

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

Welcome to the second month of the New Year. That month when you realize those resolutions just won't amount to what you had hoped. That's when many of us turn inward and wonder, "what if?" Shoulda, woulda, coulda...

The idea that one ought to, and would have done something differently, can be surmised as an expression of regret. One emotion I consider to be perhaps the worst of all, is regret. The sad reality is that there are no dress rehearsals in life, there are no opportunities for do-overs. You get one shot at life, so you might as well take it.

We have the choice to embrace or reject every opportunity. We can take a leap of faith and risk plummeting into an abyss or we can keep our feet firmly planted on the ground and remain in our comfort zone. Will you wonder later if you missed out? These five regrets are among the most frequent:

- "I wish I'd had the courage to live a life true to myself, not the life others expected of me."
- "I wish I didn't work so hard."
- "I wish I'd had the courage to express my feelings."
- "I wish I had stayed in touch with my friends."
- "I wish that I had let myself be happier."

I think we should embrace every opportunity even though many of those opportunities will lead to dead ends and even heartbreak. We will naturally feel disappointed that they didn't turn out the way we wanted. That feeling of disappointment will generally be mild and short lived compared to the feeling of regret we would feel if we didn't take the chance. On the contrary, you most likely will feel a certain pride in knowing that at least you went for it and gave it your all.

It should be a life goal for all of us to live each day without regret. That being said, there are always those pivotal moments that stick with you. "What would my life be like now if I had chosen to do A, instead of B?" My standard response is that without all the bumps in my journey along the road of life, I wouldn't have my sons. They are the best thing I have ever done!

But, sometimes I still wonder...

Karin Canfield Moore

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www.townsend.ma.us/senior-center-council-aging

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)



AARP Tax Sessions

Tuesday, 9am-12pm

Get help from the experts preparing your annual tax returns. Sessions will be available every Tuesday from February 6 through April 3. Don't wait til the last minute!



Flower Arranging

Tuesday, February 6 at 11am

A unique class for the gentlemen, to create a one of a kind flower arrangement for that special valentine.

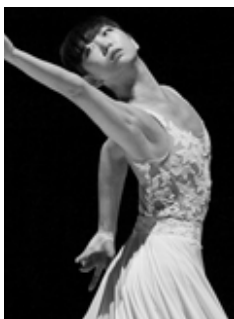
Men Only!



Introduction to Genealogy

Wednesday, February 7 at 6:30pm

Learn more about your roots during this in depth discussion about researching your family history.



Jessica Lang Dance Trip

Thursday, February 8 at 3:30pm

Cost: \$70 (show, meal & bus)

This New York city-based company incorporates striking design elements and transforms classical ballet into artfully engaging works that feature athletic and gifted performers. Enjoy a prix fixe meal prior to the show.



Balance Talk & Assessment

Tuesday, February 13 at 11am

Don't let failing balance get the best of you. Take precautions in order to eliminate dangerous falls and decrease the risk of injuries.



The Golden Years Health Talk

Wednesday, February 14 at 11am

This discussion will provide a general overview of the urinary system and how to keep it healthy. They will also discuss common ailments/issues, such as urinary tract infections and incontinence, and how to manage and/or prevent them.



Beating the Winter Blues

Thursday, February 22 at 10:30am

Now that the excitement of the holidays has passed, it is not uncommon to experience seasonal depression. Learn tips for fighting the winter doldrums.



Pajama Party

Friday, February 23 at 9am

Break out those comfy jammies and come on down for a hot cup of coffee, a tasty breakfast, and some good ole' fashioned conversation. Bring your friends and see who has the best nocturnal attire!

MONTHLY EVENTS

Birthday Party

Thursday, February 1, 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 14, 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 Other Einstein* by Marie Benedict.

Bach's Lunch

Thursday, February 15, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring a cabaret, with vocals and piano. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, February 20, at 10am

Visitors are welcome.

Genealogy with Dwight Fitch

Friday, February 9, at 10:30am

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

Bus Trip: Georgia O'Keeffe Exhibit

Friday, February 16 at 9:30am

Cost: \$14 (ticket) + \$3.50 (bus)

Visit the Peabody Essex Museum in the first exhibition to explore the art, image and personal style of one of America's most iconic artists. O'Keeffe's understated and carefully designed garments, are presented alongside photographs and her paintings, illuminating O'Keeffe's unified modernist aesthetic and distinctive self-styling.

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, February 5, 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 2, 9 & 23, by Appt.

