

# Silver Threads

January 2024



“What the New Year brings to you will depend on what you bring to the New Year”

-Vern McLellan

*From the Director:*

The new year feels like a giant “refresh button.” We all get to choose for ourselves how we use the gift of the new year. I would like to spend more time thinking about others and listening to other people’s stories. My other new year’s resolution is to give back to the community I am blessed to live in.

We have many special events to start this new year with a bang! We are excited to announce that starting in January we will be serving lunch 5 days a week! Mondays will be “Brunch for Lunch” and Fridays we will be making Homemade Pizza. You can come in for pizza and stay for the 12:30 movie matinee if you like! Tuesday, Wednesday and Thursday lunches will remain the same. This month we offer a bus trip to The Icon Museum and an after lunch performance from The Sterling Strummers— 20 high spirited ukulele players from the Sterling Senior Center.

On a more serious note, I would like to thank our long time Line Dance Instructor, Joyce D’Aguanno. Joyce’s class has been very well attended over the years and loved by many seniors! She can no longer teach the class but we want her to know how much we appreciate her and how much she will be missed! Luckily we have a new instructor, Joan Tellier, who will be teaching the class every Wednesday morning from 9-10am. We hope to see the same familiar faces enjoying this activity.

Thank you to all the volunteers and instructors for all you do! You are the backbone of this center and we couldn't do it without you. The senior center staff wishes everyone

*A Very Happy and Healthy New Year!*



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

***You can register at [myactivecenter.com](http://myactivecenter.com). Or you can call us at 978-597-1710, Option 0. Thank you!***

***Important Note: If you can’t make, it please remember to cancel your reservation. Someone may, be waiting for a spot!***

Elise Johnson, Director  
Greg Smith, Assistant Director  
Jeanne Urda, Program Coordinator & Outreach  
Janet Cote, Assistant Program Coordinator  
Donna Fenton, Kitchen Manager & Volunteer Coordinator  
Gail Gray, Chef  
Lorraine Farmer, Senior Meals Associate  
Donna Howard, Transportation Administrator  
Drivers: Steve Bourdon, Peter Buxton, John Corwin, Lorraine Farmer

**Townsend Senior Center Hours**  
Monday, Tuesday and Thursday: 9am-4pm  
Wednesday: 9am-8pm; Friday: 9am-3pm  
16 Dudley Road, Townsend, MA 01469  
978-597-1710  
[townsendma.gov/senior-center-council-aging](http://townsendma.gov/senior-center-council-aging)



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Townsend Council on Aging, Townsend, MA

