

# Silver Threads

TOWNSEND SENIOR CENTER

Vol 8 No 2 August 2021

## From the Desk of the Director -

Have you been by to notice that we are raising the roof around here? The addition is coming along well and we are hoping to be able to use it before the end of the year.

Though we are still focusing on ramping up to our pre-pandemic level of activities, Katie is always looking for new ideas especially now that we will have our new space. More fitness options? Arts and crafts? Games? Something totally different? Just let us know.

We are also looking to increase our volunteer participation. Give Janet a call to find out how you can help and if you qualify for a break on your Townsend tax bill.

In the meantime, thank you for being patient with us as we have had to make due with limited space available for the programs we are currently providing. It has been so healing for us to see all of you again; seeing your smiles and hearing your laughter is a genuine gift!



Summer is usually a quieter time of year and this August isn't jam packed with activities, but hold on to your hats. The best is yet to come! If you haven't been by, be sure to call in and register to join one of our programs, pick up a puzzle or book and relax on the veranda, or just stop in to say hi!

Never forget that whoever you are, wherever you are, whatever you need you can count on us to be here for YOU! And we are grateful that you are here for us as well.

**Karin**



*Have questions about how to get a **COVID-19 Vaccine**?  
Call the Senior Center at 978-597-1710, we're happy to assist you.*

Karin Canfield Moore, Director  
Janet Cote, Volunteer Coordinator  
Susan Dejniaik, Assistant Program Coordinator  
Donna Fenton, Kitchen Manager  
Donna Howard, Transportation Administrator  
Katie Petrossi, Assistant Director and 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>



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# Drive Thru Lunch



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

## **Mondays**

**2:** Cheese omelet with sausage patty

**9:** Broccoli stuffed chicken breast

**16:** Balsamic Chicken & Rice

**23:** Red Pepper Pesto Pollack

**30:** Sloppy Joe

## **Tuesdays**

**3:** No Meal

**10:** No Meal

**17:** No Meal

**24:** Coffee Hour

**31:** No Meal

## **Wednesdays**

**4:** Cranberry Orange Pork

**11:** Chicken Parmesan

**18:** Macaroni & Cheese

**25:** Grilled Chicken Sandwich

## **Thursdays**

**5:** No Meal

**12:** Teriyaki Chicken & Vegetables over Rice

**19:** Baked Tomato Basil Zucchini & Garlic Bread

**26:** Baby Back Ribs, Corn on the Cob, Carrots, Slaw.  
Drive thru or at it here during concert!

*\*\*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.*

## **SENIOR PLANET** FROM **AARP**



Have a tech question, beyond what the Senior Center can help with? Give Senior Planet's National Tech Hotline a call! **(920) 666-1959**

Please note this is NOT a toll-free number. Open from 9am – 5pm EDT, Monday – Friday

### **Technology Help**

Do you have a new phone or tablet and need help learning to use it? Learn to use popular programs including Zoom, Paypal, Gmail, Facebook, etc. Wednesdays and Thursdays by appointment. No charge.

## **Important Phone Numbers**

### **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

### **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.*

## For Fun *RSVP required for ALL programs*

### Women's Conversation

First & Third Tuesdays at 11am

### Trivia

Tuesdays, August 3 and 17 at 1pm. No charge

### Wii Bowling

Tuesdays, August 10 & 24 at 10am

### Rummikub

Tuesdays, August 10 & 24 at 10am

**Book Club** (meets on front patio) Wednesday, August 25 at 1pm. "Dear Anne" by Bobby Ann Mason

### Women's Meditation

Fridays at 11am. RSVP Required.

### Bingo

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

### Cribbage

Thursdays at 1pm; except Tournament 8/19 at 9am

### Genealogy

Returning in September

### Scrabble

Fridays at 10am on the patio

### Chorus

Monday, August 9 at 10:30am

### Mexican Train Dominoes

Tuesdays at 2pm

## For Your Health *RSVP required for ALL programs*

### Medicare Counseling

August 11 by appointment. SHINE assistance enrolling in Medicare, choosing a plan, etc.

### Dementia Nurse Consultation

Thursday, August 12 by appt.

### Hearing Clinic

Wednesday, August 18 by appointment

### TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

**Manicures & Pedicures** (offered by New England Nails) Mondays by appointment. \$12 for mani; \$28 for pedi; or \$38 for both.

**Massage with Morningstar:** Tuesdays in August by appointment.. \$45/50mins.

### Healthy Living Group:

#### Best Self Care Strategies to Reduce Stress

Thursday, August 5 at 11am. No charge.

## Special Events *RSVP required for ALL programs*



### Bus Trip: Galloping Gourmets

**Wednesday, August 11 at 5:00pm;** \$3.50 for Roadrunner, plus the cost of your meal We're visiting The Barn Door in Pepperell. This gourmet grocery has take-out sandwiches and other delights to eat on their gorgeous patio. It's a cruise night, so enjoy local antique and specialty cars while you eat!