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

Massage

Tuesday, February 13 & 27 and

Wednesday, February 7; By Appt.

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

Chair and table massages available.

Healing Meditation

Tuesdays, February 6, 13, 20 & 27 at 11am

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

Women's Conversation Group

Wednesdays, February 14 & 28, at 11am

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

Well Adult Clinic

Wednesday, February 14 at 12pm

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

Hearing Clinic

Wednesday, February 21, at 10am

Grief Support

Tuesday, February 20, at 1pm

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

No class in February.

Line Dancing

Fridays 10am-11am

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

Let Your Yoga Dance

Fridays at 12pm

Cost: \$6/class

Valentine's Day Activities

Wednesday, February 14

Candy Heart Bingo at 1pm

Join in the traditional game with a twist, using sweetheart markers.

(Not So) Newlywed Game at 3:30pm

Challenge your partner or friend and find out how well you really know each other. Winners earn a prize!

Dinner and Dance, 5pm-8pm

Cost: \$10/person

Treat you and your valentine to a sensational 3-course dinner, followed by dancing to tunes provided by Back to the Garden. Dinner will include an appetizing strawberry spinach salad, braised chicken in a white wine butter sauce with caramelized onions, grape tomatoes, and baby portabello mushrooms, followed by a decadent chocolate mousse. Commemorate the occasion with photos with your sweetheart or friend!

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 (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

Snap on Jewelry

Tuesday, February 27 at 10am

Cost: \$10

Pick your favorite snaps and design your own changeable necklace and earrings.

Soap Making

Monday, February 12 at 9am

Cost: \$10

Create beautiful and practical soaps.

Crafts with Diane

Wednesday, February 21 at 3pm

Cost: \$3

A surprise craft project you don't want to miss!



Crafting for the Community

Tuesday, February 20 at 10am

This month's project will benefit Atwood Acres, by making cushions for the chairs of the dining room. Help choose colors in addition to completing the final products.

Batik

Wednesday, February 28 at 5:30pm

Cost: \$10

Create your own wax resist-dyed fabric, using your choice of designs.

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, February 9, at 12:30

Beauty and the Beast, with Emma Watson and Dan Stevens

Friday, February 23, at 12:30

Elsa and Fred, with Shirley MacLaine, Christopher Plummer, and Marcia Gay Harden



Bridge

Mondays at 1pm



Trivia & Jeopardy

Tuesday, February 6 & 20, 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.



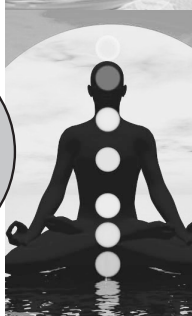
Cribbage

Thursdays at 1pm

Cribbage Tournament

Thursday, February 15 at 9am

Hand & Foot
Tuesday,
February 13 & 27,
at 11am



Galloping Gourmets

Wednesday, February 21 at 5:30pm

Meet here, carpool (or take the bus on Wednesday nights), and the only cost is your meal. **A second try due to the snow day, visit Marco's on Main in Ayer.** They boast a \$5 burger with all the best fixin's!

Mahjong

Friday, February 9 & 23 at 1pm

Get together for a friendly game.

Men's Poker

Friday, February 9 at 9am

Get together for a friendly game.

Sports Party

Wednesday, February 28 at 7:30pm

Celtics vs. Hornets

Join fellow fans to view your favorite sports.

Afternoon Tea

Wednesday, February 28 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!



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

Communication Strategies for Interacting with People with Dementia

Wednesday, March 14 at 6pm

Explore changes due to dementia and the skills needed to successfully connect and communicate throughout the disease process.

NMRHS Senior Appreciation Breakfast & Concert

Wednesday, March 21

Preparing For Medicare

Wednesday, March 21 at 6pm

Online Safety talk with MA Office of Consumer Affairs

Monday, March 26

Same Time Next Year

Sunday, April 29 at 5pm

Winnepesaukee Playhouse's performance of the classic love story.

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

Complete the puzzle and turn it in to Katie by March 10
Correct puzzles will be entered in a drawing!

CRIBBAGE SCORES

High Scores: Ed Jette (1st) & Dee Plante (2nd)

High Hand: Dot Wuoti (20) and Fern Nieme (20)

Nashoba Tech Lunch will be taking place on **February 6**. The menu will include Grilled Salmon and Honey Glazed Ham. Registration required.



