

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

Can you believe it is 2017? I certainly can't. That's a year that science fiction novelists could only imagine, and yet here we are in an era where people yearn for the latest virtual reality headsets and envision their next automobile to be truly "auto", as in self driving. It makes me wonder how many things that were dreamed up in science fiction gave somebody the idea to create just that.

January is Senior Appreciation month. I can't even begin to tell you how appreciated the seniors I have the privilege to know and work with are. I am constantly learning new things and inspired by their experiences and zest for life. They have seen so much and have learned to value what is really important. I'm hoping we can pass that on to younger generations as we move into 2017.

Be happy and healthy!

Karin Canfield Moore



SPECIAL EVENT



Drawing For Seniors

Wednesday, January 11, 2:30pm

North Middlesex Regional High School student, Zachary Rea, presents his National Art Honor Society service project. In order to give back to the community, provide joy and benefit for local seniors, and bridge intergenerational gaps, Zach and a few other students will spend time creating whatever someone might be interested in. Feel free to bring photos or mementos as items to be featured in the artwork. Drawings will be offered to seniors to take home.

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



TOPS **(Take Off Pounds Sensibly)** **Wednesdays, starting January 4,** **at 6:30pm**

Get the new year started off right with healthy choices. TOPS can help you reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful. Weekly meetings will be offered.



Understanding Abstract Art **Thursday, January 5, 12, 19, & 26,** **1-3pm**

Cost: \$20/4 classes

Absolutely no artistic experience is needed for this class. Come and learn about the world of abstract art.

Through a PowerPoint presentation, you will discover how artists like Kandinsky and Picasso created such impressive forms of art that sometimes makes you ask, what is that? In each class, you will be allowed to create your own form of abstract art using different mediums. Your art can be whatever you want it be! All materials will be supplied.



Balance Assessment

Wednesday, January 11, 12pm-2pm

Simple balance tests can assess fall risks and help prevent accidents and injuries. Come take part in order to maintain your physical health.



Dental Clinic

Tuesday, January 24, 9am-12pm

Cost: \$65

Take care of your pearly whites with a dental cleaning and oral checkup.



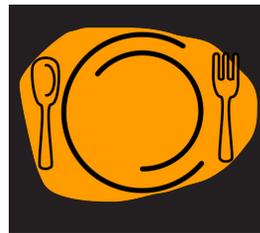
Soapmaking

Wednesday, January 18, 6-8pm

Cost: \$10

Come learn about the easy process of how to make beautiful homemade soaps. You will learn about the different styles and there will be a demonstration on how to make basic soaps and bath bombs. You will also learn how to add colors and fragrance.

How to embed items in your soap will also be shown. There will be an opportunity for you to "make and take" a bar of homemade soap and a bath bomb. Come and watch or come and participate. All materials will be supplied for the class.



Friends of the Townsend Seniors Appreciation

Luncheon

Saturday, January 28, at 12pm

This event will celebrate and honor local seniors.

MONTHLY EVENTS

Birthday Party

Thursday, January 5, 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, January 11, 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 *The Map Thief* by Micheal Blanding.

Bach's Lunch

Thursday, January 19, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians showcasing a tribute to Fred Astaire, featuring dancing vocalists Ted Powers and Pamela Powers. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, January 17, at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, January 13, 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 DD's Treasures in Winchendon

Friday, January 6, at 10am

Cost: \$3.50 (bus)

Brookline Senior Social & Lunch

2nd & 4th Tuesday of Each month

The seniors of Brookline cordially invite you to join them on at Brusch 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
Cost: \$5/class

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



Healthy Living Group
Monday, January 9, 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.



Massage
Tuesday, January 10 & 24; Afternoon appt.'s
Cost: \$20/20 min.
Chair and table massages available. Please specify preference at signup.



Reflexology, Manicures & Pedicures
Friday, January 6, 13 & 27; By Appt.
Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)

Hearing Clinic
Wednesday, January 25, 10am-12pm

Reiki
Thursday, January 12 & 26; By Appt.
Cost: \$20/45 min.

Grief Support
Tuesday, January 17, 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



Senior Art Show
February 2017
This exhibit will take place in the meeting hall, and will be on display for the month of February. Please contact Diane Blankenburg for more information or to participate.



Valentine's Day Party
Thursday, February 9, 2017
Tommy Rule will entertain at the festivities, featuring some of your favorite songs from the likes of Frank Sinatra. Refreshments to be served.



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.



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



Tax Returns
AARP will be offering assistance with tax returns, beginning on Tuesdays in February. Stay tuned for more information!

