

Silver Threads

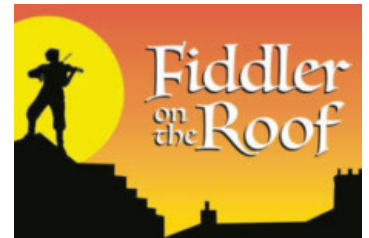
September 2023, Vol 10 No 3



Bus Trip to Lake Winnepesaukee!! Saturday, November 11th

The Friends of the Townsend Seniors have planned a fun filled day in the beautiful Lake Winnepesaukee region. A Wilson Couch Bus will leave the Senior Center at 10:45am and arrive at the Lake Winnepesaukee Playhouse for a 1pm show of the popular musical Fiddler On The Roof!

After the show, you will drive a short distance to the Hart's Turkey Farm for a delicious dinner. You have a choice of Roast Beef with beef gravy, Turkey dinner with dressing, gravy & cranberry sauce, *or* Broiled Haddock with lemon wedge. All dinners include whipped potato, fresh butternut squash, tossed garden salad, rolls & butter, carrot relish, coffee/tea and Apple Crisp for dessert!



The cost of this trip is \$60 per person. We ask that you pay in advance when you sign up at the front desk. Checks can be made out to *The Friends of the Townsend Seniors*. The trip is non-refundable unless it is cancelled. Last day to sign up is October 20th.



We hope you will join us and please tell your friends!

10:45am Depart Townsend Senior Center
12:30pm Arrive @ Winnepesaukee Playhouse
1:00pm Show begins
4:15pm Show ends & depart playhouse
4:30pm Arrive at Hart's Turkey Farm
6:30pm Depart Restaurant
8:15pm Return to Senior Center

Many of you have been asking us to get back on the trip bus. Well, here you go! Should be a great time! We need to fill the bus to make it happen. Word of mouth is the best source of advertising. Help us get the word out!

Just another reason we are where you WANT to be!

Karin

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, Option 0. 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!

Check Out September Special Events!

- ◇ Theater performances by the Delvena Theatre Company (Sept. 6th) and Fraud Squad Players (Sept. 19th)
- ◇ Bus Trip to the Hampton Seafood Festival - September 8th
- ◇ Concert: Jumpin' Juba - September 13th

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, Tuesday and Thursday: 9am-4pm
Wednesday: 9am-8pm; Friday: 9am-3pm
16 Dudley Road, Townsend, MA 01469
978-597-1710
<https://www.townsendma.gov/senior-center-council-aging>



JANET CRAMB
REAL ESTATE BROKER
Lic. in MA & NH



CELL: 978.852.5704
janetcramb@gmail.com
www.JanetCrambAndCompany.com



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

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

McNabb Pharmacy & Home Health Care

Celebrating our 90th Anniversary
978-597-2392

Medication Packaging
Home Medical Equipment
Free Medicare Part D Consults



Your Locally Owned
Health Mart
PHARMACY

233 Main St.
Townsend

AEP or New to Medicare Need Help?

Schedule Appointment to
Review Prescription Costs
Supplement & Medicare Advantage

Call 978-314-3760

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.



Robin B. Buxton Attorney At Law

978.650.1120

111 Main St, Pepperell

robinbuxton@rrbuxtonlaw.com

www.rrbuxtonlaw.com

• DOMESTIC RELATIONS •

• PROBATE •

• CRIMINAL DEFENSE •

"Toughness doesn't always wear a tie"



Edward Jones

Member SIPC

Want a financial advisor that puts you first?



Mark Collier, AAMS™

Financial Advisor

18 Main Street, Suite #205, Townsend, MA 01469

978-597-0537

MKT-5894N-A

edwardjones.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

CENTURY 21 North East

GRETCHEN ARCHAMBAULT
REALTOR | MA NOTARY

📞 978.505.5990

✉ GretchenArch@gmail.com

*Local Resident

*Extensive Market Knowledge

*Trusted Advisor of Your Best Interests

📱 EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED

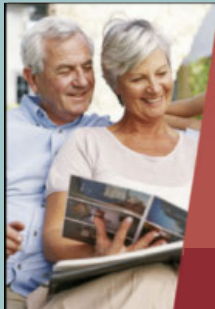
Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

