

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

The other day I was thinking about how lucky I am. I have a very good life; a loving husband, happy and healthy family, fabulous friends, a job I love, a short commute, food on the table, a roof over my head, reliable transportation, two dogs, a cat and hot running water. Life is good!

Yet, when I look around I see a world filled with people who have good lives but are literally running around like chickens with their heads cut off. Driving for hours each day to make the mighty dollar just to have a bigger house, nicer car, fancier vacation and get that latest gadget.

What kind of life are we living when parents have to both work full time to create a happy household for their children? When did it become more important to have a bigger TV than it was to take your kids fishing? Why are video games more entertaining than spending time with your friends?

I know we can't go back to the old days, but when did this happen? How did we let it happen? What can we do to slow down, enjoy life and take time to smell the roses?

Then, I looked around again. I looked at my nephews who are in their thirties. They have small houses, by choice. They have small families, by choice. They have sensible cars, jobs that spur their creativity, chickens and vegetable gardens. Yes, they still play video games, but make time for their friends and even their parents. Maybe things aren't as bad as they seem. Look around until you see something that makes you smile.

And remember: Life is not measured by the breaths you take, but by the moments that take your breath away.

Karin Canfield Moore



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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-Friday: 9am-3pm
Wednesday: 9am-8pm

SPECIAL EVENTS (RSVP requested)



AARP Tax Sessions

Tuesdays, 9am-12pm

Get help from the experts preparing your annual tax returns. Sessions will be available every Tuesday from February 6 through April 3. Don't wait til the last minute!



St. Patrick's Day Lunch

Thursday, March 15 at 12pm

Partake of a traditional St. Patrick's Day dinner, including corned beef, cabbage, and potatoes. See if you can find the pot of gold and earn a prize!



Introduction to Genealogy

Wednesday, March 7 at 6:30pm

Learn more about your roots during this in depth discussion about researching your family history.



iPhone Basics

Thursday, March 15, 22 & 29 at 10am

Cost: \$10/class

Is modern technology driving you crazy? Learn how to make it work for you! There are many uses that can help make life easier, including keeping a calendar, tracking health information, and even using a camera all on your phone!



What is a Public Health Nurse?

Wednesday, March 14 at 11am

Did you know you have a town nurse and a local public health team? These services are provided to you by your local board of health in partnership with Nashoba Associated Boards of Health as part of your town assessment. Come meet your town nurses as we discuss what they do, when you should call them and how to reach them.



NMRHS Senior Appreciation Breakfast

Wednesday, March 21 at 8:00am

Join the regional high school students for an inter-generational breakfast honoring the senior community, featuring the NMRHS chorus.



Fly Tying

Wednesday, March 15 at 11am

Tie some on so you'll be ready when the weather warms up!



Identity Theft & Fraud

Monday, March 26 at 10am

Learn how to protect yourself while pursuing daily activities online, including paying bills, shopping, and identifying email scams.

MONTHLY EVENTS

Birthday Party

Thursday, March 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, March 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 *The Dinner* by Herman Koch.

Bach's Lunch

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

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring oboe and English horn classics. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, March 20, at 10am

Visitors are welcome.

Genealogy with Dwight Fitch

Friday, March 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: Georgia O'Keeffe Exhibit

Friday, March 2 at 9:30am

Cost: \$14 (ticket) + \$3.50 (bus)

Visit the Peabody Essex Museum in the first exhibition to explore the art, image and personal style of one of America's most iconic artists. O'Keeffe's understated and carefully designed garments, are presented alongside photographs and her paintings, illuminating O'Keeffe's unified modernist aesthetic and distinctive self-styling.

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

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.



TOPS

Wednesdays, at 6:30pm

Reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful.



Healthy Living Group

Monday, March 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, March 2, 9 & 23, by Appt.

Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)

Massage

Tuesday, March 13 & 27 and

Wednesday, March 7; By Appt.

Cost: \$20/20 min; \$45/50 min

Chair and table massages available.

Healing Meditation

Tuesdays, March 6, 13, 20 & 27 at 11am

Get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.

Women's Conversation Group

Wednesdays, March 14 & 28, at 11am

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

Well Adult Clinic

Wednesday, March 14 at 12pm

BP screening, glucose check, general health and first aid.

Hearing Clinic

Wednesday, March 21, at 10am

Grief Support

Tuesday, March 20, at 1pm

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Prepping for Medicare

April 4 at 6pm

Understanding Dementia Behaviors

April 11 at 6pm

Estate Planning

April 18 at 6pm

Hand Sewing Class

April 23 & 30

Music is Love

April 24 at 12:30pm

Same Time Next Year at

Winnepesaukee Playhouse

April 29

Stay tuned for our
NEW
and **IMPROVED**
newsletter coming in
April!

GROUP FITNESS

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

Gentle Yoga

Thursdays at 1:30pm

Cost: \$6/class

Line Dancing

Fridays 10am-11am

Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes

Let Your Yoga Dance

Fridays at 12pm

Cost: \$6/class

No class in March.

