

# Silver Threads

TOWNSEND SENIOR CENTER

## ***From the Desk of the Director***

Does the Senior Center seem busy? Well there is good reason for that. We are!

It's so great to see the hustle and bustle of people coming and going, hear the conversation and laughter in the lobby and individual classrooms, and share in the camaraderie of friends old and new. There is just a general hubbub that puts a smile on my face.

And it's no wonder! Recent statistics show that our usage is up more than 26% in the past two years. In addition, rides on the RoadRunner van increased 21.3% and overall program participation saw a 68% increase, primarily in meals and wellness programs.

Not a bad place to be as we look ahead to our 10th anniversary in this beautiful building!

Thanks to our dedicated staff and volunteers, we are able to provide a wide variety of program options, reliable transportation to medical appointments, for running errands, special trips and more, as well as tasty and nutritious meals 4-5 days a week.

We are Busy Bees around here and we're glad we are. Thank you for all your support and if you haven't been in lately, pop by, say hi and **see why this is where you WANT to be!**

*Karin Canfield Moore*



**Karin Canfield Moore, Director**  
**Janet Cote, Outreach Coordinator**  
**Donna Fenton, Kitchen Manager/Volunteer Coordinator**  
**Abby Foster, Asst. Program Coordinator**  
**Donna Howard, Transportation Administrator**  
**Katie Petrossi, Program Coordinator**

**Townsend Senior Center Hours**  
Monday-Friday: 9am-3pm  
Wednesday: 9am-8pm  
16 Dudley Road, Townsend 01469  
978.597.1710

## SPECIAL EVENTS (RSVP requested)



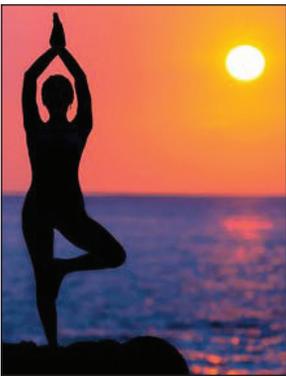
**How to Make a Plan**  
**Thursday, October 11 at 12pm**  
Learn the ins and outs of emergency preparedness.



**Flu Clinic**  
**Thursday, October 11 at 3pm**  
Don't get caught by the bug! Take advantage of the most current vaccine.



**Wig Boutique**  
**Friday, October 12 at 1pm**  
Ever wake up to a bad hair day? No need to worry anymore! You will see how easy it is to add on a small piece to add just enough fullness to your own hairstyle with wigs, fillers and toppers. Models are needed



**Functional Yoga Clinic**  
**Tuesday, October 16 at 12pm**  
**Cost: \$10**  
Yoga Unfettered® Functional Yoga™ Clinics, developed by Helen Yetman-Bellows, is to be practiced as you go about your daily activities, strengthening everyday movements without disruption to one's schedule for a more comfortable way of living.



**How to Spend Your Nest Egg**  
**Wednesday, October 17 at 6pm**  
You've spent your whole life saving for your golden years. Now it's time to shift gears and use it. Learn strategies for enjoying your savings without worrying about running out.



**Acrylic Pour**  
**Thursday, October 18 at 11:30am**  
Take part in this intergenerational program creating original artwork.



**DNA Testing**  
**Wednesday, October 24 at 6:30pm**  
Brief overview of DNA tests and basic analysis of results identifying and discovering roots and family.



**Loss of the Big Top**  
**Thursday, October 25 at 12:30pm**  
The circus has a rich and vibrant history, providing memories for generations. Judith Lindstedt's documentary presents some of the history and how changes in animal rights affected the business.



**Monster Mash Lunch**  
**Wednesday, October 31 at 12pm**  
Have a ghoulish good time letting your inner demon out! Best costume will win a prize!

## MONTHLY EVENTS

### Birthday Party

**Thursday, October 4, at 12pm**  
Please join us for our celebration honoring this month's birthdays. Festivities will include a delicious homemade meal and birthday cake.

