

# Silver Threads

July 2024, Vol 10 No 1



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

***You can register at [myactivecenter.com](https://myactivecenter.com)***

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

**Or you can call us at 978-597-1710, Option 0. Thank you!**

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

## From the Desk of the Director –

Loss...unfortunately, it is something we encounter more and more as we age. One of our regular patrons recently lost another family member and asked, "Why does life have to (excuse my language) suck so bad?" My answer; "So we can appreciate the good parts." I freely admit there are times when I'm on the other side of that scenario. Sometimes life does seem to just keep on throwing curve balls at us. It is up to us to figure how to set our stance, keep our eyes on the ball, and hit those "suckers" right out of the park!

Speaking from experience, the biggest challenge is taking that first step of picking yourself up and dusting yourself off. Do It! Get out of bed, take a shower, walk out of the house, go for a drive or a hike. Watch for those little signs from the universe. None of us really know what happens on the other side, but if something strikes you as coincidental, accept it. Embrace it. Remember that while you should never ignore your feelings or discount your grief, your loved one would want you to continue to live a happy and productive life. Even though they won't always know what to do or say, accept that offer from a friend. Call us! Come in and talk to others experiencing the same thing. Join us for a few programs. Give yourself a new lease on life. You are not alone!



If you are fortunate enough not to be dealing with grief at this time, help a friend muddle their way through it.

None of us will live forever. We just hope that in some small way the wide variety of programs we offer will help you and you too will find that this is where you WANT to be!

Have a safe and happy Summer!

**Karin**

## Check Out July's Special Events!

- ◇ Join the Galloping Gourmet at Kimball Farm in Lancaster—Cruise Night is back!
- ◇ The Sunshine Boys will perform their music that will make you smile
- ◇ 2 Intergenerational programs this month— Puzzle Race and Cornhole Competition