ARTS & CRAFTS (RSVP requested)



Knitting Group

Mondays, at 1pm (Drop In)

Watercolor Classes with Linda

Mondays at 10:30am; Tuesdays at 1:30pm; Wednesdays, & Thursdays at 11am. Please see calendar for dates
Cost: \$22/3 week class; \$30/4 week class

Ponytail Hats

Tuesday, March 13 at 10am
Cost: \$5

Knit your way into this stylish, warm, and fun accessory.

Needlefelting:

Spring Chicken Soaps

Wednesday, March 14 at 3pm
Cost: \$3

This artistic technique will give you a soap fully enclosed in a fun felted design.

Wire Wrapped Jewelry

Wednesday, March 21 at 2pm
Cost: \$12



Crafting for the Community

Tuesday, March 20 at 10am

Come to this organizational meeting to decide our next project.

Silk Dyed Easter Eggs

Thursday, March 22 at 10am
Cost: \$3

Reverse Glass

Wednesday, March 28 & April 4 at 3pm
Cost: \$20

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, March 9, at 12:30

Ghosts of Mississippi, with Alec Baldwin, James Woods, and Whoopi Goldberg

Friday, March 23, at 12:30

Miracle, with Kurt Russell, Patricia Clarkson, and Nathan West



Bridge

Mondays at 1pm



Trivia & Jeopardy

Tuesday, March 6 & 20, at 1pm

Let's exercise our minds, and have fun and socialize at the same time! Trivia helps keep the mind sharp while enhancing cognitive functioning.



Cribbage

Thursdays at 1pm

Cribbage Tournament

Thursday, March 15 at 9am

Hand & Foot
Tuesday,
March 13 & 27,
at 11am



Galloping Gourmets

Wednesday, March 21 at 5:30pm

Meet here, carpool (or take the bus on Wednesday nights), and the only cost is your meal. Visit Zapata Mexican Cocina in Fitchburg.

Mahjong

Friday, March 9 & 23 at 1pm

Get together for a friendly game.

Men's Poker

Friday, March 9 at 9am

Get together with the gents for some fun!

Sports Party

Wednesday, March 7 at 8pm

Celtics vs. Clippers

Join fellow fans to view your favorite sports.

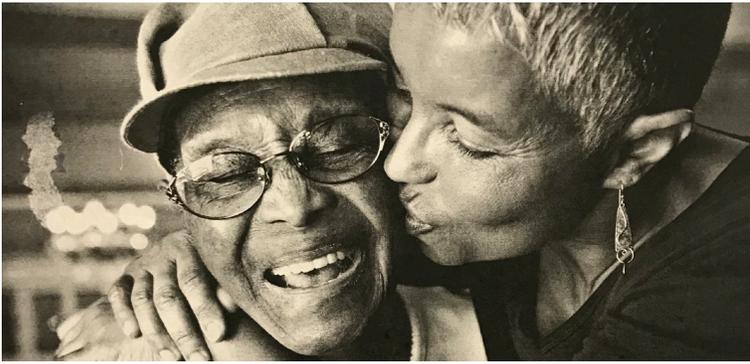
Afternoon Tea

Wednesday, March 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.



**Alzheimer's Association presents
Effective Communication Strategies
Wednesday, March 14 at 6pm**

Communication is more than just talking and listening—it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey, and the ability to use words is lost, families need new ways to connect. Join us as we explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect at each stage of the disease.

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

Complete the puzzle and turn it in to Katie by April 6.
Correct puzzles will be entered in a drawing!

CRIBBAGE SCORES

February 22 Game

High Hand: Jane Johnson, 22

High Score: Donna Ouelette & Jane Johnson, 361

Nashoba Tech Lunch will be taking place on **March 27**. The menu will include Stuffed Chicken or Baked Haddock. Registration required.



FREE MOC MEALS!
Tuesday,
March 6, 13 & 27

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. **Now available Wednesday nights to run errands, come into the Caregiver Roundtable, Evening Bingo, TOPS, to pick up items at the TEO, etc.**
- 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.**



March Greetings

From the Friends of the Townsend Seniors

Congratulations! The Friends are the March recipients of the "Hannaford Helps Reusable Bag Program."

Purchase a Reusable Bag at the Townsend store during March and a donation will be made to the Friends of the Townsend Seniors.

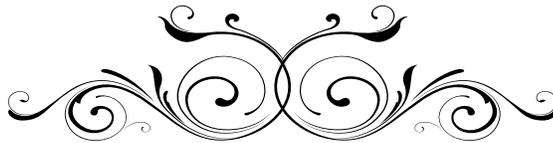
SATURDAY, MARCH 3RD AND SUNDAY, MARCH 4th Mini-Golf is back! It's fun for all ages to play mini-golf... all the way through the Library and the Senior Center!