06-5303

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|--|--|
| <b>Closed For<br/>New Years</b>  | <b>2</b><br>9:00 Quazy Quilters<br>9:00 Zumba<br>9:30 Walking Club<br>10:00 3 Chord Strum Band<br>10:30 Mexican Train<br>11:00 Women's<br>Conversation<br>12:00 Donna's Diner<br>12:30 Trivia<br><b>1:00 Crafting with<br/>    Angela</b>  | <b>3</b><br>9:00 Quazy Quilters<br>9:00 Chair Exercise<br><b>9:00 Line Dancing</b><br>10:00 Watercolor<br>11:00 Healthy Living<br>12:00 Donna's Diner<br>1:00 Bingo<br>1:00 Table Shuffleboard<br>3:30 Hybrid Yoga<br>6:00 Free Yoga<br>6:00 Friends Meeting<br>6:30 TOPS     | <b>4</b><br>9:00 Fit & Fabulous<br>9:30 Wood Carving<br>9:30 Walking Club<br>10:00 Beginner Tap Dance<br>10:00 Tai Chi<br>12:00 Donna's Diner<br>1:00 Tech Help<br>1:00 Cribbage<br>1:30 Osteo Movement                      | <b>5</b><br>9:00 Weaving<br>9:30 Beginner Yoga<br>9:30 Chair Exercise<br>9:30 Zumba<br>11:00 Woman's<br>Meditation<br>12:00 Donna's Diner<br>12:30 Movie Matinee<br><i>"The Wizard of Oz"</i><br>1:00 Ping Pong  |
|  | <b>8</b><br>9:30 Chair Exercise<br>10:00 Chorus<br>11:00 Hybrid Yoga<br><b>11:30 Galloping Gourmet</b><br>12:00 Donna's Diner<br>12:30 Knitting<br>1:00 Tap Dance<br>1:00 Wii Bowling<br>1:00 Rummikub<br>2:00 Osteo Movement<br>3:00 Water Aerobics   | <b>9</b><br>9:00 Quazy Quilters<br>9:00 Zumba<br>9:30 Felting<br>9:30 Walking Club<br>10:00 3 Chord Strum Band<br>10:30 Mexican Train<br>12:00 Donna's Diner<br>1:00 Alcohol Inks   | <b>10</b> *Medicare<br>9:00 Chair Exercise<br><b>9:00 Line Dancing</b><br>10:00 Watercolor<br>12:00 Donna's Diner<br>1:00 Bingo<br>1:00 Table Shuffleboard<br>3:30 Hybrid Yoga<br>6:00 Free Yoga<br>6:30 TOPS                | <b>11</b><br>9:00 Fit & Fabulous<br>9:30 Wood Carving<br>9:30 Walking Club<br>10:00 Beginner Tap Dance<br>10:00 Tai Chi<br>12:00 Donna's Diner<br>12:00 Podiatrist<br><b>1:00 Sterling Strummers<br/>Ukulele Group</b><br>1:00 Cribbage<br>1:30 Osteo Movement   |
| <b>Closed For<br/>MLK Day</b>  | <b>16</b> *Massage<br>9:00 Quazy Quilters<br>9:00 Zumba<br>9:30 Walking Club<br>10:00 3 Chord Strum Band<br>10:30 Mexican Train<br>11:00 Women's<br>Conversation<br><b>11:30 Beth Walsh from<br/>    Senator Cronin's Office</b><br>12:00 Donna's Diner<br>12:30 Trivia<br><b>1:00 Crafting w/Angela</b> | <b>17</b><br>9:00 Quazy Quilters<br>9:00 Chair Exercise<br><b>9:00 Line Dancing</b><br>10:00 Hearing Clinic<br>10:00 Watercolor<br>12:00 Donna's Diner<br>12:30 Wellness Clinic<br>1:00 Bingo<br>1:00 Table Shuffleboard<br>3:00 COA Meeting<br>3:30 Hybrid Yoga<br>6:30 TOPS | <b>18</b> *Massage<br>9:00 Cribbage Tournament<br>9:00 Fit & Fabulous<br>9:30 Wood Carving<br>9:30 Walking Club<br>10:00 Beginner Tap Dance<br>10:00 Tai Chi<br>12:00 Donna's Diner<br>1:00 Tech Help<br>1:30 Osteo Movement | <b>19</b><br>9:00 Weaving<br><b>9:00 Bus Trip Icon<br/>Museum</b><br>9:30 Beginner Yoga<br>9:30 Chair Exercise<br>9:30 Zumba<br><b>10:30 Book Club</b><br>11:00 Woman's<br>Meditation<br>12:00 Donna's Diner<br>12:00 Podiatrist<br>12:30 Movie Matinee<br><i>"Are You There God?"</i><br>1:00 Ping Pong |
|  | <b>22</b> *Massage<br>9:30 Chair Exercise<br>10:00 Chorus<br>11:00 Hybrid Yoga<br>12:00 Donna's Diner<br>12:30 Knitting<br>1:00 Tap Dance<br>1:00 Wii Bowling<br>1:00 Rummikub<br>2:00 Osteo Movement<br>2:30 Grief Support<br>3:00 Water Aerobics   | <b>23</b> *Massage<br>9:00 Quazy Quilters<br>9:00 Zumba<br>9:30 Felting<br>9:30 Walking Club<br>10:00 3 Chord Strum Band<br>10:30 Mexican Train<br>12:00 Donna's Diner<br>1:00 Alcohol Inks<br><b>1:00 Cannabis What You<br/>Need to Know</b>                                 | <b>24</b> *Medicare<br>9:00 Chair Exercise<br><b>9:00 Line Dancing</b><br>10:00 Watercolor<br>12:00 Donna's Diner<br>1:00 Bingo<br>1:00 Table Shuffleboard<br>3:30 Hybrid Yoga<br>6:30 TOPS                                  | <b>25</b> *Massage<br>9:00 Fit & Fabulous<br>9:30 Wood Carving<br>9:30 Walking Club<br>10:00 Beginner Tap Dance<br>10:00 Tai Chi<br>12:00 Donna's Diner<br>1:00 Cribbage<br>1:30 Osteo Movement  |
| <b>29</b> *Massage<br>9:30 Chair Exercise<br>10:00 Chorus<br>11:00 Hybrid Yoga<br>12:00 Donna's Diner<br>12:30 Knitting<br>1:00 Tap Dance<br>1:00 Wii Bowling<br>1:00 Rummikub<br>2:00 Osteo Movement<br>3:00 Water Aerobics | <b>30</b> *Massage<br>9:00 Quazy Quilters<br>9:00 Zumba<br>9:30 Walking Club<br>10:00 3 Chord Strum Band<br>10:30 Mexican Train<br>12:00 Donna's Diner   | <b>31</b><br>9:00 Quazy Quilters<br>9:00 Chair Exercise<br><b>9:00 Line Dancing</b><br>10:00 Watercolor<br>12:00 Donna's Diner<br>1:00 Bingo<br>1:00 Table Shuffleboard<br>3:30 Hybrid Yoga<br>6:30 TOPS  |    |  |