### Iced Tea Party

**Tuesday, August 17 at 12pm**

Stay cool with a variety of iced teas and treats from Dolce Amar in Groton! Sample each flavor and decide which is your favorite!



### Dan Kirouac Concert

**Thursday, August 26 at 12pm** Most-loved songs of the 1950s, 1960s, and early 1970s will be revisited and re-interpreted by the simplicity of a digital piano and one vocal. This will be a jukebox of memories from the stars of pop, light rock, and easy-listening. Pick up your Donna's Diner meal and have a picnic lunch! *Sponsored by the Townsend Cultural Council.*

## Virtual Programs

*Call the Senior Center to sign up and receive the link*

### Native American Flute

**Fridays at 2pm, \$40 per month**

### Grandparents Raising Grandchildren Support Group

**August 23 at 7:30pm via zoom.** Join this regional support group to share troubles and triumphs with other seniors raising their grandchildren. Free. Email colleen.pritoni@state.ma.us to sign up.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting 1:00 Tap Dance 12:30 Weaving Class  Mani/Pedi by appt	<b>3</b> 9:30 Walking Club 1:00 Trivia 2:00 Mexican Train  Massage by appt	<b>4</b> 9:30 Senior Fitness 12:00 MOC Lunch 1:00 Bingo 3:30 Beginner Yoga 6:00 Friends 6:30 TOPS	<b>5</b> <b>9:30 Senior Fitness</b> 9:30 Walking Club 11:00 Qi Gong 11:00 Healthy Living Group: Self Care 1:00 Cribbage	<b>6</b> 9:30 Weaving 10:00 Scrabble 10:00 Chair Exercise <b>2:00 Flute Lessons</b>
<b>9</b> 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 12:00 MOC Lunch 12:00 Knitting  Mani/Pedi by appt	<b>10</b> 9:30 Walking Club 10:00 Rummikub 10:00 Wii Bowling 1:00 Line Dancing 2:00 Mexican Train  Massage by appt	<b>11</b> 9:30 Senior Fitness 12:00 MOC Lunch 1:00 Bingo 5:00 Quilting 5:00 Galloping Gourmet 6:30 TOPS  SHINE Medicare Counseling	<b>12</b> <b>9:30 Senior Fitness</b> 9:30 Walking Club 10:00 Dementia Nurse Consultation 11:00 Qi Gong 12:00 Donna's Diner 1:00 Cribbage	<b>13</b> 10:00 Scrabble 10:00 Chair Exercise 12:00 Quazy Quilters <b>2:00 Flute Lessons</b>
<b>16</b> 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting 1:00 Tap Dance 12:30 Weaving Class  Mani/Pedi by appt	<b>17</b> 9:30 Walking Club 9:30 Felting: UFO 12:00 Iced Tea Party 1:00 Trivia 2:00 Mexican Train  Massage by appt	<b>18</b> 9:30 Senior Fitness 10:00 Hearing Clinic 12:00 MOC Lunch 1:00 Bingo 3:30 Beginner Yoga 5:00 Quilting 6:30 TOPS	<b>19</b> 9:00 Cribbage Tournament <b>9:30 Senior Fitness</b> 9:30 Walking Club 11:00 Qi Gong 12:00 Donna's Diner	<b>20</b> 9:30 Weaving 10:00 Scrabble 10:00 Chair Exercise 12:00 Quazy Quilters <b>2:00 Flute Lessons</b>
<b>23</b> 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance  Mani/Pedi by appt	<b>24</b> 9:30 Walking Club 10:00 Coffee Hour 10:00 Rummikub 10:00 Wii Bowling 1:00 Line Dancing 2:00 Mexican Train  Massage by appt	<b>25</b> 9:30 Senior Fitness 12:00 MOC Lunch 1:00 Book Club 1:00 Bingo 3:30 Beginner Yoga 5:00 Quilting 6:30 TOPS	<b>26</b> <b>9:30 Senior Fitness</b> 9:30 Walking Club 11:00 Qi Gong 12:00 Donna's Diner 12:00 Dan Kirouac Concert 1:00 Cribbage	<b>27</b> 9:30 Weaving 10:00 Scrabble 10:00 Chair Exercise 12:00 Quazy Quilters <b>2:00 Flute Lessons</b>
<b>30</b> 9:30 Senior Fitness 10:00 Chair Exercise 11:30 Beginner Yoga 12:00 MOC Lunch 12:00 Knitting 1:00 Tap Dance  Mani/Pedi by appt	<b>31</b> 9:30 Walking Club 2:00 Mexican Train  Massage by appt	<div> <h1>August 2021</h1> <p><b>Key:</b>            Onsite Programs  <b>Zoom Programs</b></p> </div>		

