

# Silver Threads

TOWNSEND SENIOR CENTER

## From the Desk of the Director -

When I was at Lackland AFB for my son's graduation from basic training last month, I was touched by all the people, young and old that took the time to thank him for his service. It was interesting to see his reaction. At one point he turned to me and said, "But I haven't done anything yet." To which I replied, "You volunteered."

There is so much to be said for the correlation between volunteerism and service. This led me to look up the definition of service.

*Dictionary result for service (Noun):*

*the action of helping or doing work for someone. "millions are involved in voluntary service"*

*Synonyms: act of assistance, good turn, favor, kindness, helping hand, assistance, help, aid, offices, ministrations*  
*"he has done us a great service"*

As you can see it specifically mentions voluntary service.

At the Townsend Senior Center April means Volunteer Appreciation Month. I can't even begin to tell you how much we depend on our volunteers to keep the Senior Center running at its prime. From the bottom of my heart; thank you for your service!

On another note, we are currently in need of a few more of you at the reception desk, in the kitchen, and for general programs. Please come in or call Donna Fenton if you can spare a couple of hours a week or month to give us a hand.

In the meantime, turn the page and see what we can offer YOU! Then come on in to find out why this is where you WANT to be.

**Karin**



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

**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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## SPECIAL EVENTS (RSVP requested)



**Winter Walking (Indoors)**  
**Tuesdays and Thursdays in April at 12:30pm** Join our indoor group, with planned routes and optional circuit training. Canes and walkers welcome!



**Smartphone Help Sessions**  
**Wednesdays, April 3 and 17 at 4pm** Bring your questions related to operating your iPhone, tablet or Android. Volunteers are here to help!



**Jam Session**  
**Thursdays at 1pm** Can you feel music in your bones? Are you a cat that needs to groove? Let's see what sounds we can make!



**Volunteer Appreciation Lunch**  
**Friday, April 5 at 12pm** Calling all volunteers! Without your time and talents, our Senior Center could not be "the place you WANT to be." Volunteers are invited to attend this lunch and speaker event.



**TED Talk: Life's Third Act**  
**Tuesday, April 9 at 11am** Within this generation, an extra 30 years have been added to our life expectancy. These years aren't just a footnote. Jane Fonda asks how we can re-imagine this new phase of our lives. Watch this short video & discuss as a group afterwards!



**NMRHS Senior Appreciation Breakfast & Concert**  
**Wednesday, April 10 at 8am** NMRHS Student Council hosts a breakfast and concert by our award-winning band and choral students. Space is limited; sign-up required.



**Tick Talk**  
**Wednesday, April 10 at 11am** Learn about tick-borne illnesses and personal protection tips to prevent disease. The nurse teach how to identify and remove ticks safely, and will review the steps a person should take if bitten by a tick.



**Pickleball**  
**Wednesday, April 24 at 4pm**  
**Cost: \$15 (transportation and court rental)** Think tennis on a smaller court... a fun workout that's easier on your knees!



**Brain Health Workshop**  
**Thursday, April 25 at 10am** Experts at Cogniciti will lead us through a brief Brain Health Assessment and provide take-home feedback that helps proactively manage brain health.

## MONTHLY EVENTS

**Birthday Party**  
**Thursday, April 4 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 10 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 *Tango Lessons* by Meghan Flaherty

**Genealogy Club with Dwight Fitch**  
**Friday, April 12 at 10:30am** Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.



**Bus Trip: MEN ONLY!!**  
**Shave and a Haircut... Then Lunch!**  
**Friday, April 19 at 10am**  
**Cost: \$3.50 plus your lunch** The Alexander Academy in Lunenburg has generously offered a free shave and haircut for us, the only cost is your lunch afterwards at Slattery's!

**Galloping Gourmets: Markoh's on Main**  
**Wednesday, April 17 at 5:30pm**  
**Cost: \$3.50 plus the cost of your meal** Join others looking to try a new or different restaurant, without the hassle of driving! By request, we're headed back to Markoh's on Main in Ayer for their amazing \$5 burger special!

**Council on Aging Board Meeting**  
**Tuesday, April 16 at 10am**  
Visitors are welcome.

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

# Community Happenings



## Stay Safe and Responsible During Alcohol Awareness Month

Source: Megan Ray, for Sunrise Seniot Living

Few things can be more relaxing on a warm spring evening than enjoying a cold beer or nice glass of wine with friends. With April being Alcohol Awareness Month, the National Council of Alcohol and Drug Dependency is encouraging people of all ages to educate themselves about safe alcohol consumption, as well as the dangers and warning signs of potential alcohol abuse, as part of a healthy senior living lifestyle.

