

Silver Threads

April 2023
Vol 9 No 10

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.

From the Desk of the Director –

With the reemergence of Spring, my upcoming 45th high school reunion and the culmination of my youngest's senior year I've been thinking a lot about how to live our best Senior lives. As he participates in senior skip days, planning for prom, one last spring break trip, and graduation my mind wanders to when I was doing all those things. In some ways it doesn't seem so long ago, and in others it seems like, well... decades.

Why should those youngsters have all the fun? For many years we have wanted to host our own Senior Prom so we are finally making that dream a reality. On Wednesday, May 3rd dust off your dancing shoes, grab your sweetheart or a group of friends and join us. We will have everything you'd expect at a senior prom. We look forward to seeing you here! Yet another reason this is where you WANT to be!



In the meantime, there is plenty for us to do here this month. Join a new fitness class to get in shape to samba. Bring in a musical instrument or join our chorus to get your musical juices flowing. Make new friends at the movie matinee, Galloping Gourmet, or trip to the Currier Art Museum.

Other exciting news! We hope to have another van on the road in April. Thanks to the LRTA and the Community Foundation of North Central Massachusetts, the Town of Townsend will have a van dedicated to serving your medical needs. See the back page for the tentative new schedule.

Always something new and exciting to do here!

Karin

New Programs!

- ◇ Tax-Aid, Every Tuesday, through April 11th
- ◇ Intergenerational Tai Chi, 9 week program through Wednesday, April 19th, 6-7:30pm
- ◇ Due to popularity, Zumba with Nee will add an additional class every Tuesday at 9am!
- ◇ Paint Edible Easter Egg Cookies Thursday, April 6th @ 1pm
- ◇ Crafting w/Angela is back! Wednesday, April 19th @ 1pm. Make a bouquet of crepe paper flowers!

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

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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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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ltempleton@4LPi.com or
(800) 477-4574 x6377

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Celebrating our 90th Anniversary

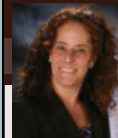
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Edward Jones

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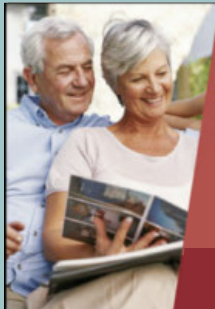
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Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 *Massage 9:00 Tax-Aid 9:00 Quazy Quilters 9:00 Zumba 9:30 Poetry 9:30 Walking Club 10:00 Slow Jam 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing	5 *Medicare Counseling 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 11:00 Healthy Living 12:00 HtoH Lunch 1:00 Bingo 3:30 Hybrid Yoga 5:30 Grief Support 6:00 Friends 6:00 Tai Chi 6:30 TOPS	6 *Massage 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 1:00 Paint Easter Cookies 1:30 Osteo Movement 2:30 Charcoal Drawing	7 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 10:30 Fly Tying 11:00 Table Shuffleboard 11:00 Women's Meditation 12:30 Movie Matinee "Princess Bride" 1:00 Cornhole
10 *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	11 *Massage 9:00 Tax-Aid 9:00 Quazy Quilters 9:00 Zumba 9:30 Felting 9:30 Walking Club 10:00 Slow Jam 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	12 9:30 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 12:00 Wellness Clinic 1:00 Bingo 3:30 Hybrid Yoga 4:00 Galloping Gourmet Osawa Japanese Bistro 6:00 Tai Chi 6:30 TOPS	13 *Massage 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 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement 2:30 Charcoal Drawing	14 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 10:30 Fly Tying 10:30 Genealogy 11:00 Table Shuffleboard 11:00 Women's Meditation 12:30 Movie Matinee "The Help" 1:00 Cornhole
Closed for Patriots Day				
	18 *Massage 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club 10:00 Slow Jam 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing	19 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Crafting w/Angela 3:00 COA Meeting 6:00 Tai Chi 6:30 TOPS	20 *Massage 9:00 Cribbage Tournament 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Diabetes Support 11:30 Beth Walsh from Senator Cronin's Office 12:00 Donna's Diner 1:00 Charcoal Drawing 2:30 Charcoal Drawing	21 9:30 Trip to Currier Art Museum 9:30 Chair Exercise 9:30 Zumba 10:00 Podiatrist 10:00 Weaving Drop-In 11:00 Table Shuffleboard 11:00 Women's Meditation 12:30 Movie Matinee "Driving Miss Daisy"
24 *Massage 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	25 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Felting 9:30 Walking Club 10:00 Slow Jam 10:30 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing	26 9:30 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Book Club 3:30 Hybrid Yoga 6:00 Clara Barton's Civil War Letters 6:30 TOPS	27 *Massage 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	28 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 "Queen Bees"

