

# Silver Threads

TOWNSEND SENIOR CENTER

## From the Desk of the Director -

### *United We Stand...*

Like it or not, the political season is upon us! I've already been witness to a few debates within these walls and generally walk away reassured that no matter which side of the aisle you are aligned with, for the most part we can agree on the basics of Life, Liberty and the Pursuit of Happiness.

I hope as the year progresses, we can keep in mind that we are more similar than we are different; we all value our lives and the lives of those we love; we love our country, the opportunities it provides and the guiding principles on which it was fashioned. These are the things to focus on, if not we may discover in truth that... Divided We Fall.

In the meantime, relieve any of your stress by coming by to explore all the offerings we have for you. Everything from meals five days, a week, multiple arts and crafts projects, fitness programs, trips, massage and so much more. That's why this is the place you WANT to be!

### **Karin**



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

## Happy 10th Anniversary!



*Time flies when you're having fun... our building will be 10 years old in October!! Keep your eyes open for celebratory events throughout the fall including a Vintage Vocal Quartet, Anniversary Tea Party, a scrapbooking class to organize the last ten years, and more!*

## PROGRAM NOTES

- Women's Meditation returns Friday, September 13th!
- Chorus returns Monday, September 23rd!
- Intermediate Chair exercise will take place on Mondays at 11am and Wednesdays at 3pm.

### Townsend Senior Center Hours

Monday-Friday: 9am-3pm

Wednesday: 9am-8pm

16 Dudley Road, Townsend, MA 01469

978-597-1710

<https://www.townsend.ma.us/senior-center-council-aging>

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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

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## SPECIAL EVENTS (RSVP 978-597-1710)



Please call  
ASAP!

### **Bus Trip: Hampton Beach Seafood Festival** Friday, September 6 at 11:30am Cost: \$10 plus tastings

Enjoy five oceanfront blocks of vendors selling their delicious foods. The bus will drop you off at the north end of the boardwalk where you're free to wander and select the foods you want to taste, or enjoy the shops, beach, and local entertainment.



### **Introduction to Public Health** Wednesday, September 11 at 11am

Our favorite public health nurses will kick off well adult clinic with a discussion about what community health entails, and the services available to our seniors.



### **Bus Trip: Fitchburg Outdoor Concert Series** Wednesday, September 11 at 5:30pm Cost: \$5

Enjoy the music of rock band ABRAXAS, the ultimate Carlos Santana tribute band. With music spanning five decades, you're sure to remember these hits! Food trucks too!



### **Grandparents Raising Grandchildren: The Role of Mental Health in Kinship Families** Wednesday, September 11 at 6pm

The National Alliance for Mental Illness will shed light on mental illness, increase coping skills, and empower grandparents to advocate for both their adult child and grandchild. Dinner and childcare provided. RSVP Required.



**O'Neil Cinemas Movie Club**  
Wednesday, September 18  
Cost: \$12 (incl ticket & roadrunner;  
meal extra) The movie titles haven't been announced yet, but we'll pick something good. Relax in leather recliners, have snacks or a meal delivered to your seat, and enjoy the show!



### **Healing Conversations** Thursday, September 19 at 1pm

The loss of a loved one creates a variety of emotions. Join us for a free adult bereavement support group series offered by Nashoba Nursing/Hospice.



### **Thrive Workshop** Friday, September 20 at 1pm Cost: \$10

Chronic stress decreases quality of life & promotes illness, but can be managed through healthy habits. Learn practical strategies to optimize health, build resilience, and thrive! Workshop Presented by Sarah Walker, Certified Health & Wellness Coach and Licensed Massage Therapist.



**TED Talk: Clutter to Clarity**  
Tuesday, September 24 at 11am  
Clutter is not just "stuff." Clutter can be physical, digital, mental, emotional or spiritual, and each type can be overwhelming. Learn the number one cause of clutter in any area of your life, and how to bust through for lasting results.

