

Silver Threads

TOWNSEND SENIOR CENTER

June 2022
Vol 8 No 12

From the Desk of the Director -

In these Quazy times I'd like to recognize our very own Quazy Quilters who took it upon themselves to find their own special way to support Unicef and the Red Cross as they serve the people of Ukraine. Through their selfless efforts and a great deal of work, they were able to raise over \$3,500 to send these well-respected organizations as they do their best to help the citizens of the war-torn country. In their spare time our quilters managed to make an additional 80 flannel baby blankets to send there as well. To quote one of the participants, "You Quazies ROCK!"



I will expand upon that by saying "You Seenagers ROCK!" Since our Grand Reopening we are averaging over 60 of you coming through our doors every day. That makes us so proud to do the tings we do!

One of the new things you will notice around here is Emily McCaffrey. She is the new Community Services Coordinator for Townsend. Stop in and introduce yourself!

We also have some special programs in June:

- Grief Support Group
- Summer Solstice Tea
- Beeyondr trip to Croatia
- Botanical Printmaking Workshop
- Hope Community Chorus Concert
- Trip to a WooSox game

Anything else you want to do? Just let us know. Come in and find out why this is where you WANT to be!

Karin



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

MyActiveCenter registration process now available!

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

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!

No classes in June. Classes will resume in July!

\$30 per month for the class.

Limit of 12 students per class.



Weaving Classes:

Mondays 12:30-2:30

\$5 material fee per item

Woven Metal: Pendants and Pins!

Use foil and wire to weave a sparkling pendant or pin! You may have time for more than one!

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.



Rug Hooking Guild

Wednesdays, June 8 & 22; 10-3

This traditional style rug hooking guild has been meeting for many years under the guidance of Betty McClentic.

We are not accepting new members.



Wood Carving

Thursdays, 9:30am-noon

Experienced carvers and beginners.



Silk Painting

No classes in June. Classes will resume in July!

Learn how to paint on silk using a simple gutta resist technique that is easier than you'd think!



Needlefelting—Sunflowers!

Second and fourth Wednesdays at 3:30 pm Come on in and grow some sunflowers!

Quazy Quilters

Tuesdays from 9am to 3pm

1st, 3rd & 5th 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!



Cigar Box Guitars

Thursdays, June 2, 16 and 30, 1:00pm

Building and playing primitive 3-string instruments. **Sorry, no new members.**

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

Women's Conversation

First & Third Tuesdays

June 7 & 21 at 11am



Trivia

First & Third Tuesdays,

June 7 & 21 at 1pm



Book Club

Wednesday, June 22nd at 1pm.

"The Personal Librarian" by Marie Benedict



Bingo

Wednesdays at 1pm.

Cost: \$5.00; limit 4 cards.



Chorus

Mondays at 10:00am

Concert on 6/21 @ 3pm!

- Includes Strawberry Shortcake!



Genealogy with Dwight Fitch

Friday, June 10th at 10:30am

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



Movie Matinees:

Friday, June 10th at 12:30pm

"The Devil Wears Prada" Meryl Streep and Anne Hathaway



Friday, June 24th at 12:30pm

"Cool Hand Luke" Paul Newman



Mexican Train Dominoes

Tuesdays at 11am



Scrabble

Fridays at 11am



Rummikub *Mondays at 1pm*



Wii Bowling

Team: *Mondays at 1 pm*

Beginners: *Thursday at 11am*



Cribbage

Thursdays at 1pm, except...

Tournament 6/16 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

Chair Exercise

Mondays, Wednesdays and Fridays at 10am. Mondays,
Wednesdays and Fridays at 10am on Cable Channel 9

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

Move your body with Carin:

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 10am. \$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, June 9th from 12pm to 3pm and
Friday, June 17th from 10am to 1pm
Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, June 8th from 12-2pm
BP screening, glucose check, etc.



Hearing Clinic

Wednesday June 15th by appointment.



Women's Meditation

Fridays at 11am

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, June 2nd at 11am
This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

Diabetes Support

Thursday, June 16th at 11am
Come in for information on how to manage your diabetes with confidence.

