

Silver Threads



July 2022
Vol 9 No 1

TOWNSEND SENIOR CENTER

From the Desk of the Director (and Paul Harvey) who wrote "What Price Freedom?" What happened to the men who signed the Declaration of Independence -

"Five signers were captured by the British as traitors, and tortured before they died. Twelve had their homes ransacked and burned. Two lost their sons in the Revolutionary Army. One of the signers had two sons captured. Nine of the fifty-six fought and died of wounds or hardships of the Revolutionary War.

But what kind of men were they, these men who boldly wrote their names to the Declaration that lit the fires of liberty in souls of men throughout the world?

Twenty-four were lawyers and jurists, eleven were merchants, nine were farmers and large plantation owners, men of means, well-educated.

Their security, their incomes, and their worldly possessions made them substantially well off. But they signed the Declaration of Independence even though they knew the penalty would be death on the gallows, if they were captured.

They signed and they pledged their lives, their fortunes...and their sacred honor. Carter Braxton of Virginia, a wealthy planter and trader, saw his ships swept from the seas by the British Navy. He sold his home and properties to pay his debts and died in rags. Thomas McKean was so hounded by the enemy that he was forced to move his family almost constantly. He served in the Congress without pay, and his family was kept in hiding. His possessions were taken from him and poverty was his reward.

Vandals or soldiers or both looted the properties of Ellery Clymer, Hall, Walton, Gwinnett, Heyward, Rutledge and Middleton. At the Battle of Yorktown, Thomas Nelson Jr. noted that the British General Cornwallis had taken over the Nelson home for his headquarters. The owner quietly urged General George Washington to open fire, which was done. The home was destroyed and Nelson died bankrupt. His grave is unmarked and unknown.

Francis Lewis had his home and properties destroyed. The enemy jailed his wife, and she died within a few months. John Hart was driven from his wife's bedside as she was dying. Their thirteen children fled for their lives. His fields and his grist mill were laid to waste. For more than a year he lived in the forests and caves, returning home after the war to find his wife dead and his children vanished. A few weeks later he died from exhaustion and a broken heart.

Morris and Livingston suffered similar fates. Such were the stories and sacrifices of the American Revolution. These were not wild-eyed, rabble-rousing ruffians. These were soft-spoken men of means, wealth and education. They had security, but they valued liberty more. Standing tall, straight and unwavering, they pledged: 'For the support of this declaration, with a firm reliance on the protection of the Divine Providence, we mutually pledge to each other, our lives, our fortunes and our sacred honor.'"

Think on that this Independence day! - Karin

Don't forget to register in advance for all programs!

MyActiveCenter registration process now available! Call Greg at 978-597-1710 for more information.

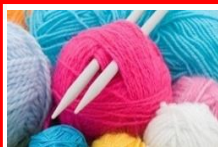
This provides patrons an option to sign up for programs online through your computer, tablet or smart phone.

Karin Canfield Moore, Director
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Program Coordinator/Senior Meals Associate
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator & Outreach
Greg Smith, Assistant Program Coordinator

Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm
16 Dudley Road, Townsend, MA 01469
978-597-1710

<https://www.townsendma.gov/senior-center-council-aging>

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 and 2pm
\$30 per month.
Limit of 12 students per class.



Weaving Classes:

Mondays 12:30-2:30

\$5 material fee per item

Found Material Weaving!

Come and use all kinds of gathered natural material to weave a wonderful round or square wall hanging!

Weaving Drop-In

Fridays 10am-noon

This is a time to come in to finish a Monday project, learn to weave tapestry, or bring your own project.



Wood Carving

Thursdays, 9:30am-noon

Experienced carvers and beginners.



Felting—Birds!

Second and fourth Wednesdays at 3:30 pm. Come in and make a bird! Finch, Chickadee, Robin, Chicken: your choice.



Quazy Quilters

Tuesdays from 9am to 3pm

First and third Wednesdays at 1:00pm

Work on your latest project, or use our supplies to create something new!



Scrapbooking

Second and fourth Wednesdays at 3pm

Bring your own supplies or use ours!



Bookmaking

Friday, July 15th at 1pm

Create a hard cover book filled with blank pages! \$10



Box Making

Friday, July 29th at 1pm

Create a flip-top jewelry box with a divided interior! \$20

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

Women's Conversation

On hiatus for the summer.
Resuming in the fall.



Trivia

First & Third Tuesdays at 1pm



Book Club

Wednesday, July 27th at 1pm.

"The Henna Artist" by Alka Joshi



Bingo

Wednesdays at 1pm.

Cost: \$5.00; limit 4 cards.



Chorus

On hiatus for the summer.
Resuming in the fall.