## MONTHLY EVENTS

### **Book Club** Wednesday, September 11 at 1pm

Meets the 2nd Wednesday of every month; New members are always welcome. Books are usually available at the Townsend Public Library. This month's group will discuss "Everything Here is Beautiful" by Mira T. Lee

### **Birthday Party** Thursday, September 5 at 12pm

Our monthly celebration honoring this month's birthdays, including a delicious homemade meal and birthday cake.

### **Genealogy Club with Dwight Fitch** Friday, September 13 at 10:30am

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, September 17 at 10am

Help determine Senior Center priorities, all are welcome.

### **Hope Community Chorus** Mondays at 11am, beginning September 23

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

# Community Happenings



## Safe Sleep for Grandparents

As a grandparent you may sometimes get the opportunity to put your grandbaby to sleep. Whether it be for naps or nighttime, here are some important recommendations to ensure that your baby under 1 year of age has a safe and healthy sleep:

1. Always put your baby on their back, not side or tummy, when they are sleeping. Even if they spit up, they are still safer on their back.
2. Your baby should sleep on their back in a safety-approved crib, bassinet, or Pack-n-play with NO blankets, pillows, bumpers, or toys in the crib.
3. Never sleep with your baby on any surface – bed, couch, or chair. Never let anybody else, including other children or pets, sleep with your baby.
4. Do not put baby to sleep in car seat or baby swing or other sitting device. If baby falls asleep in them, move baby to firm sleep surface as soon as possible.
5. Babies need “tummy time” when they are awake -- but should always be watched while they are on their tummy in case they fall asleep. Move baby to a safe sleep surface and put them on their back if they do fall asleep.
6. Keep your baby’s room at a comfortable temperature. Do not let baby get too hot while sleeping. On the other hand, if you are worried about the baby getting cold, dress baby in an extra layer of pajamas, sleep sack, or “wearable” blanket.
7. Do not let anyone smoke around your baby.



Although many grandparents heard different advice about the way to put babies to sleep issues when they became parents, we now know that the above recommendations help prevent SIDS, cot death, and other sleep related deaths. For more information please visit: [www.mass.gov/safesleep](http://www.mass.gov/safesleep).

### The Harbor Station, Chapter 2

By Ex-Firefighter Chris Struthers

Nestled among the period buildings in Townsend Harbor is the old Harbor Fire Station. No longer in use as the primary building to house fire trucks, it still stands as a reminder of days gone by. Especially for those of us who would respond at the sound of the horn that summoned us to duty. But what about that little tower on the roof that the horn nestles up against? Is it just a decorative adornment?



The answer can be found partially in the words of the sign “Harbor Hose Company 3” that was affixed above the large overhead door. In the past, fire hoses were made of rubber with a protective covering of canvas. After use, the wet hoses needed to be dried.

Before returning to the station, they were folded in half and rolled up. At the station they were unrolled, and a rope attached at the folded midpoint of the hose. Then, you guessed it, the wet hose was hauled up via a pulley system into that little tower. Someone had to climb a long ladder and stand on a little platform to receive the hose and secure it with a little stick. One had to always be wary of bats that liked to hang out up there.

P.S. Modern day hose doesn’t need to be hung and dried. Stations don’t need towers.

A photograph of a park with trees and a bench, used as a background for an advertisement.

➤ Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

Lisa Templeton to place an ad today! [ltempleton@4LPi.com](mailto:ltempleton@4LPi.com)  
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# September 2019

