

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director -

I think my desire to work with older adults started when I was 12 and had the incredible opportunity to visit my grandparents for 6 weeks during summer vacation. That was when I learned that humor transcends language and creativity can be fostered at any age.

Oma didn't speak English and my German was minimal, but she did the funniest things that made me laugh nonetheless (she also criticized my potato peeling technique.) Opa, a prolific artist, didn't begin painting until he retired at 60. His art, whether on canvas or ceramics, is everywhere in my home. Front and center is a large painting of sunflowers. I remember choosing it from his stash that summer and it has been with me ever since. Never would I have guessed that 50 years later those sunflowers would be reminding me of the stories I grew up with about the horrors of war and the trials their family faced as they fled the Russians. Little did I know that this bright, happy flower would symbolize yet another incidence of families leaving all they have and know to start an uncertain future. There are so many problems in this world. So many people suffering needlessly. There are no easy answers and no quick fixes, but we can all reach out and help where we can.

One example is our Quazy Quilters. They are making multiple yellow and blue quilts which will be used at various locations as fundraisers for the refugees. We will be letting you know of more ways we can help as we come across them.

Next time you are here enjoying a program in our new addition or paying too much at the gas pump remember that we have it pretty good over here. And we have each other. No matter where you are, parents love their children, civilians deserve basic human rights (and more), the sun will come up tomorrow.

Always know 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, Volunteer Coordinator
Lorraine Farmer, Program Coordinator
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 *RSVP required for ALL programs - 978-597-1710*



Knotty Knitters

Mondays at noon Knit or crochet with other beginners or get help from those who are more experienced.



Watercolor with Sue!

Wednesdays and Thursdays at 2pm.
\$30 per month for the class.
Limit of 12 students per class.



Weaving Classes:

Mondays 12:30-2:30

\$5 materials fee

April showers bring May flowers and every flower needs a butterfly! In anticipation of spring, we'll bead butterflies suitable for pins or decorating flowers. There will be options for different skill levels.

Fridays 10am-noon

This is a time to come in to finish a Monday project, learn to weave tapestry, or bring your own project.



Rug Hooking Guild

Wednesdays, April 13 & 27; 10-2

This traditional style rug hooking guild has been meeting for many years under the guidance of Betty McClentic.

We are not accepting new members.



Wood Carving

Wednesdays, 9:30am-noon
Experienced carvers and beginners.



Needlefelting

Easter Eggs (some with a twist!)

Thursday, April 7 9:30-noon

Eggs with legs!!! or not! Felt and decorate an Easter egg in your choice of colors. All experience levels.

Pussy Willows

Wednesday, April 13 3:30-5:30 pm

Yes, these are felted pussy willows made on wire to last the whole season and beyond.

Wednesday, April 27 3:30-5:30 pm

Continue working on your unfinished projects or start something new.



Quazy Quilters

Tuesdays from 9am to 3pm

First and third Wednesdays at 3:30

Work on your latest project, or use our supplies to create something new!



Scrapbooking

Wednesday, April 27 3pm

Bring your own supplies or use ours!

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

Women's Conversation

First & Third Tuesdays
April 5 & 19 at 11am



Trivia

First & Third Tuesdays,
April 5 & 19 at 1pm



Book Club

Wednesday, April 27 at 1pm.
"Fast Girls" by Elise Hooper



Bingo

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



Chorus

Mondays at 10:30am

We are looking for new members! Please come join us.



Genealogy with Dwight Fitch

Friday, April 8th at 10:30am

Trace your ancestry and find out where your family tree has roots.



Movie Matinees:

Friday, April 8 at 12:30pm

"Man of the Year" Robin Williams



Friday, April 22 at 12:30pm

"Last Chance Harvey"

Dustin Hoffman and Emma Thompson



Mexican Train Dominoes

Tuesdays at 11am



Scrabble

Fridays at 11am



Rummikub Mondays at 1pm

Wii Bowling

Team: Mondays at 1 pm

Beginners: Thursday at 10:30 am



Cribbage

Thursdays at 1pm, except...

Tournament 4/21 at 9am



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

Senior Fitness with Stephanie

Thursdays at 9:15am (live instructor)

Mondays 9:30am via [Zoom](#)

\$5 per class/\$40 for a pack of 6 classes

Chair Exercise

Mondays, Wednesdays and Fridays at 10am Mondays,

Wednesdays and Fridays at 10am on Cable Channel 9

Walking Club

Tuesdays and Thursdays at 9:30am.

Inside and outside options, weather depending.

Learn to Tap Dance

Mondays at 1pm in the Meeting Hall; \$5 per class

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

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

Line Dancing

Tuesdays at 1:30pm \$5 per class

Tai Chi

Thursdays at 11 am \$5 per class

Jeff is back with this Chinese martial art practiced for health benefits and meditation.

Move your body with Carin:

Hybrid Yoga \$5 per class

(Chair and floor options)

Mondays at 11:30am 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 10am. \$5 per class

Skills

Fridays at 12:30pm \$5 per class

Personalized attention to improve hand-eye coordination, balance, dexterity etc.

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



Medicare Counseling

Wednesday April 13th by appointment

SHINE-certified assistance enrolling in Medicare, choosing a plan, etc.

Be sure you have a current Medicare Advantage Plan!



Massage with Morningstar:

Tuesdays and Thursdays by appointment.

\$45/50mins.



Sarah from Footcare Focus

Will offer podiatry services

Thursday, April 14th from 12am to 3pm

Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, April 13th from 12-2pm

BP screening, glucose check, general health & first aid.



Hearing Clinic

Wednesday April 20th by appointment.

Women's Meditation

Fridays at 11am

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. With her experience supporting and educating family caregivers of clients with dementia all parties benefit from having a roadmap to negotiate the challenging journey they may travel.

