

Silver Threads

May 2023, Vol 9 No 11



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

You can register at myactivecenter.com

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

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

Important Note: If you can't make it to something you've signed up for, please remember to cancel your reservation. Someone may be waiting for a spot!

From the Desk of the Director –

Dare I say things are starting to feel like they are getting back to “normal”?

As I was finishing staff evaluations this year I reflected on those who stuck with us throughout COVID. Being declared essential workers, we persevered throughout the pandemic and managed to keep up (somewhat) with changing direction almost daily. Whether it was by creating online programming, developing grab-and-go meals, making daily check-in phone calls, helping coordinate grocery deliveries or figuring out how to have drive-thru holiday events we tried our best to keep in touch with our patrons and others navigating their way through the unknown. It is hard to believe that three years have passed and we have come to learn to live with it... somewhat. It wasn't easy.

One of the things I missed during COVID was going to live musical events. I finally went back to Tupelo Music Hall recently and spent a couple of hours with one of the best historical musical storytellers of all time, Al Stewart. What impressed me the most was that he was surrounded by extremely talented musicians who could all be his grandchildren. What a gift to be able to mentor a young generation with your gifts. I wonder if any songs about the pandemic will become classics in the future and who will write them. Only time will tell.

Don't forget to come in and remind yourself of why this is where you WANT to be!

Karin

...Well I'm not the kind to live in the past
The years run too short and the days too fast
The things you lean on, are the things that don't last
Well it's just now and then, my line gets cast
Into these time passages... Al Stewart

New Programs!

- ◇ YouTube Yoga with Kris, Every Wednesday, 6-7pm, starting May 10th
- ◇ Table Shuffleboard is now on Wednesdays at 1pm
- ◇ Check out all of May's special events! Bus Trips! Galloping Gourmet! Concerts!

Karin Canfield Moore, Director
Elise Johnson, Assistant Director & Program Coordinator
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Senior Meals Associate
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator & Outreach
Greg Smith, Assistant Program Coordinator

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

<https://www.townsendma.gov/senior-center-council-aging>



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Deb Haley

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We do not offer every plan available in your area. Any information we provide is limited to those plans we offer in your area. Please contact MEDICARE.gov or 1-800-MEDICARE to get information on all your options.



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Robin B. Buxton Attorney At Law

978.650.1120

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robinbuxton@rrbuxtonlaw.com

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"Toughness doesn't always wear a tie"

Edward Jones

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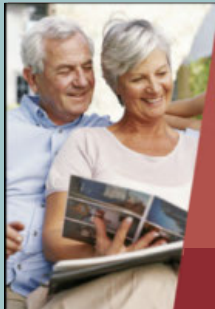
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Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	2 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Poetry 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:00 Women's Conversation 12:00 Donna's Diner 12:30 Trivia 1:30 Line Dancing	3 *Medicare Counseling 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 11:00 Healthy Living 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 5:00 Senior Prom 5:30 Grief Support 6:00 Friends and Tai Chi 6:30 TOPS	4 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:30 Osteo Movement	5 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 11:00 Women's Meditation 12:30 Movie Matinee <i>"The Ghost and Mrs. Muir"</i> 1:00 Cornhole
8 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	9 *Massage 8:30 Bus Trip: Tip Top Tulip Farm 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 Donna's Diner 1:30 Line Dancing	10 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner 12:00 Wellness Clinic 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 YouTube Yoga 6:00 Tai Chi 6:30 TOPS 6:30 CONCERT: Matt York	11 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner 12:00 Podiatrist 1:00 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement	12 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 10:30 Genealogy 11:00 Women's Meditation 12:30 Movie Matinee <i>"My Fair Lady"</i> 1:00 Cornhole No Van Rides Today
15 *Massage 9:30 Chair Exercise 10:00 Chorus 10:00 Dementia Nurse 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	16 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Poetry 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:30 Beth Walsh from Senator Cronin's Office 12:00 Donna's Diner 12:30 Trivia 1:30 Line Dancing	17 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:00 COA Meeting 3:30 Hybrid Yoga 4:00 Galloping Gourmet 6:00 Tai Chi 6:00 YouTube Yoga 6:30 TOPS	18 *Massage 9:00 Cribbage Tourn. 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Diabetes Support 12:00 Donna's Diner 1:00 Tech Help 1:00 Charcoal Drawing 1:30 Osteo Movement	19 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Podiatrist 10:00 Weaving Class 11:00 Women's Meditation 12:30 Movie Matinee <i>"Calendar Girls"</i> 1:00 Cornhole
22 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	23 *Massage 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 Donna's Diner 1:30 Line Dancing	24 9:30 Chair Exercise 10:00 Watercolor 11:30 Groton Hill Concert 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 1:00 Book Club 3:30 Hybrid Yoga 6:00 Tai Chi 6:00 YouTube Yoga 6:30 TOPS	25 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:30 Osteo Movement	26 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:00 Weaving Class 11:00 Women's Meditation 12:30 Movie Matinee <i>"The Lady in the Van"</i> 1:00 Cornhole
Closed for Memorial Day	30 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 1:30 Line Dancing	31 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 5:00 CONCERT: Dan Kirouac 6:00 Tai Chi 6:00 YouTube Yoga 6:30 TOPS	<div>  </div>	

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

Move your body with Carin:

Hybrid Yoga; \$5 per class

(Chair and floor options)

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

(no class Wednesday 5/03)

Osteo Movement

Mondays at 2pm and Thursdays at 1:30pm; \$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.

Learn to Tap Dance

Mondays at 1pm; \$5 per class

You can't help but feel joyful learning this dance style!

Tap shoes helpful but not required; we can loan some.

Building Memory Skills

Thursdays at 10am; \$5 per class

Do you struggle to remember things? Is your eye-hand coordination lacking? This class is for you!

Beginner Yoga

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

Senior Fitness

Thursdays at 9:15am (live instructor - \$5 per class)

Chair Exercise

Mondays, Wednesdays and Fridays at 9:30am

Walking Club

Tuesdays and Thursdays at 9:30am

Inside and outside options, weather permitting.

Line Dancing

Tuesdays at 1:30pm. \$5 per class

Zumba with Nee

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

Tai Chi with Jeff Cote

Wednesdays at 6pm, \$5/class. MEETS OUTDOORS!

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



Massage with Morningstar:

Mondays, Tuesdays and Thursdays by appointment \$45/50mins.



Sarah from Footcare Focus

will offer podiatry services, \$45

Thursday, May. 11th from 12pm to 3pm

Friday, May. 19th from 10am to 1pm

Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, May 10th from 12-2pm

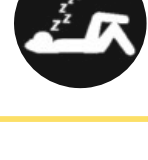
BP screening, glucose check, etc.



Diabetes Support

Thursday, May 18th at 11am

Come and pick up Healthy recipes!



Women's Meditation

Fridays at 11am

Hearing Clinic

Wednesday, May 17th at 10am

Water aerobics at the YMCA!

Mondays at 3pm

Van leaves the Senior Center at 2:30pm

Call for more information.

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

Monday, May 15th at 10am, 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

Wednesday, May 3rd at 11am

This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

Grief Support Group

Wednesday, May 3rd at 5:30pm

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 Zoom, PayPal, Gmail, Facebook

2nd and 3rd Thursdays at 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.



Weaving Class

Fridays at 10am
Learn to warp and weave a 2-color piece of cloth in alternating colors. Suitable for all levels. \$5 fee for materials.



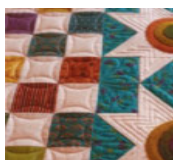
Felting

Tuesday, May 9th at 9:30am
Bring your UFO's (UnFinished Objects). Free.



Charcoal Drawing with Sue!

Thursdays at 1:00
Charcoal has unique characteristics that will encourage your creativity. \$30 fee for new students. Speak with staff if you're interested in joining.



Quazy Quilters

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



Wood Carving

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

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

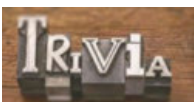
Women's Conversation

First & Fourth Tuesdays at 11am



Trivia

First & Third Tuesdays at 1pm



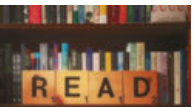
3Chord Strum Band

Tuesday at 10:00am
For acoustic string instruments only.



Book Club

Wednesday, May 24th at 1pm
"The Reading List"
by Sara Nisha Adams



Bingo

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



Hope Community Chorus

Mondays at 10am



Genealogy with Dwight Fitch

Friday, May 12th at 10:30am
Trace your ancestry and find out where your family tree has roots.



Ping Pong

Mondays at 12pm
Join us for a game! Bring a friend!



Indoor Cornhole

Fridays at 1pm
Cold outside? Join us indoors!



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 4/20 at 9am



3 Chord Strum Band

Join the Senior Center's very own instrumental group for a concert during Donna's Diner on Tuesday, May 24th!

March Cribbage Tournament Winners!

High Score: Fred Lake, 711 points
Runner-up: Darquise Bedard, 683 points
High Hand: Bill Clement, 24 points



“Through the Decades”

Bring a date, friend or meet one there!

Wednesday, May 3rd
5-7:30pm

Live Band- “The Backtrack Oldies”
Professional photographer
Free admission - Semi-Formal
Dancing, food, raffles & fun

*Made possible by a grant from
The Amanda Dwight
Entertainment Fund*

Nail appointments available at New England Nails on
May 1st - call us to sign up!

Songs & Stories of Johnny Cash with Matt York

Wednesday, May 10th 6:30pm

Please register at Townsend Library

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash’s career, spanning from his early beginnings in the 1950’s to his passing in 2003.



“This program is supported in part by a grant from the Townsend Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency”



Bus Trip to Tip Top Tulips Farm in Ipswich MA

Sponsored by the Friends of the Townsend Seniors

Join us to stroll through beautiful tulip fields and stop for lunch

All tulips available for purchase for \$1.00 each

Tuesday, May 9th 2023

Depart Senior Center 8:30 AM and Return by 3:00 PM

Non-refundable Cost \$35/person includes transportation and admission (lunch not included)

Seats limited, so sign up early!

Deadline to sign up April 24rd

Must pay in advance at sign up- cash or check made out to

The Friends of the Townsend Seniors



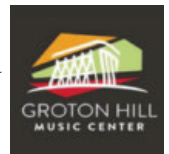
Community Concert at Groton Hill Music Center

Wednesday, May 24th at 12pm

Van leaves at 11:30am

Free daytime concert– seating is limited

Call the senior center to sign up
and get your ticket!



Musician Dan Kirouac

May 31st at 6pm

Some of the nation’s best-loved songs of the 1960’s and early 1970’s will be reinterpreted. This will be a jukebox of memories from the stars of pop, light rock and easy listening, including The Beatles, Turtles, Neil Diamond, Gary Puckett and many more!



May Lunches at Donna's Diner

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

All onsite lunches
are prepared by
Donna and the Kitchen Staff

Tuesday	Wednesday	Thursday
5/2: Soup & Salad	5/3: Turkey Stew	5/4: Grilled Meat-loaf Sandwich
5/9: Soup & Salad	5/10: Taco Salad	5/11: Baked Ziti
5/16: Soup & Salad	5/17: Ham Salad	5/18: Patriot Pizza
5/23: Soup & Salad	5/24: Herbed Portobello Pasta	5/25: Chicken Francese
5/30: Soup & Salad	5/31: Chicken ala King	

The Senior Center Kitchen needs donations of paper towels and chicken or beef broth (not cubes).

*Beth Walsh from Senator Cronin's office
will be here*

*Tuesday, May 16th from 11:30-1:00
to join us for lunch, visit with you and discuss your concerns.*

You can also call her at 617-722-1230

Dementia Nurse Consulting

Bernadette Oinonen, MS, RN will be available by appointment **Monday, May 15th from 10am-12pm**

Bernadette is here to support and educate family caregivers of clients with dementia

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.

The Meeting Hall Gallery

has two art exhibits on display in the month of May

Come view our wonderfully talented local artists
Cheryl Aldrich and
photographer Norman Bedard

The Meeting Hall Gallery Committee is looking for
another member– if interested please email
Meetinghallgallery@gmail.com

YouTube Yoga with Kris

**Every Wednesday beginning May 10th
6-7pm**

Kris will share her favorite
YouTube yoga videos and you can
follow along as a class.
All levels welcome to join!



Movie Matinee now every Friday!!

May 5th "The Ghost and Mrs. Muir"

May 12th "My Fair Lady"

May 19th "Calendar Girls"

May 26th "The Lady in the Van"

Pizza provided by Friends of the Townsend Seniors



Galloping Gourmet

Il Camino in Leominster

Wednesday, May 17th

Van will leave at 4:00pm

(4:30pm seating)

\$3.50 plus the price of your meal

Please call the Senior Center to sign up



Caregiver's Lunch

Do you know a caregiver who could use support?

Join us for a Caregiver's Support Group lunch

Sponsored by :

Bridges- Memory Care Assisted Living at Westford

June 7th at 11:00am - Call us to sign up!

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) 597-2209

SHINE Medicare Counseling: 508-422-9931

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. 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.

For each additional stop, you will be charged 50 cents per stop.

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 note the (tentative) new Roadrunner schedule below!

Monday	Tuesday		Wednesday		Thursday		Friday
Townsend & Lunenburg Errands	Townsend & Lunenburg Errands	Leominster & Fitchburg Medical	Townsend Errands	Townsend & Pepperell Medical	Townsend Errands	Groton & Ayer Medical	Rotating Locations Errands*
			Wednesdays 3:00-8:00 PM By Appointment		* Rotating Locations: Fitchburg, Leominster, Pheasant Lane Mall, Amherst Rt. 101A, and more!		

Please note: The Roadrunner will not be available on Friday, May 12th!

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.*