

# Silver Threads

TOWNSEND SENIOR CENTER

## From the Desk of the Director -

After taking this photograph on vacation last month, I said, "I've never been so happy to feel so absolutely insignificant."



Then I turned around and saw the people I was sharing this experience with; my husband, brother, his wife and the best friends I could ever wish for. That's when it hit me: I can feel insignificant in the grand scheme of things, but I am very significant in ways that are invaluable to others.

As November dawns and the holidays sneak up on us, let's not only give thanks to others and for our blessings, but take the time to thank yourself for being a vital cog in the workings of this world, this life, this existence. Sometimes you just have to look in front of you and the big picture that is life itself.

Come in and join others in sharing their significant insignificance or insignificant significance. Yes, in geologic time you may feel fairly insignificant, but YOU are a gift to us all. There are plenty of diverse opportunities here. Let us show you why this is where you WANT to be!

**Karin**

**Save the Date: Holiday Bus Trip, December 2nd**  
Visit Vaillancourt Folk Museum to see how they create their iconic Santas before stopping at Tower Hill Botanical gardens to see the lights.

**Council on Aging: Tuesday, November 19 at 10am**  
Help determine Senior Center priorities; all are welcome.



## Program Notes:

- \* No Silver Sneakers or Men's Strength on Nov 7
- \* Yoga will meet in the Storytime Room on Nov 7
- \* Line dancing is cancelled on Nov 8
- \* Genealogy will meet Nov 15
- \* No MOC Lunch on Nov 25
- \* Closing at 3pm on Nov 27

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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## SPECIAL EVENTS (RSVP 978-597-1710)



### **SHINE Medicare Counseling Mondays and Tuesdays in November**

Now is the time to review your Medicare coverage and see if changes are necessary. Our expert will help you weigh the options.



### **Stamp Bingo**

**Mondays, November 4 & 18 at 11am**

Immediately following Stamp Collecting, we'll play a stamp-themed bingo with stamp prizes!



### **Flu Clinic**

**Wednesday, November 6, 12-2pm**

**Cost: FREE (with insurance card)**

Protect yourself and stop the spread of influenza this winter. *Presented by McNaab Pharmacy.*



### **Medicare Basics**

**Wednesday, November 6, 6pm**

Whether applying for Medicare for the first time or reviewing your coverage, McNaab Pharmacy will lead us through the ABCs of Medicare. Please bring a list of your medications.



### **Bus Trip: American Heritage Museum**

**Friday, November 8 at 9:15am**

Cost: \$20 plus lunch after. This new museum is an impressive display of military vehicles from WWI to today and includes an immersive trench experience.



### **The Power of Positive Thinking**

**Tuesday, November 12 at 12pm**

Sharon Nolli of Fallon Health will discuss how to believe in yourself and use to peace to generate power.



### **Bridges Together**

**Intergenerational Program**

**Tuesdays at 2:45pm**

Partner with HBMS students to share your perspective in dynamic group sessions.



### **Grandparents Raising Grandchildren: Child Development and Updated Parenting Skills**

**Wednesday, November 13 at 6pm**

**(Free).** Parenting practices and norms are different now than they used to be. Get a crash course in the new expectations. Dinner and childcare provided. RSVP Required.



### **Dementia Nurse Consultation**

**November 13 & 21 by Appointment**

Bernadette Oinonen, MS, RN has decades of experience working with families facing dementia. She can help with skills to manage challenging behaviors, connect to relevant services, advise on legal & medical choices, provide caregiver support, and more.



### **Therapy Dog Visit**

**Wednesday, November 20 at 4pm**

Pets help lift our mood and relieve stress. Drop in and pet our friends!



### **O'Neil Cinemas Movie Club**

**Wednesday, November 20**

**Cost: \$12 (incl ticket & roadrunner; 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!



### **Afternoon Tea Party**

**Wednesday, November 20 at 4pm**

Enjoy tea, snacks, and the company of friends!



### **Mark Lynch Thanksgiving Dinner Monday, November 25 at 5pm**

Celebrating 20 years of giving back to the community, this dinner is open to all! Volunteers needed.



### **TED Talk: How to Disagree**

**Tuesday, November 26 at 11am**

Sometimes it feels like the only thing we can agree on is that we disagree. We'll hear tips on how to disagree productively and find common ground, then discuss afterwards.

