

Silver Threads

April 2024



Happy Spring! It's my favorite time of the year! I look forward to lighter, warmer days, taking more walks and seeing all the flowers blooming.

With the warmer weather remember that we have outdoor games that can be used during senior center open hours. We have cornhole, badminton and horseshoes that can easily be set up outside on the patio. Please call the senior center to reserve a game.



We are changing the van schedule to better accommodate riders beginning on April 1st by moving our Pepperell trips from Wednesday to Monday. Also, please try to plan your medical appointments and errands according to the daily schedule. See the back page for the new van schedule.



Help us welcome our new Transportation Administrator, Lori Alaimo. Lori lives in Townsend, has 2 daughters and a chihuahua named Cali. She is excited to work with the senior population and we are very happy to have her on our team!

Don't forget!!! Advance registration is required for all programs.

You can register at myactivecenter.com. Or you can call us at 978-597-1710, Option 0. Thank you!

Elise Johnson, Director
Greg Smith, Assistant Director
Jeanne Urda, Program Coordinator & Outreach
Janet Cote, Assistant Program Coordinator
Donna Fenton, Kitchen Manager & Volunteer Coordinator
Gail Gray, Chef
Lorraine Farmer, Senior Meals Associate
Lori Alaimo, Transportation Administrator
Drivers: Steve Bourdon, Peter Buxton, John Corwin, Lorraine Farmer

Townsend Senior Center Hours
Monday, Tuesday and Thursday: 9am-4pm
Wednesday: 9am-8pm; Friday: 9am-3pm
16 Dudley Road, Townsend, MA 01469
978-597-1710
townsendma.gov/senior-center-council-aging



JANET CRAMB
REAL ESTATE BROKER
Lic. in MA & NH



CELL: 978.852.5704

janetcramb@gmail.com

www.JanetCrambAndCompany.com



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Spiro Maniotis

smaniotis@4LPi.com or
(800) 950-9952 x2401

RIVERCOURT
RESIDENCES



Call 978-448-4122 to
Schedule a Tour & Lunch

Independent Living
Assisted Living • Memory Care
Respite Stay

8 West Main Street
Groton, Massachusetts 01450
www.rivercourtresidences.com

Need Help with Medicare Plans?
Special or Open Enrollment Period?
Retiring/Turning 65?

Schedule Phone Appointment to
Review Prescription Costs
Supplement & Medicare Advantage

Call 978-314-3760

Deb Haley

Certified Enrollment Agent
MA, NH, ME, VT, CT, RI, NJ, NC, SC, TN, FL, AZ
Licensed Health Insurance Broker - NPN#18509337
I do not offer every plan available in your area. Currently I represent 20 organizations that offer 50 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



Robin B. Buxton
Attorney At Law

978.650.1120

111 Main St, Pepperell

robinbuxton@rrbuxtonlaw.com

www.rrbuxtonlaw.com

• DOMESTIC RELATIONS •

• PROBATE •

• CRIMINAL DEFENSE •

"Toughness doesn't always wear a tie"

Edward Jones

Member SIPC

The economy making you uneasy? Let's talk.



Mark C Collier, AAMS™

Financial Advisor

18 Main Street, Suite 205, Townsend, MA 01469

978-597-0537

MKT-58940-A AECSPAD

edwardjones.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

CENTURY 21 North East

GRETCHEN ARCHAMBAULT
REALTOR | MA NOTARY

📞 978.505.5990

✉ GretchenArch@gmail.com

*Local Resident
*Extensive Market Knowledge
*Trusted Advisor of Your Best Interests

📱 EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED

McNabb Pharmacy & Home Healthcare

Celebrating our 95th Anniversary

978-597-2392

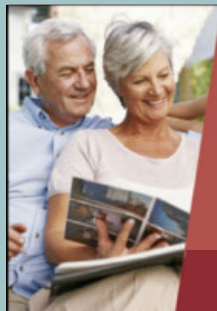
Medication Packaging
Home Medical Equipment

Your Locally Owned HealthMart. PHARMACY

233 Main Street
Townsend

MIKE SODANO
PUMPING & HEATING
978-597-0900

mike@mikesodano.com
978-597-0900



One commitment
community
choice

Life Care
Centers
of America

The Highlands
5-Star CMS Rating • 978.343.4411
335 Nichols Rd. • Fitchburg, MA 01420
TheHighlandsMA.com

