

Silver Threads

September 2022
Vol 9 No 3

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. Thank you!

From the Desk of the Director -

When asked what surprised him most about humanity the Dali Lama answered, "Man sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die and then dies having never really lived."



As we age most of us realize how precious each moment is, at least we get reminded of it more often. All you have to do is look at how quickly the seasons change, children grow, and time passes us by. So how are you going to live your best life? Will it be living close to family or friends, traveling, reading the classics, learning to play an instrument, exploring your artistic talents?

Here at the Townsend Senior Center we have a lot of ways you can try new things!

Some new happenings around here this month are:

- ♦ Outdoor games —fall is the perfect time for corn hole, badminton, horse shoes and bocce. Bring a friend!
- ♦ Charcoal drawing class
- ♦ Cigar box guitar jam sessions
- ♦ Medicare counseling with Integrity Medicare Advisors
- ♦ Fix it to List it—downsizing done right
- ♦ Back by popular demand—Police, Fire/EMS picnic (brought to you by the Friends of Townsend Seniors)
- ♦ YMCA water aerobics—\$5 covers the class and transportation. Just bring your suit, water shoes, and towel.

I can't tell you how happy and proud we are to be providing events and programs that get people out and about. Our numbers have increased and we love seeing all our new and old patrons!

On another note; do you enjoy the newsletter? If so, let businesses you frequent know we need to increase the number of advertisers to keep it.

Pick out a few things to do and come on in to see why this is where you WANT to be.

- Karin

Karin Canfield Moore, Director
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-Friday: 9am-3pm
Wednesday: 9am-8pm
16 Dudley Road, Townsend, MA 01469
978-597-1710

<https://www.townsendma.gov/senior-center-council-aging>

ARTS AND CRAFTS *Registration required for ALL programs - 978-597-1710*



Knotty Knitters

Mondays at 12:30pm Knit or crochet with other beginners or get help from those who are more experienced.



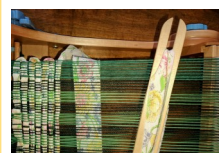
Watercolor with Sue!

Wednesdays at 10am and 2pm
\$20 per month.
Limit of 12 students per class.



Weaving Classes:

Mondays at 12:30pm.
Got a lot of fabric? We'll explore ways to weave with cloth strips.



Weaving Drop-In

Fridays 10am-noon
This is a time to come in to finish a project, learn to weave tapestry, or bring your own project.



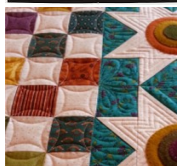
Felting

2nd and 4th Tuesdays at 9:30am
Use wet-felting and needle-felting to create a sunflower. \$3 for materials.



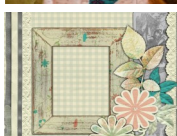
NEW: Charcoal Drawing with Sue!

Thursdays at 1:30pm
Charcoal has unique characteristics that will encourage your creativity. \$15 one time fee. Limit of 12 students.



Quazy Quilters

Tuesdays from 9am to 3pm
First and third Wednesdays at 1:00pm
Work on your latest project, or use our supplies to create something new!



Scrapbooking

Second and fourth Wednesdays at 3pm
Bring your own supplies or use ours!



Wood Carving

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

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

Women's Conversation

First & Third Tuesdays at 11am

Trivia

First & Third Tuesdays at 1pm



Cigar Box Guitar Slow Jam

Tuesdays at 10:30am
September 13th to November 1st



Book Club

Wednesday, September 28th at 1pm
"The Tobacco Wives" by Adele Myers



Bingo

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



Hope Community Chorus

Mondays at 10am
Starting on September 12th



Genealogy with Dwight Fitch

Friday, September 9th at 10:30am
Trace your ancestry and find out where your family tree has roots.



Movie Matinees:

Friday, September 9th at 12:30pm

"Walk The Line"

Joaquin Phoenix and Reese Witherspoon

Friday, September 23rd at 12:30pm

"Wild Hogs" John Travolta, Tim Allen, Martin Lawrence and William H. Macy

Pizza provided by Friends of the Townsend Seniors



Mexican Train Dominoes

Tuesdays at 10:30am
and Thursdays at 12:30 pm



Scrabble

Fridays at 11am



Rummikub

Mondays at 1pm



Wii Bowling

Mondays at 1 pm



Cribbage

Thursdays at 1pm, except...
Tournament 8/18 at 9am



Cigar Box Guitar Slow Jam Sessions!

