

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

The days are getting longer. Birdsong can be heard most mornings. We are almost out of the woods folks! Hang in there, spring is coming.

Home is where the heart is! In the past 12 years, home has been somewhere “new”; in New England, specifically New Hampshire (and Massachusetts). But, when I think of home, the home of my heart, it is most definitely New Mexico. I was born and raised there and though I took a few hiatuses, it was my home for nearly 45 years. That’s a long time for the earth, wind, fire and ice of a place to etch itself into your psyche and soul. From the waterless beaches of White Sands, to the top of the Sacramento Mountains in the south; the terra cotta landscape of Santa Fe and the snow covered slopes of Taos in the north; and the ribbon of the Rio Grande Valley bisecting it all, New Mexico is truly the Land of Enchantment and a wonder to behold. Not to mention the history there. From Billy the Kid to Breaking Bad; from bows and arrows to nuclear bombs; from Coronado to Carson. My heart aches for it even as I am writing this. There’s no place like home.

The Friends of the Townsend Seniors will be hosting a trip to New Mexico in October. While there you will experience the Albuquerque Balloon Fiesta (indescribable), tour the art and natural beauty of Santa Fe, travel the Turquoise Trail, visit the Indian Pueblo Cultural Center, indulge in excellent cuisine and so much more. For more information, contact Russ Moore at russm@mooreent.com or stop by the Senior Center. Have a lovely March!

Karin Canfield Moore



YOU WON'T WANT TO MISS THIS EVENT!



A Musical Journey Through the Years with Tommy Rull

Thursday, March 2 at 12:45 (right after lunch!)

Enjoy music from Frank Sinatra, Neil Diamond, Barry Manilow, Perry Como, Elvis, Kenny Rogers, Louis Armstrong, and more! This program is supported in part by a grant from the Townsend Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Don't forget to sign up for lunch before the show!

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
Linda Salisbury, Program Coordinator

Townsend Senior Center Hours

Monday-Thursday: 9am-3pm
Wednesday: 9am-8pm
Friday: 9am-2pm

SPECIAL EVENTS



Mini Golf

**Saturday, March 4, 4-9pm &
Sunday, March 5, 10am-4pm**

Mini golf throughout the library and senior center. Sponsored by the TPL Endowment, The Friends of the Townsend Public Library, and The Friends of the Townsend Seniors.



Catch the Big One: Fly Tying

Thursday, March 16, 12:30-1:30pm

Reap the rewards of more hook-ups and the satisfaction that you fooled the fish, with instruction by Eino Kauppi.



Name That.... Trivia Game

Tuesday, March 21 at 10:00am

Travel back in time, and play the "What was it?" game sponsored by Golden Living Center. Photos of items from the 50's, 60's, and 70's will be used to challenge your memory. Prizes awarded for correct answers! All in good fun, bring your friends.



Art of Woodburning

**Wednesday March 8, 15, 22, & 29,
10am-12pm**

Cost: \$60/4 weeks

Explore your creativity in this new program. Wood will be provided as part of the cost of the classes. Woodburning kits will be available for loan, or provide your own.



Boston Flower Show

Friday, March 24, at 9am

Cost: \$25 (bus & admission) + lunch \$

Treat yourself to a taste of spring while snow is still in the air. Food available for purchase at the venue.



Feeling the Burn?

Thursday, March 16 at 12:45pm

Do you ever have a burning sensation at the back of your throat? A bitter aftertaste in your mouth? If so, you may have Gastroesophageal Reflux Disease (GERD). Learn about the symptoms, causes, and treatment options in order to prevent further conditions. Sponsored by MOC.



Spring Concert

Sunday, March 26, at 2pm

Cost: \$2.50

Share in the experience of voices raised in song, featuring the Hope Community Chorus. Refreshments will be served.

MONTHLY EVENTS

Birthday Party

Thursday, March 2, 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, March 8, 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 meeting will discuss *The Astronaut's Wives Club* by Lily Koppel.