### Alcohol and the senior body

Many seniors are no strangers to social drinking, enjoying alcohol regularly or semi-regularly for much of their adult lives. You may have lots of experience from decades of responsible alcohol consumption, but there are factors that may influence how you react to your favorite spirits you may not be aware of, simply because they are unique to seniors. The National Health Institute reports that due to slowing metabolisms and a reduced amount of water in the body, alcohol tolerance tends to drop as you age, increasing the severity of the effects of alcohol & reducing the amount of time they take to set in.



Another thing to take into account is how alcohol may react with various medications. Many popular over-the-counter medications such as aspirin, antihistamines, and Tylenol can cause ulcers, drowsiness and liver damage. These effects may be negligible with responsible use, but can be exacerbated when combined with alcohol. Mixing alcohol with prescription medication can have more severe effects. If you have a prescription, it's imperative that you monitor your drinking and check with your doctor to ensure you aren't heading for a harmful reaction.

### Potential risks of senior drinking

Being older and more experienced doesn't constitute an exemption from the dangers of potential alcohol dependency. In fact, seniors are privy to unique life circumstances that can actually be catalysts to developing problematic drinking. According to NIH, retirement and idleness, disability or chronic pain, difficulty sleeping or even loss of a spouse or loved one are all potential risk factors for developing alcoholism. It may seem like alcohol addiction is a younger person's ailment, but that is a common myth. A study reported by West Virginia University found that out of those seeking treatment for alcoholism over 65, 41 percent of them didn't develop problems drinking until after the age of 60. If you're affected by any of these factors, it's important to be extra vigilant in keeping track of your drinking habits, as well as to pay attention to concerns from family and friends, to ensure that your enjoyment of alcohol stays a source of recreation and relaxation instead of one of potential strife for you and those around you.



# Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

4				2				
		2		7				
		5	4					1
1				9	5	4		7
	7		6			2		
							3	5
6				5				3
		3			2	1		4
		7			1			

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DIFFICULTY: ★★★☆☆

## In the Building:

### From Tree To Chair: Crafting 18th Century Windsor Chairs Sunday, April 7 at 3pm

Join woodworker Patrick Perkins as he shares his knowledge and experience designing and building Windsor chairs.



## PROGRAM SPOTLIGHT: MAHJONG

Did you know we play Mahjong every Friday at 1pm?  
What is Mahjong, anyway? Let's learn to play mahjong together!

In April, we'll be watching helpful "learn to play" videos for about 20 minutes before putting our new knowledge into play! All are welcome!



