

# Silver Threads

TOWNSEND SENIOR CENTER

## **From the Desk of the Director**

### **HOT STUFF!**

It wasn't too long ago that we were just about at the end of our ropes wondering when the mercury would top 60 on a consistent basis. Well, here we are folks!

And it seems like we are all cramming every moment of living into every second of available sunshine (and moonshine, for that matter!) Everybody I talk to seems to have their summer planned out. As I have personally experienced, those plans can be exhausting. So when you're not on the lake, at the beach or hosting yet another party on your deck be sure to stop by and enjoy a cup of coffee and some air conditioning before a great program or meal.

This month we are heading out to see the Fisher Cats, offering Tai Chi Thursday afternoons and beginning Line Dancing on Wednesday evenings! Don't forget to attend the Band Concert on August 2nd and the Beatles for Sale performance on the 22nd (both sponsored by the Friends of the Townsend Seniors in conjunction with the Townsend Public Library).

As you can see, there is always something new and different happening at the Townsend (not so) Senior Center. **Come in and see why this is where you WANT to be!**

*Karin Canfield Moore*



**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  
16 Dudley Road, Townsend 01469  
978.597.1710

## SPECIAL EVENTS (RSVP requested)



### Friends Band Concert & Fundraiser

Thursday, August 2 at 6pm

Come out for some good ole fashioned summer fun and support The Friends of the Townsend Senior Center and Friends of the Library.



### Police Annual National Night Out

Tuesday, August 7 at 6pm

This community building evening is designed to promote police and community partnerships to support safe neighborhoods by building camaraderie.



### Bus Trip: Singo

Wednesday, August 8 at 6:15pm

Every one likes to sing along to their favorite song. Combine that with the all time favorite game of Bingo, and you have a high energy evening of fun. Hosted by the Bull Run in Shirley.



### Shingle Mingle

Thursday, August 9 at 1pm

Learn the essential facts of recognizing and treating the virus, plus have the chance to receive the most recent version of the vaccine.



### Bus Trip: Worcester Art Museum

Friday, August 10 at 9:30am

Tour the various exhibitions of this local museum, whose mission is to connect people, communities and cultures through the experience of art.



### Beatles for Sale

Wednesday, August 22 at 6pm

You won't want to miss this fun and energetic concert by the New England based tribute band.



### Breakfast Buffet

Thursday, August 23 at 10am

Join your friends for a hearty, healthy breakfast. Prizes for those wearing the best pajamas!

## MONTHLY EVENTS

### Birthday Party

Thursday, August 2, at 12pm

Please join us for our celebration honoring this month's birthdays. Festivities will include a delicious homemade meal and birthday cake.

### Book Club

Wednesday, August 8, at 1pm

The book club meets the 2nd Wednesday of every month. Books are usually available at the Townsend Public Library. This month's group will discuss *Confessions of an Ugly Stepsister*, by Gregory Maguire.

### Bach's Lunch

Trips will resume in the fall.

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring a variety of musical offerings. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

### Council on Aging Board Meeting

Tuesday, August 21 at 10am

Visitors are welcome.

### Genealogy Club with Dwight Fitch

Friday, August 10, at 10:30am

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

### Bus Trip: Fisher Cats Game

Wednesday, August 15 at 7pm

Cost: \$16 (ticket + bus)

"Take me out to the ball game, take me out with the crowd...." Catch a ride with some friends to take in a game at Northeast Delta Dental Stadium in Manchester, New Hampshire. The Fisher Cats are the AA farm team for the Toronto Blue Jays.

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



# Community Happenings

## SENIOR SPOTLIGHT



### Castles to Go by Alice Struthers

Frank Wyman's amazing artwork has been a treat for recent visitors to the Meeting Hall and Corridor Galleries in the Library/Senior Center. During the month of May, Frank, who lives in Townsend, filled all the available spaces with paintings, mosaics and intriguing three dimensional constructions.

Born in North Chelmsford, Frank's art training includes a Master of Fine Arts from Vermont College of Norwich University. He said his creative vision was expanded by stays in China, Italy, and England. He has taught art history and studio art at universities and colleges throughout Massachusetts and New Hampshire.

