

Silver Threads

TOWNSEND SENIOR CENTER

May 2022
Vol 8 No 11

From the Desk of the Director -

Thanks for celebrating with us!

Our Grand Re-opening was a huge success thanks to our patrons, and special guests! The food and music were fantastic and the mood was so joyful!

Special thanks to Senator John Cronin for his ongoing commitment, Gary Shepherd for continuing to follow his mother's dream and overseeing the project, the Board of Selectmen; Veronica Kell, Joe Shank, and Chaz Sexton-Diranian for their continued support, the Council on Aging Board, Friends of the Townsend Seniors and our amazing staff. We are truly fortunate to have such a great team!

Most of all we thank the Sterilite family for recognizing the need we had and making our field of dreams a reality. You built it. They are coming. We are already at pre-COVID participation.

We are excited to start using our new patio this month and having outdoor meals and activities. This is the perfect time to find out why this is where you WANT to be. See you soon!

Karin

Don't forget to register in advance for all programs!

MyActiveCenter registration process coming soon!

This will provide patrons an option to sign up for programs online through your computer, tablet or smart phone. Look inside for more information .

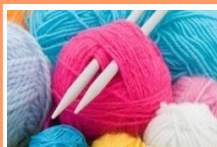


Karin Canfield Moore, Director
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Program Coordinator/Senior Meals Associate
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator & Outreach
Greg Smith, Assistant Program Coordinator

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>

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



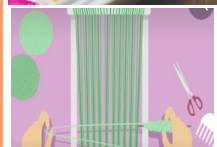
Knotty Knitters

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 and 2pm.
\$30 per month for the class.
Limit of 12 students per class.



Weaving Classes:

Mondays 12:30-2:30

\$5 materials fee

Kitchen Towels for Any Skill Level

May classes will be great for newbies and those ready to learn more!



Fridays 10am-noon

This is a time to come in to finish a Monday project, learn to weave tapestry, or bring your own project.



Rug Hooking Guild

Wednesdays, May 11 & 25; 10-2

This traditional style rug hooking guild has been meeting for many years under the guidance of Betty McClentic.

We are not accepting new members.



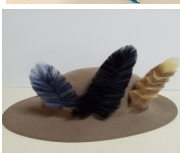
Wood Carving

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



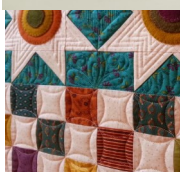
Silk Painting

Fridays at 1:00pm
Learn how to paint on silk using a simple gutta resist technique that is easier than you'd think



Needlefelting Feathers!

Second and fourth Wednesdays at 2:30 pm Come on in and create some beautiful feathers!



Quazy Quilters

Tuesdays from 9am to 3pm

First and third Wednesdays at 1:00pm

Work on your latest project, or use our supplies to create something new!



Scrapbooking

Second and fourth Wednesdays at 3pm

Bring your own supplies or use ours!



Cigar Box Guitars

Thursdays, May 5th and 19th, 1:00pm
Building and playing primitive 3-string instruments. ***Sorry, no new members.***

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

Women's Conversation

First & Fourth Tuesdays
May 3 & 24 at 11am



Trivia

First & Third Tuesdays,
May 3 & 17 at 1pm



Book Club

Wednesday, May 25th at 1pm.

"The Ride of Her Life" by Elizabeth Letts



Bingo

Wednesdays at 1pm.

Cost: \$5.00; limit 4 cards.



Chorus

Mondays at 10:00am

We are looking for new members!
Please come join us.



Genealogy with Dwight Fitch

Friday, May 13th at 10:30am

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



Movie Matinees:

Friday, May 13th at 12:30pm

"The Notebook" Ryan Gosling and Rachel McAdams



Friday, May 27th at 12:30pm

"Ladder 49" Joaquin Phoenix and John Travolta



Mexican Train Dominoes

Tuesdays at 11am



Scrabble

Fridays at 11am



Rummikub Mondays at 1pm



Wii Bowling

Team: Mondays at 1 pm

Beginners: Thursday at 11am



Cribbage

Thursdays at 1pm, except...

Tournament 5/19 at 9am



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

Senior Fitness with Stephanie

Thursdays at 9:15am (live instructor)

Mondays 9:15am via [Zoom](#)

\$5 per class/\$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.

Learn to Tap Dance (no class 5/9)

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.

Line Dancing

Tuesdays at 1:30pm \$5 per class

Tai Chi

Thursdays at 11 am \$5 per class

Jeff is back with this Chinese martial art practiced for health benefits and meditation.

Move your body with Carin: (no classes the week of 5/9)

Hybrid Yoga \$5 per class

(Chair and floor options)

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

Osteo Movement

Mondays and Thursdays at 2pm. \$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 10am. \$5 per class

Building Memory Skills

Fridays at 12:30pm \$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:

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



Sarah from Footcare Focus

Will offer podiatry services

Thursday, May 12th from 12am to 3pm

Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, May 11th from 12-2pm

BP screening, glucose check, etc.



Hearing Clinic

Wednesday May 18th by appointment.



Women's Meditation

Fridays at 11am

Manicures

Second and fourth 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 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

Thursday, May 5th at 11am

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

Diabetes Support

Thursday, May 19th at 11am

Come in for information on how to manage your diabetes with confidence.

Grief Support Group *Wednesday, May 4th 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 and reserve your seat.

