

Silver Threads

Vol 7 No 7 January 2020

TENTATIVE

TOWNSEND SENIOR CENTER

From the Desk of the Director -

I was re-reading what I wrote for the January newsletter last year:

“Remember when we were all scurrying about thinking that all the computers would crash and the world would end on New Year’s Eve 2000?”

Ahhh, if only that had been the only thing that happened in 2020!

Well, it’s time for us to all pick ourselves up, dust ourselves off and show 2021 what we are made of and, more importantly, what we’ve learned.

What are a few of the things 2020 taught me?

- I have too much STUFF!
- I have a wonderful family and friends.
- I do what I do because of the rewards I get from doing it.
- Appreciating the simple things in life is what makes you rich.
- There is a big, beautiful world out there just about anywhere you go (if you can go anywhere!)
- The vast majority of people are good and want the same things out of life. Then again, there will always be a handful of people try to ruin it for the rest of us. When that happens we need to check the way we react to them and move ahead without giving them the power they crave.

So we all hope that your 2021 will make up for 2020 and that we see you again soon. In the meantime, never forget that whoever you are, wherever you are, whatever you need you can count on us to be here for YOU!

Happy New Year!

Karin



Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Susan Dejniak, 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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Drive-Thru Lunch



RESERVATIONS REQUIRED 48 hours in advance
Call 978-597-1710 to sign-up. Suggested \$3.00 donation

Monday	Tuesday	Wednesday	Thursday	Friday
4 TBD	5	6 TBD	7 Hamburger Stew	8
11 TBD	12 Brunch	13 TBD	14 Asian Chicken Stir-fry	15
18 TBD	19	20 TBD	21 Grilled Cheese & Tomato Soup	22
25 TBD	26	27 TBD	28 Baked Ziti	29

***Monday and Wednesday meals provided by MOC; Thursday meals homemade by Donna*



Drive-Thru Brunch on January 12 at 12pm. Call to sign up!!



Meals on Wheels

Provided by MOC

Call: 978-345-8501 Ext. 2 to register

Questions? Call Donna 978-597-1710



Hot meal includes: Entree, Bread, Fruit, Milk
Meals Delivered Monday and Wednesday each week
between 10:10am –12:30pm.

Someone must be home to receive the meal

Library Programs

Call 978-597-1714 to sign up



Journaling for Wellness (via Zoom) Thursday, January 7 at 7:00pm

As we face new sources of stress at this time, a journaling practice can help us articulate thoughts and challenges on the page. This workshop includes a brief discussion about the health benefits of journaling, short and sweet freewriting exercises, and tips about how to sustain greater self-compassion and self-awareness through writing. No previous writing experience necessary, just a willingness to play on the page.



Calling All Pet Lovers!

Monday, January 25 at 7:00pm

Show off your furry, feathered, fishy friends! This is an all-ages, family friendly party on Zoom! Don't have a pet to show off? That's ok! Bring a stuffed animal, or just hang out and enjoy the cuteness! Special guests include Suki the pink pug, Miss Molly's mouse, and Coco the hedgehog!

Important Phone Numbers

COVID-19 Updates: Dial 211, then:
Symptoms & Testing x26
Financial Resources x21
Emotional Support or Suicide Hotline x25

Community Services:

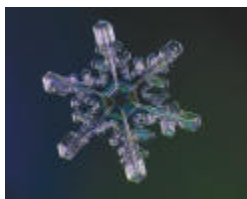
Elder Abuse Hotline:
(800) 922-2275
Executive Office of Elder Affairs:
(617) 727-7750
Fuel Assistance:
(800) 632-8175
Montachusett Home Care:
(978) 537-7411
Nashoba Nursing Service:
(978) 425-6675
Townsend Ecumenical Outreach (Food Pantry)
(978) 597-2209
SHINE Medicare Counseling
508-422-9931

The Senior Center is in need of:
Volunteers! Meals on Wheels Drivers, Kitchen Assistants.
At this time, volunteers must be under age 65.
Thank you for your generosity!

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

Winter Fun

Space is limited; RSVP required for ALL programs



Drive-Thru Winter Carnival **Friday, January 15**

Join us for some safe winter fun! Tour the Senior Center parking lot, stopping at stations like: hot chocolate, donuts, and hotdogs, judge the snowman contest, winter bobsled competition, kill COVID snowball fight, and more!



Cooking Demonstration: Small Batch Soup (via Cable Channel 9 and Zoom) **Wednesday, January 20 at 1pm**

Everyone loves soup! Donna will instruct us on how to use readily available ingredients like a pound of ground beef or a package of chicken, and with only minor modifications, use them to create two distinct soups! Recipes will be distributed to participants afterwards.

