

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director - *Looking for Elsa Williams!*

If you've been in Townsend for any significant time at all, you've more than likely heard of Elsa Williams and the very successfully needlework business she ran in West Townsend.

During the month of September, the Townsend Senior Center is excited to be collaborating with the Meeting Hall Gallery Committee in presenting an Elsa Williams Retrospective. We are currently looking for those of you who may have worked at Needlecraft House or the Elsa Williams School of Needle Art to share your experiences with us and help us celebrate this era of Townsend history. Perhaps some of you would be willing to loan your finished pieces, kits or any other memorabilia for the show. Please contact Karin for more information.



Also, keep an eye out for our new monthly Grandparents Raising Grandchildren programs. As an older mother I can relate to the trials and tribulations that come with the territory and plan on attending some myself.

It's supposed to be quiet or slow around here in August, but as you can see, there is still plenty to do. That's why this is the place you WANT to be!

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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SPECIAL EVENTS (RSVP 978-597-1710)



Pickleball

Wednesdays in August at 9:00am

Think tennis on a smaller court; a fun workout that's easier on your knees! Sessions will be outdoors & facilitated.



Pastries on the Patio

Tuesdays, August 6 & 20 at 9:30am

Enjoy the cool morning air on our delightful new patio, complete with coffee and pastries.



Laughter Yoga

Wednesdays, August 7 & 21 at 3pm

Learn to laugh with special guided techniques, a real and contagious laughter that oxygenates your body and brain. Free!



Cause and Effect of Back Pain

Thursday, August 8 at 12pm

There is muscle, bone, ligaments, and tendon in our spine. We will investigate which one causes back pain. Presented by Glen R. Carlin, MD DC of Townsend Harbor Chiropractic.



Grandparents Raising Grandchildren

Wednesday, August 14 at 6pm

Raising grandchildren presents a unique set of circumstances and family dynamics. Join us to explore the ups and downs of raising grandchildren and learn more about the community resources that can help you. You are not alone!



Cannabis Basics

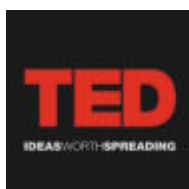
Thursday, August 15 at 12pm

Medical cannabis experts from CannaCare Docs will answer all your questions about using marijuana to improve your health.

TED Talk: Moving Forward With Grief

Tuesday, August 27 at 11am

In this heartbreaking and hilarious video, Nora McNemy discusses how grief is not something you move on from, but move forward with. Group discussion will follow this 15min talk.



MONTHLY EVENTS

Book Club

Wednesday, August 14 at 1pm

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 *French Exit* by Patrick DeWitt.

Birthday Party

Thursday, August 1 at 12pm

Please join us for our monthly celebration honoring this month's birthdays, including a delicious homemade meal and birthday cake.

Genealogy Club with Dwight Fitch

Friday, August 9 at 10:30am

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

Council on Aging Board Meeting

Tuesday, August 20 at 10am Help determine Senior Center priorities, all are welcome.

Galloping Gourmets: Osawa (Ayer)

Wednesday, August 28 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 Osawa Japanese Restaurant in Ayer.

Bus Trip: Cape Ann Whale Watch

Friday, August 16 at 10:30am

Cost: \$45 A coach bus adventure! We'll depart for a 3-4 hour whale watch into the Stellwagen Bank, a national marine preserve about 12 miles off the coast of Gloucester deemed one of the "Top 5 Whale Watching Destinations in the World" by the World Wildlife Fund. Snack and one meal included. *This trip is made more affordable by a generous anonymous donation to the Senior Center.*

Bus Trip: Fleetwood Mac Tribute Concert

Friday, August 9 at 6:45pm

Cost: \$20 "You can go your own way..." or you can ride with us to the Fleetwood Mac tribute concert at the outdoor amphitheater at Acton's NARA Park! Hear the music of Tusk, one of the best Fleetwood Mac tribute bands around! Bring your own chairs & food. Beer, wine and food will be available for purchase.

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

Community Happenings



Sudoku Instructions: Each puzzle consists of a large 9x9 **Sudoku** grid. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

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

This Month In History

August 3, 1984: At the Los Angeles Summer Olympics, Mary Lou Retton became the first American to win the all-around gold medal.

August 4, 1944: Nazi police raided the home in Amsterdam where Anne Frank and her family were hiding.

August 7, 1974: French stuntman Philippe Petit walked a tightrope strung between the twin towers of New York's World Trade Center.

August 13, 1961: Berlin was divided by a barbed wire fence to halt the flight of refugees. Two days later, the Berlin Wall began.

August 16, 1954: "Sports Illustrated" was published for the first time.

Herbs Essential For Fighting Diabetes

-Excerpted from Sunrise Senior Living



Millions of people are diagnosed with diabetes each year, a large portion of which are adults over the age of 65. As we continue to age, it's increasingly important to monitor which foods enter the body, as some may be more capable of fighting against this condition than others.