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**CONTACT**

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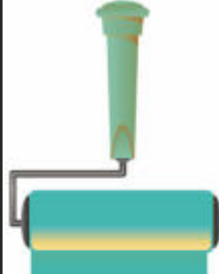
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# April 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:30 Gentle Yoga 10:00 Chair Exercise <b>10:00 Stamp Collecting</b> 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:45 Qi Gong <b>1:00 Healthy Living Group</b> 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group <b>2:00 Wii Bowling (Open to all)</b>	<b>2</b> <b>9:00 AARP Tax Assistance</b> 10:00 Stretch & Tone 11:00 Canasta 12:00 Lunch 12:30 Winter Walking 1:00 Flute 1:00 Trivia & Jeopardy 1:30 Watercolor <b>Message by appt.</b>	<b>3</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 1:00 Bingo 1:00 Knitting Group 3:00 Chair Exercise <b>4:00 Smartphone Help</b> <b>5:00 Evening Quilting</b> <b>6:00 Friends Meeting</b> <b>6:30 T.O.P.S.</b> <b>6:30 Tai Chi at TCC</b> <b>Message by appt.</b>	<b>4</b> 10:00 Stretch & Tone 10:30 Watercolor <b>11:00 Wii Bowling (Open to all)</b> 12:00 Lunch & Birthday Party 12:30 Winter Walking <b>1:00 Chronic Disease Self-Management Course</b> 1:00 Cribbage <b>1:00 Jam Session</b> 1:30 Chair Yoga	<b>5</b> 9:00 Quazy Quilters 10:00 Chair Exercise 11:00 Women's Meditation <b>12:00 Volunteer Luncheon</b> 1:00 Mahjong <b>Manicures/Pedicures/Reflexology by appointment</b>
<b>8</b> 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch <b>12:00 Medicare Counseling</b> 12:45 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group <b>2:00 Wii Bowling (Open to all)</b>	<b>9</b> 10:00 Stretch & Tone <b>11:00 TED Talk: Life's Third Act</b> 11:00 Canasta 12:00 Lunch 12:30 Winter Walking 1:00 Flute 1:30 Watercolor <b>Message by appt.</b>	<b>10</b> <b>8:00 Senior Appreciation Breakfast and Concert</b> 10:00 Chair Exercise 10:30 Watercolor <b>11:00 Women's Conversation</b> <b>11:00 Tick Talk</b> <b>12:00 Well Adult Clinic</b> 12:00 Lunch 12:30 Woodworking <b>1:00 Book Club</b> 1:00 Bingo 1:00 Knitting Group 3:00 Chair Exercise <b>4:00 Game Night</b> <b>6:30 T.O.P.S.</b> <b>6:30 Tai Chi at TCC</b>	<b>11</b> 10:00 Stretch & Tone 10:30 Watercolor <b>11:00 Wii Bowling (Open to all)</b> 12:30 Winter Walking 12:00 Lunch: Easter Special <b>1:00 Chronic Disease Self-Management Course</b> 1:00 Cribbage <b>1:00 Jam Session</b> 1:30 Chair Yoga	<b>12</b> 9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble <b>10:30 Genealogy</b> 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar <b>12:30 Movie: Big Fish</b> 1:00 Mahjong <b>Manicures/Pedicures/Reflexology by appointment</b>
<b>15</b> Closed for Patriot's Day	<b>16</b> 10:00 Stretch & Tone <b>10:00 COA Meeting</b> 11:00 Canasta 12:00 Lunch 12:30 Winter Walking 1:00 Trivia & Jeopardy 1:00 Flute 1:30 Watercolor	<b>17</b> 10:00 Chair Exercise <b>10:00 Hearing Clinic</b> 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 1:00 Bingo 1:00 Knitting Group 3:00 Chair Exercise <b>3:00 Wire Wrapped Hearts</b>	<b>18</b> <b>9:00 Cribbage Tournament</b> 10:00 Stretch & Tone 10:30 Watercolor <b>11:00 Wii Bowling (Open to all)</b> 12:00 Lunch 12:30 Winter Walking <b>12:45 Travel Talk</b> <b>1:00 Chronic Disease Self-Management Course</b>	<b>19</b> 9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise <b>10:00 Bus Trip: Men Only!</b> 11:00 Women's Meditation 11:00 Line Dancing (intermediate) 12:00 Lunch: Soup/Salad Bar <b>12:00 Hairdresser</b>