THURSDAY, MARCH 8th FOXWOOD TRIP This popular and fun trip is open to all adults in Townsend and the surrounding towns. The price is \$30 per person, with reservations paid in advance. Everyone will receive coupons for 'free play' and the buffet lunch. Bring a friend and sign up at the Senior Center or call Ruth Gibbs, 978-597-6837.

Please Note: There will NOT be a Friends' Board Meeting in March.

Saturday, April 21st Earth Day on the Common The Friends will have an Information and Membership Table along with "white elephant" items for sale.

Saturday, April 28th Friends' International Dinner This annual event is always a popular and fun evening, with a buffet from 5:00-7:00 PM serving the most delicious foods.



The Friends of the Townsend Seniors extend their deepest sympathy to Lindsay Morand and the Morand family on the recent passing of Phil Morand. Phil was a Board Member serving as Treasurer of the Friends of the Seniors and he was active in supporting the Friends' events and activities.

-----2018 Friends of Townsend Seniors Membership-----

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.) 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.

We invite you to join or renew your current membership TODAY

New membership Renewal \$5 Friend \$10 Family \$ Benefactor

I am interested in volunteering!

Program Development Fundraising Baking Recruiting volunteers. Other

The Friends meet at 4 pm, on the first Monday of every month in the Senior Center – please join us to explain your "other."

Name: _____

Mailing Address: _____

Phone: (H) _____ **(Cell)** _____

Email: _____

MARCH EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 Stretch & Tone 11:00 Watercolor 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage 1:30 Gentle Yoga	2 9:30 Bus Trip: Georgia O'Keeffe Exhibit (PEM) 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. 3/3 & 3/4 Indoor Mini Golf
5 10:00 Chair Exercise 11:00 Watercolor 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge 1:00 Healthy Living Group	6 9:00 AARP Tax Sessions 10:00 Stretch & Tone 11:00 Healing Meditation 12:00 Lunch 1:00 Trivia & Jeopardy 1:30 Watercolor	7 10:00 Chair Exercise 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 5:00 Quilting 6:00 BINGO 6:30 TOPS 6:30 Introduction to Genealogy 8:00 Celtics vs. Clippers Massages by appt.	8 10:00 Stretch & Tone 11:00 Watercolor 12:00 Homemade Lunch 1:00 Cribbage 1:30 Gentle Yoga Friends' Foxwoods Trip	9 9:00 Quazy Quilters 9:00 Men's Poker 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:30 Movie: Ghosts of Mississippi 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.
12 10:00 Chair Exercise 11:00 Watercolor 11:00 Chorus 11:00 Medicare Counseling 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	13 9:00 AARP Tax Sessions 10:00 Stretch & Tone 10:00 Ponytail Hats 11:00 Hand & Foot 11:00 Healing Meditation 12:00 Lunch 12:00 Make A Plan: Emergency Preparedness 1:30 Watercolor Massages by appt.	14 10:00 Chair Exercise 11:00 Watercolor 11:00 Women's Conversation 11:00 What is a PH Nurse? 12:00 Well Adult Clinic 12:00 Lunch 12:30 Woodcarving 1:00 Book Club 1:00 Bingo 3:00 Spring Chicken Soaps 6:00 Caregiver's Roundtable: Communication Strategies for Alzheimer's 6:30 TOPS	15 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:00 iPhone Class 11:00 Watercolor 11:00 Fly Tying 12:00 Homemade Lunch: St. Patty's Day Fare 12:45 Bach's Lunch 1:30 Gentle Yoga	16 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Hairdresser
19 10:00 Chair Exercise 11:00 Watercolor 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	20 9:00 Dental Clinic 9:00 AARP Tax Sessions 10:00 Stretch & Tone 10:00 COA Meeting 10:00 Crafting for the Community 11:00 Healing Meditation 12:00 Lunch 1:00 Trivia & Jeopardy 1:00 Grief Support 1:30 Watercolor	21 8:15 NMRHS Senior Appreciation Breakfast 10:00 Chair Exercise 10:00 Hearing Clinic 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 2:00 Wire Wrapped Jewelry 5:00 Galloping Gourmets: Zapata's (Fitchburg) 6:30 TOPS	22 10:00 Stretch & Tone 10:00 iPhone Class 10:00 Silk Dyed Easter Eggs 11:00 Watercolor 1:00 Cribbage 1:30 Gentle Yoga	23 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:30 Movie: Miracle 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.
26 10:00 Chair Exercise 10:00 Identity Theft & Fraud 11:00 Chorus 11:00 Watercolor 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	27 9:00 AARP Tax Sessions 10:00 Stretch & Tone 11:00 Healing Meditation 11:00 Hand & Foot 12:00 Nashoba Tech Lunch 1:30 Watercolor Massages by appt.	28 10:00 Chair Exercise 11:00 Women's Conversation 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 3:00 Reverse Glass 4:00 Afternoon Tea 6:30 TOPS	29 10:00 Stretch & Tone 10:00 iPhone Class 11:00 Watercolor 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 11:00 Women's Meditation