Grief Support Group *Wednesday, June 1st 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>June</h1>		1 10:00 Chair Exercise 1:00 Bingo 1:00 Quazy Quilters 3:30 Hybrid Yoga 4:00 Grief Support 6:00 Friends 6:30 TOPS	2 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Wii Bowling 11:00 Tai Chi 11:00 Healthy Living 12:00 Donna's Diner 1:00 Cigar Box Guitar 1:00 Cribbage 2:00 Osteo Movement *Massage by appt	3 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Building Memory Skills
	6 9:15 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling Team 1:00 Rummikub 2:00 Osteo Movement	7 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 1:30 Manicures *Massage by appt	8 10:00 Chair Exercise 10:00 Rug Hooking 12:00 Wellness Clinic 1:00 Bingo 3:00 Scrapbooking 3:30 Hybrid Yoga 3:30 Needlefelting 6:30 TOPS	9 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Wii Bowling 11:00 Tai Chi 12:00 Podiatrist 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help 2:00 Osteo Movement *Massage by appt
13 9:15 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling Team 1:00 Rummikub 2:00 Osteo Movement	14 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	15 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Beeyonder Trip: Virtual Croatia 1:00 Bingo 1:00 Quazy Quilters 3:30 Hybrid Yoga 5:00 COA 6:30 TOPS	16 9:00 Cribbage Tourney 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Diabetes Support 11:00 Wii Bowling 11:00 Tai Chi 12:00 Donna's Diner 1:00 Cigar Box Guitar 2:00 Osteo Movement *Massage by appt	17 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 10:00 Podiatrist 11:00 Scrabble 11:00 Women's Meditation 12:30 Build Mem. Skills 1:00 Botanical Printmaking 4:15 Woo Sox Trip
Closed for Juneteenth	21 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 3:00 Chorus Concert *Massage by appt	22 10:00 Chair Exercise 10:00 Rug Hooking 1:00 Bingo 1:00 Book Club 3:00 Scrapbooking 3:30 Hybrid Yoga 3:30 Needlefelting 5:00 Galloping Gourmet Il Forno 6:30 TOPS	23 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Wii Bowling 11:00 Tai Chi 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help 2:00 Osteo Movement *Massage by appt	24 10:00 Beginner Yoga 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:30 Building Memory Skills 1:00 Movie Matinee "Cool Hand Luke"
	27 9:15 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling Team 1:00 Rummikub 2:00 Osteo Movement	28 9:00 Quazy Quilters 9:30 Walking Club 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing 2:00 Summer Solstice Tea *Massage by appt	29 10:00 Chair Exercise 1:00 Bingo 1:00 Quazy Quilters 3:30 Hybrid Yoga 6:30 TOPS	30 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 11:00 Wii Bowling 11:00 Tai Chi 12:00 Donna's Diner 1:00 Cigar Box Guitar 1:00 Cribbage 2:00 Osteo Movement *Massage by appt

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



Croatia! with Beeyonder

Wednesday, June 15th at 10:30am

Join us for a LIVE interactive virtual trip to Croatia.
Refreshments included.



Botanical Printmaking Workshop

Friday, June 17th, 1pm

Attend a workshop on the creation of botanical prints using the gelli or gel press plate process.



Summer Solstice Tea

Tuesday, June 28th

Come join Lorraine, our hostess, and enjoy sweets and savories along with some new varieties from the Cozy Tea Cart.

IL FORNO

Restaurant & Catering

Galloping Gourmet: Il Forno in Lunenburg

Wednesday, June 22nd, Van leaves at 5:00pm. Cost of food plus \$3.50 for transportation.

The **Yankee Ingenui'T's Ford Model T and Early Automobile Club** is turning 40!

Birthday Celebration & Car Show
Townsend Common

Saturday, June 25th, 10am - 2pm

Lunch

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

Tuesdays: Soup & Salad Bar

Thursdays: Donna's Diner

June 2: Flatbread Veggie Pizza

June 9: Beef Tacos

June 16: Chicken Parmesan Sandwich

June 23: Sausage Kabobs over Coconut Rice

June 30: Cream Cheese Smoked Salmon Pasta



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.

MyActiveCenter is Now Online!

Our new MyActiveCenter website allows patrons
to register themselves for most programs and
events. You can set up an account at

myactivecenter.com

Click on “**New Users**” and follow the instructions.

You'll need the number from your Townsend
Senior Center key tag.

**Programs with limited availability or by
appointment only must still be scheduled through
the Senior Center.**

**You can always continue to register via phone or in
person!**

**Congrats to Diane Blankenburg for being the 1st
patron to use MyActiveCenter!**



April Cribbage Tournament Results!

Winner: Sue Paul, 722 Points
Runner Up: Arthur Taback, 711 Points
High Hand: 3-Way Tie, Frank
Corrieri, Pam Forrence, Bill Hanson

Worcester Red Sox vs. Toledo Mud Hens



Friday, June 17th @
6:45PM

Van Leaves the Senior
Center at 4:15PM

\$30 includes admission and transportation

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

Montachusett Home Care:

(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 978-597-1730.
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.

Mask Mandate on public transportation remains in effect. Mask must cover nose, mouth and chin.

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¢



	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.*