

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director -

We've all learned about the survival of the fittest and how, over time, everything adapts to change ... or doesn't.

It seems to me that we see people adapting on some level or another on a daily basis. We see people finding new housing options (or as in a recent tragedy here, losing their housing through no fault of their own). We see changes in family dynamics, staffing, membership, volunteerism, programming, health care and health management.

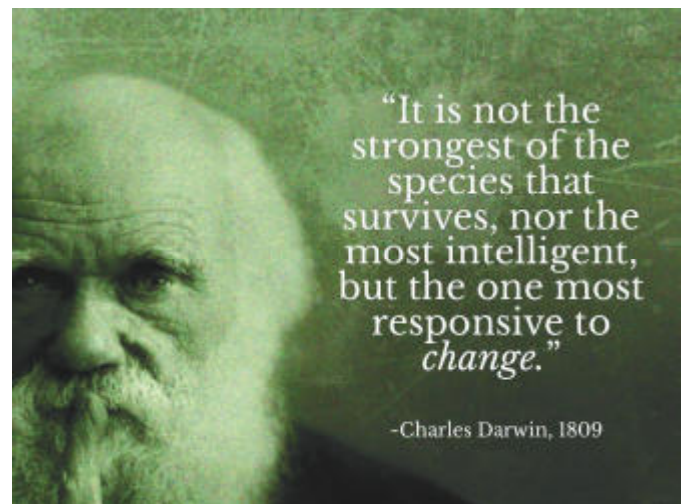
I will admit, there are days we feel like we are jugglers around here, but we love it! Every day brings something new. We especially love it when we know we have made a difference in someone's life.

This month we kick off our Chronic Disease Self-management Program. This is a six-week course to help you live the best life you can with a chronic disease. You must register to attend.

At the Townsend Senior Center, we are not just a day program provider. We offer a wide variety of services to members, non-members and their families. We are open to any suggestions you may have on how we can serve our community better.

Turn the page and see what we can offer YOU! Then come on in to find out why this is where you WANT to be.

Karin



Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Susan Dejaniak, Assistant Program Coordinator
Donna Fenton, Kitchen Manager/Volunteer Coordinator
Donna Howard, Transportation Administrator
Katie Petrossi, Program Coordinator

Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm
16 Dudley Road, Townsend, MA 01469
978-597-1710

<https://www.townsend.ma.us/senior-center-council-aging>

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978-772-3335 ext. 340
Tamara Bedard, RN
tamarabedard@nashoba.org



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SPECIAL EVENTS (RSVP requested)



AARP Tax Assistance

Tuesdays by appointment

AARP offers free tax preparation to help individuals file their taxes; find credits and deductions they've earned.



Winter Walking (Indoors)

Tuesdays and Thursdays in March at 12:30pm

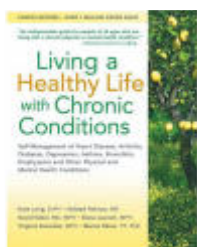
Join our indoor group, with planned routes and optional circuit training. Canes and walkers welcome!



Smartphone Help Sessions

Wednesdays, March 6 and 20 at 4pm

Bring your questions related to operating your iPhone, tablet or Android. Volunteers are here to help!



Managing Chronic Disease

Thursdays at 1pm March 7 - April 11

Cost: \$20 for 6 week session

Millions of adults live with one or more chronic health conditions. This program will help people manage their symptoms, improve their quality of life, and reduce healthcare costs.



Jam Session

Thursdays at 1pm

Can you feel music in your bones? Are you a cat that needs to groove? Let's see what sounds we can make!

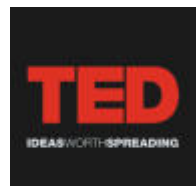


*Sponsored by
Nashoba Nursing
and Hospice.*

Diabetes 101

Wednesday, March 13 at 11am

Get information about Prediabetes, Diabetes Type 1 & 2. Understand the disease process, impact on other body systems, and management through healthier food and lifestyle changes. We'll also review common medications used to treat the disease.