Healthy Living

Thursday, April 7th at 11am

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

Diabetes Support

Thursday, April 21st at 11am

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

Grief Support Group

Wednesday, April 6nd 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.

Thursdays April 14 & 28 @ 1pm

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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| <h1>April</h1> | | |  | 1 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class |
| 4 10:00 Chair Exercise 10:30 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling Team 1:00 Rummikub 2:00 Osteo Movement | 5 9:00 Quazy Quilters 9:00 Tax Assistance 9:30 Walking Club 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing *Massage by appt | 6 10:00 Watercolor 10:00 Chair Exercise 1:00 Bingo 2:00 Watercolor 3:30 Hybrid Yoga 1:00 Quazy Quilters 4:00 Grief Support 6:00 Friends 6:30 TOPS | 7 9:30 Needlefelting 9:30 Wood Carving 9:30 Walking Club 11:00Wii Bowling 11:00 Cigar Box Guitar 11:00 Tai Chi 11:00 Healthy Living 12:00 Donna's Diner 1:00 Cribbage 2:00 OsteoMovement *Massage by appt | 8 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 10:30 Genealogy 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class 1:00 Movie Matinee "Man of the Year" NO VAN SERVICE! |
| 11 9:15 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling Team 1:00 Rummikub 2:00 Osteo Movement | 12 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Manicures 1:30 Line Dancing 1:30 Manicures *Massage by appt | 13 10:00 Watercolor 10:00 Chair Exercise 10:00 Rug Hooking 12:00 Wellness Clinic 1:00 Bingo 2:00 Watercolor 3:30 Needlefelting 3:30 Hybrid Yoga 4:00 Fulchino Winery 6:30 TOPS Medicare Counseling | 14 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00Wii Bowling 11:00 Tai Chi 12:00 Podiatrist 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help 2:00 OsteoMovement *Massage by appt | 15 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class |
| 18 CLOSED FOR PATRIOT'S DAY | 19 9:00 Quazy Quilters 9:30 Walking Club 10:00 COA Meeting 11:00 Women's Conversation 11:00 Mexican Train 12:00 Easter Brunch 1:00 Trivia 1:30 Line Dancing *Massage by appt | 20 10:00 Watercolor 10:00 Chair Exercise 10:00 Hearing Clinic 1:00 Bingo 2:00 Watercolor 3:30 Hybrid Yoga 1:00 Quazy Quilters 6:30 TOPS | 21 9:00 Cribbage Tourney 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Diabetes Support 11:00Wii Bowling 11:00 Tai Chi 12:00 Donna's Diner 1:00 Tech Help 1:30 New Zealand trip 2:00 OsteoMovement *Massage by appt | 22 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class 1:00 Movie Matinee "Last Chance Harvey" |
| 25 9:15 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling Team 1:00 Rummikub 2:00 Osteo Movement | 26 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt | 27 10:00 Watercolor 10:00 Chair Exercise 10:00 Rug Hooking 12:00 Donna's Diner 1:00 Bingo 1:00 Book Club 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 3:30 Needlefelting 6:30 TOPS | 28 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00Wii Bowling 11:00 Tai Chi 1:00 Cigar Box Guitars 1:00 Cribbage 2:00 OsteoMovement *Massage by appt | 29 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Skills Class |

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



Fulchino Vineyard Wine Tasting

Wednesday, April 13th at 4pm

\$15 includes tasting and transportation (snacks available to purchase)

Experience this Hollis, NH family-owned vineyard to experience, enjoy and appreciate the fruits of tradition handed down through the generations.



New Zealand! with Beeyonder

Thursday, April 21st at 1:30pm

Join us for a LIVE interactive virtual trip to New Zealand.

Refreshments included.



Spring Tea

Coming in May!

Come join Lorraine, our hostess with the mostest, and enjoy sweets and savories along with some new varieties from the Cozy Tea Cart.

Need a greeting card for a special event?

We have many to choose from.

Come on by and check out our selection!

Lunch

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

Please observe mask protocol as requested

Tuesdays: Soup & Salad Bar

Thursdays: Donna's Diner

April 7: Burger Crunch Wrap w/ Corn Salad

April 14: Spaghetti & Meatballs

April 19: Special Easter Brunch

April 21: Turkey Tetrazine

Wednesday, April 27: Reuben Sandwich



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.

New Program!

Cigar Box Guitars

Do you have interest in learning about how to build and play a Cigar Box Guitar? Become part of the new Cigar Box Guitar Revolution! This meeting is to gauge interest in building and playing of Cigar Box Guitars and other similar primitive instruments. These 3 string Cigar Box Guitars are much easier to play than a 6 string guitar. Let's see how much interest there might be to form a group to build and/or learn to play and "slow Jam" together.



Thursday, April 7th @ 11am.

Call 978-597-1710 to register.

HOUSING REHAB ASSISTANCE:

The Town of Townsend has funds available for housing rehab through the Community Development Block Grant. Funds are available for those who are income eligible and may be used for heating systems, windows, septic, paint, etc.

To schedule an appointment email dhansen@cogincorp.com or call Jodie Deschenes at 978-597-1700 x 1706.

**Do you enjoy our programs
and activities?**

Do you have some ideas?

Do you want to help?

Join the Council on Aging Board or the
Friends of the Townsend Seniors
and keep a good thing going!

Important Phone Numbers

Community Services:

Elder Abuse Hotline:

(800) 922-2275

Executive Office of Elder Affairs:

(617) 727-7750

Fuel Assistance:

(978) 342-4520

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

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

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

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.

Mask Mandate on public transportation remains in effect. Mask must cover nose, mouth and chin.

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¢



| | 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.*