Genealogy with Dwight Fitch

Friday, July 8th at 10:30am

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



Movie Matinees:

Friday, July 8th at 12:30pm

"Top Gun" Tom Cruise and Kelly McGillis

Friday, July 22nd at 12:30pm

"Jurassic Park" Sam Neill, Laura Dern and Jeff Goldblum

Pizza provided by Friends of the Townsend Seniors



Mexican Train Dominoes

Tuesdays at 11am



Scrabble

Fridays at 11am



Rummikub Mondays at 1pm



Wii Bowling

Mondays at 1 pm



Cribbage

Thursdays at 1pm, except...

Tournament 7/21 at 9am



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

Senior Fitness

Thursdays at 9:15am (live instructor - \$5 per class)
Mondays 9:15am - Join us for a challenging video!

Chair Exercise

Mondays, Wednesdays and Fridays at 10am

Walking Club

Tuesdays and Thursdays at 9:30am
 Inside and outside options, weather depending.

Learn to Tap Dance

Mondays at 1pm in the Meeting Hall; \$5 per class
 You can't help but feel joyful learning this dance style!
 Tap shoes helpful but not required; we can loan some.

Line Dancing

Tuesdays at 1:30pm \$5 per class

Tai Chi

Thursdays at 11am \$5 per class
 Jeff is back with this Chinese martial art practiced for health benefits and meditation.

Move your body with Carin-no classes week of 7/11:

Hybrid Yoga \$5 per class

(Chair and floor options)
Mondays at 11:00am and Wednesdays at 3:30pm

Osteo Movement

Mondays and Thursdays at 2pm. \$5 per class
 Offers everything! Posture, balance, core strength, etc.
 You must be able to commit to 2 days a week for 8 weeks! Bring a mat and walking stick.

Beginner Yoga

Fridays at 9:30am \$5 per class

Building Memory Skills

Fridays at 12:30pm \$5 per class
 Do you struggle to remember things? Is your eye-hand coordination lacking? This class is for you!

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



Massage with Morningstar:

Tuesdays and Thursdays by appointment
 \$45/50mins.



Lauren from Footcare Focus

will offer podiatry services
Thursday, July 14th from 12pm to 3pm and
Friday, July 15th from 10am to 1pm
 Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, July 13th from 12-2pm
 BP screening, glucose check, etc.



Hearing Clinic

Wednesday July 20th by appointment



Women's Meditation

On hiatus for the summer.
 Resuming in the fall.

Manicures

First Tuesday at 1:30pm by appointment

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.

Dementia Nurse Consultation By appointment.
 Bernadette Oinonen, MS, RN served the senior population for over 35 years supporting and educating family caregivers of clients with dementia. All parties benefit learning to navigate the journey they may travel.

Healthy Living

Thursday, July 7th at 11am
 This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

Diabetes Support

Thursday, July 21st at 11am
 Come in for information on how to manage your diabetes with confidence.

Grief Support Group *Wednesday, July 6th at 4pm*

Are you grieving? Lonely?
 Please join us for free adult bereavement support 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 to learn to use it?

Learn to use popular programs
 including Zoom, Paypal, Gmail, Facebook, etc.
Second and Fourth Thursdays at 1pm
 Call 978-597-1710 to make an
 appointment. No charge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>July</h1>				1 9:30 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 12:30 Building Memory Skills
4 Closed for Independence Day	5 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 1:30 Manicures *Massage by appt	6 10:00 Chair Exercise 10:00 Watercolor 12:00 Wellness Clinic 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 4:00 Grief Support 6:00 Friends 6:30 TOPS	7 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Healthy Living 11:00 Tai Chi 12:00 Donna's Diner 1:00 Cribbage 2:00 Osteo Movement *Massage by appt	8 9:30 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 10:30 Genealogy 11:00 Scrabble 12:30 Building Memory Skills 12:30 Movie Matinee "Top Gun"
11 9:15 Senior Fitness 10:00 Chair Exercise 12:30 Knitting 12:30 Weaving Class 1:00 Wii Bowling 1:00 Rummikub *Massage by appt	12 9:00 Quazy Quilters 9:30 Walking Club 10:00 Beeyonder: Virtual Turkey 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	13 10:00 Chair Exercise 10:00 Watercolor 12:00 Wellness Clinic 1:00 Bingo 2:00 Watercolor 3:00 Scrapbooking 3:30 Felting 6:30 TOPS 6:30 Delvena Theatre Comp. "Murder ala Carte"	14 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Tai Chi 12:00 Donna's Diner 12:00 Podiatrist 1:00 Cribbage 1:00 Tech Help	15 10:00 Weaving 10:00 Chair Exercise 10:00 Podiatrist 11:00 Scrabble 1:00 Book Making 4:30 Galloping Gourmet "Cruise Night at Kimball Farm"
18 9:15 Senior Fitness 10:00 Chair Exercise 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	19 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing *Massage by appt	20 10:00 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 5:00 COA 6:30 TOPS 6:30 Seminar: Medicare, Turning 65	21 9:00 Cribbage Tourney 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Diabetes Support 11:00 Tai Chi 12:00 Donna's Diner 2:00 Osteo Movement *Massage by appt	22 9:30 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 12:30 Building Memory Skills 12:30 Movie Matinee "Jurassic Park" 6:30 Acton's Nara Park "Draw The Line - The Aerosmith Tribute Band"
25 9:15 Senior Fitness 10:00 Chair Exercise 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	26 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	27 10:00 Chair Exercise 10:00 Watercolor 1:00 Bingo 1:00 Book Club 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 3:30 Felting 6:00 Concert: Matt York 6:30 TOPS	28 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Tai Chi 12:00 Donna's Diner 1:00 Cribbage 2:00 Osteo Movement *Massage by appt	29 9:30 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 12:30 Building Memory Skills 1:00 Box Making

