

Silver Threads

December 2023, Vol 10 No 6



Saturday, December 9th
10am-3pm



We would like to welcome our two new staff members. Jeanne Urda is our new Program & Outreach Coordinator. Jeanne has worked in the Children's Room at the Townsend Library since 2017 and she lives in Townsend with her family. She volunteers every week at the TEO and helps with turtle rescue and conservation.

Gail Gray is our new cook and we are excited to have her on our staff. She has lots of experience cooking and baking. She will continue making the delicious meals we have enjoyed all along while putting her own twist on things!

And last but not least, we congratulate Greg Smith on his promotion to Assistant Director!

We have many holiday activities to enjoy this month: Matt York-Holiday Songs, Elf Interactive Movie, Christmas Lunch Party and of course the Holiday Fair!

The Holiday Fair is December 9th and there are so many wonderful gifts to buy and goodies to eat! You can support the Friends of the Townsend Seniors by baking pies, bread, cookies or cupcakes to be sold at the Holiday Fair. Cookies should be packaged 4 in a bag. All other items should be individually wrapped.

Drop off at the Senior Center on December 8th or the morning of December 9th by 9am. All proceeds go the Friends of the Townsend Seniors to support programs and activities.

Happy Holidays to All from the Senior Center Staff !!

Don't forget!!! Advance registration is required for all programs.

You can register at myactivecenter.com. Or you can call us at 978-597-1710, Option 0. Thank you!

Important Note: If you can't make, it please remember to cancel your reservation. Someone may, be waiting for a spot!

Elise Johnson, Director
Greg Smith, Assistant Director
Jeanne Urda Program & Outreach Coordinator
Janet Cote, Assistant Program Coordinator
Donna Fenton, Kitchen Manager & Volunteer Coordinator
Gail Grey, Chef
Lorraine Farmer, Senior Meals Associate
Donna Howard, Transportation Administrator
Drivers: Steve Bourdon, Peter Buxton, John Corwin, Lorraine Farmer

Townsend Senior Center Hours
Monday, Tuesday and Thursday: 9am-4pm
Wednesday: 9am-8pm; Friday: 9am-3pm
16 Dudley Road, Townsend, MA 01469
978-597-1710
townsendma.gov/senior-center-council-aging



JANET CRAMB
REAL ESTATE BROKER
Lic. in MA & NH



CELL: 978.852.5704

janetcramb@gmail.com

www.JanetCrambAndCompany.com



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@4LPi.com or
(800) 477-4574 x6377

McNabb Pharmacy & Home Health Care

Celebrating our 90th Anniversary
978-597-2392

Medication Packaging
Home Medical Equipment
Free Medicare Part D Consults



Your Locally Owned
Health Mart
PHARMACY

233 Main St.
Townsend

Confused about Medicare Plans? Open Enrollment? Turning 65?

Schedule Phone Appointment to
Review Prescription Costs
Supplement & Medicare Advantage

Call 978-314-3760

Deb Haley

Certified Enrollment Agent MA, NH, VT, ME & FL
Licensed Health Insurance Broker - NPN#18509337

I do not offer every plan available in your area. Currently I represent 20 organizations that offer 50 products in your area. You may also contact Medicare.gov, 1-800-MEDICARE or your local State Health Insurance Program (SHIP) to get information on all your options.



Robin B. Buxton Attorney At Law

978.650.1120

111 Main St, Pepperell

robinbuxton@rrbuxtonlaw.com

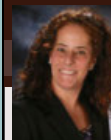
www.rrbuxtonlaw.com

• DOMESTIC RELATIONS •

• PROBATE •

• CRIMINAL DEFENSE •

"Toughness doesn't always wear a tie"



Edward Jones

Member SIPC

Want a financial advisor that puts you first?



Mark Collier, AAMS™

Financial Advisor

18 Main Street, Suite #205, Townsend, MA 01469

978-597-0537

MKT-5894N-A

edwardjones.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com



CENTURY 21 North East

GRETCHEN ARCHAMBAULT
REALTOR | MA NOTARY

📞 978.505.5990

✉ GretchenArch@gmail.com

*Local Resident

*Extensive Market Knowledge

*Trusted Advisor of Your Best Interests

📱 EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

**AD
CREATOR
STUDIO**



lpicomunities.com/adcreator



One commitment
community
choice

**Life
Care
Centers
of America**

The Highlands
5-Star CMS Rating • 978.343.4411
335 Nichols Rd. • Fitchburg, MA 01420
TheHighlandsMA.com

Life Care Center of Leominster
5-Star CMS Rating • 978.537.0771
370 West St. • Leominster, MA 01453
LifeCareCenterOfLeominster.com