### Book Club

**Wednesday, October 10, at 1pm**  
The book club meets the 2nd Wednesday of every month. Books are usually available at the Townsend Public Library. This month's group will discuss *Night Strangers*, by Chris Bohjalian.

### Bach's Lunch

**Thursday, October 18 at 12:45pm**  
**Cost: \$3.50 (bus transportation)**  
Free concert by Indian Hill Musicians featuring Songs of the 1920's. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

### Council on Aging Board Meeting

**Tuesday, October 16 at 10am**  
Visitors are welcome.

### Genealogy Club with Dwight Fitch

**Friday, October 12, at 10:30am**  
Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.

### Bus Trip: Mariposa Museum Quilt Exhibit

**Friday, October 5 at 9:30am**  
**Cost: \$11**  
The museum is featuring *And Still We Rise*, showcasing 44 handmade quilts narrating 400 years of African American history. By exploring events four centuries through the fiber artistry of women of color, the quilts of this exhibition bear witness to and portray perspectives that written history is unable to document.

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



# Community Happenings

## MEDICARE OPEN ENROLLMENT

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 unusual 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. You should also be sure your medications are covered as well.

Assistance is available from the SHINE program. Call the Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

The Central Mass Region has recently launched it website. You can visit us on the web at [www.shinema.org](http://www.shinema.org). Our site has valuable general information and links to other agencies that can assist you with you insurance needs.



# HOPE COMMUNITY CHORUS

The Chorus resumed rehearsals on Sept. 24. Director Alice Struthers is compiling the fall concert program "From the Heart." Newcomers are welcome to join, no tryout or fee required – just a love of music (and the ability to sing). The chorus meets every Monday in the Meeting Hall, Room B, (except Monday, Oct. 8.) Plan to arrive at 10:45, for an 11 a.m. start! For more information contact Alice: 978-597-2057.



Complete the puzzle and turn it in to Katie to win a prize!

				1	9			
6	2	8						5
		4	8					
	8					2	4	
2	5	1		7		8		
					4			
		6					1	8
					8	5		6

# OCTOBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:00 Chair Exercise 10:30 Watercolor <b>11:00 Chorus</b> 12:00 Lunch: Macaroni & Cheese 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Healthy Living Group</b> 1:00 Ping Pong	<b>2</b> <b>9:00 Woodburning</b> 10:00 Stretch & Tone 1:00 Trivia & Jeopardy <b>1:00 Balance</b> <b>2:00 Flute</b>  <b>Messages by appt.</b>	<b>3</b> <b>9:30 Coffee with a Cop</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Shepherd's Pie 12:30 Woodcarving 1:00 Bingo 1:00 Knitting Group <b>5:00 Evening Quilting</b> <b>6:00 Cornhole</b> <b>6:30 TOPS</b> <b>7:00 Friends' Meeting</b>	<b>4</b> 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch & Birthday Party: Harvest Chicken Salad Calzone 1:00 Cribbage <b>1:30 Gentle Yoga</b>	<b>5</b> 9:00 Quazy Quilters <b>9:30 Bus Trip: Mariposa Quilt Exhibit</b> 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance <b>11:00 Women's Meditation</b> 12:00 Lunch: Soup/Salad Bar <b>1:00 Mahjong</b>  <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>
<b>8</b>  <b>Closed for Columbus Day</b>	<b>9</b> <b>9:00 Woodburning</b> <b>9:00 Needlefelting: Trick or Treat Bears</b> 10:00 Stretch & Tone <b>11:00 Hand &amp; Foot</b> <b>11:00 Chorus</b> <b>1:00 Balance</b> <b>2:00 Flute</b>  <b>Messages by appt.</b>	<b>10</b> 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Well Adult Clinic 12:00 Lunch: CranOrange Chicken 1:00 Book Club 1:00 Bingo 1:00 Knitting Group <b>3:00 Celtic Wire Bracelets</b> <b>6:30 TOPS</b>	<b>11</b> 10:00 Stretch & Tone 10:30 Watercolor <b>11:00 Stamp Collecting</b> 12:00 Lunch: Donna's Choice <b>12:00 How to Make a Plan</b> 1:00 Cribbage <b>1:30 Gentle Yoga</b> <b>3:00 Flu Clinic</b>	<b>12</b> 9:00 Quazy Quilters <b>9:00 Men's Poker</b> 10:00 Chair Exercise 10:00 Scrabble 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar <b>12:30 Movie: The Notebook</b> <b>1:00 Wig Boutique</b>  <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>
<b>15</b> 10:00 Chair Exercise 10:30 Watercolor <b>11:00 Chorus</b> 12:00 Lunch: Beef Chili 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling	<b>16</b> <b>9:00 Woodburning</b> 10:00 Stretch & Tone <b>10:00 COA Meeting</b> <b>12:00 Medicare Counseling</b> <b>12:00 Functional Yoga</b> 1:00 Trivia & Jeopardy <b>1:00 Balance</b>	<b>17</b> 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch: Turkey a la King 12:30 Woodcarving 1:00 Knitting Group <b>1:00 Bingo</b>	<b>18</b> <b>9:00 Cribbage Tournament</b> 10:00 Stretch & Tone 10:30 Watercolor <b>11:30 Acrylic Pour</b> 12:00 Lunch: Tuna Noodle Casserole <b>12:45 Bach's Lunch</b>	<b>19</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Women's Meditation 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar <b>12:00 Hairdresser</b>

