

Silver Threads

February 2023
Vol 9 No 8

TOWNSEND SENIOR CENTER

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

You can register at myactivecenter.com

This provides patrons an option to sign up for programs online through your computer, tablet or smart phone.

Or you can call us at 978-597-1710. Thank you!

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

From the Desk of the Director -

Valentine's Day was always referred to as a Hallmark Holiday in my home. Just a reason to waste your money on stuff you are pressured into buying and going out to an overpriced meal with a bunch of other obligated couples. After all, shouldn't love be something that you express to those you love on a daily basis? Never was a big thing to me.

With the events of the past couple of years I have been thinking a lot about love and how fortunate I have been to experience so many types of love so far in my life; the love of my parents, puppy love, boyfriends (maybe), husbands, family, friends, pets and the love of my children.

I remember growing up when I would be devastated that my current crush did not reciprocate my feelings, my mom would tell me that nobody would love me the way I deserved to be loved until I learned to love myself.

It took a few years. Actually, honestly, probably a few decades for me to get there, but I can say that after a lot of back and forth, I do love myself. I am human and have done many things I'm not proud of. Thus, I don't always like myself, but I do **love** myself. I enjoy spending time alone and recognize when I need to get out and about and spend time with those who love me back. I can laugh at myself and allow myself to cry and grieve my losses. All in all I highly recommend falling in love with yourself this year. Treat yourself kindly.

Come in and try something new. There's plenty to choose from. Rediscover why this is the place you WANT to be!

Karin

P.S. Our snow policy is: if North Middlesex Regional Schools are closed, so are we and there is no van service. If they are delayed, we are open regular hours.

New Programs!

- ◇ Tax-Aid, Every Tuesday, February 7th through April 11th
- ◇ Intergenerational Tai Chi, 9 week program starting Wednesday, February 1st, 6-7:30pm
- ◇ Ping Pong, Every Monday at 1pm
- ◇ Zumba, Every Friday at 9:30am



Karin Canfield Moore, Director
Elise Johnson, Assistant Director & Program Coordinator
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Senior Meals Associate
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator & Outreach
Greg Smith, Assistant Program Coordinator

Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm
16 Dudley Road, Townsend, MA 01469
978-597-1710

<https://www.townsendma.gov/senior-center-council-aging>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 *Medicare Counseling 9:30 Chair Exercise 11:00 Healthy Living 12:00 HtoH Lunch 1:00 Wild Inside 1:00 Bingo 1:00 Quazy Quilters 3:30 Hybrid Yoga 4:00 Grief Support 6:00 Friends 6:00 Tai Chi 6:30 TOPS	2 *Massage 9:00 Cornhole 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner 1:00 Cribbage 1:30 Osteo Movement	3 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Drop-In 11:00 Name Your Game 11:00 Women's Meditation 1:00 Cornhole
	6 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Ping Pong 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	7 *Massage 9:00 Tax-Aid 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club 10:30 Slow Jam 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 1:30 Mani. & Facials	8 9:30 Chair Exercise 12:00 HtoH Lunch 12:00 Wellness Clinic 1:00 Bingo 3:30 Hybrid Yoga 6:00 Tai Chi 6:30 TOPS	9 *Massage 9:00 Cornhole 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner 12:00 Podiatrist 12:45 Bach's Lunch 1:00 Valentine Cookie Decorating 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement
13 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Ping Pong 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	14 *Massage 9:00 Tax-Aid 9:00 Quazy Quilters 9:30 Walking Club 10:30 Slow Jam 10:30 Mexican Train 11:00 Special Valentine's Lunch & Show 1:00 Alcohol Inks 1:30 Line Dancing	15 9:30 Chair Exercise 10:00 Hearing Clinic 12:00 HtoH Lunch 1:00 Bingo 1:00 Quazy Quilters 3:00 COA Meeting 3:30 Hybrid Yoga 6:00 Tai Chi 6:30 TOPS	16 *Massage 9:00 Cornhole 9:00 Cribbage Tournament 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Diabetes Support 12:00 Donna's Diner 1:30 Osteo Movement	17 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Podiatrist 10:00 Weaving Drop-In 11:00 Name Your Game 11:00 Women's Meditation 1:00 Cornhole
Closed for Presidents' Day	21 *Massage 9:00 Tax-Aid 9:00 Quazy Quilters 9:30 Poetry 9:30 Walking Club 10:30 Slow Jam 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing	22 9:30 Chair Exercise 10:00 Crafting w/Angela 12:00 HtoH Lunch 1:00 Bingo 1:00 Book Club 3:30 Hybrid Yoga 6:00 Long Term Care Seminar 6:00 Tai Chi 6:30 TOPS	23 *Massage 9:00 Cornhole 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:30 Beth Walsh from Senator Cronin's Office 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement	24 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Drop-In 11:00 Name Your Game 11:00 Women's Meditation 12:30 Movie Matinee "Little Women" 1:00 Cornhole
	27 9:30 Chair Exercise 10:00 Chorus 10:00 Dementia Nurse 11:00 Hybrid Yoga 12:30 Knitting 1:00 Ping Pong 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	28 *Massage 9:00 Tax-Aid 9:00 Quazy Quilters 9:30 Walking Club 10:30 Slow Jam 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	February	

