

# Silver Threads

TOWNSEND SENIOR CENTER

Vol 8 No 4, October 2021



## From the Desk of the Director -

As Autumn settles in we are doing everything **but** that here at the Townsend Senior Center.

We are welcoming new patrons and instructors in addition to new staff! Be sure to share your table with a new patron and show them the ropes. As far as instructors and staff go, please stop by and introduce yourself as you continue to fill all of our heads with fabulous ideas on how to move the Townsend Senior Center forward as we can begin to visualize a new start in our addition.

It is so comforting to hear the buzz and hustle and bustle as we inch forward bit by bit. Soon the place will be full to bursting again!

We had a couple of very successful outings in September and are looking forward to many more! You couldn't have asked for better weather the day at Hampton Beach and a trip to the Cog Railway is always an adventure.

Enough of my prattling. I need to get this newsletter submitted! Just look inside. It'll tell you what you need to know.

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, Volunteer Coordinator  
Susan Dejaniak, Assistant Program Coordinator  
Lorraine Farmer, Program Coordinator  
Donna Fenton, Kitchen Manager  
Donna Howard, Transportation Administrator

**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>

# Lunch

**RESERVATIONS REQUIRED**

**48 hours in advance**

Suggested \$3.00 donation

Onsite lunches are back!

**Tuesdays:** Soup & Salad Bar

**Thursdays:** Donna's Indoor Diner

- Oct 7:** Meatloaf w/gravy, mashed potatoes and peas
- Oct 14:** Baked ham, macaroni and cheese, stewed tomatoes
- Oct 21:** Chicken Alfredo with roasted broccoli
- Oct 28:** Sausage-stuffed acorn squash served w/ baked apple

**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.*

## SENIOR PLANET

FROM AARP



Have a tech question, beyond what the Senior Center can help with?

Give Senior Planet's National Tech Hotline a call!

**(920) 666-1959**

Please note this is NOT a toll-free number. Open from 9am – 5pm EDT, Monday – Friday

## Laptops available to borrow!



It's easy to learn be tech savvy with our loaner program!

Explore independently or use our tech training services to learn email, internet, online banking, zoom, online shopping, accessing your health portal, online food delivery and more!

**Evening drop-in hours** will be suspended temporarily, with scheduled evening programs offered in conjunction with the Library.

**We appreciate your understanding.**

## Important Phone Numbers

### 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

## 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.

Call 978-597-1710 to make an appointment.  
No charge.

## Council on Aging: Tuesday, October 19 at 10am

Help determine Senior Center priorities; one more member needed! All are welcome.

## 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.**



## For Fun *RSVP required for ALL programs*



### Women's Conversation

First & Third Tuesdays  
Oct 5 & 19 at 11am



### Trivia

First & Third Tuesdays,  
Oct 5 & 19 at 1pm



**Book Club** Wednesday, October 27 at 1pm. *"The Lions of Fifth Avenue"* by Fiona Davis



### Women's Meditation

Fridays at 11am *No class 10/22*



### Bingo

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



### Cribbage

Thursdays at 1pm, except...  
Tournament 10/21 at 9am

### Learn to Play Cribbage

One-on-one sessions by appt



### Genealogy

Friday, October 8 at 10:30am



### Scrabble

Fridays at 11am



### Chorus

Mondays at 10:30am



### Mexican Train Dominoes

Tuesdays at 2pm



### Matinee Movies

RETURNING SOON



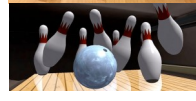
### Mahjong

RETURNING SOON



### Shuffleboard

RETURNING SOON



### Wii Bowling

RETURNING SOON



### Rummikub

RETURNING SOON

## For Your Health *RSVP required for ALL programs*



### Medicare Counseling

Wednesdays by appointment  
SHINE-certified assistance enrolling in Medicare, choosing a plan, etc.



### Dementia Nurse Consultation

Thursday, October 14 by appt  
Bernadette Oinonen, MS, RN has decades of experience working with families facing dementia. She can help with skills to manage challenging behaviors, connecting to relevant services, provide caregiver support, and more.



