

# Silver Threads

TOWNSEND SENIOR CENTER

## **From the Desk of the Director**

### **The Bad Guys are out there!**

I don't know if it's me, but last month I felt like there was nothing but talk about how "bad" things are just about everywhere you look. From London to Iran; Washington state to Washington D.C.; and even close to home. The bad guys are terrorists with bombs, little girls with cell phones, and politicians. I just had enough of it and decided it was time to take a road trip, turn the page and look on the bright side. So we hopped in the car and drove 10+ hours each way one weekend to attend a wedding on the far side of Pittsburgh. The groom was the youngest son of one of my oldest and dearest friends. On the day he was born I received a phone call from his mom that he had a hole in his heart. She was shaken and frightened. Her faith, not only in her spirituality, but in the strength of her family and her own inner strength pulled her through. She relied on that strength through many surgeries, multiple moves, a rocky marriage and the loss of her mother. She is and always has been one of the good guys. I had to be there to see that Daniel's heart had fully healed and was as big and giving as his mother's.

We also went into Boston to see the tall ships. There was a lot of talk about the security threat of the event, but that did not deter us. The police, fire, Coast Guard and other personnel on duty were friendly, helpful and made their presence very much known. I heard later that there were no incidents during the celebration. Once again, Boston is full of the good guys. As I look around here at the staff, volunteers, and patrons of the Senior Center I see oh so many examples of going above and beyond, sharing, caring and giving. Thank you, all of you for continuing to make this a great place to work, visit and participate in programs. People are inherently good. I see it every day. We should focus more on that.

Here's to the Good Guys!

*Karin Canfield Moore*



**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  
Katie Petrossi, Program Coordinator

### **Townsend Senior Center Hours**

Monday-Friday: 9am-3pm

Wednesday: 9am-8pm

Friday: 9am-2pm

## SPECIAL EVENTS (RSVP requested)



### Summer Yoga

**Thursday, July 6, 13, 20 & 27 at 9am**

Take part in this specialized yoga class that will be featured for the summer months. Yoga has many benefits to keep you fit mentally and physically.



### Annual Lobster Roll Lunch

**Wednesday, July 20 at 12:00**

**Cost: \$5**

Lunch will include lobster roll, cole slaw, chips and ice cream. Tickets **must** be purchased in advance.



### Protect the Skin You're In

**Wednesday, July 12 at 11am**

A discussion about sun and summer safety, including common problems that may occur, how to prevent/care for them, and how to reduce risks.



### Small Batch Cooking

**Friday, July 14 at 1pm**

**Cost: \$3.50 (bus)**

Learn how to make tasty, healthy meals in small portions. Hosted by the Lunenberg Hannafords.



### Codman Estate Car Show

**Sunday, July 16 at 9am**

**Cost: \$5 + \$3.50 (bus) + Lunch \$**

Enjoy more than 200 classic and antique vehicles, live music, food vendors, and tours of the Estate in Lincoln, MA.



### Nutrition Talk

**Wednesday, July 19 at 12:30pm**

Healthy eating is easier than you think. Learn tips to boost energy, lift your mood, and lower your risk of disease.



### Cabaret Lulu:

#### Happy Days Are Here Again

**Wednesday, July 26**

**Cost: \$48.50 + bus (cost TBD)**

Dine in an elegant golden ballroom and enjoy the entertainment, featuring a tribute to the great ladies of the American song book, including Barbara Streisand, Judy Garland, and Rosemary Clooney. Hosted by the Friends of the Townsend Seniors, cost of transportation will be dependent on attendance (\$3.50 for 17 or less, \$10 for a coach if there are more attendees).



### Stress & The Caregiver

**Thursday, July 27 at 12:30**

While rewarding, caregiving can also leave you feeling angry, exhausted, and alone. Learn tips to avoid burnout and regain your balance during this busy time.