| MONDAY                                                                                                                                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                                                                                   | FRIDAY                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2</p> <p><b>Closed for Labor Day</b></p>                                                                                                                                                                                                                                                                                                                     | <p>3</p> <p>10:00 Silver Sneakers<br/>12:00 Lunch<br/>12:30 Walking Club<br/>1:00 Trivia &amp; Jeopardy<br/>1:00 Native American Flute<br/>1:30 Watercolor</p> <p><b>Message by appt.</b></p> | <p>4</p> <p>10:00 Chair Exercise<br/>10:30 Watercolor<br/>12:00 Lunch<br/>12:30 Woodworking<br/><b>12:30 Pickleball</b><br/>1:00 Knitting Group<br/>1:00 Bingo<br/>3:00 Intermediate Chair Exercise<br/>4:00 Smartphone Help<br/><b>5:00 Evening Quilting</b><br/><b>6:00 Friends Meeting</b><br/>6:30 T.O.P.S.<br/>6:30 Tai Chi at Common</p> <p><b>Message by appt.</b></p>                                                                                                                      | <p>5</p> <p>10:00 Silver Sneakers<br/><b>10:00 Shuffleboard</b><br/>10:30 Watercolor<br/>11:00 Wii Bowling (open to all)<br/>12:00 Lunch &amp; Birthday Party:<br/>Pulled Pork Sandwich<br/>12:30 Walking Club<br/>1:00 Cribbage<br/><b>1:00 Wii Balance Games</b><br/>1:30 Chair Yoga</p> | <p>6</p> <p>9:00 Quazy Quilters<br/>10:00 Line Dancing (improver)<br/>10:00 Chair Exercise<br/>11:00 Line Dancing (intermediate)<br/>11:30 Bus Trip: Hampton Beach Seafood Festival<br/><b>12:00 Lunch: Soup/Salad Bar</b><br/>1:00 Mahjong</p> <p><b>9/7: Elsa Williams Opening Reception</b></p>                                                                           |
| <p>9</p> <p>9:30 Gentle Yoga<br/>10:00 Chair Exercise<br/>10:30 Watercolor<br/>11:00 Intermediate Chair Exercise<br/>12:00 Lunch<br/><b>12:00 Medicare Counseling</b><br/>1:00 Qi Gong<br/><b>1:00 Healthy Living Group</b><br/>1:00 Rummikub<br/>1:00 Wii Bowling (League)<br/>1:00 Knitting Group<br/><b>1:00 Weaving: Setting Up A Rigid Heddle Loom</b></p> | <p>10</p> <p>10:00 Silver Sneakers<br/>12:00 Lunch<br/>12:30 Walking Club<br/>1:00 Native American Flute<br/>1:30 Watercolor</p> <p><b>Message by appt.</b></p>                               | <p>11</p> <p>10:00 Chair Exercise<br/>10:30 Watercolor<br/><b>11:00 Women's Conversation</b><br/><b>11:00 Intro to Public Health</b><br/><b>12:00 Well Adult Clinic</b><br/>12:00 Lunch<br/>12:30 Woodworking<br/><b>12:30 Pickleball</b><br/><b>1:00 Book Club</b><br/>1:00 Knitting Group<br/>1:00 Bingo<br/>3:00 Intermediate Chair Exercise<br/>4:00 Smartphone Help<br/><b>5:30 Bus Trip: Fitchburg Outdoor Concert Series Grandchildren</b><br/>6:30 T.O.P.S.<br/>6:30 Tai Chi at Common</p> | <p>12</p> <p>10:00 Silver Sneakers<br/><b>10:00 Shuffleboard</b><br/>10:30 Watercolor<br/>11:00 Wii Bowling (open to all)<br/>12:00 Lunch: Baked Stuffed Shrimp<br/>12:30 Walking Club<br/>1:00 Cribbage<br/><b>1:00 Wii Balance Games</b><br/>1:30 Chair Yoga</p>                         | <p>13</p> <p>9:00 Quazy Quilters<br/>10:00 Line Dancing (improver)<br/>10:00 Chair Exercise<br/>10:00 Scrabble<br/><b>10:30 Genealogy</b><br/>11:00 Line Dancing (intermediate)<br/>11:00 Women's Meditation<br/><b>12:00 Lunch: Soup/Salad Bar</b><br/><b>12:30 Movie: <i>Kidnap</i></b><br/>1:00 Mahjong</p> <p><b>Manicures/Pedicures/ Reflexology by appointment</b></p> |
| <p>16</p> <p>9:30 Gentle Yoga<br/>10:00 Chair Exercise<br/><b>10:00 Stamp Collecting</b><br/>10:30 Watercolor</p>                                                                                                                                                                                                                                               | <p>17</p> <p><b>9:30 Two-Part Felting</b><br/><b>10:00 COA Meeting</b><br/>10:00 Silver Sneakers<br/>12:00 Lunch</p>                                                                          | <p>18</p> <p>10:00 Chair Exercise<br/><b>10:00 Hearing Clinic</b><br/>10:30 Watercolor<br/>12:00 Lunch</p>                                                                                                                                                                                                                                                                                                                                                                                         | <p>19</p> <p><b>9:00 Cribbage Tournament</b><br/><b>10:00 Shuffleboard</b><br/>10:00 Silver Sneakers<br/>10:30 Watercolor</p>                                                                                                                                                              | <p>20</p> <p>9:00 Quazy Quilters<br/>10:00 Line Dancing (improver)<br/>10:00 Chair Exercise<br/>11:00 Line Dancing (intermediate)</p>                                                                                                                                                                                                                                        |

