

Vol 2 No 10 April 2018

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

Welcome color! We thought being a little more colorful would be a good way to greet Spring. We hope you enjoy our new and improved Silver Threads newsletter!

Our new newsletter is packed full of events, programs and even some interesting articles. As we grow, the diversity of what we offer grows. Want music? We've got that. Need to relax? How about trying meditation, qi gong or yoga? Did the doctor tell you to exercise? Come on in. We offer many levels of fitness. Just want to get away? Play a game, take a class, or just sit by the fire.

I'd also like to mention that the Senior Center isn't just for those over 55. If you know someone who would like to join a class or program, they are welcome to participate as long as the class or program isn't full. We've had quite a few "younger" people attend art and craft classes, fitness sessions (including massage), and even trips. Just give us a call to check availability.

One of the most colorful aspects of my job is the joy of working with our volunteers. Their vibrant personalities are what makes this such a welcoming place. This month we recognize their efforts at our annual volunteer appreciation luncheon, but I want them to know they are so very much appreciated. I don't say it often enough. We couldn't do it without you!

Come in and find out why this is where you WANT to be!

Karin Canfield Moore



Earth Day Fair Saturday, April 21

Take part in this annual festival celebrating the environment and conservation efforts. The Roadrunner Van will be providing free shuttle service from the Senior Center/Library to the Common.

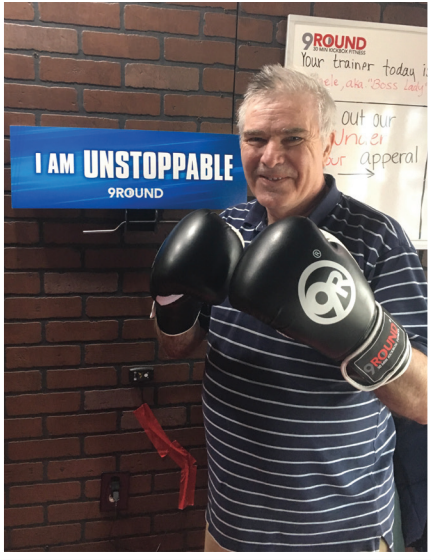
**16 Dudley Road, Townsend, MA 01469 • (978) 597-1710
www.townsend.ma.us/senior-center-council-aging**

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

Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm

This newsletter made possible through an EOE grant and our sponsors.

SENIOR SPOTLIGHT



When Wayne Gulliver began his regular visits to Townsend's Senior Center, he depended on a "walker" to steady his progress. Gradually he changed to a cane. Today he walks upright and unassisted. The journey from dependence to independence is based on an inspiring story of grit and determination.

Born in Fitchburg, Wayne lived there and in nearby towns during his married life. He and his wife have two adult children. Before being disabled he did maintenance work of various kinds.

He recalls the onset of his disease during 2016: "I just got slower and slower – like a turtle." The diagnosis that followed: Parkinson's Disease. "I was stunned," he said. "I didn't want to believe it or accept it." After a brief hospital stay, he moved on to a rehab facility. "When I left there I got a sheet of paper with a list of things I should do." He realized his whole life would change, but was given no idea where to look for help. "So I decided to become my own advocate," he states in his natural determined tone.

"So I decided to become my own advocate."

Yoga classes given in Pepperell's senior center were an early step in his search for the exercise he needed to slow Parkinson's debilitating effects. He discovered Townsend's yoga, exercise and meditation classes that he values highly. He joined a gym to use the treadmills. He walked on the bike path and around the town. And he began to feel gradual improvement.

A boxing program in Nashua has brought exciting improvement. He describes sparring and punching bag work with a sparkle in his eye. He hopes the activity could actually stimulate some reprogramming of his brain.

During his journey to better health Wayne has clung to his resolution, "I'm not going to give up!"

It surely is an inspiration to all who hear his story.

What Is Parkinson's?

Parkinson's Disease is a neurodegenerative disorder that affects predominately dopamine-producing neurons in a specific area of the brain. Symptoms generally develop slowly over years. They are different from one person to another, and include: tremor, slowness of movements, limb rigidity, and gait and balance problems.