### Hearing Clinic

Wednesday by appointment



### TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm (meets at the Library)  
Reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful.



### Reiki, Manicures & Pedicures (*Veronica is BACK!*)

Tuesdays by appointment. Mani \$14, Pedi \$23, both for \$35. Trims: toes \$18, fingers \$9.  
Reiki \$27 for 1/2 hour.

### Massage with Morningstar:

Tuesdays by appointment. *No appts 10/5* \$45/50mins.

### Healthy Living Group: High Blood Pressure and How Much Sodium Can I Consume?

Thursday, October 7th at 11am  
This group offers the opportunity for open discussion on healthy eating, exercise, and well-being. A new topic of discussion is introduced each month.

### Diabetes Support: How are Your Blood Sugars?

Thursday, October 21st at 11am  
Manage your diabetes with confidence. Topics will include managing stress, lifestyle changes, shared experiences, preventing complications, etc.

### Wellness Clinic

Wednesday, October 13 from 12-2pm  
BP screening, glucose check, general health & first aid.

## Virtual Programs

*Call the Senior Center to sign up and receive the link*

**Native American Flute**

**Fridays at 2pm, \$40 per month**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>October</h1> <p><b>Key:</b> Onsite Programs Zoom Programs</p>				<b>1</b> 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
<b>4</b> 9:15 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Beginner Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance	<b>5</b> 9:30 Walking Club 10:00 Line Dancing 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia Mani/Pedi by appt	<b>6</b> 9:15 Senior Fitness 1:00 Bingo 2:00 Watercolor 3:30 Beginner Yoga 6:00 Friends 6:30 TOPS	<b>7</b> 9:30 Walking Club 10:00 Watercolor 11:00 Healthy Living 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help	<b>8</b> 10:00 Weaving 10:00 Chair Exercise 10:30 Genealogy 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
<b>11</b> <p>CLOSED</p>	<b>12</b> 9:30 Walking Club 9:30 Christmas Cards 10:00 Line Dancing 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trinket Boxes Massage by appt Mani/Pedi by appt	<b>13</b> 9:15 Senior Fitness 12:00 Wellness Clinic 1:00 Bingo 2:00 Watercolor 3:30 Beginner Yoga 6:30 TOPS 7:00 Drum Circle	<b>14</b> 9:30 Walking Club 10:00 Dementia Nurse Consultation 10:00 Watercolor 11:00 Qi Gong 12:00 Donna's Diner 1:00 Tech Help 3:00 Flu Clinic	<b>15</b> 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
<b>18</b> 9:15 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Beginner Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance	<b>19</b> 9:30 Walking Club 10:00 COA Meeting 10:00 Line Dancing 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia Massage by appt Mani/Pedi by appt	<b>20</b> 9:15 Senior Fitness 10:00 Hearing Clinic 1:00 Bingo 2:00 Watercolor 3:30 Beginner Yoga 6:30 TOPS SHINE Medicare Counseling	<b>21</b> 9:00 Cribbage Tournament 9:30 Walking Club 10:00 Watercolor 11:00 Diabetes Support 11:00 Qi Gong 12:00 Donna's Diner Drive Thru 1:00 Tech Help	<b>22</b> 10:00 Weaving 11:00 Scrabble 12:00 Quazy Quilters 2:00 Flute Lessons <b>Saturday: Book Sale</b>
<b>25</b> 9:15 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Beginner Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance	<b>26</b> 9:30 Walking Club 10:00 Line Dancing 11:00 Mexican Train 12:00 Soup & Salad 1:00 Burlap Wreath Massage by appt Mani/Pedi by appt	<b>27</b> 9:15 Senior Fitness 1:00 Bingo 1:00 Book Club 2:00 Watercolor 3:30 Beginner Yoga 6:30 TOPS SHINE Medicare Counseling	<b>28</b> 9:30 Walking Club 10:00 Watercolor 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help	<b>29</b> 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons

## Special Events *RSVP required for ALL programs*



### **Drum Circle at Fruitlands Museum**

**Wednesday, October 13 at 7pm**

**Cost: \$15 plus \$3.50 for the van**

Enjoy the view from the Fruitlands hillside for a facilitated drum circle by the fireside. Connect with the landscape, mother earth and the ancient wisdom of rhythm while building and celebrating community. Native American, African and assorted drums and percussion will be provided. You can bring your own instrument too. No prior experience needed.



