

Silver Threads

October 2022
Vol 9 No 4

Don't forget advance registration is required for all programs.

You can register at myactivecenter.com!

This provides patrons an option to sign up for programs online through your computer, tablet or smart phone.

Or you can call us at 978-597-1710. Thank you!

From the Desk of the Director -

Dia de los Muertos is a little different from Halloween. Let's get the scoop!

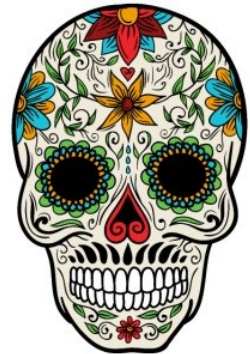
The Day of the Dead is a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink and celebration. A blend of Mesoamerican ritual, European religion and Spanish culture, the holiday is celebrated each year from October 31 - November 2. On the Day of the Dead it's believed that the border between the spirit world and the real world dissolve. During this brief period, the souls of the dead awaken and return to the living world to feast, drink, dance and play music with their loved ones. In turn, the living family members treat the deceased as honored guests in their celebrations and leave favorite foods and other offerings at gravesites or on *ofrendas*, altars decorated with candles and bright marigolds.

The roots of the Day of the Dead go back some 3,000 years, to the rituals honoring the dead in pre-Columbian Mesoamerica where the people held a cyclical view of the universe, and saw death as an integral, ever-present part of life. Upon dying, a person was believed to travel to the Land of the Dead. Only after getting through nine challenging levels, a journey of several years, could the person's soul finally reach the final resting place. In rituals honoring the dead, family members provided food, water and tools to aid the deceased in this difficult journey. This inspired the contemporary Day of the Dead practice in which people leave offerings on their loved ones' graves or set them out on makeshift altars in their homes.

I don't know about you, but I like the idea of sitting in a beautiful spot surrounded by flowers, family, good food and drink and sharing stories of my loved ones. I think they would like it too.

In the meantime, pick out a few things to do, register for them in advance on myactivecenter or by calling us, and come on in to see why this is where you WANT to be.

- Karin

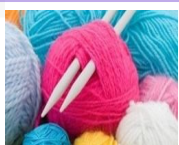


Karin Canfield Moore, Director
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Senior Meals Associate
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator & Outreach
Greg Smith, Assistant Program Coordinator

Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm
16 Dudley Road, Townsend, MA 01469
978-597-1710

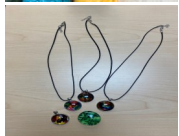
<https://www.townsendma.gov/senior-center-council-aging>

ARTS AND CRAFTS Registration required for ALL programs - 978-597-1710



Knotty Knitters

Mondays at 12:30pm Knit or crochet with other beginners or get help from those who are more experienced.



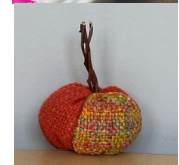
Alcohol Ink Jewelry

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



Watercolor with Sue!

Wednesdays at 10am and 2pm
\$20 per month.
Limit of 12 students per class.



Weaving Classes:

Mondays at 12:30pm.
Craft a pumpkin from zoom loom squares. \$3 for materials.



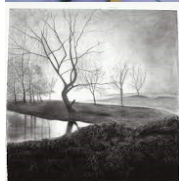
Weaving Drop-In

Fridays 10am-noon
This is a time to come in to finish a project or bring your own project.



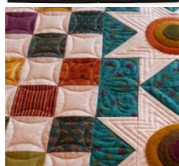
Felting

2nd and 4th Tuesdays at 9:30am
Use wet-felting and needle-felting to create a sunflower. \$3 for materials.



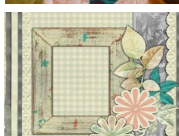
Charcoal Drawing with Sue!

Thursdays at 1:30pm
Charcoal has unique characteristics that will encourage your creativity. \$15 one time fee. Limit of 12 students.



