

Silver Threads

November 2023, Vol 10 No 5



Did you know that November is National Gratitude Month? Gratitude is more than simply saying “thank you.” Gratitude’s amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves and the world around us. I am so very grateful for this wonderful new opportunity to be the Director of the Townsend Senior Center. Thank you for all the positive encouragement I have received. I would like to share with you an article that was recently written about the Quazy Quilters and their generous spirit. -Elise

Quilts of Kindness and Love

It is always sad to know that there are children with life threatening illnesses. The Quazy Quilters who meet Tuesdays at the Townsend Senior Center are doing their best to keep those children happy and smiling. Since June this group of women who meet weekly have created and donated over 35 quilts and matching pillowcases. They are sent to Paul Newman’s ***Camp Hole in the Wall Gang*** in Connecticut. The camp is open all year round and it is free to those seriously ill children who attend for a week.

Each child returns home with a quilt and matching pillowcase. Last year the Quazy Quilters raffled off 2 quilts and raised \$3000 to donate to Ukraine.

They also made 80 flannel blankets to go to ***Dress a Girl Around the World***.

The material is purchased by the quilters, some is donated to the group.



Written by Joanna Reagan

Front Row: Jen Young and Ann Davis

Back Row: Alice Azarowski, Maryann Kane, Kathy Spaulding, Lyana Moreira, Rosalie Longo & Beth Klein

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

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

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

Elise Johnson, Director

Greg Smith, Assistant Director

Vacant, Program & Outreach Coordinator

Janet Cote, Assistant Program Coordinator

Donna Fenton, Kitchen Manager & Volunteer Coordinator

Vacant, Chef

Lorraine Farmer, Senior Meals Associate

Donna Howard, Transportation Administrator

Drivers: Steve Bourdon, Peter Buxton, John Corwin, Lorraine Farmer

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



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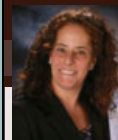
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Attorney At Law

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www.rrbuxtonlaw.com

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Edward Jones

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Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>November</h1>		1 *Medicare 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 3:30 Hybrid Yoga 5:30 Grief Support 6:00 Free Yoga 6:00 Friends Meeting 6:30 TOPS	2 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi with Richele 11:00 Caregivers Support 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Tech Help 1:00 Cribbage 1:30 Osteo Movement	3 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation 12:30 Movie Matinee "Good Will Hunting" 1:00 Cornhole
		6 9:00 Drop-in Crafts 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 3:00 Water Aerobics	7 *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 12:30 Trivia 1:30 Line Dancing	8 *Medicare 9:30 Chair Exercise 10:00 Watercolor 11:30 Groton Hill Community Concert 12:00 Donna's Diner 1:00 Bingo 3:30 Hybrid Yoga 4:00 Galloping Gourmet 6:00 Free Yoga 6:30 TOPS
13 *Massage 9:00 Drop-in Crafts 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 3:00 Water Aerobics	14 *Massage 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 1:00 Alcohol Inks 1:30 Line Dancing	15 *Medicare 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 Donna's Diner 12:30 Wellness Clinic 1:00 Bingo 3:00 COA Meeting 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS	16 *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 with Richele 11:00 Caregivers Support 11:00 Diabetes Support 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Tech Help 1:30 Osteo Movement	17 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:30 Genealogy 11:00 Woman's Meditation 12:00 Podiatrist 12:30 Movie Matinee "The Lost City" 1:00 Cornhole
20 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 3:00 Water Aerobics 5:00 Thanksgiving Dinner	21 *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 11:30 Beth Walsh from Senator Cronin's Office 12:00 Donna's Diner 12:30 Trivia 1:00 Crafting w/Angela 1:30 Line Dancing	22 *Medicare 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Book Club Closing at 3pm	23 Closed For Thanksgiving	24 Closed For Thanksgiving
27 *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 2:30 Grief Support 2:00 Osteo Movement 3:00 Water Aerobics	28 *Massage 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 1:00 Alcohol Inks 1:30 Line Dancing	29 *Medicare 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 6:00 Free Yoga 6:30 TOPS	30 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi with Richele 11:00 Caregivers Support 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:30 Osteo Movement	Happy Thanksgiving! 

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

Mondays at 2pm and Thursdays at 1:30pm; \$5 per class

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

Learn to Tap Dance

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. \$5 per class

Fit & Fabulous

Thursdays at 9am; \$5 per class

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

Beginner Yoga

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

Free Yoga with Kris

Wednesdays at 6pm

Join Kris for some of her favorite YouTube videos.