ANNUAL SPRING CONCERT

THE HOPE COMMUNITY CHORUS DEBUTS IT'S ROCK BAND!



"We Got Rhythm!"

HOPE COMMUNITY CHORUS

Sunday, April 15 | 2pm

TOWNSEND MEETING HALL • \$2.50

The concert also features many familiar and favorite tunes:
A little bit of country, something about Mary, Joe, Leroy and Charlie. Add some sugar and zip and you'll get whole lot of toe-tapping, clapping fun!
Doors Open at 1:45

The Hope Community Chorus makes it's Rock Band debut at the April 15 concert in the Meeting Hall. The concert also features all-time familiar and favorite tunes: A little bit of country, something about Mary, Joe, Leroy and Charlie. Add some sugar and zip and you'll get whole lot of hand-clapping, toe-tapping fun!

The Hope Community Chorus was launched in 2014, when six optimistic music-minded souls signed up for the first rehearsal in the Meeting Hall on Dudley Road. In just four years the chorus has grown to 20 members, meeting throughout the year (with some seasonal breaks) every Monday.

Directed by Alice Struthers and accompanied by pianist Janet Alford they present "We Got Rhythm!," the concert you have been waiting for on April 15. Doors open at 1:45, admission is only \$2.50.

Hope Community Chorus receives generous moral and financial support from the Council on Aging and Friends of Townsend Seniors. We are forever grateful the Sterilite Corporation for the opportunity to rehearse and perform in the Meeting Hall, gifted to the town in 2009.

SPECIAL EVENTS (RSVP requested)



Preparing for Medicare **Wednesday, April 4 at 6pm**

Going through the process of changing insurance coverage may seem daunting. Learn the steps required to ensure your medical procedures are covered.



iPhone Basics

Thursday, April 5 & 12 at 10am

Cost: \$10/class

Continue to explore how to make your technology work for you! There are many uses that can help make life easier, including keeping a calendar, tracking health information, and even using a camera all on your phone!



Tai Chi at Rivercourt

Monday, April 9 at 10:30am

Take part in a morning class featuring the Chinese martial art focusing on breath and movement, practiced for its defense training and health benefits. Following the exercise, an appetizing and nutritious lunch will be served.



Estate Planning

Thursday, April 18 at 6pm

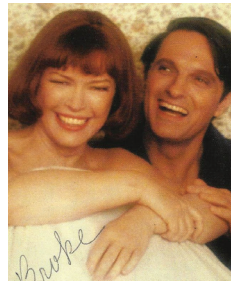
Elder Law Attorney Edward "Ted" Beasley will discuss how to protect your house and lifetime of savings from a prolonged nursing-home stay, how to avoid probate, plus strategies for passing assets safely and efficiently. Receive a copy of, "How to Protect Your Children's Inheritance from Loss to Divorce, Creditors, Addictions, Death and other Unforeseen Life Events."



Music is Love

Tuesday, April 24 at 12:30pm

Join Dawn and Dick for a musical performance full of love, laughter, and magic.



Same Time Next Year

Sunday, April 29 at 2:30pm

Cost: \$40 + meal \$

See the theatrical version of the classic movie at the Winnetoesaukee Playhouse, and enjoy a meal at Hart's Turkey Farm.

MONTHLY EVENTS

Birthday Party

Thursday, April 5, 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 11, 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 *Not My Father's Son*, by Alan Cumming.

Bach's Lunch

Thursday, April 19, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring a flute orchestra, and springtime classics. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, April 17 at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, April 13, at 10:30am

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

Bus Trip: The Museum of Russian Icons

Friday, April 27 at 10:15am

Cost: \$11

The museum inspires the appreciation and study of Russian culture by collecting and exhibiting one of the world's largest collections of Russian icons — sacred paintings used in the Orthodox tradition. Explore the special exhibit "Rushnyky: Sacred Ukrainian Textiles" to learn more about these intricately woven fabrics, used in both daily and ceremonial life.