					<p><b>1:00 Wet Felted Morning</b></p> <p><b>Glories</b></p> <p><b>1:00 Jam Session</b></p> <p><b>1:30 Chair Yoga</b></p>	<p><b>1:00 Mahjong</b></p>
<p><b>22</b></p> <p>9:30 Gentle Yoga</p> <p>10:00 Chair Exercise</p> <p><b>10:00 Stamp Collecting</b></p> <p>10:30 Watercolor</p> <p>11:00 Chorus</p> <p>12:00 Lunch</p> <p>12:45 Qi Gong</p> <p>1:00 Rummikub</p> <p>1:00 Wii Bowling (League)</p> <p>1:00 Knitting Group</p> <p><b>1:00 Diabetes Wellness Group</b></p> <p><b>2:00 Wii Bowling (Open to all)</b></p>	<p><b>23</b></p> <p>10:00 Stretch &amp; Tone</p> <p>11:00 Canasta</p> <p>12:00 Lunch</p> <p>12:30 Winter Walking</p> <p>1:00 Flute</p> <p>1:30 Watercolor</p> <p><b>Message by appt.</b></p>		<p><b>24</b></p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p><b>11:00 Women's Conversation</b></p> <p>12:00 Lunch</p> <p>12:30 Woodworking</p> <p>1:00 Bingo</p> <p>1:00 Knitting Group</p> <p><b>3:00 Color Wheel</b></p> <p>3:00 Chair Exercise</p> <p><b>4:00 Game Night</b></p> <p><b>4:30 Pickleball</b></p> <p><b>5:00 Evening Quilting</b></p> <p><b>6:30 T.O.P.S.</b></p> <p><b>6:30 Tai Chi at TCC</b></p>	<p><b>25</b></p> <p>10:00 Stretch &amp; Tone</p> <p><b>10:00 Brain Health Workshop</b></p> <p>10:30 Watercolor</p> <p><b>11:00 Wii Bowling (Open to all)</b></p> <p>12:00 Lunch</p> <p>12:30 Winter Walking</p> <p>1:00 Cribbage</p> <p><b>1:00 Jam Session</b></p> <p>1:30 Chair Yoga</p>	<p><b>26</b></p> <p>9:00 Quazy Quilters</p> <p>9:30 Line Dancing (beginner)</p> <p>10:00 Line Dancing (improver)</p> <p>10:00 Chair Exercise</p> <p>10:00 Scrabble</p> <p>11:00 Line Dancing (intermediate)</p> <p>11:00 Women's Meditation</p> <p>12:00 Lunch: Soup/Salad Bar</p> <p><b>12:30 Movie: <i>Memoirs of A Geisha</i></b></p> <p>1:00 Mahjong</p> <p><b>Manicures/Pedicures/Reflexology by appointment</b></p> <p><b>4/27 Earth Day Festival</b></p>	
<p><b>29</b></p> <p><b>9:30 Joint Health Yoga</b></p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Chorus</p> <p>12:00 Lunch</p> <p>12:45 Qi Gong</p> <p><b>1:00 Tape Loom Weaving</b></p> <p>1:00 Rummikub</p> <p>1:00 Wii Bowling (League)</p> <p>1:00 Knitting Group</p> <p><b>2:00 Wii Bowling (Open to all)</b></p>	<p><b>30</b></p> <p>10:00 Stretch &amp; Tone</p> <p>11:00 Canasta</p> <p>12:00 Lunch</p> <p>12:30 Winter Walking</p> <p>1:00 Flute</p> <p>1:30 Watercolor</p> <p><b>Message by appt.</b></p>				<p>Many thanks to Gables of Fitchburg and Stewart's Florist for sponsoring our monthly birthday lunches!</p>	

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## ARTS & CRAFTS



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



**Woodworking**  
Wednesdays, 12:30pm-2:30pm  
(Drop In) Try something new!  
Experienced carvers & burners available to assist those new to the craft.



**Evening Quazy Quilters Qub**  
First and Third Wednesday of the month at 5pm (Drop In)  
No quips about it! Sewing machines, fabric, and ideas available, or bring your own. Fellow quilters will assist in piecing things together.



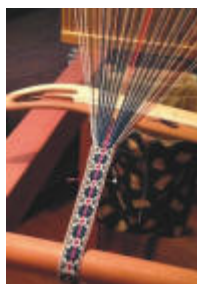
**Wire Wrapped Heart Pendant**  
Wednesday, April 17 at 3pm  
Cost: \$7.00  
Create a necklace finished with leather cord.



**Wet Felted Morning Glories**  
Thursday, April 18 at 1pm  
Cost: \$3.00  
Use raw wool and water to make a bouquet of spring flowers!



**Watercolor Classes**  
Mondays Series (10:30am):  
April 1, 8, 22, 29 (no class 4/15)  
Tuesday Series (1:30pm):  
April 2, 9, 16, 23 (no class 4/30)  
Wednesday Series (10:30am):  
April 3, 10, 17, 24  
Thursday Series (10:30am):  
April 4, 11, 18, 25  
Cost: \$22/3 week class; \$30/4 week class



**Tape Loom Weaving**  
Monday, April 29 at 1pm  
Cost: \$2.00  
Learn to use this simple, portable, centuries-old technique for weaving narrow bands of fabric into functional and beautiful pieces!

Sponsored by  
RiverCourt



**Color Wheel**  
Wednesday, April 24 at 3pm  
Cost: \$6.00  
Learn to mix every possible color using just the three primary colors!



**Stamp Collecting**  
Mondays, April 1 & 22 at 10am  
Learn more about this popular pastime, beginners and lifelong enthusiasts welcome!

## JUST FOR FUN



**Movie Matinee**  
Friday, April 12 at 12:30pm  
*Big Fish*  
Friday, April 26 at 12:30pm  
*Memoirs of a Geisha*



**Joint Health Yoga**  
Monday, April 29 at 9:30am  
Cost: \$6.00  
No prior yoga experience required! This low impact and gentle joint focused class will help improve flexibility and balance, decrease discomfort of a stiff body, and improve recovery from stumbles.