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

Senior Fitness

Thursdays at 9:15am (live instructor - \$5 per class)

Chair Exercise

Mondays, Wednesdays and Fridays at 9:30am

Walking Club

Tuesdays and Thursdays at 9:30am

Inside and outside options, weather permitting.

Learn to Tap Dance

Mondays at 1pm; \$5 per class

You can't help but feel joyful learning this dance style!

Tap shoes helpful but not required; we can loan some.

Free Intergenerational Tai Chi

Wednesdays at 6pm starting February 1st

(Donations appreciated)

9 Week Session. Join Jeff for this Chinese martial art practiced for health benefits and meditation.

Line Dancing

Tuesdays at 1:30pm. \$5 per class

Move your body with Carin:

Hybrid Yoga; \$5 per class

(Chair and floor options)

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

Osteo Movement

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

Offers everything! Posture, balance, core strength, etc.

You must be able to commit to 2 days a week for 8 weeks! Bring a mat and walking stick.

Beginner Yoga

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

Building Memory Skills

Thursdays at 10am; \$5 per class

Do you struggle to remember things? Is your eye-hand coordination lacking? This class is for you!

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



Massage with Morningstar:

Tuesdays and Thursdays by appointment
\$45/50mins.



Sarah from Footcare Focus

will offer podiatry services, \$45
Thursday, Feb. 9th from 12pm to 3pm
Friday, Feb. 17th from 10am to 1pm
Call 978-597-1710 for an appointment.



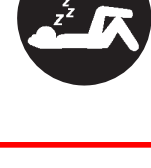
Wellness Clinic

Wednesday, February 8th from 12-2pm
BP screening, glucose check, etc.



Hearing Clinic

Wednesday, February 15th at 10am



Women's Meditation

Fridays at 11am

Water aerobics at the YMCA!

Mondays at 3pm
Van leaves the Senior Center at 2:30pm
Call for more information.

Manicures and Facials

First Tuesday at 1:30pm by appointment

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.

Dementia Nurse Consultation

Monday, February 27th at 10am, by appointment
Bernadette Oinonen, MS, RN served the senior population for over 35 years supporting and educating family caregivers of clients with dementia. All parties benefit learning to navigate the journey they may travel.

Healthy Living

Wednesday, February 1st at 11am

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

Diabetes Support

Thursday, February 16th at 11am

Come and pick up Healthy recipes for the holidays! Snacks and a prize raffle!

Grief Support Group

Wednesday, February 1st at 4pm

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
2nd and 4th Thursdays 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.



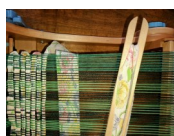
Watercolor with Sue!

On hiatus in February. Returning in March. \$20 per month. Limit of 12 students per class.



Weaving Classes:

Mondays at 12:30pm (2/6 & 2/13 only)
2/6 - Weave a simple heart. Free
2/13 - Create a Valentines Mobile. Not just for weavers! Free



Weaving Drop-In

Fridays 10am-noon
This is a time to finish a class project or bring one of your own.



Alcohol Ink Jewelry

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



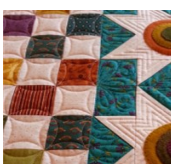
Felting

On hiatus in February. Returning in March.



Charcoal Drawing with Sue!

On hiatus in February. Returning in March. Charcoal has unique characteristics that will encourage your creativity. \$30 fee for new students. Limit of 12 students per class



Quazy Quilters

Tuesdays from 9am to 3pm
1st & 3rd Wednesdays at 1:00pm
Work on your latest project, or use our supplies to create something new!



Wood Carving

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

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

Women's Conversation

First & Third Tuesdays at 11am

Trivia

First & Third Tuesdays at 1pm



Slow Jam

Tuesday at 10:30am until 3/28.
For acoustic string instruments only.

