

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director -

Another November has crept up on us and it is once again time to be thankful.

A recent trip out of the country was fabulous and reignited my desire to see more of the world. There's nothing like traveling abroad, especially if you don't do it often, to open your eyes to things we take for granted on a daily basis. Many countries have these benefits, but things like running water, heat, fresh food and clean air are just a smattering of the many luxuries that other places can't always count on.

Even in these divisive times, I'm still confident that as Americans we are more alike than we are different. We want more of the same things, we are good and we want to be good to others. Let us remember that there are many who have fought hard and given their lives for the rights we hold dear. Don't let their sacrifice have been in vain; VOTE.

I would also like to congratulate this year's recipient of the William E. May Endowment Award; Betty Mae Tenney. Her dedication to the VFW Auxiliary and the Band Concerts are just a couple of the things she has done for us all for many years.

We wish Abby Foster, our Assistant Program Coordinator, success in her new venture. Thank you for all you have done for us here at the Townsend Senior Center and for helping make it a place where you WANT to be!

Karin Canfield Moore



Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Donna Fenton, Kitchen Manager/Volunteer Coordinator
Donna Howard, Transportation Administrator
Katie Petrossi, Program Coordinator

Townsend Senior Center Hours
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Wednesday: 9am-8pm
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SPECIAL EVENTS (RSVP requested)

Managing Family Dynamics

Wednesday, November 14 at 6pm



This month's Caregiver Roundtable will focus on how to acknowledge the relationship history (both good and bad) we have with family members and have successful

discussions about difficult life issues such as caregiving and end of life planning. It's not easy, but there are tried-and-true techniques that can help you and your family!

Fire Safety

Thursday, November 15 at 12pm

Help us sound the alarm about fire safety!



Did you know that every day SEVEN people die in home fires? You can help change that.

The American Red Cross is teaming up with fire departments

and volunteers to install free smoke and carbon monoxide detectors. Come hear more about fire safety and sign up to get a free detector installed in your home. No charge.

Thanksgiving Dinner

Monday, November 19 at 5pm

Our annual event, catered by Mark Lynch, will feature a traditional turkey dinner with mashed potatoes, vegetables and dessert. Transportation will be available. Registration required! Come in or call 978-597-1710.



Understanding Medicare

Wednesday, November 7 at 6:30pm

Join Fallon Health at an informal presentation to learn about the Medicare Advantage and Medicare Supplement plan options available to you. With nearly 40 years of providing coverage to those with Medicare, Fallon has become a plan that people can rely on. H9001_190205_C



What is Assisted Living?

Friday, November 16 at 12pm

Come learn the differences between Independent and Assisted Living, what the qualifications are and what you can expect. Presented by Ledgewood Bay.



MONTHLY EVENTS

Birthday Party

Thursday, November 1, at 12pm

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

Book Club

Wednesday, November 14, at 1pm

The book club meets the 2nd Wednesday of every month, and new members are always welcome. Books are usually available at the Townsend Public Library. This month's group will discuss The Language of Flowers by Jessica Diffenbaugh.

Genealogy Club with Dwight Fitch

Friday, November 16, at 10:30am (one week later!)

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

Council on Aging Board Meeting

Tuesday, November 20, at 10am

Visitors are welcome.

Bus Trip: Peabody Essex Museum-Chinese Empresses

Friday, November 9 at 9am.

Cost: \$22 per person includes discounted admission and ticket. Lunch on your own.

This exhibition is the first to explore the shaping of China's Qing Dynasty through the role of its empresses.

RSVP required by November 7th please.

Bach's Lunch

Thursday, November 15, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring Atlas Piano Trio. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Galloping Gourmets: Osawa Japanese Bistro

Wednesday, November 28, at 5:30pm

Cost: \$3.50 (bus transportation) plus your meal

Tired of turkey? The Galloping Gourmets are back!

We are visiting Osawa Japanese Bistro in Ayer.