April



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

Move your body with Carin: (no classes week of 4/17)

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!

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 April 19th

(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

Zumba with Nee

Tuesdays at 9am, Fridays at 9:30am. \$5 per class
(no class 4/18)

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, Apr. 13th from 12pm to 3pm

Friday, Apr. 21st from 10am to 1pm

Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, April 12th from 12-2pm

BP screening, glucose check, etc.



Hearing Clinic

Wednesday, April 19th at 10am



Water aerobics at the YMCA!

Mondays at 3pm

Van leaves the Senior Center at 2:30pm

Call for more information.

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, April 24th 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

Wednesday, April 5th at 11am

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

Diabetes Support

Thursday, April 20th at 11am

Come and pick up Healthy recipes!

Women's Meditation

Fridays at 11am

Grief Support Group

*Wednesday, April 5th **NEW TIME: 5:30pm***

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.



Alcohol Ink Jewelry

Tuesday, April 11th at 1pm
Limited to 12 students. Cost is \$12 including materials.



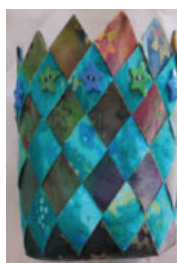
Watercolor with Sue!

Wednesdays at 10am
\$20 per month.
Limit of 16 students per class.



Felting

2nd and 4th Tuesdays at 9:30am
Make a nest with eggs. \$3 Materials fee



Weaving Classes:

Friday April 7th & 14th, 10am-Noon
Weave a cloth basket. Bring a good pair of scissors if you can! \$4 fee for materials.

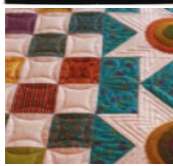
Weaving Drop-In

Friday, April 21st & 28th, 10am-noon
This is a time to finish a class project or bring one of your own.



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 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

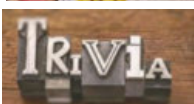
Women's Conversation

First & Third Tuesdays at 11am



Trivia

First & Third Tuesdays at 1pm



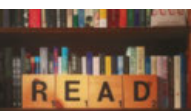
Slow Jam

Tuesday at 10:00am until 4/25
For acoustic string instruments only.



Book Club

Wednesday, April 26th at 1pm
"Woman of Intelligence"
by Karin Tanabe



Bingo

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



Hope Community Chorus

Mondays at 10am



Genealogy with Dwight Fitch

Friday, April 14th 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

Friday 4/7 & 4/14 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

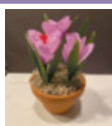
Thursdays at 1pm, except...
Tournament on 4/20 at 9am



Crafting w/Angela

Wednesday, April 19th at 1pm

Join Angela to create some Crepe Paper Flowers!



Fly Tying with Eino

April 7th and 14th at 11:30am





"Through the Decades"

Bring a date, friend or meet one there!

Wednesday, May 3rd 5-7:30pm

Free admission

Entertainment, dancing, food, raffles & fun

Live Band- "The Backtrack Oldies"

Professional photographer

Made possible by a grant from

The Amanda Dwight Entertainment Fund

Nail appointments available at New England Nails on
May 1st- call us to sign up!