## MONTHLY EVENTS

### Birthday Party

**Thursday, July 6, 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, July 12, 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 *Dead Wake* by Erik Larson.

### Council on Aging Board Meeting

**Tuesday, July 11, at 10am**

Visitors are welcome.

### Genealogy Club with Dwight Fitch

**Friday, July 14, at 10:30am**

Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.

### Bus Trip: Fuller Gardens

**Friday, July 21 at 9:30am**

**Cost: \$8+\$3.50 (bus) + lunch money; RSVP requested**

The formal rose gardens designed in the Colonial Revival style were commissioned during the late 1920s by Massachusetts Governor Alvan T. Fuller at his summer estate. The meticulously maintained formal rose gardens, a Japanese garden and English perennial plantings provide a continuous array of color and interest from spring until fall.

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



**Qi-Gong**  
Mondays, at 12:30pm

**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.



**Healthy Living Group**  
Monday, July 10, 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.



**Women's Conversation Group**  
Wednesdays, June 12 & 26, at 11am

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires. The group will create our own discussions of impact.



**Hair Dresser**  
Friday, July 14 at 12pm



**Reflexology, Manicures & Pedicures**  
Friday, July 7, 14 & 28, and  
Wednesday July 19; By Appt.  
**Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)**

**Well Adult Clinic**  
Wednesday, July 12, 12pm-2pm

**Massage**  
Tuesday, July 25; Afternoon appt.'s  
**Cost: \$20/20 min.**  
Chair and table massages available.

**Grief Support**  
Tuesday, July 18, at 1pm

**Hearing Clinic**  
Wednesday, July 19, 10am-12pm

**Caregiver's Roundtable**   
Wednesday, July 12, at 6pm  
Caregivers are welcome to come for respite, to share their experiences and concerns in a supportive environment, led by Joy Niemiera. **Free on-site caregiving available so caregivers are able to bring their loved one for fun, safe, professional attention while receiving the resources needed for support.**



**Sports Parties**  
Thursday, July 20 at 1:35pm (*Red Sox @ Toronto*)  
Friday, July 21 at 11:00am (*British Open*)  
Wednesday, July 26 at 3:40pm (*Red Sox @ Seattle*)  
Join fellow fans to view your favorite sports. Refreshments will be served. Please sign up so we know how much food we need!

**Warm Weather Walking Club**   
Tuesdays at 9:30am  
Our usual walking club is getting a makeover! Keep track of your steps, miles, or time and log it with Katie. The Walker with the most movement logged monthly will win a prize, in addition to a 4 month Grand Prize winner coming in at the end of the summer. **May's winner :PJ Hughes!**

**A**s we start the new fiscal year, we would like to send our heartfelt thanks to all of you who attended the Town Meeting in May and supported the increase in our budget. With these funds we will be able to remain open until 8PM every Wednesday evening, provide an additional lunch every week (on Tuesdays), have lunch every Thursday (instead of just 3), and continue to increase the number and variety of programs we offer here at the Townsend Senior Center. We are on track to keep up with the rising demands for services that will confront us as the overall population of residents over 60 increases exponentially over the next decade. We can't do it without your support. Thank you so much!

**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**

**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 (RSVP requested)



### Knitting Group

Mondays, at 1pm (Drop In)

### Watercolor Classes with Linda

Cost: \$15

- *Flowers I*  
Monday, July 10 & 17 at 10:30am
- *Still Life*  
Wednesday, July 12 & 19 at 10:30am
- *Flowers II*  
Thursday, July 13 & 20 at 10:30am
- *Landscape I*  
Wednesday, July 26 &  
August 2 at 10:30am
- *Landscape II*  
Thursday, July 27 &  
August 3 at 10:30am

### Bookmaking

Tuesday, July 11 at 9:30am

Cost: \$5

Learn a unique process to create a handmade book for journaling, collage, poetry, and more



### Needlefelting: Nuno Scarves

Monday, July 19 & 26 at 5pm

Cost: \$20

Take part in this 2 part class, first dyeing a silk scarf, then utilizing wet felting techniques and needlefelting details.

### Reverse Glass Painting

Monday, July 24 & 31 at 10:30am

Cost: \$18

This series features the Fawn & Cardinal.

### Wood Carving

Wednesdays, 12:30pm-2:30pm (Drop In)

Try something new! Experienced carvers available to assist those new to the craft.

### Quazy Quilters Qub (Drop In)

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.



Quilting  
Group  
Wednesday,  
July 5, at  
5pm

## FOR FUN



### Movie Matinee

Friday, July 14, at 12:30

*Manchester by the Sea*, with Casey Affleck and Michelle Williams

Friday, July 28, at 12:30

*La La Land*, with Ryan Gosling and Emma Stone



### Bridge

Mondays, at 1pm

Hand & Foot  
Tuesday,  
July 11 & 25, at  
11am

### Trivia & Jeopardy

Tuesday, July 11 & 25, 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, July 5, at 6pm

### Cribbage Tournament

Thursday, July 20, at 9:00am

Cost: \$5 (to be divided for prizes)



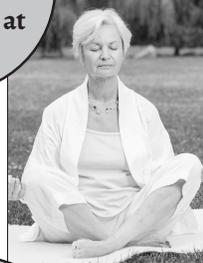
Cribbage  
Lesson  
Thursday,  
July 27 at 10am



### Galloping Gourmets

Tuesdays, July 11 & 25, at 11am

This group will visit a new or favorite lunch spot every other Tuesday. In the off week, meet with fellow Gourmets to write a review, which will be published in the newsletter. Meet here, carpool, and the only cost is your meal. Visit Devens Grill (Ayer) on July 11, and Phoenix (Shirley) on July 25.



### Guided Meditation

Wednesdays, July 5, 12, 19 & 26, at 6pm

A new meditation group led by Deborah Evans-Hogan will help you get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.



### Afternoon Tea

Wednesday, July 26 at 4pm

Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Please sign up in advance, so we'll know how many party favors we need!



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.

# UP & COMING



## Summer Reunion:

**Thursday, July 20, 5-7pm**

Snack n' Chat. An opportunity to reconnect, discuss programs and share ideas on our next concert Colors of Hope. If time permits, we may have a sing-along.

## Chorus rehearsals resume:

**Monday, September 11 at 10:45am**

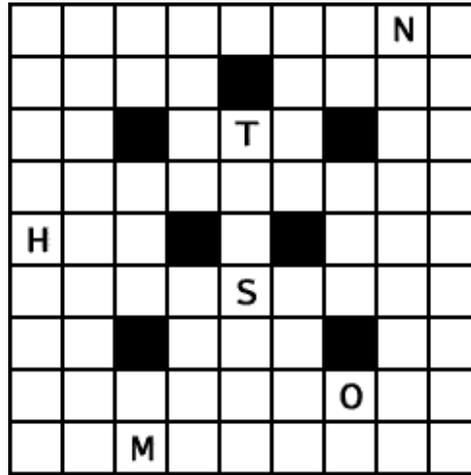
Thinking of joining Townsend's extraordinary chorus group? Newcomers are welcome and now is the perfect time to join.

## Colors of Hope Concert:

**Sunday, October 29 at 2 pm**

Meeting Hall A and B.

Questions? Contact Alice, 978-597-2057 or Jane, 978-597-8813.



## Brain Teaser

Place JANUARY, FEBRUARY, MARCH, APRIL, MAY, JUNE, JULY, AUGUST, SEPTEMBER, OCTOBER, NOVEMBER, DECEMBER, into the grid. The sequence will snake around, but cannot go diagonally, nor cross itself.