Life Care Center of Leominster
5-Star CMS Rating • 978.537.0771
370 West St. • Leominster, MA 01453
LifeCareCenterOfLeominster.com

YOUR SKILLED NURSING CARE SPECIALISTS.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Townsend Council on Aging, Townsend, MA

06-5303

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| 1 9:30 Meals with Friends 9:30 Chair Exercise 9:30 Beginner Ukulele 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement | 2 *Massage *Tax-Aide 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:00 Women's Conversation 12:00 Meals with Friends 12:30 Trivia 1:30 Line Dancing | 3 *Medicare 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 11:00 Healthy Living 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 Friends Meeting 6:00 Free Yoga 6:30 TOPS 6:30 Tai Chi | 4 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 1:00 TED Talks 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement | 5 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation 12:00 Meals with Friends 12:30 Movie Matinee "Breakfast at Tiffany's" 1:00 Cornhole/Ping Pong 1:00 Women's Music |
| 8 * Massage 9:30 Meals with Friends 9:30 Chair Exercise 9:30 Beginner Ukulele 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement | 9 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 9:30 Felting 10:00 3 Chord Strum Band 10:30 Mexican Train 11:30 Beth Walsh from Senator Cronin's Office 12:00 Meals with Friends 1:00 Alcohol Inks 1:30 Line Dancing | 10 *Medicare 9:30 Chair Exercise 10:00 Watercolor 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS 6:30 Tai Chi | 11 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 12:00 Podiatrist 1:00 Cribbage 1:30 Osteo Movement | 12 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:30 Genealogy 11:00 Woman's Meditation 12:00 Meals with Friends 12:30 Movie Matinee "Barbie" 1:00 Cornhole/Ping Pong 1:00 Women's Music |
| 15 Closed for Patriot's Day | 16 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:00 Women's Conversation 12:30 Trivia 1:00 Crafting w/Angela No "Meals with Friends" Today | 17 *Medicare 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 Meals with Friends 12:30 Wellness Clinic 1:00 Bingo 1:00 Table Shuffleboard 3:15 COA Meeting 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS 6:30 Tai Chi | 18 *Massage 9:00 Cribbage Tournament 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 VSO Natalie Call 10:00 Beginner Tap Dance 10:00 Tai Chi 11:00 Diabetes Support 12:00 Meals with Friends 1:00 Cooking Decorating 1:00 Tech Help 1:30 Osteo Movement | 19 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 10:30 Book Club 11:00 Woman's Meditation 12:00 Meals with Friends 12:00 Podiatrist 12:30 Movie Matinee "The Holdovers" 1:00 Women's Music |
| 22 * Massage 9:30 Chair Exercise 9:30 Beginner Ukulele 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Grief Support No "Meals with Friends" Today | 23 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 9:30 Felting 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Meals with Friends 1:00 Alcohol Inks 1:30 Line Dancing | 24 9:30 Chair Exercise 10:00 Watercolor 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 4:15 Galloping Gourmet 6:00 Free Yoga 6:30 TOPS 6:30 Tai Chi | 25 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 1:00 Cribbage 1:30 Osteo Movement | 26 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 1:00 Cornhole/Ping Pong 1:00 Women's Music No "Meals with Friends" Today |
| 29 9:30 Meals with Friends 9:30 Chair Exercise 9:30 Beginner Ukulele 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement | 30 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Meals with Friends 1:00 Crafting w/Angela 1:30 Line Dancing |  | | |

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

Move your body with Carin:

Hybrid Yoga; \$5 per class

Mondays at 11:00am and Wednesdays at 3:30pm

Osteo Movement; \$5 per class

Mondays at 2pm and Thursdays at 1:30pm

This class focuses on balance, weight bearing exercises using hand weights -Bring a mat and walking stick.

Learn to Tap Dance; \$5 per class

Mondays at 1pm, Beginners Thursdays at 10am

You can't help but feel joyful learning this dance style! Tap shoes helpful but not required; we can loan some..

Fit & Fabulous; \$5 per class

Thursdays at 9am

This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.