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

### Move your body with Carin:

#### Hybrid Yoga; \$5 per class

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

#### Osteo Movement

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

This class focuses on balance, weight bearing exercises using hand weights -Bring a mat and walking stick.

#### Learn to Tap Dance

*Mondays at 1pm, Beginners Thursdays at 10am*

You can't help but feel joyful learning this dance style! Tap shoes helpful but not required; we can loan some. \$5 per class

#### Fit & Fabulous

*Thursdays at 9am; \$5 per class*

This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance

#### Beginner Yoga

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

### Free Yoga with Kris

*Wednesdays, Jan. 3rd and Jan. 10th at 6pm*

Join Kris for some of her favorite YouTube videos.

### DVD Chair Exercise—Free

*Mondays, and Fridays at 9:30am, Wednesdays at 9am*

### Walking Club

*Tuesdays and Thursdays at 9:30am*

Inside and outside options, weather permitting.

### Line Dancing

*Wednesdays at 9am. \$5 per class*

### Tai Chi

*Thursdays at 10am \$5 per class*

Through the slow gentle movements of Tai Chi, you can have better physical, mental & spiritual balance

### Zumba with Nee

*Tuesdays at 9:00am, Fridays at 9:30am. \$5 per class*

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



### Massage with Morningstar:

*By appointment. See calendar for January schedule. \$45/50mins.*



### Sarah from Footcare Focus

offers podiatry services, **\$50 as of 1/1/2023**

*Thursday, Jan. 11th from 12pm to 4pm,*

*Friday, Jan. 19th from 12pm to 3pm.*

Call 978-597-1710 for an appointment.



### Wellness Clinic

*3rd Wednesday of the month @ 12:30-2:30*

BP screening, glucose check, etc.



### Diabetes Support

*On hiatus for January*



### Women's Meditation

*Fridays at 11am*

### Hearing Clinic

*Wednesday, January 17th at 10am*

### Water aerobics at the YMCA!

*Mondays at 3pm*

Meet at the Fitchburg "Y"! Call for more information.

### 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.

### Medicare Consultation

*Wednesdays Jan. 10th & Jan. 24th*

*Call for an appointment*

**Appointments available with a consultant from SHINE or Integrity Medicare Advisors, Inc.**

### Healthy Living

*Wednesday, January 3rd at 11am*

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

## Grief Support Group with Karen Campbell

*4th Monday of the month (Jan. 22nd) @ 2:30pm*

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

**Thursdays, Jan. 4th and Jan. 18th**

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!

*Wednesdays at 10am*  
\$20 per month.  
Limit of 16 students per class.



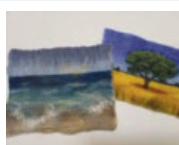
### Warped Weavers

*Fridays at 9am*  
Drop in to finish a project.



### Wood Carving

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



### Felting

*2nd and 4th Tuesdays, at 9:30am*  
Needle Felting or Wet Felting  
\$5 fee for materials.



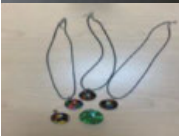
### Quazy Quilters

*Tuesdays, and 1st, 3rd & 5th Wednesdays at 9am.* Work on your latest project, or use our supplies to create something new!