He said his entry into the art world was inspired by a stay in Taiwan during a tour in the U. S. Air Force. "A street of art galleries I saw there was an eye-opening, enriching experience for me. It has informed the rest of my life."

One of his most eye-catching pieces in the recent display was a large, three-dimensional, meandering miniature castle with swooping staircases, topped with a clock tower (with clock). The piece was made up of hundreds of tiny wooden pieces. Its size is deceptive. Although it looked very heavy, Frank carried it off easily under his arm at the show's takedown, explaining, "It only weighs 22 pounds."

# Around Town



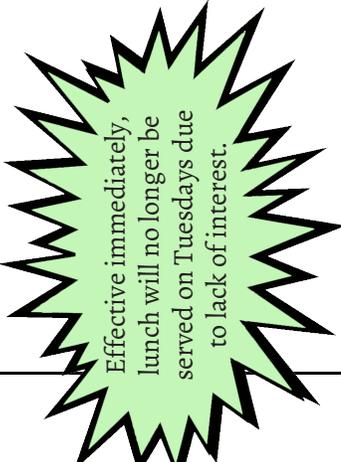
Probably all that's left of the West Village Female Seminary has been dumped unceremoniously behind a chainlink fence in back of the new fire station in West Townsend. In a faint salute to history, several granite foundation slabs from the historic building were saved (when it was demolished), for possible use in some kind of marker.

Built in 1836, the building housed a school where young women studied natural sciences, mathematics, languages and music. Later Townsend's school children studied there. During its last years, the building housed American Legion activities. Many can perhaps recall the familiar horse shoe matches that went on -out in front - on summer evenings. All gone now.

Complete the puzzle and turn it in to Katie to win a prize!

1	5			2				
	7	3				6		
							9	
7						1	3	
			7					
	4			1			8	5
					7	2		
					3	5		
	2				6	8		

# AUGUST EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Effective immediately, lunch will no longer be served on Tuesdays due to lack of interest.</p>	<p><b>1</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Turkey Corn Stew 12:30 Woodcarving 1:00 Bingo <b>5:00 Evening Quilting</b> <b>6:30 TOPS</b> 7:00 Line Dancing  Massages by appt.</p>	<p><b>2</b> <b>9:30 Walking Club</b> 10:00 Stretch &amp; Tone 10:30 Watercolor 12:00 Lunch &amp; Birthday Party: Gardens Bounty Casserole 1:00 Cribbage <b>2:00 Tai Chi</b>  Friends Band Concert Fundraiser</p>	<p><b>3</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar <b>1:00 Mahjong</b>  Manicures/Pedicures Reflexology by Appt.</p>
<p><b>6</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Grilled Chicken 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Healthy Living Group</b></p>	<p><b>7</b> <b>9:00 Woodburning</b> <b>9:30 Walking Club</b> 10:00 Stretch &amp; Tone 11:00 Healing Meditation 1:00 Trivia &amp; Jeopardy 1:30 Watercolor  <b>6:00 Police Annual National Night Out</b></p>	<p><b>8</b> 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Well Adult Clinic 12:00 Lunch: Cold Plate 12:30 Woodcarving 1:00 Book Club 1:00 Bingo <b>6:15 Bus Trip: Singo</b> <b>6:30 TOPS</b> 7:00 Line Dancing 7:07 Red Sox vs. Blue Jays</p>	<p><b>9</b> <b>9:30 Walking Club</b> 10:00 Stretch &amp; Tone 10:30 Watercolor 12:00 Lunch: Pulled Pork 1:00 Cribbage <b>1:00 Shingle Mingle</b> <b>2:00 Tai Chi</b></p>	<p><b>10</b> 9:00 Quazy Quilters <b>9:00 Men's Poker</b> <b>9:30 Bus Trip: Worcester Art Museum</b> 10:00 Chair Exercise 10:00 Scrabble 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar <b>12:30 Movie: You Were Never Really Here</b>  Manicures/Pedicures Reflexology by Appt.</p>
<p><b>13</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Cheese Omelette <b>12:00 Medicare Counseling</b> 12:45 Qi Gong</p>	<p><b>14</b> <b>9:00 Woodburning</b> <b>9:30 Walking Club</b> 10:00 Stretch &amp; Tone <b>10:00 Crafting for the Community</b></p>	<p><b>15</b> 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch: Roast Pork 12:30 Woodcarving</p>	<p><b>16</b> <b>9:00 Cribbage Tournament</b> <b>9:30 Walking Club</b> 10:00 Stretch &amp; Tone 10:30 Watercolor 12:00 Lunch: BLT Sandwich</p>	<p><b>17</b> 9:00 Quazy Quilters 10:00 Chair Exercise 12:00 Lunch: Soup/Salad Bar <b>12:00 Hairdresser</b> <b>1:00 Mahjong</b></p>