Complete the puzzle and turn it in to Katie by July 15. Correct puzzles will be entered in a drawing! **Stenny Arsenault is June's winner-see Katie for your prize!**

## JUNE 15TH CRIBBAGE TOURNAMENT SCORES

1st Place: Phillip Durno  
2nd Place: Ed Jette

High Hand: Richard Diggs 24 & Helen Roy 24

## WANTED:

Teen/young volunteers to assist with reception tasks on Wednesday afternoons and to run summer field games every other Friday.

**Tuesday Lunch** will now take place every week. Provided by MOC, \$3 donation requested.

**Donation Request** PJ Hughes and Barb Simpson are collecting pillows and travel sized toiletries (swipe those hotels samples!) to benefit a battered women's shelter. Please drop off your donations in the box in Katie's office.

## ROADRUNNER BUS SCHEDULE

### Please Call In Your Reservation 48 Hours In Advance!!

Reservations called in later may not be accommodated.

- 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.**



# Greetings

## From the Friends of the Townsend Seniors

**The William E. May Endowment Fund Award Committee  
has named *Alice Avery Struthers* as the 2017 Award Honoree**

Alice exemplifies the intent of the award because of her genuine interest and commitment to the town of Townsend. She is Music Director of the Hope Chorus and Chairman of the Meeting Hall Gallery Committee. Alice is working with the Library to digitize their archived newspapers. She served as President of the Townsend Historical Society and was a Trustee of the Townsend Public Library. Congratulations to Alice Avery Struthers! The Annual William E. May Endowment Award Dinner will be Saturday, October 21st at Townsend Ridge Country Club.

**Wednesday, July 5th ~ Friends' Board Meeting** ~ 4:00-5:00 p.m. at the Senior Center

### **Thursday, July 6th Summer Foxwoods Trip**

This is a fun trip and it's open to all adults~ bring your friends! The price 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, 978-597-6829.

**Thursday, August 3rd Friends' Band Concert** The Friends of the Seniors will co-host the August 3rd Band Concert Lawn Party on the Common (co-hosting with Friends of the Library).

**FRIENDS RECYCLE INK CARTRIDGES** Recycled computer ink cartridges and printer toner cartridges generate funds for the Friends. There is a box at the Senior Center for used cartridges.

-----MEMBERSHIP APPLICATION FORM-----

2017 Friends of the Townsend Seniors Membership  RENEWAL  NEW MEMBER

\$5 Friend  \$10 Family

\$25 Benefactor  \$ Supporter  \$100 Lifetime Membership (Individual or Family)

I am interested in volunteering for:  Phoning  Program Development  Fund Raising  
 Food (Prepare a main dish or dessert for a Fund Raiser)  Other

NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ CELL # \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

Checks are payable to: Friends of the Townsend Seniors. Please drop off at the Senior Center or mail to P.O. Box 972, Townsend MA 01469. Thank you very much for your continued support.

