

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

In the blink of an eye...

It's one of those things you will never forget; where were you on 9/11? This year I was baffled by the realization that it has been 16 years since our country was rocked by the events of that day. It struck me like a bolt of lightning. Where has the time gone? What has changed? What remains the same? It got me thinking about how inconsiderate the passage of time can be.

Before you even had a chance to perfect that tan, summer is over.
Before you could finish the baby quilt, he's graduating from high school.
Before you have gone through all the files, you've worked for 3 years.
Before you know it, the field will be filled with daffodils.
Before we can ask the questions, learn the stories, share a smile, it's too late.

"If we learn nothing else from this tragedy, we learn that life is short and there is no time for hate."

– Sandy Dahl, wife of Flight 93 pilot Jason Dahl

Be happy. Take time to get to know one another. Try something new. It's all here at the Townsend Senior Center. **Just give us a chance to show you why this is where you WANT to be.**

Karin Canfield Moore



16 Dudley Road, Townsend, MA 01469 • (978) 597-1710

Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Donna Fenton, Kitchen Manager/Volunteer Coordinator
Abby Foster, Asst. Program Coordinator
Donna Howard, Lead Van Driver
Katie Petrossi, Program Coordinator

Townsend Senior Center Hours

Monday-Friday: 9am-3pm
Wednesday: 9am-8pm

SPECIAL EVENTS (RSVP requested)



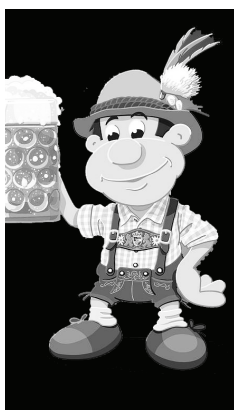
Crafting for the Community **Tuesday, October 10 at 11am**

Put your crafty talents to use for a good cause. This 2 month project will benefit Operation Delta Dog, an organization that helps provide service dogs to veterans who suffer from PTSD. The project will include handmade dog beds and toys with visits from some of the organization's companions.



Annual Festival of Trees: **Ornament Creation**

Tuesday, October 10 at 12pm
Create community decorations for the Center tree with inspiration from the book *Frankencrayon* by Michael Hall.



Oktoberfest

Thursday, October 12 at 12pm (FREE)
Celebrate the fall season in style with this festive event hosted by Manor on the Hill! The meal will feature bratwurst, sauerkraut, boiled potatoes, and black forest cake. Although this event is free, donations are gratefully accepted in the name of the Friends of the Townsend Senior Center. There will be a surprise for all who attend!



Halloween Stories with **Davis Bates**

Thursday, October 19 at 12:30pm
Join renowned story-teller, Davis Bates, as he weaves the tales of autumn's mysterious traditions.



Advanced Woodburning **Monday, October 23 & 30 and** **November 6, 13 & 20 at 12:30pm**

Cost: \$65
Noble Farrow leads another creative project, working from animal portraits, photographs, or drawings. Bring your own artwork and a piece of wood. Finding the right piece is part of the process, but no pressure! Wood can be provided with notification in advance.



Memorial Planting

Monday, October 30 at 2:30pm
Join us for the 3rd annual planting of flowers in memory of three fabulous women: Nancy Shepherd, Irene Collette and Betty Stone, who each contributed greatly to the creation of the senior center/library complex. We will be taking donations of daffodil bulbs at the senior center throughout the month of October. Please join us for snacks afterward.

MONTHLY EVENTS

Birthday Party

Thursday, October 5, at 12pm

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

Book Club

Wednesday, October 11, at 1pm

The 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 *The Silent Land*, a novel by Graham Joyce.

Bach's Lunch

Thursday, October 19, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring *Sounds of the Renaissance* with guitar and recorder. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, October 10, at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, October 13, at 10:30am

Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.

Bus Trip: Fall Foliage

Friday, October 20 at 8am

Cost: \$35 (includes boat/train, lunch, snacks and bus)
RSVP requested

Imagine traveling through one of the 'last great places on earth' with a front row seat on nature's annual display. This 2.5 hour nature excursion includes a train and boat cruise through Connecticut River Valley is sure to reawaken all of your senses.

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



Women's Meditation Group

Fridays, 11am-12pm

Qi-Gong

Mondays, at 12:30pm

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.

Healthy Living Group

Monday, October 2, 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. New members are always welcome to introduce new areas of discussion.