### **Community Services:**

Elder Abuse Hotline: (800) 922-2275

Executive Office of Elder Affairs: (617) 727-7750

Fuel Assistance: (800) 632-8175

Montachusett Home Care: (978) 537-7411

Nashoba Nursing Service: (978) 425-6675

Townsend Ecumenical Outreach (978) 597-2209

### **Your Elected Officials:**

Edward Markey (D), US Senate: (202) 224-2742

Elizabeth Warren (D), US Senate: (202) 224-4543

Lori Trahan (D), US Representative: (202) 225-3411

Dean Tran, MA Senate: (617) 722-1230

Sheila Harrington, MA Representative: (617) 722-2305

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



| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| <p>Many thanks to the businesses that donated to the Senior Center this month: Gables of Fitchburg, Stewart's Florist, Hannaford, Townsend House, Patriot Pizza, Rivercourt Residences</p>   | <h1>November 2019</h1>  |  |   | <p><b>1</b></p> <p>9:00 Quazy Quilters<br/>10:00 Line Dancing (improver)<br/>10:00 Chair Exercise<br/>11:00 Line Dancing (intermediate)<br/>11:00 Women's Meditation<br/>12:00 Lunch: Soup/Salad Bar<br/>1:00 Mahjong<br/><b>Manicures/Pedicures/Reflexology by appointment</b><br/><br/> <b>11/3: 10th Anniversary Celebration: Vintage Vocal Quartet and Senior Center Open House</b></p> |
| <p><b>4</b></p> <p>9:30 Gentle Yoga<br/>10:00 Chair Exercise<br/><b>10:00 Stamp Collecting</b><br/><b>11:00 Stamp Bingo</b><br/>10:30 Watercolor<br/>11:00 Intermediate Chair Exercise<br/>11:00 Chorus<br/>12:00 Lunch: Chicken Drumstick<br/><b>12:00 Medicare Counseling</b><br/><b>12:30 Healthy Living Group</b><br/>1:00 Qi Gong<br/>1:00 Rummikub<br/>1:00 Wii Bowling (League)<br/>1:00 Knitting Group<br/>1:00 Weaving<br/>1:00 Scrapbooking<br/><b>1:00 Christmas Card Angels</b><br/><b>1:30 Planet Fitness</b></p> | <p><b>5</b></p> <p><b>9:30 Festival of Trees</b><br/>10:00 Silver Sneakers<br/>12:00 Lunch: Baked Pollock<br/><b>12:00 Medicare Counseling</b><br/>12:30 Walking Club<br/>1:00 Trivia &amp; Jeopardy<br/>1:00 Native American Flute<br/>1:30 Watercolor<br/><br/> <b>Message by appt.</b></p>           | <p><b>6</b></p> <p>10:00 Chair Exercise<br/>10:30 Watercolor<br/><b>12:00 Flu Clinic</b><br/>12:00 Lunch: Braided Chicken<br/>12:30 Woodworking<br/><b>1:00 Book Club</b><br/>1:00 Knitting Group<br/>1:00 Bingo<br/>3:00 Intermediate Chair Exercise<br/>4:00 Smartphone Help<br/><b>5:00 Evening Quilting</b><br/><b>6:00 Medicare Basics</b><br/>6:30 T.O.P.S.<br/>6:30 Evening Tai Chi<br/><br/> <b>Message by appt.</b></p> | <p><b>7</b></p> <p><b>10:00 Shuffleboard</b><br/>10:30 Watercolor<br/>11:00 Wii Bowling (open to all)<br/>12:00 Lunch: Shepherds Pie<br/>12:30 Walking Club<br/>1:00 Cribbage<br/><b>1:00 A Matter of Balance</b><br/>1:30 Chair Yoga<br/><br/> <b>Library Book Sale</b></p>  | <p><b>8</b></p> <p>9:00 Quazy Quilters<br/><b>9:15 Bus Trip: American Heritage Museum</b><br/>10:00 Chair Exercise<br/>10:00 Scrabble<br/>11:00 Women's Meditation<br/>12:00 Lunch: Soup/Salad Bar<br/><b>12:30 Movie: Brooklyn</b><br/>1:00 Mahjong<br/><br/> <b>Manicures/Pedicures/Reflexology by appointment</b><br/><br/> <b>Library Book Sale</b></p>                                 |
| <p><b>11</b></p> <p><b>Closed for Veteran's Day</b></p>  | <p><b>12</b></p> <p>10:00 Silver Sneakers<br/><b>11:00 Chorus</b><br/>12:00 Lunch: Chicken Parmesan<br/><b>12:00 The Power of Positive Thinking</b><br/><b>12:00 Medicare Counseling</b><br/>12:30 Walking Club<br/>1:00 Native American Flute<br/>1:30 Watercolor<br/><b>2:45 Bridges Together</b></p> | <p><b>13</b></p> <p>10:00 Chair Exercise<br/>10:30 Watercolor<br/><b>11:00 Women's Conversation</b><br/>12:00 Lunch: Sloppy Joe<br/>12:30 Woodworking<br/>1:00 Bingo<br/>1:00 Knitting Group<br/>3:00 Intermediate Chair Exercise<br/><b>3:00 Tree of Life</b><br/><b>3:00 Dementia Consultation</b></p>   | <p><b>14</b></p> <p><b>9:30 Festival of Trees</b><br/><b>10:00 Shuffleboard</b><br/>10:00 Silver Sneakers<br/>10:30 Watercolor<br/>11:00 Wii Bowling (open to all)<br/><b>11:00 Men's Strength</b><br/>12:00 Lunch: Beef Brisket Chili with Mac &amp; Cheese<br/>12:30 Walking Club<br/><b>1:00 A Matter of Balance</b></p> | <p><b>15</b></p> <p>9:00 Quazy Quilters<br/>10:00 Line Dancing (improver)<br/>10:00 Chair Exercise<br/><b>10:30 Genealogy</b><br/>11:00 Line Dancing (intermediate)<br/>11:00 Women's Meditation<br/>12:00 Lunch: Soup/Salad Bar<br/><b>12:00 Hairdresser</b><br/>1:00 Mahjong</p>  |