Quazy Quilters

Tuesdays from 9am to 3pm
First and third Wednesdays at 1:00pm
Work on your latest project, or use our supplies to create something new!



Scrapbooking

Second and fourth Wednesdays at 3pm
Bring your own supplies or use ours!



Wood Carving

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

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

Women's Conversation

First & Third Tuesdays at 11am

Trivia

First & Third Tuesdays at 1pm



Cigar Box Guitar Slow Jam

Tuesdays at 10:30am
September 13th to November 1st



Book Club

Wednesday, October 26th at 1pm
"Things You Save in a Fire"
by Katherine Center



Bingo

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



Hope Community Chorus

Mondays at 10am



Genealogy with Dwight Fitch

Friday, October 14th at 10:30am
Trace your ancestry and find out where your family tree has roots.



Movie Matinees:

Friday, October 14th at 12:30pm

Alfred Hitchcock's "Psycho"
Janet Leigh and Anthony Perkins

Friday, October 28th at 12:30pm

"Coco" Disney animated celebration of Dia de Los Muertos

Pizza provided by Friends of the Townsend Seniors



Mexican Train Dominoes

Tuesdays at 10:30am
and Thursdays at 12:30 pm



Scrabble

Fridays at 11am



Rummikub

Mondays at 1pm



Wii Bowling

Mondays at 1 pm



Cribbage

Thursdays at 1pm, except...
No Tournament on 10/20



Cigar Box Guitar Slow Jam Sessions!

Shawn McCadden is back for 8 weeks of jam sessions **Tuesdays, in October at 10:30am.**
If you built a cigar box guitar in Shawn's spring class or if you already have an instrument, come on in and get your slow jam on!

Fitness and Exercise RSVP required for ALL programs - 978-597-1710

Senior Fitness

Thursdays at 9:15am (live instructor - \$5 per class)
Mondays 9:00am (DVD)

Chair Exercise

Mondays, Wednesdays and Fridays at 10am

Walking Club

Tuesdays and Thursdays at 9:30am
 Inside and outside options, weather depending.

Learn to Tap Dance

Mondays at 1pm; \$5 per class
 You can't help but feel joyful learning this dance style!
 Tap shoes helpful but not required; we can loan some.

Tai Chi

Thursdays at 11:15am \$5 per class
 Join Jeff for this Chinese martial art practiced for health benefits and meditation.

Line Dancing

Tuesdays at 1:30pm \$5 per class

Move your body with Carin:

Hybrid Yoga; \$5 per class

(Chair and floor options)

Mondays at 11:00am and Wednesdays at 3:30pm

Osteo Movement

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

Offers everything! Posture, balance, core strength, etc.

You must be able to commit to 2 days a week for 8 weeks! Bring a mat and walking stick.

Beginner Yoga

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

Building Memory Skills

Thursdays at 10am; \$5 per class

Do you struggle to remember things? Is your eye-hand coordination lacking? This class is for you!

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



Massage with Morningstar:

Tuesdays and Thursdays by appointment
 \$45/50mins.



Sarah from Footcare Focus

will offer podiatry services
Thursday, October 13th from 12pm to 3pm
 Call 978-597-1710 for an appointment.



Wellness Clinic

Wednesday, October 12th from 12-2pm
 BP screening, glucose check, etc.



Hearing Clinic

No Clinic in October



Women's Meditation

Friday, October 7th and 28th at 11am

New! Water aerobics at the YMCA!

Monday, Oct. 3rd, 17th and 31st at 3pm.
 Bus leaves the Senior Center at 2:30
 Call for more information.

Manicures and Facials

First Tuesday at 1:30pm by appointment

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.

Dementia Nurse Consultation By appointment.

Bernadette Oinonen, MS, RN served the senior population for over 35 years supporting and educating family caregivers of clients with dementia. All parties benefit learning to navigate the journey they may travel.

Healthy Living

Thursday, October 6th at 11am

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

Diabetes Support

No Meeting in October

Come in for information on how to manage your diabetes with confidence.