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

Community Happenings



MOC Cooks the Meat

By Alice Avery Struthers

Angela “Angie” Tokarski has travelled from one side of the U. S. to the other, to end up in the kitchen of Townsend’s senior center, where her petite, cheerful presence can be found on days when lunch is served. Born and brought up in California, she and her husband lived in Florida before moving north to New Ipswich, N.H. After their historic house had challenged their energy, resources and devotion for ten years, they came to Blood Road in Townsend.

Angie, who says she “loves to cook and feed people,” has volunteered in the Center’s kitchen almost since the building was opened in 2009. Recently she became a paid employee with the title MOC Site Manager. MOC (Montachusett Opportunity Council) provides the food for most of the Center’s lunch program. MOC delivers the meat cooked, the rest of the meal is prepared on site.

For recreation Angie designs and makes jewelry, often incorporating gem stones in her creations. As members of an RV camping club, the family has explored widely in New England and Canada.

Hope Community Chorus Fall Concert

From the Heart

**Sunday, November 11
at 2pm in the
Meeting Hall**



Director Alice Struthers has composed a new piece, "There's a Pulse" for the concert. The program combines a hearty blend of seasonal, traditional, familiar and contemporary tunes.

The Meeting Hall doors will open at 1:45. Tickets are \$2.50 and are sold at the door.

Now in it's fourth year, the Hope Community Chorus is supported by the Townsend Council on Aging and the Friends of the Townsend Seniors.

In the Building:

Volunteers Needed! Do you want to volunteer, but don't know where to start?



Come to the
Community Volunteer Fair
Tuesday November 13, 6-8pm.

Festival of Trees: (December-January)

The annual holiday celebration featuring trees decorated with themes from children's books. The Senior Center tree this year is inspired by the book "Dormouse Dreams" and will display a variety of needelfelted woodland creatures nestled in



for a good night's sleep. Come in and learn how to make some of these delightful creatures!

