

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

OH CRAP! It's Christmas!

Sorry if I offended anybody, stick with me.

When did the celebration of the winter holidays; Christmas, Hanukkah, Solstice, whatever you observe, become so stressful? When did it become an obligation instead of a delight? When did you start approaching it with dread instead of joy?

I hope that is not where you are at this point (or ever), but I will admit I have been there, done that. I have carefully counted out the presents to be sure that each boy got exactly the same number and that sum total they added up to just about the same number of hours worked translated into hours combing store aisles and websites and of course money.

I'm taking a new approach this year. The lads are all teenagers and above now. This may be the last traditional Christmas we have together for a while, so I am going to concentrate on our traditions. From a day at Yankee Candle and St. Nicklaus Tag, to baking way too many cookies and building gingerbread houses with friends, hanging the lights outside and putting up the village and the tree I will revel in it all. One thing that will be different is the gifts. They all still have gifts from Christmases gone by sitting in their rooms untouched. Time to introduce the "wrap your crap" concept. Each member of the family will wrap one (or more) unused or slightly used item in the house for each other member of the family and put it under the tree and the shenanigans will begin. Of course, there will be a couple of new things as well, but I think I may be on to something.

Come by when it's all over and I will let you know how it went. In the meantime, I wish you a very calm and peaceful holiday season. **When you want some company, remember this is where you WANT to be.**

Karin Canfield Moore



16 Dudley Road, Townsend, MA 01469 • (978) 597-1710

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

SPECIAL EVENTS (RSVP requested)



Christmas Craft Fair

Saturday, December 2, 10am-3pm

Get an early start on your holiday shopping at the annual fair. Hosted in conjunction with the Townsend Library.



Dental Hygiene & Health Talk

Wednesday, December 13 at 11am

Join Susan Hoag of Nashoba Associates Board of Health for a presentation on the benefits of dental health.



Tea & Talk About Sleep

Friday, December 8 at 10am

Join us for a morning discussion, with Dr. Husein on the health benefits of sleep and strategies for improving sleep, while enjoying a hot cup of tea and refreshments.



Holiday Lunch

Thursday, December 14 at 12pm

Homemade lunch will include a traditional turkey dinner with all the trimmings, with entertainment from the NMRHS flutists.



Let Your Yoga Dance

Friday, December 8, 15, 22 & 29 at 12pm

Cost: First class free! \$5/class

Join respected teacher and trainer, Megha Nancy Buttenheim for this fusion of movement, yoga, and dance combined with world music. Designed to open the body's energy centers, this practice is open to all ages and abilities. First class is free!



Holiday Cookie Decorating

Tuesday, December 19 at 10:30am

Cost: \$10

Join baker and dietician, Anne McWaters, to get your holiday baking done while visiting with friends. Anne will supply the cookies, you do the icing!



Flu Shots

Wednesday, December 13, 12-2pm

One more opportunity to get your flu shot at the monthly Well Adult Clinic.



Christmas Party

Thursday, December 21 at 12pm

Celebrate the season among friends with a festive meal, accompanied by vocal stylings from the Hope Community Chorus and a visit from Santa. Bring a \$15 gift for the Yankee swap

MONTHLY EVENTS

Birthday Party

Thursday, December 7, at 12pm

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

Book Club

Wednesday, December 13, at 1pm

The 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 *Songs of Willow Frost*, a novel by Jamie Fold.

Bach's Lunch

Thursday, December 21, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring the music of the Justin Meyer Jazz Quartet. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, December 19, at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, December 8, at 10:30am

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

Bus Trip: Christmas Light Tour

Wednesday, December 13 at 6pm

Cost: \$3.50 (bus) RSVP required

Board the new Roadrunner shuttle bus and let Donna take you to see the best Christmas light displays in Townsend and neighboring areas. This is a fun tradition not to be missed! Limited to 12 people.

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

Women's Meditation Group

Fridays, 11am-12pm

Qi-Gong

Mondays, at 12:30pm

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, December 4, 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. New members are always welcome to introduce new areas of discussion.

