

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

Thank you! It's been an eventful month at the Townsend Senior Center! The daffodils in the Memorial Garden were a veritable carpet of cheer, our May Day festivities spurred on the coming of better weather, and the drought is officially over!

The highlight for me was meeting Dorothy "Dot" Manceau and having the distinct pleasure of hosting the presentation ceremony for her receipt of the Boston Post Cane as the oldest resident in Townsend. She is a delightful lady whose diminutive stature is certainly no reflection on her huge heart and zest for life. We all congratulate Dot for her receipt of this honor.

June brings a change in routine. Women's Meditation and Gentle Yoga will be on sabbatical until September, we will be offering a variety of field games every other Friday, and we are offering a limited supply of fruit to encourage healthy eating habits.

As a reminder, the Senior Center is a cooling center. If it's too hot outside, come on in. Bring in a friend or neighbor. Cool off and try something new. We have plenty to choose from!

Happy summer!!!

Karin Canfield Moore

SPECIAL EVENT



Bridges Together

Thursday, June 8, 15 & 22, at 1:30pm

Take part in this intergenerational project, working with Hawthorne Brook Middle school students. Projects will include exploration of favorite foods, seasons of life, and family trees. Most events will involve outdoor activities. Requesting 6-8 senior center participants.



New and Improved!

Some of our regular programs have gotten a makeover. Keep an eye out for the symbol!

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-Thursday: 9am-3pm

Wednesday: 9am-8pm

Friday: 9am-2pm

SPECIAL EVENTS (RSVP requested)



Book Signing:

The Widows Walk On

Thursday, June 1, at 12:30pm

Books will be available for sale and signing by the author.



Hope Community Chorus Concert

Saturday, June 4, at 2:00pm

The vocal ensemble will feature tunes All About America.



Therapy Dog Visit

Monday, June 5, at 12:30pm

Take advantage of the benefits of interacting with a trained therapy dog, including lowered blood pressure, decreased experience of pain, and overall relaxation.



Assistive Hearing Seminar

Wednesday, June 7, at 12:30pm

Learn about the benefits of new phone technology which allow for increased hearing and better communication.



NMRHS Student Council Luncheon

Tuesday, June 13, at 11:30pm

Celebrate intergenerational connections. Please sign up for the bus before hand.



Book Making & Haiku

Friday, June 16, at 11am

Cost: \$25

Create 3 books, including handmade papers, and multiple poems, in this workshop led by artist Kate Chadbourne. Light lunch included.



Diabetes Prevention

Monday, June 19, at 12:30pm

Enjoy lunch while learning about prediabetes and potential risks, and take home 2 proven methods of cutting your risk in half.



Police Picnic

Wednesday, June 21, at 12pm

Mingle with Townsend's finest, and get acquainted with local law enforcement in this community event.



Alzheimer's Basics

Thursday, June 29, at 12:30pm

Learn of the potential risks and treatment options for this disease.

MONTHLY EVENTS

Birthday Party

Thursday, June 1, 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, June 14, 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 *Cleopatra's Daughter* by Michelle Moran.

Bach's Lunch

Thursday, June 15, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation); RSVP requested

Free concert by Indian Hill Musicians featuring vocalists and songs from musical movies. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, June 13, at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, June 9, at 10:30am

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

Bus Trip: Peabody Essex Museum

Friday, June 9 at 9:30am

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

Explore outstanding artistic and cultural creativity. Current exhibits include *Lunar Attraction*, featuring artwork and interactives focused on the moon, *Importing Splendor: Luxuries from China*, and *Raven's Many Gifts: Native Art of the Northwest Coast*.

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



Women's Meditation Group
Meditation will resume in the fall.

Gentle Yoga
Thursdays, at 1:30pm-2:45
Cost: \$5/class

Relieve stress, increase flexibility, improve balance, and relax muscles.



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, June 5, 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.




Reflexology, Manicures & Pedicures
Friday, June 2, 9 & 23, and
Wednesday June 21; By Appt.
Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)

Well Adult Clinic
Wednesday, June 14, 12pm-2pm

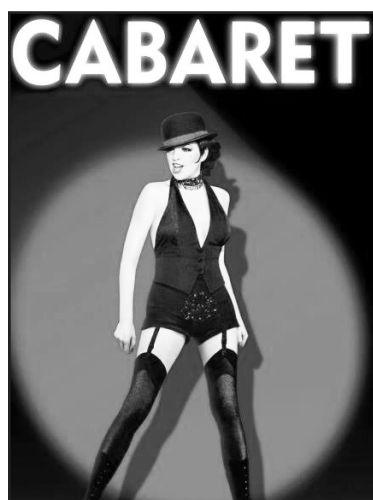
Massage
Tuesday, June 13 & 27; Afternoon appt.'s
Cost: \$20/20 min.
Chair and table massages available.

