

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director -

Some people just get it!

As many of you realize by now, stress management is not my forte. Every time I feel myself ramping up on the stress-o-meter, I hear my brain saying, "You've got this!" Eventually though I find that I can see in the eyes of those around me that I really *don't* got this.

After a particularly stressful day I was grumbling around at home and Mark asked if I had a rough day. I commenced to fill his ears with a liturgy of complaints when he simply said, "What was good Mom?" I immediately stopped and thought of 3 great things that happened that day.

Mark is the person who can always manage to take me down a notch. I swear he was born with the innate ability see the big picture and think with a compassionate heart. Don't get me wrong, he's still a teenage boy with all the craziness that comes along with that, but I don't know anyone with a more understanding soul. So my wish for you this holiday season is that you have someone in your life who gets you and can bring you back to where you need to be when your stress-o-meter goes into overload.

Or you could just come on in and find out why this is where you WANT to be.



Karin Canfield Moore, Director
Janet Cote, Outreach 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

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Tamara Bedard, RN
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SPECIAL EVENTS (RSVP requested)

Eating Healthy During The Holidays

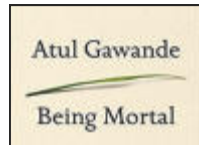
Monday, December 3 at 1pm



Take the stress out of holiday social gatherings by learning simple tricks to choose good foods, cut calories and reduce that blah feeling. No charge.

Being Mortal by Atul Gawande

Tuesday, December 4 at 7pm, Meeting Hall B



Nashoba Nursing & Hospice will lead a discussion of Gawande's sensitive, intelligent, and heartfelt examination of the processes of aging and dying.

1980s Dance Party

Friday, December 7 at 4:30pm



The New York Service Learning Group is hosting a pasta dinner at NMRHS with dancing and raffle prizes! Tickets are \$15 and transportation is available.

iPhone & iPad Class with Aidan

Tuesday, December 11 at 11am



Have questions about your iPhone, iPad, laptop or any other device? Bring them in and get hands-on assistance.

Coping During the Holidays

Wednesday, December 12 at 6pm



Loneliness or "holiday blues" are common during the holidays. Nashoba Nursing Service & Hospice will help families, caregivers & individuals who are grieving or experiencing loss navigate the holiday season. Please join us!

Holiday Makeovers

Thursday, December 13 at 11am



Summit ElderCare will help boost your holiday style with tips on wearing scarves, jewelry, & make-up.

Christmas Party

Friday, December 14 at 12pm



Celebrate the season with us! Enjoy a complementary hot lunch provided by Ledgewood Bay, chorus concert, and an optional gift exchange.

MONTHLY EVENTS

Birthday Party

Thursday, December 6, 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 12, 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 *The Alice Network* by Kate Quinn.

Genealogy Club with Dwight Fitch

Friday, December 14, 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, December 18, at 10am

Visitors are welcome.

Bus Trip: Christmas on Broadway

Thursday, December 20 at 5:00pm

Cost: \$25 (includes hors d'oeuvres ticket, transportation)

Meet for festive hors d'oeuvres at the Senior Center before going to Nashua to see the Peacock Player's musical revue of Broadway songs about the holidays; *White Christmas*, *Elf*, *Frozen*, and more!

Bach's Lunch

Thursday, December 20 at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring *Classic to Contemporary: Flute & Guitar*. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

O'Neil Cinemas Movie Club:

Movie to be determined by participants!

Wednesday, December 19 at 4pm

Cost: \$12 (includes ticket & transportation; meal extra)

The movie titles haven't been announced yet, but we'll pick something good. Relax in leather recliners, have snacks or a meal delivered to your seat, and enjoy the show!

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

Community Happenings



More Fun – Better Health - Sounds Good

- By Alice Struthers



“We’re running out of rooms!”

Space for programs: this is Kathryn “Katie” Petrossi’s greatest challenge as Activities Director of Townsend’s Senior Center, she said. Her job, which she started in March 2017, is to schedule, coordinate and generally manage all the programs and activities that go on in the Center. Coming up on a ten-year anniversary of its building in 2009, the Center hums with action five days a week. There is active competition for space.

Born in Troy, Michigan, she’s also resided in Indiana, Ohio, Tennessee, and Florida before settling in Massachusetts. She has focused on eldercare since her teens. Though she started out as a chemistry major in college, she soon changed her career path: she holds a Ph.D. degree in Gerontology. “It is my calling,” she said. She commutes from Harvard – the town, not the college, where she lives with her husband and two sons.

