

Silver Threads

March 2024

News and Happenings at the Townsend Senior Center



My Journey at the Senior Center

Way back when, in July 2000, I was asked by the Council on Aging if I would want to drive the Roadrunner van. At the time my five daughters were between the ages of 9 and 19. Not really much of a handful, right? I said that I didn't think I could probably handle it right now, so they asked if I could be the backup driver. I told them I could probably handle that and two weeks later the primary driver went out on sick leave, and I've been in the driver's seat ever since. I can't believe that was over 23 years ago!

I have so many fond and maybe even more CRAZY memories of the places I've been, the things I've seen, and especially the people I have driven all these years! There are simply too many to recount. But let me tell you about a couple that stand out... On one of many very cold days, I brought a lady home who managed to be locked out of her house. Nobody can confirm or deny whether or not I may have climbed in her window to unlock the front door! Then there was the 90-year-old man who I gave a ride home after the ice storm. Walking to his door he suddenly exclaimed, "oh *#@T, my pants just fell down!" I sheepishly shimmied them back up while I tried to make animal shapes out of the clouds in the sky. There are oh so many memories!

Some of my proudest experiences though were transporting people and pets from the apartment fire and the many trips bringing food to those who were secluded during COVID.

Starting around 2015 we hired more part-time drivers, and I had more time to be in the office to take care of administrative tasks and scheduling as well as submitting reports for the Lowell Regional Transit Authority (LRTA). I loved being in the office so much that in 2018 I completed a UMASS course on Managing Senior Transportation and officially became the Transportation Administrator.

As I think about leaving my post, I realize that the favorite things I love most about my job are helping people (many of whom have become MY peeps) and the people I work with and have worked with throughout the years. It's all about the people. That is what I will miss the most. After all, the Senior Center has become my second home.

I could go on and on, but it is time for my next journey with my husband Arnie; my daughters Corinne, Amanda, Shannon, Erin and Haley; my grandchildren Delilah, Gwenn, Dawson, Oscar, and Carter; and my friends.

Take care peeps! ;)

With love, Donna Howard

Don't forget!!! Advance registration is required for all programs.

You can register at myactivecenter.com. Or you can call us at 978-597-1710, Option 0. Thank you!

Elise Johnson, Director
Greg Smith, Assistant Director
Jeanne Urda, Program Coordinator & Outreach
Janet Cote, Assistant Program Coordinator
Donna Fenton, Kitchen Manager & Volunteer Coordinator
Gail Gray, Chef
Lorraine Farmer, Senior Meals Associate
Donna Howard, Transportation Administrator
Drivers: Steve Bourdon, Peter Buxton, John Corwin, Lorraine Farmer

Townsend Senior Center Hours
Monday, Tuesday and Thursday: 9am-4pm
Wednesday: 9am-8pm; Friday: 9am-3pm
16 Dudley Road, Townsend, MA 01469
978-597-1710
townsendma.gov/senior-center-council-aging



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Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation 12:00 Meals with Friends 12:30 Movie Matinee <i>"Singing in the Rain"</i> 1:00 Women's Music
4 9:30 Meals with Friends 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	5 *Massage *Tax-Aide 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:00 Women's Conversation 12:00 Meals with Friends 12:30 Trivia 1:00 Crafting w/Angela 1:30 Line Dancing	6 *Medicare 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 1:00 Paper Crafts 3:30 Hybrid Yoga 6:00 Friends Meeting 6:00 Free Yoga 6:30 TOPS	7 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 1:00 TED Talk 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement	8 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:30 Genealogy 11:00 Galloping Gourmet 11:00 Woman's Meditation 12:00 Meals with Friends 12:30 Movie Matinee <i>"E.T."</i> 1:00 Cornhole/Ping Pong 1:00 Women's Music
11 *Massage 9:30 Meals with Friends 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	12 *Massage *Tax-Aide 9:00 Quazy Quilters 9:00 Zumba 9:30 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Meals with Friends 1:00 Alcohol Inks	13 *Medicare 9:30 Chair Exercise 10:00 Watercolor 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS	14 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 12:00 Podiatrist 1:00 Cribbage 1:00 Wig Boutique 1:30 Osteo Movement	15 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:30 Book Club 11:00 Woman's Meditation 12:00 Meals with Friends 12:00 Podiatrist 12:30 Movie Matinee <i>"Mrs. Doubtfire"</i> 1:00 Women's Music
18 9:30 Meals with Friends 9:30 Chair Exercise 10:00 Chorus 11:00 Bus Trip— Butterfly Place 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	19 *Massage *Tax-Aide 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:00 Women's Conversation 11:30 Beth Walsh from Senator Cronin's Office 12:00 Meals with Friends 12:30 Trivia	20 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 Meals with Friends 12:30 Wellness Clinic 1:00 Bingo 1:00 Table Shuffleboard 3:00 COA Meeting 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS	21 9:00 Cribbage Tournament 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 1:00 Tech Help 1:30 Osteo Movement	22 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation 12:00 Meals with Friends 12:30 Movie Matinee <i>"Stand By Me"</i> 1:00 Cornhole/Ping Pong 1:00 Women's Music
25 *Massage 9:30 Meals with Friends 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Grief Support	26 *Massage *Tax-Aide 9:00 Quazy Quilters 9:00 Zumba 9:30 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Meals with Friends 1:00 Alcohol Inks 1:30 Line Dancing	27 *Medicare 9:30 Chair Exercise 10:00 Watercolor 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 1:00 Paper Crafts 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS	28 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi 12:00 Meals with Friends 1:00 Cribbage 1:30 Osteo Movement	29 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation 12:00 Meals with Friends 12:30 Movie Matinee <i>"Midnight in Paris"</i> 1:00 Cornhole/Ping Pong 1:00 Women's Music