# Fitness and Exercise

## Gentle Yoga with Patsy

RETURNING:  
SEPTEMBER

Thursdays at 1:30pm in the Meeting Hall. \$6 per class.  
Tuesdays and Thursdays at 10am on Cable Channel 9, and  
available anytime on YouTube

## Chair Yoga with Carin

(no class 8/9 or 8/11)

Beginner: Mondays at 11:30am in the Meeting Hall  
Wednesdays at 3:30pm in the Meeting Hall; \$5 per class  
Intermediate: Class resumes in the fall

## Senior Fitness with Stephanie

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

## Chair Exercise

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

## Walking Club

Tuesdays and Thursdays at 9:30am. Inside and outside options available,  
depending on the weather.

## Line Dancing

Tuesdays, August 10 & 24 in the Meeting Hall; \$5 per class

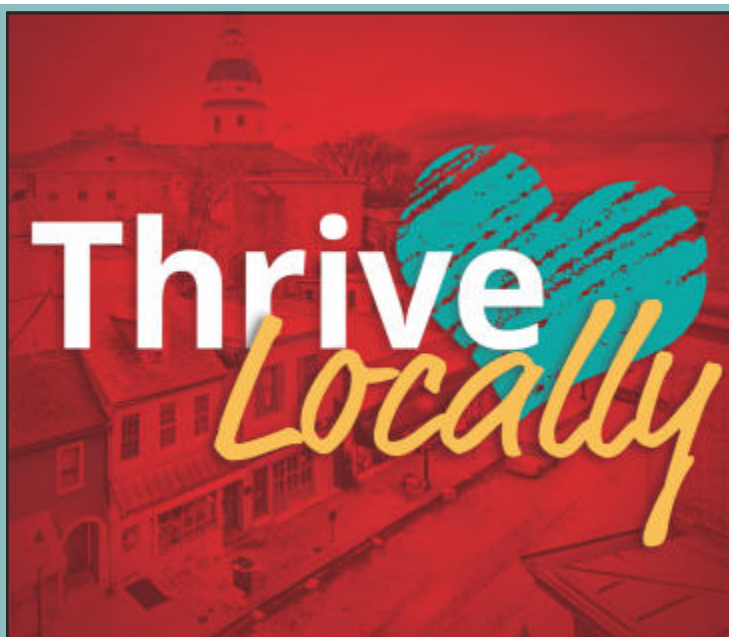
## Qi Gong

Thursdays at 11am in the Meeting Hall; \$5 suggested donation per class.

## Learn to Tap Dance

(no class 8/9)

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 have a few pairs to loan!



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emailed to you at  
[www.mycommunityonline.com](http://www.mycommunityonline.com)





At the Library...

## Bullet Journaling 101

Wednesday, August 4 at 6:00pm



It's the latest craze! Learn why these journals are so popular, and how it can help you with organization and creativity. Learn about the history of these great tools, tips & techniques, and then start creating your own bullet journal! Each participant will get a bullet journal, FREE.



### Laptops Available to borrow!

It's easy to participate in virtual programs like senior fitness, yoga, watercolor, etc. Call us to schedule training!



### 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 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.

## ARTS AND CRAFTS (In the Building, except Watercolor—sign up REQUIRED)



**Watercolor with Linda**  
*Wednesdays at 3pm via Zoom*  
 \$30 per month for the class. New students: \$10 one-time fee for paint kit.

RETURNING:  
 SEPTEMBER



**Knotty Knitters**  
*Mondays at 12pm —outdoors, weather permitting.* Knit or crochet with other beginners or get help from those who've been around the circular needles a time or two.



**Evening Quilting**  
*Wednesdays, August 11, 18, 25 at 5pm*  
 Work on your latest project, or use our supplies to create something new!



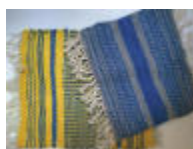
**Quazy Quilters**  
*Fridays at 12pm; no class 8/6*  
 Work on your latest project, or use our supplies to create something new!



**Felting: UFO Party**  
*Tuesday, August 17 at 9:30am*  
 UFO = Unfinished Object. Bring in your partially finished projects and finally complete them, in the company of friends!



**Weaving: Stepping Through the Seasons**  
*Mondays, August 2, 16, 23 at 12:30*  
 Cost: \$3.00 Using warm fall color, create a lovely tiny tapestry to sew onto clothing or use as a mug rug!



**Weaving Drop-In**  
*Fridays at 10am; no class 8/13*  
 Join in the camaraderie as we work on anything weaving. Fran & Laura are on hand to assist folks who need to complete a project from one of our previous classes. Or, bring a fiber project of your own!

## ROAD RUNNER BUS SCHEDULE

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

Schedule all appointments by calling 978-597-1730

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

	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)

### 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  
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 \$31.50 (Out of Town)