➤ Reach the Senior Market
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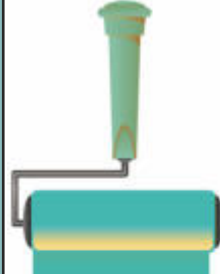
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	<p>6:00 Volunteer Fair</p> <p>Message by appt.</p>	<p>12:30 Woodcarving</p> <p>1:00 Bingo</p> <p>1:00 Knitting</p> <p>1:00 Book Club</p> <p>3:00 Rug Hooking</p> <p>5:00 Needlefelting Pet Pictures</p> <p>6:00 Bingo</p> <p>6:00 Caregivers Roundtable: Family Dynamics</p> <p>6:30 T.O.P.S.</p> <p>6:30 Tai Chi at TCC</p>	<p>12:45 Travel Talk</p> <p>1:30 Gentle Yoga</p>	<p>1:00 Mahjong</p>
<p>19</p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Chorus</p> <p>12:00 Lunch: Pizza</p> <p>12:45 Qi Gong</p> <p>1:00 Rummikub</p> <p>1:00 League Wii Bowling</p> <p>1:00 Knitting Group</p> <p>1:00 Diabetes Wellness Group</p> <p>1:30 Watercolor Pencil</p> <p>5:00 Mark Lynch</p> <p>Thanksgiving Dinner</p>	<p>20</p> <p>10:00 Stretch & Tone</p> <p>10:00 COA Meeting</p> <p>11:00 Hand & Foot</p> <p>12:00 Lunch: Haddock Newburg</p> <p>1:00 Trivia & Jeopardy</p> <p>1:30 Watercolor</p> <p>2:00 Flute</p> <p>Message by appt.</p>	<p>21</p> <p>10:00 Chair Exercise</p> <p>10:00 Hearing Clinic</p> <p>10:30 Watercolor</p> <p>12:00 Lunch: Penne & Meatballs</p> <p>12:30 Woodcarving</p> <p>1:00 Bingo</p> <p>1:00 Knitting</p> <p>4:00 Afternoon Tea</p> <p>6:30 Tai Chi at TCC</p>	<p>22</p> <p>Closed For Thanksgiving Holiday</p> <div><p>We will be closing at 5:30 on November 21st</p><p>HAPPY THANKSGIVING!</p></div>	<p>23</p> <p>Closed For Thanksgiving Holiday</p>
<p>26</p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Chorus</p> <p>12:00 Lunch: Beef & Lentil Chili</p> <p>12:00 Medicare Counseling</p> <p>12:45 Qi Gong</p> <p>1:00 Rummikub</p> <p>1:00 League Wii Bowling</p> <p>1:00 Knitting Group</p> <p>1:30 Watercolor Pencil</p>	<p>27</p> <p>10:00 Stretch & Tone</p> <p>12:00 Lunch: Roast Apple Pork</p> <p>12:00 Medicare Counseling</p> <p>1:30 Watercolor</p> <p>2:00 Flute</p> <p>Message by appt.</p>	<p>28</p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Women's Conversation</p> <p>12:00 Lunch: Chicken Chow Mein</p> <p>12:30 Woodcarving</p> <p>1:00 Bingo</p> <p>1:00 Knitting</p> <p>3:00 Acrylic Painting</p> <p>5:30 Galloping Gourmets: Osawa Japanese (Ayer)</p> <p>6:30 T.O.P.S.</p> <p>6:30 Tai Chi at TCC</p>	<p>29</p> <p>10:00 Stretch & Tone</p> <p>10:30 Watercolor</p> <p>12:00 Lunch: Donna's Choice</p> <p>1:00 Cribbage</p> <p>1:30 Joint Health Yoga</p>	<p>30</p> <p>9:00 Quazy Quilters</p> <p>10:00 Chair Exercise</p> <p>10:00 Scrabble</p> <p>10:00 Line Dancing</p> <p>11:00 Intermediate Line Dancing</p> <p>11:00 Women's Meditation</p> <p>Manicures/Pedicures/ Reflexology by appointment</p> <p>12/1: Holiday Craft Fair</p>

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ARTS & CRAFTS (RSVP requested)



Knitting Group
Mondays & Wednesdays at 1pm
(Drop In)



Rug Hooking
Monday, November 5 at 1pm and
Wednesday, November 14 at 3pm
Cost: \$5
Cooler weather has arrived! What a
great time to learn traditional rug hooking
and finish a fun snowman face!
All supplies will be provided. This is a
two part class.



Tree of Life
Wednesday, November 7 at 3pm
Cost: \$10
(includes all materials and tools)
Use wire-wrapping techniques to create
a beautiful suncatcher! Would also
make a great Christmas ornament.



Evening Quazy Quilters Qub
First Wednesday of the month at 5pm
(Drop In)
No quips about it! Sewing machines,
fabric, and ideas available, or bring your
own. Fellow quilters will assist in
piecing things together.



Needlefelting: Pet Portraits
Wednesday, November 14 at 5pm
Cost: \$5
Use needlefelting techniques to make a
portrait of your favorite pet! Bring a photo
to work from; all other supplies will be
provided. Makes a great gift too!



Wood Carving
Wednesdays, 12:30pm-2:30pm
(Drop In) Try something new!
Experienced carvers available to assist those
new to the craft.



Watercolor Classes with Linda
Mondays, Wednesdays, & Thursdays at
10:30am; Tuesdays at 1:30pm beginning
November 20th
Cost: \$22/3 week class; \$30/4 week class



Watercolor Pencil
Mondays, November 19 & 26 at 1:30 pm
Cost: \$10

Acrylics
Wednesday, November 28 at 3pm
Cost: \$7

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



JUST FOR FUN



Movie Matinee
Friday, November 9, at 12:30pm
Planes, Trains and Automobiles
A holiday tradition with John Candy
and Steve Martin



Rummikub
Mondays at 1pm



Trivia & Jeopardy
Tuesdays,
November 13 & 20, at 1pm



Cribbage
Thursdays at 1pm, except when
there is a...
Cribbage Tournament
Thursday, November 15 at 9am



Joint Health Yoga
Thursday, November 29 at 1:30pm
Cost: \$6.00
No prior yoga experience required! This low
impact and gentle joint focused class will help
improve flexibility and balance, decrease
discomfort of a stiff body, and improve
recovery from stumbles.



