

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director -

Welcome to February everyone!

I have to say, I think this is my least favorite time of year. The hustle and bustle of the holidays are over, the “newness” of snowstorms is getting old, it’s cold and my mind starts wandering to sunshine and warmth. What a spoiled brat I am!

On the contrary, the long cold days lend themselves to plenty of time to think. One thing that I’ve taken into account lately is how I wish in my younger years I had taken more stock in quality vs. quantity. You can apply that to just about any aspect of your life. I’ve learned that I would much rather have a handful of really good friends than a gaggle of acquaintances; a half closet of nice clothes and shoes rather than a walk-in full; the time to enjoy a good meal rather than an all-you-can-eat buffet; planning my shopping for specific items rather than running around trying to accomplish a myriad of unimportant tasks that really don’t matter.

I was fortunate enough to have the opportunity to do some traveling last year and if there was one thing I got out of it, it was that the majority of people in the world are good and we all need to focus on what is really important. So drive past McDonalds and choose a local restaurant. Treat yourself to a steak once in a while instead of ground beef. Tell your family and friends that you love them. When they eventually pop out of the snow, tiptoe through the tulips.

And come on in to find out why this is where you WANT to be.

Karin



Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Susan Dejaniak, 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
978-597-1710

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

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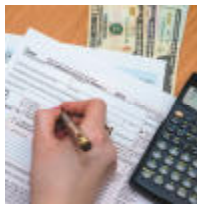


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SPECIAL EVENTS (RSVP requested)



AARP Tax Assistance
Tuesdays by appointment
AARP offers free tax preparation to help individuals file their taxes; find credits and deductions they've earned. First priority given to members and Townsend residents.



Smartphone Help Sessions
Wednesdays, February 6 and 20 at 4pm
Bring your questions related to operating your iPhone or Android device. Volunteers are ready to help!



Jam Session
Thursdays at 1pm
Can you feel music in your bones?
Are you a cat that needs to groove?
Let's see what sounds we can make!



Valentine's Dinner and Dance
Wednesday, February 13 at 5:30pm
Cost: \$10.00
Enjoy a 3 course meal, dancing to live music, and a photo with your flame or your friends!



Travel Talk
Thursday, February 21 at 12:45pm
Collette Tours will present information, photos, and insights into the upcoming Friends trip to South Dakota.



Akwaaba Drum Ensemble
February 23rd at 3pm:
The Akwaaba Ensemble brings West African drumming and dance to life with rich rhythmic patterns and styles. Sponsored by Friends of the Seniors and Townsend Public Library Endowment.



Nutrition Talk: Microbiomes
Wednesday, February 27 at 12:15pm
Learn how the microbiome affects our health through the foods we eat and how quickly we can improve our health with foods that feed our microbiome.



Therapy Dog Visit
Wednesday, February 27 at 5:00pm
Pets help lift our mood and relieve stress. Canine friends will be here to pet and snuggle.

MONTHLY EVENTS

Birthday Party

Thursday, February 7 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 13 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 Peach Keeper* by Sarah Addison Allen.

Genealogy Club with Dwight Fitch

Friday, February 8 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, February 19 at 10am

Visitors are welcome.

Bus Trip: Coffee & Dessert at The Gables

Thursday, February 28 at 12:45pm

Cost: No charge

The Gables have generously provided monthly desserts. Let's say thanks by visiting for coffee and dessert, to learn more about their community.



Bach's Lunch

Thursday, February 14 at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians, featuring *All Beethoven: Cello & Piano*. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Galloping Gourmets: Overlook Restaurant at Nashoba Ski Area
Wednesday, February 20 at 5pm

Cost: \$3.50 plus the cost of your meal

Join others looking to try a new or different restaurant, without the hassle of driving! Enjoy a fireside table with views of the skiers, while you dine on delicious entrees or sandwiches.



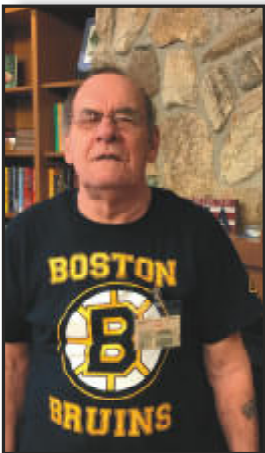
Please let us know if you are living alone and would like a weekly phone call to check in on you.