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.**



February Greetings

From the Friends of the Townsend Seniors

MONDAY, FEBRUARY 5TH BOARD MEETING ~ 4:00 p.m. at the Senior Center All members of the Friends of the Townsend Seniors are invited to attend.

Looking Ahead...THURSDAY, March 8th FOXWOOD TRIP

This popular trip is open to all adults. The price is \$30 per person, with reservations paid in advance. Everyone will receive coupons for 'free play' and the buffet lunch. Bring your friends and sign up at the Senior Center or call Ruth Gibbs, 978-597-6837.

Vintage Vocal Quartet's performance in the Meeting Hall, Sunday, January 14 was sponsored in part by the Friends of the Townsend Seniors. The quartet brought to life sweet harmonies of the Big Band era groups by singing while swinging on the piano, guitar, bass and trumpet. As one person was heard to say, "they were awesome"! Other sponsors for the program were TPL Endowment Fund and Townsend's Amanda E. Dwight Entertainment Fund.

-----**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: _____

FEBRUARY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Stretch & Tone 11:00 Watercolor 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage 1:00 Wii Sports	2 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 Manicures/Pedicures Reflexology by Appt.
5 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 Healthy Living Group 4:00 Friends' Meeting	6 9:00 AARP Tax Sessions 10:00 Stretch & Tone 11:00 Healing Meditation 11:00 Flower Arranging 12:00 Nashoba Tech Lunch 1:00 Trivia & Jeopardy 1:00 Beach Ball Volleyball 1:30 Watercolor	7 10:00 Chair Exercise 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 5:00 Evening Quilting 6:00 BINGO 6:30 TOPS 6:30 Introduction to Genealogy Massages by appt.	8 10:00 Stretch & Tone 11:00 Watercolor 11:00 Technology Thursday 12:00 Homemade Lunch 1:00 Cribbage 1:00 Wii Sports 3:45 Jessica Lang Dance Trip	9 9:00 Quazy Quilters 9:00 Men's Poker 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Let Your Yoga Dance 12:30 Movie: <i>Beauty and the Beast</i> 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.
12 9:00 Soap Making 10:00 Chair Exercise 11:00 Watercolor 11:00 Chorus 11:00 Medicare Counseling 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	13 9:00 AARP Tax Sessions 10:00 Stretch & Tone 11:00 Balance Talk & Assessment 11:00 Hand & Foot 11:00 Healing Meditation 12:00 Lunch 1:30 Watercolor Massages by appt.	14 10:00 Chair Exercise 11:00 Women's Conversation 11:00 Watercolor 11:00 The Golden Years Health Talk 12:00 Homemade Lunch 12:00 Well Adult Clinic 12:30 Woodcarving 1:00 Book Club 1:00 Candy Heart Bingo 3:30 (Not So) Newlywed Game 5:00 Valentine's Dinner & Dance 6:30 TOPS	15 9:00 Cribbage Tournament 10:00 Stretch & Tone 11:00 Watercolor 12:45 Bach's Lunch 1:00 Wii Sports	16 9:00 Quazy Quilters 9:30 Bus Trip: Georgia O'Keefe Exhibit 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
19 Closed for President's Day	20 9:00 AARP Tax Sessions 10:00 Stretch & Tone 10:00 COA Meeting 10:00 Crafting for the Community 11:00 Healing Meditation 11:00 Chorus 12:00 Lunch 1:00 Trivia & Jeopardy 1:00 Grief Support 1:30 Watercolor	21 10:00 Chair Exercise 10:00 Hearing Clinic 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 3:00 Crafts with Diane 5:00 Galloping Gourmets: Marco's on Main (Ayer) 6:30 TOPS	22 10:00 Stretch & Tone 10:30 Beating the Winter Blues 11:00 Watercolor 12:00 Medicare Fraud 1:00 Cribbage 1:00 Wii Sports	23 9:00 Quazy Quilters 9:00 Pajama Party 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: <i>Elsa and Fred</i> 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.
26 10:00 Chair Exercise 11:00 Chorus 11:00 Watercolor 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	27 9:00 AARP Tax Sessions 10:00 Stretch & Tone 10:00 Snap On Jewelry 11:00 Healing Meditation 11:00 Hand & Foot 12:00 Lunch 1:30 Watercolor Massages by appt.	28 10:00 Chair Exercise 11:00 Women's Conversation 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 4:00 Afternoon Tea 5:30 Batik 6:30 TOPS 7:30 Celtics vs. Hornets		