

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

I know, I'm a month late, but I'm thinking about Dr. King's iconic speech delivered in 1963. Its relevance holds true today. During the "I Have a Dream" address delivered at the March on Washington for Jobs and Freedom on August 28th of that year, he stood at the Lincoln memorial to "make real the promises of democracy."

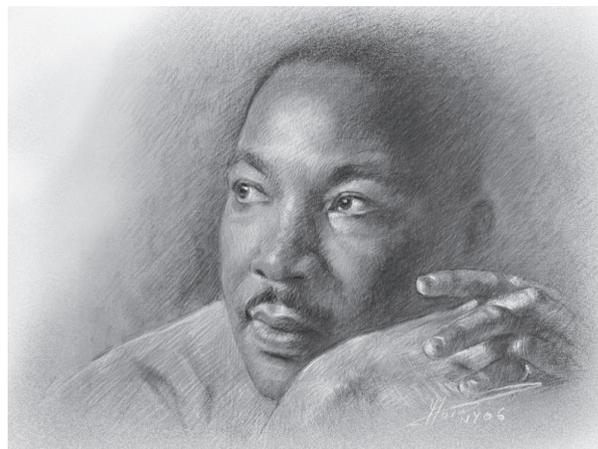
He spoke these words; " I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'

With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together.

And if America is to be a great nation, this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania. Let freedom ring from the snow-capped Rockies of Colorado. Let freedom ring from the curvaceous slopes of California. But not only that: Let freedom ring from Stone Mountain of Georgia Let freedom ring from Lookout Mountain of Tennessee. Let freedom ring from every hill and molehill of Mississippi. From every mountainside, let freedom ring.

And when this happens, and when we allow freedom to ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual: "Free at last! Free at last! Thank God Almighty, we are free at last!"

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
Linda Salisbury, Program Coordinator

Townsend Senior Center Hours

Monday-Thursday: 9am-3pm

Wednesday: 9am-8pm

Friday: 9am-2pm

SPECIAL EVENTS



Senior Art Show

February 2017

Come peruse the artwork of local seniors, and support your friends and neighbors. The exhibit will take place in the meeting hall, and will be on display for the month of February.



Boston Jazz Voices

Sunday, February 12, 3pm

Sing along to all your favorites. Sponsored by the Library, Friends of the Townsend Senior Center and the Cultural Council.



Tax Returns

AARP will be offering assistance with tax returns, on Tuesdays until April 15th. Stay tuned for more information!



Medicare Patrol

Thursday, February 16 at 12:45pm

Learn how to protect yourself and your loved ones from Medicare fraud and deceptive marketing tactics.



Valentine's Day Party

Thursday, February 9, 2017 at 12:45

Tommy Rule will entertain at the festivities, featuring some of your favorite songs from the likes of Frank Sinatra. Refreshments will be served. This program is supported in part by a grant from the Townsend Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Don't forget to sign up for lunch before the party!



GUESS WHO?

Thursday, February 23 at 12:45pm

Join in a fun afternoon of trying to match your friends with their baby pictures. Refreshments will be served, and a prize will be given to the winner. Please submit your pictures by Monday, Feb. 20th.



Show and Tell

Tuesday, February 28 at 10am

Do you have an interesting story to tell, a unique family heirloom to share, or an exciting trip to talk about? Take this time to share your memories with others. Please register in advance.

MONTHLY EVENTS

Birthday Party

Thursday, February 2, 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, February 8, 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 meeting will discuss *Girl Waits with Gun* by Amy Stewart.

Bach's Lunch

Thursday, February 16, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring a Piano Trio, and works by Saint-Saens, Beethoven, and Gershwin. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, February 14, at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, February 10, at 10:30am

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

Bus Trip to Chunky's Movie Theater

February 24 (Time and movie TBD)

Cost: \$5.99 + \$3.50 (bus) + \$ for lunch

Brookline Senior Social & Lunch

2nd & 4th Tuesday of Each month

The seniors of Brookline cordially invite you to join them at Brusck Hall (36 Main St., Brookline, NH). The second Tuesday is a pot luck, and on the fourth Tuesday they discover an area restaurant. Call Ed Krom at 603-860-9138 for more information.