In an earlier job, Katie coordinated care programs that addressed more than medical factors. “Data shows that physical health is strongly influenced by mental stimulation and social involvement” she said, “which is why our programs here at the Center are so important.”

Around Town: The Delaney Horse

A handsome bronze horse graces Barbara and John Delaney's lawn in West Townsend. It came to the United States from England at least two decades ago in a large shipping container, landed in Miami and was trucked here to its new home in the yard at the corner of Main and Canal Streets. The Delaneys discovered the sculpture in a market in the U.K. "My wife always wanted a horse," John explained the purchase.

Built in 1823, their stately brick home has attracted several famous residents: Charles and Mattie Homer were



often visited there by Charles' brother, artist Winslow Homer. Elsa Williams conducted her School of Needlework there. And now two generations of the Delaney family carry on the tradition with their celebrated antique clock business, featured on TV's "Antiques Road Show."

In the Building:

Festival of Trees: (December-January)



The annual holiday celebration featuring trees decorated with themes from children's books. The Senior Center tree this year is inspired by the book "Dormouse Dreams" and will display a variety of needelfelted woodland creatures nestled in for a good night's sleep.

Thank you Diane Blankenburg for her dedication to this annual event!

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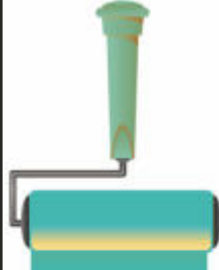
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December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 12/1: Holiday Craft Fair 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: 12:00 Medicare Counseling 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Eating Healthy During The Holidays	4 10:00 Stretch & Tone 11:00 Hand & Foot 12:00 Lunch: 12:00 Medicare Counseling 1:00 Trivia & Jeopardy 1:00 Flute 1:30 Watercolor 7:00 Being Mortal Massage by appt.	5 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: 12:30 Woodcarving 1:00 Bingo 1:00 Knitting 5:00 Evening Quilting 6:30 Tai Chi at TCC 6:30 T.O.P.S. 7:00 Friends Meeting	6 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch & Birthday Party: 12:30 Boxwoods Flower Arranging 1:00 Cribbage 1:30 Gentle Yoga	7 9:00 Quazy Quilters 9:00 Poker 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Women's Meditation 11:00 Line Dancing (intermediate) 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong 4:30 1980s Dance Partyat North Middlesex High School Manicures/Pedicures/Reflexology by appointment
10 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group	11 10:00 Stretch & Tone 11:00 Hand & Foot 11:00 iPhone iPad Class with Aidan 12:00 Nashoba Tech Lunch 1:00 Felted Ornaments 1:00 Flute 1:30 Watercolor Massage by appt.	12 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 11:00 Board of Health Talk 12:00 Lunch: 12:00 Well Adult Clinic 12:30 Woodcarving 1:00 Book Club 1:00 Bingo 1:00 Knitting 3:00 Acrylics on Chalkboard Holidays 6:00 Coping During The Holidays 6:30 T.O.P.S. 6:30 Tai Chi at TCC	13 10:00 Stretch & Tone 10:30 Watercolor 11:00 Holiday Makeovers 12:00 Lunch: 1:00 Cribbage 1:30 Gentle Yoga	14 9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble 10:30 Genealogy 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Christmas Party 12:30 Movie: The Shop Around the Corner 1:00 Mahjong Manicures/Pedicures/Reflexology by appointment
17 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: 12:45 Qi Gong 1:00 Rummikub	18 10:00 Stretch & Tone 10:00 COA Meeting 12:00 Lunch: 1:00 Trivia & Jeopardy 1:00 Flute 1:30 Watercolor	19 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch: 12:30 Woodcarving 1:00 Bingo	20 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: 12:45 Bach's Lunch 12:45 Travel Talk	21 9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Women's Meditation 11:00 Line Dancing (intermediate)