YOUR SKILLED NURSING CARE SPECIALISTS.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>December</h1>				1 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation 12:30 Movie Matinee "Midnight in Paris" 1:00 Cornhole
4 9:30 Chair Exercise 10:00 Chorus 10:45 Galloping Gourmet 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	5 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:00 Women's Conversation 12:00 Donna's Diner 12:30 Trivia	6 *Medicare 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 11:00 Healthy Living 12:00 Donna's Diner/ Talk-Cooking for 1 or 2 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 5:30 Holiday Stress Relief 6:00 Friends Meeting 6:30 TOPS	7 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi with Richele 12:00 Donna's Diner 1:00 Tech Help 1:00 Cribbage 1:00 Ugly Sweater cookie decorating. 1:30 Osteo Movement Ugly Sweater Day! Wear one if you have one!	8 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 10:30 Genealogy 11:00 Woman's Meditation 12:30 Movie Matinee "It's a Wonderful Life" 1:00 Cornhole
11 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	12 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 1:00 Alcohol Inks	13 *Medicare 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 5:00 Elf Interactive Movie 6:00 Free Yoga 6:30 TOPS	14 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi with Richele 11:00 Christmas Party Lunch 12:00 Podiatrist 1:00 Cribbage 1:30 Osteo Movement	15 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation 12:00 Podiatrist 12:30 Movie Matinee "Miracle on 34th St" 1:00 Cornhole
18 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	19 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:00 Women's Conversation 12:00 Donna's Diner 12:30 Trivia 1:00 Crafting w/Angela	20 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 Donna's Diner w/ HBMS Chorus 12:30 Wellness Clinic 1:00 Bingo 1:00 Table Shuffleboard 3:00 COA Meeting 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS 6:30 NMHS Concert	21 9:00 Cribbage Tournament 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi with Richele 11:00 Diabetes Support 11:30 Beth Walsh from Senator Cronin's Office 12:00 Donna's Diner 1:00 Tech Help 1:30 Osteo Movement	22 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation Closing at 12 noon
25 Closed For Christmas	26 9:00 Quazy Quilters 9:00 Zumba 9:30 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 1:00 Alcohol Inks	27 9:30 Chair Exercise 10:00 Watercolor 1:00 Bingo 1:00 Book Club 2:30 Grief Counseling 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS	28 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Tai Chi with Richele 1:00 Cribbage 1:30 Osteo Movement	29 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Women's Meditation 12:30 Movie Matinee "Rain Man" 1:00 Cornhole

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

Move your body with Carin:

Hybrid Yoga; \$5 per class

Mondays at 11:00am and Wednesdays at 3:30pm

Osteo Movement

Mondays at 2pm and Thursdays at 1:30pm; \$5 per class

This class focuses on balance, weight bearing exercises using hand weights -Bring a mat and walking stick.

Learn to Tap Dance

Mondays at 1pm, Beginners Thursdays at 10am (except 12/28)

You can't help but feel joyful learning this dance style! Tap shoes helpful but not required; we can loan some. \$5 per class

Fit & Fabulous

Thursdays at 9am; \$5 per class

This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance

Beginner Yoga

Fridays at 9:30am; \$5 per class

Free Yoga with Kris

Wednesdays at 6pm (except 12/6)

Join Kris for some of her favorite YouTube videos.

DVD Chair Exercise—Free

Mondays, Wednesdays and Fridays at 9:30am

Walking Club

Tuesdays and Thursdays at 9:30am

Inside and outside options, weather permitting.

Tai Chi with Richele

Thursdays at 10am \$5 per class

Through the slow gentle movements of Tai Chi, you can have better physical, mental & spiritual balance

Zumba with Nee

Tuesdays at 9:00am, Fridays at 9:30am. \$5 per class

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



Massage with Morningstar:

By appointment. See calendar for December schedule. \$45/50mins.



Sarah from Footcare Focus

offers podiatry services, \$45
Thursday, Dec. 14th from 12pm to 4pm,
Friday, Dec. 15th from 12pm to 3pm.
Call 978-597-1710 for an appointment.



Wellness Clinic

3rd Wednesday of the month @ 12:30-2:30
BP screening, glucose check, etc.



Diabetes Support

Thursday, December 21st at 11am



Women's Meditation

Fridays at 11am

Hearing Clinic

Wednesday, December 20th at 10am

Water aerobics at the YMCA!

Mondays at 3pm

Meet at the Fitchburg "Y"! Call for more information.

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.

Medicare Consultation

Wednesday Dec. 6th and Dec. 13th

Call for an appointment

Appointments available with a consultant from SHINE or Integrity Medicare Advisors, Inc.

