

Vol 7 No 6 December 2020

Silver Threads

TENTATIVE

From the Desk of the Director -

As the infamous 2020 draws to an end we continue to juggle a very different life and holiday season. As we try to figure out how to deal with the changes that continually face us and redefine how we will be celebrating I encourage all of us to work on our resiliency.

Resilience is the capacity to recover from difficult life events. And 2020 has certainly dealt us a few of those! So now is the time to discover the superpower you have within you to withstand the adversity that has been flung your way, bounce back from it and grow despite these setbacks.

In order to do this effectively, you must recognize that resilience is not a trampoline, it's more like a long slow hike up a mountain with no trail to guide you. It takes time, strength and the support of others. There will be setbacks, but eventually you will reach your goal and realize how far you, and we all, have come!



The days are going to be long and dark for a couple of more months, so don't let it get you down! Be sure you have a few people you can call or even see safely.

Do your best to be resilient, keep riding the wave and never forget that whoever you are, wherever you are, whatever you need you can count on us to be here for YOU!

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
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<https://www.townsend.ma.us/senior-center-council-aging>



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Lunch

RESERVATIONS REQUIRED 48 hours in advance

Call 978-597-1710 to sign-up



**AND
LIMITED INDOOR
SEATING**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------|-----------|--|--|----------------------------------|
| | 1 | 2 Roast Pork | 3 Frank & Beans with Cornbread and Coleslaw | 4 |
| 7 Mac & Cheese | 8 | 9 Grilled BBQ Chicken Breast | 10 Chicken Nuggets, French Fries, Mixed Veggies | 11 |
| 14 Pollock Loin | 15 | 16 Jambalaya | 17 Chicken Cacciatore and Caesar Salad | 18 |
| 21 Beef & Lentil Chili | 22 | 23 Prime Rib, Baked Potato, Candied Carrots  | 24 CLOSED | 25 Merry Christmas |
| 28 Lemon Picatta Chicken | 29 | 30 Swedish Meatballs | 31 CLOSED | |

***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

Questions? Call Donna 978-597-1710



Hot meal includes: Entree, Bread, Fruit, Milk
Meals Delivered Monday and Wednesday each week
between 10:10am –12:30pm.

Someone must be home to receive the meal

Phone Programs

Want to talk to others and learn new things during the pandemic, but not interested in Zoom programs? Via collaborations with DOROT Generations Helping Generations and Family Eldercare, we're pleased to offer phone-based programming... use your home or cell phone to call into interesting discussions.

Exploring Material: Sculpture in the Guggenheim Collection 3 Wednesdays: 12/2, 9, & 16 at 12pm Karen Bergman, Access Programs Associate, The Solomon R. Guggenheim Museum. Explore a wide range of material in sculptures in the Guggenheim collection. From more traditional choices like marble and wood to more surprising materials including window blinds and shoes, we'll delve into what artists use to make their artwork and consider why.

Christmas Traditions Wednesday, 12/16 2pm What Christmas traditions do you enjoy? Are their special foods or decorations you look forward to every year? What are your favorite Christmas memories? Put on your Christmas sweater, grab your favorite Christmas beverage, and cozy up as we reminisce and share all things Christmas.

Important Phone Numbers

COVID-19 Updates: Dial 211, then:
Symptoms & Testing x26
Financial Resources x21
Emotional Support or Suicide Hotline x25

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 Ecumen. Outreach (Food Pantry)
(978) 597-2209
SHINE Medicare Counseling
508-422-9931

The Senior Center is in need of:
Lysol Spray, Disinfecting Wipes
Christmas Decorations for window and outdoor displays
Thank you for your generosity!

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

Programs Inside the Building

Space is limited; RSVP required for ALL programs

For Your Health

Space is limited; **RSVP required for ALL programs.**

Massage with Morningstar

Tuesdays in December by appointment

T.O.P.S (Take Off Pounds Sensibly) (no class 12/23 or 12/30) Wednesdays in December at 6:30pm

Dementia Nurse Consultation (in person, via phone, or Zoom) Thursday, December 3 by appt. First meeting free.

Manicures, Pedicures, Reflexology with Veronica
Fridays, December 4, 11, 18 by appointment

Healthy Living Group

Monday, December 7 at 12:30pm. No charge

Hearing Clinic

Wednesday, December 16 by appointment

Diabetes Wellness Support Group

Monday, December 21 at 12:30pm. No charge

Hairdresser

Friday, December 18 by appointment.