<p>1:00 Knitting Group  1:00 Diabetes Wellness  1:00 Ping Pong</p>	<p>1:00 Grief Support  2:00 Flute  Messages by appt.</p>	<p>3:00 Crocheted Necklaces  6:00 Caregiver's Roundtable:  Egg  6:00 Bingo  6:30 TOPS</p>	<p>1:30 Gentle Yoga</p>	<p>1:00 Mahjong  10/20: William E. May  Endowment Dinner</p>
<p>22  10:00 Chair Exercise  10:30 Watercolor  11:00 Chorus  12:00 Lunch: Chicken with Red  Pepper Sauce  12:00 Medicare Counseling  12:45 Qi Gong  1:00 Rummikub  1:00 League Wii Bowling  1:00 Knitting Group  1:00 Diabetes Wellness  1:00 Ping Pong</p>	<p>23  9:00 Woodburning  10:00 Stretch &amp; Tone  11:00 Hand &amp; Foot  12:00 Medicare Counseling  12:00 Nashoba Tech Lunch  1:00 Balance  2:00 Flute  Messages by appt.</p>	<p>24  10:00 Chair Exercise  10:30 Watercolor  11:00 Women's Conversation  12:00 Lunch: Sweet &amp; Sour  Meatballs  12:30 Woodcarving  1:00 Bingo  1:00 Knitting Group  4:00 Afternoon Tea  5:30 Quilted Bookmarks  6:00 Cornhole  6:30 DNA Testing  6:30 TOPS</p>	<p>25  10:00 Stretch &amp; Tone  10:30 Watercolor  12:00 Lunch: Carnival Fare  12:30 Circus Program  1:00 Cribbage  1:30 Gentle Yoga</p>	<p>26  9:00 Quazy Quilters  10:00 Chair Exercise  10:00 Scrabble  10:00 Line Dancing  11:00 Intermediate Line Dance  11:00 Women's Meditation  12:00 Lunch: Soup/Salad Bar  12:30 Movie: <i>My Big Fat Greek  Wedding</i>  Manicures/Pedicures  Reflexology by Appt.</p>
<p>29  10:00 Chair Exercise  10:30 Watercolor  11:00 Chorus  12:00 Lunch: Lasagna w/Meat  Sauce  12:00 Medicare Counseling  12:45 Qi Gong  1:00 Rummikub  1:00 League Wii Bowling  1:00 Knitting Group  1:00 Ping Pong</p> <p>30  9:00 Woodburning  10:00 Stretch &amp; Tone  12:00 Medicare Counseling  1:00 Balance  2:00 Flute  Messages by appt.</p> <p>31  10:00 Chair Exercise  10:30 Watercolor  12:00 Monster Mash Lunch  12:30 Woodcarving  1:00 Bingo  1:00 Knitting Group  6:30 TOPS</p> <p>Many thanks to Gables of  Fitchburg and Stewart's Florist  for sponsoring our monthly  birthday lunches.</p> <p>Nashoba Tech Lunch:  Vermont Baked Chicken  or  Baked Haddock</p>				