Bach's Lunch

Thursday, March 16, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring traditional Irish music and dance, with fiddles, flutes, and banjos. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, March 14, at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, March 10, at 10:30am

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

Bus Trip: Cozy Teacart

Friday, March 17 at 11:30am

Cost: \$3.50 (bus) + lunch money

Join friends for a local meal. Lunch choices include Beef Stew (\$7.25), Chicken Pot Pie (\$8.25) or Veggie Lasagne (\$5.75). Beverages, desserts, tax, and tip are additional.

Brookline Senior Social & Lunch

2nd & 4th Tuesday of Each month

The seniors of Brookline cordially invite you to join them at Brusch Hall (36 Main St., Brookline, NH. Call Ed Krom at 603-860-9138 for more information.

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 **Fridays, 11am-12pm**

Gentle Yoga
Thursdays, at 1:30pm-2:45 (No class 3/2)
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, March 6, 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, March 3, 10 & 24; By Appt.
Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)

Well Adult Clinic
Wednesday, March 8, 12pm-2pm



Heart Health Clinic

Wednesday, March 8, at 11am

Includes blood sugar screenings and diabetes info.

Reiki

Will return in April.

Wii Golf

Thursday, March 9 & 23, at 11am

Massage

Tuesday, March 14 & 28; Afternoon appt.'s

Cost: \$20/20 min.

Chair and table massages available.

Hearing Clinic

Wednesday, March 15, 10am-12pm

Grief Support

Tuesday, March 21, at 1pm

Caregiver's Roundtable

Wednesday, March 8, at 6pm

Caregivers are welcome to come for a little respite, to share their experiences and concerns in a supportive environment. Led by Joy Niemiera.

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

UPCOMING EVENTS



Keeping Seniors Safe

Thursday, March 30 at 12:00pm

Townsend Police and local banking representatives will provide information to better identify "red flags" in terms of SCAMS, including calls, emails, and solicitations, and how to respond. **Pizza will be served before the presentation. Please sign up in advance.**



Brown Bag Pharmacy

Wednesday, April 12, 12pm-2pm

Massachusetts College of Pharmacy and Health Sciences (MCPHS) will offer a medication programs in conjunction with our monthly well adult clinic. Bring your medications or a med list in to have a one-on-one consultation with a pharmacist or intern to discuss medication use, safety, costs, alternatives, etc .

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.

ARTS & CRAFTS



Quilting Night

Wednesday, March 1, at 6pm

Knitting Club

Mondays, at 1pm

Bring current projects and work among fellow knitters, or take on a new craft. Instruction is available.

NEW!

Resin & Faux Glass Pendants

Tuesday, March 7 & 14, 10am-12pm

Cost: \$10

Reverse Glass: Flowers & Butterflies

Monday, March 13 & 20, 10am-12pm

Cost: \$7

Colored Pencil

Wednesday, March 15, 5-8pm

Tuesday, March 28, 10am-1pm

Cost: \$3

Needlefelting

Wednesday, March 29, 5-8pm

Cost: \$5



Watercolor Classes

Monday classes will not be taking place this session.

Thursdays 10am-12pm, 6 week session

Cost: \$6 for the session

Watercolor Class

Tuesdays 1-3pm; 6 week session

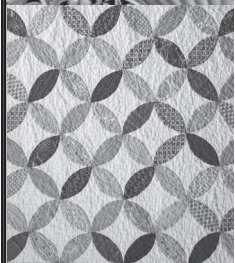
continues through March. Registration required for all watercolor classes. No openings at this time, please call to be placed on a waiting list.



Wood Carving

Wednesdays, 12:30pm-2:30pm

Try something new! Experienced carvers available to assist those new to the craft.



Quazy Quilters Qub

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. Drop in anytime!

FOR FUN



Movie Matinee

Friday, March 10, at 12:30

RV, with Robin Williams, Cheryl Hines and Kristin Chynoweth.

Friday, February 24, at 12:30

Little Miss Sunshine, with Steve Carrell, Greg Kinnear, and Toni Collette.