Beginner Yoga; \$5 per class

Fridays at 9:30am

Free Yoga with Kris and Friends

Wednesdays at 6pm

DVD Chair Exercise—Free

Mondays, Wednesdays, and Fridays at 9:30am

Walking Club

Tuesdays and Thursdays at 9:30am

Weather permitting.

Line Dancing; \$5 per class

Tuesdays at 1:30pm (except 4/16)

Tai Chi; \$5 per class

Thursdays at 10am, Wednesdays at 6:30pm

Through the slow gentle movements of Tai Chi, you can have better physical, mental & spiritual balance.

Zumba with Nee; \$5 per class

Tuesdays at 9:00am, Fridays at 9:30am

(except April 16th & 19th)

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



Massage with Morningstar:

By appointment. See Front Desk for March schedule. \$45/50mins.



Sarah from Footcare Focus

offers podiatry services, **\$50 as of 1/1/2024**

Thursday, April 11th from 12pm to 4pm,

Friday, April 19th from 12pm to 3pm.

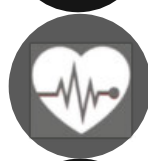
Call 978-597-1710 for an appointment.



Wellness Clinic

3rd Wednesday of the month @ 12:30-2:30

BP screening, glucose check, etc.



Diabetes Support

Thursday, April 18th @ 11am

What are my Blood Sugar Goals? How to prevent the lows and highs.



Hearing Clinic

3rd Wednesday of the month @ 10am

Healthy Living

Wednesday, April 3rd @ 11am

Review of the Food Label— What should I focus on?

Women's Meditation

Fridays at 11am

(except April 26th)

Membership at the YMCA!

Meet at the Fitchburg "Y"! Call for more information.

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.

Medicare Consultation

Wednesdays, April 3rd, 10th and 17th from 2pm-6pm

Call for an appointment.

Appointments available with a consultant from SHINE, Integrity Medicare Advisors, Inc or Blue Cross Blue Shield Medicare Outreach

Grief Support Group with Karen Campbell

4th Monday of the month (April 22nd) @ 2:30pm

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.

Funded by CHNA9, Haley Cremer Foundation and the Community Foundation of North Central MA

Technology Help

Do you have a phone or tablet and need help?

Learn to use popular programs including PayPal, Gmail, Facebook

Thursdays, April 4th & 18th @ 1pm

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



ARTS AND CRAFTS Registration required for ALL programs - 978-597-1710



Knotty Knitters

Mondays at 12:30pm Knit or crochet with other beginners or get help from those who are more experienced.



Watercolor with Sue!

Wednesdays at 10am
\$20 per month.
Limit of 16 students per class.



Warped Weavers

Fridays at 9am
Drop in to start a new project or to finish your project. \$5 per project.



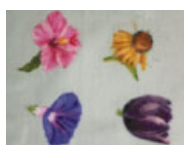
Wood Carving

Thursdays, 9:30am-11am
Experienced carvers and beginners



Cookie Decorating with Mary

Thursday, April 18th @ 1pm
\$5 for 3 large cookies.



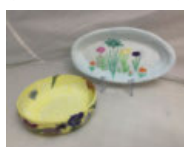
Felting

2nd and 4th Tuesdays at 9:30am
Choose one of these flowers to practice color blending and shading.
\$5 materials fee.



Quazy Quilters

Tuesdays, and 1st, & 3rd Wednesdays at 9am. Work on your latest project, or use our supplies to create something new!



Crafting with Angela

April 16th and April 30th at 1pm
Create with clay. Design, mold and paint your creation in this two part class.
\$10 material fee.



Alcohol Ink Jewelry

2nd and 4th Tuesdays at 1pm
Limited to 12 Students. Cost is \$12

For Fun Registration required for ALL programs - 978-597-1710

Women's Conversation

First & Third Tuesdays at 11am

Trivia

First & Third Tuesdays at 12:30pm

3 Chord Strum Band

Tuesdays at 10:00am
Open to all! For acoustic instruments only.

Novel-Tea Book Club for Seniors

Friday, April 19th @ 10:30
"The Tobacco Wives" by Adele Myers:
Tea is Ginger Pear Spice. Pick up the book at the library.

Bingo

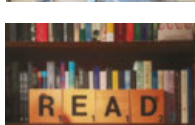
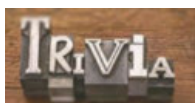
Wednesdays at 1pm
Cost: \$5.00; limit 4 cards.