<p>1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Paper Bead Jewelry</b></p>	<p>11:00 Healing Meditation <b>11:00 Hand &amp; Foot</b> 1:30 Watercolor <b>Messages by appt.</b></p>	<p><b>6:30 TOPS</b> <b>7:00 Bus Trip: Fisher Cats</b> <b>Game</b> <b>7:00 Line Dancing</b> <b>7:05 Red Sox vs. Phillies</b></p>	<p><b>1:00 Weaving</b> <b>2:00 Tai Chi</b></p>
<p><b>20</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Swedish Meatballs 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Paper Bead Jewelry</b></p>	<p><b>21</b> <b>9:00 Woodburning</b> <b>9:30 Walking Club</b> 10:00 Stretch &amp; Tone 10:00 COA Meeting 11:00 Healing Meditation 1:00 Grief Support 1:00 Trivia &amp; Jeopardy 1:30 Watercolor</p>	<p><b>22</b> 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch: Grilled Chicken 12:30 Woodcarving 1:00 Bingo <b>6:00 Beatles for Sale Concert</b> <b>6:00 Caregiver's Roundtable</b> <b>6:30 TOPS</b> 7:00 Line Dancing 7:10 Red Sox vs. Indians</p>	<p><b>23</b> <b>9:30 Walking Club</b> 10:00 Stretch &amp; Tone <b>10:00 Breakfast Buffet</b> 10:30 Watercolor 1:00 Cribbage <b>2:00 Tai Chi</b></p> <p><b>24</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Scrabble 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar <b>12:30 Movie: Bombshell</b> <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b></p>
<p><b>27</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Lasagna Roll 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group</p>	<p><b>28</b> <b>9:00 Woodburning</b> <b>9:30 Walking Club</b> 10:00 Stretch &amp; Tone 11:00 Healing Meditation <b>11:00 Hand &amp; Foot</b> 1:30 Watercolor <b>Messages by appt.</b></p>	<p><b>29</b> 10:00 Chair Exercise 12:00 Lunch: Sloppy Joes 12:30 Woodcarving 1:00 Bingo <b>4:00 Afternoon Tea</b> <b>6:30 TOPS</b> <b>6:35 Red Sox vs. Marlins</b> 7:00 Line Dancing</p>	<p><b>30</b> <b>9:30 Walking Club</b> 10:00 Stretch &amp; Tone 10:30 Watercolor 12:00 Lunch: Donna's Choice 1:00 Cribbage <b>2:00 Tai Chi</b></p> <p><b>31</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar <b>1:00 Mahjong</b></p>

## ARTS & CRAFTS (RSVP requested)



### Knitting Group

Mondays & Wednesdays, at 1pm (Drop In)



### Watercolor Classes with Linda

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

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



### Paper Bead Jewelry

Thursday, August 13 and 20 at 1pm

Cost: \$10

Learn a creative way to use paper to create beads to be added to your own piece of jewelry.



### Weaving I: Bracelets & Belts

Thursday, August 16 at 1pm

Cost: \$20/4 classes; \$7/class

This class will be the third of 4, using weaving techniques in different ways. The last classes will become more advanced in order to incorporate more intricate techniques. Sponsored by River Court.



### Crafting for the Community

Tuesday, August 14 at 10am

Come lend a hand creating sandwich boards for the Center to use in advertising programs and events. Additional support is appreciated in keeping the boards maintained.



