

Silver Threads

TOWNSEND SENIOR CENTER

Vol 8 No 3, September 2021

From the Desk of the Director -

I may be a little distracted with the sound of jackhammers and saws ringing in my ears, but it is all for a good cause! The addition is coming along swimmingly. I'm hoping by the time I write this article for next month's issue we will have a much better idea of when we can celebrate the completion of our fabulous gift!

With that in mind, we would like your suggestions for some different programs you would like to see in the building. Do you want more fitness, education, crafts, travel programs, movies, support groups? You can email me or Sue with your ideas. Why not Katie you ask? Because, unfortunately for us (but awesome for her), she has accepted an offer to be the Director at the senior center in Ayer. How will we manage without her? Somehow, I suppose. It will be quite a transition for us, but we all send her off with our very best wishes and heartfelt CONGRATULATIONS!

Katie's innovation and can-do attitude enabled us to obtain a multitude of grants, celebrate in style, continue our staff education to pass on a variety of programs to you, our patrons. When we were thrown for a loop with COVID, it was Katie who brought us into the 21st century with a variety of virtual programming options. I just can't say enough. She's a gem!

As you will see inside, we have some amazing things coming up in September! Trips are back and being planned into next year. In the meantime, we will all put up with the hammers and the saws and think of the bright future that lies in store for all of us here at the Townsend Senior Center. 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
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator
Katie Petrossi, Assistant Director and Program Coordinator

Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm
16 Dudley Road, Townsend, MA 01469
978-597-1710
<https://www.townsendma.gov/senior-center-council-aging>



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Lunch

RESERVATIONS REQUIRED

48 hours in advance

Suggested \$3.00 donation

Onsite lunches are back!

Tuesdays: Soup & Salad Bar

Thursdays: Donna's Homemade Lunch

Sept 2: Spaghetti & Meatballs, Garden Salad, Garlic Bread

Sept 9: Corn Chowder and BLT Sandwich

Sept 16: Pork Tenderloin with Rosemary Gravy, Mashed Potatoes, Green Beans

Sept 23: No meal

Sept 30: Chicken with Hollandaise Sauce over Rice with Roasted Broccoli

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 10:10am – 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

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. Wednesdays and Thursdays by appointment. No charge.

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

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

RETURNING:
OCTOBER



Trivia

First & Third Tuesdays, Sept 7 & 21 at 1pm



Book Club Wednesday, September 22 at 1pm. "Anxious People" by Fredrik Backman



Women's Meditation

Fridays at 11am No class 9/3



Bingo

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



Cribbage

Thursdays at 1pm, except...
Tournament 9/16 at 9am

Learn to Play Cribbage

One-on-one sessions by appt



Genealogy

Friday, September 10 at 10:30am



Scrabble

Fridays at 11am in the Atrium



Chorus

Mondays beginning September 13 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

September 8 by appointment

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



Dementia Nurse Consultation

Thursday, September 9 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

RETURNING:
OCTOBER



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.



Manicures & Pedicures (offered by New England Nails) Mondays by appointment. \$12 for mani; \$28 for pedi; or \$38 for both.

Massage with Morningstar: Tuesdays by appointment.. \$45/50mins.

Healthy Living Group: What are your Cholesterol Numbers and How to Improve Them!

Thursday, September 2 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 Group: The Best and Worst Drinks for People with Diabetes

Thursday, September 16 at 11am

Manage your diabetes with confidence. Topics will include managing stress, lifestyle changes, shared experiences, preventing complications, etc.