Reflexology, Manicures & Pedicures

Friday, October 6, 13, 27 by Appt.

Cost: Reflexology (\$25/half hr.);

Manicure (\$15); Pedicure (\$22)

Massage

Tuesday, October 10 & 24 and

Wednesday, October 4 & 25; By Appt.

Cost: \$20/20 min.

Chair and table massages available.



Brown Bag Pharmacy

Wednesday, October 11 at 12pm

Have the experts look over your medications for any signs of incompatibility.

Women's Conversation Group

Wednesdays, October 11 & 25, at 11am

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires. The group will create our own discussions of impact.

Caregiver's Roundtable: Home Safety

Wednesday, October 11, at 6pm

Caregivers are welcome to come for respite, to share their experiences and concerns in a supportive environment, led by Joy Niemiera.

Free on-site caregiving available so caregivers are able to bring their loved one for fun, safe, professional attention while receiving the resources needed for support.

Grief Support

Tuesday, October 17, at 1pm

Hearing Clinic

Wednesday, October 18, at 1pm

Flu Clinic

Wednesday, October 25, at 2-6pm

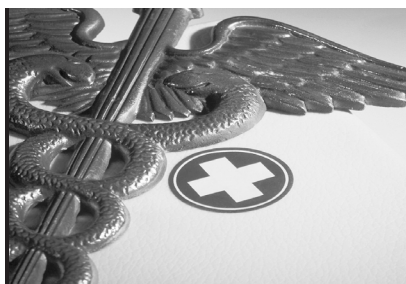
Reiki (FREE)

Tuesday,

October 17,

9:30am-12pm;

by Appt.



Medicare Counseling

See calendar for scheduled dates

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred

pharmacies. In the case of medicare advantage plans they can also drop providers from their plan. It's important to review your options every year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusually high volume of plan sponsored meetings. Remember, you need to be sure that your primary care physician and other providers are covered in the plans network before you change to a different medicare plan. Also, be sure your medications are covered as well.

Appointments will be offered to assist with the process from October through December. Please call 978.597.1710 to make an appointment.

GROUP FITNESS

Beachball Volleyball

Tuesday, October 10 & 24 at 1pm

Walking Club

Tuesdays at 9:30am

Chair Exercise

Mondays, Wednesdays, & Fridays at 10am

Exercise through video instruction.

Stretch & Tone

Tuesdays & Thursdays at 10am

Cost: \$20/4 classes; \$35/8 weeks; \$7/drop in

Yoga

Thursdays at 1:30pm

Line Dancing

Fridays 10am-11am (NO CLASS 10/27)

Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes

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 (RSVP requested)



Knitting Group

Mondays, at 1pm (Drop In)

Watercolor Classes with Linda

Mon. October 16, 23 & 30 at 10:30am

Tues. October 3, 17 & 24 at 1:30pm

Wed. October 4, 11, 18 & 25 at 10:30am

Thur. October 5, 12 & 19 at 10:30am

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

Halloween Decor

Friday, October 6 at 12pm

Cost: \$5

Flower Arranging

Monday October 16 & 23 at 1:30pm

Cost: \$20

T-Shirt Painting

Tuesday, October 17 at 12:30pm

Cost: \$3

Please bring a t-shirt to create your attire.

Rosary Class

Tuesday, October 24 at 10am

Cost: \$5



Acrylic

Wednesday October 4, 11, 18, & 25 at 1pm

Cost: \$25

This class is for beginners or experienced painters. Learn about the versatility and ease of painting with acrylics. Participants will create a snow-covered tree landscape. Have fun learning about color, texture and other artistic elements. All materials will be supplied.

Wood Carving

Wednesdays, 12:30pm-2:30pm (Drop In)

Try something new! Experienced carvers available to assist those new to the craft.

Quazy Quilters Qub (Drop In)

Fridays, 9am-2pm

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

FOR FUN



Movie Matinee

Friday, October 13, at 12:30

The Intern, with Anne Hathaway and Robert DeNiro

Friday, October 27, at 12:30

The Hundred Foot Journey, with Helen Mirren, Om Puri, and Manish Dayal



Bridge

Mondays at 1pm



Trivia & Jeopardy

Tuesday, October 3, 17 & 31, at 1pm

Let's exercise our minds, and have fun and socialize at the same time! Trivia helps keep the mind sharp while enhancing cognitive functioning.