TED Talk: The Science of Happiness

Thursday, March 21 at 10:30am

Harvard psychologist Dan Gilbert, challenges the idea that we'll be miserable if we don't get what we want. Our "psychological immune system" lets us feel truly happy even when things don't go as planned. Listen and discuss!



Mabel and Jerry Comedy Show

Thursday, March 28 at 12:45pm

Romeo & Juliet meets Burns & Allen. Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor, and especially love any way they can.

Supported in part by the Townsend Cultural Council.

MONTHLY EVENTS

Birthday Party

Thursday, March 7 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 13 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 Peach Keeper* by Sarah Addison Allen.

Genealogy Club with Dwight Fitch

Friday, March 8 at 10:30am

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

Council on Aging Board Meeting

Tuesday, March 19 at 10am

Visitors are welcome.

Bus Trip: Brattleboro, VT

Friday, March 8 at 9am

Cost: \$15 plus lunch and any purchases

Spend the day in Brattleboro, VT. In the morning we'll visit a local farm to see how maple syrup is produced, followed by lunch at the New England House. In the afternoon, visit Saxton River Distillery for a tour and tasting! (Or Solinglass Studio to see glassblowers in action).

Bus Trip: Mass Audubon Dance of the American Woodcock Thursday, March 28 at 5:00pm

Cost: \$20

Watch American Woodcocks perform a spectacular aerial mating display. A short walk on level trails at dusk is required.

O'Neil Cinemas Movie Club:

Movie to be determined by participants!

Wednesday, March 20 at 4pm

Cost: \$12 (includes ticket & transportation; meal extra)

The movie titles haven't been announced yet, but we'll pick something good. Relax in leather recliners, have snacks or a meal delivered to your seat, and enjoy the show!

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

Community Happenings



She finds the Center a “Happy, Warm Place”

By Alice Avery Struthers

Up and down and all around the Senior Center these days is newly-hired Susan Dejaniak, who joined the staff last November as Assistant Program Coordinator. For seven hours a week she helps channel the continuous flow of visitors to the Center, doing whatever needs to be done to keep the numerous programs happening smoothly and on time.

During a typical day she provides care to a wide age-range of needs, often beginning with two hours in the morning at a before-school daycare program.

Born in Lowell, Susan grew up in Chelmsford. She has a B. A. in Program Management from Southern New Hampshire University. She and her husband have two children and are grandparents.

When she moved on from 32 years in a corporate job, she said she looked for more “people-oriented work.” Here in town she is involved in environmental issues, creating the Energy Committee, and working to have Townsend made a Green Town.



Around Town:

Mother Nature chose the color yellow to wake us up in Spring, (and She also uses a lot of green). Oh! How we long to see those yellow flowers, bobbing in the breeze, the sprightly arrivals of a kindlier season.

We call them daffodils or jonquils, but they are officially Amaryllidaceae. Not natural to North America, they were brought here by settlers from Europe where Holland was very big into such bulbs, along with tulips.

"And then my heart with pleasure fills, and dances with the daffodils."

William Wordsworth carved a permanent place in poetry history for the daffodil in 1804 when he referred to it in *"I Wandered Lonely as a Cloud."*



Official U.S. symbol for the American Cancer Association, the flower symbolizes hope for a cure. It is March flower of the month, and symbol of the 10th wedding anniversary.

In the Building:



Indoor Mini Golf

Saturday, March 2, 10am—6pm
Sunday, March 3, 10am—4pm

Sponsored by the Friends of the Townsend Seniors, the Friends of the Townsend Library and the TPL Endowment.



Living History Theater:

Isabella Stewart Gardner

Thursday, March 7 at 7pm



Virtual African Safari

Sunday, March 10 at 3pm

Wild Ireland: Stories & Songs

Tuesday, March 12 at 7:00pm



Indian Hill Big Band

Sunday, March 24 at 2pm

Leader Jerry Sabatini and the group take us through the diverse history of American big band jazz music.