Currier Museum of Art

April 21st

This art museum in Manchester, NH
features European and American paintings,
decorative arts, photographs and sculpture

We will leave the Senior Center at 9:30am
Bring a bagged lunch or eat in the Winter Garden Café
Cost for bus trip and ticket is \$16.50

Friends of the Townsend Seniors invites you to...

Serve Our Seniors!

Would you like to help
support the Senior
Center's programming?

Are you a senior yourself
(55+) who would love to
give back?

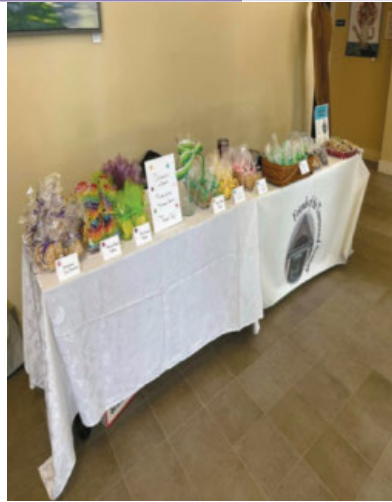
Non-seniors: have your
loved ones enjoyed the
Senior Center, and
would you like to get
involved in supporting it?



**The Friends of the
Townsend Seniors
are seeking new
board members.**

The Friends of the Seniors
meet on the first
Wednesday of the month at
6:00pm at the Townsend
Senior Center.

If interested, please contact Peter Buxton at 978-502-6786 or
stryker.pb@gmail.com.



Mini Golf 2023 and our Valentine's Day Lunch Celebration



April 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
4/4: Soup & Salad	4/5: Heart to Home Meatballs in Mushroom Sauce	4/6: Donna's Diner Honey Glazed Ham
4/11: Soup & Salad	4/12: Heart to Home Cauliflower, Broccoli & Cheese Casserole	4/13: Donna's Diner Beef or Vegetarian Lasagna
4/18: Soup & Salad	4/19: Heart to Home Fisherman's Platter	4/20: Donna's Diner Spinach Stuffed Chicken Thighs
4/25: Soup & Salad	4/26: Heart to Home Buffet	4/27: Donna's Diner Sweet Italian Sausage Casserole

*Beth Walsh from Senator Cronin's office
will be here
Thursday, April 20th from 11:30-1:00
to join us for lunch, visit with you and discuss
your concerns.*

You can also call her at 617-722-1230

Dementia Nurse Consulting

Bernadette Oinonen, MS, RN will be available by appointment **Monday, April 24th from 10am-12pm**
Bernadette is here to support and educate family caregivers of clients with dementia

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.

*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!*

Following the Cannon: A Reading of Clara Barton's Civil War Letter April 26th at 6pm

Hear Clara's emotional and powerful
letters from the battlefield

This event is brought to you by the Townsend Senior Center and the Townsend Library and our local cultural council



Movie Matinee now every Friday!!

April 7th "Princess Bride"
April 14th "The Help"
April 21st "Driving Miss Daisy"
April 28th "Queen Bees"



Pizza provided by Friends of the Townsend Seniors

Gallopig Gourmet

Osawa Japanese Bistro in Ayer
Wednesday, April 12th

Van will leave at 4pm (4:30 seating)
\$3.50 plus the price of your meal



Please call the Senior Center to sign up

Paint Edible Easter Egg Cookies

Thursday, April 6th
at 1:00 pm



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.
- **Errands:** Shopping, Post Office, Banks, Employment, etc.

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)

Please note the *(tentative)* new Roadrunner schedule below!

Monday	Tuesday		Wednesday		Thursday		Friday
Townsend & Lunenburg Errands	Townsend & Lunenburg Errands	Leominster & Fitchburg Medical	Townsend Errands	Townsend & Pepperell Medical	Townsend Errands	Groton & Ayer Medical	Rotating Locations Errands*
			Wednesdays 3:00-8:00 PM By Appointment		* Rotating Locations: Fitchburg, Leominster, Pheasant Lane Mall, Amherst Rt. 101A, and more!		

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.*