<p>1:00 League Wii Bowling</p> <p>1:00 Knitting Group</p> <p>1:00 Diabetes Wellness Group</p> <p>1:00 Hairdresser</p>	<p>6:00 Volunteer Fair</p> <p>Message by appt.</p>	<p>1:00 Knitting</p> <p>4:00 Afternoon Tea</p> <p>4:00 Movie Night at O'Neil Cinemas</p> <p>6:00 Bingo</p> <p>6:30 T.O.P.S.</p> <p>6:30 Tai Chi at TCC</p>	<p>5:00 Bus Trip:</p> <p>Christmas on Broadway</p> <p>12:00 Lunch: Soup/Salad Bar</p> <p>1:00 Mahjong</p>
24	<p>Closed for Christmas</p>	25	<p>Closed for Christmas</p>
26	<p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Women's Conversation</p> <p>12:00 Lunch:</p> <p>12:30 Woodcarving</p> <p>1:00 Bingo</p> <p>1:00 Knitting</p> <p>6:30 T.O.P.S.</p> <p>6:30 Tai Chi at TCC</p>	27	<p>10:00 Stretch & Tone</p> <p>10:30 Watercolor</p> <p>1:00 Cribbage</p> <p>1:30 Joint Health Yoga</p>
28	<p>9:00 Quazy Quilters</p> <p>9:30 Line Dancing (beginner)</p> <p>10:00 Line Dancing (improver)</p> <p>10:00 Chair Exercise</p> <p>10:00 Scrabble</p> <p>11:00 Line Dancing (intermediate)</p> <p>11:00 Women's Meditation</p> <p>12:30 Movie: <i>Die Hard</i></p> <p>1:00 Mahjong</p> <p>Manicures/Pedicures/ Reflexology by appointment</p>	<p>Many thanks to Gables of Fitchburg and Stewart's Florist for sponsoring our monthly birthday lunches!</p>	
31	<p>Closed for New Year's</p>		

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ARTS & CRAFTS (RSVP requested)



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



Flower Arranging: Boxwoods
Thursday, December 6 at 12:30pm
Cost: \$25.00
Create an elegant floral arrangement for your holiday table. Please bring sharp scissors, or borrow ours.



Acrylics on Chalkboard
Wednesday, December 12 at 3pm
Cost: \$7
(includes all materials and tools)
Use acrylic paints to create a snowy scene, perfect for winter!



Evening Quazy Quilters Qub
First Wednesday of the month at 5pm
(Drop In)
No quips about it! Sewing machines, fabric, and ideas available, or bring your own. Fellow quilters will assist in piecing things together.



Monthly Watercolor Classes with Linda
Mondays Series (10:30am):
December 3 & 17; January 7 & 14
Tuesday Series (1:30pm):
December 4, 11, 18
Wednesday Series (10:30am):
December 5, 12, 19, 26
Thursday Series (10:30am):
December 6, 13, 20, 27
Cost: \$22/3 week class; \$30/4 week class



Felt Ornaments
Tuesday, December 11 at 1pm
No charge
Make a variety of felted ornaments & embellish to your tastes. Perfect to keep, gift, or donate!



Wood Carving
Wednesdays, 12:30pm-2:30pm
(Drop In) Try something new!
Experienced carvers available to assist those new to the craft.

*Many thanks to Ledgewood Bay
for sponsoring
our Christmas Party!!*



Thank you to Hannaford's for the bread and pastry donations on Mondays and Wednesday, and to Stewart's Florist for the birthday carnations each month.

JUST FOR FUN



Movie Matinee
Friday, December 14, at 12:30pm
The Shop Around The Corner
Friday, December 28, at 12:30pm
Die Hard



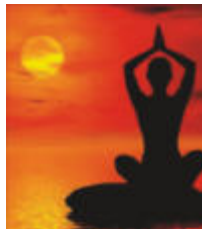
Rummikub
Mondays at 1pm



Trivia & Jeopardy
Tuesdays, December 4 & 18 at 1pm



Cribbage
Thursdays at 1pm, except when there is a...
Cribbage Tournament
Thursday, December 20 at 9am



Joint Health Yoga
Thursday, December 27 at 1:30pm
Cost: \$6.00
No prior yoga experience required! This low impact and gentle joint focused class will help improve flexibility and balance, decrease discomfort of a stiff body, and improve recovery from stumbles.



Poker
Friday, December 7 at 9am
Try your hand at a not-so-high-stakes game!



Mahjong
Fridays, December 7, 14, 21, 28 at 1pm



Afternoon Tea
Wednesday, December 19 at 4pm
Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Please sign up in advance, so we will know how many party favors we need!