Community Happenings



He Likes To Be Busy, He Says

By Alice Avery Struthers



Paul Neveu got a dramatic start in life: he was born weighing 2lbs, 6oz. Fortunately the Lowell hospital had a brand new incubator that was used for the first time. He was saved to become one of Townsend Senior Center's most active and enthusiastic volunteers.

In Lowell, Paul worked for 45 years in the paper industry, while he and his wife raised three boys and a girl.

For the last eighteen years Paul has been helping out, starting when the Center was located on Main Street. "Donna and I go way back," he said. Three days a week he drives here from Lowell to help out wherever he can, shifting chairs and tables and generally being useful in a lot of ways.

When his dedication caused him to be chosen "Volunteer of the Year," it brought him an exciting award: tickets to see his favorite team, the Red Sox. His interest in sports includes a weekly bowling night.

His philosophy of life is pretty clear; "I'm not going to sit at home," he said. And we're so glad.

Thank you, Paul.

Around Town:

Stone Walls of New England

Throughout New England, stone walls from another era still line the roads in some places, or mark the edge of a field. Each one of those stones, millions of them, was once held and hoisted into position by a person, usually a subsistence farmer.

As fields were prepared for crops, the stones were cleared away. Those walls we see remaining may be classified as: fieldstone or quarry stone; mortared or unmortared; simple stone disposal; or structures for a fence or boundary line. Many were constructed



between 1750 and 1825 before the westward movement enticed farmers away from New England to more fertile, level land.

In the Building:



February 5th at 7pm: A Visit with General and Mrs. Ulysses S. Grant

History comes to life with an unforgettable and refreshing interpretation of leadership held to a higher standard with lessons as relevant in the modern world of today as they were over one hundred years ago.

February 10th at 2pm: Cupcake Festival



February 23rd at 3pm: Akwaaba Drum Ensemble

The Akwaaba Ensemble brings West African drumming and dance to life with rich and subtle rhythmic patterns and styles. Not to be missed! *Sponsored by Friends of the Seniors and Townsend Public Library Endowment.*

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>February</div> <div>2019</div>				
4 10:00 Chair Exercise 11:00 Chorus 12:00 Lunch 12:45 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 1:00 Healthy Living Group 2:00 Wii Bowling (Open to all)	5 9:00 AARP Tax Assistance 10:00 Stretch & Tone 11:00 Canasta 12:00 Lunch 12:30 Winter Walking 1:00 Flute 1:00 Trivia & Jeopardy 1:30 Watercolor Message by appt.	6 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 1:00 Bingo 1:00 Knitting 3:00 Paper Beads (Class 2) 3:00 Chair Exercise 4:00 Smartphone Help 5:00 Evening Quilting 6:00 Friends Meeting 6:30 T.O.P.S. 6:30 Tai Chi at TCC Message by appt.	7 10:00 Stretch & Tone 10:30 Watercolor 11:00 Wii Bowling (Open to all) 12:00 Lunch & Birthday Party 1:00 Cribbage 1:00 Jam Session 1:30 Gentle Yoga	8 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 Lunch: Soup/Salad Bar 12:30 Movie: <i>Fever Pitch</i> 1:00 Mahjong Manicures/Pedicures/ Reflexology by appointment
11 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 Wii Bowling (League) 1:00 Ribbon Weaving 1:00 Knitting Group 2:00 Wii Bowling (Open to all)	12 9:00 AARP Tax Assistance 10:00 Stretch & Tone 11:00 Canasta 12:00 Lunch 12:30 Winter Walking 1:00 Flute 1:30 Watercolor Message by appt.	13 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch 12:00 Well Adult Clinic 12:30 Woodworking 1:00 Book Club 1:00 Bingo 1:00 Knitting 3:00 Chair Exercise 3:00 Origami Flowers	14 10:00 Stretch & Tone 10:30 Watercolor 11:00 Wii Bowling (Open to all) 12:00 Lunch 12:45 Bach's Lunch 1:00 Cribbage 1:00 Jam Session 1:30 Gentle Yoga	15 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) 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser 1:00 Mahjong

