

# Silver Threads

## May 2024

*News and Happenings at the Townsend Senior Center*



*From the Director:*

### **“The Only Thing Constant Is Change”**

Change...I have experienced quite a bit of change in the last five years. It began with my first born going away to college. That was a very heart wrenching time and I must have cried for two weeks. The next change was finally admitting my marriage was not a happy or healthy one, which led to my divorce. During that time I desperately needed a full-time job with benefits and the Teen Librarian at the Townsend Library was leaving, so I was thrilled to take over the position. My time at the library gave me the experience and confidence to know that when the Senior Center Assistant Director position opened up that I could fill that role. When I learned that Karin, my predecessor, was retiring it was another step forward and more change, but I knew I could do it. I had no idea just how much I would appreciate being a part of the Senior Center community and the friendships I would make. I feel so lucky that I enjoy my job as much as I do, as it feels so good to be of service and to be able to help people every single day! That's not to say that things are always easy. There has been so much turnover in personnel, which can be challenging, but my co-workers are the best and they work hard every day to make the Center run smoothly and prioritize the needs of our patrons.

My most recent life changing event is my move to Ashburnham with my partner, Pete. We both have two daughters and we are excited to combine our families and start this new chapter in our lives. The day before the big move, I was given a Lowes gift card from the staff and some senior patrons, and I was so touched with their generosity and well wishes. Thank you!

Change can be scary but it can also lead to growth and new opportunities so I will always try to embrace it and be open to it.

Sincerely,

*Elise*

If you can't get out to pick up copies of our Senior Center Newsletter you can view it online by going to **[mycommunityonline.com](http://mycommunityonline.com)**

Type in **Townsend, Ma** where it says City, State, or ZIP

Then click on **Townsend Council on Aging**. Click on the current newsletter.

It will also give you the option to subscribe so you can get the newsletter emailed to you every month.

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

***You can register at [myactivecenter.com](http://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, Cook  
Lorraine Farmer, Senior Meals Associate  
Lori Alaimo, Transportation Administrator  
Drivers: Steve Bourdon, Peter Buxton, John Corwin

**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](http://townsendma.gov/senior-center-council-aging)



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**Robin B. Buxton**  
Attorney At Law

**978.650.1120**

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robinbuxton@rrbuxtonlaw.com

www.rrbuxtonlaw.com

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*"Toughness doesn't always wear a tie"*

**Edward Jones**

Member SIPC

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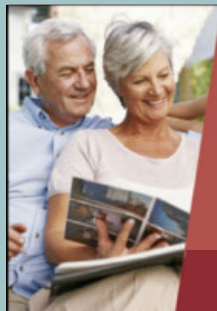
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Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> *Medicare (Integrity) 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor <b>11:00 Healthy Living</b> 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga <b>6:00 Friends Meeting</b> 6:00 Free Yoga 6:30 TOPS 6:30 Tai Chi	<b>2</b> *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 Talks 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement	<b>3</b> 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman’s Meditation 12:30 Movie Matinee “Mister Rogers” 1:00 Cornhole/Ping Pong 1:00 Women’s Music
<b>6</b> * 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	<b>7</b> *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Meals with Friends 12:30 Trivia 1:00 Crafting w/ Angela 1:30 Line Dancing	<b>8</b> *Medicare (SHINE) 9:30 Chair Exercise 10:00 Watercolor 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga <b>4:30 Galloping Gourmet</b> 6:00 Free Yoga 6:30 TOPS 6:30 Tai Chi	<b>9</b> *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club <b>10:00 VSO Natalie Call</b> 10:00 Beginner Tap Dance 10:00 Tai Chi <b>11:30 Beth Walsh from Senator Cronin’s Office</b> 12:00 Meals with Friends 12:00 Podiatrist 1:00 Cribbage 1:30 Osteo Movement	<b>10</b> 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:30 Genealogy 12:30 Movie Matinee “Wonka” 1:00 Cornhole/Ping Pong 1:00 Women’s Music 7:00 Nissitissit String Quartet
<b>13</b> 9:30 Meals with Friends 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga <b>11:00 Spring Tea Party</b> 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	<b>14</b> *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 9:30 Felting 10:00 3 Chord Strum Band 10:30 Mexican Train <b>11:00 Scam Prevention</b> 12:00 Meals with Friends 1:30 Line Dancing	<b>15</b> 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor <b>11:15 Bus Trip-Groton Hill Music Center</b> 12:00 Meals with Friends 12:30 Wellness Clinic 1:00 Bingo 1:00 Table Shuffleboard 3:15 COA Meeting 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS 6:30 Tai Chi	<b>16</b> *Massage 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 <b>11:00 Diabetes Support</b> 12:00 Meals with Friends 1:00 Tech Help 1:30 Osteo Movement	<b>17</b> 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 Podiatrist <b>12:30 Collage Workshop</b> 12:30 Movie Matinee “Julie & Julia” 1:00 Cornhole/Ping Pong 1:00 Women’s Music
<b>20</b> * 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	<b>21</b> *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 Meals with Friends 12:30 Trivia 1:30 Line Dancing	<b>22</b> 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 <b>6:00 Painting with Julie</b> 6:30 TOPS 6:30 Tai Chi	<b>23</b> *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	<b>24</b> 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman’s Meditation 12:30 Movie Matinee “Joseph and the Amazing Technicolor Dreamcoat” 1:00 Cornhole/Ping Pong 1:00 Women’s Music
<b>27</b>  <b>Closed for Memorial Day</b>	<b>28</b> *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 9:30 Felting 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Meals with Friends 1:30 Line Dancing	<b>29</b> 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 12:00 Meals with Friends 1:00 Bingo 1:00 Table Shuffleboard <b>2:30 Grief Support</b> 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS 6:30 Tai Chi	<b>30</b> *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	<b>31</b> 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman’s Meditation 12:30 Movie Matinee “How the West was Won” 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;** \$5 per class