Grief Support
Tuesday, June 20, at 1pm

Hearing Clinic
Wednesday, June 21, 10am-12pm

Caregiver's Roundtable 
Wednesday, June 14, 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.**

UP & COMING



Cabaret Lulu:
Happy Days Are Here Again
Wednesday, July 26
Cost: \$48.50 + bus (cost TBD)
Lunch and show at the lovely, Sturbridge Host Lakeside Theater. 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). Sign up sheet is now available.

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.*

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.**

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

ARTS & CRAFTS (RSVP requested)



Knitting Group

Mondays, at 1pm (Drop In)

Woodburning

Tuesday, June 6, 13 & 20 at 10:00am

Cost: \$50

Illuminate your design with watercolor.

Calligraphy

Monday, June 12 at 10:30am

Cost: \$12

Wire Wrapped Jewelry

Wednesday, June 14, at 3pm

Cost: \$12

Needlefelting: Cupcakes

Tuesday, June 20, at 9:30am

Cost: \$3

Jewelry Making: Earrings

Tuesday, June 27, at 10am

Cost: \$5

Batik

Wednesday, June 28, at 5:30pm

Cost: \$6



**Quilting
Group**
Wednesday,
June 1, at
5pm

Watercolor Classes with Linda

Cost: \$30/4 weeks

- **Watercolor I**
Mondays at 10:30am
- **Watercolor II**
Tuesdays at 1:30pm
- **Beginning Watercolor**
Wednesdays at 10:30am
- **Watercolor III**
Thursdays at 10:30am

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.

FOR FUN



Movie Matinee

Friday, June 9, at 12:30

Lion, with Nicole Kidman, Dev Patel, and Rooney Mara.

Friday, June 23, at 12:30

Hidden Figures, with Taraji P. Hensen, Octavia Spencer, and Janelle Mon  e.



Bridge

Mondays, at 1pm



Trivia & Jeopardy

Tuesday, June 13 & 27, 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, June 7, at 6pm

Cribbage Tournament

Thursday, June 15, at 9:00am
Cost: \$5 (to be divided for prizes)

Hand & Foot
Tuesday,
June 6 & 20, at
11am



   ALL NEW   

Galloping Gourmets

Tuesdays, June 6, 20 & 27, 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 Parker's Maple Barn on 6/20.

Guided Meditation

Wednesdays, June 7, 14, 21 & 28, 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, June 28 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.

☀ ALL NEW ☀

Sports Parties

Monday, June 19 at 11am (US OPEN)

Wednesday, June 21 at 2:15pm (Red Sox @ Kansas City)

Join fellow fans to view your favorite sports. Refreshments will be served. Please sign up so we know how much food we need!

Women's Conversation Group

Wednesdays, June 14 & 28, 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.

Beatles For Sale

Friday, June 16 at 6pm

Join is on the library lawn for this fun family friendly concert, featuring a Beatles tribute band! Bring lawn chairs, picnic blankets, and snacks; the concert will move inside if the weather is bad. Registration requested but not required. Sponsored by the TPL Endowment, The Friends of the Library and The Friends of the Seniors!

			6					
1		3		7				
8		9		2				
3			5				9	
	5				3	4	2	
		6					7	
						7	5	6
		7		1				
			9				1	

Complete the sudoku puzzle and turn it in to Katie.
All correct puzzles will be entered in a drawing!

WANTED:

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

Manor on the Hill will now be providing lunch on the 4th Thursday of the month!

Bread Delivery distribution will now take place on Mondays and Wednesdays in the kitchen after lunch. Thank you to all of the volunteers who have helped with the bread for so many years and continue to assist with this valuable benefit.

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.

\$1.50 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 FRIENDS' RALLY CRY IS...

LET'S REV UP OUR ENGINES and BUILD THE FRIENDS' MEMBERSHIP RANKS!

The Friends of the Seniors is an active organization begun in 2000. The Friends raise funds to supplement the Council on Aging's budget to purchase necessary equipment and support on-going activities. Members come from all age groups and you don't have to be a Townsend resident to join. If you have not had the opportunity, we invite you to renew your membership or become a new member. We raise a lot of Fun as we help support the Friends' many activities. Come, have some fun and join in on a short-term committee.

****Board Meetings are the first Monday of each month, 4:00pm at the Senior Center and meetings are open to all members. The next Board Meeting is Monday, June 5th.**

WILLIAM E. MAY AWARD NOMINATION TIME ~ Friday June 2nd is the Deadline to receive Nominations for the 2017 William E. May Endowment Award. If someone was nominated in the past and not selected, you may re-submit that individual for consideration. Nomination forms are at the Senior Center and at the Town Clerk's office.

THURSDAY, JULY 6th FOXWOOD TRIP ~ \$30 per person, with reservations paid in advance. Everyone receives coupons for 'free play' and the buffet lunch. This is a fun trip and it's open to all adults. Sign-Ups for the trip: Senior Center, 978-597-1710 or Avis Roy, 978-597-6829.