### Wood Burning: Open Project Time

Tuesdays at 9am

Drop in and try your hand at the art of pyrography. No experience needed, some materials provided.



### Wood Carving

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

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



### Evening Quazy Quilters Qub

First Wednesday of the month at 5pm

No quips about it! Sewing machines, fabric, and ideas available, or bring your own, and fellow quilters will assist in piecing things together. No RSVP needed.

## JUST FOR FUN



### Movie Matinee

Friday, August 10, at 12:30pm

*You Were Never Really Here*, with Joaquin Phoenix and Judith Roberts

Friday, July 24, at 12:30pm

*Bombshell*, with Nino Amareno, Charles Amirkhanian and Jeanine Basinger



### Evening Line Dancing

Wednesday, August 1, 8, 15, 22 & 29  
at 7pm

Cost: \$5

These classes will take place at the Congregational Church, sponsored by the Friends of the Townsend Senior Center.



### Rummikub

Mondays at 1pm



### Mahjong

Friday, August 3, 17 & 31 at 1pm

Get together for a friendly game.



### Trivia & Jeopardy

Tuesday, August 7 & 21, 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.



### Sports Party

Wednesday, August 8 at 7:07pm

*Red Sox vs. Blue Jays*

Wednesday, August 15 at 7:05pm

*Red Sox vs. Phillies*

Wednesday, August 22 at 7:10pm

*Red Sox vs. Indians*



### Cribbage

Thursdays at 1pm

### Cribbage Tournament

Thursday, August 16 at 9am

Hand & Foot  
Tuesday,  
August 14 & 28  
at 11am



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**  
Will resume in September

**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.



**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, August 6, at 1pm

This group offers provides 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, August 3, 10 & 24, by Appt.  
Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)



**Massage**  
Tuesday, August 14 & 28, and  
Wednesday, August 1; By Appt.  
Cost: \$20/20 min; \$45/50 min  
Chair and table massages available.

**Healing Meditation**  
Tuesdays at 11am  
Get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.

**Women's Conversation Group**  
Wednesday, August 8 & 22 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, August 8 at 12pm  
BP screening, glucose check, general health and first aid.

**Grief Support**  
Tuesday, August 21 at 1pm  
Sponsored by Nashoba Nursing & Hospice

**Hearing Clinic**  
Wednesday, August 15 at 10am

**Caregiver's Roundtable**  
Wednesday, August 22 at 6pm  
Free on-site caregiving available for loved ones, sponsored by Bridges by Epoch at Westford.

**GROUP FITNESS**

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

**Walking Group**  
Tuesdays & Thursdays at 9:30am

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

**Tai Chi: NEW!** Hosted by Rivercourt  
Thursdays at 2pm  
Cost: FREE!

**Line Dancing**  
Fridays 10am-11am (No class August 17)  
Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes.

**UP & COMING**

**Bus Trip: Brimfield Fair**  
Friday, September 7  
Take a trip to America's oldest outdoor antiques flea market.

**Hospice 101**  
Wednesday, September 12  
Learn the in's and out's of caring for an aging loved one, sponsored by Bridges by Epoch at Westford.

**The Nest Egg: When & How to Spend It**  
Wednesday, October 17  
You've spent your whole life saving for your golden years. Now it's time to shift gears and use it. Learn strategies for enjoying your savings without worrying about running out.

**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.*

# BASEBALL

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

- FORFEITED GAME
- FOUL BALL
- FOUL TERRITORY
- FOUL TIP
- GROUND BALL
- IN FLIGHT
- INFIELD FLY
- INFIELDER
- INNING
- INTERFERENCE
- LEAGUE
- LINE DRIVE
- LIVE BALL
- MOUND
- OBSTRUCTION
- OFFENSE
- OUTFIELDER
- OVERSLIDE
- PENALTY
- PITCHER
- PIVOT FOOT
- RETOUCH
- RUN DOWN
- RUNNER
- SCOREBOARD
- SHORTSTOP
- STRIKE
- TAG
- THROW
- TIE GAME
- TRIPLE PLAY
- UMPIRE
- WILD PITCH