Reflexology, Manicures & Pedicures

Friday, December 1, 8 & 22, by Appt.

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

Massage

Tuesday, December 12 & 26 and

Wednesday, December 6; By Appt.

Cost: \$20/20 min.

Chair and table massages available.

Healing Meditation

Tuesdays, December 5, 12, 19 & 26 at 11am

Get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.

Women's Conversation Group

Wednesdays, December 13 & 27, at 11am

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

Caregiver's Roundtable: Funeral Planning

Wednesday, December 13, at 6pm

Caregivers are welcome to come for respite, to share their experiences and concerns in a supportive environment, led by Joy Niemiera. This month's topic will discuss traditional and alternative options for funeral arrangements. **Free on-site caregiving available so caregivers are able to bring their loved one for fun, safe, professional attention.**

Well Adult Clinic

Wednesday, December 13 at 12pm

One more chance to get a flu shot!

Hearing Clinic

Wednesday, December 20, at 10am

Grief Support

Tuesday, December 19, at 1pm

GROUP FITNESS

Beachball Volleyball

Tuesday, December 12 at 1pm

Walking Club

Tuesdays at 9:30am

Chair Exercise

Mondays, Wednesdays, & Fridays at 10am

Exercise through video instruction.

Stretch & Tone

Tuesdays & Thursdays at 10am

Cost: \$20/4 classes; \$35/8 weeks; \$7/drop in

Gentle Yoga

Thursdays at 1:30pm

Line Dancing

Fridays 10am-11am

Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes

Medicare Counseling

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review

your options every year to make sure you have the plan that works best for you for next year. **Appointments will be offered to assist with the process through December. Last two days for appointments will be December 4th and 5th. Please call 978.597.1710 to make an appointment.**



ARTS & CRAFTS (RSVP requested)



Knitting Group

Mondays, at 1pm (Drop In)

Watercolor Classes with Linda

Mondays, Wednesdays, & Thursdays at 11am; Tuesdays at 1:30pm

Please see calendar for dates

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

Needlefelting: Snowman Soap

Wednesday, December 6 at 3pm

Cost: \$3

Wet felt an adorable snowman head around a bar of soap, to be used over and over.

Holiday Flower Arranging

Monday, December 11 at 1pm

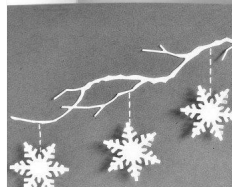
Cost: \$25

Create a festive boxwood arrangement. Bring a sharp pair of scissors!

Peace Rosary Class

Tuesday, December 12 at 10am

Cost: \$5



Holiday Cookie Decorating

Tuesday, December 19 at 10:30am

Cost: \$10

Cookies will be supplied, you do the decorating!

Christmas Cards with Diane & Donna

Tuesday, December 12 at 1pm

Cost: \$3

Use our materials to create holiday cheer for your friends and family.

Wood Carving

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

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

Quazy Quilters Qub (Drop In)

Fridays, 9am-2pm

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

FOR FUN



Movie Matinee

Friday, December 8, at 12:30

Mrs. Miracle, with James Van Der Beek, Erin Karpluk, and Doris Roberts

Friday, December 22, at 12:30

The Town Christmas Forgot, with Lauren Holly and Rick Roberts



Bridge

Mondays at 1pm



Trivia & Jeopardy

Tuesday, December 12 & 26, 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.



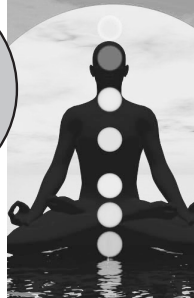
Cribbage

Thursdays at 1pm

Cribbage Tournament

Thursday, December 21 at 9am

Hand & Foot
Tuesday,
December 5 & 19,
at 11am



Galloping Gourmets

Wednesday, December 6 at 5:30pm and

Tuesday, December 12 at 11am

Meet here, carpool (or take the bus on Wednesday nights), and the only cost is your meal. Visit Chrysanthi's (Brookline) on 12/6 and 873 Cafe (Ashby) on 12/12.