*Mondays at 2pm and Thursdays at 1:30pm*

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

**Learn to Tap Dance;** \$5 per class

*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..

**Fit & Fabulous;** \$5 per class

*Thursdays at 9am*

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

**Beginner Yoga;** \$5 per class

*Fridays at 9:30am*

**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;** \$5 per class

*Tuesdays at 1:30pm*

**Tai Chi;** \$5 per class

*Thursdays at 10am, **Wednesdays at 6:30pm***

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

**Zumba with Nee;** \$5 per class

*Tuesdays at 9:00am, Fridays at 9:30am*

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



**Massage with Morningstar:**

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



**Sarah from Footcare Focus**

Offers podiatry services, \$50

*Thursday, May 9th from 12pm to 4pm,*

*Friday, May 17th from 12pm to 3pm.*

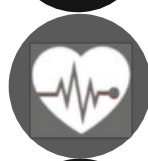
Call 978-597-1710 for an appointment.



**Wellness Clinic**

*3rd Wednesday of the month @ 12:30-2:30*

BP screening, glucose check, etc.



**Diabetes Support**

*Thursday, May 16th @ 11am*

Great tasting snacks for people with Diabetes.



**Hearing Clinic**

*3rd Wednesday of the month @ 10am*

**Healthy Living**

*Wednesday, May 1st @ 11am*

Exercises for seniors to improve strength and balance.

**Women's Meditation**

*Fridays at 11am*

*(except May 10th)*

**Membership at the YMCA!**

Meet at the Fitchburg "Y"! 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.

**Medicare Consultation**

*Wednesdays, May 1st 2pm-6pm, & 8th 10am-6pm*

Call for an appointment.

Appointments available with a consultant from Integrity Medicare Advisors, Inc (May 1st), or SHINE (May 8th)

### Grief Support Group with Karen Campbell

*Wednesday, May 29th @ 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.

Call 978-597-1710 and reserve your seat.

Funded by CHNA9, Haley Cremer Foundation and the Community Foundation of North Central MA

### Technology Help

Do you have a phone or tablet and need help?

Learn to use popular programs including PayPal, Gmail, Facebook

*Thursdays, May 2nd & 16th @ 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



### **Felting**

*2nd and 4th Tuesdays at 9:30am*  
This month's project is turtles!  
\$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**

*May 7th at 1pm*  
Create a mosaic coaster or trivet. No experience necessary. \$10 material fee.



### **Alcohol Ink Jewelry**

*On Hiatus*

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

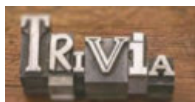
### **Women's Conversation**

*Tuesday May 21st 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, May 17th at 10:30am*  
"Remarkably Bright Creatures" by Shelby Van Pelt: Tea is Sweet Ginger Spice. Pick up the book at the library.



