

Silver Threads

TOWNSEND **Senage** CENTER

From the Desk of the Director

Growing old is mandatory. Growing up is optional.”
A friend and colleague of mine has this as part of her signature on every email. It reminded me of a term I first saw on Facebook a couple of weeks ago – “Senager”. What is a Senager? Basically a Senager is a senior citizen acting like a teenager. When we think of teenagers we tend to think of the obstreperous and often untoward things they tend to do. On the contrary, I would like to point out that Senagers embrace the things that make being a teenager fun. If you are a Senager, you:

- Have everything that you wanted as a teenager
- Don't have to go to work.
- Get an allowance every month and have your own pad.
- Don't have a curfew, have to get up to go to school, or ever have homework.
- Don't care if someone sees you smooching or holding hands.
- Don't care if your hair is in style (or even if you have any).
- Have a driver's license and your own car (or have someone to chauffeur you around).
- And you don't have acne.

Embrace the Senager within! Life is good!

Karin Canfield Moore



WE'LL MISS YOU, LINDA!

Speaking of **Senagers**, our treasured Program Coordinator and painting instructor, Linda Salisbury has decided to embrace life and retire after 18 years at the Townsend Senior Center. She has been a vital member of our team from the humble store front on Main Street to our fabulous new location attached to the library. During her tenure she has introduced a wide variety of programs to our patrons, including, but certainly not limited to, qi gong, needle felting, bingo, stretch & tone, wood carving, bridge, women's meditation, quilting, massages, and a variety of arts and crafts in addition to her ever-popular painting classes. **Please register to join us for a celebration of retirement lunch on Thursday, April 6th.** Linda's constant presence will be missed, but she does plan to continue teaching art. Please consult this and future newsletters for information.



16 Dudley Road, Townsend, MA 01469 • (978) 597-1710

Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Donna Fenton, Kitchen Manager/Volunteer Coordinator
Abby Foster, Asst. Program Coordinator
Donna Howard, Lead Van Driver
Linda Salisbury & Katie Petrosssi, Program Coordinators

Townsend Senior Center Hours

Monday-Thursday: 9am-3pm

Wednesday: 9am-8pm

Friday: 9am-2pm

SPECIAL EVENTS



Farewell Luncheon for Linda **Thursday, April 6, 12pm**

Celebrate Linda's contributions to the Senior Center, and help give her a proper send off as she embarks on her retirement.



Soapmaking

Monday, April 10, 10:30am-12pm

Cost: \$10

You will learn about the different styles and there will be a demonstration on how to make basic soaps and bath bombs. You will also learn how to add colors and fragrance. How to embed items in your soap will also be shown. Participants will make and take a bar of homemade soap and a bath bomb.



Boston Jazz Voices

Saturday, April 9, 2pm

FREE!

This 18 person vocal ensemble provides lush, sophisticated arrangements. Sponsored by the TPL Endowment and Friends of the Senior Center.



Dental Clinic

Tuesday, April 11, 9am-12pm

Cost: \$65

Take care of your pearly whites with a dental cleaning and oral checkup.



Brown Bag Pharmacy

Wednesday, April 12, 12pm-2pm

Massachusetts College of Pharmacy and Health Sciences (MCPHS) will provide the opportunity to bring your medications or a med list in to have a one-on-one consultation with a pharmacist or intern to discuss medication use, safety, costs, and alternatives.



Fairy Gardens

Thursday, April 20 at 11am

Cost: \$20

Create a magical floral garden to entice young and old alike.



Risks of Opioid Crisis on Seniors

Monday, April 24, 12:45pm

This presentation will provide an overview of the numerous ways in which seniors are being affected by the current opioid crisis, from receiving unnecessary prescriptions from medical professionals, to the unexpected care of children or grandchildren due to addiction and overdoses, and more. See article on page 7 for more information.

MONTHLY EVENTS

Birthday Party

Thursday, April 6, 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, April 12, 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 *Let the Great World Spin* by Colum McCann.

Bach's Lunch

Thursday, April 20, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring a string trio with pieces by Mendelssohn, Schoenfield, and Piazzolla. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Monday, April 11, at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, April 14, at 10:30am

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

Bus Trip: Animal Adventures

Friday, April 28 at 9:15am

Cost: \$12+\$3.50 (bus) + lunch money

This animal rescue center offers care and rehabilitation to hundreds of animals each year. The visit includes a live show to get to know the animals.

Brookline Senior Social & Lunch

2nd & 4th Tuesday of Each month

The seniors of Brookline cordially invite you to join them at Brusck Hall (36 Main St., Brookline, NH. Call Ed Krom at 603-860-9138 for more information.