Sponsored by the Friends of the Townsend Seniors and the TPL Endowment.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>March 2019</div>				
4 10:00 Chair Exercise 10:00 Stamp Collecting 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:45 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 1:00 Healthy Living Group 2:00 Wii Bowling (Open to all)	5 9:00 AARP Tax Assistance 10:00 Stretch & Tone 11:00 Canasta 12:00 Lunch 12:30 Winter Walking 1:00 Flute 1:00 Trivia & Jeopardy 1:30 Watercolor Message by appt.	6 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 1:00 Bingo 1:00 Knitting Group 3:00 Chair Exercise 4:00 Smartphone Help 5:00 Evening Quilting 6:00 Friends Meeting 6:30 T.O.P.S. 6:30 Tai Chi at TCC Message by appt.	7 10:00 Stretch & Tone 10:30 Watercolor 11:00 Wii Bowling (Open to all) 11:00 Cribbage Lessons 12:00 Lunch & Birthday Party 12:30 Winter Walking 1:00 Chronic Disease Self-Management Course 1:00 Cribbage 1:00 Jam Session 1:30 Gentle Yoga	8 9:00 Quazy Quilters 9:30 Bus Trip: Brattleboro, VT 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble 10:30 Genealogy 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:30 Movie: Easy Virtue 1:00 Mahjong Manicures/Pedicures/Reflexology by appointment 3/10 Chorus Concert @ 1pm
11 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:00 Medicare Counseling 12:45 Qi Gong 1:00 Bead Weaving 1:00 Rummikub 1:00 Wii Bowling (League)	12 9:00 AARP Tax Assistance 10:00 Stretch & Tone 11:00 Canasta 12:00 Lunch 12:30 Winter Walking 1:00 Flute 1:30 Watercolor Message by appt.	13 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 11:00 Diabetes 101 12:00 Lunch 12:00 Well Adult Clinic 12:30 Woodworking 1:00 Book Club 1:00 Bingo 1:00 Knitting Group	14 10:00 Stretch & Tone 10:30 Watercolor 11:00 Cribbage Lessons 11:00 Wii Bowling (Open to all) 12:00 Lunch 12:30 Winter Walking 1:00 Chronic Disease Self-Management Course 1:00 Cribbage 1:00 Jam Session	15 9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Women's Meditation 11:00 Line Dancing (intermediate) 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser 1:00 Mahjong 1:00 Needlefelted Chick Soaps

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ARTS & CRAFTS



Knitting Group
Mondays & Wednesdays at 1pm
(Drop In)



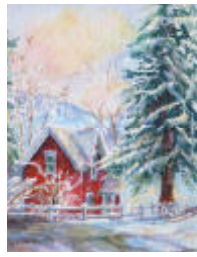
Woodworking
Wednesdays, 12:30pm-2:30pm
(Drop In) Try something new!
Experienced carvers & burners available
to assist those new to the craft.



Evening Quazy Quilters Qub
First and Third Wednesday of the
month at 5pm
No quips about it! Sewing machines,
fabric, and ideas available, or bring your
own. Fellow quilters will assist in
piecing things together. (Drop In)



Polymer Clay Beads
Wednesdays, March 13 & 20 at 3pm
Cost: \$12
Learn to make marbled clay lentil
beads with two easy techniques. Bake
and glaze the beads to prepare them to
be made into a bracelet, pendant, and/
or earrings.



Watercolor Classes
Mondays Series (10:30am):
March 4, 11, 18 & 25
Tuesday Series (1:30pm):
March 5, 12, 19, 26
Wednesday Series (10:30am):
March 6, 13, 20, 27
Thursday Series (10:30am):
March 7, 14, 21, 28
Cost: \$22/3 week class; \$30/4 week class



Bead Weaving
Monday, March 11 at 1pm
Cost: \$2
Learn to incorporate beads into your
weaving! Beads are locked in between
the warp threads by the weft threads, to
create unique designs!



