

Silver Threads

TENTATIVE

From the Desk of the Director—

As we move into Autumn and it's colorful change of season, we are taking our next step toward change and bringing some of your favorite activities in-house.

Please refer to the calendar to see what they are and keep in mind a few rules of thumb:

- ◇ EVERY participant MUST call in to sign up for activities in advance
- ◇ MASKS are required at ALL TIMES while in the building
- ◇ Please be courteous and cancel if you cannot attend a program, there may be a wait list
- ◇ Be patient with us! We have limited staff onsite and extra time and effort is needed to sanitize the area before and after programs

If we all work together we can make it through this craziness!

On another note, winter is coming and with that comes the regular flu season. Don't forget to come in for your flu shot on October 29th and be prepared just in case things get shut down again. I would suggest adding one or two items to each shopping trip. Don't forget, you can count on us to be here for YOU!

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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Townsend Council on Aging, Townsend, MA

06-5303

Lunch



ONLY



ONLY



AND
LIMITED INDOOR
SEATING

RESERVATIONS REQUIRED 48 hours in advance

Call 978-597-1710 to sign-up

Suggested \$3.00 donation

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pork Tenderloin with Apple Chutney	2
5 Chicken Picatta	6	7 Kielbasa & Cabbage Casserole	8 Homemade Cheese Pizza	9
12 CLOSED	13	14 Beef & Lentil Chili	15 Turkey Stew	16
19 Chicken Jambalaya	20	21 Beef Stew	22 Baked Mac & Cheese	23
26 Macaroni & Cheese	27	28 Sloppy Joe	29 Soup & Sandwich	30

***Monday and Wednesday meals provided by MOC; Thursday meals homemade 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

Obituaries

We keep in our thoughts and prayers
those who have recently passed:

Bill Conway, 75—April 21
Barbara Reagan, 80—May 24
Daniel Forrest, 78—May 27
David Moore, 69—July 3
John Araujo, 95—August 3
Dot Wuoti, 85—August 11
Marcel Falardeau, 72—August 16
Natalie Davulis, 68—August 21
Stephen Sanderson, 63—August 23
Doug Larson, 91—August 23
Herman Wuoti, 89—August 24
John Stonefield, 81—September 5

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

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.**

Manicures, Pedicures, Reflexology with Veronica

Fridays, October 2, 9, 23 by appointment

Healthy Living Group

Monday, October 5 at 12:30pm. No charge.

Hairdresser

Friday, October 16 by appointment.

Diabetes Wellness Support Group

Monday, October 19 at 12:30pm. No charge.

Hearing Clinic

Wednesday, October 21 by appointment.

Medicare Counseling

October 22 & 28 by appointment. SHINE assistance enrolling in Medicare, choosing a plan, etc.

Flu Clinic

Thursday, Oct 29 from 2-6pm. Seniors only 2-4pm.

Preparing for Medicare

Wednesday, October 21 at 6pm. If you're getting close to Medicare eligibility, this webinar is for you. Gain confidence to make the right health care decisions.

For Fun

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

Women's Conversation

Mondays Oct 5 & 19 at 1pm.

Trivia

Tuesdays, October 6 & 20 at 1pm. No charge

Women's Meditation

Fridays at 10:30am. RSVP Required.

Matinee Movie

Friday October 9: *Knives Out*

Friday October 13: *Chicago*

Bingo

Wednesdays at 1pm. No charge.

Book Club

Wednesday, October 14 at 11am. This month's book is "Eleanor Oliphant is Completely Fine" by Gail Honeyman

Tech Help

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

Zoom Classes

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

Quazy Quilters Fridays at 10am. Visit with friends while showing off your latest projects.

Selectman's Q&A Thursday, October 15 at 10:30am on Cable Channel 9 AND Zoom. Speak with one of the Selectmen to hear the latest town news, share your thoughts, concerns, and ideas about Senior issues. (This is NOT a Selectmen's Meeting)

Genealogy Friday, October 9 at 10:30am via Zoom (no charge)

Q&A with the Director Friday, October 9 at 1pm via Zoom (no charge)
Karin will provide updates on the Center and answer your questions.

Travel Share Wednesday, October 14 at 4pm via Zoom and Cable Channel 9. We're all missing travel, but we can still talk about it! Show off your favorite travel photo and tell us the story behind it!