2:00 Wii Bowling (Open to all)		5:30 Original Flowers 5:30 Valentine's Dinner & Dance 6:00 Caregiver Roundtable 6:30 T.O.P.S. 6:30 Tai Chi at TCC		
18	<p>Closed for</p> 	19 9:00 AARP Tax Assistance 10:00 Stretch & Tone 10:00 COA Meeting 11:00 Canasta 12:00 Lunch 12:30 Winter Walking 1:00 Flute 1:00 Trivia & Jeopardy 1:30 Watercolor Message by appt.	20 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 1:00 Bingo 1:00 Knitting 3:00 Chair Exercise 3:00 Color Wheel 4:00 Smartphone Help 5:00 Galloping Gourmets: Overlook at Nashoba Ski 6:30 T.O.P.S. 6:30 Tai Chi at TCC	21 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:30 Watercolor 11:00 Wii Bowling (Open to all) 11:00 Fly Tying 12:00 Lunch 12:45 Travel Talk with Collette 1:00 Jam Session 1:30 Gentle Yoga
25	10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:45 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 1:00 Diabetes Wellness Group 2:00 Wii Bowling (Open to all)	26 9:00 AARP Tax Assistance 9:30 Felted Leprechauns 10:00 Stretch & Tone 11:00 Canasta 12:00 Lunch 12:30 Winter Walking 1:00 Flute 1:30 Watercolor Message by appt.	27 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch 12:30 Woodworking 1:00 Bingo 1:00 Knitting 3:00 Chair Exercise 4:00 Afternoon Tea 5:00 Therapy Dog Visit 6:30 T.O.P.S. 6:30 Tai Chi at TCC Message by appt.	28 10:00 Stretch & Tone 10:30 Watercolor 11:00 Wii Bowling (Open to all) 12:00 Lunch 12:45 Bus Trip: Dessert & Coffee at The Gables 1:00 Cribbage 1:00 Jam Session 1:30 Gentle Yoga
				22 9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:30 Movie: The First Grader 1:00 Mahjong Manicures/Pedicures/ Reflexology by appointment 2/23: Awkaaba Drum Ensemble

Many thanks to
Gables of Fitchburg and
Stewart's Florist
for sponsoring our monthly
birthday lunches!



ARTS & CRAFTS



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



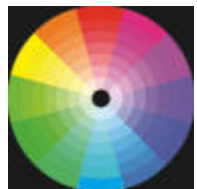
Wood Carving & Woodburning
Wednesdays, 12:30pm-2:30pm
(Drop In) Try something new!
Experienced carvers & burners available
to assist those new to the craft.



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



Origami Flowers
Wednesday, February 13 at 3pm
Cost: \$6.00
Learn the Japanese art of paper folding;
this time we're making tulips!



Color Wheel
Wednesday, February 20 at 3pm
Cost: \$6.00
Learn to mix every possible color using
just the three primary
colors!

JUST FOR FUN



Movie Matinee
Friday, February 8 at 12:30pm
Fever Pitch
Friday, February 22 at 12:30pm
The First Grader



Rummikub
Mondays at 1pm



Trivia & Jeopardy
Tuesdays, February 5 and 19 at 1pm



T.O.P.S (Take Off Pounds Sensibly)
Wednesdays at 7pm



Cribbage
Thursdays at 1pm, except when there
is a...Cribbage Tournament
Thursday, February 21 at 9am



Hope Community Chorus
Mondays at 11am



Scrabble
February 8 and 22 at 10am



Watercolor Classes
Mondays Series (10:30am):
February 11 & 25
Tuesday Series (1:30pm):
February 5, 12, 19, 26
Wednesday Series (10:30am):
February 6, 13, 20, 27
Thursday Series (10:30am):
February 7, 14, 21, 28
Cost: \$22/3 week class; \$30/4 week class



Ribbon Weaving: Valentine Hearts
Monday, February 11 at 1pm
Cost: \$2.00

Learn to weave hearts from ribbons,
perfect alone or as a embellishment for
cards or scrapbooks.



Fly Tying
Thursday, February 21 at 11am
Brush up on your ties; fishing weather
is almost here!



Felted Leprechauns
Tuesday, February 26 at 9:30am
Cost: \$3.00
Make sure the luck of the Irish is with
you by making this adorable yet
mischievous creature!



Joint Health Yoga
RETURNING IN MARCH
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.