Phone-Based Programs

RSVP required for ALL programs

Want to talk to others and learn new things during the pandemic, but not interested in Zoom programs? Join us for phone-based programs! *Please call the Senior Center to sign up and receive the program phone number.*

Table Topics	Tuesdays January 5 & 19 at 2pm. We'll draw random, fun, light-hearted questions out of a hat and share our responses!
20 Questions	Tuesdays January 12 & 26 at 2pm. We're got 20 opportunities to ask yes/no questions, to guess the secret person, place, or thing!
Book Club	Wednesday, January 13 at 11am. This month's book is "The Dressmaker" by Kate Alcott. Call the library at 98-597-1714 to check out a copy of the book.
Phone Buddies	Are you interested in pairing with a local family, for regular phone conversations? Call the Senior Center at 978-597-1710 to sign up!

Zoom Programs

RSVP required for ALL programs

How will Zoom classes work? To sign up, call the Senior Center (978-597-1710). We'll email you a link to join.

Native American Flute	Fridays at 2pm, \$40 per month
Medicare Counseling	Wednesday, January 13 by appt. SHINE assistance enrolling in Medicare & choosing a plan.
Dementia Nurse Consultation	(Via phone, or Zoom) Thursday, January 14 by appt. First meeting free.
Genealogy	Friday, January 8 at 10:30am via Zoom (no charge)
Writing Group	Friday, January 8 at 1pm. This group discusses writing styles, offers friendly critiques, and suggests a subject for a writing task for the next meeting. All are welcome!
Grandparents Group	Tuesday, January 19 at 3pm. Have you been called on during this extraordinary time to support your grandchildren with school and/or childcare? Share the laughter and tears with others in the same boat!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key: Onsite Programs Zoom Programs Cable Programs Phone Programs				1 CLOSED
<h1>January</h1> <h1>2020</h1>				
4 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	5 1:30 Intermediate Chair Yoga 2:00 Table Topics	6 10:00 Chair Exercise 12:00 MOC Lunch	7 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 12:00 Donna's Diner 1:00 Watercolor	8 10:00 Quazy Quilters 10:00 Chair Exercise 10:30 Genealogy 1:00 Writing Group 2:00 Flute Lessons
11 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	12 9:30 Felted Gnomes 12:00 Brunch 1:30 Intermediate Chair Yoga 2:00 20 Questions	13 10:00 Chair Exercise 11:00 Book Club 12:00 MOC Lunch SHINE Medicare Counseling	14 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Dementia Nurse Consultation 12:00 Donna's Diner	15 10:00 Quazy Quilters 10:00 Chair Exercise 2:00 Flute Lessons Winter Carnival
18 CLOSED	19 1:30 Intermediate Chair Yoga 2:00 Table Topics 3:00 Grandparents Group	20 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Soup Demonstration	21 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 12:00 Donna's Diner 1:00 Watercolor	22 10:00 Quazy Quilters 10:00 Chair Exercise 1:00 Felted Heart Help 2:00 Flute Lessons
25 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch	26 1:30 Intermediate Chair Yoga 2:00 20 Questions	27 10:00 Chair Exercise 12:00 MOC Lunch	28 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 12:00 Donna's Diner 1:00 Watercolor	29 10:00 Quazy Quilters 10:00 Chair Exercise 2:00 Flute Lessons

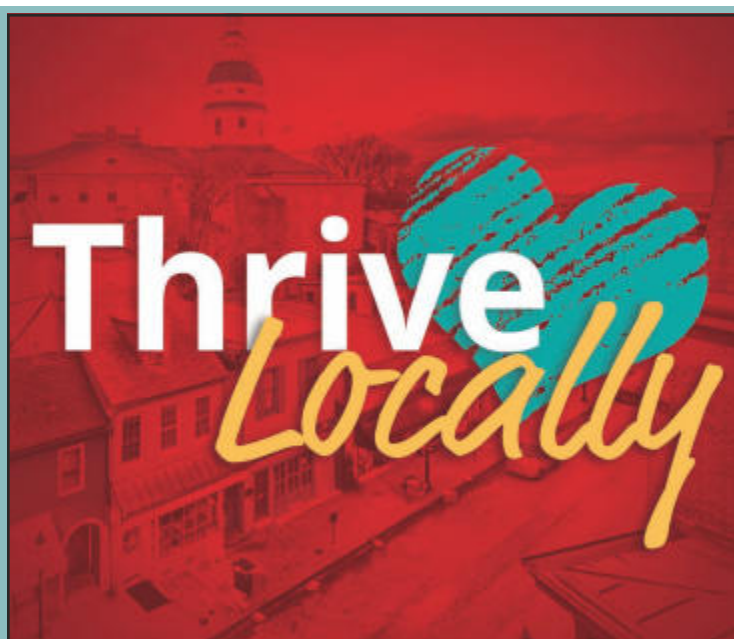
Fitness & Exercise

****RSVP Required for All Programs****

Gentle Yoga with Patsy	Available anytime on YouTube, donation appreciated
Chair Exercise	Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9
Senior Fitness with Stephanie	Mondays and Thursdays at 9:30am via Zoom, \$5 per class
Intermediate Chair Yoga with Carin	Tuesdays at 1:30pm and Thursdays at 9:30am via Zoom; \$5 per class