|                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>11:00 Intermediate Chair Exercise<br/>12:00 Lunch<br/>1:00 Qi Gong<br/>1:00 Rummikub<br/>1:00 Wii Bowling (League)<br/>1:00 Knitting Group<br/>1:00 Diabetes Wellness Group<br/>1:00 Weaving: Setting Up A Rigid Heddle Loom</p>                                         | <p>12:30 Walking Club<br/>1:00 Native American Flute<br/>1:00 Trivia &amp; Jeopardy<br/>1:30 Watercolor<br/><b>Message by appt.</b></p>                                                                                                  | <p>12:30 Woodworking<br/>12:30 <b>Pickleball</b><br/>1:00 Bingo (Senior Whole Health)<br/>1:00 Knitting Group<br/>3:00 Intermediate Chair Exercise<br/>4:00 Smartphone Help<br/>4:00 <b>Movie Night at O'Neil Cinemas</b><br/>5:00 <b>Evening Quilting</b><br/>6:30 T.O.P.S.<br/>6:30 Tai Chi at Common</p>                                                              | <p>11:00 Wii Bowling (open to all)<br/>12:00 Lunch: Roast Pork with Apple Cheddar Stuffing<br/>12:30 Walking Club<br/>1:00 <b>Healing Conversations</b><br/>1:00 <b>Wii Balance Games</b><br/>1:30 Chair Yoga</p>                                             | <p>11:00 Women's Meditation<br/>12:00 Lunch: Soup/Salad Bar<br/>12:00 <b>Hairdresser</b><br/>1:00 Mahjong<br/>1:00 <b>Thrive Workshop</b></p>                                                                                                                                                                                         |
| <p>23<br/>9:30 Gentle Yoga<br/>10:00 Chair Exercise<br/>10:30 Watercolor<br/>11:00 Chorus<br/>11:00 <b>Mosaic Basics</b><br/>11:00 Intermediate Chair Exercise<br/>12:00 Lunch<br/>1:00 Qi Gong<br/>1:00 Rummikub<br/>1:00 Wii Bowling (League)<br/>1:00 Knitting Group</p> | <p>24<br/>9:30 <b>Two-Part Felting</b><br/>10:00 Silver Sneakers<br/>11:00 <b>TED Talk: Clutter to Clarity</b><br/>12:00 Lunch<br/>12:30 Walking Club<br/>1:00 Native American Flute<br/>1:30 Watercolor<br/><b>Message by appt.</b></p> | <p>25<br/>10:00 Chair Exercise<br/>10:30 Watercolor<br/>11:00 Women's Conversation<br/>12:00 Lunch<br/>12:30 Woodworking<br/>12:30 <b>Pickleball</b><br/>1:00 Bingo<br/>1:00 Knitting Group<br/>3:00 Intermediate Chair Exercise<br/>4:00 Smartphone Help<br/>6:00 <b>Craft Supply Swap</b><br/>6:30 T.O.P.S.<br/>6:30 Tai Chi at Common<br/><b>Message by appt.</b></p> | <p>26<br/>10:00 Silver Sneakers<br/>10:00 <b>Shuffleboard</b><br/>10:30 Watercolor<br/>11:00 Wii Bowling (open to all)<br/>12:00 Lunch: Vegetarian Lasagna<br/>12:30 Walking Club<br/>1:00 <b>Wii Balance Games</b><br/>1:00 Cribbage<br/>1:30 Chair Yoga</p> | <p>27<br/>9:00 Quazy Quilters<br/>10:00 Line Dancing (improver)<br/>10:00 Chair Exercise<br/>10:00 Scrabble<br/>11:00 Line Dancing (intermediate)<br/>11:00 Women's Meditation<br/>12:00 Lunch: Soup/Salad Bar<br/>12:30 <b>Movie: The Great Wall</b><br/>1:00 Mahjong<br/><b>Manicures/Pedicures/ Reflexology by appointment</b></p> |
| <p>30<br/>9:30 Gentle Yoga<br/>10:00 Chair Exercise<br/>10:30 Watercolor<br/>11:00 Chorus<br/>11:00 <b>Mosaic Basics</b><br/>11:00 Intermediate Chair Exercise<br/>12:00 Lunch<br/>1:00 Qi Gong<br/>1:00 Rummikub<br/>1:00 Wii Bowling (League)<br/>1:00 Knitting Group</p> |                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                               | <p>Many thanks to Gables of Fitchburg and Stewart's Florist for sponsoring our special lunch programs!</p>                                                                                                                                                                                                                            |