## ARTS & CRAFTS (RSVP requested)



**Knitting Group**  
Mondays & Wednesdays, at 1pm  
(Drop In)



**Watercolor Classes with Linda**  
Mondays, Wednesdays, and Thursdays  
at 10:30am  
Cost: \$22/3 week class; \$30/4 week class



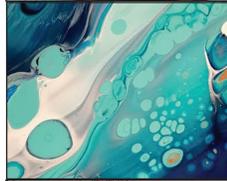
**Celtic Wire Bracelets**  
Wednesday, October 10 at 3pm  
Cost: \$7  
Create your own unique jewelry using the complex method of creating never ending knots.



**Beaded Necklaces**  
Wednesday, October 17 at 3pm  
Cost: \$2  
Learn another creative way to make your own jewelry. Christmas is right around the corner!



**Needlefelting: Trick or Treat Bears**  
Tuesday, October 9 at 9am  
Cost: \$4  
A fun project for the season.



**Acrylic Pour**  
Thursday, October 18 at 11:30am  
Cost: \$10



Bring your grandchildren or young friends for this intergenerational art activity.  
**Wood Burning: Open Project Time**  
Tuesdays at 9am (Drop In)  
No experience needed, some materials provided.



**Wood Carving**  
Wednesdays, 12:30pm-2:30pm (Drop In)  
Try something new! Experienced carvers available to assist those new to the craft.



**Evening Quazy Quilters Qub**  
First Wednesday of the month at 5pm  
Sewing machines, fabric, and ideas available, or bring your own; fellow quilters will assist in piecing things together.

## JUST FOR FUN



**Movie Matinee**  
Friday, October 12, at 12:30pm  
*The Notebook*, with Gena Rowlands, James Garner, Rachel McAdams & Ryan Gosling  
Friday, October 26, at 12:30pm  
*My Big Fat Greek Wedding*, with Nia Vardalos and John Corbett



**Rummikub**  
Mondays at 1pm



**Trivia & Jeopardy**  
Tuesday, October 2 & 16, 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 18 at 9am

**Hand & Foot**  
Tuesday,  
October 9 & 23  
at 11am



**Functional Yoga Clinic**  
Tuesday, October 16 at 12pm  
Cost: \$10  
Yoga Unfettered® Functional Yoga™ Clinics, developed by Helen Yetman-Bellows, is to be practiced as you go about your daily activities



**Mahjong**  
Friday, October 5 & 19 at 1pm



**Ping Pong**  
Monday, October 1, 15, 22 & 29 at 1pm



**Men's Poker**  
Friday, October 12 at 9am

**Cornhole**  
Wednesday, October 3 & 24 at 6:00pm  
Bring your friends and learn a fun and easy sport.

**Afternoon Tea**  
Wednesday, October 24 at 4pm  
Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Please sign up in advance, so we'll know how many party favors we need!



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.



**Women's Meditation Group**

**Fridays at 11am**

**Qi-Gong**

**Mondays, at 12:45pm**

**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, October 1, at 1pm**

This group offers provides 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 5, 12 & 26, by Appt.**

**Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)**



**Massage**

**Tuesday, October 2, 9, 16, 23 & 30; By Appt.**

**Cost: \$20/20 min; \$45/50 min**

Chair and table massages available.

**Women's Conversation Group**

**Wednesday, October 10 & 24 at 11am**

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

**Well Adult Clinic**

**Wednesday, October 10 at 12pm**

BP screening, glucose check, general health and first aid.

**Diabetes Wellness Group**

**Monday, October 15 at 11pm**

BP screening, glucose check, general health and first aid.