DVD Chair Exercise—Free

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

Tai Chi with Richele

Thursdays at 10am \$5 per class

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

Zumba with Nee

Tuesdays at 9:00am, Fridays at 9:30am. \$5 per class

Come back to Zumba!! Free in the month of November!

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



Massage with Morningstar:

By appointment. See calendar for November schedule. \$45/50mins.



Sarah from Footcare Focus

offers podiatry services, \$45
*Thursday, Nov. 9th from 12pm to 4pm,
Friday, Nov. 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, November 16th at 11am



Women's Meditation

Fridays at 11am

Hearing Clinic

Wednesday, November 15th at 10am

Water aerobics at the YMCA!

Mondays at 3pm

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

Each Wednesday through Dec. 13th

Call for an appointment

Appointments available with a consultant from SHINE or Integrity Medicare Advisors, Inc.

Healthy Living

Wednesday, November 1st at 11am

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

Grief Support Group with Karen Campbell

4th Monday of the month @ 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.

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

Nov. 2nd & 16th 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

Monday 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 finish a project. Free!



Wood Carving

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



Alcohol Ink Jewelry

2nd and 4th Tuesdays at 1pm
Limited to 12 students. Cost is \$12



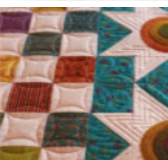
Felting

2nd and 4th Tuesdays at 9:30am
Owls!
\$3 fee for materials.



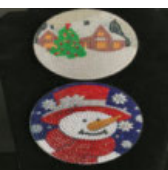
Charcoal Drawing Open Studio

Thursdays at 1:00
Great for those looking for a supportive environment to work in charcoal or graphite. Gentle guidance and feedback available.



Quazy Quilters

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



Crafting with Angela

Tuesday, November 21st at 1pm
Diamond Art Painting
\$5 material fee.

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

Women's Conversation

First & Third Tuesdays at 11am

Trivia

First & Third Tuesdays at 12:30pm

3 Chord Strum Band

Tuesday at 10:00am
Open to all! For acoustic string instruments only.

Book Club

Wednesday, November 22nd at 1pm
"The Measure"
by Nikki Erlick

Bingo

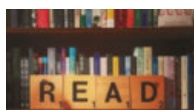
Wednesdays at 1pm
Cost: \$5.00; limit 4 cards.

Hope Community Chorus

Mondays at 10am, Except 11/20

Genealogy with Dwight Fitch

Friday, November 17th 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!

Cornhole

Fridays at 1pm
Indoors in the Meeting Hall

Mexican Train Dominoes

Tuesdays at 10:30am

Table Shuffleboard

Wednesdays at 1pm
(Except 11/8 & 11/23)

Rummikub

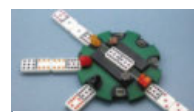
Mondays at 1pm

Wii Bowling

Mondays at 1 pm

Cribbage

Thursdays at 1pm, except...
Tournament on 11/16 at 9am



Calling All Crafters!!!

The Senior Center tree this year is a Patriotic theme. We would love to have each class contribute to making ornaments such as flags, stars, patriotic symbols. Questions? Ask Elise or Diane Blankenburg
Drop-in on 11/6 or 11/13 from 9-12 to create an ornament!

Sept. Cribbage Winners!

High Score: Bonnie Olesen, 726 points
Runner Up: Ron Nussel, 721 points
High Hand: Ed Jette, 24 points

Caregivers' Support Group

Thursdays at 11am

Stress, guilt, frustration, joy, grief...all of these are normal for caregivers. This is an opportunity for YOU to come and talk about these feelings and discuss strategies to stay physically and emotionally healthy. Dorie, the therapy dog, will be sure to bring a smile to your face. **The group will meet weekly for 6 weeks or longer if there is interest.**



Group leader, Katie Gray, is recently retired and doing volunteer work as an End of Life Doula and a Lions Club member. Previously, she was a school counselor and then a leadership coach & educational consultant. She has spent many years as a caregiver, first for her parents and then for her spouse. Dorie is a hypo-allergenic 9 year old mini Golden Doodle