For Fun

Space is limited; **RSVP required for ALL programs.**

Women's Conversation

Mondays Dec 7 & 21 at 1pm

Trivia

Tuesdays, Dec 1 & 15 at 1pm. No charge

Women's Meditation

1st & 3rd Fridays at 10:30am. RSVP Required.

Matinee Movie

Friday December 11: *Holiday In The Wild*

Bingo

Alternating Wednesdays at 1pm. No charge.

Book Club (onsite AND via Zoom)

Wednesday, December 9 at 11am. This month's book is "The Bookshop on the Corner" by Jenny Colgan.

Tech Help

Learn to use popular programs like Zoom, Paypal, Gmail, Facebook. Wed & Thurs by appt. No charge.

Holiday Fun

Cookie Swap (Dec 17 at 12pm): Everyone likes cookies during the holidays! Drop off 2-4 dozen cookies by Monday, 12/14 and pick up your assortment during Donna's Diner on Thursday, 12/17.

Christmas Party (Dec 23 at 12pm): We're celebrating drive-thru style this year! Donna is making a Prime Rib dinner. We'll do a gift swap like usual, but with a few new rules: you **MUST** wrap an item you already own... no shopping! Please drop off gifts by Friday 12/18.

New Year's Eve Party-In-A-Bag (December 30 at 12pm): Pick up a festive kit to ring in the New Year!
Sponsored by RiverCourt Residences.

Zoom Programs

How will Zoom classes work? To sign up, call the Senior Center (978-597-1710). We'll email you a link to join.

Native American Flute

Tuesdays at 1pm, \$40 per month

Medicare Counseling

Wednesday, December 2 by appt. SHINE assistance enrolling in Medicare & choosing a plan.

Talk of the Town

Thursday, December 17 at 10:30am on Cable Channel 9 AND Zoom. Talk of the Town with Veronica Kell, Selectman. Hear the latest town news, share your thoughts, concerns, and ideas about Senior issues. (This is NOT a Selectmen's Meeting)

Genealogy

Friday, December 11 at 10:30am via Zoom (no charge)

Writing Group

Friday, December 4 at 1pm. This new group will meet to determine interests and priorities, and set forth from there. All are welcome!

Grandparents Group

Tuesday, December 15 at 2pm. Have you been called on during this extraordinary time to support your grandchildren with school and/or childcare? Share the laughter and tears with others in the same boat! This new group can be whatever we want it to be!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------|-----------|----------|--------|
| December | | | | |

FITNESS/EXERCISE

****RSVP Required for All Programs****

| | |
|--|--|
| Gentle Yoga with Patsy | Available anytime on YouTube, donation appreciated |
| Chair Exercise (no class 12/28 or 30) | Mondays, Wednesdays, and Fridays at 10am in the Meeting Hall Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9 |
| Senior Fitness with Stephanie | Mondays and Thursdays at 9:30am via Zoom, \$5 per class Wednesdays at 9am in the building, \$5 per class |
| Beginner Chair Yoga with Carin | Thursdays at 1:30pm in the building, \$5 per class |
| Intermediate Chair Yoga with Carin | Tuesdays at 1:30pm and Thursdays at 9:30am via Zoom; \$5 per class |
| Yoga for Pain | Wednesdays, Dec 2 & 9 at 4pm in the building. No charge. A gentle yoga class geared toward relieving pain by bringing alignment to the body. Through a series of repeated yoga postures and stretches we can reduce stiffness and tension in the upper body and reduce low back and knee pain. Yoga can help people with arthritis, fibromyalgia, migraine, low back pain, and many other types of chronic pain conditions. Funded by the <i>Townsend Local Cultural Council</i> and <i>Massachusetts Cultural Council</i> . |



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For Your Safety

To ensure everyone's safety, please adhere to the following guidelines:

- Masks must be worn at all times
- Maintain a social distance of 6 feet between people
- Cooperate with staff screening questions and temperature screening
- Sanitize your hands upon arrival and during programs when necessary
- If you discover you have COVID-19 or have come in close contact with someone who has, please notify the Senior Center ASAP
- Patrons must be pre-registered for all onsite programs to be able to participate

*These guidelines apply everywhere on Senior Center property: indoors and outdoors.
Staff reserves the right to ask those not adhering to these guidelines to leave the premises.*

If you are not feeling well (for any reason) PLEASE STAY HOME!!!!