### Crafting with Angela

*1st and 3rd Tuesdays, at 1pm*  
Treasure Boxes  
\$10 material fee.



### Alcohol Ink Jewelry

*2nd and 4th Tuesdays at 1pm*  
Limited to 12 Students. Cost is \$12

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

### New Novel-Tea Book Club for Seniors hosted by Cathy Hill of the Townsend Library.

**Friday, Jan. 19th in the Library Conference Room**

Each month we will pair a book and a tea sample for you to try. The tea is purchased by the COZY TEA CART in Brookline, NH. This month we will be reading "The Perfumist of Paris" by Alka Joshi while sipping a cup of "Vanilla Indulgence" tea. Sign up at the Townsend Library.

### Women's Conversation

*First & Third Tuesdays at 11am*



### Trivia

*First & Third Tuesdays at 12:30pm*



### 3 Chord Strum Band

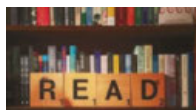
*Tuesdays at 10:00am*  
Open to all! For acoustic string instruments only.



### Novel-Tea Book Club for Seniors

*Friday, Jan. 19th at 10:30*

"The Perfumist of Paris" by Alka Joshi



### Bingo

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



### Hope Community Chorus

*Mondays at 10am, Except 1/1 & 1/15*



### Genealogy with Dwight Fitch

*Friday, 1/12 at 10:30am*

Trace your ancestry and find out where your family tree has roots.



### Ping Pong

*Fridays at 1:00*  
Join us for a game! Bring a friend!



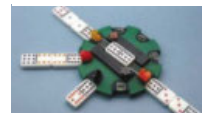
### Cornhole

*On Hiatus until further notice*



### Mexican Train Dominoes

*Tuesdays at 10:30am*



### Table Shuffleboard

*Wednesdays at 1pm*



### Rummikub

*Mondays at 1pm*



### Wii Bowling

*Mondays at 1 pm*



### Cribbage

*Thursdays at 1pm, except...*  
Tournament on 1/18 at 9am



**AARP Foundation Tax-Aide** Call the senior center to sign up for free tax preparation service, including electronic filing of returns.

Every Tuesday

**February 6th– April 2nd**

Pick up a packet at the front desk to fill out *prior* to your appointment

## Nov. Cribbage Winners!

High Score: Joanne Lieneck, 704 points

Runner Up: Phil Durno, 703 points

High Hand: Peter Salisbury, Betsy Glow,  
Jan Johnson, 24 points

## **Cannabis: What You Need to Know**

***Tuesday, January 23rd @ 1pm***

Join us as we welcome Jordan Tishler, MD. Dr. Tishler is faculty at Harvard Medical School and a leading expert on cannabinoid therapeutics.

Dr. Tishler will talk about what cannabis and cannabinoids are, and how they can be used for medical benefit, what are the risks, and how to avoid all the misinformation out there. In addition, he will touch on the risks of CBD and of unregulated hemp products that are becoming popular despite being unsafe to use.

Attendees will come away with a good understanding of the real risks and benefits, which products are safe and how to get caring unbiased advice about their health.

**Please Register in Advance**



### **A Special Treat!**

Stop by the Townsend Library in January and see the gingerbread model of the Townsend Historical Society's Reed Homestead.

Made by Chris Barnacoat from 100% edible gingerbread.

## **Galloping Gourmet**

**SS Lobster in Fitchburg, MA**

***Monday, January 8th at 12:00***



**Sign up at the front desk!**

Van will leave at 11:30am

**Cost is \$5 for van ride plus price of meal**

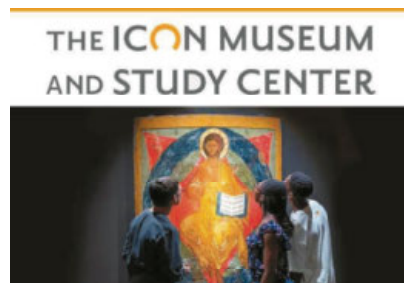
## **The Icon Museum and Study Center**

**Clinton, MA**

***Friday, January 19th bus leaves @ 9am***

Formerly **The Museum of Russian Icons**, the **Icon Museum and Study Center** collects and displays one of the world's largest collections of Russian icons and sacred artifacts. Join us for a guided tour of the museum.