# ARTS & CRAFTS



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



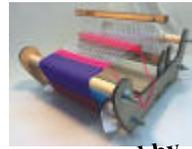
**Evening Quazy Quilters**  
September 4 and 18 at 5pm (Drop In)  
Sewing machines, fabric, & ideas available, or bring your own. Fellow quilters will assist in piecing things.



**Watercolor Classes**  
**Mondays Series (10:30am):**  
September 9, 16, 23, 30  
**Tuesday Series (1:30pm):**  
September 3, 10, 17, 24  
**Wednesday Series (10:30am):**  
September 4, 11, 18, 25  
**Thursday Series (10:30am):**  
September 5, 12, 19, 26  
**Cost: \$22/3 week class; \$30/4 weeks**



**Woodworking**  
Wednesdays at 12:30pm (Drop In)  
Try something new! Experienced carvers & burners available to assist those new to the craft.



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**Setting Up A Rigid Heddle Loom**  
Monday, September 9 & 16 at 1pm  
Cost: \$4

Do you own a tabletop loom & want help setting it up... learn to warp your loom & get the next project going!



**Two-Part Felting**  
Tuesdays, September 17 & 24 at 9:30am Cost: \$5

In this two-part class you'll wet felt an ocean or landscape background in the first class, and then return the following week to needlefelt the details. Frame and all supplies provided.



**Craft Supply Swap**  
Wednesday, September 25 at 6pm  
Bring your unused or extra supplies and hunt for what you need!



**Mosaic Basics**  
Monday, September 23 & 30 at 11am  
Cost: \$40

Artist Rita Tavilla will introduce basic mosaic techniques, to create a wall panel or a mirror. All materials, except for mirrors which will be an additional cost, will be provided in the class fee.

## JUST FOR FUN



**Scrabble**  
September 13 & 27 at 10am



**Movie Matinee**  
Friday, September 13 at 12:30pm  
*Kidnap*  
Friday, September 27 at 12:30pm  
*The Great Wall*



**Rummikub**  
Mondays at 1pm



**Trivia & Jeopardy**  
Tuesdays, September 3 & 17 at 1pm



**Cribbage—Regular Play**  
Thursdays at 1pm (except 9/19)  
**Cribbage Tournaments**  
Thursday, September 19 at 9am



**Smartphone Help Sessions**  
Wednesdays at 4pm



**Mahjong**  
Fridays, September 6, 13, 20, 27 at 1pm



**Shuffleboard**  
Thursdays at 10am  
Come check out our new table!



**Helen's Willow Wind Native American Style Flute Lessons**  
Tuesdays at 1pm Cost: \$40 for 4 week sessions  
Ever wish you could play an instrument? Now you can! The Native American Flute is an intuitive instrument, no reading sheet music required. If you can cover the holes and breathe, you can play.