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

**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

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

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
| <b>3</b><br><br><b>Closed for July 3rd</b>   | <b>Closed for July 4th</b>   | <b>5</b> *Medicare Counseling<br>9:00 Quazy Quilters<br>9:30 Chair Exercise<br>10:00 Watercolor<br>10:30 <b>Growing Places</b><br>12:00 <b>No Donna's Diner</b><br>12:30 Knitting<br>1:00 Bingo<br>1:00 Table Shuffleboard<br>3:30 Hybrid Yoga<br>5:30 Grief Support<br>6:00 Friends Meeting<br>6:00 Tai Chi<br>6:00 Free Yoga<br>6:30 TOPS | <b>6</b><br>9:15 Senior Fitness<br>9:30 Wood Carving<br>9:30 Walking Club<br>12:00 <b>No Donna's Diner</b><br>1:00 Charcoal Drawing<br>1:00 Cribbage<br>1:30 Osteo Movement                                    | <b>7</b><br>9:30 Beginner Yoga<br>9:30 Chair Exercise<br>9:30 Zumba<br>10:00 Weaving Drop-In<br>12:00 Tap Dance<br>12:30 Movie Matinee<br><i>"A Man Called Otto"</i><br>12:45 <b>Puzzle Race</b>  |
| <b>10</b><br>9:30 Chair Exercise<br>10:30 Senior Fitness<br>11:00 Hybrid Yoga<br>12:00 Ping Pong<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>11</b><br>9:00 Quazy Quilters<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 Wellness Clinic<br>1:30 Line Dancing   | <b>12</b><br>9:00 Quazy Quilters<br>9:30 Chair Exercise<br>10:00 Watercolor<br>12:00 Donna's Diner<br>12:30 Knitting<br>1:00 Bingo<br>1:00 Table Shuffleboard<br>3:30 Hybrid Yoga<br>5:00 <b>Corn Hole Contest</b><br>6:00 Tai Chi<br>6:00 Free Yoga<br>6:30 TOPS   | <b>13</b><br>9:15 Senior Fitness<br>9:30 Wood Carving<br>9:30 Walking Club<br>12:00 Donna's Diner<br>12:00 Podiatrist<br>1:00 Charcoal Drawing<br>1:00 Cribbage<br>1:00 Tech Help<br>1:30 Osteo Movement       | <b>14</b><br>9:30 Beginner Yoga<br>9:30 Chair Exercise<br>9:30 <b>No Zumba</b><br>10:00 Weaving Drop-In<br>10:30 Genealogy<br>12:00 Tap Dance<br>12:30 Movie Matinee<br><i>"The Duke"</i><br>1:00 Cornhole                                  |
| <b>17</b> *Massage<br>9:30 Chair Exercise<br>10:30 Senior Fitness<br>11:00 Hybrid Yoga<br>12:00 Ping Pong<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>18</b> *Massage<br>9:00 Quazy Quilters<br>9:30 <b>Crafting w/Angela</b><br>9:30 Walking Club<br>10:00 3 Chord Strum Band<br>10:30 Mexican Train<br>11:30 <b>Beth Walsh from Senator Cronin's Office</b><br>12:00 Donna's Diner<br>12:30 Trivia<br>1:30 Line Dancing | <b>19</b><br>9:00 Quazy Quilters<br>9:30 Chair Exercise<br>10:00 Hearing Clinic<br>10:00 Watercolor<br>12:00 Donna's Diner<br>12:30 Knitting<br>1:00 Bingo<br>1:00 Table Shuffleboard<br>3:00 COA Meeting<br>3:30 Hybrid Yoga<br>6:00 Tai Chi<br>6:00 Free Yoga<br>6:30 TOPS  | <b>20</b> *Massage<br>9:00 Cribbage Tourn.<br>9:15 Senior Fitness<br>9:30 Wood Carving<br>9:30 Walking Club<br>10:00 <b>Blood Drive</b><br>12:00 Donna's Diner<br>1:00 Charcoal Drawing<br>1:30 Osteo Movement | <b>21</b> *Massage<br>9:30 Chair Exercise<br>9:30 <b>No Zumba</b><br>10:00 Weaving Drop-In<br>12:00 Podiatrist<br>12:30 Movie Matinee<br><i>"Coal Miner's Daughter"</i><br>1:00 Cornhole<br>4:15 <b>Galloping Gourmet Kimballs Car Show</b> |
| <b>24</b> *Massage<br>9:30 Chair Exercise<br>10:30 Senior Fitness<br>12:00 Ping Pong<br>12:30 Knitting<br>1:00 Wii Bowling<br>1:00 Rummikub<br>3:00 Water Aerobics   | <b>25</b> *Massage<br>9:00 Quazy Quilters<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>1:30 Line Dancing  | <b>26</b><br>9:00 Quazy Quilters<br>9:30 Chair Exercise<br>10:00 Watercolor<br>12:00 Donna's Diner<br>12:30 Knitting<br>1:00 Bingo<br>1:00 Book Club<br>1:00 Table Shuffleboard<br>6:00 Tai Chi<br>6:00 FreeYoga<br>6:30 TOPS   | <b>27</b> *Massage<br>9:15 Senior Fitness<br>9:30 Wood Carving<br>9:30 Walking Club<br>12:00 Donna's Diner<br>12:45 <b>The Sunshine Boys</b><br>1:00 Charcoal Drawing<br>1:00 Cribbage<br>1:00 Tech Help       | <b>28</b> *Massage<br>9:30 Chair Exercise<br>9:30 Zumba<br>10:00 Weaving Drop-In<br>12:30 Movie Matinee<br><i>"Ocean's Eleven"</i><br>1:00 Cornhole   |
| <b>31</b><br>9:30 Chair Exercise<br>10:30 Senior Fitness<br>11:00 Hybrid Yoga<br>12:00 Ping Pong<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          | <div>  </div>   |   |  |   |

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

### Move your body with Carin:

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

(Chair and floor options) (no class 7/24 & 7/26)

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

#### Osteo Movement

Mondays at 2pm and Thursdays at 1:30pm; \$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. (no class 7/24 & 7/27)

#### Learn to Tap Dance

Mondays at 1pm & select Fridays (no class 7/24)

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

#### Building Memory Skills

Thursdays at 10am; \$5 per class

Do you struggle to remember things? Is your eye-hand coordination lacking? *On Hiatus. See you in September!*

#### Beginner Yoga

Fridays at 9:30am; \$5 per class (no class 7/21 & 7/28)

### YouTube Yoga with Kris

Wednesdays at 6pm. Join Kris for some of her favorites.