Grief Support Group *Wednesday, October 5th at 4pm*

Are you grieving? Lonely?
 Please join us for free adult bereavement support 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 to learn to use it?

Learn to use popular programs
 including Zoom, PayPal, Gmail, Facebook, etc.
Second and Fourth Thursday at 1pm
 Call 978-597-1710 to make an
 appointment. No charge.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	4 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:30 CBG Jam 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing 1:30 Manicures & Facials	5 *Medicare 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Quazy Quilters 2:00 Watercolor 3:30 Hybrid Yoga 4:00 Outdoor Games 4:00 Grief Support 6:00 Friends 6:30 TOPS	6 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:00 Healthy Living 11:15 Tai Chi 12:00 Donna's Diner 12:30 Mexican Train 1:00 Cribbage 1:30 Charcoal Drawing 1:30 Osteo Movement	7 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Outdoor Games 10:00 Weaving Drop-In 10:30 Honey Pot Hill Orchards 11:00 Scrabble 11:00 Women's Meditation 1:00 Outdoor Games
10 Closed for Columbus Day/Indigenous People's Day	11 *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:30 CBG Jam 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	12 *Medicare 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 12:00 Wellness Clinic 1:00 Bingo 1:00 Collette Travel: Iceland Trip 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 4:00 Outdoor Games 6:30 TOPS	13 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Donna's Diner 12:00 Podiatrist 12:30 Mexican Train 1:00 Cribbage 1:00 Tech Help 1:30 Charcoal Drawing 1:30 Osteo Movement	14 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Outdoor Games 10:00 Weaving Drop-In 10:30 Genealogy 11:00 Scrabble 12:30 Movie Matinee "Psycho" 1:00 Outdoor Games 1:30 Galloping Gourmet: Pickity Place
17 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	18 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:30 CBG Jam 10:30 Mexican Train 11:00 Women's Conversation 12:00 Soup & Salad 1:00 Trivia 1:30 Line Dancing	19 Closed for Staff Development Roadrunner services available	20 Closed for Staff Development Roadrunner services available Flu Clinic 2-4PM through the Library	21 Closed for Staff Development Roadrunner services available
24 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	25 *Massage 9:00 Quazy Quilters 9:30 Felting 9:30 Walking Club 10:30 CBG Jam 10:30 Mexican Train 12:00 Soup & Salad 1:00 Alcohol Inks 1:30 Line Dancing	26 *Medicare 10:00 Chair Exercise 10:00 Watercolor 12:00 HtoH Lunch 1:00 Bingo 1:00 Book Club 1:00 Quazy Quilters 2:00 Watercolor 3:00 Scrapbooking 3:30 Hybrid Yoga 4:00 Autumn Tea 6:30 TOPS	27 *Massage 9:15 Senior Fitness 9:30 Wood Carving 9:30 Walking Club 10:00 Memory Skills 11:15 Tai Chi 12:00 Donna's Diner 12:30 Mexican Train 1:00 Cribbage 1:30 Charcoal Drawing 1:00 Tech Help 1:30 Osteo Movement	28 9:30 Beginner Yoga 10:00 Chair Exercise 10:00 Outdoor Games 10:00 Weaving Drop-In 11:00 Scrabble 11:00 Women's Meditation 12:30 Movie Matinee "Psycho" 1:00 Outdoor Games
31 9:00 Senior Fitness 10:00 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:30 Knitting 12:30 Weaving 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 2:30 Water Aerobics	<div>  <div> Halloween Buffet and Costume Contest at Noon Monday, October 31st! </div> <div> <i>October</i> </div> </div>			

Special Events *RSVP required for ALL programs - 978-597-1710*



Visit Stow's Honey Pot Hill Orchards

Friday, October 7th; Van Leaves at 10:30AM

Cost is \$3.50 to cover transportation plus cost of activities.

