



## **Townsend Senior Center is going online!**

**We miss you all, and are eager to get moving again!  
We welcome you to join us on this journey as selected programs go online and a limited  
number of others return in-house with modifications for your safety.**

**Log on and see why this is where you WANT to be (even virtually!)**

**Karin Canfield Moore, Director  
Janet Cote, Outreach Coordinator  
Susan Dejaniak, 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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# DONNA'S DRIVE-IN Diner

## Thursdays in July!

Curbside Pick-up only; no inside dining

### RESERVATIONS REQUIRED

(48 hours in advance)

Call 978-597-1710 to sign-up

- July 9:** BBQ Chicken Wings, Mac & Cheese & Baked Beans
- July 16:** Teriyaki Steak Tips & Pasta Salad
- July 23:** Chicken Patty Sandwich, Chips, Soup
- July 30:** Broccoli & Cheese Stuffed Potato Skins

## 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*

## *Thank you!!*

Many thanks to the granting organizations that have awarded funds to the Senior Center during the pandemic: Greater Lowell Community Foundation & Central Massachusetts Community Foundation.

Many thanks to the businesses that have donated to the Senior Center:  
873 Café, Hannaford, Stewart's Flowers, Gables of Fitchburg, Rivercourt Residences.

**Special thanks to TEO  
for working with us to help those in need!**



## Obituaries

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

Catherine Wilson, 101 – March 27

Mary Jane Kruger, 82 – April 10

Susan Duden, 68 – April 17

Barry Uphold, 75 – April 30

Irene Johnson, 93 – May 2

Lee Larson, 90 – May 2

Yvonne St. Hilaire, 97 – May 16

## 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 Ecumen. 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.*

## SENIOR CENTER EVENTS

As you'll notice, some of your favorite events have gone online, via Zoom, YouTube, or Cable Channel 9. Next month we plan to have a few more programs online... and hopefully some at the Senior Center!

**How will Zoom classes work?** To sign up, call the Senior Center (978-597-1710). We'll email you a link to click on at the start of class. If your class involves a fee, you'll get a link to pay first, and then a link for the class. If you'd like some help learning online platforms like Zoom, Facebook Live, YouTube, or purchasing online via PayPal or Venmo... give us a call, we can walk you through it!

### Move Your Body:

<b>Gentle Yoga with Patsy</b>	Available anytime on YouTube, donation appreciated
<b>Yoga Needra with Patsy</b>	Available anytime on YouTube, donation appreciated Yoga Nidra (effortless relaxation) uses a guided meditation to release a powerful stress reduction response. Anyone, no matter age or physical condition, can enjoy the benefits of this class.
<b>Chair Exercise</b>	Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9
<b>Qi-Gong</b>	Mondays at 1:00pm via Zoom, \$5 per class
<b>Silver Sneakers</b>	Tuesdays and Thursdays at 9:30am via Zoom, \$5 per class
<b>Chair Yoga with Carin</b>	Tuesdays and Thursdays at 1:30pm via Zoom; \$5 per class
<b>Yoga for Pain</b>	Wednesdays in July at 11am (no charge). This class will help people with arthritis, fibromyalgia, migraine, low back pain, and other types of chronic pain. Chronic pain contributes to depression, anxiety, and cognitive problems. Yoga has the opposite effect and can actually reduce pain. <i>This class generously funded by the Townsend Local Cultural Council and Mass Cultural Council.</i>

### Engage Your Mind:

<b>Native American Flute</b>	Tuesdays at 1pm via Zoom, \$40 per month
<b>Interactive Bingo</b>	Wednesdays at 1pm on Cable Channel 9 (no charge) Watch Lynn call the numbers on TV, then call the Senior Center's Bingo Line (978-597-1730) to yell BINGO!
<b>Tech Help</b>	Selected days by appointment outside the Senior Center (no charge)
<b>Genealogy</b>	Friday, July 10th at 10:30am via Zoom (no charge)
<b>Q&amp;A with the Director</b>	Friday, July 10th at 1pm via Zoom (no charge) Karin will provide updates on the Center and answer your questions.
<b>Preparing for Medicare</b>	Wednesday, July 15th at 6pm via Zoom (no charge)
<b>Virtual Tea Party</b>	Wednesday, July 22 at 4pm via Zoom (no charge)

### Arts & Crafts:

\*\*When you sign up & pay for a class, a kit with all necessary supplies will be placed outside the Senior Center for pick-up. Please let us know if delivery is needed.

