

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director -

Simplify –

There are two times of year when I get the urge to downsize; Spring and Fall.

Am I the only one who looks around at all I have and wonders why I have all this “stuff”? Remember when you had your “good” clothes and your “work” clothes and maybe 3 or 4 pair of shoes? When a family grew up in a 3 bedroom house and luxury was having more than one bathroom and a family room? When kids rode their bikes to town instead of having to be driven everywhere? The list goes on. Sometimes the stuff and the big house own us. Time to simplify.

If you need help downsizing, give us a call and we can share some of our resources.

Our newsletter is a few pages shorter. There is no such thing as a free lunch, and without the support of advertisers, we’ve had to simplify. If you like the more expanded version, talk to businesses you frequent and encourage their support. After all, this is where you WANT to be.

Karin



Council on Aging: Tuesday, October 15 at 10am
Help determine Senior Center priorities; all are welcome.

Cape Ann Whale Watch



CAN YOU HELP?

The Senior Center is looking for volunteers:

- Kitchen Helper (general assistance)
- Thursday afternoon receptionist

Contact Donna Fenton at 978-597-1710 if interested

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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CONTACT

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SPECIAL EVENTS (RSVP 978-597-1710)



SHINE Medicare Counseling Mondays and Tuesdays in October, beginning October 15th

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



Grandparents Raising Grandchildren: Introduction to Trauma

Wednesday, October 9 at 6pm (Free)

Oftentimes the situation that creates the need to raise our grandchildren can be traumatic for all. Learn how exposure to certain stressors affects your grandchild's development, behavior, school performance, etc. Trauma impacts caregivers too! Dinner and childcare provided (with Halloween magnet craft). RSVP Required.



Flu Clinic

Thursday, October 10, 3-6pm

Cost: FREE (with insurance card)

Protect yourself and stop the spread of influenza this winter. *Presented by the Nashoba Associated Boards of Health.*



Bus Trip: Fall Foliage Ride Friday, October 18 at 12:30pm

Cost: \$7

Ride the Roadrunner to the top of Mt Wachusett, where we'll enjoy sweeping fall views, hot apple cider, and treats.



Galloping Gourmets: LaBelle Winery Tasting

Wednesday, October 23 at 3:30pm

Cost: \$15 plus the cost of your food. Travel to Amherst for a light snack, wine tasting, and then a self-guided tour.



Charlotte's Web Visits Africa

Wednesday, October 16 at 6:30pm

Hear E.B. White's niece, Lindsay Morand, share her experiences visiting African orphanages to bring them the delightful story of Charlotte's Web.



Decluttering Help

October 16 and 25 Cost: \$5

Bring in your papers or photos & we'll assist you in transferring them to a thumb drive for more compact storage.



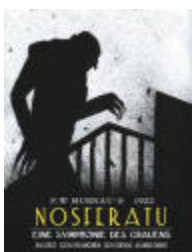
TED Talk: Every Piece of Art?!?! Tuesday, October 22 at 11am

What does a cultural Big Bang look like? Learn about Google Arts & Culture, an online platform where anyone can explore the world's greatest collections of art and artifacts in vivid, lifelike detail. Try out the new future of accessibility to arts and culture!



10th Anniversary Tea Party Wednesday, October 30 at 4pm

Our monthly tea party returns with a special theme, celebrating the Senior Center's 10th year in this building! All ages welcome!



Silent Film: Nosferatu

Wednesday, October 30 at 6:30pm

Experience this classic 1922 vampire movie as they used to be, with live music by Jeff Rapsis! *Sponsored by the TPL Endowment and Friends of the Townsend Seniors.*



A Matter of Balance

**Thursdays in October & November
at 1:00pm. Cost: \$5.00**

This 8-week class teaches practical strategies to reduce fear of falling, evaluate your environment, and exercise to increase strength and balance.

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.