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



2018 Valentine's Day Dinner & Dance



APRIL EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: BBQ Chicken 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge 1:00 Healthy Living Group	3 9:00 AARP Tax Sessions 10:00 Stretch & Tone 11:00 Healing Meditation 11:00 Hand & Foot 12:00 Lunch: Potato Pollack 1:30 Watercolor Messages by appt.	4 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch: Chicken Jambalaya 12:30 Woodcarving 1:00 Bingo 3:00 Reverse Glass 5:00 Quilting 6:00 BINGO 6:00 Preparing for Medicare 6:30 TOPS 7:00 Celtics vs. Toronto	5 10:00 Stretch & Tone 10:00 iPhone Class 10:30 Watercolor 12:00 Homemade Lunch and Birthday Party: Fenway Feast 1:00 Cribbage 1:30 Gentle Yoga 2:00 Red Sox vs. TB Rays	6 9:00 Quazy Quilters 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Volunteer Appreciation Lunch 12:00 Let Your Yoga Dance Manicures/Pedicures Reflexology by Appt.
9 10:00 Chair Exercise 10:30 Watercolor 10:30 Tai Chi @ Rivercourt 11:00 Chorus 12:00 Lunch: Beef Lentil Stew 12:00 Medicare Counseling 12:00 Silk Knotting Necklaces 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group	10 9:30 Needlefelting 10:00 Stretch & Tone 11:00 Healing Meditation 12:00 Lunch: Stuffed Chicken 1:00 Trivia & Jeopardy 1:30 Watercolor	11 10:00 Chair Exercise 10:30 Watercolor 11:00 Tick Talk 12:00 Lunch: Roast Pork 12:00 Well Adult Clinic 12:00 Vision Clinic 12:30 Woodcarving 1:00 Bingo 1:00 Book Club 6:00 Caregiver's Roundtable: Understanding Dementia Behaviors 6:30 TOPS Messages by appt.	12 10:00 Stretch & Tone 10:00 iPhone Class 10:30 Watercolor 12:00 Homemade Lunch: Chicken Tacos 1:00 Cribbage 1:30 Gentle Yoga Friends' Foxwoods Trip	13 9:00 Quazy Quilters 9:00 Men's Poker 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:00 Let Your Yoga Dance 12:30 Movie:Fences 1:00 Mahjong Manicures/Pedicures Reflexology by Appt. 4/15 Chorus Concert: "We've Got Rhythm"
16 Closed for Patriot's Day	17 10:00 Stretch & Tone 10:00 COA Meeting 10:00 Crafting for the Community 11:00 Hand & Foot 11:00 Chorus 11:00 Healing Meditation 12:00 Lunch: Meatloaf w/Gravy	18 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch: Broccoli Bake 12:30 Woodcarving 1:00 Bingo 1:00 Grief Support	19 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:30 Watercolor 12:00 Homemade Lunch: White Fish Sandwich 12:45 Bach's Lunch 1:30 Gentle Yoga	20 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser 12:00 Let Your Yoga Dance

	1:30 Watercolor Messages by appt.	6:00 Estate Planning 6:30 TOPS		4/21 Earth Day Fair
23 9:00 Hand Sewing 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: Meatball Grinder 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	24 10:00 Stretch & Tone 11:00 Healing Meditation 12:30 Music is Love 12:00 Nashoba Tech Lunch 1:00 Trivia & Jeopardy 1:00 Grief Support 1:30 Watercolor	25 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Salisbury Steak 12:30 Woodcarving 1:00 Bingo 4:00 Afternoon Tea 5:00 Galloping Gourmets: Markoh's on Main 6:00 Painted T-Shirts 6:30 TOPS	26 10:00 Stretch & Tone 10:30 Watercolor 1:00 Cribbage 1:30 Gentle Yoga	27 9:00 Bus Trip: Museum of Russian Icons 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:00 Let Your Yoga Dance 12:30 Movie: Ever After 1:00 Mahjong Manicules/Pedicures Reflexology by Appt. 4/28 Friends' International Dinner 4/29 Winnepesauke Theater: Same Time Next Year
30 9:00 Hand Sewing 10:00 Chair Exercise 10:30 Chorus 10:30 Watercolor 12:00 Lunch: Haddock in Lemon Vinaigrette 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge				