Hope Community Chorus

Mondays at 10am

Genealogy with Dwight Fitch

Friday, 4/12 at 10:30am
Trace your ancestry and find out where your family tree has roots.



Cornhole or Ping Pong

Fridays at 1:00 (except 4/19)
Join us for a game! Bring a friend!

Women's Music Workshop

Fridays at 1:00
Explore various aspects of music.

Mexican Train Dominoes

Tuesdays at 10:30am

Table Shuffleboard

Wednesdays at 1pm

Rummikub

Mondays at 1pm

Wii Bowling

Mondays at 1 pm

Cribbage

Thursdays at 1pm, except...
Tournament on 4/18 at 9am

TED Talks with Elise Johnson

Thursday, April 4th at 1 pm
This month's topic: Maira Kalman:
How to find humor in life's absurdity



AARP Foundation Tax-Aide Call the senior center to sign up for free tax preparation service, including electronic filing of returns.

Massachusetts residents will be able to get their taxes done for free.

Every Tuesday February 6th– April 2nd

Pick up a packet at the front desk to fill out **PRIOR** to your appointment.

Feb. Cribbage Winners!

High Score: Betsy Glow and Helen Roy-726 points

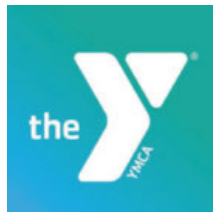
High Hand, 18 points:
Betsy Glow and Helen Lee

YMCA Membership

Enjoy a free 1 year membership to the
Montachusett Community Branch of the
YMCA
located at
55 Wallace Avenue,
Fitchburg, MA

Swim in the pool, take classes, work out in
the gym. All included in this membership.

We have a limited number of passes.
Call the Senior Center today to
reserve your pass.



Galloping Gourmet Bamboo Restaurant Westford, MA

Wednesday, April 24th
Van leaves @ 4:15pm



Cost is \$5 for the van ride plus price of the meal.
Registration Required.

Meet with Veteran Service Officer Natalie Call

Thursday, April 18th @ 10am

Natalie can help eligible veterans and their
dependents find essential services.
Call the Senior Center to make an
appointment at 978-597-1710



Learn to Play the Ukulele Mondays @ 9:30am

Bring your own ukulele
and music stand.
In this class you will learn
basic chords and
to play a song.



Please register in advance.

Fabulous Felt Art Exhibit

Visit the Meeting Hall
to see the BEAUTIFUL felt pieces
made by the Townsend Senior Center
Felting Class.

Contact the artist if interested in
purchasing a piece of art. Items
purchased can be picked up at
the end of the show.

If you enjoy the exhibit consider joining the
felt classes on Tuesday mornings.



Spring Cookie Decorating with Mary Schwartz

Thursday, April 18th @ 1pm

\$5 material fee
payable to the instructor.



Please register in advance.

Attention Gardeners

We are looking for help cleaning up our
Memorial Daffodil Garden. If interested
please inquire at the front desk.

Meals With Friends

Made possible by the Friends of the Townsend Seniors

RESERVATIONS REQUIRED

24 hours in advance

Cost \$4.00

All onsite meals are prepared by Gail and the Kitchen Staff
Meals subject to change without notice



| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|-------------------------|--|--|-------------------------|
| 4/1: Breakfast @9:30am | 4/2: Soup & Salad | 4/3: Bacon Mac & Cheese Side Salad | 4/4: Baked Ham, Rice Pilaf, Vegetable, Roll | 4/5: Chef's Choice |
| 4/8: Breakfast @9:30am | 4/9: Soup & Salad | 4/10: Chicken Cordon Bleu Casserole, Vegetable, Roll | 4/11: Meatloaf, Mashed Potatoes, Vegetable, Roll | 4/12: Chef's Choice |
| 4/15: Closed For President's Day | 4/16: NO LUNCH TODAY | 4/17: Hot Dogs, Roll, Baked Beans, Coleslaw | 4/18: Chicken Parmesan, Vegetable, Garlic Bread | 4/19: Chef's Choice |
| 4/22: Breakfast @9:30am | 4/23: Soup & Salad | 4/24: Beef Taco Boats, all the fixings | 4/25: Kielbasa, Potato, Vegetables Roll | 4/26: NO LUNCH TODAY |
| 4/29: Breakfast @9:30am | 4/30: Soup & Salad | | | |

A note from the kitchen:

There is a minimum of 5 people for meals. If we don't meet this requirement, the meal will be canceled and you will be notified.