After the museum we will stop for lunch at **Clintons Bar and Grille**.



Cost is \$10 for museum admission, plus the price of the van and lunch.

**Please Register in Advance**

## **Sterling Strummers Ukulele Group**

***Thursday, January 11th @ 1pm***



**Twenty high spirited ukulele players from the Sterling Senior Center will entertain you after lunch.**

**Sponsored by  
Friends of the Townsend Seniors**

**Please register in advance!**

## January Lunches at Donna's Diner

### RESERVATIONS REQUIRED

**24 hours in advance**

Suggested **\$4.00** donation

All onsite lunches are prepared by Gail and the Kitchen Staff  
Meals subject to change without notice

| Monday                 | Tuesday            | Wednesday                  | Thursday                       | Friday               |
|------------------------|--------------------|----------------------------|--------------------------------|----------------------|
| Closed                 | 1/2: Soup & Salad  | 1/3: Quesadillas           | 1/4: Steak & Cheese Sub        | 1/5: Homemade Pizza  |
| 1/8: Brunch for Lunch  | 1/9: Soup & Salad  | 1/10: Stuffed Shells       | 1/11: Pulled Pork              | 1/12: Homemade Pizza |
| 1/15: Brunch for Lunch | 1/16: Soup & Salad | 1/17: Meatloaf             | 1/18: Sloppy Joes              | 1/19: Homemade Pizza |
| 1/22: Brunch for Lunch | 1/23: Soup & Salad | 1/24: South West Casserole | 1/25: Chicken Broccoli Alfredo | 1/26: Homemade Pizza |
| 1:29 Brunch for Lunch  | 1/30: Soup & Salad | 1/31: Salmon               |                                |                      |

### *A note from the kitchen:*

We have some exciting news! Starting in January, we will be offering meals **5 days a week**. See schedule above. Be sure to schedule lunch around your programs so you can enjoy the day at the center.

**Kitchen needs: paper towels**

### Movie Matinees for January

**Jan. 5th** "The Wizard of Oz"- When a tornado rips through Kansas, Dorothy and her dog, Toto, are whisked away to the magical land of Oz.

**Jan. 12th** "From Here to Eternity" - At a US Army base in 1941 Hawaii, a private is cruelly punished for not boxing on his unit's team.

**Jan. 19th** "Are you there God, It's Me Margaret"- When her family moves from the city to the suburbs, 11 year old Margaret navigates new friends, feelings, and adolescence.

**Jan. 26th** "Enough Said" - A divorced woman who decides to pursue the man she's interested in learns he's her new friends ex-husband.

**Movie begins at  
12:30pm**

Sign up 24 hours in advance to reserve a spot

**Free popcorn!**  
Sign up for Donna's Diner for pizza lunch

### 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 AND WILE E. COYOTE 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.
- **Errands:** Shopping, Post Office, Banks, Employment, 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¢

**Buy a Bus Card  
and Save!**  
 10 rides  
 \$22.50 (In Town)  
 \$31.50 (Out of Town)

Please plan your appointments according to the van schedule

| Monday   | Tuesday                                      |  | Wednesday  | Thursday   |                                     | Friday   |
|--|--|--|--|--|-------------------------------------|--|
| <b>Townsend &amp; Lunenburg</b><br>Errands   | <b>Leominster &amp; Fitchburg</b><br>Errands | <b>Leominster &amp; Fitchburg</b><br>Medical | <b>Townsend &amp; Pepperell</b><br>Errands & Medical       | <b>Townsend</b><br>Errands   | <b>Groton &amp; Ayer</b><br>Medical | <b>*Rotating Locations</b><br>Errands<br><i>See schedule Below</i> |
|  <b>Roadrunner &amp; Wyle E. Coyote</b> |  |  | <b>Wednesdays</b><br>3:00-8:00 PM<br><b>By Appointment</b> | <b>* Rotating Locations: Fridays</b><br>Jan. 5th: Lunenburg Walmart<br>Jan. 12th: Rte 101A<br>Jan. 26th: Lunenburg Walmart |                                     |  |

### Friends of the Townsend Seniors - Become a Member Today

***The Friends meet at 6pm at the Senior Center the first Wednesday each month.***

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](mailto: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.*