Cribbage

Thursdays at 1pm

Cribbage Tournament

Thursday, October 19, at 9:00am

Cost: \$5 (to be divided for prizes)

Hand & Foot
Tuesday,
October 3 & 17,
at 11am



Galloping Gourmets

Tuesdays, October 10 & 24, at 11am

Meet here, carpool, and the only cost is your meal. Visit Salt and Light (Groton) on October 10, and Bull Run (Shirley) on October 24.

Fly-Tying

Thursday, October 12 at 10:30am

Bus Trip: Christmas Tree Shops

Friday, October 13 at 9:30am

Stamp Collecting

Wednesday, October 25 at 2:30pm

Afternoon Tea

Wednesday, October 25 at 4pm

Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Please RSVP!

Deborah's Divine Divas

Tuesdays at 11am

This popular meditation group led by Deborah Evans-Hogan will move to Tuesday mornings for the fall and winter. Get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.



Thank you to Hannaford's for the bread and pastry donations on Mondays and Wednesdays, and to Stewart's Florist for the birthday carnations each month.



October Greetings

From the Friends of the Townsend Seniors

Monday, October 2nd ~ 4:00pm Friends' Board Meeting at the Senior Center. Members are always welcomed at Friends' First- Monday-of-the-Month Board Meetings.

Saturday, October 21 ~ William E. May Endowment Fund Award Dinner Honoring Alice A. Struthers
Alice Struthers exemplifies the intent of the award because of her genuine interest and commitment to Townsend. Alice will be honored at the 17th Annual William E. May Endowment Award Dinner, 6:00pm Saturday, October 21st, Townsend Ridge Country Club.

Monies raised from the event go directly to the Endowment Fund to benefit the Senior Center. Tickets are \$50 and are available from Friends' Board Members and by calling the Senior Center at 978- 597-1710. It will be a festive, fun, and memorable evening!

Thursday, November 9 ~ Foxwoods Trip ~ Foxwood trips are open to all adults. The cost is \$30, and you'll receive coupons for 'free play' and the buffet lunch. Sign up for prepaid registration at the Senior Center, 978-597-1710 ~ or call Ruth Gibbs at 978-597-6837.

Thank You! Thank You to Avis Roy for being the terrific coordinator for the Foxwoods Trips. Avis has retired from her "position" as coordinator and has "passed the baton" to Ruth Gibbs. Avis, you have greeted hundreds of people on the Foxwoods trips, Flower Show trips and other fun excursions over these 18+ years. We appreciate all you've done to make the trips run smoothly and to make sure we've had lots of fun.

It's "Kick-Off Time" for 2018 Memberships

-----MEMBERSHIP APPLICATION FORM-----

You don't have to be a Townsend resident to join, and members come from all age groups. All you need is an interest in the doings of the Friends, and a desire to support its mission and activities. We invite you to renew your membership or become a new member. Thank you for your continued support!

2017 Friends of the Townsend Seniors Membership _____ **RENEWAL** _____ **NEW MEMBER**

____\$5 Friend ____\$10 Family

____\$25 Benefactor \$____Supporter ____\$100 Lifetime Membership (Individual or Family)

I am interested in volunteering for: _____ Phoning _____ Program Development _____ Fund Raising
_____ Food (Prepare a main dish or dessert for a Fund Raiser) _____ Other

NAME _____

MAILING ADDRESS _____

PHONE _____ **CELL #** _____

EMAIL ADDRESS _____

Checks are payable to: Friends of the Townsend Seniors. Please drop off at the Senior Center or mail to P.O. Box 972, Townsend MA 01469. Thank you very much for your continued support.

ROADRUNNER BUS SCHEDULE

Please Call In Your Reservation 48 Hours In Advance!!

Reservations called in later may not be accommodated.

- Mondays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber And Errands
- Tuesdays: Fitchburg, Leominster, Lunenburg– Medical Trips & Shopping/Errands If Possible
- Wednesdays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber And Errands
- Thursdays: Pepperell, Groton, Ayer– Medical Trips & Shopping Errands If Possible
- Fridays: Lunenburg, Fitchburg-Shopping Day.

FARES: \$1.25 ONE WAY WITHIN TOWNSEND; BUS CARD \$22.50 Pay for 9 rides, get 1 free.

\$1.50 Round trip to the Senior Center from Atwood Acres/Townsend Woods

\$1.75 ONE WAY OUTSIDE TOWNSEND; BUS CARD \$31.50

Pay for nine rides, get one free.