Mahjong

Friday, December 1 & 15 at 1pm

Get together for a friendly game.

Sports Party

Wednesday, December 6 at 7:30pm

Celtics vs. Mavericks

Join fellow fans to view your favorite sports. Please sign up so we know how many refreshments we need!

Afternoon Tea: Holiday Edition

Wednesday, December 20 at 4pm

Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Please sign up in advance, so we'll know how many party favors we need! Featuring holiday refreshments and music by Maizie on flute.



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.

UP & COMING



Nashoba Tech Lunch

Tuesday, January 23 at 12pm



Crafting for the Community

The upcoming project will create dining room chair cushions for Atwood Acres.



Vintage Vocal Quartet

Sunday, January 14



Friends of the Townsend Seniors Senior Appreciation Lunch

Saturday, January 20



Boston Jazz Voices Saturday, December 9

Beginning with a classic tune, or even a modern one like "Love On Top" by Beyonce, the group will add swinging rhythms and unexpected harmonies, and transform it into something new! The American songbook comes alive with close harmony, the Beatles are updated in 5/4 rhythm, and Motown gets a new life in Samba style.

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

Complete the puzzle and turn it in to Katie by January 15
Correct puzzles will be entered in a drawing!

CRIBBAGE TOURNAMENT SCORES

1st Place: Helen Roy 2nd Place: Peter Salisbury
High Hands: Betsy Glon; Peter Salisbury; Helen Roy 24

ROADRUNNER BUS SCHEDULE

Please Call In Your Reservation 48 Hours In Advance!!

Reservations called in later may not be accommodated.

- Mondays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber And Errands
- Tuesdays: Fitchburg, Leominster, Lunenburg- Medical Trips & Shopping/Errands If Possible
- Wednesdays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber. **Now available Wednesday nights to run errands, come into the Caregiver Roundtable, Evening Bingo, TOPS, to pick up items at the TEO, etc.**
- Thursdays: Pepperell, Groton, Ayer- Medical Trips & Shopping Errands If Possible
- Fridays: Lunenburg, Fitchburg-Shopping Day.

FARES: \$1.25 ONE WAY WITHIN TOWNSEND; BUS CARD \$22.50 Pay for 9 rides, get 1 free.
\$.50 Round trip to the Senior Center from Atwood Acres/Townsend Woods
\$1.75 ONE WAY OUTSIDE TOWNSEND; BUS CARD \$31.50
Pay for nine rides, get one free.

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.

*Any trip to or from the Senior Center for residents of Atwood Acres or Townsend Woods is .25 each way regardless of the time of day subject, to availability. **Rides any time other than 9 AM pick-up need to be scheduled by calling 978-597-1730.**



December Greetings

From the Friends of the Townsend Seniors

Saturday, December 2nd ~ Friends' Holiday Craft Fair 10:00am-3:00pm Talented Crafters, "Coffee Nook", Bake Sale with Holiday Cookies and Breads and "Children's Craft Room" will fill the rooms at the Senior Center. Please support our Holiday Craft Fair with your donations of home-baked cookies and your presence on December 2nd.

Monday, December 4th - Friends' Board Meeting ~ 4:00pm at the Senior Center.

Looking Ahead to January.....

Thursday, January 12th ~ Foxwoods Trip This popular trip is open to all adult residents of Townsend and the surrounding towns. Come along and invite your friends! The price is \$30 per person, with reservations paid in advance. Everyone will receive coupons for 'free play' and the buffet lunch. Sign up at the Senior Center, 978-597-1710 or call Ruth Gibbs, 978-597-6837.

Saturday, January 20th Annual Seniors' Luncheon January is "Seniors' Month" in Townsend. The Friends are planning a special luncheon to honor all Townsend seniors and our out-of-town Seniors who are members of the Friends. The sign-up sheet will be posted early in January.