Research recently published in the Journal of Agriculture and Food Chemistry explained that herbs - specifically rosemary, oregano and marjoram - may be crucial for fighting off diabetes, as these spices could inhibit two enzymes that lead to the development of the condition.

Bring in your favorite herbed recipes... we'll post them on Katie's door to share & swap!

PROGRAM NOTES

- NEW PROGRAM: Wii Balance games, Thursdays at 1pm. Assess your balance, have some fun, and lower your fall risk!
- Looking for a new challenge? Our Wednesday at 3pm video exercise classes will feature more rigorous routines!
- Qi Gong class will begin at 1pm

IN THE BUILDING

Beatles for Sale Concert

August 14th at 6pm



This event is sponsored by the TPL Endowment, The Friends of the Library and The Friends of the Seniors!

➤ Reach the Senior Market
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CONTACT

Lisa Templeton to place an ad today! ltempleton@4LPi.com
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August 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Many thanks to Gables of Fitchburg and Stewart's Florist for sponsoring our special lunch programs!</p>			<p>1</p> <p>10:00 Silver Sneakers 10:00 Shuffleboard 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch & Birthday Party: Chowder Fest 12:30 Walking Club 1:00 Cribbage 1:00 Wii Balance Games 1:30 Chair Yoga</p>	<p>2</p> <p>9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Line Dancing (intermediate) 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong</p> <p>Manicures/Pedicures/Reflexology by appointment</p>
<p>5</p> <p>9:30 Gentle Yoga 10:00 Stamp Collecting 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Shephard's Pie 1:00 Qi Gong 1:00 Healthy Living Group 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group</p>	<p>6</p> <p>9:30 Pastries on the Patio 10:00 Silver Sneakers 12:00 Lunch: Apricot Chicken 12:30 Walking Club 1:00 Trivia & Jeopardy 1:00 Flute 1:30 Watercolor</p>	<p>7</p> <p>9:00 Pickleball 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Turkey Salad 12:30 Woodworking 1:00 Knitting Group 1:00 Bingo 3:00 Intermediate Chair Exercise 3:00 Laughter Yoga 4:00 Smartphone Help 5:00 Evening Quilting 6:00 Friends Meeting 6:30 T.O.P.S. 6:30 Tai Chi at Common</p>	<p>8</p> <p>10:00 Silver Sneakers 10:00 Shuffleboard 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch: Basil Pesto Pasta 12:00 Cause/Effect of Back Pain 12:30 Walking Club 1:00 Cribbage 1:00 Wii Balance Games 1:30 Chair Yoga</p> <p>Friends Mohegan Sun Trip Friends Band Concert</p>	<p>9</p> <p>9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble 10:30 Genealogy 11:00 Line Dancing (intermediate) 12:00 Lunch: Soup/Salad Bar 12:30 Movie: <i>Bucket List</i> 1:00 Mahjong 6:45 Fleetwood Mac Concert</p> <p>Manicures/Pedicures/Reflexology by appointment</p>
<p>12</p> <p>9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 12:00 Medicare Counseling 12:00 Lunch: BBQ Chicken Sandwich 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League)</p>	<p>13</p> <p>10:00 Silver Sneakers 12:00 Lunch: Teriyaki Beef 12:30 Walking Club 1:00 Flute 1:30 Watercolor</p> <p>Massage by appt.</p>	<p>14</p> <p>9:00 Pickleball 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Well Adult Clinic 12:00 Lunch: chicken Parmesan 12:30 Woodworking 1:00 Book Club 1:00 Bingo</p>	<p>15</p> <p>9:00 Cribbage Tournament 10:00 Shuffleboard 10:00 Silver Sneakers 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch: Harvest Feast 12:00 Cannabis Basics 12:30 Walking Club 12:45 Travel Talk</p>	<p>16</p> <p>9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:30 Whale Watch Cruise 11:00 Line Dancing (intermediate) 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong</p>