Native American Flute Lessons
Tuesdays at 1pm
Cost: \$40 for 4 week sessions



Women's Meditation Group
Fridays at 11am



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.



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, December 3, 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
Friday, December 7, 14, 28 by Appt.
Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)

Massage

Tuesdays throughout December; By Appt.

Cost: \$20/20 min; \$45/50 min

Chair and table massages available.

Women's Conversation Group

Wednesdays, December 12 & 26 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, December 17 at 1pm

December Board of Health Talk

Wednesday, December 12 at 11 am

Your public health nurses from Nashoba Board of Health will lead a discussion about timely health promotion topics.

Well Adult Clinic

Wednesday, December 12 at 12pm

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

Hearing Clinic

Wednesday, December 19, at 10am

Evening Tai Chi for adults of all ages

(at the Townsend Congregational Church)

Wednesdays, 6:30 –8pm Cost: \$10

UP & COMING

January 9: Pizza & Proxies, a fun approach to advanced directives

January 14: Hot Chocolate Buffet

January 29: Pajama Party

Date TBD: Avoiding Winter-Related Scams, by District Attorney Marian Ryan

Snow Policy Reminder: *The Senior Center is closed when North Middlesex Schools are closed. During delayed openings, the Center will run its normal hours. Wednesday evening hours determined at the Director's discretion.*

GROUP FITNESS

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

Cost: \$6/class

Line Dancing

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

Improver class 10:00am –11:00am

Advanced class continues until 11:30

NEW!!
Beginner line dancing
class 9:30am –10:00am
6 weeks for \$18 beginning
December 7th

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.*

CRIBBAGE SCORES 11/1/18

High Score:

Linda Holmes & Jan Johnson, 361

High Hand: Dick Perra, 21



HOLIDAY CRAFT FAIR

December 1st 10am—3pm



Find treasures from local crafters and vendors!

Enjoy delicious home made lunch, cookies, and desserts!

Activities, crafts, and a special "kids only" shopping room!

Travel Talk: Spotlight on South Dakota!

Thursday, December 20 at 12:45

Come in to find out where the Friends of the Townsend Seniors plan to go in the coming years!



ROAD RUNNER BUS SCHEDULE (PLEASE CALL IN YOUR RESERVATION 48 HOURS IN ADVANCE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Townsend: Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/Barber Errands	Fitchburg, Leominster, and Lunenburg: Medical Appointments Shopping/Errands (if possible)	Townsend: Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/Barber Errands Also available for evening errands and activities at the Senior Center!	Groton, Pepperell, and Ayer: Medical Appointments Shopping/Errands (if possible)	Fitchburg and Lunenburg: Shopping and special trips.



FARES (One Way):