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|----|--|---|---|---|---|
|    | International Program<br><br>Message by appt.  |   | 4:00 Smartphone Help<br><br>6:00 Grandparents Raising Grandchildren: Parenting<br>6:30 T.O.P.S.<br>6:30 Evening Tai Chi   | Friends Trip to Mohegan Sun<br><br>1:00 Cribbage<br>1:30 Chair Yoga   |   |
| 18 | 9:30 Gentle Yoga<br>10:00 Stamp Collecting<br>11:00 Stamp Bingo<br>10:00 Chair Exercise<br>10:30 Watercolor<br>11:00 Chorus<br>11:00 Intermediate Chair Exercise<br>12:00 Lunch: Sweet & Sour Meatballs<br>12:00 Medicare Counseling<br>12:30 Diabetes Wellness<br>1:00 Qi Gong<br>1:00 Rummikub<br>1:00 Wii Bowling (League)<br>1:00 Knitting Group<br>1:00 Bead Loom Bracelets<br>1:00 Scrapbooking<br>1:30 Planet Fitness | 19<br>10:00 COA Meeting<br>10:00 Meditation Stones<br>10:00 Silver Sneakers<br>12:00 Lunch: Shepherds Pie<br>12:00 Medicare Counseling<br>12:30 Walking Club<br>1:00 Native American Flute<br>1:00 Trivia & Jeopardy<br>1:30 Watercolor<br>2:45 Bridges Together<br>International Program | 20<br>10:00 Chair Exercise<br>10:00 Hearing Clinic<br>10:30 Watercolor<br>12:00 Lunch: Turkey Dinner<br>12:30 Woodworking<br>1:00 Bingo<br>1:00 Felted Gnomes<br>1:00 Knitting Group<br>3:00 Intermediate Chair Exercise<br>4:00 Therapy Dog Visit<br>4:00 Afternoon Tea<br>5:00 Evening Quilting<br>5:00 O'Neil Cinemas Movie Night<br>6:30 T.O.P.S.<br>6:30 Evening Tai Chi<br><br>Message by appt. | 21<br>9:00 Cribbage Tournament<br>10:00 Silver Sneakers<br>10:00 Shuffleboard<br>10:30 Watercolor<br>11:00 Wii Bowling (open to all)<br>11:00 Men's Strength<br>12:00 Lunch: Chicken Stir Fry<br>12:00 Dementia Consultation<br>12:30 Walking Club<br>1:00 A Matter of Balance<br>1:30 Chair Yoga   | 22<br>9:00 Quazy Quilters<br>10:00 Line Dancing (improver)<br>10:00 Chair Exercise<br>10:00 Scrabble<br>10:00 Decluttering Help<br>11:00 Line Dancing (intermediate)<br>11:00 Women's Meditation<br>12:00 Lunch: Soup/Salad Bar<br>12:30 Movie: Sam Andreas<br>1:00 Mahjong<br><br>Manicures/Pedicures/<br>Reflexology by appointment |
| 25 | 9:30 Joint Health Yoga<br>10:00 Chair Exercise<br>10:30 Watercolor<br>11:00 Chorus<br>11:00 Intermediate Chair Exercise<br>12:00 Medicare Counseling<br>1:00 Qi Gong<br>1:00 Rummikub<br>1:00 Wii Bowling (League)<br>1:00 Knitting Group<br>1:00 Weaving<br>1:00 Scrapbooking<br>1:30 Planet Fitness<br>5:00 Mark Lynch Thanksgiving Dinner   | 26<br>10:00 Silver Sneakers<br>11:00 TED Talk: Disagreeing<br>12:00 Lunch: BBQ Pork Rib<br>12:00 Medicare Counseling<br>12:30 Walking Club<br>1:00 Native American Flute<br>1:30 Watercolor<br><br>Message by appt.   | 27<br>10:00 Chair Exercise<br>10:30 Watercolor<br>11:00 Women's Conversation<br>12:00 Lunch: Honey Mustard Chicken<br>12:30 Woodworking<br>1:00 Bingo<br>1:00 Knitting Group<br><br>Message by appt.<br><br>**Closing at 3pm**  | 28<br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><br><b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### Meals on Wheels