Shawn McCadden is back for 8 weeks of jam sessions starting *Tuesday, September 13th at 10:30am*. If you built a cigar box guitar in Shawn's spring class or if you already have an instrument, come on in and get your slow jam on!

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

Senior Fitness

Thursdays at 9:15am (live instructor - \$5 per class)

Mondays 9:15am (via Zoom - \$5 per class)

Chair Exercise

Mondays, Wednesdays and Fridays at 10am

Walking Club

Tuesdays and Thursdays at 9:30am

Inside and outside options, weather depending.

Learn to Tap Dance

Mondays at 1pm; \$5 per class

You can't help but feel joyful learning this dance style!

Tap shoes helpful but not required; we can loan some.

Tai Chi

Thursdays at 11:15am \$5 per class

Join Jeff for this Chinese martial art practiced for health benefits and meditation.

Line Dancing

Tuesdays at 1:30pm \$5 per class

Move your body with Carin:

Hybrid Yoga; \$5 per class

(Chair and floor options)

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

Osteo Movement

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

Offers everything! Posture, balance, core strength, etc.

You must be able to commit to 2 days a week for 8 weeks! Bring a mat and walking stick.

Beginner Yoga

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

Building Memory Skills

Thursdays at 10am; \$5 per class

Do you struggle to remember things? Is your eye-hand coordination lacking? This class is for you!

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



Massage with Morningstar:

Tuesdays and Thursdays by appointment
\$45/50mins.



Sarah from Footcare Focus

will offer podiatry services

Thursday, September 8th from 12pm to 3pm

Friday, September 16th from 10am to 1pm

Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, September 14th from 12-2pm

BP screening, glucose check, etc.



Hearing Clinic

Wednesday September 21st by appointment



Women's Meditation

Fridays at 11am

Manicures and Facials

New for September!

Now offering facials too!

First Tuesday at 1:30pm by appointment

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.

Dementia Nurse Consultation By appointment.

Bernadette Oinonen, MS, RN served the senior population for over 35 years supporting and educating family caregivers of clients with dementia. All parties benefit learning to navigate the journey they may travel.

Healthy Living

Thursday, September 1st at 11am

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

Diabetes Support

Thursday, September 15th at 11am

Come in for information on how to manage your diabetes with confidence.

New! Water aerobics at the YMCA!

Monday, September 19 at 3pm.

Bus leaves the Senior Center at 2:30 Call for more information.

Grief Support Group

Wednesday, September 7th at 4pm

Are you grieving? Lonely?

Please join us for free adult bereavement support 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 to learn to use it?

Learn to use popular programs including Zoom, Paypal, Gmail, Facebook, etc.

Second and Fourth Thursday at 1pm

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>September</h1>			1 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Healthy Living 11:15 Tai Chi 12:00 Donna's Diner 12:30 Mexican Train 1:00 Cribbage 1:30 Charcoal Drawing 2:00 Osteo Movement	2 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Outdoor Games 10:00 Weaving Drop-In 11:00 Scrabble 11:00 Women's Meditation 1:00 Outdoor Games
5 Closed for Labor Day	6 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 1:30 Manicures & Facials	7 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 2:00 Medicare Coun. 3:30 Hybrid Yoga 4:00 Outdoor Games 4:00 Grief Support 6:00 Friends 6:30 TOPS	8 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Donna's Diner 12:00 Podiatrist 12:30 Mexican Train 1:00 Cribbage 1:00 Tech Help 1:30 Charcoal Drawing 2:00 Osteo Movement	9 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Outdoor Games 10:00 Weaving Drop-In 10:30 Genealogy 11:00 Scrabble 11:00 Women's Meditation 12:00 Hampton Seafood Festival 12:30 Movie Matinee 1:00 Outdoor Games
12 9:15 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	13 *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:30 CBG Jam 10:30 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing	14 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 12:00 Wellness Clinic 1:00 Bingo 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 4:00 Outdoor Games 6:30 TOPS	15 *Massage 9:00 Cribbage Tourney 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Diabetes Support 11:15 Tai Chi 12:00 Donna's Diner 12:30 Mexican Train 1:30 Charcoal Drawing 2:00 Osteo Movement	16 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Outdoor Games 10:00 Podiatrist 10:00 Weaving Drop-In 11:00 Scrabble 11:00 Women's Meditation 1:00 Outdoor Games
19 9:00 Bus Trip: Southwick's Zoo 9:15 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	20 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:30 CBG Jam 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing	21 10:00 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 10:30 Downsizing: Seminar w/Lunch 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 4:00 Autumn Tea 4:00 Outdoor Games 5:00 COA 6:30 TOPS	22 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Donna's Diner 12:30 Mexican Train 1:00 Cribbage 1:30 Charcoal Drawing 1:00 Tech Help 2:00 Osteo Movement	23 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Outdoor Games 10:00 Weaving Drop-In 11:00 Scrabble 11:00 Women's Meditation 12:30 Movie Matinee "Wild Hogs" 1:00 Outdoor Games
26 9:15 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	27 *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:30 CBG Jam 10:30 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing	28 10 Rug Hookers 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Book Club 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 4:00 Outdoor Games 6:30 TOPS	29 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Police & Fire Picnic 12:30 Mexican Train 1:00 Cribbage 1:30 Charcoal Drawing 2:00 Osteo Movement	30 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Outdoor Games 10:00 Weaving Drop-In 11:00 Scrabble 11:00 Women's Meditation 1:00 Outdoor Games

