up **REQUIRED**)



Watercolor with Linda
Wednesdays at 3pm
 e-time fee of \$10 for an at-home painting for new students, plus \$30 per month for class.



Felted Nemo
 Tuesday, May 11th at 9:30am \$3.00
 This adorably clever project features Nemo the clown fish, in his own fishbowl!



Quazy Quilters
Fridays at 12pm
 Work on your latest project, or use our supplies to create something new!



Beginner's Guide to Fabric Dyeing
 Thursday, May 27 9am-12pm. **FREE**
 Ann-marie will lead a fun and



Knotty Knitters
Mondays at 12pm—outdoors, weather permitting. Knit or crochet with other beginners or get help from those who've been around the circular needles a time or two.

inspiring fabric dyeing workshop designed to tap into everyone's creative spirit. Participants will learn about color and dyeing basics by experimenting with dye mixing in the creation of small samples. The class will focus on tray and bag dyeing using low immersion dyeing techniques. (low water usage). Safety in the studio for mixing dye and methods for preparing fabric for dye application will be reviewed. Various simple techniques for fabric manipulation will be covered. *Funded by Townsend Cultural Council.*



Color Techniques for Rigid Heddle and Other Two Shed Looms
 Three-part series: Thursdays May 13, 20 & 27 9:30am-12pm. Cost \$10.00
 Move beyond basic scarves by learning to incorporate color into your work.



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!

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)	Shopping
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¢

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 10 rides
 \$22.50 (In Town)
 \$31.50 (Out of Town)**