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



Jewelry with PJ
Tuesday, January 3 & 10, at 10:30am
Cost: \$5 + cost of materials

Quilting Night
Wednesday, January 4, at 6pm

Needlefelting:
Wednesday January 11, at 5pm

Valentine's Day Cards
Thursday, January 12, at 12:30pm

Reverse Glass
Tuesday, January 17 & 24, 1-3pm
Cost: \$10
Try your hand at painting on glass to create a unique finished product with many uses.

Needlefelting
Wednesday, January 25th, at 10am



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
Tuesday, January 31, 1-3pm; 6 week session. 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, January 13, at 12:30
Joy, with Jennifer Lawrence, Robert DeNiro, and Bradley Cooper.
Friday, January 27, at 12:30
Secondhand Lions, with Haley Joel Osment, Michael Caine & Robert



Bridge
Mondays, at 1pm



Trivia & Jeopardy
Tuesday, January 10 & 24, 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, January 4, at 6pm
Cribbage Tournament
Thursday, January 19, at 9:30am
Cost: \$5 (to be divided for prizes)

WEDNESDAY EVENING PROGRAMS

January 4
6pm Quilting
6 pm Cribbage
6:30pm TOPS

January 11
5pm Needlefelting
6pm Scrabble
6:30pm TOPS

January 18
6 pm Soapmaking
6pm Rummikub
6:30 pm TOPS

January 25
6pm Reiki
6pm Cards
6:30 pm TOPS

Cribbage Results
December 1:
Erika Roy & Dick Perra 363
High Hand - Dick Perra 21

November 17th Tournament:
1st Place: Angelo Vettesse
2nd Place: Bev Johnson
High Hand - Betsy Glow

December 8:
Dot Wuoti &
Margaret Fairbanks 363
High Hand - Jan Johnson &
Milt Wetherbee 17

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 NEW YEAR offers a time of reflection and renewal. It's a great opportunity to pause, look at your current lifestyle, and determine how to enrich your life. Taking the time to think about what is working and what can be improved upon to strengthen health and happiness offers the opportunity for growth and change.

1. Take Your Health Into Your Hands

Knowledge is power at any age. Do your own research on healthy habits you can begin based on your individual health needs. Small changes can make for a big difference.

2. Eat Better

It is a great year to provide your body with the right fuel that it needs. It's a known fact that when you eat better, you feel better.

3. Find a New, Healthy Activity

The great thing about physical fitness is that there are so many ways to incorporate it into your lifestyle. Experiment and find the right activity for your personality and activity level.

4. Check Something Off of Your Bucket List

Entering your golden years doesn't mean that the excitement is over! It might take some work, but think about the biggest goal you have yet to accomplish and start working toward it.

5. Connect More With Friends and Family

Make connecting with loved ones a priority this year. Time spent laughing with those that mean the most is time well spent.

6. Reduce

One of the best lessons we ever learn is the difference between "want" and "need." In just a few minutes you can sort through one of those messes you've "been meaning to get to" and make your space more usable.

7. Be a Kid Again

Think about a happy memory from childhood and bring it back to your life in a new way!

8. Tell Your Story Your Way

Sharing your life with your children and grandchildren will mean more to them than you know. Technology makes it easier to share photos and stories than ever before.

9. Brush Up on New Technology

Learn about a piece of technology that is of interest through a local community class or your own research.

10. Celebrate the Little Things

Make 2017 the year that you acknowledge and celebrate the good moments!

Nashoba Lunch will be taking place on **January 10th**. The menu will include Yankee Pot Roast and Broiled Salmon with Citrus Glaze. 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!!

- 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.



~ Happy New Year 2017 from the Friends of Townsend Seniors ~

The Month of January ~ Townsend Hannaford's Reusable Bag Program continues to support our community. For each bag sold in January, Hannaford will donate \$1 to the Friends! Thank you Hannaford for selecting the Friends of the Townsend Seniors for the month of January.

Monday, January 9th Board Meeting ~ 4:00 p.m. at the Senior Center ~ All members are welcomed.

Thursday, January 19th Foxwoods Trip This popular Foxwoods trip is open to all adults, so please invite your friends. The cost is \$30 per person, with reservations paid in advance. The bus leaves the Senior Center at 8:15am and returns about 6pm. All will receive coupons for 'free play' and for the buffet lunch. Sign up is at the Senior Center or with Avis Roy at 978-597-6829.

Monday, January 23rd 1:00pm Senior Center "Albuquerque Balloon Festival Trip" Friends of the Seniors and Collette Travel will have a special travel presentation on Monday, January 23rd at 1:00pm. All are invited to learn about the itinerary for this wonderful trip October 10-15, 2017. The package includes transportation to Logan Airport, airfare to Albuquerque, insurance, and much more. Receive a credit of \$50- per person- if you sign up by January 23rd. For Question about the trip, please call Russ Moore at 978-808-7301.