Healthy Living

Wednesday, December 6th at 11am

This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

Grief Support Group with Karen Campbell

Wednesday, December 27th at 2:30

Are you grieving? Lonely?

Please join us for free adult bereavement support offered by Nashoba Nursing Service and Nashoba Associated Boards of Health.

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 help?

Learn to use popular programs including Zoom, PayPal, Gmail, Facebook

Dec. 7th and Dec. 21st at 1pm

Call 978-597-1710 to make an appointment. No charge.



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
\$20 per month.
Limit of 16 students per class.



Warped Weavers

Fridays at 9am
Drop in to finish a project. Free!



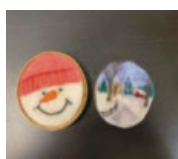
Wood Carving

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



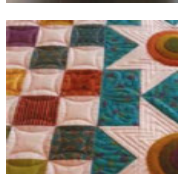
Alcohol Ink Jewelry

2nd and 4th Tuesdays at 1pm
Limited to 12 students. Cost is \$12



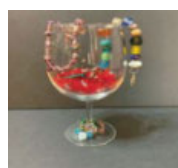
Felting

2nd and 4th Tuesdays at 9:30am
Snowman or Winter Scene coasters/ornaments
\$3 fee for materials.



Quazy Quilters

Tuesdays, and Wednesdays 12/6 and 12/20 at 9am.
Work on your latest project, or use our supplies to create something new!



Crafting with Angela

Tuesday, December 19th at 1pm
Bead Art. Make glass charms, key chains, eye glass chain, jewelry and more.
\$5 for materials.



Cookie Decorating with Mary Schwartz

Thursday, December 7th at 1pm
Decorate Ugly Christmas Sweater Cookies
\$3 for materials, .50c for additional cookies

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

Women's Conversation

First & Third Tuesdays at 11am



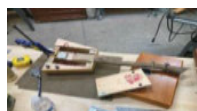
Trivia

First & Third Tuesdays at 12:30pm



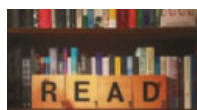
3 Chord Strum Band

Tuesdays at 10:00am
Open to all! For acoustic string instruments only.



Book Club

Wednesday, December 27th at 1pm
"The Christmas Boutique"
by Jennifer Chiaverini



Bingo

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



Hope Community Chorus

Mondays at 10am



Genealogy with Dwight Fitch

Friday, December 8th at 10:30am
Trace your ancestry and find out where your family tree has roots.



Ping Pong

Mondays at 12pm
Join us for a game! Bring a friend!



Cornhole

Fridays at 1pm, except 12/22
Indoors in the Meeting Hall



Mexican Train Dominoes

Tuesdays at 10:30am



Table Shuffleboard

Wednesdays at 1pm, except 12/27



Rummikub

Mondays at 1pm



Wii Bowling

Mondays at 1 pm



Cribbage

Thursdays at 1pm, except...
Tournament on 12/21 at 9am



Table Talk - Cooking for 1 or 2

On Wednesday, Dec. 6th, MOC will be presenting a talk on Cooking for 1 or 2 after Donna's Diner.

Oct. Cribbage Winners!

High Score: Joanne Lieneck, 726 points
Runner Up: Anne Foresman, 705 points
High Hand: Ron Nussel, 24 points



Matt York:
Holiday Songs and Stories
Saturday, Dec 2nd
1pm

New England musician Matt York will be performing

"Songs and Stories -Holiday Songs"

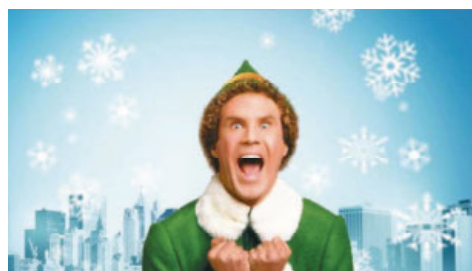
This is intended for audiences of all ages.
Bring your grandchildren!

The songs will run the gamut from songs that have been around for hundreds of years to more modern Christmas and holiday classics.

People are encouraged to sing along if they'd like. The concert is an hour of stories about the origins of these songs and also performances of them.

Please register in advance!

Elf Interactive Movie
Wednesday, December 13th
5:00-7:00pm



Bring your grandchildren and join the library and senior center staff for this fun ALL AGES event!

We will have hot cocoa and assorted desserts, and we welcome you to bring cookies or other treats to share so we can have dessert for dinner (as all elves do!)

While we watch the Elf movie we will sing, throw (indoor) snowballs, laugh like Santa, and celebrate all things Elf!

Please register in advance!