October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Happy 10th Anniversary to our Senior Center! See insert for celebration information!	1 10:00 Silver Sneakers 12:00 Lunch 12:30 Walking Club 1:00 Trivia & Jeopardy 1:00 Native American Flute 1:30 Watercolor Message by appt.	2 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 1:00 Knitting Group 1:00 Bingo 3:00 Intermediate Chair Exercise 4:00 Smartphone Help 5:00 Evening Quilting 6:00 Friends Meeting 6:30 T.O.P.S. 6:30 Evening Tai Chi Message by appt.	3 10:00 Silver Sneakers 10:00 Shuffleboard 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch & Birthday Party: Meatloaf 12:30 Walking Club 1:00 Cribbage 1:00 A Matter of Balance 1:30 Chair Yoga	4 9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong 1:00 Faux Stained Glass Manicures/Pedicures/ Reflexology by appointment
7 9:30 Gentle Yoga 10:00 Chair Exercise 10:00 Stamp Collecting 10:30 Watercolor 11:00 Intermediate Chair Exercise 11:00 Chorus 12:00 Lunch 12:30 Healthy Living Group 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 1:00 Scrapbooking 1:00 Essential Oils Room Freshener	8 10:00 Silver Sneakers 12:00 Lunch 12:30 Walking Club 1:00 Native American Flute 1:30 Watercolor Message by appt.	9 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Well Adult Clinic 12:00 Lunch 12:30 Woodworking 1:00 Book Club 1:00 Knitting Group 1:00 Bingo 3:00 Intermediate Chair Exercise 4:00 Smartphone Help 6:00 Grandparents Raising Grandchildren: Trauma 6:30 T.O.P.S. 6:30 Evening Tai Chi	10 9:30 Bookmarks For A Friend 10:00 Silver Sneakers 10:00 Shuffleboard 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch: Baked Macaroni & Cheese 12:30 Walking Club 1:00 Cribbage 1:00 A Matter of Balance 1:00 Anniversary Scrapbook 1:30 Chair Yoga 3:00 Flu Clinic	11 9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble 10:30 Genealogy 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:30 Movie: Billy Elliott 1:00 Mahjong Manicures/Pedicures/ Reflexology by appointment
14 Closed for	15 10:00 COA Meeting 10:00 Silver Sneakers 11:00 Chorus 12:00 Lunch 12:00 Medicare Counseling 12:30 Walking Club 1:00 Native American Flute	16 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 1:00 Bingo 1:00 Knitting Group	17 9:00 Cribbage Tournament 10:00 Shuffleboard 10:00 Silver Sneakers 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch: Oktoberfest 12:30 Walking Club	18 9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser

Columbus Day

<div>Columbus Day</div>	<div>21</div> <div>9:30 Gentle Yoga 10:00 Stamp Collecting 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 11:00 Intermediate Chair Exercise 12:00 Lunch 12:00 Medicare Counseling 12:30 Diabetes Wellness 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 1:00 Scrapbooking</div>	<div>22</div> <div>10:00 Silver Sneakers 11:00 TED Talk: Every Piece of Art?!?! 12:00 Lunch 12:00 Medicare Counseling 12:30 Walking Club 1:00 Native American Flute 1:30 Watercolor Message by appt.</div>	<div>23</div> <div>10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch 12:30 Woodworking 1:00 Bingo 1:00 Knitting Group 3:00 Intermediate Chair Exercise 3:30 Bus Trip: LaBelle Winery 4:00 Smartphone Help 6:30 T.O.P.S. 6:30 Evening Tai Chi Message by appt.</div>	<div>24</div> <div>10:00 Silver Sneakers 10:00 Shuffleboard 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch: Harvest Chicken Salad Sandwich 12:30 Walking Club 1:00 Cribbage 1:00 A Matter of Balance 1:30 Chair Yoga</div>	<div>25</div> <div>9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble 10:00 Decluttering Help 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:30 Movie: The Other Boleyn Girl 1:00 Mahjong Manicures/Pedicures/ Reflexology by appointment</div>	<div>Many thanks to the businesses that donate to the Senior Center: Gables of Fitchburg, Stewart's Florist, Hannaaford, Patriot Pizza, Bailey's Bar & Grille, Rivercourt Residences.</div>
	<div>28</div> <div>9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 11:00 Intermediate Chair Exercise 12:00 Lunch 12:00 Medicare Counseling 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 1:00 Scrapbooking 1:00 Zoom Loom Leaves</div>	<div>29</div> <div>10:00 Silver Sneakers 11:00 Halloween Flower Arranging 12:00 Lunch 12:00 Medicare Counseling 12:30 Walking Club 1:00 Flute Message by appt.</div>	<div>30</div> <div>10:00 Chair Exercise 11:00 Women's Conversation 12:00 Lunch 12:30 Woodworking 1:00 Bingo 1:00 Knitting Group 3:00 Intermediate Chair Exercise 4:00 Anniversary Tea Party 6:30 T.O.P.S. 6:30 Evening Tai Chi 6:30 Silent Film: Nosferatu</div>	<div>31</div> <div>10:00 Silver Sneakers 10:00 Shuffleboard 11:00 Wii Bowling (open to all) 12:00 Lunch: Pan Fried Pork Chops 12:30 Walking Club 1:00 Cribbage 1:00 A Matter of Balance 1:30 Chair Yoga</div>		