Selectmen Proclaim January as "Seniors' Month in Townsend"

Saturday, January 28th ~ Lunch and festivities will be at the Meeting Hall, 12:00pm - 2:00pm. Co-Chairmen Donna Miller, Lynn Pinkerton, and Terry Klug are planning the luncheon, musical entertainment, and fun surprises! *The 'snow-date' is Monday, January 30th, 12-2 pm.*

**** please note ** There is no charge, however registration is requested**

Sign-up is at the Senior Center desk or by calling the Senior Center, 978- 597-1710. The Lunch is open to all Townsend Seniors, and to all Seniors who are members of the Friends and live outside of Townsend.

Save the Date Sunday, February 12th, 3:00pm ~"Boston Jazz Voices" Sing along to all your favorites. This program is sponsored by the Friends of the Townsend Seniors and the Friends of the Library.

-----*Members are the Heart of the Friends of the Townsend Seniors*-----

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 am interested in contributing 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.

January 2017 EVENTS

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <p>2</p> <p style="text-align: center;">Closed for New Year's</p>  | <p>3</p> <p>9:30 Walking Club 10:00 Stretch & Tone 10:30 Jewelry 1:00 Watercolor 1:00 Scrabble 1:00 Cards</p> | <p>4</p> <p>10:00 Chair Exercise 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:00 Quilting 6:00 Cribbage 6:30 TOPS</p> | <p>5</p> <p>10:00 Stretch & Tone 10:00 Watercolor 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage 1:00 Understanding Abstract Art 1:30 Gentle Yoga</p> | <p>6</p> <p>9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 10:00 Bus Trip to DD's 11:00 Intermediate Line Dance 11:00 Women's Meditation</p> <p style="text-align: center;">Manicures, Pedicures, Reflexology by appt.</p> |
| <p>9</p> <p>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</p> | <p>10</p> <p>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</p> <p style="text-align: center;">Massages by appt.</p> | <p>11</p> <p>10:00 Chair Exercise 12:00 Lunch 12:00 Balance Assessment/ Well Adult Clinic 12:30 Woodcarving 1:00 Bingo 1:00 Bookclub 2:30 Drawing for Seniors 5:00 Needlefelting 6:00 Cribbage 6:30 TOPS</p> | <p>12</p> <p>10:00 Stretch & Tone 10:00 Watercolor 12:00 Homemade Lunch 12:30 Valentine's Day Cards 1:00 Understanding Abstract Art 1:30 Gentle Yoga</p> <p style="text-align: center;">Reiki by appt.</p> | <p>13</p> <p>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: Joy</p> <p style="text-align: center;">Manicures/Pedicures Reflexology by Appt.</p> |
| <p>16</p> <p style="text-align: center;">Closed for Martin Luther King Jr. Day</p>  | <p>17</p> <p>9:30 Walking Club 10:00 COA Meeting 10:00 Stretch & Tone 10:30 Jewelry 1:00 Scrabble 1:00 Cards 1:00 Grief Support 1:00 Reverse Glass</p> | <p>18</p> <p>10:00 Chair Exercise 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:00 Soap-making 6:00 Rummikub 6:30 TOPS</p> | <p>19</p> <p>9:30 Cribbage Tournament 10:00 Stretch & Tone 10:00 Watercolor 12:00 Homemade Lunch 12:45 Bach's Lunch 1:00 Understanding Abstract Art 1:30 Gentle Yoga</p> <p style="text-align: center;">Foxwoods Trip</p> | <p>20</p> <p>9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation</p> |
| <p>23</p> <p>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 1:00 Balloon Fiesta Trip Information</p> | <p>24</p> <p>9:00 Dental Clinic 9:30 Walking Club 10:00 Stretch & Tone 1:00 Trivia & Jeopardy 1:00 Reverse Glass 1:00 Scrabble 1:00 Cards</p> <p style="text-align: center;">Massages by appt.</p> | <p>25</p> <p>10:00 Chair Exercise 10:00 Hearing Clinic 10:00 Needlefelting 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:00 Cards 6:00 Reiki 6:30 TOPS</p> | <p>26</p> <p>10:00 Stretch & Tone 10:00 Watercolor 12:00 Potluck Lunch 1:00 Cribbage 1:30 Gentle Yoga 1:00 Understanding Abstract Art</p> <p style="text-align: center;">Reiki by appt.</p> | <p>27</p> <p>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: Secondhand Lions</p> <p style="text-align: center;">Manicures/Pedicures Reflexology by Appt.</p> |
| <p>30</p> <p>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</p> | <p>31</p> <p>9:30 Walking Club 10:00 Stretch & Tone 1:00 Watercolor 1:00 Scrabble 1:00 Cards</p> | | | |