Provided by MOC

**Call: 978-345-8501 Ext. 2 to register**

Questions? Call Donna 978-597-1710

Hot meal includes: Entree, Bread, Fruit, Milk  
Meals Delivered Monday, Tuesday, Wednesday  
each week between 10:10am –12:30pm.  
*Someone must be home to receive the meal*

## PERSONAL CARE



**Women's Meditation Group**  
Fridays at 11am



**Qi-Gong**  
Mondays at 1:00pm  
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, November 4 at 12:30pm

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**  
Fridays, November 1, 8, 22 by Appt.  
Cost: Reflexology (\$25/half hr.);  
Manicure (\$15); Pedicure (\$22)

**Massage with Morningstar of Little Bear Massage**  
Tuesdays: Nov 5, 12 & 26 and Wednesdays: Nov 6, 20, 27  
By Appt. \$45/50 min

**Women's Conversation Group**  
Wednesdays, November 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: Carb Counting & Meal Planning**  
Monday, November 18 at 12:30pm  
Manage your diabetes with confidence. Topics will include managing stress, lifestyle changes, shared experiences, preventing complications, etc.

**Well Adult Clinic**  
Wednesday, November 13 at 12pm  
BP screening, glucose check, general health and first aid.

**Hearing Clinic**  
Wednesday, November 20 at 10am

**Hairdresser**  
Friday, November 15 at 12pm

**Evening Tai Chi for adults of all ages**  
Wednesdays, 6:30 –8pm, location TBD, Cost: donation

## Call today to connect with a SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.



*There's no cost to you!*  
**(888) 612-8951**

We're paid by our partner communities

◀ **Joan Lunden**, journalist,  
best-selling author, former  
host of *Good Morning America*  
and senior living advocate.



*American Standard*  
Walk-In Tubs

**WALK-IN BATHTUB SALE! SAVE \$1,500**

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!

**844-889-2321**

Or visit: [www.walkintubinfo.com/safety](http://www.walkintubinfo.com/safety)

## NEVER MISS A NEWSLETTER !

Sign up to have our newsletter  
emailed to you at

[www.ourseniorcenter.com](http://www.ourseniorcenter.com)





## The Senior Center is in need of:

Disinfectant Wipes (Lysol, Clorox, etc.)  
Paper Cups (8-10oz, for cold beverages)  
Thank you for your generosity!

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
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Generated by <http://www.apensky.ca/~jdhildeb/software/sudoku/gen/>