Galloping Gourmet
Monday, December 4th at 11:30am



Mountain Room Restaurant
At Monty Tech

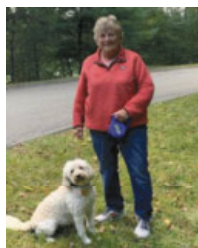
Sign up at the front desk!

Van will leave at 10:45am

Cost is \$5 for van ride plus price of meal

Surviving the Holidays:
Holiday Stress Relief Hour
Wednesday, December 6th 5:30-6:30pm

Take a break from holiday stress with Katie and her therapy dog, Dorie. Enjoy an hour of holiday snacks and a conversation focusing on tips for surviving the stress brought on by the holidays while Dorie makes the rounds offering comfort and joy!



Conversation leader, Katie Gray, is recently retired and doing volunteer work at elementary schools and senior centers with Dorie. Previously, she was a school counselor and then a leadership coach and educational consultant.

Dorie is a hypo-allergenic 9 year old mini Golden Doodle.

Please register in advance!

December Lunches at Donna's Diner

RESERVATIONS REQUIRED

24 hours in advance

Suggested **\$4.00** donation

All onsite lunches

are prepared by

Gail and the Kitchen Staff

Meals are subject to change without notice

Tuesday	Wednesday	Thursday
12/5: <i>Soup & Salad</i>	12/6: <i>Chili</i>	12/7: <i>Sheppard's Pie</i>
12/12: <i>Soup & Salad</i>	12/13: <i>French Bread Pizza</i>	12/14: <i>Christmas Party</i>
12/19: <i>Soup & Salad</i>	12/20: <i>Breakfast Casserole</i>	12/21: <i>American Chop Suey</i>
12/26: <i>No Lunch</i>	12/27: <i>No Lunch</i>	12/28: <i>No Lunch</i>

A Note from Donna Fenton...

As some of you know, I am stepping down as your cook. My new position will be Kitchen Manager/Volunteer Coordinator.

This was a very hard decision to make as I loved serving you all as my own family.

I started serving the seniors at Hawthorne Brook School on Mondays and Fridays, but with Nancy Shepherd's persuasive way

I made it over to the Senior Center.

I want to thank you from the bottom of my heart for all the support, love and fun we have had over the years. It's time for me to move on so I passed my favorite spoon over to Gail who will take good care of you. She's an awesome cook.

I don't plan on retiring any time soon, as this is the place I want to be.

Lovingly,
Donna

North Middlesex High School Band and Chorus Concert

Wednesday, Dec. 20th

Van will leave at 6:30pm.

Nominal Fee collected at the door.

Christmas Party

Thursday, December 14th 11:00-2:00

Delicious Lunch! Entertainment!

Optional Gift Exchange (\$10 limit, please wrap your gift)!

Suggested \$4 donation. Please register in advance.

Movie Matinees for December

Dec. 1st **Midnight in Paris**-While on a trip to Paris with his fiancée's family, a nostalgic screenwriter finds himself mysteriously going back to the 1920s every day at midnight.

Dec. 8th **It's a Wonderful Life**-An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed.

Dec. 15th-**Miracle on 34th Street**-A lawyer and a little girl must prove that a man claiming to be Santa Claus is the real thing.

Dec. 29th-**Rain Man**-The movie is the story of two brothers, Charlie Babbitt and his brother, Raymond Babbitt, an autistic savant.

Pizza provided by the
Friends of the Townsend
Seniors

Movie begins at
12:30pm

Sign up 24 hours in
advance to reserve a spot

Meals on Wheels

Provided by MOC

Call: 978-345-8501 Ext. 5 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.

Important Phone Numbers

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 AND WILE E. COYOTE BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE. TOWNSEND RESIDENTS ONLY.

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.

DESTINATIONS:


- **Medical:** Doctors, Dentists, Therapies, Lab work, etc.
- **Errands:** Shopping, Post Office, Banks, Employment, 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¢

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

Please plan your appointments according to the van schedule

Monday	Tuesday		Wednesday	Thursday		Friday
Townsend & Lunenburg Errands	Leominster & Fitchburg Errands	Leominster & Fitchburg Medical	Townsend & Pepperell Errands & Medical	Townsend Errands	Groton & Ayer Medical	*Rotating Locations Errands See schedule Below
 Roadrunner & Wyle E. Coyote			Wednesdays 3:00-8:00 PM By Appointment	* Rotating Friday Locations: Dec. 1st: Lunenburg Walmart Dec. 8th: Rt. 101 Area Dec. 15th: Lunenburg Walmart Dec. 22nd: Daniel Webster Hwy Dec. 29th: Watertown Plaza, Leom		

Friends of the Townsend Seniors - Become a Member Today!

The Friends meet at 6pm at the Senior Center the first Wednesday each month.

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.