**AD
CREATOR
STUDIO**



lpicommunities.com/adcreator



One commitment
community
choice

**Life
Care
Centers
of America**

The Highlands

5-Star CMS Rating • 978.343.4411
335 Nichols Rd. • Fitchburg, MA 01420
TheHighlandsMA.com

Life Care Center of Leominster

5-Star CMS Rating • 978.537.0771
370 West St. • Leominster, MA 01453
LifeCareCenterOfLeominster.com

YOUR SKILLED NURSING CARE SPECIALISTS.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>September</h1>				1 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving 12:30 Movie Matinee <i>"Here Today"</i> 1:00 Cornhole
Closed For Labor Day	5 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mobile Market 10:30 Mexican Train 12:00 Donna's Diner 12:30 Trivia 1:30 Line Dancing	6 *Medicare/Massage 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 11:00 Healthy Living 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 5:30 Grief Support 6:00 Friends Meeting 6:00 Tai Chi 6:30 Delvena Theater 6:30 TOPS	7 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:30 Osteo Movement	8 *Massage 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving 10:30 Genealogy 11:00 Hampton Seafood Festival Trip 11:00 Woman's Meditation 12:30 Movie Matinee <i>"The Birdcage"</i> 1:00 Cornhole
11 *Massage 9:30 Chair Exercise 10:00 Chorus 10:30 Senior Fitness 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	12 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 1:00 Crafting w/Angela 1:00 Wellness Clinic 1:30 Line Dancing	13 *Massage 9:00 Quazy Quilters 9:30 Balance & Posture 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 Jumpin' Juba 6:00 Tai Chi 6:30 TOPS	14 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 12:00 Donna's Diner 12:00 Podiatrist 1:00 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement	15 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving 11:00 Podiatrist 11:00 Woman's Meditation 12:30 Movie Matinee <i>"Casablanca"</i> 1:00 Cornhole
18 9:30 Chair Exercise 10:00 Chorus 10:30 Senior Fitness 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	19 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Fraud Squad Players 10:30 Mexican Train 11:00 Women's Conversation 11:30 Beth Walsh from Senator Cronin's Office 12:00 Donna's Diner 12:30 Trivia 1:30 Line Dancing	20 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 3:45 Galloping Gourmet Old Mill 6:00 Tai Chi 6:30 TOPS	21 9:00 Fit & Fabulous 9:00 Cribbage Tourn. 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 12:00 Donna's Diner 1:00 Charcoal Drawing 1:30 Osteo Movement	22 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving 11:00 Woman's Meditation 12:30 Movie Matinee <i>"80 for Brady"</i> 1:00 Cornhole
25 9:30 Chair Exercise 10:00 Chorus 10:30 Senior Fitness 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	26 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 1:30 Line Dancing	27 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Book Club 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 Tai Chi 6:30 TOPS	28 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 12:00 Donna's Diner 12:00 Felting 1:00 Age or Meds? 1:00 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement	29 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving 11:00 Woman's Meditation 12:00 Rug Hooking 12:30 Movie Matinee <i>"The Adventures of Robin Hood"</i> 1:00 Cornhole

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

Move your body with Carin:

Hybrid Yoga; \$5 per class

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

Osteo Movement

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

This class focuses on balance, weight bearing exercises using hand weights -Bring a mat and walking stick.

Learn to Tap Dance

*Mondays at 1pm, **Beginners Thursdays at 10am (NEW)***

You can't help but feel joyful learning this dance style! Tap shoes helpful but not required; we can loan some. \$5 per class

Fit & Fabulous

Thursdays at 9am; \$5 per class

This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance

Beginner Yoga

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

Free Yoga with Kris

*Wednesdays at 6pm **On Hiatus in September***

Join Kris for some of her favorite You Tube videos.

DVD Chair Exercise

Mondays, Wednesdays and Fridays at 9:30am

Walking Club

Tuesdays and Thursdays at 9:30am

Inside and outside options, weather permitting.

Line Dancing

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

Zumba with Nee

Tuesdays at 9:00am, Fridays at 9:30am. \$5 per class

Tai Chi with Jeff Cote

*Wednesdays at 6pm, \$5/class. **MEETS OUTDOORS!***

Senior Fitness

Mondays at 10:30am. \$5 per class

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



Massage with Morningstar:

By appointment. See calendar for September schedule. \$45/50mins.