1:00 Knitting Group 3:00 Intermediate Chair Exercise 4:00 Smartphone Help 6:00 Grandparents Raising Grandchildren 6:00 Beatles for Sale 6:30 T.O.P.S. 6:30 Tai Chi at Common	1:00 Wii Balance Games 1:30 Chair Yoga		
19 9:30 Gentle Yoga 10:00 Stamp Collecting 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Lasagna Roll 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 1:00 Diabetes Wellness Group 1:00 Peyote Bead Weaving	20 9:30 Pastries on the Patio 10:00 COA Meeting 10:00 Silver Sneakers 12:00 Lunch: Breaded Drumstick 12:30 Walking Club 1:00 Trivia & Jeopardy 1:00 Flute 1:30 Watercolor Message by appt.	21 9:00 Pickleball 10:00 Hearing Clinic 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Pulled Pork Grinder 12:30 Woodworking 1:00 Bingo 1:00 Knitting Group 3:00 Intermediate Chair Exercise 3:00 Laughter Yoga 4:00 Smartphone Help 5:00 Evening Quilting 6:30 T.O.P.S. 6:30 Tai Chi at Common	22 10:00 Silver Sneakers 10:00 Shuffleboard 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch: Shrimp Scampi 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga
26 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Swedish Meatballs 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group	27 10:00 Silver Sneakers 11:00 TED Talk: Moving Forward with Grief 12:00 Lunch: Cheese Omelet 12:30 Walking Club 1:00 Flute 1:30 Watercolor Message by appt.	28 9:00 Pickleball 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch: Chicken Picatta 12:30 Woodworking 1:00 Bingo 1:00 Knitting Group 3:00 Intermediate Chair Exercise 4:00 Smartphone Help 5:30 Galloping Gourmets 6:30 T.O.P.S. 6:30 Tai Chi at Common Message by appt.	29 10:00 Silver Sneakers 10:00 Shuffleboard 11:00 Wii Bowling (open to all) 12:00 Lunch: Cheeseburger & Fries 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga
23 9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble 11:00 Line Dancing (intermediate) 12:00 Lunch: Soup/Salad Bar 12:30 Movie: Best Exotic Marigold Hotel 1:00 Mahjong Manicures/Pedicures/ Reflexology by appointment	30 9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Line Dancing (intermediate) 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong		



ARTS & CRAFTS



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



Evening Quazy Quilters
August 7 and 21 at 5pm (Drop In)
Sewing machines, fabric, & ideas available, or bring your own. Fellow quilters will assist in piecing things.



Watercolor Classes
Mondays Series (10:30am):
August 5, 12, 19, 26
Tuesday Series (1:30pm):
August 6, 13, 20, 27
Wednesday Series (10:30am):
August 7, 14, 21, 28
Thursday Series (10:30am):
August 1, 8, 15, 22 (no class 8/29)
Cost: \$22/3 week class; \$30/4 weeks



Sponsored by
RiverCourt

Peyote Bead Weaving
Monday, August 19 at 1pm
Cost: \$2

Peyote (gourd stitch) weaving involves weaving colors and shapes that look far more complicated than they are. Peyote stitch is one of the most versatile beading stitches. Learn two needle peyote stitch while making a handsome pendant to hang from your favorite chain or choker.



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

We're looking for **new craft instructors and class ideas!** Do you have a talent you'd like to share with the Senior Center? You don't need to be an expert, just have a passion for your project and the willingness to explain the steps and answer questions. Please see Katie.

JUST FOR FUN



Scrabble
August 9 & 23 at 10am



Movie Matinee
Friday, August 9 at 12:30pm
Bucket List
Friday, August 23 at 12:30pm
Best Exotic Marigold Hotel



Rummikub
Mondays at 1pm



Trivia & Jeopardy
Tuesdays, August 6 and 20 at 1pm



Cribbage—Regular Play
Thursdays at 1pm (except 8/15)
Cribbage Tournaments
Thursday, August 15 at 9am



Smartphone Help Sessions
Wednesdays at 4pm



Mahjong
Fridays, August 2, 9, 16, 23, 30 at 1pm



Shuffleboard
Thursdays at 10am
Come check out our new table!



Helen's Willow Wind Native American Style Flute Lessons
Tuesdays at 1pm Cost: \$40 for 4 week sessions
Ever wish you could play an instrument? Now you can! The Native American Flute is an intuitive instrument, no reading sheet music required. If you can cover the holes and breathe, you can play.



Stamp Collecting
Mondays, August 5 and 19 at 10am
Beginners and lifelong enthusiasts welcome!



Wii Bowling
Thursdays at 11:00am



Wii Balance Training Games
Thursdays at 1pm

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.*



Women's Meditation Group
On Summer Break—Returning this fall!



Qi-Gong
Mondays, at 1:00pm
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, August 5 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
Fridays, August 2, 9, and 23 by Appt.

Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)

Massage with Morningstar of Little Bear Massage

Tuesdays: August 13, 20, 27 and

Wednesdays: August 28

By Appt. \$45/50 min

Women's Conversation Group

Wednesdays, August 14 and 28 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, August 19 at 1pm

Manage your diabetes with confidence. Topics will include managing stress, lifestyle changes, shared experiences, preventing complications, etc.

Well Adult Clinic

Wednesday, August 14 at 12pm

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

Hearing Clinic

Wednesday, August 21 at 10am

Hairdresser

No salon hours this month; returning in August!