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

Gentle Yoga

Thursdays, at 1:30pm-2:45 (No class 2/23)

Cost: \$5/class

Relieve stress, increase flexibility, improve balance, and relax muscles.



Qi-Gong

Mondays, at 12:30pm

Cost: \$5/class

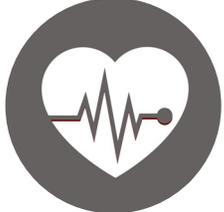
Qi Gong is a gentle, soothing form of exercise excellent for seniors. It is also effective in improving balance, relieving pain, encouraging mobility and reducing stress.



Healthy Living Group

Monday, February 6, 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, February 3, 10 & 24; By Appt.

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



Well Adult Clinic

Wednesday, February 8, 10am-12pm

Reiki

Thursday, February 9 & 23,

Wednesday, February 22; By Appt.

Cost: \$20/45 min.

Massage

Tuesday, February 14 & 28; Afternoon appt.'s

Cost: \$20/20 min.

Chair and table massages available. Please specify preference at signup.

Hearing Clinic

Wednesday, February 15, 10am-12pm

Grief Support

Tuesday, February 21, at 1pm

Caregiver's Roundtable

Meetings will resume in March

Caregivers are welcome to come for a little respite, to share their experiences and concerns in a supportive environment. Led by Joy Niemiera.

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

Line Dancing

Fridays 10am-11am

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

UPCOMING EVENTS



Need sand to treat your walkways in the winter months? Boy Scout Troop 10 will deliver sand to seniors in need. Please call the Senior Center at (978)597-1710 to arrange a delivery.



Mini Golf in the Library
Saturday, March 4, 4pm-9pm
Sunday, March 5, 10am-4pm



Boston Flower Show
March 24, 2017
 Take the bus to Boston's World Trade Center for this garden extravanza!

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 & CRAFTS



Quilting Night

Wednesday, February 1, at 6pm

Jewelry with PJ

Tuesday, January 7 & 14, at 10:30am

Cost: \$5 + cost of materials

Intro to Watercolor: Birch Trees

Wednesday February 8 & 15, at 5pm

Cost: \$8

Personalized Gift Bags

Wednesday, February 15, at 10am

Needlefelting

Tuesday, February 21, at 9:30am

Cost: \$5

Papercrafting

Wednesday, February 22, at 5pm

Cost: \$2

Create a personal memory album for photos, journaling, or preserving other mementos.



Watercolor Classes

Mondays, 10am-12pm, 6 week session.

Cost: \$6 for the session

Thursdays 10am-12pm, 6 week session

Cost: \$6 for the session

Beginner Watercolor Class

Tuesdays 1-3pm; 6 week session begins in March. Please note the change from Wednesday evenings for the winter.

Registration required for all watercolor classes. No openings at this time, please call to be placed on a waiting list.

Wood Carving

Wednesdays, 12:30pm-2:30pm

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

Quazy Quilters Qub

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. Drop in anytime!

FOR FUN



Movie Matinee

Friday, February 10, at 12:30

City of Angels, with Meg Ryan and Nicholas Cage.

Friday, February 24, at 12:30

The Sandlot, with Art LaFleur, Tom Guiry, and Patrick Renna.



Bridge

Mondays, at 1pm



Trivia & Jeopardy

Tuesday, February 7 & 21, at 1pm

Let's exercise our minds, and have fun and socialize at the same time! Trivia helps to keep the mind sharp while enhancing cognitive functioning.



Cribbage

Thursdays at 1pm & Wednesday, February 1, at 6pm

Cribbage Tournament

Thursday, February 16, at 9:30am

Cost: \$5 (to be divided for prizes)

WEDNESDAY EVENING PROGRAMS

February 1

6pm Quilting

6 pm Cribbage

6:30pm TOPS

February 15

5 pm Intro to Watercolor

6pm Rummikub

6:30 pm TOPS

February 8

5pm Intro to Watercolor

6pm Scrabble

6:30pm TOPS

February 22

5 pm Papercrafting

6pm Cards

6pm Reiki

6:30 pm TOPS

Cribbage Results

December 22

Angelo Vettese & Linda Holmes 363

High Hand - Roland Forest 20

December 15th Tournament

1st Place: Marcia MacMaster

2nd Place: Philip Derion

High Hands: Linda Holmes &

Bev Johnson 24

**Cribbage
Tournaments
will now begin
at 9:30am**



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.