Felted Soap: Baby Chicks
Friday, March 15 at 1pm
Cost: \$3 Wet felt a chick head
around a bar of soap. This adorable
loofah can be used over and over!



Stamp Collecting
Mondays, March 4 and 18 at 10am
Learn more about this popular pastime,
beginners and lifelong enthusiasts
welcome!

JUST FOR FUN



Movie Matinee
Friday, March 8 at 12:30pm
Easy Virtue
Friday, March 22 at 12:30pm
The Age of Adaline



Rummikub
Mondays at 1pm



Trivia & Jeopardy
Tuesdays, March 5 and 19 at 1pm



Cribbage
Thursdays at 1pm, except when
there is a...Cribbage Tournament
Thursday, March 21 at 9am
Lessons on Thursdays at 11am



Hope Community Chorus
Mondays at 11am



Scrabble
March 8 and 22 at 10am



Joint Health Yoga
Monday, March 25 at 9:30am
Cost: \$6.00
No prior yoga experience required! This low
impact and gentle joint focused class will help
improve flexibility and balance, decrease
discomfort of a stiff body, and improve recovery
from stumbles.



Wii Bowling for ALL!
Mondays at 2pm and
Thursdays at 11am



Mahjong
Fridays, March 1, 8, 15, 22 at 1pm



Native American Flute Lessons
Tuesdays at 1pm
Cost: \$40 for 4 week sessions



Canasta
March 5, 12, 19, 26 at 11am



Intergenerational Game Night
Wednesdays, March 13 & 27 at 4pm
We've got two students who want to play
traditional board games. Come one, come all!



Women's Meditation Group
Fridays at 11am



Qi-Gong
Mondays, at 12:45pm
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.



T.O.P.S.
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 4 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.



Reflexology, Manicures & Pedicures
Friday, March 1, 8, 22 by Appt.
Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)

Massage

Tuesdays (Mar 5, 12, 19, 26) and Wednesdays (Mar 6 & 27)
By Appt.
Cost: \$20/20 min; \$45/50 min
Chair and table massages available.

Women's Conversation Group

Wednesdays, March 13 & 27 at 11am
Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

Diabetes Wellness Support Group

Monday, March 18 at 1pm

Board of Health Talk: Diabetes 101

Wednesday, March 13 at 11am
Your public health nurses from Nashoba Board of Health will lead a discussion about timely health promotion topics.

Well Adult Clinic

Wednesday, March 13 at 12pm
BP screening, glucose check, general health and first aid.

Hearing Clinic

Wednesday, March 20 at 10am

Evening Tai Chi for adults of all ages
(at the Townsend Congregational Church)
Wednesdays, 6:30 –8pm Cost: \$10

UP & COMING

April 5: Volunteer Luncheon: a small way to thank our volunteers!

April 10: NMRHS Senior Appreciation Breakfast Concert

April 10: Virtual Dementia Tour

April 18: Wet Felted Morning Glories

April 27: Earth Day Festival: The Friends of the Townsend Seniors welcome donations of puzzles and baked goods.

Snow Policy Reminder: *The Senior Center is closed when North Middlesex Schools are closed. During delayed openings, the Center will run its normal hours. Wednesday evening hours determined at the Director's discretion.*

GROUP FITNESS

Chair Exercise

Mondays, Wednesdays, & Fridays at 10am
Wednesdays at 3 pm
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; Cost: \$5/class or \$7 for both/all
Beginner: 9:30—10:00am
Improver: 10:00am –11:00am
Advanced class continues until 11:30

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.*



Word Search



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindahl
Grand Public School 2012

- | | | | |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT | 6. SHAMROCK | 10. LUCK | 14. RAINBOW |
| 3. PATRICK | 7. FOUR | 11. POT | 15. MARCH |
| 4. IRISH | 8. LEAF | 12. GOLD | 16. SEVENTEEN |

Complete the puzzle and turn it in to Katie for a chance to win a prize! Puzzle winner from last month:

Yvette Bastarache

March Fun Facts

March 1, 1961: President John F. Kennedy issued an Executive Order, establishing the Peace Corps as a new agency within the Department of State.