Fitness and Exercise RSVP required for ALL programs - 978-597-1710

Move your body with Carin:

Hybrid Yoga; \$5 per class

Mondays at 11:00am and Wednesdays at 3:30pm

Osteo Movement

Mondays at 2pm and Thursdays at 1:30pm; \$5 per class

This class focuses on balance, weight bearing exercises using hand weights -Bring a mat and walking stick.

Learn to Tap Dance

Mondays at 1pm, Beginners Thursdays at 10am

You can't help but feel joyful learning this dance style! Tap shoes helpful but not required; we can loan some. \$5 per class.

Fit & Fabulous

Thursdays at 9am; \$5 per class

This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.

Beginner Yoga

Fridays at 9:30am; \$5 per class

Free Yoga with Kris and Friends

Wednesdays at 6pm

DVD Chair Exercise—Free

Mondays, Wednesdays, and Fridays at 9:30am

Walking Club

Tuesdays and Thursdays at 9:30am

Weather permitting.

Line Dancing

Tuesdays at 1:30pm (except 3/12, 3/19) \$5 per class

Tai Chi

Thursdays at 10am \$5 per class

Through the slow gentle movements of Tai Chi, you can have better physical, mental & spiritual balance.

Zumba with Nee

Tuesdays at 9:00am, Fridays at 9:30am. \$5 per class

For Your Health RSVP required for ALL programs - 978-597-1710



Massage with Morningstar:

By appointment. See Front Desk for March schedule. \$45/50mins.



Sarah from Footcare Focus

offers podiatry services, **\$50 as of 1/1/2024**
*Thursday, March 14th from 12pm to 4pm,
Friday, March 15th from 12pm to 3pm.
Call 978-597-1710 for an appointment.*



Wellness Clinic

3rd Wednesday of the month @ 12:30-2:30
BP screening, glucose check, etc.



Diabetes Support

On hiatus for March



Women's Meditation

Fridays at 11am

Hearing Clinic

3rd Wednesday of the month @ 10am

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.

Medicare Consultation

Wednesdays, March 6th, 13th & 20th from 2pm-6pm
Call for an appointment

Appointments available with a consultant from SHINE, Integrity Medicare Advisors, Inc or Blue Cross Blue Shield Medicare Outreach.

Healthy Living

On hiatus for March

Reminder: Our snow policy follows that of North Middlesex Regional School District— if they are closed, so are we and there will be no van service.

If the schools calls a 2 hour delay— the senior center will still open at 9am.

Grief Support Group with Karen Campbell

4th Monday of the month (March. 25th) @ 2:30pm

Are you grieving? Lonely?

Please join us for free adult bereavement support offered by Nashoba Nursing Service and Nashoba Associated Boards of Health.

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 help?

Learn to use popular programs including PayPal, Gmail, Facebook

Thursdays, March 7th & 21st @ 1pm

Call 978-597-1710 to make an appointment. No charge.



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!

Wednesdays at 10am
\$20 per month.
Limit of 16 students per class.



Warped Weavers

Fridays at 9am
Drop in to start a new project or to finish your project. \$5 per project.



Wood Carving

Thursdays, 9:30am-11am
Experienced carvers and beginners



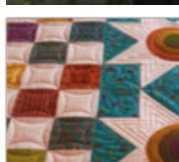
Explore the World of Paper with Alice

Wednesdays, Mar. 6th and 27th at 1pm
Make a collage, folded books, booklet stitch, or pop-ups. \$2 material fee



Felting

2nd and 4th Tuesdays at 9:30am
This month's project is mushrooms.
\$3 materials fee.