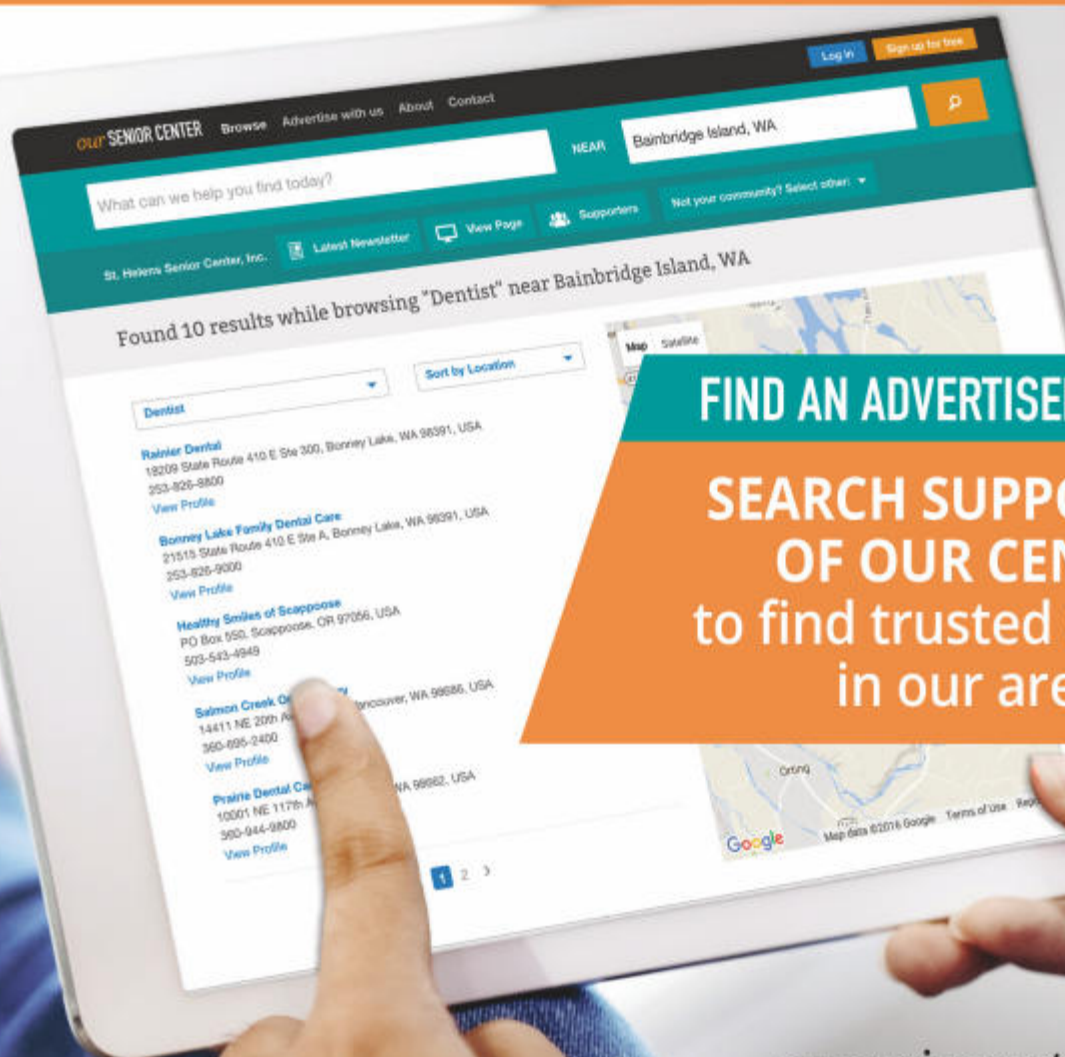
- Within Townsend: \$1.25
- Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

Please schedule appointments between 9:30am and 12:30pm.

Schedule all appointments by calling 978-597-1710

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

Puzzle winner from last month:
Pete Buxton

Please see Katie for your prize!

December Trivia:

December 2, 1927: Ford's first Model A sold for \$385.

December 27, 1947: "Howdy Doody" debuted on NBC

December 30, 1953: The first color television set went on sale for \$1,175

December 8, 1980: Former Beatles singer John Lennon was assassinated in New York City

FRIENDS OF THE TOWNSEND SENIORS

YOU'LL BE JOINING US SOONER THAN YOU THINK!

**The Friends of the Townsend Seniors
meet the first Wednesday of every month
at the Senior Center at 7 pm.**

Who are we? Founded in 2000, we are a volunteer senior citizen advocacy organization for 26% of Townsend's population.



We are committed to supporting the Senior Center by contributing volunteer hours, activities and resources to maintain the Centers' excellence. We fundraise to expand and enhance programming, education, arts and entertainment, travel opportunities, technology and furnishings.

There is a lot of work to do and a lot more we'd like to do. We're looking for new members, new fundraising ideas and renewed fundraising energy.

Dancing in the New Year?

*The Friends are considering a 50s - 60s fundraiser
(and **FUN**raiser) dance in 2019.*

Looking to recruit a team to put all the parts together.

DJ? Snacks? Decorations? Tickets?

*Heard there are some people looking for this event
and willing to step up for a one-time project.*

Coming Events

December 1: Holiday Fair

The Senior Center, Meeting Hall and the Library are filled with all things Christmasy. We look forward to your donation of homemade goodies for the Bake Sale Table.

January 19, 2019

Senior Appreciation Luncheon

The Friends salute Townsend's greatest generation.

Complimentary Lunch and Entertainment!

Watch for Details. (Snow Date: January 22)

Merry Christmas!

Wishing Everyone a Healthy and Safe New Year!

BE A FRIEND OF THE FRIENDS

☐\$5 Friend ☐\$10 Family ☐Benefactor \$____
New Member ☐ Renewal ☐

Name: _____

Address: _____

Town: _____ Phone: _____

☐I'm interested in volunteering. Call me for the next event.

**Checks payable to: Friends of Townsend Seniors
PO Box 972, Townsend, MA 01469.**

You may also drop it off at the Senior Center.