Poker
Fridays, November 9 and 30 at 9am
Try your hand at a not-so-high-stakes game!



Mahjong
Friday, November 2, 16 & 30



Afternoon Tea
Wednesday, November 28, at 4pm
Take your afternoon tea in style, sipping tea from
the Cozy Tea Cart. Please sign up in advance, so
we will know how many party favors we need!



Women's Meditation Group
Fridays at 11am



Qi-Gong
Mondays, at 12:45pm
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.



T.O.P.S.
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
Monday, November 5, at 1pm
This group offers the opportunity for open discussion on healthy eating, exercise, and well-being. A new topic of discussion is introduced each month.



Reflexology, Manicures & Pedicures
Friday, November 2, 9 & 30, by Appt.
Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)

Massage
Tuesdays throughout November; By Appt.
Cost: \$20/20 min; \$45/50 min
Chair and table massages available.

Women's Conversation Group
Wednesdays, November 14 & 28, at 11am
Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

Flu Clinic
Wednesday, November 7 at 11am
Get your flu shot before winter gets going! Please bring your insurance card. Sponsored by McNabb Pharmacy.

The ABCs of Hepatitis
Wednesday, November 14 at 11 am
Your public health nurses from Nashoba Board of Health will lead this discussion about the different types of Hepatitis, signs and symptoms, risk factors, spread and how to protect yourself.

Well Adult Clinic
Wednesday, November 14 at 12pm
BP screening, glucose check, general health and first aid.

Hearing Clinic
Wednesday, November 21, at 10am

Evening Tai Chi (at the Congregational Church)
Wednesdays, 6:30 –8pm Cost: \$10

UP & COMING

- * Holiday Fair: Saturday, December 1
- * Healthy Eating During the Holidays: December 3
- * Festival of Trees: December & January
- * Book Club *Being Mortal* : December 4
- * Boxwood Flower Arranging: December 6
- * *A Christmas Carol* at Canon Theater, Littleton, (\$25 includes appetizers, performance, and transportation): December 7
- * Coping During the Holidays: December 12
- * Christmas Party: December 14
- * Holiday closures: December 24 & 25; December 30 & January 1

Snow Policy Reminder: *The Senior Center is closed when North Middlesex Schools are closed. During delayed openings, the Center will run its normal hours. Wednesday evening hours determined at the Director's discretion.*

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

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.*

Travel Talk:

Thursday November 15 at 12:45

Come in to discuss travel plans and find out where the Friends of the Townsend Seniors plan to go in the coming years!

This year's trip:

**Spotlight on
South Dakota!**



CRIBBAGE SCORES 10/11/18

High Score: Louise Thorpe, 352

High Hand:

Erica Roy & Louise Thorpe, 16

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		1				6		
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		2				7		
	9			3			8	
2			8		4			7
	1		9		7		6	

**Complete the puzzle and turn it in to
Katie to win a prize!**

*Puzzle winners from last month:
Laura Doell and Loring Webster!
See Katie for your prize!*

ROAD RUNNER 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 Appointments Shopping/Errands (if possible)	Townsend: Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/Barber Errands Also available for evening errands and activities at the Senior Center!	Groton, Pepperell, and Ayer: Medical Appointments Shopping/Errands (if possible)	Fitchburg and Lunenburg: Shopping and special trips.