Many thanks to the organizations that have been so supportive of the Senior Center during the pandemic:

Community Foundation of North Central Massachusetts
Gables of Fitchburg
Greater Lowell Community Foundation
Hannaford of Townsend
Friends of the Townsend Seniors
Rivercourt Residences
Townsend Ecumenical Outreach (TEO)
Townsend VFW



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Online Resources to Explore



Lifetime Connections Without Walls is a telephone-based activities program that provides opportunities for older adults to connect with others in their community and across the country. We offer social and educational sessions, friendly conversation, and support groups - all over the phone - all from the comfort of home. LCWW is a program of Family Eldercare, a nonprofit agency serving older adults in Austin, Texas.



DOROT is a nonprofit organization addressing the challenged of an aging population, delivering diverse range of programs and services to the seniors of New York City & beyond.



Senior Planet offers courses, programs, and activities to help seniors learn new skills, get in shape, and save money. You'll find zoom classes on many different topics. Explore all the options at www.seniorplanet.org



TechBoomers provides free courses, step-by-step tutorials and informational articles that can help you learn anything and everything about the Internet's most popular websites and apps. Visit www.techboomers.com to learn more.

Help is Available!



Are you having trouble paying your rent or mortgage because of the COVID-19 pandemic?



Are you at risk of becoming homeless?

You may be eligible to receive help with paying your rent or mortgage. The Massachusetts Department of Housing and Community Development (DHCD) offers two programs that can assist low-income households. The **Residential Assistance for Families in Transition (RAFT)** and **Emergency Rental and Mortgage Assistance (ERMA)** programs may provide income-eligible households with up to \$10,000 to pay overdue or future rent or mortgage costs. Gross household income for a family of 2 is \$77,000 for ERMA and \$51,200 for RAFT. Call 978.630.6771 or (508) 791-7265 x172 to find out more. Please call the Senior Center at 978-597-1710 if you have food or fuel assistance needs.

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.) 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

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

To learn more about the Friends - our mission, membership and reorganization plans contact chairman Peter Buxton, 978-502-6786.

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.*

Obituaries

We keep in our thoughts and prayers those who have recently passed:

David Young, 75—*December 5*
 Marjorie "Midge" (Roscoe) Briguglio, 92—*November 24*
 Clifford LaCount, 91—*November 24*
 Jeffrey "Red" Cadrette, 58—*November 21*
 Lucille Thomas, 83—*November 16*
 David Strait, 59—*November 15*
 Barbara (Coy) Thaxter, 85—*November 5*
 Joseph Sullivan, 73—*October 20*
 Priscilla (King) Smith, 88—*October 20*
 David Sawyer, 80—*October 17*
 Barbara Morse, 70—*October 14*
 James Kemp, 72—*October 12*
 Paul Boutin, 69—*October 6*
 Howard Davis, Jr., 92—*September 27*
 Lucille (Poitras) Thonis, 93—*September 23*
 Barbara Lund, 93—*September 18*
 Anne (Blacquier) Koch, 95—*September 10*
 Thomas McDermott, 76—*September 8*



Laptops Available to borrow!

It's easy to participate in virtual programs like senior fitness, yoga, watercolor, etc.
 Call us to pick up and schedule training!

ARTS AND CRAFTS (via Zoom)

When you sign up & pay for a class, a kit with all needed supplies will be available for pick-up. Please let us know if delivery is needed.



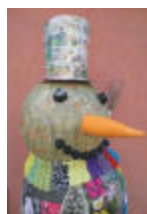
Quazy Quilters *Fridays at 10am*

Visit with friends while showing off your latest projects.



Watercolor with Linda *Thursdays at 1pm*

One-time fee of \$10 for an at-home painting kit for new students, plus \$30 per month for the class.



Snowman Decorating Contest

Pickups beginning 1/4; Due back by 1/14; Judging at Winter Carnival 1/15.

Pick up foam pieces to assemble a snowman. Decorate it with your items, and return it for a chance to win a prize!



Needlefelted Gnomes

Tuesday January 12th at 9:30am. Cost: \$3.00



Felt Hearts

Kits available beginning 1/19. Choose your color scheme. All materials incl in the kit, but you need your own scissors and sewing needle. Zoom help available 1/22 if needed.

ROAD RUNNER BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE

Schedule all appointments by calling 978-597-1730

SAFE RIDING PROCEDURE: All riders will have their temperature taken before boarding. Riders **must** wear a mask covering **mouth & nose**.

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am—12:00pm	Townsend (Medical)	Leominster, Fitchburg, Lunenburg (Medical)	Townsend (Medical)	Groton, Ayer, Pepperell (Medical)	(no service)
Afternoons 1:00—3:00pm	(no service)	(no service)	(no service)	(no service)	(no service)

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¢

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