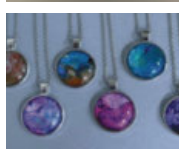
Quazy Quilters

Tuesdays, and 1st, 3rd & 5th Wednesdays at 9am. Work on your latest project, or use our supplies to create something new!



Crafting with Angela

1st Tuesday at 1pm
Make an easy jute rope bowl. Bring a bowl of your choice to use as a mold.
\$5 material fee.



Alcohol Ink Jewelry

2nd and 4th Tuesdays at 1pm
Limited to 12 Students. Cost is \$12

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

Women's Conversation

First & Third Tuesdays at 11am

Trivia

First & Third Tuesdays at 12:30pm

3 Chord Strum Band

Tuesdays at 10:00am
Open to all! For acoustic instruments only.

Novel-Tea Book Club for Seniors

Friday, March 15th @ 10:30
"News of the World" by Paulette Jile:
Tea is Organic Golden Guranse. Pick up the book at the library.

Bingo

Wednesdays at 1pm
Cost: \$5.00; limit 4 cards.

Hope Community Chorus

Mondays at 10am

Genealogy with Dwight Fitch

Friday, 3/8 at 10:30am
Trace your ancestry and find out where your family tree has roots.



Cornhole or Ping Pong

Fridays at 1:00 (except 3/1, & 3/15)
Join us for a game! Bring a friend!

Women's Music Workshop

Fridays at 1:00
Explore various aspects of music.

Mexican Train Dominoes

Tuesdays at 10:30am

Table Shuffleboard

Wednesdays at 1pm

Rummikub

Mondays at 1pm

Wii Bowling

Mondays at 1 pm

Cribbage

Thursdays at 1pm, except...
Tournament on 3/21 at 9am

TED Talks with Elise Johnson

Thursday, March 7th at 1 pm
This month's topic: Chris Anderson:
It's time for infectious generosity-
Here's how



AARP Foundation Tax-Aide Call the senior center to sign up for free tax preparation service, including electronic filing of returns.

Massachusetts residents will be able to get their taxes done for free.

Every Tuesday February 6th– April 2nd

Pick up a packet at the front desk to fill out **PRIOR** to your appointment.

Jan. Cribbage Winners!

High Score: Peter Salisbury, 707 points

Runner Up: Bill Clement, 695 points

High Hand, 20 points:

Betsy Glow, Phil Durno, Helen Lee, Mary Byron, Donna Belleville, Bill Clement

Mini Golf FREE

@ the Library and Senior Center

Friday, March 1st 5pm-9pm
Saturday, March 2nd 10am-4pm



Sponsored by:
The Friends of the Townsend Seniors & Library
Bring your families!

The Butterfly Place Westford, MA

Monday, March 18th.
Van leaves @ 11am

The Butterfly Place is an indoor living environment with regional and tropical butterflies, birds, and koi fish in a garden with a walking path.

Before the visit we will stop for lunch at Bamboo Restaurant in Westford, MA

**Admission is \$8
Plus the cost of the van and lunch
Registration Required**



Bad Hair Day? Meet Deborah Hall from New England Hair Illusions Wig Boutique Thursday, March 14th @ 1pm

Join us for a fun and informative
"Wig and Topper"
HANDS ON demonstration.



Please register in Advance

Galloping Gourmet Appleseeds Restaurant Leominster High School

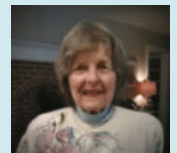


Friday, March 8th. Van leaves @ 11am
**Cost is \$5 for van ride plus price of the meal.
Registration Required**

Felting Exhibit March & April

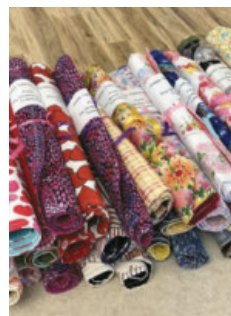
Visit the Meeting Hall in March & April
to see the BEAUTIFUL felt pieces
made by the Felters of the
Townsend Senior Center

Art Gallery and Reception featuring Marcia Slater



Please join us for a reception in
the corridor gallery to meet the artist on
Tuesday, March 19th from 1:30-2:30pm

**Our Quazy Quilters were busy last month
making 300 placemats that were donated to
Meals on Wheels for Valentine's Day!**



NEW NAME! Meals With Friends
Made possible by the Friends of the Townsend Seniors



RESERVATIONS REQUIRED

24 hours in advance

Cost \$4.00

All onsite meals are prepared by Gail and the Kitchen Staff
 Meals subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
				3/1: Chef's Choice
3/4: Breakfast NOW SERVED @9:30am	3/5: Soup & Salad	3/6: Gail's Pasta Bake, Caesar Salad, Garlic Bread	3/7: Chicken Pot Pie Dinner Rolls	3/8: Chef's Choice
3/11: Breakfast NOW SERVED @9:30am	3/12: Soup & Salad	3/13: Southern Brunswick Stew, Hearty Bread	3/14: St. Patrick's Day Feast	3/15: Chef's Choice
3/18: Breakfast NOW SERVED @9:30am	3/19: Soup & Salad	3/20: Corned Beef Sandwich, Chips, Pickle	3/21: Chicken Enchiladas, Garden Salad	3/22: Chef's Choice
3/25: Breakfast NOW SERVED @9:30am	3/26: Soup & Salad	3/27: Egg Roll Bowl, Wonton Strips	3/28: Turkey, Mashed Potato, Stuffing, Gravy	3/29: Chef's Choice

A note from the kitchen:

Don't forget we are offering meals **5 days a week. Breakfast will be served at 9:30am on Mondays!** Friday's lunch will be Chef's Choice instead of Pizza. See schedule above.

Kitchen needs: Canned Beans (any variety) Chicken/Beef Stock

Movie Matinees for March

Mar. 1st "Singing in the Rain" (musical) A spoof of the turmoil that afflicted the movie industry in the 1920s when movies went from silent to sound.
Mar. 8th "E.T." A gentle alien stranded on Earth and is befriended by a young boy.
Mar. 15th "Mrs. Doubtfire" A divorced dad hatches an elaborate plan to spend more time with his children.
Mar. 22nd "Stand by Me" Four boys embark on a life changing adventure.
Mar. 29th "Midnight in Paris" A romantic comedy set in Paris. An engaged couple is forced to confront the illusion that a life different than theirs is better.

**Movie begins at
12:30pm**

Sign up 24 hours
in advance to
reserve a spot.

Free popcorn!

Meals on Wheels

Provided by MOC

Call: 978-345-8501 Ext. 5 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.

Important Phone Numbers

Elder Abuse Hotline: (800) 922-2275
 Executive Office of Elder Affairs: (617) 727-7750
 Fuel Assistance: (978) 342-4520
 Aging Services: (978) 537-7411
 Nashoba Nursing Service: (978) 425-6675
 Townsend Ecumenical Outreach (Food Pantry):
 (978) 877-6002

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

ROAD RUNNER AND WILE E. COYOTE BUS SCHEDULE

RESERVATION MUST BE MADE AT LEAST 48 HOURS IN ADVANCE DURING OPEN BUSINESS HOURS

TOWNSEND RESIDENTS ONLY

Schedule all appointments by calling 978-597-1730.

ALL stops must be scheduled. Up to two stops are included in your fare.

DESTINATIONS:

- **Medical:** Doctors, Dentists, Therapies, Lab work, etc.
- **Errands:** Shopping, Post Office, Banks, Employment, 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¢

**Buy a Bus Card
and Save!
10 rides
\$22.50 (In Town)
\$31.50 (Out of Town)**

Please plan your appointments according to the van schedule

Monday	Tuesday		Wednesday	Thursday		Friday
Townsend & Lunenburg Errands	Leominster & Fitchburg Errands	Leominster & Fitchburg Medical	Townsend & Pepperell Errands & Medical	Townsend Errands	Groton & Ayer Medical	*Rotating Locations Errands See schedule Below



**Roadrunner &
Wyle E. Coyote**

**Wednesdays
3:00-8:00 PM
By Appointment**

* Rotating Locations: Fridays

Mar.1st: Lunenburg Walmart/Market Basket
Mar.8th: No Shopping
Mar.15th: Rt 101A area/Market Basket
Mar.22nd: Lunenburg Walmart/Market Basket
Mar.29th: Watertown Plaza Leominster
(Market Basket)

Bus Trip to Encore Boston Harbor Resort and Casino!!!

Tuesday, April 9th

The Friends of the Townsend Seniors have planned a fun filled trip to Encore Boston Harbor Resort and Casino. A Wilson Coach Bus will leave the Senior Center at 8:30am and arrive at Encore Boston Harbor at 10am. You can try your luck at the casino, explore the beautiful hotel, and shop at the boutiques. Lunch is not included, but there are many restaurants for you to choose from. We will depart the casino at 4pm and return to the Townsend Senior Center at approximately 5:30pm.

The cost of the trip is \$35 per person and includes \$20 Bonus Slot Play. We ask that you pay in advance when you sign up at the front desk. Checks can be made out to *The Friends of the Townsend Seniors*. The trip is non-refundable unless it is cancelled. Last day to sign up is March 22nd.

Members of The Friends of the Townsend Seniors get 1st priority for signing up. Consider joining the Friends today to get 1st access for this and our other upcoming trips for 2024.



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.*