Many thanks to the organizations that have been so supportive of the Senior Center during the pandemic:

Greater Lowell Community Foundation
Community Foundation of North Central Massachusetts
Townsend Hannaford
Friends of the Townsend Seniors
Townsend VFW
Townsend Ecumenical Outreach (TEO)

Online Resources to Explore



Lifetime Connections Without Walls is a telephone-based activities program that provides opportunities for older adults to connect with others in their community and across the country. We offer social and educational sessions, friendly conversation, and support groups - all over the phone - all from the comfort of home. LCWW is a program of Family Eldercare, a nonprofit agency serving older adults in Austin, Texas.



DOROT is a nonprofit organization addressing the challenged of an aging population, delivering diverse range of programs and services to the seniors of New York City & beyond.



Senior Planet offers courses, programs, and activities to help seniors learn new skills, get in shape, and save money. You'll find zoom classes on many different topics. Explore all the options at www.seniorplanet.org



TechBoomers provides free courses, step-by-step tutorials and informational articles that can help you learn anything and everything about the Internet's most popular websites and apps. Visit www.techbomers.com to learn more.

Friends of the Townsend Seniors - Coming Events



Dec 2: The Friends will meet at 6 pm at the Senior Center.

Friends of the Townsend Seniors has been selected as the beneficiary of the **Hannaford Helps Reusable Bag Program!** Each time the \$2.50 reusable Community Bag is purchased at the Hannaford in Townsend during the month of **November** we will receive a \$1.00 donation.

To learn more about the Friends - our mission, membership and reorganization plans contact chairman Peter Buxton, 978-502-6786.

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)



Knitting Circle (no class 12/28)
Mondays at 12:30pm.



Weaving Circle
2nd & 4th Fridays at 12pm. No charge. Open project time.



Holiday Wreaths
Tuesday, December 8th at 1:00pm
Cost: \$10.00 Customize to make it your own! *Offered by The Craft Shack*



Felted Santa
Tuesday, December 15th at 9:30am
Cost: \$3.00

ARTS AND CRAFTS (via Zoom)

When you sign up & pay for a class, a kit with all necessary supplies will be available for pick-up. Please let us know if delivery is needed.




Quazy Quilters (Zoom)

Fridays at 10am.
Visit with friends while showing off your latest projects.



Watercolor with Linda (Zoom)

Thursdays at 1pm
One-time fee of \$10 for an at-home painting kit for new students, plus \$30 per month for the class.



WINTER SOLSTICE BLESSING

MAY THE LONGEST NIGHT AND THE SHORTEST DAY,
BRING REST TO YOUR MIND AND SOUL, I PRAY.
MAY YOU FIND GUIDANCE AND MAY YOU FIND PEACE,
AS THE CYCLE OF LIGHT WILL SLOWLY INCREASE.
EMBRACE THE MAGIC THAT THE DARKNESS BEARS,
BREATH DEEP IN THE CHILL AND SHIFT IN THE AIR.
MAY YOU ALWAYS BE BLESSED WITH THE LIGHT FROM WITHIN,
AND MAY WELL-BEING BE YOURS AS THE NEW CYCLE BEGINS.

- Stephanie Laird

Chromebooks

Available now to borrow!

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



ROAD RUNNER BUS SCHEDULE

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

Schedule all appointments by calling 978-597-1730

SAFE RIDING PROCEDURE: All riders will have their temperature taken before boarding. Riders **must** wear a mask covering **mouth & nose**.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|-----------------------------------|---|-----------------------------------|---|--------------|
| Mornings 9:00am—12:00pm | Townsend (Medical and Errands) | Leominster, Fitchburg, Lunenburg (Medical) | Townsend (Medical and Errands) | Groton, Ayer, Pepperell (Medical) | (no service) |
| Afternoons 1:00—3:00pm | Townsend (Medical and Errands) | (no service) | Townsend (Medical and Errands) | (no service) | (no service) |

DESTINATIONS:

- Medical:** Doctors, Dentists, Therapies, Lab work, etc. (Please schedule morning appointments with your physician/provider).
- Errands:** Grocery, Pharmacy, Bank, Shopping, Hairdresser/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¢

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