Mondays: Breakfast will be served at 9:30am instead of lunch. Fridays: Lunch will be Chef's Choice.

Kitchen needs: Paper Towels, Chicken/Beef Stock

Movie Matinees for April

April 5th "Breakfast at Tiffany's" (Musical) A young woman in New York meets a young man when he moves into her apartment building.

April 12th "Barbie" When Barbie and Ken join the real world they discover the joys and perils of living among humans.

April 19th "The Holdovers" Set in the winter of 1970-1971, a New England prep-school teacher and a cook form an unlikely bond with a troublesome student who is left at the school during Christmas Break.

No Movie Matinee on April 26th

Movie begins at 12:30 pm

Sign up 24 hours in advance to reserve a spot.

Free popcorn!

Meals on Wheels

Provided by MOC

Call: 978-345-8501 Ext. 5 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.

Important Phone Numbers

Elder Abuse Hotline: (800) 922-2275

Executive Office of Elder Affairs: (617) 727-7750

Fuel Assistance: (978) 342-4520

Aging Services: (978) 537-7411

Nashoba Nursing Service: (978) 425-6675

Townsend Ecumenical Outreach (Food Pantry):
(978) 877-6002

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

ROAD RUNNER AND WILE E. COYOTE BUS SCHEDULE

RESERVATION MUST BE MADE AT LEAST 48 HOURS IN ADVANCE DURING OPEN BUSINESS HOURS

TOWNSEND RESIDENTS ONLY

Schedule all appointments by calling 978-597-1730.

ALL stops must be scheduled. Up to two stops are included in your fare.

DESTINATIONS:

- **Medical:** Doctors, Dentists, Therapies, Lab work, etc.
- **Errands:** Shopping, Post Office, Banks, Employment, 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¢

**Buy a Bus Card
and Save!
10 rides
\$22.50 (In Town)
\$31.50 (Out of Town)**

Please plan your appointments according to the van schedule

NEW Road Runner and Wile E Coyote Bus Schedule

| Monday | Tuesday | | Wednesday | Thursday | | Friday |
|---|---|---|--------------------------------------|---------------------|-----------------------------|--|
| Townsend & Pepperell Errands & Medical | Leominster, Lunenburg & Fitchburg Errands | Leominster & Fitchburg Medical | Townsend Errands & Medical | Townsend Errands | Groton & Ayer Medical | *Rotating Locations Errands <i>See schedule Below</i> |



**Roadrunner &
Wyle E. Coyote**

**Wednesdays
3:00-8:00 PM
By Appointment**

Rotating Locations: Fridays

Apr. 5: Lunenburg Walmart/Market Basket
Apr. 12: Watertown Plaza Leominster
Apr. 19: Lunenburg Walmart/Market Basket
Apr. 26: Rt 101A area/Market Basket

Bus Trip to see Jersey Boys at the Winnepesaukee Playhouse!!!

Tuesday, June 25th

The Friends of the Townsend Seniors have planned a great way to spend a summer day. A trip to Lake Winnepesaukee including a visit to the beautiful Mills Falls Marketplace and a performance of the Jersey Boys at the Winnepesaukee Playhouse.

A Wilson Coach Bus will leave the Senior Center at 9:30am and arrive at Mills Falls Marketplace at 11:15am. Lunch is not included. You can enjoy lunch on your own in a quaint lakefront dining area, explore the public dock, and shop at the boutiques. At 1:15pm, reboard the bus for the short drive to the playhouse for a 2:00pm show. The bus will depart the playhouse around 5:15pm and return to the Townsend Senior Center at approximately 7:00pm.

The cost of the trip is \$65 per person. We ask that you pay in advance when you sign up at the front desk. Checks can be made out to *The Friends of the Townsend Seniors*. The trip is non-refundable unless it is canceled.

Last day to sign up is June 7th.

Members of the Friends of the Townsend Seniors get 1st priority. Consider joining the Friends today to get 1st access for this and other upcoming trips for 2024.

We hope you will join us and please tell your friends!!



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.*