Meals on Wheels

Provided by MOC

(Montachusets Opportunity Council)

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

Questions? Call Donna 978-597-1710

Hot meal includes: Entree, Bread, Fruit, Milk

Delivery Days for Townsend:

Monday 10:30-12:30

Tuesday 10:30-12:30

Wednesday 10:30-12:30

Someone must be home to receive the meal

Eligibility:

✓ 60+

✓ Unable to leave their home

✓ Requires assistance with meal preparation

✓ Caregivers also qualify

✓ Short term after surgery or rehabilitation

✓ No income guidelines

✓ \$3.00 donation per meal



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, October 7 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, October 4, 11, 25 by Appt.
Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)

Massage with Morningstar of Little Bear Massage
Tuesdays: Oct 1, 8, 15, 22, 29 and Wednesdays: Oct 2, 23
By Appt. \$45/50 min

Women's Conversation Group
Wednesdays, October 9 and 23 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, October 21 at 12:30pm
Manage your diabetes with confidence. Topics will include managing stress, lifestyle changes, shared experiences, preventing complications, etc.

Well Adult Clinic
Wednesday, October 9 at 12pm
BP screening, glucose check, general health and first aid.

Hearing Clinic
Wednesday, October 16 at 10am

Hairdresser
Friday, October 18 at 12pm

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

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



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NEVER MISS A NEWSLETTER !

Sign up to have our newsletter
emailed to you at

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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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

Silver Sneakers™
Tuesdays & Thursdays at 10am
Cost: \$5/class, paid per class

Indoor/Outdoor 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
October 11 and 25 at 10am



Mahjong
Fridays, October 4, 11, 18, 25 at 1pm



Movie Matinee
Friday, October 11 at 12:30pm
Billy Elliott
Friday, October 25 at 12:30pm
The Other Boleyn Girl



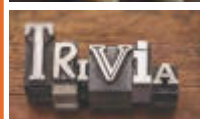
Shuffleboard
Thursdays at 10am
Come check out our new table!



Rummikub
Mondays at 1pm



Helen's Native American Style Flute Lessons
Tuesdays at 1pm Cost: \$40 for 4 week sessions



Trivia & Jeopardy
Tuesdays, October 1 and 15 at 1pm



Stamp Collecting
Monday, October 7 and 21 at 10am
Beginners and lifelong enthusiasts welcome!



Cribbage—Regular Play
Thursdays at 1pm (except 10/17)
Cribbage Tournaments
Thursday, October 17 at 9am



Wii Bowling
Thursdays at 11:00am



Smartphone Help Sessions
Wednesdays at 4pm



Book Club
Wednesday, October 9 at 1pm
This month's group will discuss: "The Library Book_" by Susan Orlean



Genealogy with Dwight Fitch
Friday, October 11 at 10:30am



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)
Mondays & Wednesdays at 1pm



Evening Quazy Quilters (Drop In)
October 2 & 16 at 5pm Sewing machines, fabric, & ideas available.



Woodworking (Drop In)
Wednesdays at 12:30pm



Scrapbooking Studio (Drop In)
Mondays at 1pm
Use our supplies or bring your own!



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)



Faux Stained Glass
Friday October 4 and 18 at 1pm
Cost: \$10 Use our patterns or your own to create a sun catcher to brighten your window for fall!



Essential Oils Room Freshener
Monday, October 7 at 1pm. **FREE.**
Use essential oils to create a calming, inviting atmosphere for your room.



Bookmarks for a Friend
Thursday, October 10 at 9:30am
Cost: **FREE.** Help prepare felted bookmarks as a Friends of Townsend Seniors fundraiser.



Anniversary Scrapbooking
Thursday, October 10 & 17 at 1pm
Help us design and assemble a scrapbook to celebrate 10 years in our beautiful building!



Weaving: Zoom Loom Leaves
Monday, October 28 at 1pm
Cost: \$2 Create a simple, colorful handwoven decoration for your home in one session! *Sponsored by Rivercourt.*



Halloween Flower Arranging
Tuesday, October 29 at 11am
Cost: \$10 Dixie will cast her spell and make us into expert flower arrangers! The theme is Halloween, but you can make it your own!

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 9:00am—12:00pm	Pepperell (Medical)	Leominster (Medical)	Townsend (Medical and Errands)	Groton and Ayer (Medical)	Fitchburg and Lunenburg (Medical)
Afternoons 1:00—3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Medical and Errands)	Townsend (Errands)	Fitchburg and Lunenburg (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.**