## GROUP FITNESS

**Chair Exercise** (video instruction)

**Mondays, Wednesdays, & Fridays at 10am**

**Intermediate Chair Exercise** (video instruction)

**Mondays at 11am**

**Wednesdays at 3 pm**

**Gentle Yoga with Patsy**

**Mondays at 9:30am**

**Cost: \$6/class**

**Joint Health Yoga**

**Monday, November 25 at 9:30am**

**Group Trip to Planet Fitness**

**Mondays at 1:30pm**

**NEW!!**

**Silver Sneakers™**

**Tuesdays & Thursdays at 10am**

**Cost: \$5/class, paid per class**

**Men's Strength**

**Thursdays at 11am**

**Cost: \$5/class, paid per class**

**NEW!!**

**Walking Club**

**Tuesdays & Thursdays at 12:30pm**

**Chair Yoga with Carin**

**Thursdays at 1:30pm Cost: \$6/class**

**Line Dancing**

**Fridays; Cost: \$5/class or \$7 for both/all**

**Improver: 10:00am –11:00am**

**Advanced class continues until 11:30**

## JUST FOR FUN



**Scrabble**

**November 8 & 22 at 10am**



**Movie Matinee**

**Friday, November 8 at 12:30pm**

*Brooklyn*

**Friday, November 22 at 12:30pm**

*San Andreas*



**Rummikub**

**Mondays at 1pm**



**Trivia & Jeopardy**

**Tuesdays, November 5 & 19 at 1pm**



**Cribbage—Regular Play**

**Thursdays at 1pm (except 10/17)**

**Cribbage Tournament**

**Thursday, November 21 at 9am**



**Smartphone Help Sessions**

**Wednesdays, Nov 6 & 13 at 4pm**



**Genealogy with Dwight Fitch**

**Friday, November 15 at 10:30am**



**Mahjong**

**Fridays, November 1, 8, 15, 22 at 1pm**



**Shuffleboard**

**Thursdays at 10am**

**Come check out our new table!**



**Helen's Native American Style Flute Lessons**

**Tuesdays at 1pm Cost: \$40 for 4 week sessions**



**Stamp Collecting**

**Monday, November 4 & 18 at 10am**

**Beginners and lifelong enthusiasts welcome!**



**Wii Bowling**

**Thursdays at 11:00am**



**Book Club**

**Wednesday, November 13 at 1pm**

**This month's group will discuss: "My Dear Hamilton" by Stephanie Dray & Laura Kamole**



**Hope Community Chorus**

**Mondays at 11am**

**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.*

## ARTS & CRAFTS



### Knitting Group (Drop In)



### Scrapbooking Studio (Drop In) Mondays at 1pm

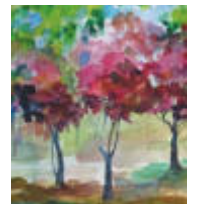
Use our supplies or bring your own!



### Weaving Group (Drop In)

Mondays at 1pm (except 11/18)

Bring your loom and work with fiber friends.



### Watercolor Classes

Cost: \$22/3 week class; \$30/4 weeks

Mondays Series (10:30am)

Tuesday Series (1:30pm)

Wednesday Series (10:30am)

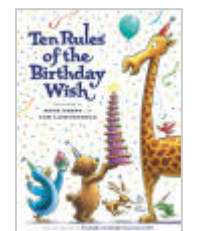
Thursday Series (10:30am)



### Christmas Card Angel Charms

Monday, November 4 at 1pm

Cost: \$2/card Create a beaded Christmas Angel charm, displayed on repurposed cards. Makes a great gift!



### Festival of Trees Workshop

Tuesday, November 5 & 14 at 9:30am

Help us design decorations for the Senior Center's tree, based on the book "Ten Rules of The Birthday Wish"



### Evening Quazy Quilters (Drop In)

November 6 & 20 at 5pm Sewing machines, fabric, & ideas available.



### Tree of Life Suncatcher

Wednesday, November 13 at 3pm

Cost: \$12

Use wire-wrapping techniques to create a beautiful tree of life sun catcher!

Would also make a great Christmas gift.



### Weaving: Bead Loom Bracelets

Monday, November 18 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!

*Sponsored by Rivercourt.*



### Meditation Stones

Tuesday, November 19 at 10am

Cost: \$12 You will create 3 glass meditation stones using alcohol inks.

We'll learn the basics of working with alcohol ink, along with some tips and tricks. All supplies included, but bring a pair of sharp fabric scissors.



### Needlefelted Gnomes

Wednesday, November 20 at 1pm

Cost: \$5 Can these festive little guys be any cuter??

## 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<br>9:00am—12:00pm | Pepperell<br>(Medical) | Leominster<br>(Medical) | Townsend<br>(Medical and Errands) | Groton and Ayer (Medical) | Fitchburg and Lunenburg<br>(Medical) |
| Afternoons<br>1:00—3:00pm  | Townsend<br>(Errands)  | Leominster<br>(Errands) | Townsend<br>(Medical and Errands) | Townsend<br>(Errands)     | Fitchburg and Lunenburg<br>(Errands) |

### DESTINATIONS:

- Medical:** Doctors, Dentists, Therapies, Lab work, etc. (Please schedule morning appointments with your physician/provider).
- 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.

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