Wii Bowling
Mondays at 2pm and
Thursdays at 11am



Mahjong
Fridays, February 1, 8, 15, 22 at 1pm



Afternoon Tea
Wednesday, February 27 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

Canasta
February 5, 12, 19, 26 at 11am



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, February 4 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, February 1, 8, 22 by Appt.
Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)

Massage

Tuesdays (Feb 5, 12, 19, 26) and Wednesdays (Feb 6 & 27)
By Appt.
Cost: \$20/20 min; \$45/50 min
Chair and table massages available.

Women's Conversation Group

Wednesdays, February 13 & 27 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, February 25 at 1pm

Board of Health Talk

Stay Tuned! Next Talk in March 2019
Your public health nurses from Nashoba Board of Health will lead a discussion about timely health promotion topics.

Well Adult Clinic

Wednesday, February 13 at 12pm
BP screening, glucose check, general health and first aid.

Hearing Clinic

Wednesday, February 20 at 10am

Evening Tai Chi for adults of all ages
(at the Townsend Congregational Church)
Wednesdays, 6:30 –8pm Cost: \$10

UP & COMING

- March 2 & 3: Indoor Mini-Golf
- March 7: Chronic Disease Self Management Course begins
- March 8: Bus Trip to Brattleboro, VT for maple syrup tour and distillery tasting/tour
- March 13: Diabetes 101 presentation and blood sugar testing
- March 28: "Mabel and Jerry" comedy show
- March 28: Bus Trip: Mass Audubon Dance of the Woodcock

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.
New Class!
Wednesdays at 3pm!

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/all
Beginner: 9:30—10:00am
Improver: 10:00am –11:00am
Advanced class continues until 11:30

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.*

Magic Square

Fill in grids so that each column, row and diagonal add up to the given sum.

The sum is 65.

11	10			17
18	12	6		24
25		13	7	
	21		14	
	3		16	

Complete the puzzle and turn it in to Katie for a chance to win a prize! Puzzle winner from last month:

We stumped everyone...

No winner as of our print deadline!

Laugh out Loud

Two antennae met on a roof, fell in love and got married.
Their wedding ceremony wasn't fancy. The reception, however, was excellent.

February Fun Facts

February 2, 1887—The Groundhog Day celebration was held in Punxsutawney, Pennsylvania, for the first time.

February 9, 1960—Actress Joanne Woodward received the first star on the Hollywood Walk of Fame.

February 15, 1942—The New York Times published its first crossword puzzle as a way to give readers a break from the bleak news.

February 25, 1964—Cassius Clay (later known as Muhammad Ali) became the world heavyweight champion, defeating Sonny Liston.

February 28, 1983—*M*A*S*H* became the most watched television program in history when the final episode aired.

ROAD RUNNER BUS SCHEDULE **

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	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:30am—12:00pm	Pepperell (Medical)	Leominster (Medical)	Townsend (Medical and Errands)	Groton and Ayer (Medical)	Fitchburg and Lunenburg (Medical)
Afternoons 1:00—3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Medical and Errands)	Townsend (Errands)	Fitchburg and Lunenburg (Errands)

DESTINATIONS:

- Medical:** Doctors, Dentists, Therapies, Lab work, etc.
- Errands:** Grocery, Pharmacy, Bank, Shopping, Hairdresser/Barber, etc.

FARES (One Way):