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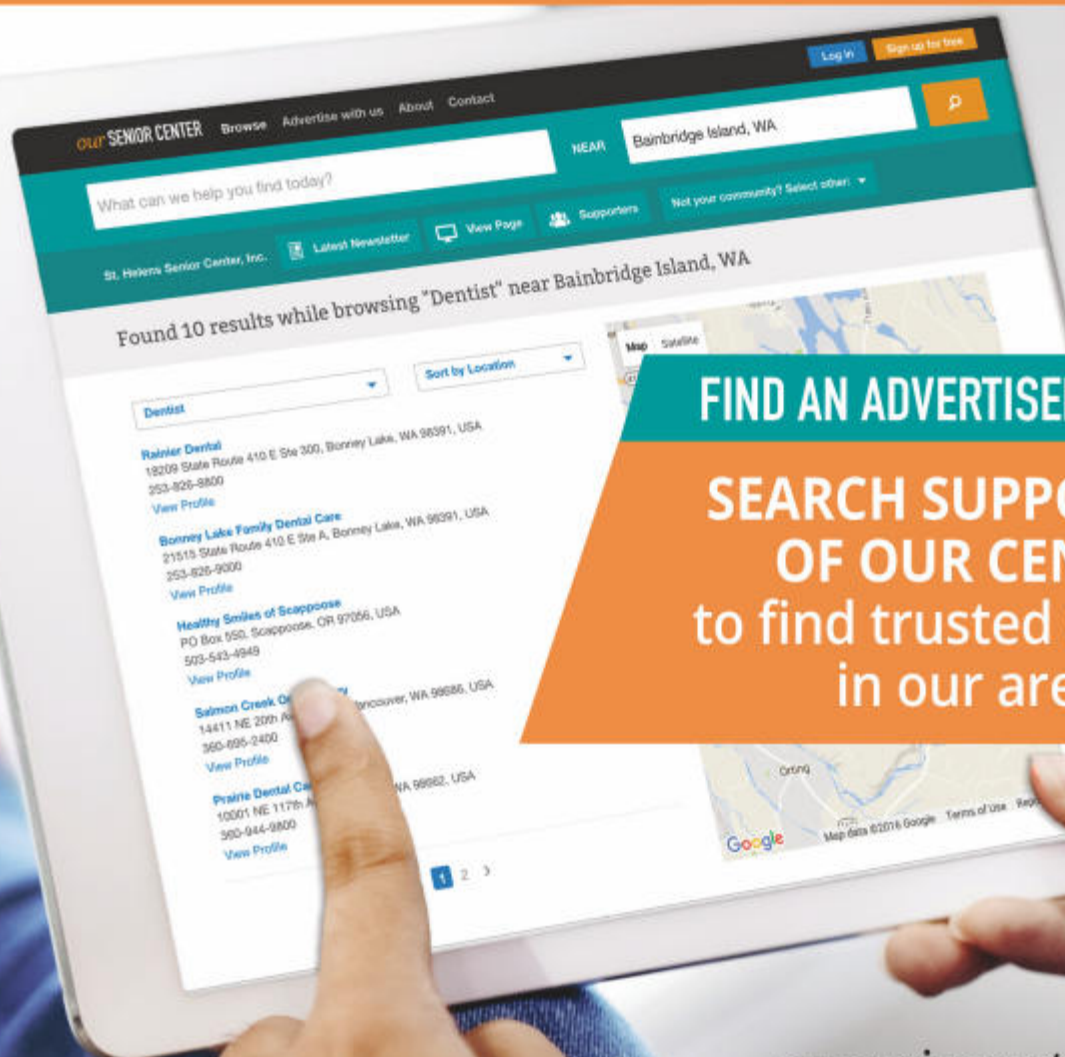
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- Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

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Schedule all appointments by calling 978-597-1710

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Thanksgiving Fun Facts To Share On Turkey Day

As you're sharing what you're grateful for, stuffing your face, and/or watching football on Turkey Day, why not throw in a few fun facts to really get the party started?

