

Silver Threads

TENTATIVE

From the Desk of the Director -

Some things are different. Some things are the same (kind of). As COVID-19 continues to affect our lives, we are encouraged to be diligent, stay safe and make wise choices thru the holidays.

It is essential that we use this experience to recognize what we have to be thankful for. I encourage you to pick up a few essential items each time you go to the store, purchase gifts from local merchants, and focus on the little things that make life special. I can't tell you how many stories I have heard of people sharing small acts of kindness! Everything from purchasing coffee for the vehicle behind you, groceries and gift cards for a customer, or cleaning out your closet for those in need. There is always something we can do to help others!

One thing COVID isn't going to do is stop our annual Mark Lynch Thanksgiving Dinner. This year there are drive-in and delivery options available. Reservations must be made by 3pm November 16th. Call us to reserve your scrumptious meal!

Throughout the winter months we will be reaching out to help those who are grappling with social isolation and the blues that inevitably come along. Please call us if you know of someone who could use encouragement or if you have ideas on how we can reach out to those who need it.

Never forget that you can count on us to be here for YOU!

See you soon,

Karin

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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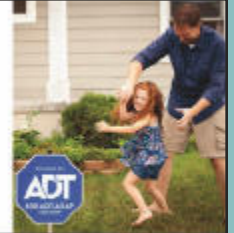
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Townsend Council on Aging, Townsend, MA

06-5303

Lunch

RESERVATIONS REQUIRED 48 hours in advance

Call 978-597-1710 to sign-up

Suggested \$3.00 donation



ONLY



ONLY



AND
LIMITED INDOOR
SEATING

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lemon Piccata Cod	3	4 Tomato Vodka Chicken	5 Shepherd's Pie	6
9 American Chop Suey	10	11 CLOSED	12 Spaghetti & Meatballs	13
16 Chicken Parmesan	17	18 Beef Stew	19 Chicken & Broccoli Alfredo	20
23 No MOC Lunch Mark Lynch Thanksgiving Dinner	24	25 Broccoli Bake	26 CLOSED	27 CLOSED
30 Hawaiian Meatballs	**Monday and Wednesday meals provided by MOC; Thursday meals home-made by Donna			

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 and Wednesday each week
between 10:10am –12:30pm.

Someone must be home to receive the meal

Mark Lynch Thanksgiving Dinner

Monday, November 23rd at 5pm

No charge

This wonderful community tradition honors seniors and offers the community an opportunity to give back!



Complimentary Thanksgiving Dinners will be available for Drive-In style pickup, or delivery if needed.

RSVP Required.

Please call the Senior Center to signup, by Monday, Nov 16th.

Important Phone Numbers

COVID-19 Updates: Dial 211, then:

Symptoms & Testing x26

Financial Resources x21

Emotional Support or Suicide Hotline x25

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 Ecumen. 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.

Programs Inside the Building

Space is limited; RSVP required for **ALL** programs

For Your Health

Space is limited; **RSVP required for ALL programs.**

Massage with Morningstar

Tuesdays in November by appointment.

T.O.P.S (Take Off Pounds Sensibly)

Wednesdays in November at 6:30pm (*no class 11/25*)

Medicare Counseling (via Zoom)

November 4, 18, 23 by appointment. SHINE assistance enrolling in Medicare & choosing a plan.

Manicures, Pedicures, Reflexology with Veronica

Fridays, November 6 & 13 by appointment

Dementia Nurse Consultation

Thursday, November 12 by appt. First meeting free.

Diabetes Wellness Support Group

Monday, November 16 at 12:30pm. No charge.

Hearing Clinic

Wednesday, November 18 by appointment.

Hairdresser

Friday, November 20 by appointment.

Healthy Living Group

Monday, November 22 at 12:30pm. No charge.

For Fun

Space is limited; **RSVP required for ALL programs.**

Women's Conversation

Mondays Nov 2 & 16 at 1pm.

Trivia

Tuesdays, Nov 3 & 17 at 1pm. No charge

Women's Meditation

Fridays at 10:30am. RSVP Required.

Matinee Movie

Friday November 13: *Scent of a Woman*

Bingo

Wednesdays at 1pm. No charge.

Book Club

Wednesday, November 18 at 11am. This month's book is "The Helpline" by Katherine Collete.

Tech Help

Learn to use popular programs including Zoom, Paypal, Gmail, Facebook, etc. Wednesdays and Thursdays by appointment. No charge.