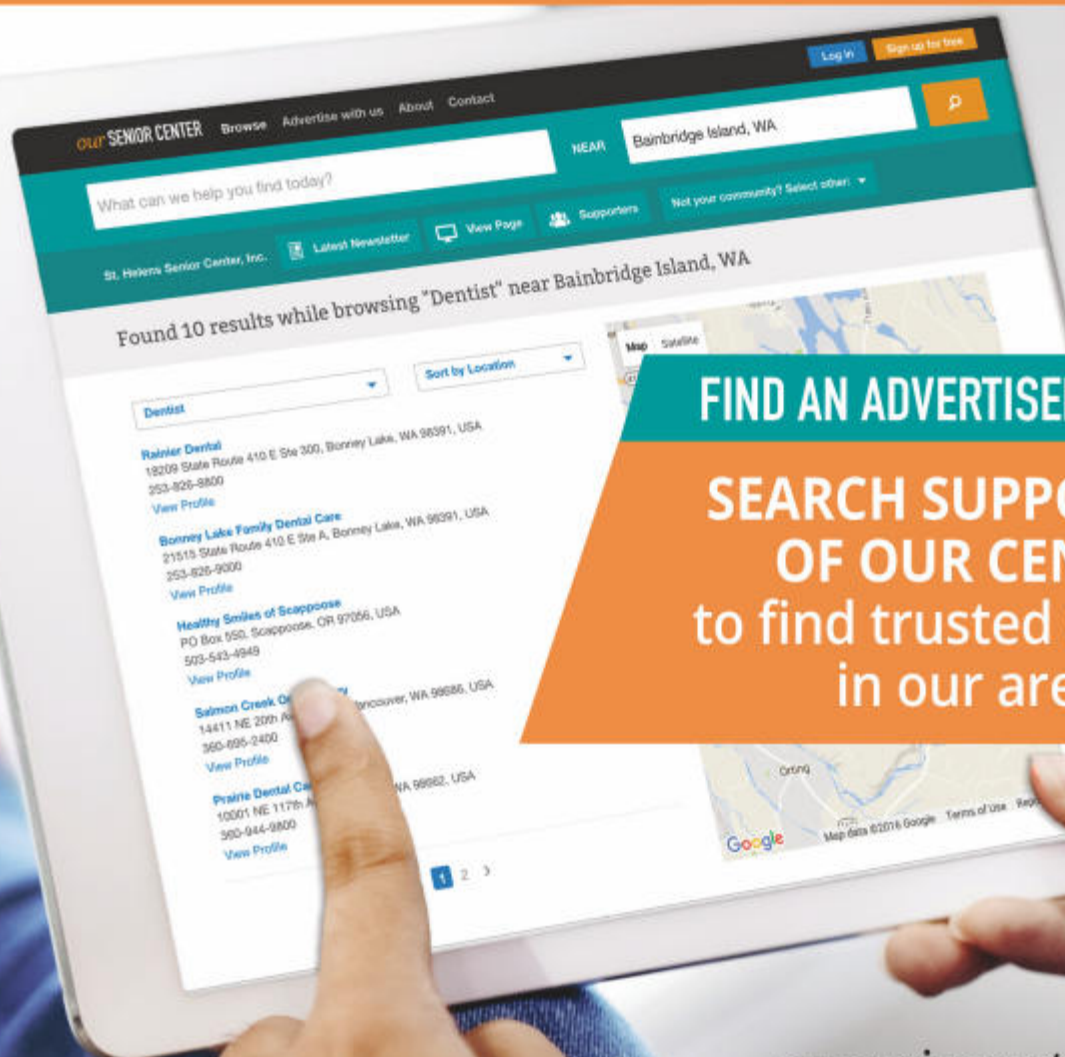
- Within Townsend: \$1.25
- Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

**Occasionally, Senior Center day trips may alter this schedule.



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



Is it a cold or flu?



Signs and Symptoms

Symptom onset
Fever
Aches
Chills
Fatigue, weakness
Sneezing
Stuffy nose
Sore throat
Chest discomfort, cough
Headache

Influenza

Abrupt
Usual
Usual
Fairly common
Usual
Sometimes
Sometimes
Sometimes
Common
Common

Cold

Gradual
Rare
Slight
Uncommon
Sometimes
Common
Common
Common
Mild to moderate
Rare

Tips for Winter Wellness

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.



Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the *Curcuma longa* plant, is widely regarded to have numerous positive health implications.

Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

(Courtesy of Family Features)

FRIENDS OF THE TOWNSEND SENIORS

*YOU'LL BE JOINING US SOONER
THAN YOU THINK!*



Who are we? Founded in 2000, we are a non-profit volunteer senior citizen advocacy organization and voice 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.

The Friends of the Townsend Seniors meet the first Wednesday of every month at the Senior Center at 6 pm

BE A FRIEND OF THE FRIENDS

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

Name: _____

Address: _____

Town: _____ Phone: _____

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

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

You may also drop the form at the Senior Center.

CRIBBAGE (1/10/19)

High Scores:

**Jerry Copeland/Anne Foresman, and
Ron Nussle/Bill Clement (363)**