

# SILVER THREADS

## TENTATIVE

Vol 7 No 10 April 2021

TOWNSEND SENIOR CENTER

### From the Desk of the Director -

Well, have we turned a corner? Are we on our way toward a new normal?

As you will see in this month's edition, we are carefully bringing programs back into the Senior Center. We will be making gradual additions to our programs in-house and be adding others outdoors as the weather allows.

Patrons will be required to sign up for all activities in advance. Please do not bring in any food, but water in a closed container is acceptable. Also, we ask that you enter through the front doors and leave the building through the Meeting Hall doors at the conclusion of your program. All COVID-19 protocol will remain in place including six-foot distancing, limited program capacity, and the requirement of wearing a mask while in the building or participating in a program.

We are all anxious to be running at full capacity again, but the last thing we want is to have to cut things back again. Besides, as the summer progresses, you may see some changes around here. Stay tuned...

In the meantime, we are, ♪♪ ♪♪ "Back in the saddle again. Out where a friend is a friend..." ♪♪ ♪♪

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, Outreach Coordinator  
Susan Dejniak, 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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# Drive Thru Lunch



**RESERVATIONS REQUIRED 48 hours in advance**  
Call 978-597-1710 to sign-up. Suggested \$3.00 donation

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef & Pea Pods	2
5 Chicken & Rice Bake	6	7 Chicken Picatta	8 Mac & Cheese	9
12 Macaroni & Cheese	13	14 Sloppy Joe	15 Sweet & Sour Chicken	16
19 CLOSED—No Meal	20	21 Chicken Parmesan	22 Meatloaf	23
26 Lasagna	27	28 Turkey Corn Stew	29 Meatball Sub	30

**\*\*Monday and Wednesday meals provided by MOC; Thursday meals homemade by Donna**

## 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.

## **GREAT KNEADS NAILS AND REFLEXOLOGY**

Dear Patrons,

Covid has changed our lives in so many ways it is hard to imagine. With Senior Center closings having lasted nearly a year, it is with a heavy heart that I have had to make the decision to take a job back in the corporate world.

I want to thank all of you who have been so loyal these past years, We have had a lot of laughs and fun together.

I will miss you all dearly!

Be well and stay safe.

Veronica Thompson



## **Senior Center Robo-Calls**

Are you missing our calls with updates on COVID, event RSVPs, etc? These calls are generated by MySeniorCenter & come from (617) 993-0263. You can add this number as a contact into your cell phone!

## **Important Phone Numbers**

**COVID-19 Updates:** Dial 211, then:

Symptoms & Testing x26

Financial Resources x21

Emotional Support or Suicide Hotline x25

## **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

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

# Programs Inside the Building

*RSVP required for ALL programs*

## For Your Health

*Space is limited; **RSVP required for ALL programs.***

### Hairdresser

Friday, April 16 by appointment.

### Hearing Clinic

Wednesday, April 21 by appointment.

### Medicare Counseling

April 14 by appointment. SHINE assistance enrolling in Medicare, choosing a plan, etc.

### TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

## For Fun

*Space is limited; **RSVP required for ALL programs.***

### Women's Conversation

Tuesdays April 6 & 20 at 11am.

### Trivia

Tuesdays, April 6 & 20 at 1pm. No charge

### Women's Meditation

Thursdays at 11am. RSVP Required.

### Bingo

Wednesdays at 1pm. No charge.

### Tech Help

Learn to use popular programs including Zoom, Paypal, Gmail, Facebook, etc. Wednesdays and Thursdays by appointment. No charge.

## Special Events *RSVP required for ALL programs*

**Warriors, Queens & Intellectuals: 36 Great Women before 1400** This weekly *Great Courses* series will feature a new woman of note every week. April 6: Julia Disobeys Emperor Augustus; April 13: Herodias has John the Baptist Beheaded; April 20: The Trung Sisters of Vietnam Fight the Han; April 27: Boudicca Attacks the Romans

### Virtual Tea Party

Tuesday, April 13. Drop by the Senior Center at 10am to pick up your Tea Party bag, then join us on Zoom at 2pm to enjoy your treats and visit with friends!