The MA Circuit Breaker Income Tax Credit for Homeowners and Renters 65+

The Massachusetts "Circuit Breaker" tax credit program is a program for adults age 65 +whose property taxes and half of the water and sewer bills are more than 10% of their annual gross income (or for renters, if their rent is greater than 25% of their income) and who meet a few other rules. Adults can get this income tax credit even if they owe no income taxes. Also, you can get this refundable tax credit if you also receive a property tax exemption from your town assessor.

You must meet the following guidelines to qualify for this refundable tax credit:

1. Be 65 or older by the end of the tax year for which you are filing.
2. Have income below the maximum level. Please inquire at the Senior Center for more information.
3. The property that you own or rent must be your primary residence in MA.
4. The assessed valuation of your home cannot be greater than \$720,000 for tax year 2016.
5. There are no other asset limits for defining who may be eligible to get the tax credit.
6. 10% rule for Owners: The credit will equal the amount of your property tax bill (plus 50% of your water and sewer fees if not part of your property tax bill).
7. 25% Rule for Renters: The credit will equal the amount by which 25% of your rental payments exceed 10% of your income, up to the maximum credit of \$1,070 in 2016.
8. Even if you don't normally file with the state, if you meet the above criteria you are most likely due a "refund" check/tax credit from the Dept. of Revenue.
9. The deadline for filing retroactive or amended tax returns (going back 3+years) is April 15, 2017. For more information and to get the proper forms, call the Mass. Department of Revenue Customer Service at (617) 887-6367 for information and/or tax forms for this year and the past three years, or discuss with an AARP representative at the Senior Center.

Nashoba Lunch will be taking place on **February 7th**. The menu will include Three Cheese Lasagna with Meatballs and Rosemary Skewered Shrimp. Registration required.



The Townsend Council on Aging would like to request donations of items to be used at the center. Items include:

- Paper plates
- Paper towels
- Hot and cold cups (no styrofoam, please)
- Plastic spoons, forks, and knives
- Keurig cups
- Office supplies
- Fabric scraps for quilters
- Additional arts & crafts supplies

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 And Errands
- 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.



Greetings

From the Friends of the Townsend Seniors

Monday, February 6 Board Meeting ~ 4:00 p.m. at the Senior Center All members are invited.

Sunday, February 12th , 2:00pm ~ “Boston Jazz Voices” is an 18 person A capella ensemble devoted to vocal jazz. The program is funded by the Friends of the Townsend Seniors, the Townsend Public Library Endowment Fund, and the Townsend Cultural Council. This terrific program is free and open to everyone! Refreshments will be available.

SAVE THE DATES

1) Thursday, March 16th ~ Foxwoods Trip ~ The cost is \$30 per person, with reservations paid in advance. The bus leaves the Senior Center at 8:15am and returns about 6pm. Everyone receives coupons for ‘free play’ and the buffet lunch. This popular trip is open to all adult residents of Townsend and the surrounding towns. Sign up at the Senior Center (978-597-1710) or call Avis Roy at 978-597-6829.

2) Friday, March 24th~ Boston Flower Show Trip The cost is \$10. The sign-up sheet with more information is available at the Senior Center.

2017 Membership with Friends of the Townsend Seniors

Members are the heart of the Friends! With your support the Friends hosted in 2016 the January lunch, a booth at Earth Day on the Common, a summer Band Concert, “Beatles for Sale”, the Lobster/Chicken bake, and the William E. May Endowment Dinner. We support the Thursday lunch program, Hope Community Chorus, Wednesday Bingo, and the Senior Center Holiday Fair. As “we go to press”, we’re ready to host the January Senior Appreciation Lunch, “Boston Jazz Voices” on February 12th, Mini Golf, and the International Dinner in April.