March 4, 1634: Samuel Cole opened the first tavern in what would become downtown Boston.

March 9, 1964: The first Ford Mustang rolled off the assembly line. It was a Wimbledon White convertible with a blue top.

March 12, 1894: Coca-Cola was bottle and sold for the first time, in Vicksburg, Mississippi.

March 17, 1968: The Bee Gees made their U.S. Television debut on the "Ed Sullivan Show" and sang "To Love Somebody" and "Words."

March 27, 1912: The first cherry blossom trees, gifts from Japan, were planted in Washington, D.C.

ROAD RUNNER BUS SCHEDULE **

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE

Schedule all appointments by calling 978-597-1710

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:30am—12:00pm	Pepperell (Medical)	Leominster (Medical)	Townsend (Medical and Errands)	Groton and Ayer (Medical)	Fitchburg and Lunenburg (Medical)
Afternoons 1:00—3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Medical and Errands)	Townsend (Errands)	Fitchburg and Lunenburg (Errands)

DESTINATIONS:

- Medical:** Doctors, Dentists, Therapies, Lab work, etc.
- Errands:** Grocery, Pharmacy, Bank, Shopping, Hairdresser/Barber, etc.

FARES (One Way):

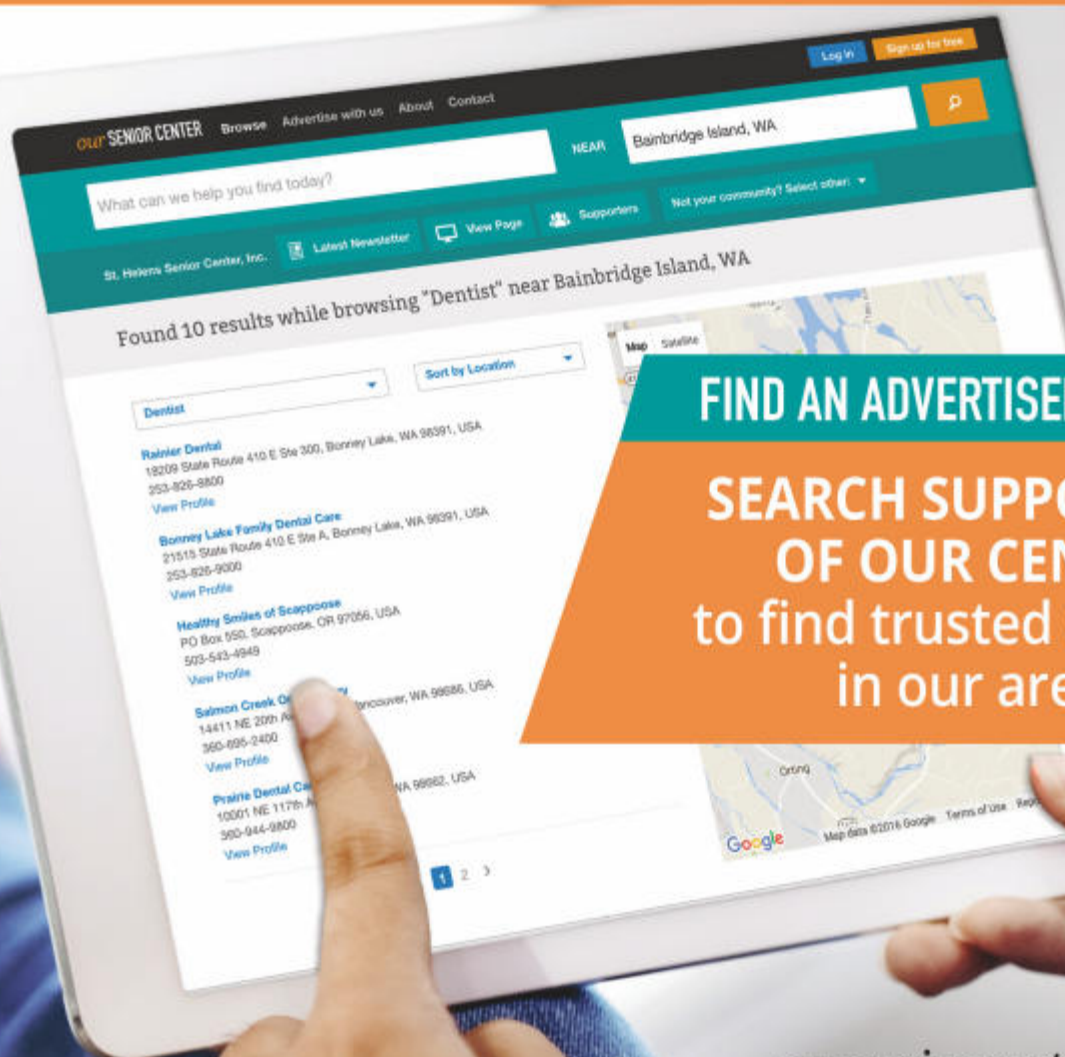
- Within Townsend: \$1.25
- Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