Galloping Gourmet

Lilac Blossom in Nashua
Wednesday, November 8th at 4:30pm



Sign up at the front desk!
Van will leave at 4:00pm

Cost is \$5 for van ride plus price of meal

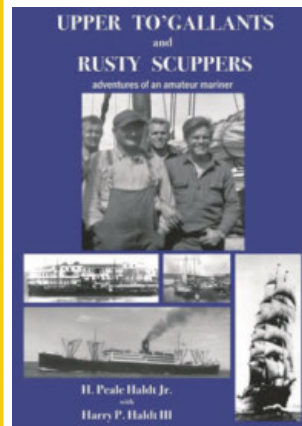
Author Talk

Thursday, November 9th @ 1pm

Join us as we welcome author
Harry P. Haldt III to discuss his new book

Upper To' Gallants and Rusty Scuppers: Adventures of an Amateur Mariner

This book tells the story of Harry's father, H. Peale Haldt Jr., an amateur mariner who spent the summers of his high school and college years in the 1930's crewing aboard freighters, sailing yachts and an international cruise liner on journeys that brought him around the world at the brink of World War II.



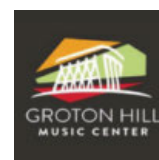
This story was discovered and compiled from Harry's fathers diaries, photographs, correspondence, and a variety of other sources nearly 20 years after his death

This free program is brought to you by the Townsend Library and Senior Center.

Please register in advance!

Groton Hill Community Concert

Wednesday, November 8th at noon



The Groton Hill Music Center presents a
free community concert:
Classical Strings

Please sign up at the front desk
Space is limited

The van will leave the senior center
at 11:30am (cost is \$5 for van ride)

November Lunches at Donna's Diner

RESERVATIONS REQUIRED

24 hours in advance

Suggested **\$4.00** donation

All onsite lunches
are prepared by
Donna and the Kitchen Staff
Meals are subject to change without notice

Tuesday	Wednesday	Thursday
	11/1: <i>Shrimp Scampi</i>	11/2: <i>Lasagna</i>
11/7: <i>Soup & Salad</i>	11/8: <i>Harvest Chicken Salad</i>	11/9: <i>Make Your Own Tacos</i>
11/14: <i>Soup & Salad</i>	11/15: <i>Baked Mac & Cheese</i>	11/16: <i>Pot Roast</i>
11/21: <i>Soup & Salad</i>	11/22: <i>Grilled Cheese & Tomato Soup</i>	11/23: <i>Closed</i>
11/28: <i>Soup & Salad</i>	11/29: <i>Chicken & Mushroom Stroganoff</i>	11/30: <i>Baked Ham Dinner</i>

Tax-Aide Needs Volunteers!!



Join Our Team
Volunteer in Your Community Today

We are looking for compassionate and friendly people to join our volunteer team this upcoming tax season. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping someone else.

AARP Foundation Tax-Aide
provides free tax-filing help
to those who need it most.
Join our team today!

Go to mataside.org/interest
to get more information.

AARP Foundation
For a future without senior poverty.

Thanksgiving Dinner

Monday, November 20th at 5pm

Mark Lynch is making a Thanksgiving Feast again with all the trimmings!
The Hope Community Chorus will sing while dinner is being served. This event is free!
Come in to the Senior Center to register and pick up your ticket!

Movie Matinees for November

Nov. 3rd "Good Will Hunting"- Will Hunting, a janitor at M.I.T., has a gift for mathematics, but needs help from a psychologist to find direction in his life.

Nov. 17th "The Lost City" -A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure.

**Pizza provided by the
Friends of the Townsend
Seniors**

**Movie begins at
12:30pm**

**Sign up 24 hours in
advance to reserve a spot**

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 (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 AND WILE E. COYOTE 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 plan your appointments according to the van schedule

Monday	Tuesday		Wednesday	Thursday		Friday
Townsend & Lunenburg Errands	Leominster & Fitchburg Errands	Leominster & Fitchburg Medical	Townsend & Pepperell Errands & Medical	Townsend Errands	Groton & Ayer Medical	*Rotating Locations Errands See schedule Below
			Roadrunner & Wyle E. Coyote	Wednesdays 3:00-8:00 PM By Appointment	* Rotating Locations: Fridays Nov. 3rd: Lunenburg Walmart Nov. 17th: Watertown Plaza, Leom	

Friends of the Townsend Seniors - Become a Member Today!

The Friends meet at 6pm at the Senior Center the first Wednesday each month.

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.*