Well Adult Clinic

Wednesday, September 8 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>September</h1> <p>Key: Onsite Programs Zoom Programs</p>		1 9:30 Senior Fitness 1:00 Bingo 3:30 Beginner Yoga 6:00 Friends 6:30 TOPS	2 9:30 Walking Club 10:15 Senior Fitness 11:00 Qi Gong 11:00 Healthy Living Group 12:00 Homemade Lunch 1:00 Cribbage	3 9:30 Weaving 10:00 Chair Exercise 11:00 Scrabble 12:00 Quazy Quilters 2:00 Flute Lessons
6 CLOSED FOR LABOR DAY	7 9:30 Walking Club 10:00 Line Dancing 12:00 Soup & Salad 1:00 Trivia 2:00 Mexican Train Massage by appt	8 9:30 Senior Fitness 12:00 Well Adult Clinic 1:00 Bingo 3:30 Beginner Yoga 6:30 TOPS SHINE Medicare Counseling	9 9:30 Walking Club 10:00 Dementia Nurse Consultation 10:15 Senior Fitness 11:00 Qi Gong 12:00 Homemade Lunch 1:00 Cribbage	10 9:30 Weaving 10:00 Chair Exercise 10:30 Genealogy 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
13 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Beginner Yoga 12:00 Knitting 1:00 Tap Dance 12:30 Weaving Class Mani/Pedi by appt	14 9:30 Walking Club 10:00 Line Dancing 12:00 Soup & Salad 1:00 Paint Your Own Wineglass 2:00 Mexican Train Massage by appt	15 9:30 Senior Fitness 1:00 Bingo 3:30 Beginner Yoga 6:30 TOPS	16 9:00 Cribbage Tournament 9:30 Walking Club 10:15 Senior Fitness 11:00 Qi Gong 11:00 Diabetes Support 12:00 Homemade Lunch	17 9:30 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
20 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Beginner Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance Mani/Pedi by appt	21 9:30 Walking Club 12:00 Parisian Cafe 1:00 Trivia 2:00 Mexican Train Massage by appt	22 9:30 Senior Fitness 1:00 Book Club 1:00 Bingo 3:30 Beginner Yoga 6:00 Friends Annual Meeting 6:30 TOPS	23 9:00 Cog Railway 9:30 Walking Club 10:15 Senior Fitness 11:00 Qi Gong 1:00 Cribbage	24 9:30 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
27 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Beginner Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance Mani/Pedi by appt	28 9:30 Walking Club 10:00 Line Dancing 12:00 Soup & Salad 2:00 Mexican Train Massage by appt	29 9:30 Senior Fitness 1:00 Bingo 3:30 Beginner Yoga 6:30 TOPS	30 9:30 Walking Club 10:15 Senior Fitness 11:00 Qi Gong 12:00 Homemade Lunch 1:00 Cribbage 1:00 Hair Party	

Special Events RSVP required for ALL programs



Hampton Beach Seafood Festival **Friday, September 10 at 11:30am** **Cost: \$15 plus the cost of your food**

One of the 100 top events in North America. There will be 5 blocks of vendors offering their delicious foods. The bus will drop you off at the north end of the boardwalk to wander and select which foods you'd like to purchase.



Parisian Cafe **Tuesday, September 21 at 12pm**

No charge, generously donated by the Friends of the Nashoba Valley Medical Center

Enjoy the sights, sounds, and tastes of Paris with this specially themed luncheon! We'll serve traditional French foods, and be delighted by the sound of live Parisian street music.



Coach Bus Trip: Mount Washington Cog Railway **Thursday, September 23 at 9am**

Cost: \$45 includes a bag lunch; generously subsidized by the Community Foundation.

The Mount Washington Cog Railway is one of the world's great rail adventures, and an exhilarating journey through history, technology and nature. The three hour round trip includes a one-hour layover at the 6288' summit of the highest mountain in the Northeast.



Bus Trip: New England Hair Illusions Wig Boutique **Thursday, September 30 at 1pm**

No more bad hair days! Let Deborah show you all the latest styles in wigs, toppers, and extensions. Beautiful styles, colors, and very natural looks. Explore her new in-town studio!



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Fitness and Exercise

Gentle Yoga with Patsy

RETURNING:
OCTOBER

Thursdays at 1:30pm in the Meeting Hall. \$6 per class
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
Thursdays at 10:15am in the Meeting Hall (stream with instructor)
Brought to you by The Friends; donations appreciated
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
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 in the Meeting Hall; \$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.

Annual Meeting
Sept 22 at 6pm

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

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.

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.



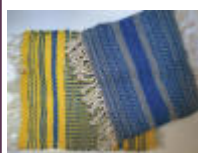
Watercolor with Linda (via zoom)

\$30 per month for the class. New students: \$10 one-time fee for paint kit.



Evening Quilting

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



Weaving Drop-In

Fridays at 9:30am
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!



Paint-Your-Own Wineglass

Tuesday, September 14 at 1pm
Cost: \$6.00

Use acrylic paint to decorate a provided wineglass, or bring your own! We can help you with the theme, or you can create your own design. We'll also be making Parisian-themed centerpieces for the Café on 9/21, if you want to help!



Weaving: Warping Your Rigid Heddle Loom

Monday, September 13 at 12:30pm

Cost: \$5.00 BYO loom or one of ours
We will teach you how to set up a single or two color warp.



Weaving: Warp Faced Weaving on the Inkle Loom

Mondays, September 20 & 27 at 12:30pm Cost: \$4.00

In this 2-part class you'll learn simple weaving of narrow bands on the inkle loom.

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¢

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