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



Women's Meditation Group
Fridays, 11am-12pm

Gentle Yoga
Thursdays, at 1:30pm-2:45
(No class 4/6 & 4/13)
Cost: \$5/class

Relieve stress, increase flexibility, improve balance, and relax muscles.



Qi-Gong
Mondays, at 12:30pm
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.



Healthy Living Group
Monday, April 3, 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. New members are always welcome to introduce new areas of discussion.



Reflexology, Manicures & Pedicures
Friday, April 7, 14 & 28; By Appt.
Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)

Well Adult Clinic
Wednesday, April 12, 12pm-2pm

Massage
Tuesday, April 11 & 25; Afternoon appt.'s
Cost: \$20/20 min.
Chair and table massages available.

Grief Support
Tuesday, April 18, at 1pm

Hearing Clinic
Wednesday, April 19, 10am-12pm

Caregiver's Roundtable
Wednesday, April 12, at 6pm
Caregivers are welcome to come for a little respite, to share their experiences and concerns in a supportive environment. Led by Joy Niemiera.

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

Line Dancing
Fridays 10am-11am
Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes

UPCOMING EVENTS



Spring Makeover
Tuesday, May 9 at 10am



Alzheimer's Program
Thursday, May 18 at 12:45pm



Medicare Fraud Prevention
Monday, May 22 at 12:45pm



A Musical Journey Through the Years with Tommy Rull
Thursday, May 11 at 12:45 (right after lunch!)
This program is supported in part by a grant from the Townsend Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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 & CRAFTS



Knitting Club

Mondays, at 1pm

NEW!

Bring current projects and work among fellow knitters, or take on a new craft.

Acrylic Seascape

April 4 & 6, 10am-12pm

Cost: \$7

Needlefelting

Tuesday, April 11 at 9:30am

Cost: \$5

Spring/Easter Cards

Thursday, April 13 at 9:30am

Cost: \$2

Acrylic Collage

Tuesday, April 18 & 25, 10am-12pm

Cost: \$20

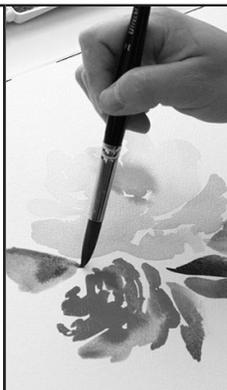
Spring Craft

Wednesday, April 19, 10am

Watercolor Workshop

Thursday, April 27, 10am-1pm

Cost: \$14



Watercolor Classes with Linda

Starting in May

Cost: \$30/4 weeks

Linda has retired from her position at the Senior Center, but she will begin teaching independently and her long awaited beginners class will start on **Wednesday, May 3rd, from 10:30am-12pm**. Other classes will be held on **Mondays and Thursdays**. Registration for all of the classes begins on April 14th.

Wood Carving

Wednesdays, 12:30pm-2:30pm

Try something new! Experienced carvers available to assist those new to the craft.

Quazy Quilters Qub

Fridays, 9am-2pm

No quips about it! Sewing machines, fabric, and ideas available, or bring your own, and fellow quilters will assist in piecing things together. Drop in anytime!

FOR FUN



Movie Matinee

Friday, April 14, at 12:30

For Love of the Game, with Kevin Kostner and Kelly Preston.

Friday, April 28, at 12:30

42, with Harrison Ford.



Bridge

Mondays, at 1pm



Trivia & Jeopardy

Tuesday, April 4 & 18, at 1pm

Let's exercise our minds, and have fun and socialize at the same time! Trivia helps to keep the mind sharp while enhancing cognitive functioning.



Cribbage

Thursdays at 1pm &

Wednesday, April 5, at 6pm

Cribbage Tournament

Thursday, April 20, at 9:00am

Cost: \$5 (to be divided for prizes)

WEDNESDAY EVENING PROGRAMS

Portable Container

Gardens

Wednesday, April 19 at 5pm

Cost: \$10

Pottery I: Spoon Rest

Wednesday, April 26 at 5pm

Cost: \$15

You'll carve and mold a spoon rest to be painted and glazed in another session.