Bridge

Mondays, at 1pm



Trivia & Jeopardy

Tuesday, March 21, 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, March 1, at 6pm

Cribbage Tournament

Thursday, March 16, at 9:00am

Cost: \$5 (to be divided for prizes)

WEDNESDAY EVENING PROGRAMS

March 1

6pm Quilting

6 pm Cribbage

6:30pm TOPS

March 15

5 pm Colored Pencil

6pm Rummikub

6:30 pm TOPS

March 8

6pm Scrabble

6pm Caregiver's Roundtable

6:30pm TOPS

February 22

6pm BINGO

6pm Cards

6:30 pm TOPS

Cribbage Results

January 5

Linda Holmes & Jan Johnson 349

Jerry Copeland & Dick Perra 349

High Hand - Linda Holmes 20

January 12

Peter Salisbury & Leona Sanford 354

High Hands - Jan Johnson, Marcia

MacMaster & Dick Perra 16

January 26

Milt Wetherbee & Roland Forest 358



Wednesday,

March 22, 6-8pm

Cash and candy bar prizes!



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.



Close Friends and Loving Relationships Keep the Brain Strong

by Beth Howard, AARP, February 14, 2017 (an excerpt)

Having a vibrant social life may protect your brain as you age, according to a new report from AARP's Global Council on Brain Health. "Spending time with friends and family is surprisingly important to brain health as we age," says Sarah Lock, the council's executive director and AARP senior vice president. "And it's not just the numbers of social connections you have. The type, quality and purpose of your relationships can affect your brain functions, as well."

A new AARP survey on socialization and brain health of adults age 40 and over revealed that 1 in 5 adults over age 40 were disconnected socially. That's important because adults who said they were happy with their friends and social activities were more likely to report an increase in their memory and thinking skills in the previous five years, while those who were unsatisfied with their social lives reported the opposite — that their cognitive abilities had declined.

How greater sociability enhances brain health is not fully understood, but experts say interacting with others in meaningful ways may provide a buffer against the harmful effects of stress on the brain. In the survey, men and women age 60 and over felt more socially engaged and happier with their relationships than those between ages 40 and 59. The good news: "Making new friends is possible no matter how old you are," Lock says.... (To read the full article, visit www.aarp.org).

Another reason to stay involved here at the Senior Center!

Nashoba Lunch will be taking place on **March 28th**. The menu will include Seafood Casserole or Chicken Marsala. Registration and payment required by March 24th.



The Townsend Council on Aging would like to request donations of items to be used at the center. Items include:

- Paper plates
- Paper towels
- Hot and cold cups (no styrofoam, please)
- Plastic spoons, forks, and knives
- Keurig cups
- Office supplies
- Fabric scraps for quilters
- Additional arts & crafts supplies

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.
\$.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

We all look forward to March as we 'turn the corner' to Springtime! Many have enjoyed sitting around the cozy fireplace at the Senior Center and the hot week-day lunches on Mondays, Wednesdays and Thursdays. If you haven't come to one of the lunches, please stop by the Senior Center for information about the great menus and pre-registration.

Saturday, March 4th & March 5th~ Mini Golf is Back! Come have fun with friends and family playing golf on the greens that wend their way through the Library and Senior Center. This event is co-sponsored by the Friends of the Seniors, Friends of the Library, and the Townsend Public Library Endowment. It is free of charge and open to all.

Monday, March 6th Senior Center at 4pm Monthly Board Meetings are the 1st Monday of each month and President Peter Buxton invites members to attend.

Thursday, March 9th ~ Foxwoods Trip Everyone will receive coupons for a 'free play' and for the buffet lunch. It's a fun event and open to all seniors in Townsend and surrounding towns. Come along, and bring your friends! Cost is \$30 and Sign-up is at the Senior Center, 978-597-1710 or call Avis Roy at 978-597-6829.

SAVE THE DATE: SATURDAY, APRIL 22nd It will be a busy day! 1) "Earth Day on the Common" and the Friends will have a table with cookies, coffee and "flea market" items. 2) In the Evening from 6:00-8:00pm the ANNUAL INTERNATIONAL DINNER will be held in the Meeting Hall. This annual event is always a popular and fun evening, with a buffet serving the most delicious foods.