<b>Felted Hibiscus</b>	Friday, July 17th at 1pm via Zoom, \$5 for needlefelting kit (if needed), \$6 for class. Hibiscus will be felted and finished in a hoop.
<b>Watercolor with Linda</b>	Thursdays at 1pm via Zoom. One-time fee of \$10 for an at-home painting kit, plus \$30 per month



# July 2020

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Zoom Programs			1	2	3
Cable (Channel 9) Programs					
Facebook Programs					
YouTube Programs					
Onsite Senior Center Programs					
6	7	8	9	10	
10:00 Chair Exercise	9:30 Silver Sneakers	10:00 Chair Exercise	9:30 Silver Sneakers	10:00 Chair Exercise	
1:00 Qi Gong	1:00 Flute Lessons	11:00 Yoga for Pain	12:00 Donna’s Diner	10:30 Genealogy	
	1:30 Chair Yoga	1:00 Bingo	1:00 Watercolor	1:00 Q&A with the Director	
		6:00 Friends Meeting	1:30 Chair Yoga		
13	14	15	16	17	
10:00 Chair Exercise	9:30 Silver Sneakers	10:00 Chair Exercise	9:30 Silver Sneakers	10:00 Chair Exercise	
1:00 Qi Gong	1:00 Flute Lessons	11:00 Yoga for Pain	12:00 Donna’s Diner	1:00 Felted Hibiscus	
	1:30 Chair Yoga	1:00 Bingo	1:00 Watercolor		
		6:00 Preparing for Medicare	1:30 Chair Yoga		
20	21	22	23	24	
10:00 Chair Exercise	9:30 Silver Sneakers	10:00 Chair Exercise	9:30 Silver Sneakers	10:00 Chair Exercise	
1:00 Qi Gong	10:00 COA Meeting	11:00 Yoga For Pain	12:00 Donna’s Diner		
	1:00 Flute Lessons	1:00 Bingo	1:00 Watercolor		
	1:30 Chair Yoga	4:00 Tea Party	1:30 Chair Yoga		
27	28	29	30	31	
10:00 Chair Exercise	9:30 Silver Sneakers	10:00 Chair Exercise	9:30 Silver Sneakers	10:00 Chair Exercise	
1:00 Qi Gong	1:00 Flute Lessons	11:00 Yoga For Pain	12:00 Donna’s Diner		
	1:30 Chair Yoga		1:00 Watercolor		
			1:30 Chair Yoga		

## IMPORTANT UPDATES

**Masks:** The Quazy Quilters, Karin, and others have been busy making masks for our patrons. If you need one, please call us!

### Townsend Library "TO GO" curbside pick-up

Search the catalog to see available Townsend Library items and fill out our online form to get what you want. The form is on our website: [www.townsendlibrary.org](http://www.townsendlibrary.org) OR email us @ [townsendlibrary@cwmar.org](mailto:townsendlibrary@cwmar.org) or call (9785) 597-1714. PICKUP HOURS: 10 am - 4:30 pm, Monday - Friday 10am - 2pm Saturday

**Grief Counseling:** Stressful and uncertain times can trigger grief in unexpected ways. We have a grief counselor on call, ready when you need her. Call the Senior Center and we'll connect you.

The **Gallery Committee** is considering an exhibit of our pandemic pastimes... stay tuned for more information!