April 5

6pm Quilting

6 pm Cribbage

6:30pm TOPS

April 12

6pm Scrabble

6pm Caregiver's

Roundtable

6:30pm TOPS

April 19

5 pm Portable

Container

Gardens

6pm Rummikub

6:30 pm TOPS

April 26

5pm Pottery

6pm Cards

6:30 pm TOPS

Cribbage Results

February 2

Margaret Fairbanks & Dot Wuoti 363

High Hand - Erika Roy 21

February 22

Anne Foresman & Peter Salisbury 363

High Hand - Peter Salisbury 24

March 9

Jan Johnson & Bev Johnson 361

High Hand - Peter Salisbury 24



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



Rising Risks of Opioid Crisis on Seniors

by Abby Foster

While one might think that the opioid epidemic is an issue found only in the younger population, the crisis is finding victims in every generation, and especially in older adults. An article in *JAMA Psychiatry* found Medicare beneficiaries had the highest and most rapidly growing rate of opioid use disorder, with six out of every 1,000 Medicare recipients struggling with the condition. According to the study, more than 300,000 Medicare recipients battle with opioid use disorder, and hospitalizations due to complications caused by opioid abuse or misuse increased 10 percent every year from 1993 to 2012. Given the widespread use of opioids for pain

management, nursing homes are finding themselves ill-equipped to manage overuse and abuse, often leaving patients to manage their addictions and complications without adequate guidance and support.

Seniors may also find themselves the victims of the epidemic due to family members' issues with opioids. Elder abuse and neglect by loved ones dealing with addiction is a rising problem, but seniors may also have to manage the unexpected care of younger generations. They might find themselves helping children struggling with addiction, or taking responsibility for their grandchildren because the parents are unable to do so. For many, this creates a stressful and isolating experience, dealing with a phase of their lives that they did not envision, and which none of their peers can relate to.

Despite the rising risks of the crisis to seniors, there is support. **Please attend the Risks of Opioid Crisis on Seniors program on April 24th for more information, or contact the Senior Center for immediate assistance.**

Nashoba Lunch will be taking place on **April 25th**. The menu will include Chicken Piccata or Broiled Salmon Dijionaise. **Registration and payment required by April 20th.**



"Project Linus" is a program sponsored by the District Attorney's office, to provide knitted and crocheted blankets to children who are terminally ill or undergoing trauma or hardship. If you are interested in helping with this good cause please see Karin. Donations of yarn are also appreciated. If we have a group of at least 10 interested people the DA will come out to visit us and explain the program in detail.

ROADRUNNER BUS SCHEDULE

Please Call In Your Reservation 48 Hours In Advance!!

Reservations called in later may not be accommodated.

- Mondays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber And Errands
- Tuesdays: Fitchburg, Leominster, Lunenburg- Medical Trips & Shopping/Errands If Possible
- Wednesdays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber And Errands
- Thursdays: Pepperell, Groton, Ayer- Medical Trips & Shopping Errands If Possible
- Fridays: Lunenburg, Fitchburg-Shopping Day.

FARES: \$1.25 ONE WAY WITHIN TOWNSEND; BUS CARD \$22.50 Pay for 9 rides, get 1 free.

\$.50 Round trip to the Senior Center from Atwood Acres/Townsend Woods

\$1.75 ONE WAY OUTSIDE TOWNSEND; BUS CARD \$31.50

Pay for nine rides, get one free.

Please schedule appointments between 9:30 AM and 12:30 PM. The bus goes to the Senior Center Monday through Friday. Bus Stop at Atwood Acres/Townsend Woods at 9:00 AM Mon-Fri.

*Any trip to or from the Senior Center for residents of Atwood Acres or Townsend Woods is .25 each way regardless of the time of day subject, to availability. Rides any time other than 9 AM pick-up need to be scheduled by calling 978-597-1730.



Greetings

From the Friends of the Townsend Seniors

We Are Looking Forward to Springtime! To welcome the warmer weather and spring flowers we've planned two events, both on Saturday, April 22nd.

#1 SATURDAY, APRIL 22nd ~ EARTH DAY ON TOWNSEND COMMON

The Friends will have a table at Earth Day on the Common, 10:00am - 4:00pm, Saturday, April 22nd. We'll have cookies, 'flea market' items, and membership information. Please, please bake your favorite cookie recipe (packaged in zip lock bags for safe handling.) Also needed are small household items and jig saw puzzles. Flea market items and baked goods can be brought to the common by 9am on the 22nd. Call Peter Buxton, 978-502-6786 for more information.

#2 SATURDAY, APRIL 22nd ~ ANNUAL INTERNATIONAL DINNER

The Friends' International Dinner is Saturday, April 22nd at the Meeting Hall. Buffet time is 6:00-8:00 pm. Co-chair Avis Roy and Tubby Boucher say this annual event is always a popular and fun evening. The buffet serves delicious foods - many dishes have an International recipe. Tickets are \$10, and available from Avis Roy (978-597-6829) and the Senior Center.