Zoom Programs

How will Zoom classes work? To sign up, call the Senior Center (978-597-1710). We'll email you a link to click on at the start of class.

Native American Flute Tuesdays at 1pm, \$40 per month

Autumn at the Arboretum Tuesday, November 10 at 2pm. No charge.

Take a guided virtual tour through the Arnold Arboretum at Harvard University. See the gardens in all their fall splendor, in this live event with a docent.

Talk of the Town

Thursday, November 12 at 10:30am on Cable Channel 9 AND Zoom. Talk of the Town with Veronica Kell, Selectman. Hear the latest town news, share your thoughts, concerns, and ideas about Senior issues. (This is NOT a Selectmen's Meeting)

Genealogy

Friday, November 13 at 10:30am via Zoom (no charge)

Writing Group

Friday, November 13 at 1pm. This new group will meet to determine interests and priorities, and set forth from there. All are welcome!

Grandparents Group

Tuesday, November 17 at 2pm. Have you been called on during this extraordinary time to support your grandchildren with school and/or childcare? Share the laughter and tears with others in the same boat! This new group can be whatever we want it to be!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 12:30 Healthy Living 12:30 Knitting 1:00 Women's Conversation	3 12:30 Walking Club 1:00 Flute Lessons 1:00 Trivia 1:30 Intermediate Chair Yoga Massage by appt	4 9:00 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 6:00 Friends Meeting 6:30 T.O.P.S. Medicare Counseling by appt	5 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 12:00 Donna's Diner 1:00 Watercolor 1:30 Beginner Chair Yoga	6 10:00 Quazy Quilters 10:00 Chair Exercise 10:30 Meditation 12:00 Weaving Manicures, Pedicures, & Reflexology by appt
9 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 12:30 Knitting	10 12:30 Walking Club 1:00 Decoupage Candle Holders 1:00 Flute Lessons 1:30 Intermediate Chair Yoga 2:00 Autumn at the Arboretum Massage by Appt	11 CLOSED	12 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 10:00 Dementia Nurse 10:30 Talk of the Town 12:00 Donna's Diner 1:00 Watercolor 1:30 Beginner Chair Yoga	13 10:00 Quazy Quilters 10:00 Chair Exercise 10:30 Meditation 10:30 Genealogy 12:00 Weaving 12:30 Movie 1:00 Writing Group Manicures, Pedicures, & Reflexology
16 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 12:30 Diabetes Wellness 12:30 Knitting 1:00 Women's Conversation	17 9:30 Felted Pumpkins 10:00 COA Meeting 12:30 Walking Club 1:00 Flute Lessons 1:00 Trivia 1:30 Intermediate Chair Yoga 2:00 Grandparents Group Massage by Appt	18 9:00 Senior Fitness 10:00 Hearing Clinic 10:00 Chair Exercise 11:00 Book Club 12:00 MOC Lunch 1:00 Bingo 3:00 Fall Bracelet 4:00 Yoga for Pain 6:30 T.O.P.S. Medicare Counseling by appt	19 9:30 Senior Fitness 9:30 Intermediate Chair Yoga 12:00 Donna's Diner 1:00 Watercolor 1:30 Beginner Chair Yoga	20 10:00 Quazy Quilters 10:00 Chair Exercise 10:30 Meditation 12:00 Weaving 12:00 Hairdresser
23 9:30 Senior Fitness 10:00 Chair Exercise 12:30 Knitting 5:00 Mark Lynch Thanksgiving Dinner Medicare Counseling by appt	24 12:30 Walking Club 1:00 Flute Lessons 1:30 Intermediate Chair Yoga Massage by Appt	25 9:00 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 4:00 Yoga for Pain	26 CLOSED	27 CLOSED
30 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 12:30 Knitting	<div> <div>November 2020</div> <div> Key: Onsite Programs Zoom Programs Cable Programs YouTube Live Programs </div> </div>			

FITNESS/EXERCISE

****RSVP Required for All Programs****

Gentle Yoga with Patsy	Available anytime on YouTube, donation appreciated
Chair Exercise	Mondays and Fridays at 10am in the Meeting Hall Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9
Senior Fitness with Stephanie	Mondays and Thursdays at 9:30am via Zoom, \$5 per class Wednesdays at 9am in the building, \$5 per class
Walking Club	Tuesdays at 12:30pm, outdoors
Beginner Chair Yoga with Carin	Thursdays at 1:30pm in the building, \$5 per class
Intermediate Chair Yoga with Carin	Tuesdays at 1:30pm and Thursdays at 9:30am via Zoom; \$5 per class
Yoga for Pain	Wednesdays, Nov 11 & 18, Dec 2 & 9 at 4pm in the building. No charge. A gentle yoga class geared toward relieving pain by bringing alignment to the body. Through a series of repeated yoga postures and stretches we can reduce stiffness and tension in the upper body and reduce low back and knee pain. Yoga can help people with arthritis, fibromyalgia, migraine, low back pain, and many other types of chronic pain conditions. funded by the Townsend Local Cultural Council and Massachusetts Cultural Council.