Evening Tai Chi for adults of all ages

(at the Townsend Common, weather permitting)

Wednesdays, 6:30 –8pm Cost: donation

UP & COMING

Tuesdays in September: Mosaic Basics Series

September 6: Hampton Beach Seafood Festival

September 11: Grandparents Raising Grandchildren
Topic: The Role of Mental Health in Kinship Families

September 19: Bereavement Support

New Common Housing Application for MA Public Housing Website

On the new **CHAMP (Common Housing Application for Massachusetts Public-Housing)** site, consumers will be able to apply for state-aided public housing and find any existing applications they may have. Moving forward, if their address changes or other information on their application changes, they will only need to update information once at this site. All of their changes will be recorded at the housing authorities where they have applied. If consumers have questions, please talk with staff of your local housing authority. If an adult is also interested in applying for vouchers or federal public housing, please direct them to your local housing authority as those programs are not yet managed through the **CHAMP site**.

GROUP FITNESS

Chair Exercise (video instruction)

Mondays, Wednesdays, & Fridays at 10am

Intermediate Exercise (video instruction)

Wednesdays at 3 pm

Gentle Yoga

Mondays at 9:30am

Cost: \$6/class

Silver Sneakers™

Tuesdays & Thursdays at 10am

Cost: \$5/class, paid per class

Indoor/Outdoor Walking Club

Tuesdays & Thursdays at 12:30pm

Pickleball

Wednesdays at 9:00am

Chair Yoga with Carin

Thursdays at 1:30pm Cost: \$6/class

Line Dancing

Fridays; Cost: \$5/class or \$7 for both/all

Improver: 10:00am –11:00am

Advanced class continues until 11:30

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 (978) 597-2209

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 Elizabeth Warren (D), US Senate: (202) 224-4543
 Lori Trahan (D), US Representative: (202) 225-3411
 Dean Tran, MA Senate: (617) 722-1230
 Sheila Harrington, MA Representative: (617) 722-2305

Need a ride to Community Suppers?

Several Townsend churches/organizations offer free community suppers on Wednesday evenings. If you'd like to attend but don't want to drive, give us a call! Our van is ready to take you!

SHINE

"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

ROAD RUNNER BUS SCHEDULE **

PLEASE CALL IN YOUR RESERVATION AT LEAST 48 HOURS IN ADVANCE

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, Hair dresser/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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\$31.50 (Out of Town)

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2019 Wm. E. May



T.E.O

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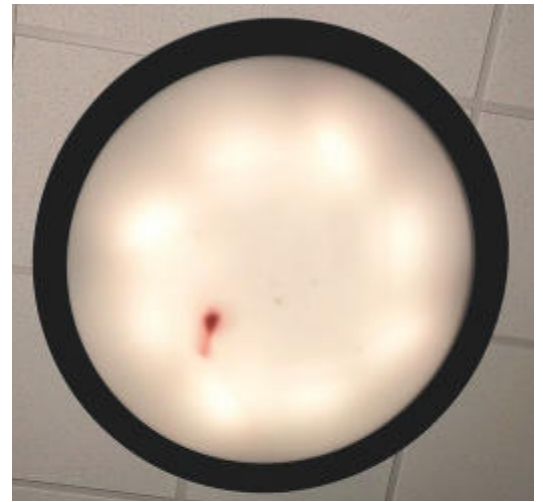
OCTOBER 19, 2019

TOWNSEND RIDGE COUNTRY CLUB
Cocktails 6 pm | Dinner 7 pm | \$50

Tickets on Sale September 4, 2019

Puzzle:

This month, we're trying something different. This object was spotted in one of the lights in the Meeting Hall. What is it, and how did it get there? The most creative answer wins a prize!



My Guess: A mouse was kayaking earlier this summer, and took refuge on the light fixture island.

Your Guess: _____

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

BETH KLEIN

See Katie for your prize!



Thank you to Hannaford for the bread and pastry donations on Mondays and Wednesdays



THINGS TO DO WITH FRIENDS

Save the Dates!

Aug. 8: Band Concert

Consider helping set up, or cook, or take orders, or serve, or clean up. Can't do that? Stop by the Friends table for dinner - every donation of every kind is appreciated.

Sept. 21: Brookline 250th Celebration!

In the interest of being neighborly and thanking the residents of Brookline, NH who support us, we'd like to participate in their parade! Looking for an old or classic car and driver for the day.

Oct. 19: W.E. May Endowment Dinner

Saluting Townsend Ecumenical Outreach. Tickets on sale mid-Sept. at the Senior Center. For more information contact Barbara Matthes, 978-502-0384.

DICK PERRA

MEMORIAL CRIBBAGE TOURNAMENT

JUNE 26, 2019



1ST PLACE: JAN JOHNSON

2ND PLACE: ANNE FORESMAN & ED JETTE

The Senior Center is in need of:

- Paper towels
- Hand Soap
- Unused Birthday or Thinking of You cards

Thank you for considering the Senior Center!