- APPEAL
- BALK
- BASE
- BATTER
- BUNT
- CATCH
- COACH
- DEAD BALL
- DEFENSE
- DOUBLE HEADER
- DUGOUT
- FAIR BALL
- FAIR TERRITORY
- FLY BALL
- FORCE PLAY



## ROADRUNNER BUS SCHEDULE (Please call in your reservation 48 hours in advance)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Townsend:</b> Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/ Barber Errands	<b>Fitchburg, Leominster and Lunenburg:</b> Medical Trips Shopping/Errands (If possible)	<b>Townsend:</b> Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/Barber Errands <b>Now available for shopping and evening activites at the Senior Center!</b>	<b>Groton, Pepperell, and Ayer:</b> Medical Trips Shopping/Errands (If possible)	<b>Fitchburg and Lunenburg:</b> Shopping

### FARES (One Way):

- Within Townsend: \$1.25
- Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Sr. Center (roundtrip): \$0.50

- 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.
- Rides need to be scheduled by calling 978-597-1710.





# August Greetings

## From the Friends of the Townsend Seniors

### The Friends of the Townsend Seniors and the William E. May Endowment Award Committee Name Betty Mae Tenney as the 2018 Honoree

Betty Mae Tenney exemplifies the intent of the award because of her genuine interest and commitment to the town of Townsend. Betty Mae has touched our lives through many of the VFW programs: Christmas Eve Santa Program; 6th through 12th grade essay programs - Patriot's Pen and Voice of Democracy; November 11th Veteran's Day program and the Memorial Day Parades. Betty Mae is Manager of the Townsend Military Band and is a flutist in the Thursday night Band Concerts. Congratulations to Betty Mae Tenney for your extraordinary service in extraordinary ways! The Endowment Award Dinner will be Saturday, October 20th at Townsend Ridge Country Club.

**\*NEW FRIENDS' MEETING DAY -1st Wednesdays of the Month ~ Wednesday, August 1st 7:00pm Sr. Ctr**  
**Thursday, August 2nd Friends' Band Concert** Our Food Court will serve (starting at 6:15pm) Pulled Pork, Hamburgers, Hot Dogs, Fresh Fruit Cups and Soda. We'll also have a Membership and Friends' Information Table. President Peter Buxton says this fund-raiser supports the Friends' activities and trips and we always welcome volunteers! Or, say "hi and come for supper and enjoy the terrific toe-tapping music which begins at 7:30pm.

**Thursday, August 16th 12:30 pm in the Meeting Hall ~ "Travel Talk"** Are you thinking about a trip this year or in the future for travel in the USA or out-of the country? This is for you! Come with your ideas and questions about traveling with a Tour Company vs. traveling on your own. Russ Moore and Lindsay Morand will help with your travel ideas. ("Travel Talk" is every 3rd Thursday of the month)

**Thursday, August 22nd 6-8 pm "Beatles For Sale"** The Friends are co-sponsoring with the Library an Outdoor Concert on the Library Lawn with Beatles music by this popular Beatles Tribute Band from Massachusetts. The Friends of the Seniors will sell hot dogs, chips and soda. In case of inclement weather, the concert will be inside the Library and yes, we'll still have hot dogs for sale!

**SAVE THE DATES: Thursday, September 14th ~ Foxwood Trip**  
**Tuesday, September 18th ~ Friends of the Seniors' Annual Meeting.**

We invite you to join or renew your membership today! The Friends have fun and and raise funds to support the Senior Center's many activities and to purchase necessary equipment.

\_\_\_\_\_ \$5.00 Friend    \_\_\_\_\_ \$10.00 Family    \_\_\_\_\_ Benefactor    Membership (Individual or Family)

I am interested in Volunteering \_\_\_\_\_

\_\_\_\_\_ Program Development    \_\_\_\_\_ Fundraising    \_\_\_\_\_ Baking    \_\_\_\_\_ Recruiting Volunteers    \_\_\_\_\_ Other

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: Home \_\_\_\_\_ Cell \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Checks payable to: Friends of the Townsend Seniors. Please return to the Senior Center, or Mail to Friends of the Townsend Seniors attn: Membership, P.O. Box 972, Townsend MA 01469.