Book Club

Wednesday, February 22nd at 1pm
"The Love of My Life"
by Rosie Walsh



Bingo

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



Hope Community Chorus

Mondays at 10am



Genealogy with Dwight Fitch

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



Movie Matinees:

Friday, February 10th time TBD
O'Neil Theater Trip "80 for Brady"
Friday, February 24th at 12:30pm
"Little Women" with Saoirse Ronan, Emma Watson, Florence Pugh and Eliza Scanlen. **Pizza provided by Friends of the Townsend Seniors**



Mexican Train Dominoes

Tuesdays at 10:30am



Name Your Game

We have many to choose from (and bring a friend)!
Fridays at 11am



Rummikub

Mondays at 1pm



Wii Bowling

Mondays at 1 pm



Cribbage

Thursdays at 1pm, except...
Tournament on 2/16 at 9am



December Cribbage Results

High Score: Carole Phillips - 713 Points
Runner-Up: Sue Paul - 705 Points
High Hand: Helen Lee - 24 Points

Crafting with Angela

February 22nd at 10am
Create a mandala painted slate coaster!
No experience needed! \$4 per coaster.



Special Events *Registration required for ALL programs - 978-597-1710*



Celebrating the Season: Songs and Stories for Valentine's Day February 14th at 11am

A perfect way to celebrate with
traditional
and true-life stories with Davis Bates,
storyteller extraordinaire!
**Lunch will follow -
\$3 donation for lunch**

Must sign up by Friday, February 10th

Friday February 10th

Bus Trip to see the movie
80 for Brady
Time and Location TBD



Wild Inside: *Fishers, Beavers and Bears* February 1st at 1pm

The Nashua River Watershed Association
will explore the physical and
behavioral adaptations of 3
fascinating local mammals.
Come see the collection of
mounts, pelts, skulls and
track prints!



Valentine's Cookie Painting February 9th at 1pm

Mary is back with beautiful
heart shaped cookies that you can
decorate with edible paint!
\$3 per cookie
\$5 for two cookies



February Lunches

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

Tuesdays: Soup & Salad Bar

Wednesdays: Heart to Home Meals

Thursdays: Donna's Diner

Tuesday	Wednesday	Thursday
	2/1: Heart to Home Swedish Meatballs	2/2: Donna's Diner Meatloaf with Mush- room Gravy
2/7: Soup & Salad	2/8: Heart to Home Cabbage Roll	2/9: Donna's Diner Patriot Pizza & Salad
2/14: Valentine's Party	2/15: Heart to Home Sweet and Sour Chicken	2/16: Donna's Diner BBQ Pork with Mac & Cheese
2/21: Soup & Salad	2/22: Heart to Home Buffet	2/23: Donna's Diner Lasagna (Veggie or Meat)
2/28: Soup & Salad		

Bach's Lunch Concerts

Free concert at the NEW Groton Hill Music!

February 9: Stone Arch Piano Trio
From Handel to Cole Porter

Bring a bagged lunch to enjoy

Concert starts at 1:30pm
Van leaves
the Senior Center at 12:45pm.
Seating is limited



Tax -Aid

Call the Senior Center to sign up for free in-
person tax preparation service, including
electronic filing of returns
Every Tuesday starting
February 7th – April 11th

Pick up a packet at the front desk to fill out
PRIOR to your appointment date

NEW!!

Zumba

Every Friday at 9:30am

\$5 per class

Have fun while dancing your
way to a healthier you!

NEW!

9 Week Intergenerational Tai Chi Class
Beginning **Wednesday, February 1st @ 6pm**
Sign up *once* for the whole session
FREE

Donations Appreciated

Dementia Nurse Consulting

Bernadette Oinonen, MS, RN will be available by
appointment **Monday the 27th from 10am-12pm**

Bernadette is here to support and educate family
caregivers of clients with dementia

Long Term Care Seminar

Join Retirement Advisers for a free educational
discussion on **February 22nd at 6pm**

Perceptions, Realities and Steps you can take to prepare

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 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.
(Please schedule morning appointments with your physician/provider).

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)**

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am-12:00pm	Pepperell (Medical)	Leominster (Medical)	Townsend (Medical)	Groton, Ayer (Medical)	Lunenburg, Fitchburg (Medical)
Afternoons 1:00-3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Errands)	Townsend (Errands)	Fitchburg (Errands)
			Wednesdays 3:00-8:00 PM By Appointment		

***The Senior Center Kitchen
needs donations of paper towels and chicken or beef
broth (not cubes).***

***Do you want to help the Senior Center?
Please consider joining the Friends of the Townsend
Seniors and help their fundraising efforts. Thank you!***

Friends of the Townsend Seniors - Become a Member Today!

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.*