Members of the Friends come from all age groups. You don’t have to be a Townsend resident to join... all you need is an interest in the happenings of the Friends and a desire to support its activities. *President, Peter Buxton sends out a big “thank you” to all who have renewed or have become a new member!*

2017 Friends of the Townsend Seniors Membership RENEWAL NEW MEMBER

\$5.00 Friend \$10.00 Family \$25.00 Benefactor

\$ Supporter (any amount) \$100.00 Lifetime Membership (Individual or Family)

Ways I would like to contribute my time: Phoning Program Development
 Fund Raising Food (Prepare a main dish or dessert for an Event or Fund Raiser)

NAME: _____

ADDRESS: _____

PHONE: Home _____ Cell _____

EMAIL ADDRESS: _____

Checks payable to: Friends of the Townsend Seniors. Please return to the Senior Center, or Mail to: Friends of the Townsend Seniors attn: Membership, P.O. Box 972, Townsend MA 01469. Thank you for your continued support.

FEBRUARY 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Chair Exercise 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:00 Quilting 6:00 Cribbage 6:30 TOPS	2 10:00 Stretch & Tone 10:00 Watercolor 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage 1:30 Gentle Yoga	3 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation Manicures, Pedicures, Reflexology by appt.
6 10:00 Chair Exercise 10:00 Watercolor 11:00 Chorus 12:00 Lunch 12:00 SHINE by appt. 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Healthy Living Group 1:00 Bridge 4:00 Friends meeting	7 9:00 Taxes 9:30 Walking Club 10:00 Stretch & Tone 10:30 Jewelry 12:00 Nashoba Tech Lunch 1:00 Watercolor 1:00 Scrabble 1:00 Cards 1:00 Trivia & Jeopardy	8 10:00 Chair Exercise 10:00 Well Adult Clinic 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Bookclub 5:00 Intro to Watercolor 6:00 Scrabble 6:30 TOPS	9 10:00 Stretch & Tone 10:00 Watercolor 12:00 Homemade Lunch 12:45 Valentine's Day Party 1:00 Cribbage 1:30 Gentle Yoga Reiki by appt.	10 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Hairdresser 12:30 Movie: City of Angels Manicures/Pedicures Reflexology by Appt. 2/12: Boston Jazz Voice at 3pm
13 10:00 Chair Exercise 10:00 Watercolor 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge	14 9:00 Taxes 9:30 Walking Club 10:00 COA Meeting 10:00 Stretch & Tone 10:30 Jewelry 1:00 Scrabble 1:00 Cards Massages by appt.	15 10:00 Chair Exercise 10:00 Hearing Clinic 10:00 Personalized Gift Bags 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 5:00 Intro to Watercolor 6:00 Rummikub 6:30 TOPS	16 9:30 Cribbage Tournament 10:00 Stretch & Tone 10:00 Watercolor 12:00 Homemade Lunch 12:45 Medicare Patrol 12:45 Bach's Lunch 1:30 Gentle Yoga	17 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:30 Movie: The Sandlot
20 Closed for President's Day 	21 9:00 Taxes 9:30 Walking Club 9:30 Needlefelting 10:00 Stretch & Tone 11:00 Chorus 1:00 Grief Support 1:00 Trivia & Jeopardy 1:00 Scrabble 1:00 Cards	22 10:00 Chair Exercise 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 5:00 Papercrafting 6:00 Cards 6:00 Reiki 6:30 TOPS	23 10:00 Stretch & Tone 10:00 Watercolor 12:45 Guess Who? 1:00 Cribbage Reiki by appt.	24 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation TBA: Bus Trip to Chunky's Manicures/Pedicures Reflexology by Appt.
27 10:00 Chair Exercise 10:00 Watercolor 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Bridge 1:00 Rummikub 1:00 League Wii Bowling	28 9:00 Taxes 9:30 Walking Club 10:00 Stretch & Tone 10:00 Show & Tell 1:00 Watercolor 1:00 Scrabble 1:00 Cards Massages by appt.			