

Silver Threads

August 2022
Vol 9 No 2

From the Desk of the Director -

Was life ever really predictable?

I remember in the throes of COVID I would think how nice it would be to have a week or even a couple of days that were predictable. Where nothing would throw you off track or get you out of your groove. As we settle into a routine, I'm noticing that people are doing things a little differently. Sometimes by choice, sometimes not, but different isn't always bad. I see our patrons being more mindful about how they choose to spend their time, trying new things and taking time to explore new options. I even see this in my friends and myself as well. Life is short—or it can be anyway—and we do have choices on how we spend it.

Here at the Townsend Senior Center we have quite a few programs taking time off in August, but as you can see there are multiple musical programs for you to choose from this month and are starting to plan our fall activities. Don't forget we also have resources to help you with challenges you may be facing and other critical needs. If we can't help you, we will refer you to someone who can.

One of those resources is Townsend's Community Services Coordinator, Emily McCaffrey. Look inside to learn more about what she can do for you and all residents of Townsend. She's a great asset!

Who knows what awaits us over the horizon. I hope whatever it is you find good in it and embrace

whatever change it brings to your world.

- Karin



Don't forget to register in advance for all programs!

MyActiveCenter registration process now available! Call Greg at 978-597-1710 for more information.

This provides patrons an option to sign up for programs online through your computer, tablet or smart phone.

Karin Canfield Moore, Director
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Program Coordinator/Senior Meals Associate
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 Registration required for ALL programs - 978-597-1710



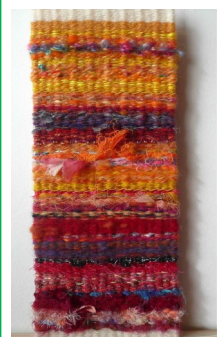
Knotty Knitters

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 and 2pm
\$30 per month.
Limit of 12 students per class.



Weaving Classes:

*On hiatus during August.
Come and join us in September!*

Weaving Drop-In

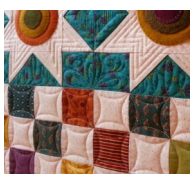
Fridays 10am-noon

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



Felting

*On hiatus during August.
Come and join us in September!*



Quazy Quilters

Tuesdays from 9am to 3pm
First, third and fifth Wednesdays at 1:00pm

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



Scrapbooking

Second and fourth Wednesdays at 3pm
Bring your own supplies or use ours!



Wood Carving

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

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

Women's Conversation

*On hiatus for the summer.
Resuming in the fall.*



Trivia

First & Third Tuesdays at 1pm



Book Club

Wednesday, August 24th at 1pm.
"All Adults Here" by Emma Straub



Bingo

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



Chorus

*On hiatus for the summer.
Resuming in the fall.*



Genealogy with Dwight Fitch

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



Movie Matinees:

Friday, August 12th at 12:30pm

"Perfect Storm"

George Clooney and Mark Wahlberg.
Based on a true New England story.

Friday, August 26th at 12:30pm

"Stepford Wives" Nicole Kidman,
Matthew Broderick and Bette Midler
**Pizza provided by Friends of the
Townsend Seniors**



Mexican Train Dominoes

Tuesdays at 11am



Scrabble

Fridays at 11am



Rummikub Mondays at 1pm



Wii Bowling

Mondays at 1 pm



Cribbage

Thursdays at 1pm, except...
Tournament 8/18 at 9am



Tabletop Shuffleboard, Bocce, Cornhole, Badminton, Horseshoes are here!

Would you like to give these games a try? How about a new league?
Stop by and see us. We'll set up the equipment and have some fun!

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

Senior Fitness

Thursdays at 9:15am (live instructor - \$5 per class)
Mondays 9:15am - Join us for a challenging video!

Chair Exercise

Mondays, Wednesdays and Fridays at 10am

Walking Club

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

Learn to Tap Dance - no class week of 8/22

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 11am \$5 per class
 Jeff is back with this Chinese martial art practiced for health benefits and meditation.

Move your body with Carin-no classes week of 8/22:

Hybrid Yoga \$5 per class

(Chair and floor options)
Mondays at 11:00am 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 9:30am \$5 per class

Building Memory Skills

Fridays at 12:30pm \$5 per class
 Do you struggle to remember things? Is your eye-hand coordination lacking? This class is for you!

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



Massage with Morningstar:

Tuesdays and Thursdays by appointment
 \$45/50mins.



Sarah from Footcare Focus

will offer podiatry services
Thursday, August 11th from 12pm to 3pm
and Friday, August 19th from 10am to 1pm
 Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, August 10th from 12-2pm
 BP screening, glucose check, etc.



Hearing Clinic

Wednesday August 17th by appointment



Women's Meditation

On hiatus for the summer.
 Resuming in the fall.

Manicures

First Tuesday at 1:30pm by appointment

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 supporting and educating family caregivers of clients with dementia. All parties benefit learning to navigate the journey they may travel.

Healthy Living

Thursday, August 4th at 11am
 This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

Diabetes Support

Thursday, August 18th at 11am
 Come in for information on how to manage your diabetes with confidence.