Because yes, everyone in the U.S. is familiar with the history of the first Thanksgiving (at least, I hope). You know, when the pilgrims and members of the Wampanoag tribe gathered in the Plymouth Colony to feast for three days in 1621 (if you didn't know, now you know). But, surprise! There are other fascinating things about the holiday.

1. Historians are not certain turkey was eaten at the First Thanksgiving in 1621.

Not only that, but the first Thanksgiving meal may not have actually been served. The "fowling" they ate that day could have been other birds like "ducks, geese and swans," which were also regularly eaten in the area.

2. The first Macy's Parade used live animals.

According to *AM New York* and other sources, the Macy's Thanksgiving Day Parade was originally called the "Macy's Christmas Parade" to kick off the holiday shopping season. Held in 1924, the first parade "included a menagerie of circus mainstays, including monkeys, bears, camels, and elephants, all borrowed from the Central Park Zoo."

3. Snoopy has appeared in the Macy's Parade more than any other character balloon.

A Snoopy balloon made his debut at the Macy's Thanksgiving Day Parade in 1968, making 39 appearances "on and off through 2015" before he was replaced with Charlie Brown in 2016, *Mental Floss* reports.

4. Sarah Josepha Hale: the "Mother of Thanksgiving."

Sarah J. Hale, author of "Mary Had a Little Lamb" and 19th-century writer and editor, was nicknamed the Mother (or Godmother) of Thanksgiving after she wrote a letter to President Abraham Lincoln and Secretary of State William Seward in 1863, calling for the declaration of Thanksgiving as a national holiday. *Biography* writes, "[Lincoln] followed suit, ultimately leading to a fixed time of annual celebration over the years."

5. "Jingle Bells" was originally a Thanksgiving song.

I know, I know, this is wild. But the James Pierpont's original 1857 song, then titled "One Horse Open Sleigh," was originally composed for Thanksgiving. It became so popular around Christmas though that in 1859 the title was changed to "Jingle Bells."

REPRINTED AND ADAPTED FROM THE ARTICLE BY TAYLOR MEAD;
AUG 22, 2018

FRIENDS OF THE TOWNSEND SENIORS

YOU'LL BE JOINING US SOONER THAN YOU THINK!

**The Friends of the Townsend Seniors
meet the first Wednesday of every month
at the Senior Center at 7 pm**

Who are we? Founded in 2000, we are a volunteer senior citizen advocacy organization for 26% of Townsend's population.



We are committed to supporting the Senior Center by contributing volunteer hours, activities and resources to maintain the Centers' excellence. We fundraise to expand and enhance programming, education, arts and entertainment, travel opportunities, technology and furnishings.

There is a lot of work to do and a lot more we'd like to do. We're looking for new members, new fundraising ideas and renewed fundraising energy.

Coming Events

November 8: Foxwoods

November 19: Thanksgiving Dinner
Meeting Hall and Senior Center.

Hosted by Mark Lynch. There is no charge for this Turkey dinner with all the fixins' Look for the Reservation Sign-up sheet in the Senior Center.

December 1: Holiday Fair

The Senior Center, Meeting Hall and the Library are filled with all things Christmasy. We look forward to your donation of homemade goodies for the Bake Table.

January 19, 2019:

Annual Senior Appreciation Luncheon
*The Friends salute Townsend's greatest generation.
Watch for details. (Snow Date: January 22)*

I Heard It Through the Grapevine*

Really. There is a rumor circulating that the Friends might sponsor a 50s - 60s fundraiser (and FUNraiser) dance in 2019. It will be successful if we can recruit a team to put all the thoughts, parts together. DJ? Snacks? Decorations? Tickets? Heard there are some people looking for this event and willing to step up for a one-time project.

** Gladys Knight & the Pips, 1966*

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PO Box 972, Townsend, MA 01469.

You may also drop it off at the Senior Center.