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For Your Safety

We welcome you back to the Senior Center, to enjoy the activities and people you love. To ensure everyone's safety, please adhere to the following guidelines:

- Masks must be worn at all times
- Maintain a social distance of 6 feet between people
- Cooperate with staff screening questions and temperature screening
- Sanitize your hands upon arrival and during programs when necessary
- If you discover you have COVID-19 or have come in close contact with someone who has, please notify the Senior Center ASAP
- Patrons must be pre-registered for all onsite programs to be able to participate

These guidelines apply everywhere on Senior Center property: indoors and outdoors. Staff reserves the right to ask those not adhering to these guidelines to leave the premises.

If you are not feeling well (for any reason) PLEASE STAY HOME!!!!

Thank you!!

Many thanks to the organizations that have been so supportive of the Senior Center during the pandemic:

Greater Lowell Community Foundation
Community Foundation of North Central Massachusetts
873 Café
Townsend Hannaford

**Special thanks to TEO
for working with us to help those in need!**

The Senior Center is in need of:

**Lysol Spray
Disinfecting Wipes
Christmas Decorations**

Thank you for your generosity!

Online Resources to Explore



Senior Planet offers courses, programs, and activities to help seniors learn new skills, get in shape, and save money. You'll find zoom classes on many different topics. Explore all the options at www.seniorplanet.org



TechBoomers provides free courses, step-by-step tutorials and informational articles that can help you learn anything and everything about the Internet's most popular websites and apps. Visit www.techboomers.com to learn more.

Friends of the Townsend Seniors - Coming Events



NOV 4: The Friends will meet at 6 pm at the Senior Center.

The Friends are in need of help on the board and in need of helpers. If you are interested please call the senior center and leave your name and number and we will get back to you as soon as possible. Age is not a issue... teenagers to seniors... it does not matter.

To learn more about the Friends - our mission, membership and reorganization plans contact chairman Peter Buxton, 978-502-6786.

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 AND CRAFTS (in the building)



Knitting Circle

Mondays at 12:30pm



Weaving Circle

Fridays at 12pm. No charge. Open project time. RSVP Required.



Fall Decoupage Candle Holder

Tuesday, November 10th at 1:00pm
Cost: \$10.00



Felted Pumpkins

Tuesday, November 17th at 9:30am
Cost: \$2.00

Special Program:

Autumn at the Arboretum

Tuesday, November 10th at 2pm

Take a docent-led virtual tour of Harvard University's famous gardens!



ARTS AND CRAFTS (via Zoom)

When you sign up & pay for a class, a kit with all necessary supplies will be placed outside the Senior Center for pick-up. Please let us know if delivery is needed.



Quazy Quilters (Zoom)

Fridays at 10am.

Visit with friends while showing off your latest projects.



Watercolor with Linda (Zoom)

Thursdays at 1pm

One-time fee of \$10 for an at-home painting kit for new students, plus \$30 per month for the class.



Fall Bracelet

Wednesday, November 18 at 3pm

Cost: \$2.00 This facilitated zoom class will feature live instruction and a video for future reference.

Chromebooks

Available now to borrow!

It's easy to participate in virtual programs like senior fitness, yoga, watercolor, etc.

Call us to schedule a training session for Zoom!



ROAD RUNNER BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE

Schedule all appointments by calling 978-597-1730

SAFE RIDING PROCEDURE: All riders will have their temperature taken before boarding. Riders **must** wear a mask covering **mouth & nose**.

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am—12:00pm	Townsend (Medical and Errands)	Leominster, Fitchburg, Lunenburg (Medical)	Townsend (Medical and Errands)	Groton, Ayer, Pepperell (Medical)	Townsend (Medical and Errands)
Afternoons 1:00—3:00pm	Townsend (Medical and Errands)	(no service)	Townsend (Medical and Errands)	(no service)	Townsend (Medical and 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¢