### **Hope Community Chorus**

*Mondays at 10am*



### **Genealogy with Dwight Fitch**

*2nd Friday at 10:30am*  
Trace your ancestry and find out where your family tree has roots.



### **TED Talks with Elise Johnson**

*Thursday, May 2nd at 1 pm*  
This month's topic: David McWilliams: The Power of Unconventional Thinking



### **Cornhole or Ping Pong**

*Fridays at 1pm*  
Join us for a game! Bring a friend!



### **Women's Music Workshop**

*Fridays at 1pm*  
Explore various aspects of music.



### **Beginner Ukulele**

*Mondays at 9:30am (currently full)*



### **Mexican Train Dominoes**

*Tuesdays at 10:30am*



### **Table Shuffleboard**

*Wednesdays at 1pm*



### **Rummikub**

*Mondays at 1pm*



### **Wii Bowling**

*Mondays at 1pm*



### **Bingo**

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



### **Cribbage**

*Thursdays at 1pm, except...*  
Tournament on 5/16 at 9am



### **Meet with Veteran Service Officer**

#### **Natalie Call**

*Thursday, May 9th @ 10am*  
Natalie can help eligible veterans and their dependents find essential services.



### **March Cribbage Winners!**

**High Score:** George Reeves 726 pts

**Runner Up:** Jan Johnson 723 pts

**High Hand, 24 points:**

Bill Hanson

## **Nissitissit String Quartet**

Friday, May 10th @ 7pm  
at the Townsend Library

European Cruise Concert  
Music from Italy, France, British Isles  
and Scandinavia



Sponsored by the Mass Cultural Council  
**Please Register in Advance**

## **Spring Tea Party**

Monday, May 13th @ 11am



Suggested donation to help cover cost \$2  
**Please Register in Advance**

## **Scam Prevention Sheriff's Office**

Tuesday, May 14th @ 11am

Members of the Sheriff's Office will  
talk about current scams, ways to  
recognize them and how you can  
help protect yourself and others.

**Please Register in Advance**

## **Galloping Gourmet The Paupers Pantry**

Fitchburg, MA

Wednesday, May 8th. Van leaves at 4:30pm



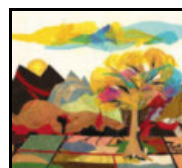
**Cost is \$5 for the van plus price of meal.  
Registration Required.**

## **Decorative Paper and Collage Workshop with Ann-Marie La Bollita**

Friday, May 17th @ 12:30pm – 3pm

Participants will make a collage  
using decorative papers based on a  
landscape image that they supply.  
Images can be from a photo, copy of a  
painting or other image.

This is a FREE program sponsored  
by the Mass Cultural Council.



**Please Register in Advance.**

## **Bus Trip Groton Hill Music Center Piano Faculty Showcase**

Wednesday, May 15th @ 12pm  
**Bus Leaves @ 11:15am**

This is a FREE Piano Concert  
featuring beloved classical selections.

**Cost of the van is \$5  
Must Register in Advance**

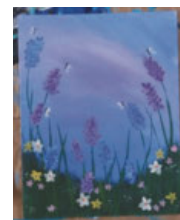


## **Painting with Julie**

Wednesday, May 22nd @ 6pm

Join in painting a beautiful  
Spring scene!

Step by step instructions will be  
given to create a soft background,  
and how to use brushes to create  
flowers. Painting will be done by  
using acrylic paint on an  
11x14 canvas board.



**Cost is \$10 for materials  
Please Register in advance**



## Meals With Friends

*Made possible by the Friends of the Townsend Seniors*



Monday	Tuesday	Wednesday	Thursday	Friday
		5/1: Tuna Noodle Casserole, Veg, and Bread	5/2: BBQ Pineapple Chicken over Rice, Veg, and Bread	NO LUNCH
5/6: Breakfast @9:30am	5/7: Soup & Salad	5/8: Pulled Pork Sandwich, Coleslaw, Chips	5/9: Italian Blend Meat Sauce over Pasta	NO LUNCH
5/13: Breakfast @9:30am	5/14: Soup & Salad	5/15: Asian Inspired Chicken & Rice, Veg, and Bread	5/16: Baked Haddock w/ Shrimp Stuffing, Veg, and Bread	NO LUNCH
5/20: Breakfast @9:30am	5/21: Soup & Salad	5/22: Ham & Asparagus Casserole, Side Salad, Bread	5/23: Beef & Gravy Mashed Potato, Veg, and Bread	NO LUNCH
5/27:  CLOSED Memorial Day	5/28: Soup & Salad	5/29: Tuscan Chicken w/ Sundried Tomatoes, Seasoned Pasta, Veg and Bread	5/30: Apple Stuffed Pork Tenderloin, Veg, and Bread	NO LUNCH