**Rummikub**  
Mondays at 1pm



**Trivia & Jeopardy**  
Tuesdays, April 2 and 16 at 1pm



**Cribbage**  
Thursdays at 1pm, except when there is a...Cribbage Tournament  
Thursday, April 18 at 9am  
Lessons on Thursdays at 11am



**Wii Bowling for ALL!**  
Mondays at 2pm and  
Thursdays at 11am



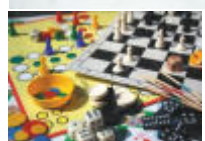
**Mahjong**  
Fridays, April 5, 12, 19, 26 at 1pm



**Native American Flute Lessons**  
Tuesdays at 1pm  
Cost: \$40 for 4 week sessions



**Canasta**  
Tuesdays, April 2, 9, 16, 23, 30 at 11am



**Intergenerational Game Night**  
Wednesdays, April 10 & 24 at 4pm  
We've got two students who want to play traditional board games. Come one, come all!



**Hope Community Chorus**  
Mondays at 11am



**Scrabble**  
April 12 and 26 at 10am





**Women's Meditation Group**  
Fridays at 11am



**Qi-Gong**  
Mondays, at 12:45pm  
Cost: \$5/class

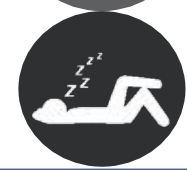
Qi Gong is a gentle, soothing form of exercise excellent for seniors. It is also effective in improving balance, relieving pain, encouraging mobility and reducing stress.



**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, April 1 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**  
Friday, April 5, 12, 26 by Appt.  
Cost: Reflexology (\$25/half hr.);  
Manicure (\$15); Pedicure (\$22)

**Massage**  
Tuesdays (April 2, 9, 16, 23, 30) and  
Wednesdays (April 3 & 24)  
By Appt.  
\$45/50 min

**Women's Conversation Group**  
Wednesdays, April 10 & 24 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**  
Monday, April 22 at 1pm

**Board of Health Talk: Tick Talk**  
Wednesday, April 10 at 11am  
Your public health nurses from Nashoba Board of Health will lead a discussion about timely health promotion topics.

**Well Adult Clinic**  
Wednesday, April 10 at 12pm  
BP screening, glucose check, general health and first aid.

**Hearing Clinic**  
Wednesday, April 17 at 10am

**Evening Tai Chi for adults of all ages**  
(at the Townsend Congregational Church)  
Wednesdays, 6:30 –8pm Cost: \$10

**Earth Day** is on April 27, 2019 from 10-3 P.M. on the Townsend Common. The theme this year is "Our Squannacook River." Come meet over 100 vendors/crafters/non-profit groups. Visit with animals, buy some food and watch the all day entertainment! The Roadrunner will provide transportation to/from the Earth Day Festival.

## UP & COMING

- May 1:** Kumihimo Necklaces with Snap-On Charms
- May 9:** Ms. Massachusetts Sings Patriotic Songs  
*Sponsored by the Townsend Cultural Council*
- May 15:** Sock Hop Dance with live music by R&R Oldies
- May 24:** Majesty and Mystery of Crop Circles  
*Sponsored by the Townsend Cultural Council*
- TBD:** Fashion Show  
*Sponsored by the Service Learning Group*

## GROUP FITNESS

**Chair Exercise**  
Mondays, Wednesdays, & Fridays at 10am  
Wednesdays at 3 pm  
Exercise through video instruction.

**Stretch & Tone**  
Tuesdays & Thursdays at 10am  
Cost: \$20/4 classes; \$35/8 weeks; \$7/drop in

**Gentle Yoga with Patsy**  
Mondays at 9:30am Cost: \$6/class

**Chair Yoga with Carin**  
Thursdays at 1:30pm Cost: \$6/class

**Line Dancing**  
Fridays; Cost: \$5/class or \$7 for both/all  
Beginner: 9:30—10:00am  
Improver: 10:00am –11:00am  
Advanced class continues until 11:30