Special Events *RSVP required for ALL programs - 978-597-1710*



Turkey! with Beeyonder

Tuesday, July 12th at 10:00am

Join us for a LIVE interactive virtual walking tour of Istanbul! Refreshments included.



Seminar: Medicare, Turning 65 - Wednesday, July 20th at 6:30pm

Keith Aubin from Integrity Medicare Associates



Acton Recreation Department: Concert at Nara Park

Friday, July 22nd at 8pm

“Draw the Line” - The Aerosmith Tribute Band

Van leaves at 6:30pm. \$25 includes ticket and transportation. Please pay in advance.



Galloping Gourmet: Cruise Night at Kimball Farm

Friday, July 15th, Van leaves at 4:30pm. Cost of food plus \$3.50 for transportation.

Visit the seafood and grill counter or sample their legendary ice cream!



Tabletop Shuffleboard, Bocce, Cornhole, Badminton, Horseshoes!

Would you like to give these games a try? How about a new league?

Stop by and see us. We're starting to plan some new and fun programs!

Lunch

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

Tuesdays: Soup & Salad Bar

Thursdays: Donna's Diner

July 7: Baby Back Ribs and Mac & Cheese

July 14: Cheeseburger Casserole

July 21: Chicken Drumsticks and Pasta Salad

July 28: Shrimp & Pineapple Kabobs over Rice



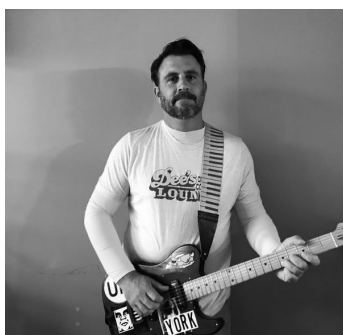
Meals on Wheels Provided by MOC
Call: 978-345-8501 Ext. 2 to register

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.



Matt York

The Townsend Public Library presents an evening
of live music. Wednesday, July 27th at 6pm

Contact the Library for more information.



May Cribbage Tournament Results!

Winner: Monika Whipple, 700 Points

Runner Up: Ed Jette, 684 Points

High Hand: Peter Salisbury



The Townsend Public Library presents the
Delvena Theatre Company's "Murder ala Carte" on Wednesday, July 13th, 6:30pm

Contact the Library for more information!

WE NEED DONATIONS OF NAPKINS!

WE ALSO NEED BOXED BEEF OR CHICKEN

BROTH (NOT CUBES)!

Important Phone Numbers

Community Services:

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

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

Community Foundation of North Central Massachusetts

Greater Lowell Community Foundation

Hannaford of Townsend

Friends of the Townsend Seniors

Rivercourt Residences

Townsend Ecumenical Outreach (TEO)

Townsend VFW

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

ROAD RUNNER BUS SCHEDULE

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

Schedule all appointments by calling 978-597-1710, Ext 203.
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.

Masks are optional. This could change at any time based on local, state or national guidance.

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¢

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am-12:00pm	Pepperell (Medical)	Leominster (Medical)	Townsend (Medical)	Groton, Ayer (Medical)	Lunenburg, Fitchburg (Medical)
Afternoons 1:00-3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Errands)	Townsend (Errands)	Fitchburg (Errands)
			Wednesdays 3:00-8:00 PM By Appointment		

We need volunteers at the reception desk!
 Please let us know if you can commit to a few hours a week. *Thank you!*

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.*

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

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.*