**RESERVATIONS  
REQUIRED  
24 hours in  
advance.**

**Cost \$4.00**  
All onsite meals  
are prepared by  
Gail and the  
Kitchen Staff

MENU IS  
SUBJECT TO  
CHANGE  
WITHOUT  
NOTICE

### *A note from the kitchen:*

There is a minimum of 5 people for meals. If we don't meet this requirement, the meal will be canceled and you will be notified. No Friday lunches until further notice.

Breakfast is Monday at 9:30am in place of lunch that day. Lunch is Tuesday—Thursday at 12pm.

**Kitchen needs: Paper Towels, 6" Paper Plates, 9" Paper Plates, Napkins**

### Movie Matinees for May

**May 3rd** "Mister Rogers It's You I Like" Join host Michael Keaton to celebrate "Mister Rogers' Neighborhood". Celebrities, and cast reveal their favorite memories.

**May 10th** "Wonka" With dreams of opening a chocolate shop, a young and poor Willy Wonka discovers the industry is run by a cartel of greedy chocolatiers.

**May 17th** "Julie & Julia" Julia Child's story of her start in cooking is intertwined with blogger Julie Powell's challenge to cook all of her recipes.

**May 24th** "Joseph and the Amazing Technicolor Dreamcoat" A Musical based on the Old Testament story of the youngest son of Jacob.

**May 31st** "How the West Was Won" A family saga covering several decades.

**Movie begins at  
12:30 pm**

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: (978) 877-6002

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 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. **Please schedule MORNING appointments with your physician/provider.**
- **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 & Pepperell Errands & Medical	Leominster, Lunenburg & Fitchburg Errands	Leominster & Fitchburg Medical	Townsend Errands & Medical	Townsend Errands	Groton & Ayer Medical	*Rotating Locations Errands See schedule Below



### Roadrunner & Wyle E. Coyote

### Rotating Locations: Fridays

May 3: Lunenburg Walmart/Market Basket on John Fitch Hwy  
 May 10: Watertown Plaza Leominster, Market Basket on John Fitch Hwy  
 May 17: Lunenburg Walmart/Market Basket on John Fitch Hwy  
 May 24: Rt 101A area/Market Basket  
 May 31: New Hampshire Mall Plaza  
 (Kohls, Burlington Coat, Hannaford)

## Bus Trip to see Jersey Boys at the Winnepesaukee Playhouse!!! Tuesday, June 25th

The Friends of the Townsend Seniors have planned a great way to spend a summer day. A trip to Lake Winnepesaukee including a visit to the beautiful Mills Falls Marketplace and a performance of the Jersey Boys at the Winnepesaukee Playhouse.



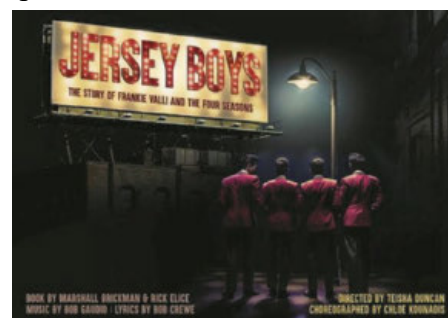
A Wilson Coach Bus will leave the Senior Center at 9:30am and arrive at Mills Falls Marketplace at 11:15am. Lunch is not included. You can enjoy lunch on your own in a quaint lakefront dining area, explore the public dock, and shop at the boutiques. At 1:15pm, reboard the bus for the short drive to the playhouse for a 2:00pm show. The bus will depart the playhouse around 5:15pm and return to the Townsend Senior Center at approximately 7:00pm.

**The cost of the trip is \$65 per person.** 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 canceled.

**Last day to sign up is June 7th.**

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

**We hope you will join us and please tell your friends!!**



**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.*