#### Senior Fitness

Mondays at 10:30am, Thursdays at 9:15am

(live instructor - \$5 per class)

#### Chair Exercise

Mondays, Wednesdays and Fridays at 9:30am

#### Walking Club

Tuesdays and Thursdays at 9:30am

Inside and outside options, weather permitting.

#### Line Dancing

Tuesdays at 1:30pm. \$5 per class

#### Zumba with Nee

Fridays at 9:30am. \$5 per class (no class 7/14 & 7/21)

#### Tai Chi with Jeff Cote

Wednesdays at 6pm, \$5/class. **MEETS OUTDOORS!**

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



#### Massage with Morningstar:

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



#### Sarah from Footcare Focus

offers podiatry services, \$45

Thursday, July 13th from 12pm to 3pm

Friday, July 21st from 12pm to 3pm

Call 978-597-1710 for an appointment.



#### Wellness Clinic *Note New Day & Time*

Tuesday, July 11th from 1-3pm

BP screening, glucose check, etc.



#### Diabetes Support

*On hiatus in July*

Come and pick up Healthy recipes!



#### Women's Meditation

*On Hiatus. See you in September!*

#### Hearing Clinic

Wednesday, July 19th 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.

#### Dementia Nurse Consultation

*On hiatus in July*

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

*On hiatus in July*

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

### Grief Support Group

Wednesday, July 5th at 5:30pm

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

**2nd and 4th Thursdays at 1pm**

Call 978-597-1710 to make an appointment. No charge.





## ARTS AND CRAFTS *Registration required for ALL programs - 978-597-1710*



### Knotty Knitters

Mon. & Wed. @ 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 10am  
Drop in to work on a project of your own or choose from one of our small projects!



### Felting

2nd and 4th Tuesdays at 9:30am  
Make a bird to sit in a nest or perch on a window sill!  
This is a 2 part class. \$3



### Charcoal Drawing with Sue!

Thursdays at 1:00  
Charcoal has unique characteristics that will encourage your creativity.  
Current session is full— ask staff member to be put on waitlist for next beginner class



### Quazy Quilters

Tuesdays and Wednesdays at 9am  
Work on your latest project, or use our supplies to create something new!



### Wood Carving

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

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

### Women's Conversation

*On Hiatus. See you in September!*



### Trivia

First & Third Tuesdays at 12:30pm



### 3 Chord Strum Band

Tuesday at 10:00am - Open to all!  
For acoustic string instruments only.



### Book Club

Wednesday, July 26th at 1pm  
"The Secret Guests"  
by Benjamin Black



### Bingo

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



### Hope Community Chorus

*On Hiatus. See you in September!*



### Genealogy with Dwight Fitch

Friday, July 14th at 10:30am  
Trace your ancestry and find out where your family tree has roots.



### Ping Pong

Mondays at 12pm  
Join us for a game! Bring a friend!



### Cornhole

Fridays at 1pm  
Bad weather? Join us indoors!



### 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 7/20 at 9am



### Poetry Class

*On Hiatus. See you in September!*



## Crafting with Angela

Tuesday, July 18th at 9:30am  
The ultimate upcycling project!

Decoupaged Oui Yogurt jars are! \$3 for materials.



## May Cribbage Tournament Winners!

High Score: Erika Roy, 719 points  
Runner-up: Bonnie Olesen, 718 points  
High Hand: Fern Niemi and Carole Phillips, 24 points

## **Galloping Gourmet**

Kimball Farm Lancaster

***Friday, July 21st***

Cruise night is back!

See as many as 350 antique and unique cars from Corvettes to Model T's-plus DJ, raffle prizes, Seafood & Grill counter and ice cream

Van will leave at 4:15pm

\$5 van ride plus the price of your meal

\*Please call the Senior Center to sign up\*



## **The Sunshine Boys**

Music that makes you smile!

***Thursday, July 27th at 12:45pm***  
**right after Donna's Diner**

Bob Pope and Bill May are two musicians who enjoy bringing music, laughter and a fun time to older audiences.