Sarah from Footcare Focus

offers podiatry services, \$45
*Thursday, Sept. 14th from 12pm to 4pm,
Friday, Sept. 15th from 11am to 3pm.
Call 978-597-1710 for an appointment.*



Wellness Clinic

Tuesday, September 12th from 1-3pm
BP screening, glucose check, etc.



Diabetes Support

On Hiatus in September



Women's Meditation

Fridays at 11am starting September 8th

Hearing Clinic

Wednesday, September 20th at 10am

Water aerobics at the YMCA!

Mondays at 3pm

Meet at the Fitchburg "Y"!

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.

Medicare Consultation

Wednesday, Sept. 6th, hourly appts. from 2pm to 5pm

Need to sign up for Medicare? Have questions on your current coverage? Meet with a consultant from Integrity Medicare Advisors, Inc. to have your questions answered.

Healthy Living

Wednesday, September 6th at 11am

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

Grief Support Group *Wednesday, September 6th at 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

Monday 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 16 students per class.



Warped Weavers

Fridays at 10am
Landscape Tapestries! Great for beginners! Learn to use shaped areas of color to replicate a landscape from a photo!



Wood Carving

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



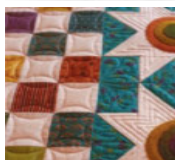
Felting

Thursday, September 28th at 12pm-4pm
Silk scarves! Sign up at front desk to choose a color! Cost is \$30 for materials- Pay in advance when you choose color



Charcoal Drawing with Sue!

Thursdays at 1:00
Charcoal has unique characteristics that will encourage your creativity.



Quazy Quilters

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



Crafting with Angela

Tuesday, September 12th at 1pm
Learn to set rhinestone crystals by making a keychain. \$5 material fee.

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

Women's Conversation

Tuesday, September 19th at 11am



Trivia

First & Third Tuesdays at 12:30pm



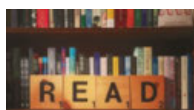
3 Chord Strum Band

Tuesday at 10:00am - Open to all!
For acoustic string instruments only.



Book Club

Wednesday, September 27th at 1pm
"The Life and Times of the Thunderbolt Kid"
by Bill Bryson



Bingo

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



Hope Community Chorus

Mondays at 10am



Genealogy with Dwight Fitch

Friday, September 8th 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!



Cornhole

Fridays at 1pm
Outdoors!



Mexican Train Dominoes

Tuesdays at 10:30am



Table Shuffleboard

Wednesdays at 1pm



Rummikub

Mondays at 1pm



Wii Bowling

Mondays at 1 pm



Cribbage

Thursdays at 1pm, except...
Tournament on 8/17 at 9am



Did You Know The Friends of the Townsend Seniors are Sponsoring a Bus Trip in November? Check out Page 1!!!

July Cribbage Tournament Winners!

High Score: Ed Jette and Peter Salisbury, 723 points

High Hand: Jan Johnson and Carole Phillips, 24 points

Hampton Beach Seafood Festival Friday, September 8th

Food, drink, shopping & entertainment!

Van will leave senior center at 11:00am

Cost is \$15

(Includes van ride and entrance ticket)



Van will leave Hampton Beach at 3:00pm

***Must sign up at front desk and
pay in advance when you sign up***

Jumpin' Juba

Wednesday, September 13th at 6pm

Jumpin' Juba plays blues-based roots-rock and classic rock for your listening and dancing pleasure!

The group features Steve Hurl on electric finger-style and slide guitar plus vocals, with Dave Lockeretz on upright bass.



This event is brought to you by our Local Cultural Council.



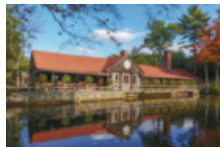
"This program is supported in part by a grant from the Townsend Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."

Galloping Gourmet

Wednesday, September 20th

1761 Old Mill Restaurant in Westminster

Sign up at
the front desk!



Van will leave at 3:45pm

Cost is \$5 plus price of meal

Age or Meds?