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

2017 Friends of the Townsend Seniors Membership ☐ RENEWAL ☐ NEW MEMBER

☐ \$5 Friend ☐ \$10 Family

☐ \$25 Benefactor ☐ \$100 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.

JUNE 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Stretch & Tone 10:30 Watercolor III 11:00 Wii Golf 12:00 Homemade Lunch and Birthday Party 12:30 The Widows Walk On Book Signing 1:00 Cribbage 1:30 Gentle Yoga	2 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Friday Field Games Manicures, Pedicures, Reflexology by appt. 6/4 Hope Community Chorus Concert at 2pm
5 10:00 Chair Exercise 10:30 Watercolor I 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 12:30 Therapy Dog Visit 1:00 Rummikub 1:00 League Wii Bowling 1:00 Healthy Living Group 1:00 Bridge 1:00 Knitting Group 4:00 Friends meeting	6 9:30 Warm Weather Walking Club 10:00 Woodburning 10:00 Stretch & Tone 11:00 Hand & Foot 11:30 Galloping Gourmets 1:00 Scrabble 1:30 Watercolor II	7 10:00 Chair Exercise 10:30 Beginning Watercolor 12:00 Lunch 12:30 Woodcarving 12:30 Assistive Hearing Seminar 1:00 Bingo 5:00 Quilting 6:00 Cribbage 6:00 Guided Meditation 6:30 TOPS	8 10:00 Stretch & Tone 10:30 Watercolor III 12:00 Homemade Lunch 1:00 Cribbage 1:30 Gentle Yoga 1:30 Bridges Together Intergenerational Project	9 9:00 Quazy Quilters 9:30 Bus Trip: Peabody Essex Museum 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 12:00 Hairdresser 12:30 Movie: Lion Manicures/Pedicures Reflexology by Appt.
12 10:00 Chair Exercise 10:30 Watercolor I 10:30 Calligraphy 11:00 Chorus 12:00 Lunch 12:00 Medicare Counseling 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	13 9:30 Warm Weather Walking Club 10:00 Stretch & Tone 10:00 Woodburning 10:00 COA Meeting 11:30 NMRHS Student Council Luncheon 1:00 Trivia & Jeopardy 1:30 Watercolor II Massages by appt.	14 10:00 Chair Exercise 10:30 Beginning Watercolor 11:00 Women's Conversation 12:00 Lunch 12:00 Well Adult Clinic 12:30 Woodcarving 1:00 Bingo 1:00 Book Club 3:00 Wire Wrapped Jewelry 6:00 Guided Meditation 6:00 BINGO 6:00 Caregiver's Roundtable 6:30 TOPS	15 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:30 Watercolor III 11:00 Wii Golf 12:00 Homemade Lunch 12:45 Bach's Lunch 1:30 Gentle Yoga 1:30 Bridges Together Intergenerational Project	16 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Bookmaking & Haiku Workshop 12:00 Friday Field Games 6:00 Beatles For Sale Concert
19 10:00 Chair Exercise 10:30 Watercolor I 11:00 Chorus 11:00 US Open Finals 12:30 Diabetes Prevention 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	20 9:30 Warm Weather Walking Club 9:30 Needlefelting: Cupcakes 10:00 Woodburning 10:00 Stretch & Tone 11:00 Hand & Foot 11:30 Galloping Gourmets 1:00 Scrabble 1:00 Grief Support 1:30 Watercolor II	21 10:00 Chair Exercise 10:00 Hearing Clinic 12:30 Beginning Watercolor 12:00 Police Picnic 12:30 Woodcarving 1:00 Bingo 1:00 Red Sox @ Kansas City 6:00 Rummikub 6:00 Guided Meditation 6:30 TOPS Manicures/Pedicures Reflexology by Appt.	22 10:00 Stretch & Tone 10:00 Watercolor III 12:00 Lunch by Manor Hill 1:00 Cribbage 1:30 Gentle Yoga 1:30 Bridges Together Intergenerational Project	23 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:30 Movie: Hidden Figures Manicures/Pedicures Reflexology by Appt.
26 10:00 Chair Exercise 10:30 Watercolor I 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	27 9:30 Warm Weather Walking Club 10:00 Stretch & Tone 10:00 Jewelry Making: Earrings 11:30 Galloping Gourmets 1:00 Trivia & Jeopardy 1:30 Watercolor II Massages by appt.	28 10:00 Chair Exercise 10:30 Beginning Watercolor 11:00 Women's Conversation 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 4:00 Afternoon Tea 5:30 Batik 6:00 Scrabble 6:00 Guided Meditation 6:30 TOPS	29 10:00 Stretch & Tone 10:00 Watercolor III 11:00 Wii Golf 12:00 Pizza Lunch 12:30 Alzheimer's Basics 1:00 Cribbage 1:30 Gentle Yoga	30 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Friday Field Games 1:00 Small Batch Cooking