ARTS & CRAFTS (RSVP requested)

Knitting Group

Mondays, at 1pm (Drop In)

Watercolor Classes with Linda

Mondays, Wednesdays, & Thursdays at 10:30am; Tuesdays at 1:30pm

Please see calendar for dates

Cost: \$22/3 week class; \$30/4 week class

Reverse Glass (continued)

Wednesday, April 4 at 3pm

Cost: \$20/2 part class

Silk Knotting Necklaces

Monday, April 9 at 12pm

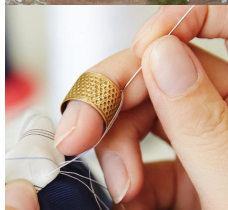
Cost: \$12

Express your creativity using Swarovski and Czech crystals and colored hematite.

Needlefelting: Landscape

Tuesday, April 10 at 9:30am

Cost: \$5



Handsewing

Monday, April 23 & 30 at 9am

Cost: \$10

Learn this art for both decorative and functional purposes.

Painted T-Shirts

Wednesday, April 25 at 6pm

Cost: \$5

Create your own wearable art

Wood Carving

Wednesdays, 12:30pm-2:30pm (Drop In)

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

Quazy Quilters Qub (Drop In)

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.

FOR FUN



Movie Matinee

Friday, April 13, at 12:30pm

Fences, with Denzel Washington and Viola Davis

Friday, April 27, at 12:30pm

Ever After, with Drew Barrymore, Anjelica Huston, and Dougray Scott



Bridge

Mondays at 1pm (No Bridge on 4/9)



Trivia & Jeopardy

Tuesday, April 10 & 24, at 1pm

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



Cribbage

Thursdays at 1pm

Cribbage Tournament

Thursday, April 19 at 9am

Hand & Foot
Tuesday,
April 3 & 17,
at 11am



Galloping Gourmets

Wednesday, April 25 at 5:30pm

Meet here, carpool (or take the bus on Wednesday nights), and the only cost is your meal. The first visit to **Markoh's on Main in Ayer** was such a hit, we're going back for the \$5 burger special!

Mahjong

Friday, April 13 & 27 at 1pm

Get together for a friendly game.

Sports Party

Wednesday, April 4 at 7pm

Celtics vs. Toronto

Join fellow fans to view your favorite sports. Please sign up so we know how many refreshments we need!

Afternoon Tea

Wednesday, April 25 at 4pm

Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Please sign up in advance, so we'll know how many party favors we need!



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.



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

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.



TOPS
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, April 2, 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 6, 13 & 27, by Appt.
Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)



Massage
Tuesday, April 3 & 17 and
Wednesday April 11; By Appt.
Cost: \$20/20 min; \$45/50 min
Chair and table massages available.

Healing Meditation
Tuesdays, April 3, 10, 17 & 24 at 11am
Get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.

Women's Conversation Group
Wednesdays, April 4 & 18 at 11am
Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

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

Vision Clinic
Wednesday, April 11, at 12pm

Hearing Clinic
Wednesday, April 18, at 10am

Grief Support
Tuesday, April 24, at 1pm



Caregiver's Roundtable:
Understanding Dementia Behaviors
Wednesday, April 11, at 6pm

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings, as the ability to utilize language is lost. However, some behaviors can present challenges for caregivers to manage. Join us as we learn to decode behavioral messages, identify common triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Presented by the Alzheimer's Association.