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

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

☐ \$5 Friend ☐ \$10 Family

☐ \$25 Benefactor ☐ \$ 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.

MARCH 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Chair Exercise 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:00 Quilting 6:00 Cribbage 6:30 TOPS	2 10:00 Stretch & Tone 10:00 Watercolor 12:00 Homemade Lunch and Birthday Party 12:45 Musical Journey with Tommy Rull 1:00 Cribbage	3 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation Manicures, Pedicures, Reflexology by appt. 3/4 & 3/5: Mini Golf
6 10:00 Chair Exercise 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Healthy Living Group 1:00 Bridge 1:00 Knitting Group 4:00 Friends meeting	7 9:00 Taxes 9:30 Walking Club 10:00 Stretch & Tone 10:00 Faux Glass/Resin Pendants 1:00 Watercolor 1:00 Scrabble	8 10:00 Chair Exercise 10:00 Art of Woodburning 11:00 Heart Health 12:00 Lunch 12:00 Well Adult Clinic 12:30 Woodcarving 1:00 Bingo 1:00 Bookclub 6:00 Scrabble 6:00 Caregiver's Roundtable 6:30 TOPS	9 10:00 Stretch & Tone 10:00 Watercolor 11:00 Wii Golf 12:00 Homemade Lunch 1:00 Cribbage 1:30 Gentle Yoga	10 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Hairdresser 12:30 Movie: RV Manicures/Pedicures Reflexology by Appt.
13 10:00 Chair Exercise 10:00 Reverse Glass 11:00 Chorus 12:00 SHINE by appt. 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Bridge 1:00 Knitting Group	14 9:00 Taxes 9:30 Walking Club 10:00 COA Meeting 10:00 Faux Glass/Resin Pendants 10:00 Stretch & Tone 10:30 Jewelry 1:00 Watercolor 1:00 Scrabble Massages by appt.	15 10:00 Chair Exercise 10:00 Hearing Clinic 10:00 Art of Woodburning 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 5:00 Colored Pencil 6:00 Rummikub 6:30 TOPS	16 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:00 Watercolor 12:00 Homemade Lunch 12:30 Catch the Big One 12:45 Feeling the Burn? 12:45 Bach's Lunch 1:30 Gentle Yoga	17 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 11:30 Bus Trip: Cozy Teacart
20 10:00 Chair Exercise 10:00 Reverse Glass 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Bridge 1:00 Knitting Group 1:00 Rummikub 1:00 League Wii Bowling	21 9:00 Taxes 9:30 Walking Club 10:00 Name That.... Trivia 10:00 Stretch & Tone 1:00 Grief Support 1:00 Trivia & Jeopardy 1:00 Watercolor 1:00 Scrabble	22 10:00 Chair Exercise 10:00 Art of Woodburning 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:00 Cards 6:00 BINGO 6:30 TOPS	23 10:00 Stretch & Tone 10:00 Watercolor 11:00 Wii Golf 1:00 Cribbage 1:30 Gentle Yoga	24 9:00 Quazy Quilters 9:00 Boston Flower Show 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:30 Movie: Little Miss Sunshine Manicures/Pedicures Reflexology by Appt. 3/26: Spring Concert
27 10:00 Chair Exercise 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Bridge 1:00 Knitting Group 1:00 Rummikub 1:00 League Wii Bowling	28 9:00 Taxes 9:30 Walking Club 10:00 Stretch & Tone 10:00 Colored Pencil 12:00 Nashoba Tech Lunch 1:00 Scrabble Massages by appt.	29 10:00 Chair Exercise 10:00 Art of Woodburning 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 5:00 Needlefelting 6:00 Cards 6:30 TOPS	30 10:00 Stretch & Tone 11:00 Yahtzee 12:00 Pizza Party/Keeping Seniors Safe 1:00 Cribbage 1:30 Gentle Yoga	31 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation