

Silver Threads

TOWNSEND SENIOR CENTER

SPECIAL EVENTS (RSVP requested)



TED Talk: Laughter **Tuesday, May 7 at 11am**

Neuroscientist Sophie Scott shares surprising facts about laughter in this talk about the science of cracking up. We'll follow with a quick laughter yoga exercise and then discussion!



Spring Cleaning **Wednesday, May 8 at 11am**

Your home environment can impact your health. Learn the basics of home hygiene (de-cluttering, cleaning and organizing) and how 'addressing the mess' can improve safety and promote emotional health and wellness.



Mother's Day Lunch: Songs of Rodgers & Hammerstein

Thursday, May 9 at 12:30pm

Ms. Massachusetts, Ruth Harcovitz, celebrates Mother's Day and the greatest American Musicals like Oklahoma, South Pacific, The King and I, and more!
Sponsored by the Townsend Cultural Council



Sock Hop **Wednesday, May 15 at 6pm** **Cost: \$10**

Dance with night away as we transform the Senior Center into a diner, complete with live music from R&R Oldies, diner food, and photographer! Wear your poodle skirt if you have it!



Estate Planning Seminar **Wednesday, May 22 at 6:30pm**

Attorney Julie Johnson will cover the basics of an effective estate plan, how to protect assets if you need nursing care, avoiding probate, and more!



Townsend Reed Homestead: A Documentary

Thursday, May 23 at 12pm

Watch the film covering the history of TRH, including historical reenactments from a recent open house.

Supported in part by a grant from the Townsend Cultural Council.



Majesty and Mystery of Crop Circles

Friday, May 24 at 1pm

Be delighted with images of complex designs found in farmers' crops and other locations; descriptions of their dramatic effects; and theories about their origins and interpretation.

Supported in part by a grant from the Townsend Cultural Council.



Pickleball **Wednesdays in May at 12:30pm**

Think tennis on a smaller court... a fun workout that's easier on your knees! Sessions will be outdoors and facilitated by an enthusiast! Beginners welcome!

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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THAT'S WHAT FRIENDS ARE FOR!

In the past year The Friends of Townsend Seniors sponsored or supported ...

- ⇒ Turkey Train tour of Lake Winnepesaukee and dinner by Hart's Turkey Farm.
- ⇒ Indian Hill Big Band and Beatles for Sale
- ⇒ Senior Luncheon
- ⇒ Foxwoods Bus Trips
- ⇒ Winnepesaukee Playhouse
- ⇒ Mini Golf

No... we do not pay for everything!

We subsidize transportation and tickets to keep the events affordable for all. Our two major fundraisers are the Holiday Fair and Band Concert.



**The next meeting of the Friends is
Wednesday, May 7 at 6pm
at the Senior Center.**

Nomination Forms for the William E May Award

Recognizing a town resident for
Extraordinary Service to the Community
are at the Senior Center and the Town
Clerk's Office. Deadline for submission is
June 8. Questions? Contact Peter Buxton
at 978.502.6786

FRIENDS OF THE TOWNSEND SENIORS

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

Name: _____

Address: _____

Town: _____ Phone: _____

☐ I'm interested in volunteering. Call me 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.

MONTHLY EVENTS

Birthday Party

Thursday, May 3 at 12pm

Please join us for our monthly celebration honoring
this month's birthdays, including a delicious
homemade meal and birthday cake.

Book Club

Wednesday, May 8 at 1pm

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 *Whistling Past The
Graveyard* by Susan Crandall

Genealogy Club with Dwight Fitch

Friday, May 10 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, May 21 at 10am



Bus Trip: Guided Paddling Trip— Nashua River

Thursday, May 30 at 2:30pm

Cost: \$19.00

Use senior-friendly Petapawag launch
area to explore the Nashua River with a
knowledgeable guide. All experience levels welcome!

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!

O'Neil Cinemas Movie Club:

Wednesday, May 29 at 4pm

Cost: \$12 (incl 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 Gets From Giving

By Alice Struthers

Karin Canfield Moore has come a long way from her home in the West to her job as Director of Townsend's Senior Center. Born in Alamogordo, NM, she graduated from New Mexico State University with a major in Journalism/Public Relations.



She went to work in restaurant management in Santa Fe and Albuquerque, but was called into the medical world where she became administrative assistant to the Chief of Internal Medicine at the University of New Mexico Medical Center.

Movement to the East came when she and her husband decided to seek improved educational opportunities for their two boys. Before being hired at the Center in October, 2014, she served as Executive Assistant to the Town Administrator. In her free time she contributed energy and enthusiasm to volunteer opportunities which included the library/senior center facility project.

In FY'18 she and the staff of the Senior Center managed 14,454 events for 547 patrons with the help of 54 volunteers.

Her most surprising discoveries about this job? "I learned that there is much more need than I was aware of. and that in the process of giving to our members and visitors, I actually get much more back."

Around Town:

Our wonderful Library/Senior Center was officially started by a bunch of people with very shiny shovels on Saturday, July 12, 2008. The big, serious digging machines don't show in the photo of the ground-breaking. Funds for the Center were graciously donated to the town by Sterilite Corporation.

Sad to say, several folks who are pictured are no longer with us. The buildings were officially opened on October 31, 2009, in an outdoor event during which the audience sat in sporadic rain. Speeches were made, and a brass quartet played. And then the doors were opened. And open they have been for almost ten years.



In the Building:

May 11: Friends of the Library Plant Sale

May 14: Container Gardening Class

May 17: Open Mic Night

PROGRAM SPOTLIGHT:

Diabetes Support Group

Do you have Pre-diabetes, Type 1 or Type 2 diabetes? Come join us every 3rd Monday of the month at 1pm. Next meeting: May 20th.

Diabetes can be overwhelming! Drop in for support and motivation, nutrition tips, management strategies and more!

➤ Reach the Senior Market
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May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Many thanks to Gables of Fitchburg and Stewart's Florist for sponsoring our monthly birthday lunches!</div>		1 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 12:30 Pickleball 1:00 Bingo 1:00 Knitting Group 3:00 Kumihimo Necklace (1) 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 Common Message by appt.	2 10:00 Stretch & Tone 10:30 Watercolor 11:00 Wii Bowling (Open to all) 12:00 Lunch & Birthday Party 12:30 Walking Club 1:00 Cribbage 1:00 Jam Session 1:30 Chair Yoga	3 9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Chair Exercise 10:00 Line Dancing (improver) 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong Manicures/Pedicures/ Reflexology by appointment
	6 9:30 Gentle Yoga 10:00 Chair Exercise 10:00 Stamp Collecting 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:45 Qi Gong 1:00 Healthy Living Group 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 2:00 Wii Bowling (Open to all)	7 10:00 Stretch & Tone 11:00 TED Talk: Laughter 12:00 Lunch 12:30 Walking Club 1:00 Trivia & Jeopardy 1:00 Flute 1:30 Watercolor Message by appt.	8 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 11:00 Spring Cleaning 12:00 Well Adult Clinic 12:00 Lunch 12:30 Woodworking 12:30 Pickleball 1:00 Book Club 1:00 Bingo 1:00 Knitting Group 2:00 Wire Wrapped Hearts 3:00 Kumihimo Necklace (2) 3:00 Chair Exercise 4:00 Game Night 6:00 Wet Felted Bookmarks 6:30 T.O.P.S. 6:30 Tai Chi at Common	9 10:00 Stretch & Tone 10:30 Watercolor 11:00 Wii Bowling (Open to all) 12:00 Mother's Day Lunch 12:30 Music of Rodgers & Hammerstein 12:30 Walking Club 1:00 Cribbage 1:00 Jam Session 1:30 Chair Yoga Foxwoods Trip
13 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	14 10:00 Stretch & Tone 12:00 Lunch 12:30 Walking Club 1:00 Flute 1:30 Watercolor Message by appt.	15 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 12:30 Pickleball 1:00 Bingo	16 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:30 Watercolor 11:00 Wii Bowling (Open to all) 12:00 Lunch 12:30 Walking Club 12:45 Travel Talk	17 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

Many thanks to
Gables of Fitchburg and
Stewart's Florist
for sponsoring our monthly
birthday lunches!

<p>1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 2:00 Wii Bowling (Open to all)</p>		<p>1:00 Knitting Group 3:00 Chair Exercise 4:00 Smartphone Help 5:00 Evening Quilting 6:00 Sock Hop 6:30 T.O.P.S. 6:30 Tai Chi at Common</p>	<p>1:00 Jam Session 1:30 Chair Yoga</p>	<p>12:00 Sweets & Treats 12:00 Hairdresser 1:00 Mahjong</p>
<p>20</p> <p>9:30 Gentle Yoga 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 Diabetes Wellness Group 2:00 Wii Bowling (Open to all)</p>	<p>21</p> <p>10:00 Stretch & Tone 10:00 COA Meeting 12:00 Lunch 12:30 Walking Club 1:00 Trivia & Jeopardy 1:00 Flute 1:30 Watercolor Message by appt.</p>	<p>22</p> <p>10:00 Chair Exercise 10:30 Watercolor 11:00 Women’s Conversation 12:00 Lunch 12:30 Woodworking 12:30 Pickleball 1:00 Bingo 1:00 Knitting Group 3:00 Chair Exercise 4:00 Game Night 6:30 T.O.P.S. 6:30 Tai Chi at Common 6:30 Estate Planning</p>	<p>23</p> <p>10:00 Stretch & Tone 10:30 Watercolor 11:00 Wii Bowling (Open to all) 12:00 Lunch 12:30 Townsend Reed Homestead Documentary 12:30 Walking Club 1:00 Cribbage 1:00 Jam Session 1:30 Chair Yoga</p>	<p>24</p> <p>9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble 11:00 Line Dancing (intermediate) 11:00 Women’s Meditation 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong 1:00 Majesty & Mystery of Crop Circles Manicures/Pedicures/Reflexology by appointment</p>
<p>27</p> <p>CLOSED for Memorial Day</p>	<p>28</p> <p>10:00 Stretch & Tone 12:00 Lunch 12:30 Walking Club 1:00 Flute 1:30 Watercolor Message by appt.</p>	<p>29</p> <p>10:00 Chair Exercise 12:00 Lunch 12:30 Woodworking 12:30 Pickleball 1:00 Bingo 1:00 Knitting Group 3:00 Chair Exercise 4:00 Smartphone Help 4:00 Movie Night at O’Neil Cinemas 6:00 Paper Piece Pillow 6:30 T.O.P.S. 6:30 Tai Chi at Common</p>	<p>30</p> <p>10:00 Stretch & Tone 11:00 Wii Bowling (Open to all) 12:00 Lunch 12:30 Walking Club 1:00 Cribbage 1:00 Jam Session 1:30 Chair Yoga 2:30 Guided Paddling Trip</p>	<p>31</p> <p>9:00 Quazy Quilters 9:30 Line Dancing (beginner) 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Line Dancing (intermediate) 11:00 Women’s Meditation 12:00 Lunch: Soup/Salad Bar 12:30 Movie: Cats 1:00 Mahjong</p>



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 (Drop In)
No quips about it! Sewing machines,
fabric, and ideas available, or bring your
own. Fellow quilters will assist in
piecing things together.



Watercolor Classes
Mondays Series (10:30am):
May 6, 13, 20 (no class 5/27)
Tuesday Series (1:30pm):
May 7, 14, 21, 28
Wednesday Series (10:30am):
May 1, 8, 15, 22 (no class 5/29)
Thursday Series (10:30am):
May 2, 9, 16, 23 (no class 5/30)
Cost: \$22/3 week class; \$30/4 week class



Kumihimo Necklace & Snap Pendant
Wednesdays, May 1 & 8 at 3pm
Cost: \$12.00

Japanese woven bead work combined
with interchangeable snap pendants
makes for a fun and versatile necklace.



Wire Wrapped Heart Pendant
Wednesday, May 8 at 2pm
Cost: \$7.00



Wet Felted Bookmarks
Wednesday, May 8 at 6:00pm
Cost: \$3.00

This simple craft will delight the book
lovers in your life, or donate to the
library for the 10 year anniversary!



Fairy Notecards
Friday, May 10 at 1pm
Cost: \$2 per card; set of 8 available
Use enchanted fairy stamps to create a
set of notecards. Would make a great
Mother's Day gift, or keep for yourself!



Paper Pieced Pillow
Wednesday, May 29 at 6pm
Cost: \$5.00

Create a patriotic pillow, using paper
piecing quilting techniques. If you have
a portable sewing machine, please bring.

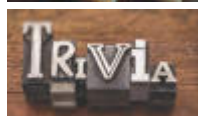
JUST FOR FUN



Movie Matinee
Friday, May 10 at 12:30pm
Creed
Friday, May 31 at 12:30pm
Cats



Rummikub
Mondays at 1pm



Trivia & Jeopardy
Tuesdays, May 7 and 21 at 1pm



Cribbage—Regular Play
Thursdays at 1pm (except 5/16)
Cribbage Tournament
Thursday, May 16 at 9am



Hope Community Chorus
Mondays at 11am



Scrabble
May 10 and 24 at 10am



Smartphone Help Sessions
Wednesdays, May 1 and 15 at 4pm



Joint Health Yoga
Monday, May 20 at 9:30am
Cost: \$6.00

No prior yoga experience required! This low im-
pact and gentle joint focused class will help im-
prove flexibility and balance, decrease discom-
fort of a stiff body, and improve recovery from
stumbles.



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



Mahjong
Fridays, May 3, 10, 17, 24, 31 at 1pm



Stamp Collecting
Mondays, May 6 and 20 at 10am
Beginners and lifelong enthusiasts welcome!



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



Intergenerational Game Night
Wednesdays, May 8 and 22 at 4pm
Play traditional board & card games



Women's Meditation Group
Fridays at 11am



Qi-Gong
Mondays, at 12:45pm
Cost: \$5/class

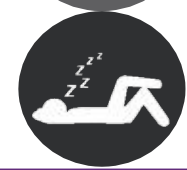
Qi Gong is a gentle, soothing form of exercise excellent for seniors. It is also effective in improving balance, relieving pain, encouraging mobility and reducing stress.



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, May 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.



Reflexology, Manicures & Pedicures
Friday, May 3, 10 & 24 by Appt.
Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)

Massage
Tuesdays (May 7, 14, 21, 28) and Wednesday, May 1
By Appt.
\$45/50 min

Women's Conversation Group
Wednesdays, May 8 and 22 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, May 20 at 1pm
Topic: Blood sugar goals and how to improve highs & lows.

Board of Health Talk: Spring Cleaning
Wednesday, May 8 at 11am
Your public health nurses from Nashoba Board of Health will lead a discussion about timely health promotion topics.

Well Adult Clinic
Wednesday, May 8 at 12pm
BP screening, glucose check, general health and first aid.

Hearing Clinic
Wednesday, May 15 at 10am

Evening Tai Chi for adults of all ages
(at the Townsend Common, weather permitting)
Wednesdays, 6:30 –8pm Cost: donation

UP & COMING

- June 7 & 8:** Senior Center Yard Sale, coinciding with the Library Plant Sale
- June 12:** Understanding Medicare
- June 19:** Chronic Disease Self-Management Course begins (6 week course)
- TBD:** Lowell Spinners Game

Sweets and Treats:

During lunch on Friday, May 17th, a representative from Senator Tran's office AND from Leominster Crossing will be here to hear your voice and answer your questions about issues important to seniors. They'll have sweets and treats available as well. No charge, just drop in.

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

Indoor/Outdoor Walking Club
Tuesdays & Thursdays at 12:30pm

Gentle Yoga with Patsy
Mondays at 9:30am Cost: \$6/class

Chair Yoga with Carin
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.*

May Puzzles

Can you figure out the sixth number in this series?

65, 57, 50, 44, 39, ___, 32, 30, 29

Which word from Group B will fit in Group A?

Group A: Apple, Book, Carrots, Deeds, _____

Group B: Enemy, Blood, Elephant, Drives, Giant

CRIBBAGE CORNER

High Score: Pauline Bolduc, 358

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

Joellyn Nevins

See Katie for your prize!

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.



May Fun Facts

May 3, 1966 On the "Tonight Show," Johnny Carson and Eva Gabor demonstrated a new board game called "Twister."

May 15, 1940 Nylon stockings went on sale for the first time in the U.S.

May 16, 1985 Michael Jordan was named the NBA's Rookie of the Year.

May 25, 1935 Babe Ruth hit his final homerun, his 714th, and set a record that would stand for 39 years.

May 26, 1959 The Frisbee became a registered trademark of Wham-O.

May 29, 1953 Sir Edmund Hillary and Sherpa Tenzing Norgay became the first men to reach the top of Mount Everest.

Need a ride to Community Suppers?

Several Townsend churches/organizations offer free community suppers on Wednesday evenings. If you'd like to attend but don't want to drive, give us a call! Our van is ready to take you!

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.

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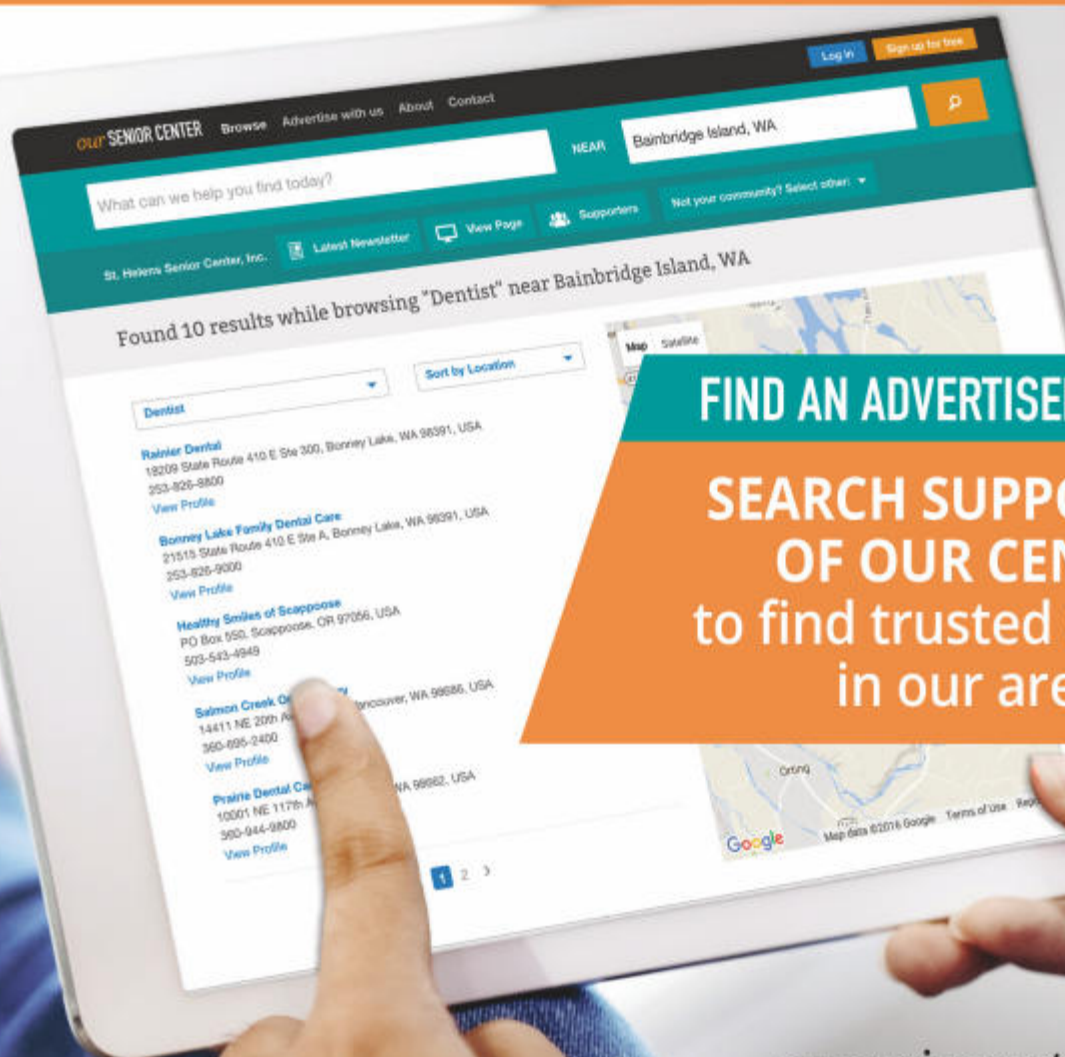
- Within Townsend: \$1.25
- Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

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

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Vol 4 No 11 May 2019

TOWNSEND SENIOR CENTER

OPEN IMMEDIATELY

“Growing old is mandatory. Growing up is optional.”

The letters above our door may invoke one thing, but I like to think of us as Seenagers. What’s that you ask? It is someone who embraces the things that make being a teenager fun, and we can help you do that! When you cross our threshold you will find a vibrant and welcoming environment that can offer you a plethora of options.

Want music? We’ve got that. Need to relax? How about trying meditation, qi gong or yoga? Did the doctor tell you to exercise? Come on in. We offer many levels of fitness. Just want to get away? Take one of our many bus trips, play a game, take a class, or just sit by the fire. Need information, advice, or simply someone to talk to? Come on in.

I invite you to take a moment and look through our newsletter. Pick one item to try and come on in. Let us show you why this is a place you WANT to be.

Karin