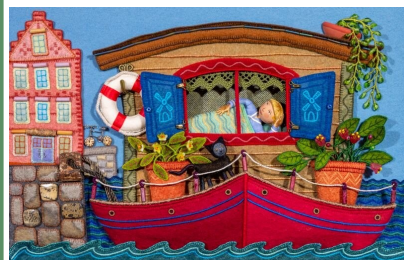
## **Save the Date!** *Registration begins October 25th.*

### **Vaillancourt Christkindesmarkt**

**Friday, November 12, 2021 Bus leaves at 9:45am**

**Cost: \$18.50 includes transportation**

Celebrate the season with a traditional German Christmas Market in the quintessential New England town of Sutton. Come experience the creativity of respected artists alongside authentic food, drink, and merriment during a European-style outdoor Christmas Market.



### **Salley Mavor at the New England Quilt Museum**

**Cost, date and time to be determined**

Exhibition of the original three-dimensional illustrations from her book, *My Bed: Enchanting Ways to Fall Asleep Around the World*. Made entirely by hand with fabric, beads, wire and found objects, each artwork is much like a shallow stage set assembled into shadow box frames.

# Fitness and Exercise

## Gentle Yoga with Patsy

Tuesdays and Thursdays at 10am on Cable Channel 9, and available anytime on YouTube

## Chair Yoga with Carin

Beginner: Mondays at 11:30am in the Meeting Hall  
Wednesdays at 3:30pm in the Meeting Hall; \$5 per class  
Intermediate: Class resumes in the fall

## Senior Fitness with Stephanie

Mondays and Wednesdays at 9:30am in the Meeting Hall (live instructor)  
\$5 per class  
Mondays and Thursdays at 9:30am via Zoom  
\$40 for a pack of 6 classes

## Chair Exercise

Mondays and Fridays at 10am in the Meeting Hall *No class 10/22*  
Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9

## Walking Club

Tuesdays and Thursdays at 9:30am. Inside and outside options available, depending on the weather.

## Line Dancing

Tuesdays at 10:00am in the Meeting Hall; \$5 per class *No class 9/21*

## Qi Gong

Thursdays at 11am; \$5 suggested donation per class.

## Learn to Tap Dance

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 have a few pairs to loan!

## 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

Buy a quilt  
square for the  
celebration  
Quilt!

**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



## ARTS AND CRAFTS —sign up REQUIRED



### Knotty Knitters

*Mondays at 12pm* Knit or crochet with other beginners or get help from those who've been around the circular needles a time or two.



### Watercolor with Sue!

*Wednesdays at 2pm/Thursdays at 10 am*  
\$30 per month for the class.  
Limit of 16 students per class.



### Weaving Drop-In

*Fridays 10—12am*  
Bring your unfinished weaving class projects or anything fiber-related that you are doing. Let us know if you want to begin a class project that you missed, so we can bring the materials.



### Quazy Quilters

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

### Evening Quilting

Select Wednesdays at 5pm  
Work on your latest project, or use our supplies to create something new!



### Trinket Boxes: \$10

*Tuesday, October 12, 1-2:30pm*  
Making boxes is easy and fun! A sturdy 3"x3" box with a flip top. Perfect for tea bags, notions, or candies. Makes a great gift!



### Burlap Wreath Workshop: \$10

*Tuesday, October 26, 1-3pm*  
Tis the season for pumpkin spice and everything nice... including a beautiful fall burlap wreath embellished with layered fabric flowers in fall colors, pine cones, ribbons and more!



### Weaving:

*Mondays from 12:30-2:30*  
Zoom Loom Halloween!  
Weave Zoom Loom squares and turn them into great Halloween decor!  
Perfect size for a wreath.

October 4, 18 and 25th 12:30 to 2:30



## 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.**

	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)

### 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¢

**Buy a Bus Card  
and Save!  
10 rides  
\$22.50 (In Town)  
\$31.50 (Out of Town)**