**Occasionally, Senior Center day trips may alter this schedule.



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in our area!

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Thank you to
Hannaford for
the bread and
pastry
donations on
Mondays and
Wednesday,
and to
Stewart's
Florist for the
birthday
carnations each
month.



"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called "SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

Sunday Song Trip to the Movies



On Sunday, March 10, starting at 1: p.m., the Meeting Hall of the Library/Senior Center Complex will resound with the dulcet tones of the Hope Community Chorus.

In "Magical Movie Music – With a Touch of Green," they will sing their way through parts of familiar, well-loved movies: "Pinocchio," "Snow White," "The Sound of Music," and even more.

A St. Pat's tune warm-up (that includes something about pants in soup), will top off the tune-full treat. Chorus Director Alice Struthers reminds concert goers that the Show Overture, starring Accompanist Janet Alford, will commence at 1:00 p.m., an hour earlier than usual. The Chorus rehearses on Mondays from 10:45 to 12 in the Meeting Hall. All sizes, shapes and ages of folks who want to sing are welcome, according to the director.

Calling all BOWLERS!

We're hoping to expand our Wii Bowling program (video game bowling)! We already have one team in place, but are looking for two more. Open times include Monday 2-3pm and Thursday 11am—noon. Scores will be posted in the newsletter each month!

CRIBBAGE CORNER

High Scores:

Peter Salibury & Anne Foresman, 351



FRIENDS OF THE TOWNSEND SENIORS

SPECIAL EVENTS CO-SPONSORED BY THE FRIENDS INDOOR MINI-GOLF

SAT, MARCH 2 10-6 AND SUN., MARCH 3, 10-4 PM

Putt your way from the library, down the corridor, into the Meeting Hall finishing the round in the Senior Center.

Fun for kids of ALL ages and it's Free.

INDIAN HILL BIG BAND - SUNDAY, MARCH 24, 2PM

Meet at the Library for an afternoon of big band jazz and the likes of Carter, Ellington and Basie. Swing and sway for free.

Attention Hannaford Shoppers!

Support our local merchants and the Friends. The Friends of the Seniors will receive \$1 for each purchase of the Reusable Shopping Bags at Hannaford's in Townsend Harbor in March.

The next meeting of the Friends of the Townsend Seniors is Wednesday, March 6 at 6 pm at the Senior Center.

Board Members: Peter Buxton, Donna Miller, Ruth Gibbs, Priscilla Buck, Glenda Profit, Tubby Boucher, Gini King, and Barbara Matthes.

BE A FRIEND OF THE FRIENDS

☐ \$5 Friend ☐ \$10 Family ☐ Benefactor \$ _____
New Member ☐ Renewal ☐

Name: _____

Address: _____

Town: _____ Phone: _____

☐ I'm interested in volunteering. Call for the next event.

**Checks payable to: Friends of Townsend Seniors
PO Box 972, Townsend, MA 01469.**

You may also drop the form at the Senior Center.

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