Grief Support Group *Wednesday, August 3rd 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.
Second and Fourth Thursday at 1pm
 Call 978-597-1710 to make an
 appointment. No charge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:15 Senior Fitness 10:00 Chair Exercise 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	2 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 1:30 Manicures *Massage by appt	3 10:00 Chair Exercise 10:00 Watercolor 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 4:00 Grief Support 6:00 Friends 6:30 TOPS	4 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Healthy Living 11:00 Tai Chi 12:00 Donna's Diner 1:00 Cribbage 2:00 Osteo Movement *Massage by appt	5 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Weaving Drop-In 11:00 Scrabble 12:30 Building Memory Skills
8 9:15 Senior Fitness 10:00 Chair Exercise 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	9 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:00 Ice Cream Social 1:30 Line Dancing *Massage by appt	10 10:00 Chair Exercise 10:00 Watercolor 12:00 Wellness Clinic 1:00 Bingo 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 6:30 TOPS	11 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Tai Chi 12:00 Donna's Diner 12:00 Podiatrist 1:00 Cribbage 1:00 Tech Help 2:00 Osteo Movement *Massage by appt	12 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Weaving Drop-In 10:30 Genealogy 11:00 Scrabble 12:30 Building Memory Skills 12:30 Movie Matinee <i>"Perfect Storm"</i> 6:00 Concert: Beatles for Sale
15 9:15 Senior Fitness 10:00 Chair Exercise 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement *Massage by appt	16 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing *Massage by appt	17 10:00 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 5:00 COA 6:30 TOPS	18 9:00 Cribbage Tourney 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Diabetes Support 11:00 Tai Chi 12:00 Donna's Diner 1:00 Cribbage 2:00 Osteo Movement *Massage by appt	19 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Podiatrist 10:00 Weaving Drop-In 11:00 Scrabble 12:30 Building Memory Skills
22 9:15 Senior Fitness 10:00 Chair Exercise 12:30 Knitting 1:00 Wii Bowling 1:00 Rummikub	23 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	24 10:00 Chair Exercise 10:00 Watercolor 1:00 Bingo 1:00 Book Club 2:00 Watercolor 3:00 Scrapbooking 6:30 TOPS	25 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Tai Chi 11:00 Concert: Songs of Yesteryear w/ Denis Cormier 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help *Massage by appt	26 10:00 Chair Exercise 10:00 Weaving Drop-In 11:00 Scrabble 12:30 Movie Matinee <i>"The Stepford Wives"</i>
29 9:15 Senior Fitness 10:00 Chair Exercise 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	30 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	31 10:00 Chair Exercise 10:00 Watercolor 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 6:30 TOPS		

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

Concert Events

Beatles for Sale

The Townsend Public Library presents an evening of live music.
Wednesday, August 12th at 6pm (Raindate: August 19th)

Contact the Library for more information.



Also... Songs of Yesteryear w/Denis Cormier

Thursday, August 25th at 11am. Come enjoy golden oldies and classical country.



Coming in September! Back By Popular Demand! Hampton Beach Seafood Festival!

Friday, September 9th, Van Leaves at 12pm

Local restaurants, arts & crafts booths, two stages for live entertainment, corn hole tournament, Lobster Roll Eating Contest, and fireworks take over Ocean Blvd. for the weekend. Enjoy seafood delicacies, the only bar on the beach, cooking demonstrations, and many more activities.

Cost: \$17 (includes admission and transportation)

Lunch

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

Tuesdays: Soup & Salad Bar

Thursdays: Donna's Diner

August 4: American Chop Suey

August 11: Grilled Corn on the Cob/Hot Dogs

August 18: Grilled Steak Tips

August 25: Cuban Sandwich



Ice Cream Social!

Tuesday, August 9th at 1pm

Sponsored by

Visiting Angels Living Assistance Services

Heart to Home Meals Coming to the Senior Center in September!

Starting on Wednesdays, the Senior Center will be offering Heart to Home Meals.

Details coming soon!



WE NEED DONATIONS OF

LIQUID HAND SOAP AND PAPER TOWELS!

WE ALSO NEED BOXED BEEF OR CHICKEN

BROTH (NOT CUBES)!

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.



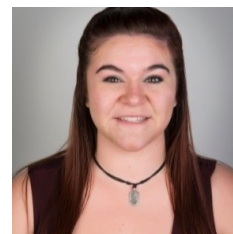
June Cribbage Tournament Results!

Winner: Phil Durno, 726 Points

Runner Up: Rich Diggs, 706 Points

High Hand: Ed Jette, Helen Roy, 24

Meet Emily McCaffrey!



Emily is fulfilling her new role as the Community Services Coordinator for the town of Townsend. She started her position in April of this year and has hit the ground running assisting wherever she is needed.

Within her position she manages the Townsend Emergency funds, the ARPA Wellness funding for Police/Fire & EMS, the Recreation Department, the Council on Aging and the NM-Cares Drop-in Center!

Emily works directly with individuals, families, and residents with an array of needs such as: finding a mental health care professional, obtaining fuel or food assistance, promoting educational and wellbeing programs across the community and more!

She received her M. Ed in Community Engagement at Merrimack College as a first-generation college student. She has a passion and energy for helping residents in any way that she can. In her spare time, she enjoys listening to the Dave Matthews Band, walking her dog Barley, spending time with her new fiancé and listening to true crime and supernatural podcasts. Her office is located directly in the Senior Center across from the reception desk. Join us in welcoming Emily to Townsend.

Emily McCaffrey

Community Services Coordinator

978-877-3848

Important Phone Numbers

Community Services:

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) 597-2209

SHINE Medicare Counseling

508-422-9931

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.

Masks are optional. This could change at any time based on local, state or national guidance.

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¢

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

	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.*