**Stamp Collecting**  
Monday, September 16 at 10am  
Beginners and lifelong enthusiasts welcome!



**Wii Bowling**  
Thursdays at 11:00am



**Wii Balance Training Games**  
Thursdays at 1pm

**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.*



**Women's Meditation Group**  
**Fridays at 11am, beginning Sept 13**

**Qi-Gong**  
**Mondays, at 1:00pm**

**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, September 9 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**  
**Fridays, September 13, 27 by Appt.**

**Cost: Reflexology (\$25/half hr.);  
 Manicure (\$15); Pedicure (\$22)**



**Massage with Morningstar of Little Bear Massage**  
**Tuesdays: Sept 3, 10, 17, 24 and Wednesdays: Sept 4 & 25**  
 By Appt. \$45/50 min

**Women's Conversation Group**  
**Wednesdays, September 11 and 25 at 11am**  
 Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

**Diabetes Wellness Support Group: Carb Counting & Meal Planning**

**Monday, September 16 at 1pm**  
 Manage your diabetes with confidence. Topics will include managing stress, lifestyle changes, shared experiences, preventing complications, etc.

**Well Adult Clinic**  
**Wednesday, September 11 at 12pm**  
 BP screening, glucose check, general health and first aid.

**Hearing Clinic**  
**Wednesday, September 18 at 10am**

**Hairdresser**  
**Friday, September 20 at 12pm**

**Evening Tai Chi for adults of all ages**  
**(at the Townsend Common, weather permitting)**  
**Wednesdays, 6:30 –8pm Cost: donation**

**UP & COMING**

- October 7: Essential Oil Room Fresheners
- October 9: Grandparents Raising Grandchildren Group: The Role of Mental Health in Kinship Families
- October 10: Bookmarks for a Friend
- October 23: Galloping Gourmets visit LaBelle Winery
- Date TBD: Local Fall Foliage Ride
- Date TBD: A Matter of Balance Class

**GROUP FITNESS**

- Chair Exercise** (video instruction)  
**Mondays, Wednesdays, & Fridays at 10am**
- Intermediate Chair Exercise** (video instruction)  
**Mondays at 11am**  
**Wednesdays at 3 pm**
- Gentle Yoga with Patsy**  
**Mondays at 9:30am**  
**Cost: \$6/class**
- Silver Sneakers™**  
**Tuesdays & Thursdays at 10am**  
**Cost: \$5/class, paid per class**
- Indoor/Outdoor Walking Club**  
**Tuesdays & Thursdays at 12:30pm**
- Pickleball**  
**Wednesdays at 12:30pm**
- Chair Yoga with Carin**  
**Thursdays at 1:30pm Cost: \$6/class**
- Line Dancing**  
**Fridays; Cost: \$5/class or \$7 for both/all**  
**Improver: 10:00am –11:00am**  
**Advanced class continues until 11:30**

We're looking for **new craft instructors and class ideas!** Do you have a talent you'd like to share with the Senior Center? You don't need to be an expert, just have a passion for your project and the willingness to explain the steps and answer questions. Please see Katie.

## 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 (978) 597-2209

## Your Elected Officials:

Edward Markey (D), US Senate: (202) 224-2742  
 Elizabeth Warren (D), US Senate: (202) 224-4543  
 Lori Trahan (D), US Representative: (202) 225-3411  
 Dean Tran, MA Senate: (617) 722-1230  
 Sheila Harrington, MA Representative: (617) 722-2305

## Need a ride to Community Suppers?

Several Townsend churches/organizations offer free community suppers on Wednesday evenings. If you'd like to attend but don't want to drive, give us a call! Our van is ready to take you!