Technology Help

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

Learn to use popular programs including Zoom, Paypal, Gmail, Facebook, etc.
Second and Fourth Thursdays at 1pm
Call 978-597-1710 to make an appointment. No charge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:15 Senior Fitness Zoom 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling Team 1:00 Rummikub 2:00 Osteo Movement	3 9:00 Quazy Quilters 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	4 10:00 Chair Exercise 12:00 Watercolor 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 4:00 Grief Support 6:00 Friends 6:30 TOPS	5 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Wii Bowling 11:00 Tai Chi 11:00 Healthy Living 12:00 Donna's Diner 1:00 Cigar Box Guitar 1:00 Cribbage 2:00 Osteo Movement *Massage by appt	6 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Bus Trip: Butterfly Place 12:30 Building Memory Skills 1:00 Silk Painting
9 9:15 Senior Fitness Zoom 10:00 Chair Exercise 10:00 Chorus 12:30 Knitting 12:30 Weaving Class 1:00 Wii Bowling Team 1:00 Rummikub	10 9:00 Quazy Quilters 9:30 Walking Club 10:00 COA Meeting 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing 1:30 Manicures *Massage by appt	11 10:00 Watercolor 10:00 Chair Exercise 10:00 Rug Hooking 12:00 Seminar: Heart to Home Meals 12:00 Wellness Clinic 1:00 Bingo 2:00 Watercolor 2:30 Needlefelting 3:00 Scrapbooking 6:30 TOPS	12 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Wii Bowling 11:00 Tai Chi 12:00 Podiatrist 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help *Massage by appt	13 10:00 Weaving 10:00 Chair Exercise 10:30 Genealogy 11:00 Scrabble 11:00 Women's Meditation 1:00 Silk Painting 1:00 Movie Matinee "The Notebook"
16 9:15 Senior Fitness Zoom 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling Team 1:00 Rummikub 2:00 Osteo Movement	17 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 2:00 Spring Tea *Massage by appt	18 10:00 Watercolor 10:00 Chair Exercise 10:00 Hearing Clinic 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 5:00 CONCERT: Dan Kirouac 6:30 TOPS	19 9:00 Cribbage Tourney 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Dementia Nurse 11:00 Diabetes Support 11:00 Wii Bowling 11:00 Tai Chi 12:00 Donna's Diner 1:00 Cigar Box Guitar 2:00 Osteo Movement *Massage by appt	20 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Building Memory Skills 1:00 Silk Painting
23 9:15 Senior Fitness Zoom 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 11:45 Galloping Gourmet Black Forest Cafe 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling Team 1:00 Rummikub 2:00 Osteo Movement	24 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:30 Line Dancing 1:30 Manicures *Massage by appt	25 10:00 Watercolor 10:00 Chair Exercise 10:00 Rug Hooking 1:00 Bingo 1:00 Book Club 2:00 Watercolor 2:30 Needlefelting 3:00 Scrapbooking 3:30 Hybrid Yoga 6:30 TOPS	26 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Diabetes Support 11:00 Wii Bowling 11:00 Tai Chi 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help 2:00 Osteo Movement *Massage by appt	27 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Building Memory Skills 1:00 Silk Painting 1:00 Movie Matinee "Ladder 49"
30 CLOSED FOR MEMORIAL DAY	31 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	<div>  </div>		

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



Concert Event: Dan Kirouac

Music and Memories from the 1950's, 60's and 70's

Wednesday, May 18th at 5pm

This piano and vocal concert is sponsored by the Townsend Cultural Council



Take a Trip to Westford's Butterfly Place!

Friday, May 6th at 12:00pm

See New England butterflies and tropical species from all over the world.

\$11.50 includes admission and transportation.



Spring Tea

Tuesday, May 10th, 2pm

Come join Lorraine, our hostess with the mostest, and enjoy sweets and savories along with some new varieties from the Cozy Tea Cart.



Galloping Gourmet - Lunchtime Edition!

Travel to the Black Forest Café & Bakery in Amherst, NH

Monday, May 23rd at 12pm

\$3.50 for Transportation plus cost of meal

Lunch

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

Please observe mask protocol as requested

Tuesdays: Soup & Salad Bar

Thursdays: Donna's Diner

May 5: Cinco de Mayo!

May 12: Harvest Turkey Salad

May 19: Meatloaf

May 26: Holiday Cookout!



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.

MyActiveCenter is Now Online!

**Our new MyActiveCenter website allows patrons
to register themselves for most programs and
events. You can set up an account at**

myactivecenter.com

Click on “**New Users**” and follow the instructions.
You’ll need the number from your Townsend
Senior Center key tag.

**Programs with limited availability or by
appointment only must still be scheduled through
the Senior Center.**

**You can always continue to register via
phone or in person!**

Seminar: Heart to Home Meals

Wednesday, May 11th at 12pm

Come in and learn about this home delivery
meal service for seniors and sample one of
their delicious offerings.

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.

**WE NEED DONATIONS OF PAPER BAGS
AND PAPER TOWELS PLEASE!**

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.

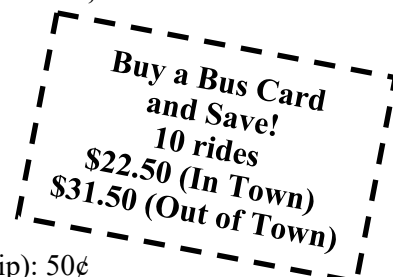
Mask Mandate on public transportation remains in effect. Mask must cover nose, mouth and chin.

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
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		

We need volunteers at the reception desk!

Please let us know if you can commit to a few hours a week. *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.*