Thank You to Russ Moore for coordinating the Friends of Townsend Seniors' trip to the New Mexico Balloon Festival. It was a terrific trip to Albuquerque and Sante Fe. Russ is coordinating another Collette Tour to the Canadian Rockies! Call Russ, 978-808-7301 or pick up the information booklet at the Senior Center.

-----2018 Friends of Townsend Seniors Membership-----

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!

☐ Program Development ☐ Fundraising ☐ Baking ☐ Recruiting volunteers. ☐ Other

The Friends meet at 4 pm, on the first Monday of every month in the Senior Center – please join us to explain your "other."

Name: _____

Mailing Address: _____

Phone: (H) _____ **(Cell)** _____

Email: _____

DECEMBER 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 1:00 Mahjong Manicures/Pedicures Reflexology by Appt. 12/2 Christmas Craft Fair
4 10:00 Chair Exercise 11:00 Watercolor 12:00 Lunch 12:00 Medicare Counseling 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group 1:00 Bridge 4:00 Friends' Meeting	5 9:30 Walking Club 10:00 Stretch & Tone 11:00 Healing Meditation 11:00 Hand & Foot 12:00 Medicare Counseling 12:00 Lunch 1:30 Watercolor	6 10:00 Chair Exercise 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 3:00 Needlefelting Snowman Soap 5:00 Evening Quilting 5:30 Galloping Gourmets: Chrysanthi's 6:30 TOPS 7:30 Celtics vs. Mavericks Massages by Appt.	7 10:00 Stretch & Tone 11:00 Watercolor 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage 1:30 Yoga	8 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 10:00 Tea & Talk About Sleep 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Let Your Yoga Dance 12:30 Movie: Mrs. Miracle Manicures/Pedicures Reflexology by Appt. 12/9 Boston Jazz Voices (co sponsored with the library)
11 10:00 Chair Exercise 11:00 Watercolor 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge 1:00 Flower Arranging	12 9:30 Walking Club 10:00 Stretch & Tone 10:00 Peace Rosary Class 11:00 Healing Meditation 11:00 Galloping Gourmets: 873 Cafe (Ashby) 12:00 Lunch 1:00 Trivia & Jeopardy 1:00 Beach Ball Volleyball 1:00 Christmas Cards 1:30 Watercolor Massages by appt.	13 10:00 Chair Exercise 11:00 Watercolor 11:00 Dental Talk 11:00 Women's Conversation 12:00 Well Adult Clinic & Flu Shots 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Book Club 6:00 Caregiver's Roundtable 6:00 BINGO 6:00 Christmas Light Tour 6:30 TOPS	14 10:00 Stretch & Tone 11:00 Watercolor 12:00 Homemade Lunch 1:00 Cribbage 1:30 Yoga	15 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Hairdresser 12:00 Let Your Yoga Dance 1:00 Mahjong
18 10:00 Chair Exercise 11:00 Watercolor 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	19 9:30 Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 10:30 Holiday Cookie Decorating 11:00 Hand & Foot 11:00 Healing Meditation 12:00 Nashoba Tech Lunch 1:00 Grief Support 1:30 Watercolor	20 10:00 Chair Exercise 10:00 Hearing Clinic 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 4:00 Holiday Afternoon Tea 6:00 Medicare Counseling 6:30 TOPS	21 9:00 Cribbage Tournament 10:00 Stretch & Tone 11:00 Watercolor 12:00 Christmas Party 12:45 Bach's Lunch 1:30 Yoga	22 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Let Your Yoga Dance 12:30 Movie: The Town Christmas Forgot Manicures/Pedicures Reflexology by Appt.
25 Closed for Christmas	26 9:30 Walking Club 10:00 Stretch & Tone 11:00 Healing Meditation 12:00 Lunch 1:00 Trivia & Jeopardy 1:30 Watercolor Massages by appt.	27 10:00 Chair Exercise 11:00 Women's Conversation 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:30 TOPS	28 10:00 Stretch & Tone 11:00 Watercolor 12:00 Lunch by Manor on the Hill 1:00 Cribbage 1:30 Yoga	29 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Let Your Yoga Dance