**Grief Support**

**Tuesday, October 16 at 1pm**

Sponsored by Nashoba Nursing & Hospice

**Hearing Clinic**

**Wednesday, October 17 at 10am**

**Caregiver's Roundtable:**

**How to Spend Your Nest Egg**

**Wednesday, October 17 at 6pm**

Financial planner, Edward Jones will host this month's discussion about how to utilize the resources you've been saving throughout your life. Free on-site caregiving available for loved, sponsored by Fitchburg Healthcare. ones.

**GROUP FITNESS**

**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**

**Gentle Yoga**

**Thursdays at 1:30pm**

**Cost: \$6**

**Line Dancing**

**Fridays 10am-11am**

**Cost: \$5/class. Intermediate class continues until 11:30. \$7 for both classes.**

**UP & COMING**

**Rug Hooking: Monday, November 5**

**Nashoba Tech Lunch: Tuesday, November 6**

**Flu Clinic: Wednesday, November 7**

**Understanding Medicare: Wednesday, November 7**

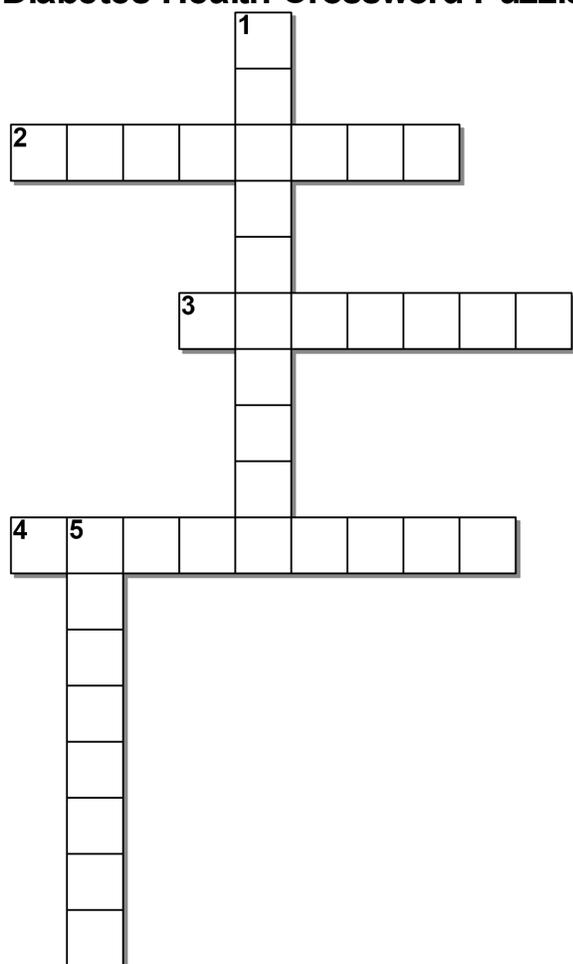
**Coping with Grief During the Holidays: Tuesday, November 13**

**Fire Safety: Thursday, November 15**

**Thanksgiving: The Center will be closed on Thursday, and Friday, November 22 & 23 for the holiday.**

**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.**

## Diabetes Health Crossword Puzzle



### Across:

- 2 The possibility that I may die before the kids learn critical life skills serves as a daily reminder of why I need to keep my BLANK in check.
- 3 A new study has found that BLANK exposures to diabetes-associated environmental, endocrine-disrupting chemicals can contribute to diabetes disparities.
- 4 The reason many type 2 diabetics gain weight shortly after beginning insulin therapy may be due to acting more sedentary instead of lowering their levels of physical activity.

### Down:

- 1 According to the Centers for Disease Control and BLANK is the most important thing an individual can do to protect against the flu
- 5 If you use an BLANK blanket and it is too hot, it can burn your skin without you being able to feel it.