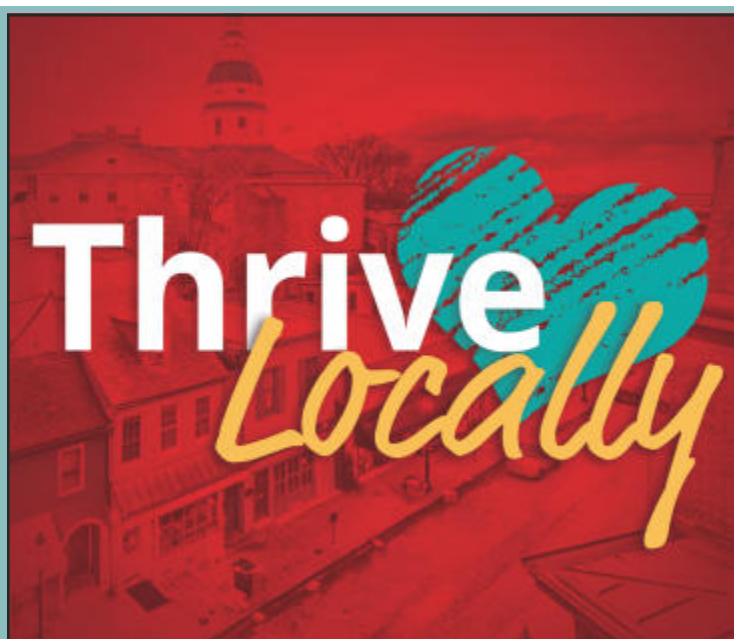
The **Registry of Motor Vehicles** has issued license and vehicle registration extensions. If your *Driver's License* expired in March, April or May, it is now valid until September 2020. June expirations are extended until October, and July expirations until November 2020. *Vehicle Registrations* that expired March-June are now valid until July 31st. Many renewals can be handled online at [www.mass.gov/rmv](http://www.mass.gov/rmv). If you choose to visit an RMV location in person, you **MUST** have an appointment.

### The Senior Center is in need of BAGS:

**Paper Grocery Bags** for Meals on Wheels distribution, arts and crafts kits, etc.

**Plastic Bags** for general use.

*Thank you for your generosity!*



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[kbuck@lpiseniors.com](mailto:kbuck@lpiseniors.com) or (800) 477-4574 x6346

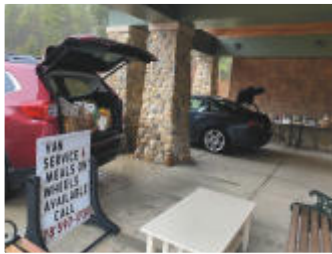
## NEVER MISS A NEWSLETTER !

Sign up to have our newsletter  
emailed to you at

[www.ourseniorcenter.com](http://www.ourseniorcenter.com)







## Ice Cream Flavors

Y	M	T	R	L	C	H	O	C	O	L	A	T	E
A	S	K	C	A	R	T	E	S	O	O	M	E	T
P	Y	V	A	N	I	L	L	A	S	N	O	T	E
M	K	D	E	T	D	E	A	C	F	A	N	A	A
C	A	T	N	L	I	N	N	A	O	C	O	O	E
O	K	P	O	A	A	G	O	D	K	E	A	E	T
E	C	U	L	N	C	A	E	F	O	P	L	R	N
D	O	T	A	E	E	N	O	R	Y	W	E	E	E
O	C	B	O	A	W	Y	O	T	T	E	O	I	E
C	O	I	E	A	A	A	R	T	S	A	O	A	R
R	N	T	T	C	R	A	L	E	T	N	I	A	G
E	E	G	D	U	F	O	S	N	I	O	V	L	T
D	A	O	R	Y	K	C	O	R	U	A	C	G	T
A	E	E	T	U	N	O	C	O	C	T	P	E	S

COTTON CANDY  
MAPLE WALNUT  
PECAN  
BANANA  
TIGER TAIL  
MOOSE TRACKS  
COCONUT  
ROCKY ROAD  
GREEN TEA  
FUDGE  
REESES  
CHOCOLATE  
VANILLA