*Pick Apples, Visit the Farmstand, Take a Hayride, Visit with Farm Animals,
Try Solving a Corn Maze!*



Medicare Counseling by Appointment

Provided by Integrity Medicare Advisors

Wednesday, October 5th, 12th and 26th at 2pm

Call the Senior Center at 978-597-1710 to make an appointment!



Galloping Gourmet: Lunchtime Edition

Pickity Place in Mason, NH

Friday, October 14th



Limited to 7 Guests

Van leaves the Townsend Senior Center at 1:30pm. \$42 includes meal, tax, tip and transportation.

Lunch

RESERVATIONS REQUIRED

24 hours in advance

Suggested \$3.00 donation

Onsite lunches

Tuesdays: Soup & Salad Bar

Wednesdays: Heart to Home Meals

Thursdays: Donna's Diner

Tuesday	Wednesday	Thursday
October		
10/4: Soup & Salad	10/5: Heart to Home Scrambled Eggs & Sausage	10/6: Donna's Diner Oktoberfest: Butter Schnitzel & More....
10/11: Soup & Salad	10/12: Heart to Home Haddock w/Garlic Butter	10/13: Donna's Diner Spaghetti Squash Alfredo
10/18: Soup & Salad	10/19: Closed	10/20: Closed
10/25: Soup & Salad	10/26: Heart to Home Traditional Pot Roast	10/27: Donna's Diner Shepherd's Pie



**Halloween Buffet
and Costume Contest
at Noon
Monday, October 31st!**



**Wednesday
October 12th
1-2pm**

***Iceland's Magical Northern Lights
Booking for October, 2023***

***Presented by the
Friends of the
Townsend Seniors***



Meals on Wheels Provided by MOC
Call: 978-345-8501 Ext. 2 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.



August Cribbage Tournament Results!

Winner: Ron Nussel, 716 Points

Runner Up: Monika Whipple, 715 Points

High Hand: Rich Diggs, 21



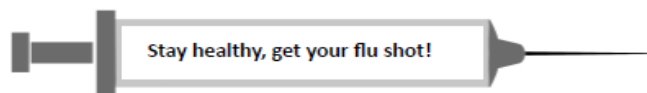
Outdoor Games

Wednesdays at 4pm

Fridays at 10am and 1pm

We have Badminton, Bocce, Cornhole and Horseshoes.
Bring your friends! We'll set up the equipment for you!

FLU VACCINE CLINIC



When: Thurs. 10/20/22, 2 PM to 4 PM

Where: Townsend Public Library, 12
Dudley Rd, Townsend, MA

Who: All Ages (6 mos +)



Pre-Registration is Required. Visit <https://www.nashoba.org/calendar> for full clinic schedule, registration link and FAQ. Bring Insurance Card if you have it



Nashoba Associated Boards of Health
Your COMMUNITY, your CHOICE since 1931
In partnership with your local board of health

***Beth Walsh from Senator Cronin's office
will be here every 3rd Tuesday from 11:30-1:00
to join us for lunch, visit with you
and discuss your concerns.
You can also call her at 617-722-1230***

Important Phone Numbers

Community Services:

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 BUS SCHEDULE

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.

Masks are optional. This could change at any time based on local, state or national guidance.

DESTINATIONS:

- Medical:** Doctors, Dentists, Therapies, Lab work, etc.
(Please schedule morning appointments with your physician/provider).

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)

	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am-12:00pm	Pepperell (Medical)	Leominster (Medical)	Townsend (Medical)	Groton, Ayer (Medical)	Lunenburg, Fitchburg (Medical)
Afternoons 1:00-3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Errands)	Townsend (Errands)	Fitchburg (Errands)
			Wednesdays 3:00-8:00 PM By Appointment		



The Senior Center Kitchen needs donations of soup stock (chicken and beef, not cubes) and 6 inch paper plates.

We'd like to thank the Ashby Girl Scouts for their generous cookie donation!

Friends of the Townsend Seniors - Become a Member Today!

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.*