GROUP FITNESS

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

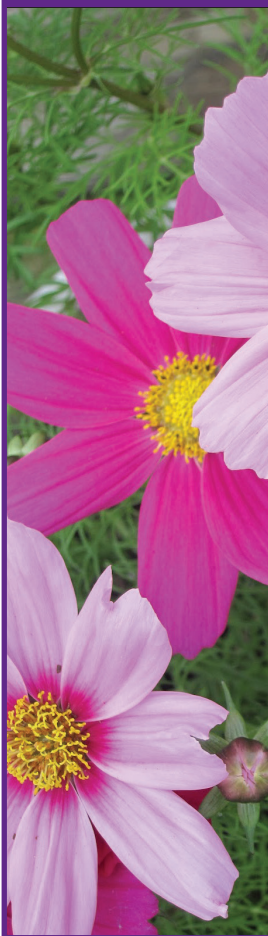
Gentle Yoga
Thursdays at 1:30pm
Cost: \$6/class

Line Dancing
Fridays 10am-11am
Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes. (No classes on 4/16)

Let Your Yoga Dance
Fridays at 12pm
Cost: \$6/class or \$20/month

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.

UP & COMING



**May Day Flower Crowns &
Traditional Maypole Dance**
Tuesday, May 1

**Bill May and His Picking
Buddies**
Thursday, May 3 at 10:30am

I Don't Cook Anymore
Monday, May 7 at 1pm

**Quilters Fieldtrip:
Fabric Place in Keene**
Monday, May 11 at 9:30am

Songbirds of New England
Thursday, May 24 at 12:30pm

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Complete the puzzle and turn it in to Katie by May 1.
Correct puzzles will be entered in a drawing!

CRIBBAGE SCORES

High Scores: Erika Roy & Margaret Fairbanks, 363
High Hand: Jane Johnson, 22

Nashoba Tech Lunch will be
taking place on April 24. The menu
will be announced.



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. **Now available Wednesday nights to run errands, come into the Caregiver Roundtable, Evening Bingo, TOPS, to pick up items at the TEO, etc.**
- 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.**



April Greetings

From the Friends of the Townsend Seniors

****To celebrate our long-awaited Spring, the Friends have planned two April events****

SATURDAY, APRIL 21st ~ EARTH DAY ON TOWNSEND COMMON

The Friends have a table at "Earth Day on the Common" Saturday, April 21st. Plans are to have membership information and to sell cookies, coffee, Upcycled shirts by Norma, and 'flea market' items. Please bake your favorite cookie recipe (pre-packaged in plastic bags for food-safe handling.) Also needed are small household items. Baked goods and flea market items may be brought by 9am to the Common on Saturday or to the Senior Center Friday, April 20th. (Earth Day rain date Sunday, April 22nd.)

SATURDAY, APRIL 28th ~ ANNUAL INTERNATIONAL DINNER 5:00-7:00 pm - Meeting Hall

The International Dinner will be held Saturday, April 28th at the Library/Senior Center Meeting Hall. The annual event is always a popular and fun evening, with a buffet serving the most delicious foods. Many dishes have an International flavor! Buffet time is 5:00-7:00 pm. Tickets are \$10 and available from Ruth Gibbs (978-597-6837) or at the Senior Center.

Save the May Dates: Thursday, May 10 ~ SPRING FOXWOODS TRIP

The next Foxwoods trip is Thursday, May 10th. Sign-up and prepaid registrations are with Ruth Gibbs (978-597-6837) or at the Senior Center. The trip cost is \$30 and open to all adults. It's a fun trip and you are invited to come with friends.

2018 WILLIAM E. MAY AWARD NOMINATION TIME IS IN MAY!

Friends of the Townsend Seniors will open the nomination time in May for the 2018 William E. May Award. It's time to think of and nominate a person(s) you believe has given of themselves to the seniors of Townsend and to the community of Townsend. Nomination details will be available at the Senior Center. If you have nominated someone in the past and they were not selected, please do consider nominating them again this year. The Dinner will be Saturday, October 20th.

-----2018 Friends of Townsend Seniors Membership-----

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!

☐ Program Development ☐ Fundraising ☐ Baking ☐ Recruiting volunteers. ☐ Other

The Friends meet at 4 pm, on the first Monday of every month in the Senior Center – please join us to explain your "other."

Name: _____

Mailing Address: _____

Phone: (H) _____ **(Cell)** _____

Email: _____