Reminder: Monday April 3rd, Friends' Board Meeting 4:00pm at the Senior Center. All members are invited.

THURSDAY, MAY 11th ~ SPRING FOXWOODS TRIP

Save the Date: The next Foxwoods trip will be Thursday, May 11th. Sign-up and prepaid \$30 registrations are with Avis Roy at 978-597-6829 or the Senior Center. It is open to all adults and you are invited to come with friends.

2017 WILLIAM E. MAY AWARD NOMINATIONS

The Friends of the Townsend Seniors will open nominations early in May for the 2017 William E. May Endowment Award. It's time to think of and nominate a person(s) you believe has given of themselves to the seniors of Townsend as well as to the community of Townsend. If you have nominated someone in the past and they were not selected, please do consider nominating them again this year. The 2017 Award Dinner will be held Saturday, October 21st.

-----MEMBERSHIP APPLICATION FORM-----

2017 Friends of the Townsend Seniors Membership RENEWAL NEW MEMBER

\$5 Friend \$10 Family

\$25 Benefactor \$ Supporter \$100 Lifetime Membership (Individual or Family)

I am interested in volunteering for: Phoning Program Development Fund Raising
 Food (Prepare a main dish or dessert for a Fund Raiser) Other

NAME _____

MAILING ADDRESS _____

PHONE _____ CELL # _____

EMAIL ADDRESS _____

Checks are payable to: Friends of the Townsend Seniors. Please drop off at the Senior Center or mail to P.O. Box 972, Townsend MA 01469. Thank you very much for your continued support.

APRIL 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Taxes 10:00 Chair Exercise 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Healthy Living Group 1:00 Bridge 1:00 Knitting Group 4:00 Friends meeting	4 9:30 Walking Club 10:00 Stretch & Tone 10:00 Acrylic Seascape I 1:00 Scrabble 1:00 Trivia & Jeopardy	5 10:00 Chair Exercise 10:00 Art of Woodburning 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:00 Quilting 6:00 Cribbage 6:30 TOPS	6 10:00 Stretch & Tone 10:00 Acrylic Seascape II 12:00 Homemade Lunch and Birthday Party and Farewell to Linda 1:00 Cribbage	7 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation Manicures, Pedicures, Reflexology by appt. 4/9 Boston Jazz Voices
10 10:00 Chair Exercise 10:30 Soapmaking 11:00 Chorus 12:00 Lunch 12:00 SHINE by appt. 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	11 9:00 Dental Clinic 9:30 Needlefelting 9:30 Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 1:00 Scrabble Massages by appt.	12 10:00 Chair Exercise 12:00 Lunch 12:00 Well Adult Clinic & Brown Bag Pharmacy 12:30 Woodcarving 1:00 Bingo 1:00 Bookclub 6:00 Scrabble 6:00 Caregiver's Roundtable 6:30 TOPS	13 9:30 Spring/Easter Cards 10:00 Stretch & Tone 12:00 Homemade Lunch 1:00 Cribbage	14 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Hairdresser 12:30 Movie: For Love of the Game Manicures/Pedicures Reflexology by Appt.
17 <p style="text-align: center;">CLOSED Patriot's Day</p>	18 9:30 Walking Club 10:00 Acrylic Collage I 11:00 Chorus 10:00 Stretch & Tone 10:30 Jewelry 1:00 Scrabble 1:00 Trivia & Jeopardy 1:00 Grief Support	19 10:00 Chair Exercise 10:00 Hearing Clinic 10:00 Spring Craft 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:00 Portable Container Gardens 6:00 Rummikub 6:30 TOPS	20 9:00 Cribbage Tournament 10:00 Stretch & Tone 11:00 Fairy Gardens 12:00 Homemade Lunch 12:45 Bach's Lunch 1:30 Gentle Yoga	21 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 4/22: International Dinner and Earth Day
24 10:00 Chair Exercise 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 12:45 Opioid Crisis Program 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	25 9:30 Walking Club 10:00 Acrylic Collage II 10:00 Stretch & Tone 10:00 Nashoba Tech Lunch 1:00 Scrabble Massages by appt.	26 10:00 Chair Exercise 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 5:00 Pottery: Spoon Rest 6:00 Cards 6:30 TOPS	27 10:00 Stretch & Tone 10:00 Watercolor Workshop 1:00 Cribbage 1:30 Gentle Yoga	28 9:00 Quazy Quilters 9:00 Bus Trip-Animal Adventures 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:30 Movie: The Jackie Robinson Story Manicures/Pedicures Reflexology by Appt.