### Super Foods

Thursday, April 15 at 10am. Food for Thought: Superfoods to Boost Memory, Mood and Mental Functioning Can't remember where you left the keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood. *Offered by Blue Cross Blue Shield. You do not need to have their insurance to participate.*

## Virtual Programs *RSVP required for ALL programs*

How do virtual classes work? To sign up, call the Senior Center (978-597-1710). We'll email you a link to join.

**Native American Flute** Fridays at 2pm, \$40 per month

**Dementia Nurse Consultation** (Via phone, or Zoom) Thursday, April 8 by appt. First meeting free.

**Talk of the Town** Thursday, April 8 at 10:30am on Cable Channel 9 AND Zoom. Speak with one of the Selectmen to hear the latest town news, share your thoughts, concerns, and ideas about Senior issues. (This is NOT a Selectmen's Meeting)

**Writing Group** Friday, April 2 at 2pm. This group discusses writing styles, offers friendly critiques, & suggests a subject for a writing task for the next meeting. All welcome!

**Genealogy** Friday, April 9 at 10:30am via Zoom (no charge)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Key:</b> Onsite Programs Zoom Programs Cable Programs Phone Programs				
				
			<b>1</b>  9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 12:00 Donna's Diner	<b>2</b>  10:00 Chair Exercise 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Writing Group 2:00 Flute Lessons
<b>5</b>  9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch	<b>6</b>  10:00 Yoga with Patsy 11:00 Women's Conversation 1:00 Trivia 1:30 Intermediate Chair Yoga 2:30 Great Women	<b>7</b>  9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 3:00 Watercolor 6:30 TOPS	<b>8</b>  9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 10:00 Dementia Nurse Consultation 10:30 Talk of the Town 12:00 Donna's Diner	<b>9</b>  10:00 Chair Exercise 10:30 Genealogy 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
<b>12</b>  9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch	<b>13</b>  9:30 Felted Bookmarks 10:00 Yoga with Patsy 10:00 Tea Party Bag Pickup 1:30 Intermediate Chair Yoga 2:00 Tea Party 2:30 Great Women	<b>14</b>  9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 3:00 Watercolor 6:30 TOPS  SHINE Medicare Counseling	<b>15</b>  9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 10:00 Super Foods 12:00 Donna's Diner	<b>16</b>  10:00 Chair Exercise 11:00 Women's Meditation 12:00 Hairdresser 12:00 Quazy Quilters 2:00 Flute Lessons
<b>19</b>  <b>CLOSED</b>	<b>20</b>  10:00 Yoga with Patsy 11:00 Women's Conversation 1:00 Trivia 1:30 Intermediate Chair Yoga 2:30 Great Women	<b>21</b>  9:30 Senior Fitness 10:00 Chair Exercise 10:00 Hearing Clinic 12:00 MOC Lunch 1:00 Bingo 3:00 Watercolor 6:30 TOPS	<b>22</b>  9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Yoga with Patsy 12:00 Donna's Diner	<b>23</b>  10:00 Chair Exercise 11:00 Women's Meditation 12:00 Quazy Quilters 2:00 Flute Lessons
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## Fitness & Exercise RSVP Required for ALL Programs

### Gentle Yoga with Patsy

Tuesdays and Thursdays at 10am on Cable Channel 9, and available anytime on YouTube, donation appreciated

### Chair Exercise

Mondays and Fridays at 10am in the Meeting Hall.  
Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9.