# JULY 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
3  <b>CLOSED FOR INDEPENDENCE DAY</b>	4  <b>CLOSED FOR INDEPENDENCE DAY</b>	5 10:00 Chair Exercise 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 2:30 Stamp Collecting <b>4:00 Friends' Meeting</b> <b>5:00 Quilting</b> <b>6:00 Cribbage</b> <b>6:00 Guided Meditation</b> <b>6:30 TOPS</b>	6 <b>9:00 Summer Yoga</b> 10:00 Stretch & Tone 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage  <b>Friends Foxwoods Trip</b>	7 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance  <b>Manicures/Pedicures Reflexology by Appt.</b>
10 10:00 Chair Exercise <b>10:30 Watercolor Flowers I</b> 12:00 Lunch <b>12:00 Medicare Counseling</b> 12:30 Qi Gong 1:00 Healthy Living Group 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	11 <b>9:00 Dental Clinic</b> 9:30 Warm Weather Walking Club <b>9:30 Bookmaking</b> 10:00 Stretch & Tone <b>10:00 COA Meeting</b> <b>11:00 Hand &amp; Foot</b> <b>11:00 Galloping Gourmets: Devens Grill</b> 12:00 Lunch 1:00 Trivia & Jeopardy	12 10:00 Chair Exercise <b>10:30 Watercolor Still Life</b> <b>11:00 Protect the Skin You're In</b> <b>11:00 Women's Conversation</b> 12:00 Lunch 12:00 Well Adult Clinic 12:30 Woodcarving 1:00 Bingo <b>1:00 Book Club</b> <b>6:00 Guided Meditation</b> <b>6:00 Caregiver's Roundtable</b> <b>6:30 TOPS</b>	13 <b>9:00 Summer Yoga</b> 10:00 Stretch & Tone <b>10:30 Watercolor Flowers II</b> 11:00 Wii Golf 12:00 Homemade Lunch 1:00 Cribbage	14 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 12:00 Hairdresser <b>12:00 Friday Field Games</b> <b>12:30 Movie: Manchester by the Sea</b> <b>1:00 Small Batch Cooking</b> <b>Manicures/Pedicures Reflexology by Appt.</b> <b>7/16: Codman Estate Car Show</b>
17 10:00 Chair Exercise <b>10:30 Watercolor Flowers I</b> 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	18 9:30 Warm Weather Walking Club 10:00 Stretch & Tone 12:00 Lunch 1:00 Scrabble 1:00 Grief Support	19 10:00 Chair Exercise 10:00 Hearing Clinic <b>10:30 Watercolor Still Life</b> 12:00 Lunch <b>12:30 MOC Nutrition Talk</b> 12:30 Woodcarving 1:00 Bingo 2:30 Stamp Collecting <b>5:00 Needlefelting I: Nuno scarves</b> <b>6:00 Rummikub/BINGO</b> <b>6:00 Guided Meditation</b> <b>6:30 TOPS</b> <b>Manicures/Pedicures Reflexology by Appt.</b>	20 <b>9:00 Summer Yoga</b> 9:00 Cribbage Tournament 10:00 Stretch & Tone <b>10:30 Watercolor Flowers II</b> <b>12:00 Lobster Roll Lunch</b> 1:00 Cribbage <b>1:35 Red Sox vs. Toronto</b> <b>5:00 Hope Community Chorus Summer Reunion</b>	21 9:00 Quazy Quilters <b>9:30 Bus Trip: Fuller Gardens</b> 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance <b>11:00 British Open</b>
24 10:00 Chair Exercise <b>10:30 Reverse Glass Painting</b> 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	25 9:30 Warm Weather Walking Club 10:00 Stretch & Tone <b>11:00 Hand &amp; Foot</b> <b>11:00 Galloping Gourmets: Phoenix</b> 12:00 Lunch 1:00 Trivia & Jeopardy  <b>Massages by appt.</b>	26 <b>9:30 Cabaret LuLu</b> 10:00 Chair Exercise <b>10:30 Watercolor Landscapes I</b> <b>11:00 Women's Conversation</b> 12:00 Lunch 12:30 Woodcarving 1:00 Bingo <b>3:40 Red Sox vs. Seattle</b> <b>4:00 Afternoon Tea</b> <b>5:00 Needlefelting II: Nuno scarves</b> <b>6:00 Scrabble</b> <b>6:00 Guided Meditation</b> <b>6:30 TOPS</b>	27 <b>9:00 Summer Yoga</b> 10:00 Stretch & Tone <b>10:00 Cribbage Lesson</b> <b>10:30 Watercolor Landscapes II</b> 11:00 Wii Golf <b>12:00 Lunch by Manor Hill</b> <b>12:30 Stress &amp; The Caregiver</b> 1:00 Cribbage	28 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance <b>12:00 Friday Field Games</b> <b>12:30 Movie: La La Land</b>  <b>Manicures/Pedicures Reflexology by Appt.</b>
31 10:00 Chair Exercise <b>10:30 Reverse Glass Painting</b> 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group				