Preparing for Medicare Wednesday, October 21 at 6pm. If you're getting close to Medicare eligibility, this webinar is for you. Gain confidence to make the right health care decisions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2020 Key: Onsite Programs Zoom Programs Cable Programs YouTube Live Programs			1 9:30 Senior Fitness 12:00 Donna's Diner 1:00 Watercolor 1:30 Chair Yoga	2 10:00 Quazy Quilters 10:00 Chair Exercise 10:30 Meditation 12:00 Weaving Manicures, Pedicures, & Reflexology by appt
5 10:00 Chair Exercise 12:00 MOC Lunch 12:30 Healthy Living 12:30 Knitting 1:00 Women's Conversation	6 12:30 Walking Club 1:00 Flute Lessons 1:00 Trivia 1:30 Chair Yoga	7 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 6:00 Friends Meeting	8 12:00 Donna's Diner 1:00 Watercolor 1:30 Chair Yoga	9 10:00 Quazy Quilters 10:00 Chair Exercise 10:30 Meditation 10:30 Genealogy 12:00 Weaving 12:30 Movie 1:00 Q&A with the Director Manicures, Pedicures, & Reflexology
12 Closed	13 9:00 Felted Pie Pincushions 12:00 Vibraphone 12:30 Walking Club 1:00 Flute Lessons 1:30 Chair Yoga	14 9:00 Senior Fitness 10:00 Chair Exercise 11:00 Book Club 12:00 MOC Lunch 1:00 Bingo 4:00 Travel Share	15 9:30 Senior Fitness 10:30 Selectman's Q&A 12:00 Donna's Diner 1:00 Watercolor 1:30 Chair Yoga	16 10:00 Quazy Quilters 10:00 Chair Exercise 10:30 Meditation 12:00 Weaving 12:00 Hairdresser
19 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 12:30 Diabetes Wellness 12:30 Knitting 1:00 Women's Conversation	20 10:00 COA Meeting 12:30 Walking Club 1:00 Flute Lessons 1:00 Trivia 1:30 Chair Yoga	21 9:00 Senior Fitness 10:00 Hearing Clinic 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 4:00 Suncatchers 6:00 Preparing for Medicare 6:00 Friends Annual Meeting	22 9:30 Senior Fitness 12:00 Donna's Diner 1:00 Watercolor 1:30 Chair Yoga Medicare Counseling by appt	23 10:00 Quazy Quilters 10:00 Chair Exercise 10:30 Meditation 12:00 Weaving 12:30 Movie Manicures, Pedicures, & Reflexology by appt
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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 (no class 10/5-9)

Walking Club

Tuesdays at 12:30pm, outdoors

Chair Yoga with Carin

Tuesdays at 1:30pm via Zoom; \$5 per class
Thursdays at 1:30pm in the building, \$5 per class (9/29 class at 9:30am!!)

New Classes on
our YouTube
Channel!

Online Resources to Explore



SENIOR PLANET

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.



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Townsend Council on Aging, Townsend, MA

06-5303

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
North Central Massachusetts Community Foundation
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
Paper Bags**

Thank you for your generosity!

FRIENDS OF THE TOWNSEND SENIORS



Friends of the Townsend Seniors - Coming Events

OCT 7: The Friends will meet at 6 pm at the Senior Center.

October 21 at 6pm: The 20th Annual Meeting of the Friends will be scheduled at a later date due to COVID-19. The milestone meeting will introduce and vote on Reorganization and FoTS bylaw revisions. RSVP Required.

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 (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.



Knitting Circle
Mondays at 12:30pm



Watercolor with Linda
Thursdays at 1pm via Zoom.
One-time fee of \$10 for an at-home painting kit for new students, plus \$30 per month for the class.



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



Mosaic Sun Catcher
Wednesday, October 21 at 4pm
Cost: \$10.00 This is a DIY kit, but we'll do it together and enjoy one another's company!



Felted Pie Pincushions
Tuesday, October 13 at 9am
Cost: \$5.00

Chromebooks

Available now to borrow!

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



Give us a call and we'll get you trained and ready to go!

Special Event!

Vibraphone by Rich Araldi



Tuesday, October 13 at 12pm.
Outdoors as weather permits.
No charge.

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¢