### Senior Fitness with Stephanie

Wednesdays at 9:30am in the Meeting Hall, \$20 per month  
Mondays and Thursdays at 9:30am via Zoom, \$20 per month

### Chair Yoga with Carin

Beginner: Mondays at 11:30am in the Meeting Hall; \$5 per class  
Intermediate: Tuesdays at 1:30pm and Thursdays at 9:30am via Zoom; \$5 per class

**Many thanks to the organizations that have been so supportive of the Senior Center during the pandemic:**

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



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emailed to you at

[www.ourseniorcenter.com](http://www.ourseniorcenter.com)





## **COVID-19 Information**

*\*\*Current as of 3/15/21, but information is updating rapidly! We will send out updates as we receive them.*

**If you are eligible to receive a COVID-19 vaccination, you have THREE options to secure an appointment:**

1. Mass Vaccination Sites: You can preregister for an appointment at one of the 7 mass vaccination site at: [mass.gov/COVIDvaccine](https://mass.gov/COVIDvaccine)
2. Public Vaccine Sites: Vaccines are being offered at 170 public sites and can be scheduled at [vaxfinder.mass.gov](https://vaxfinder.mass.gov)
3. Call 211 to schedule your appointment

If you are having trouble navigating the process, call us! We will walk you through it!

### **Online Resources to Explore**



**Lifetime Connections Without Walls** is a telephone-based activities program that provides opportunities for older adults to connect with others in their community and across the country. We offer social and educational sessions, friendly conversation, and support groups - all over the phone - all from the comfort of home. LCWW is a program of Family Eldercare, a nonprofit agency serving older adults in Austin, Texas.



**DOROT** is a nonprofit organization addressing the challenged of an aging population, delivering diverse range of programs and services to the seniors of New York City & beyond.



**Senior Planet** offers courses, programs, and activities to help seniors learn new skills, get in shape, and save money. You'll find zoom classes on many different topics. Explore all the options at [www.seniorplanet.org](https://www.seniorplanet.org)



**TechBoomers** provides free courses, step-by-step tutorials and informational articles that can help you learn anything and everything about the Internet's most popular websites and apps. Visit [www.techboomers.com](https://www.techboomers.com) to learn more.

### **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.

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

Name: \_\_\_\_\_ Mailing Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

To learn more about the Friends - our mission, membership and reorganization plans contact:  
[friendsofthetownsendseniors@hotmail.com](mailto: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.*

## Attention Townsend Residents



Available for Townsend  
Residents now! NEFWC

**978-342-4520**

<http://www.partnersforcommunity.org/default/index.cfm/about-pfc/affiliates-programs/nefwc/>

### How to qualify for help paying heating bills

NEFWC and other administering agencies determine household eligibility based on annualized income and number of household members.

To find out whether your household qualifies, you can call or stop by the NEFWC office nearest you for information on how to apply for fuel assistance.

All in partnership with:

**CDBG**

Community Development  
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## Laptops

**Available to borrow!**

It's easy to participate in virtual programs like senior fitness, yoga, watercolor, etc.

Call us to pick up and schedule training!

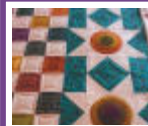
## ARTS AND CRAFTS (via Zoom)

When you sign up & pay for a class, a kit with all needed supplies will be available for pick-up.



**Watercolor with Linda** *Wednesdays at 3pm*  
One-time fee of \$10 for an at-home painting kit for new students, plus \$30 per month for the class.

## ARTS AND CRAFTS (In the Building)



**Quazy Quilters** *Fridays at 12pm*  
Visit with friends while showing off your latest projects.



**Wet Felted Bookmarks**  
Tuesday, April 13 16 at 9:30am. Cost: \$3.00  
Your book style will improve exponentially with these bookmarks that look much harder than they are!

## ROAD RUNNER BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE

**Schedule all appointments by calling 978-597-1730**

**SAFE RIDING PROCEDURE:** All riders will have their temperature taken before boarding. Riders **must** wear a mask covering **mouth & nose**.

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am—12:00pm	Townsend (Medical )	Leominster, Fitchburg, Lunenburg (Medical)	Townsend (Medical)	Groton, Ayer, Pepperell (Medical)	Shopping
Afternoons 1:00—3:00pm	(no service)	(no service)	(no service)	(no service)	(no service)

### 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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10 rides  
\$22.50 (In Town)  
\$31.50 (Out of Town)**