Thursday, September 28th at 1pm

The Central Massachusetts Agency on Aging and the Massachusetts College of Pharmacy have partnered to provide informational meetings and medication reviews so that older adults are safe and taking only the meds that they need.

Donna Bartlett, Associate Professor of Pharmacy Practice, will be here to discuss deprescribing. You may bring a list of the medications you currently take to find out how they may be interacting.

Fraud Squad Players

Tuesday, September 19th at 10:30am

The Fraud Squad Players are a group of volunteer actors who are members of the Americorps Seniors RSVP (Retired Seniors Volunteer Program)

From imposter scams to financial exploitation, the Fraud Squad Players bring an engaging twist to educating the community on how to avoid getting scammed. Learn how to recognize scams and report them to the proper agencies.

Together we will protect our seniors' hard earned money and their quality of life

Delvena Theatre Company

Wednesday, September 6th at 6:30pm

A Cup of Tea, A Crumpet and A Gas Mask

A heartwarming comedy set in the WWII London Blitz. Meet Mrs. Henderson— an upper-class British woman— who bravely, hilariously, keeps one little theater alive in a very unique way!

This program is sponsored by:
Townsend Senior Center,
the TPL Endowment
and the Amanda Dwight Entertainment Fund

Please register at the Library

September Lunches at Donna's Diner

RESERVATIONS REQUIRED

24 hours in advance

Suggested **\$4.00** donation

All onsite lunches

are prepared by

Donna and the Kitchen Staff

Meals are subject to change without notice

Tuesday	Wednesday	Thursday
9/5: <i>Strawberry Salad To Go</i>	9/6: <i>Chicken & Broccoli Pie</i>	9/7: <i>Baked Stuffed Butternut Squash</i>
9/12: <i>Soup & Salad</i>	9/13: <i>Spaghetti & Homemade Meatballs</i>	9/14: <i>Meatloaf</i>
9/19: <i>Soup & Salad</i>	9/20: <i>Nann Bread Pizza</i>	9/21: <i>Fish Sandwich</i>
9/26: <i>Soup & Salad</i>	9/27: <i>Shepherd's Pie</i>	9/28: <i>Chicken Stir Fry</i>

Balance and Posture Class - Part 2

Wednesday, September 13th at 9:30am

The Highlands of Fitchburg will discuss the importance of posture and balance. You will learn simple exercises in this free class to improve balance and posture

Kitchen Needs!

Donations of napkins would be greatly appreciated!

New Class Alert!!!

Fit and Fabulous with Carin

Thursdays at 9am

This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance

The only bad workout is the one you didn't do!

The suggested donation for Donna's Diner will be \$4 per meal beginning September 1st

Movie Matinees for August

Sep. 1st "Here Today"

Sep. 8th "The Birdcage"

Sep. 15th "Casablanca"

Sep. 22nd "80 for Brady"

Sep. 29th "The Adventures of Robin Hood"

Pizza provided by Friends of the Townsend Seniors

All showings begin at 12:30pm, Please call the Senior Center to sign up at least 24 hours in advance.



Fresh local produce for sale in the Meeting Hall or outside

1st Tuesdays:
10:30am-11:30am
September 5th
October 3rd

HIP/SNAP dollars accepted; cash; credit; farmers market coupons

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 AND WILE E. COYOTE 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 new bus schedule below!

Monday	Tuesday		Wednesday	Thursday		Friday
Townsend & Lunenburg Errands (Bus 1)	Townsend & Lunenburg Errands (Bus 1)	Leominster & Fitchburg Medical (Bus 2)	Townsend & Pepperell Errands & Medical (Bus 1)	Townsend Errands (Bus 1)	Groton & Ayer Medical (Bus 2)	Rotating Locations Errands* (Bus 1)
 Roadrunner & Wyle E. Coyote			Wednesdays 3:00-8:00 PM By Appointment	* Rotating Locations: Fridays Sep. 1st: Lunenburg Walmart Sep. 8th: Townsend Hannaford Sep. 15th: Pheasant Lane Sep. 22nd: Shopping Rt. 101A Area Sep. 29th: Target, Kohls, Market Bas.		

Friends of the Townsend Seniors - Become a Member Today!

The Friends meet at 6pm at the Senior Center the first Wednesday each month.

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.*