Special Events *RSVP required for ALL programs - 978-597-1710*



Hampton Beach Seafood Festival!

Friday, September 9th, Bus Leaves at 12pm

Local restaurants, arts & crafts booths, two stages for live entertainment, corn hole tournament, Lobster Roll Eating Contest, and fireworks take over Ocean Blvd. for the weekend. Enjoy seafood delicacies, the only bar on the beach, cooking demonstrations, and many more activities.

Cost: \$35 (includes admission and transportation via coach)
Please submit payment within 24 hours of registration



Join us for a trip to the Blackstone River Valley to visit New England's largest zoological experience. Southwick is home to more than 850 animals housed in naturalistic habitats. Lunch is available for purchase at the full service Galliford's Restaurant & Tavern.



The van will leave the Senior Center at **9am on Monday, September 19th.**

Cost is \$40 including admission and transportation. Limited to 12 people. Call the Senior Center at 978-597-1710 to register . Please submit payment within 24 hours of registering.

Lunch

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

Tuesdays: Soup & Salad Bar

Wednesdays: Heart to Home Meals

Thursdays: Donna's Diner

Tuesday	Wednesday	Thursday
September		9/1: Donna's Diner <i>Baked Stuffed Eggplant</i>
9/6: Soup & Salad	9/7: Heart to Home <i>Turkey Pot Pie</i>	9/8: Donna's Diner <i>BLT Sandwich</i>
9/13: Soup & Salad	9/14: Heart to Home <i>Roast Beef w/Gravy</i>	9/15: Donna's Diner <i>Seafood Scampi</i>
9/20: Soup & Salad	9/21: Seminar w/Lunch <i>Lunch from Sophia's</i>	9/22: Donna's Diner <i>Lasagna</i>
9/27: Soup & Salad	9/28: Heart to Home <i>Fish & Chips</i>	9/29: Police and Fire Department Picnic

Heart to Home Meals Coming to the Senior Center in September!

Every Wednesday, beginning on September 7th, the Senior Center will be offering Heart to Home Meals.

As with our other meal options, there is a \$3 suggested donation.



The Friends of the Townsend Seniors are happy to announce the return of the Police, Fire/EMS picnic Thursday, September 29th at noon

Join us for burgers and dogs and meet Townsend's first responders

You never know what surprises may be in store!

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.



July Cribbage Tournament Results!

Winner: Ed Jette, 718 Points

Runner Up: Phil Durno, 707 Points

High Hand: Peter Salisbury, 21



Outdoor Games

Wednesdays at 4pm and 6pm

Fridays at 10am and 1pm

We have Badminton, Bocce, Cornhole and Horseshoes.

Bring your friends!

We'll set up the equipment for you!

Fix It To List It Seminar -



Wednesday, September 21st at 10:30am

Thinking of downsizing? Mike and Ben Roy of RHR Real Estate will give you the information you need to help you with the process: decluttering, legal & financial matters, listing your home. Lunch provided.

Celebrate the Vernal Equinox (First Day of Fall) with an Autumnal Tea

Wednesday, September 21st at 4pm



Beth Walsh from Senator Cronin's office will be here every 3rd Tuesday from 11:30-1:00 to join us for lunch, visit with you and discuss your concerns.

You can also call her at 617-722-1230

Important Phone Numbers

Community Services:

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 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.

Masks are optional. This could change at any time based on local, state or national guidance.

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)**

	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)
			Wednesdays 3:00-8:00 PM By Appointment		

We need volunteers at the reception desk!

Please let us know if you can commit to a few hours a week. Thank you!

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.*

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.