They play a few different instruments and sing a variety of songs that include some old standards, country, recent tunes and novelty numbers



## **Intergenerational Puzzle Race**

**Friday, July 7th at 12:45pm**

*All ages welcome!*

Join us for this exciting collaborative event with the Townsend Library and the Senior center.

Gather up your team of 4 people to compete against other groups in a timed competition

Teams will have 60 minutes to put together their puzzle— each team will be working on a 500 piece puzzle

The team who completes their puzzle first, or is the closest after 60 mins, wins the prize!

**Sign up at  
the  
library!!**



## **Intergenerational Corn Hole**

**Wednesday, July 12th 5-8pm**

*All ages welcome!!*

Come and play a fun game of cornhole in this intergenerational collaborative event with the Townsend Library and the Senior Center

We will be playing outdoors...  
Weather permitting!

There will be 3 separate hour long time slots available for 4 teams

***Must sign up at the library!***



## July Lunches at Donna's Diner

### RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

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

The Kitchen needs donations of .....

| Tuesday                       | Wednesday  | Thursday                      |
|-------------------------------|--|-------------------------------|
| <b>Happy 4th!</b>             | <b>7/5: No Lunch Today</b>                       | <b>7/6: No Lunch Today</b>    |
| <b>7/11: Soup &amp; Salad</b> | <b>7/12: Shrimp Kabobs</b>                       | <b>7/13: Stuffed Zucchini</b> |
| <b>7/18: Soup &amp; Salad</b> | <b>7/19: Grilled Steak Tips</b>                  | <b>7/20: Baby Back Ribs</b>   |
| <b>7/25: Soup &amp; Salad</b> | <b>7/26: Stuffed Pork w/Apple-Maple Stuffing</b> | <b>7/27: BBQ Chicken</b>      |

## FREE YOGA

Join us every Wednesday evening  
from **6-7pm** for this **FREE** class

Each session we follow along  
with a different televised  
YouTube Yoga session.

**All levels are welcome!!**

Give it a try! Bring a friend or two...



Fresh local  
produce for sale in  
the Meeting Hall or  
outside

**1st Tuesdays:**  
**10:30am-11:30am**  
July 5th (Wed)  
August 1st  
September 5th  
October 3rd

HIP/SNAP dollars  
accepted; cash; credit;  
farmers coupons

## Tired of always needing cash for lunch?

**Buy a 10 meal ticket for \$30**

On sale now!

## We Have Outdoor Games!!!

Bring a friend and come in for a game of Badminton,  
Bocce, Cornhole or Horseshoes! We'll set it up for you!

## Movie Matinees for July

July 7th "A Man Called Otto"  
July 14th "The Duke"  
July 21st "Coal Miner's Daughter"  
July 28th "Ocean's Eleven"



**Pizza provided by Friends of the Townsend Seniors**

**All showings begin at 12:30pm**

Please call the Senior Center to sign up at least 24  
hours in advance.

## Beth Walsh from

## Senator Cronin's Office

will join us for lunch

**Tuesday, July 18th from 11:30-1:00**

Stop by and discuss your concerns.

You can also call her at 617-722-1230

## 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 note the new Roadrunner schedule below!

| Monday  | Tuesday   |   | Wednesday                             |   | Thursday                              |  | Friday   |
|---|---|---|---------------------------------------|---|---------------------------------------|--|--|
| <b>Townsend &amp; Lunenburg</b><br>Errands<br>(Bus 1) | <b>Townsend &amp; Lunenburg</b><br>Errands<br>(Bus 1) | <b>Leominster &amp; Fitchburg</b><br>Medical<br>(Bus 2) | <b>Townsend</b><br>Errands<br>(Bus 1) | <b>Townsend &amp; Pepperell</b><br>Medical<br>(Bus 2) | <b>Townsend</b><br>Errands<br>(Bus 1) | <b>Groton &amp; Ayer</b><br>Medical<br>(Bus 2) | <b>Rotating Locations</b><br>Errands*<br>(Bus 1) |



**Say Hello to our new Bus!**  
(Wile E. Coyote)

**Wednesdays**  
3:00-8:00 PM  
**By Appointment**

**\* Rotating Locations:**  
Fitchburg, Leominster, Pheasant Lane Mall, Amherst Rt. 101A, and more!

## 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.*