## ROADRUNNER BUS SCHEDULE (Please call in your reservation 48 hours in advance)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Townsend:</b> Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/ Barber Errands	<b>Fitchburg, Leominster and Lunenburg:</b> Medical Trips Shopping/Errands (If possible)	<b>Townsend:</b> Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/Barber Errands <b>Now available for shopping and evening activities at the Senior Center!</b>	<b>Groton, Pepperell, and Ayer:</b> Medical Trips Shopping/Errands (If possible)	<b>Fitchburg and Lunenburg:</b> Shopping

### FARES (One Way):

- Within Townsend: \$1.25
- Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Sr. Center (roundtrip): \$0.50

- Please schedule appointments between 9:30 AM and 12:30 PM.
- The bus goes to the Senior Center Monday through Friday.
- Rides need to be scheduled by calling 978-597-1710.

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

# What are the Benefits of Yoga for Seniors?

by Pamela Cannaday\*

Yoga is a mind/body practice with historical origins in ancient Indian philosophy, according to the National Center for Complementary and Integrative Health (NCCIH). Yoga may combine physical postures, breathing exercises, and meditation. Yoga for seniors may be the same as yoga for younger adults, but yoga postures should be modified based on individual abilities. Hot yoga may involve moving in humid environments and temperatures as high as 105°F. People with heart disease or lung disease might avoid hot yoga.

According to NCCIH, yoga may help people with lower-back pain achieve reduced pain and improved function. Yoga may also reduce heart rate and blood pressure and have mental health benefits, such as relieving anxiety and depression. It's still unclear if yoga helps people with arthritis.

Different yoga poses benefit different muscles and improve flexibility, balance, and strength in different ways according to AARP.

You can practice yoga at home on your own. However, you may wish to get started with a yoga class for guidance. Check out the various yoga programs featured here at the Center or give us a call for more information.

\*An excerpt found at <https://medicare.com/health/what-are-the-benefits-of-yoga-for-seniors/>

## YOU'RE INVITED!

Does your community group need volunteers? Find them at the Community Volunteer Fair!

Tuesday, November 13, 6pm-8pm  
Townsend Public Library

Community groups and organizations like yours are invited to participate in this event to recruit new volunteers, promote your cause and meet other leaders from the community. Potential volunteers are looking for opportunities-this is your chance to meet new people, tell them what's great about volunteering for your group, and help make our community stronger! For more information, please contact Carolyn Smart at (978)597-1700, ext. 1719



## FRIENDS OF THE TOWNSEND SENIORS

YOU'LL BE JOINING US SOONER THAN YOU THINK!

### 18<sup>TH</sup> ANNUAL WILLIAM E. MAY ENDOWMENT AWARD DINNER

HONORING

*Betty Mae Tenney*

*Extraordinary Acts of Kindness  
in Extraordinary Ways*

Saturday, October 20

Townsend Ridge Country Club  
Social 6 pm 🍷 Dinner 7 pm 🍷 \$50 per person

TICKETS AVAILABLE AT THE SENIOR CENTER

#### Free Dinner Tickets!

Sign up at the Senior Center for a Courtesy  
Ticket. Drawings will be held October 10.

## Friends of the Townsend Seniors

**Who we are ...** Founded in 2000, we are a volunteer senior citizen advocacy organization for Townsend's 2000-plus senior population contributing support and resources at the Townsend Senior Center.

We are committed to supporting the Senior Center by contributing volunteer hours, activities and resources to maintain the Centers' excellence. We fundraise to expand and enhance programming, education, arts and entertainment, travel opportunities, technology and furnishings.

There is a lot of work to do and a lot more we'd like to do. We're looking for new members, new fundraising ideas and renewed fundraising energy.

The Friends of the Townsend Seniors meet on the first Wednesday of every month at the Senior Center at 7 pm. We welcome visitors.

#### COMING EVENTS

November: Foxwoods trip  
December Holiday Fair

We look forward to your donation of  
homemade goodies for the Bake Table.

## BE A FRIEND OF THE FRIENDS

\$5 Friend    \$10 Family    Benefactor \$ \_\_\_\_\_  
New Member    Renewal  

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ Phone: \_\_\_\_\_

I'm interested in volunteering. Call me for the next event.

Checks payable to: Friends of Townsend Seniors  
PO Box 972, Townsend, MA 01469.  
You may also drop it off at the Senior Center.