Please schedule appointments between 9:30 AM and 12:30 PM. The bus goes to the Senior Center Monday through Friday. Bus Stop at Atwood Acres/Townsend Woods at 9:00 AM Mon-Fri.

*Any trip to or from the Senior Center for residents of Atwood Acres or Townsend Woods is .25 each way regardless of the time of day subject, to availability. **Rides any time other than 9 AM pick-up need to be scheduled by calling 978-597-1730.**

Townsend Senior Center

16 Dudley Road
Townsend, MA 01469

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 32
FITCHBURG, MA 01420

OCTOBER 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Chair Exercise 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group 1:00 Bridge 4:00 Friends' Meeting	3 9:30 Walking Club 10:00 Stretch & Tone 11:00 Hand & Foot 11:00 Deborah's Divine Divas 12:00 Lunch 1:00 Trivia & Jeopardy 1:30 Watercolor	4 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Acrylic 5:00 Quilting 6:30 TOPS Massages by appt.	5 10:00 Stretch & Tone 10:30 Watercolor 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage 1:30 Yoga	6 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Halloween Decor Class Manicures/Pedicures Reflexology by Appt.
Closed for Columbus Day	10 9:30 Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 11:00 Crafting for the Community 11:00 Galloping Gourmets: Salt and Light (Groton) 11:00 Deborah's Divine Divas 12:00 Christmas Ornaments 12:00 Lunch 1:00 Volleyball Massages by appt.	11 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch 12:00 Brown Bag Pharmacy 12:30 Woodcarving 1:00 Bingo 1:00 Book Club 1:00 Acrylic 2:30 Stamp Collecting 6:00 BINGO 6:00 Caregiver's Roundtable 6:30 TOPS	12 10:00 Stretch & Tone 10:30 Watercolor 10:30 Fly Tying Class 12:00 Oktoberfest (MOH) 1:00 Cribbage 1:30 Yoga Friends' Foxwoods Trip	13 9:00 Quazy Quilters 9:30 Bus Trip: Christmas Tree Shops 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:30 Movie: The Intern Manicures/Pedicures Reflexology by Appt.
16 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:00 Medicare Counseling 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge 1:30 Flower Arranging	17 9:30 Walking Club 9:30 Reiki 10:00 Stretch & Tone 11:00 Hand & Foot 11:00 Deborah's Divine Divas 12:00 Lunch 12:00 Medicare Counseling 12:30 T-shirt Painting 1:00 Grief Support 1:00 Trivia & Jeopardy 1:30 Watercolor Friends' Annual Meeting	18 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Acrylic 6:30 TOPS (Meeting Hall) Closed in the Evening	19 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:30 Watercolor 12:00 Homemade Lunch 12:30 Davis Bates Halloween Stories 12:45 Bach's Lunch 1:30 Yoga	20 8:00 Bus Trip: Fall Foliage 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Hairdresser 10/21: William E. May Endowment Dinner
23 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:00 Medicare Counseling 12:30 Qi Gong 12:30 Advanced Woodburning 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge 1:30 Flower Arranging	24 9:00 Dental Clinic 9:30 Walking Club 10:00 Stretch & Tone 10:00 Rosary Class 11:00 Galloping Gourmets: Bull Run 11:00 Deborah's Divine Divas 12:00 Lunch 12:00 Medicare Counseling 1:00 Volleyball 1:30 Watercolor Massages by appt.	25 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Acrylic 2:00 Flu Clinic 2:30 Stamp Collecting 4:00 Afternoon Tea 6:00 Medicare Counseling 6:30 TOPS Massages by appt.	26 10:00 Stretch & Tone 12:00 Homemade Lunch 1:00 Cribbage 1:30 Yoga	27 9:00 Quazy Quilters 10:00 Chair Exercise 11:00 Women's Meditation 12:30 Movie: The Hundred Foot Journey 1:00 Small Batch Cooking Manicures/Pedicures Reflexology by Appt. 10/29: Colors of Hope Community Chorus
30 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch 12:00 Medicare Counseling 12:30 Qi Gong 12:30 Advanced Woodburning 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge 2:30 Memorial Planting	31 9:30 Walking Club 10:00 Stretch & Tone 11:00 Deborah's Divine Divas 11:00 Halloween Boo 12:00 Halloween Lunch 12:00 Medicare Counseling 1:00 Trivia & Jeopardy 1:00 Halloween Party Massages by appt.			