## SHINE "MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE's "MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at [shinema.org](http://shinema.org)

# ROAD RUNNER BUS SCHEDULE \*\*

PLEASE CALL IN YOUR RESERVATION AT LEAST 48 HOURS IN ADVANCE

Schedule all appointments by calling 978-597-1710

|                            | Monday                 | Tuesday                 | Wednesday                            | Thursday                     | Friday                                  |
|----------------------------|------------------------|-------------------------|--------------------------------------|------------------------------|-----------------------------------------|
| Mornings<br>9:30am—12:00pm | Pepperell<br>(Medical) | Leominster<br>(Medical) | Townsend<br>(Medical and<br>Errands) | Groton and<br>Ayer (Medical) | Fitchburg and<br>Lunenburg<br>(Medical) |
| Afternoons<br>1:00—3:00pm  | Townsend<br>(Errands)  | Leominster<br>(Errands) | Townsend<br>(Medical and<br>Errands) | Townsend<br>(Errands)        | Fitchburg and<br>Lunenburg<br>(Errands) |

### DESTINATIONS:

- **Medical:** Doctors, Dentists, Therapies, Lab work, etc.
- **Errands:** Grocery, Pharmacy, Bank, Shopping, Hair dresser/Barber, 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¢

\*\*Occasionally, Senior Center day trips may alter this schedule.



# NEVER MISS A NEWSLETTER !

Sign up to have our  
newsletter emailed to you at  
[www.ourseniorcenter.com](http://www.ourseniorcenter.com)



FRIENDS OF THE TOWNSEND SENIORS

# 2019 Wm. E. May Endowment Award



honoring  
**T.E.O**

## Congratulations

Townsend Ecumenical Outreach

*Extraordinary Acts of Kindness Since 1984*

**OCTOBER 19, 2019**

TOWNSEND RIDGE COUNTRY CLUB  
Cocktails 6 pm | Dinner 7 pm | \$50

Tickets on Sale September 4, 2019

## #5 - Medium

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   |   |   | 1 |   | 9 |   |   |
|   | 4 | 8 |   | 5 |   | 1 | 7 |   |
|   |   | 7 | 3 |   |   | 5 | 2 |   |
|   |   | 9 |   |   |   |   |   | 1 |
|   | 2 |   | 9 |   | 3 |   | 5 |   |
| 6 |   |   |   |   |   | 8 |   |   |
|   | 1 | 2 |   |   | 8 | 6 |   |   |
|   | 9 | 3 |   | 4 |   | 7 | 8 |   |
|   |   | 6 |   | 7 |   |   |   |   |

Generated by <http://www.opensky.ca/~jdhibdeb/software/sudoku/gen/>

Complete the puzzle & turn it in to Katie for a chance to win a prize! Puzzle winner from last month:

**Jane Jackson**

See Katie for your prize!

## FRIENDS OF THE TOWNSEND SENIORS

\$5 Friend    \$10 Family    Benefactor \$ \_\_\_\_\_  
New Member    Renewal  

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Phone: \_\_\_\_\_

I'm interested in volunteering. Call me for the next event.

Checks payable to: Friends of Townsend Seniors  
PO Box 972, Townsend, MA 01469.

You may also drop the form at the Senior Center.



Thank you to Hannaford for the bread and pastry donations on Mondays and Wednesdays

## CRIBBAGE

### HIGH SCORES:

**LENNY SWANSON AND ED JETTE (363)**



## THINGS TO DO WITH FRIENDS

**Sept 4: Friends of the Townsend Seniors Annual Meeting at 6:30pm**

*Election of officers and bylaw review*

**Sept. 21: Brookline 250<sup>th</sup> Celebration!**

*In the interest of being neighborly and thanking the residents of Brookline, NH who support us, we'd like to participate in their parade! Looking for an old or classic car and driver for the day.*

**Oct. 19: W.E. May Endowment Dinner**

*Saluting Townsend Ecumenical Outreach. Tickets on sale mid-Sept. at the Senior Center. For more information contact Barbara Matthes, 978-502-0384.*

The Senior Center is in need of:

- Paper Towels
- Napkins

Thank you to the line dancers, cribbage players, and individuals who have donated needed items to the Senior Center recently.

We cannot do it without you!