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

								9
		7						
	8		4			1	5	
			9				1	7
1								
	4	3			5	2		
	5		7					
		4			2	9	8	3
	2			8	3			

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DIFFICULTY: ★★☆☆

## FRIENDS OF THE TOWNSEND SENIORS



### Who are we?

Founded in 2000, we are volunteer advocates for Townsend seniors, serving 26% of the town population! We are committed to supporting the Senior Center by contributing volunteer hours, activities, and

resources to maintain the Centers' excellence. We fundraise to expand and enhance programming, education, arts and entertainment, travel opportunities, technology and furnishings not included in the annual COA budget appropriation. Our two major fundraisers are the Holiday Fair in December and the August Lawn Party at the Band Concert on the town common.

### We are looking for newness: new members, new ideas, new energy.

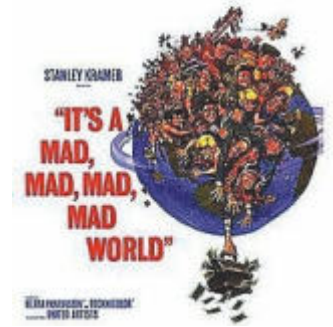
The current Board of Directors include Peter Buxton, Donna Miller, Ruth Gibbs, and Priscilla Buck. Reach out to any one of them to learn more about the Friends. Meetings are held the first Wednesday of the month at 6pm at the Senior Center. We welcome visitors.

**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.

## From the Desk of the Director -

I sincerely hope this finds all of you doing well. As I write this, I'm not sure what the future looks like, but I choose to be optimistic.

We've all had to get used to a "new normal". The first week or so almost everyone I encountered looked like a deer in the headlights. Over the course of a few days that stretched into weeks and months, I learned the therapeutic properties of dancing in the kitchen (or the lobby), stepping outside for a breath of fresh air, and spending time with my family and dogs. I also turned off the news! I hope many of you made the most of your time by catching up on some reading or movies, gardening, calling a friend, picking up a new hobby or rediscovering an old one.



We couldn't have predicted what these past months held in store, but are moving on to a brave new world where programs, information, some diversions, and glimmers of hope will be available online. Yes, some of us will have to move into the 21<sup>st</sup> century kicking and screaming, but thanks to a grant from the North Central Community Foundation and the dedication of our program staff, we are here to provide the supplies you need as well as the training required!

Rest assured, we are working diligently to identify when we can officially open our doors again. One thing we do know is that it will be done gradually, so we will be sending out updates via emails, robocalls and on Facebook. If you aren't receiving these, just call us and we will get you set up.

One thing I know for certain: THIS TOO SHALL PASS! It may seem like a mad, mad, mad world, but we are still here for you! I can't wait to see you at a Zoom meeting, picking up a meal in the parking lot, or participating in a class outdoors and rediscover why this is where you WANT to be.

My heartfelt best wishes to each and every one of you!

**Karin**

## ROAD RUNNER BUS SCHEDULE

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

**Schedule all appointments by calling 978-597-1710**

**\*\*\*\*\*ALL RIDERS MUST WEAR A MASK\*\*\*\*\***

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mornings</b> 9:00am—12:00pm	<b>Townsend</b> (Medical and Errands)	<b>Leominster</b> (Medical)	<b>Townsend</b> (Medical and Errands)	<b>Groton, Ayer, Pepperell</b> (Medical)	(no service)
<b>Afternoons</b> 1:00—3:00pm	<b>Townsend</b> (Medical and Errands)	(no service)	<b>Townsend</b> (Medical and Errands)	(no service)	(no service)

### DESTINATIONS:

- **Medical:** Doctors, Dentists, Therapies, Lab work, etc. (Please schedule morning appointments with your physician/provider).
- **Errands:** Grocery, Pharmacy, Bank, Shopping, Hairdresser/Barber, 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¢

**\*\*Occasionally, Senior Center day trips may alter this schedule.**