No Class  
April  
5th

**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.*

## Summer Fun

K E G E R B T S L A V I T S E F S S S S  
 C D N A T I N I G S L A D N A S S U C G  
 O A I A A K G N Q T O H N E R S N N W O  
 L N H A E I I N R U B N U S E G L S A D  
 B O S F H N H G T O A T A S L G S H T T  
 N M I S E G N O E K E L O A K E N I E O  
 U E F D M I F N K O T R S N N L O N R H  
 S L R A L R I O R O D S I N I T I E M D  
 E A C L R B O I A C E R D S R S L S E P  
 G U I A R O A T M S C R E B P A E T L S  
 R R N G R A E A S O I N N B S C D R O O  
 G I C B N T I C R R T F A B B D N A N T  
 E N I E I I I A E N E S I E N N A W R I  
 E O P R T N P V M O E D A R D A D B S U  
 M D C R I G G M R B T C N J E S L E C Q  
 L E S U M M E R A O H T T U U F L R C S  
 S P O L F P I L F C G O L F H N L R U O  
 E P O O L L L G N I L E V A R T E I U M  
 U E E R A T R I C E C R E A M S L E E P  
 S R E W O L F N E U C E B R A B D S D S

### Word List:

BARBECUE  
 BOATING  
 FARMERS MARKET  
 FLIPPLOPS  
 GRILLING  
 ICED TEA  
 PICNIC  
 SAND CASTLE  
 SUNBLOCK  
 THUNDERSTORMS

BASEBALL  
 CAMPING  
 FESTIVALS  
 FLOWERS  
 BEAT  
 JUNE  
 POOL  
 SPRINKLER  
 SUNBURN  
 TRAVELING

BEACH  
 COCKROTS  
 FIREFLIES  
 GARDENING  
 HOT DOGS  
 LEMONADE  
 ROSES  
 STRAWBERRIES  
 SUNGLASSES  
 VACATION

BIKING  
 DANDELIONS  
 FISHING  
 GOLF  
 ICE CREAM  
 MOSQUITOS  
 SANDALS  
 SUMMER  
 SUNSHINE  
 WATERMELON

## April Fun Facts

**April 1, 1976**—The computer company Apple, Inc. was founded by Steve Jobs, Steve Wozniak, and Ronald Wayne.

**April 8, 1974**—Hank Aaron hit his 715th home run, breaking Babe Ruth's record.

**April 16, 1964**—The Rolling Stones released their self-titled debut album.

**April 19, 1956**—Actress Grace Kelly became Princess Grace of Monaco when she married Prince Ranier III of Monaco.

**April 20, 1912**—Fenway Park opened as the home of the Boston Red Sox.

**April 27, 1989**—Student protesters took over Tiananmen Square in Beijing.

**April 28, 1967**—Citing religious beliefs, Muhammed Ali refused induction into the U.S. Army and was stripped of his boxing title.

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

*Rena Duncklee*

## ROAD RUNNER BUS SCHEDULE \*\*

Schedule all appointments by calling 978-597-1710

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

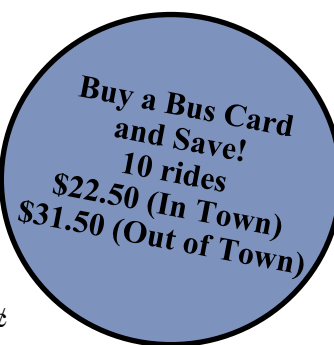
### DESTINATIONS:

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

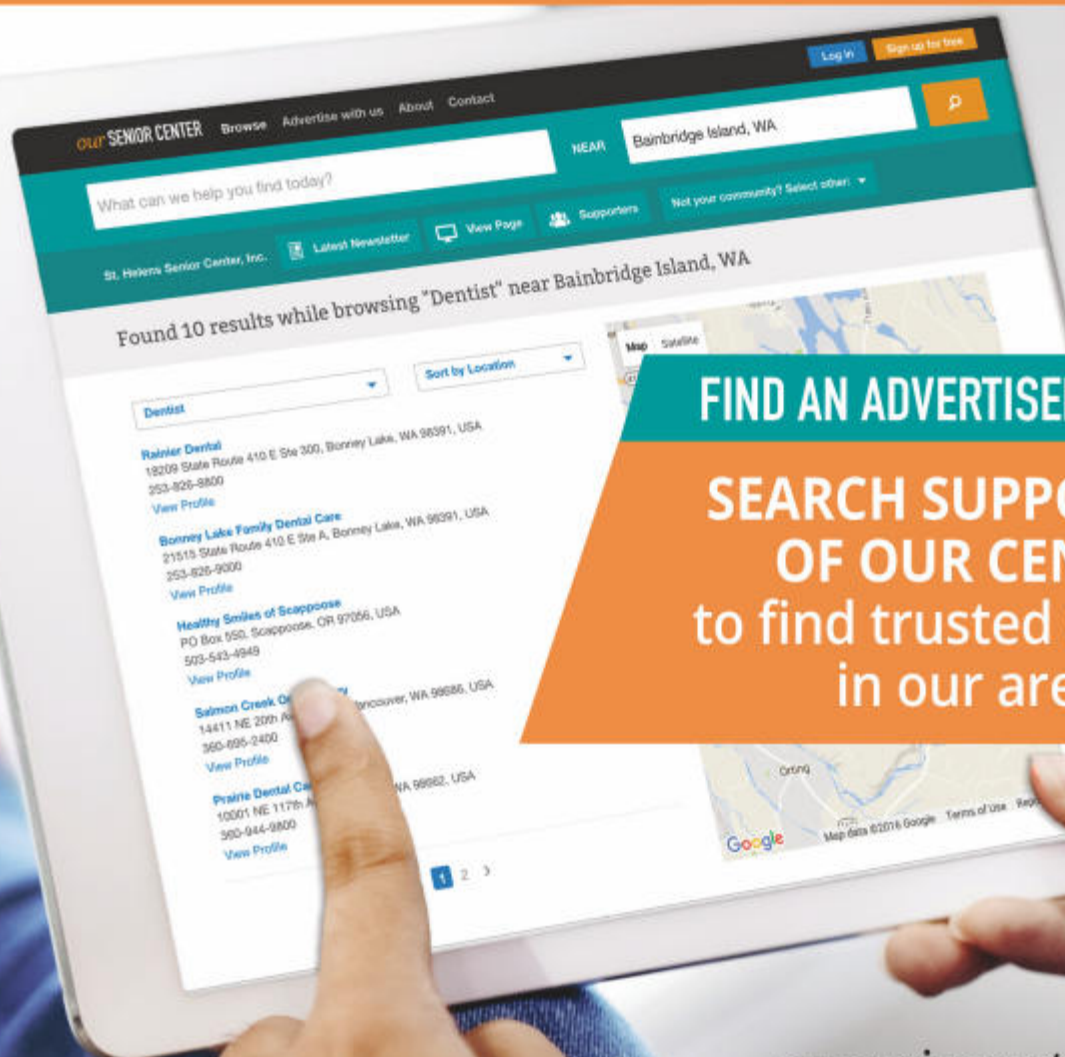
\*\*Occasionally, Senior Center day trips may alter this schedule.





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### "SHINE'S 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)**

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



### Senior Center Facts

- The average age of our senior center patrons is 74.5 years (not as old as you think, eh?)
- Over 60 patrons a day walk through our doors

#### **Last year...**

- Fifty-two (52) volunteers worked 3,957.34 hours, the equivalent of \$47,617.79
- We served 4,755 meals
- We transported 476 patrons on a total of 2640 doctor appointments, errands, trips, etc.
- The Roadrunner van drove 16,449 miles

### Calling all BOWLERS!

We're hoping to expand our Wii Bowling program (video game bowling)! We already have one team in place, but are looking for two more. Open times include Monday 2-3pm and Thursday 11am—noon. Scores will be posted in the newsletter each month!

### CRIBBAGE CORNER

#### High Score:

Bill Clement, 349

## FRIENDS OF THE TOWNSEND SENIORS

**The next meeting of the Friends is Wednesday,  
April 3 at 6pm at the Senior Center.**

Board Members: Peter Buxton, Donna Miller, Ruth Gibbs, Priscilla Buck, Glenda Profit, Tubby Boucher, Gini King, and Barbara Matthes.

**Who are we? Founded in 2000, we are volunteer  
senior citizen advocates serving 26% of  
Townsend's population!**

*We are committed to supporting the Senior  
Center by contributing volunteer hours,  
activities and resources to maintain the Centers'  
excellence. We fundraise to expand and enhance  
programming, education, arts and entertainment,  
travel opportunities, technology and furnishings.*



**WANT TO KNOW MORE?**

**WANT TO JOIN?**

**EARTH DAY, SATURDAY, APRIL 27**

**Visit our table on the Town**

**Common 10am - 3 pm**

### **--BE A FRIEND OF THE FRIENDS**

☐ \$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.**