

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

Don't let the small stuff cost your family a family. This is a subject that cannot be stressed enough!

One of the most difficult conversations for any family is end-of-life planning. How often have I heard, "We just thought we would do it later." It's never too early to get your affairs in order and the more "affairs" you have, the more you need to get them in order. Unless, of course, you want your family to be at odds with each other.

Even the simplest of inheritances needs to be spelled out in detail and followed to the letter. Otherwise, let Pandora's Box open! Leaving your family to cope with their grief while figuring out your finances, real estate and belongings on top of it all without well written and easily followed instructions is not only difficult for them, it is the most selfish and disrespectful thing you can do to them.

Please, please, please make the investment of time and money, if needed, to make sure those you love don't come to odds at one of the most difficult times in their lives. If you'd like some guidance on where to start, just give us a call.

In the meantime, look through the newsletter! As you will see, there is always something new and different happening at the Townsend (not so) Senior Center. **Come in 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, Lead Van Driver
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)



Tai Chi End of Class Party
Thursday, September 6 at 2pm
Celebrate the time spent with community enjoying the relaxing exercise.



Bus Trip: Brimfield Fair
Friday, September 7 at 9:30am
Cost: \$5
Take a trip to America's oldest outdoor antique flea market and come home with found treasure.



A Matter of Balance
Tuesday, September 11, 18, & 25 at 1pm
Cost: \$5
This 8 week class is designed to reduce fear of falling, improve balance and increase activity level.



Shingles Talk
Wednesday, September 12, 11am
Learn the symptoms and treatment options for this debilitating virus.



Hospice 101
Wednesday, September 12, 6:30pm
Presented by Fitchburg Healthcare, learn methods of managing caring for a loved one.



Diabetes Wellness Group
Monday, September 17 at 1pm
This new group will have monthly gatherings providing information about how to manage care for those with diabetes.



Movie Night
Wednesday, September 19 at 4pm
Cost: \$10.50 (bus+movie ticket)
Get some friends together and have a cinema night at O'Neil's in Littleton. Movie to be determined.



Travel Talk
Thursday, September 20 at 12:30pm
Collette Tours will answer your question about upcoming tours and help plan your next vacatio.



Community Partner Spotlight: GVNA
Thursday, September 27 at 12pm
Come learn about the services offered by the community based organization



Turkey Train
Thursday, September 28 at 10am
Take in the fall scenery with a train ride around Lake Winnepesaukee, accompanied by a full turkey dinner catered by Hart's Turkey Farm .

MONTHLY EVENTS

Birthday Party

Thursday, September 6, 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, September 12, 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 *Life After Life*, by Kate Atkinson.

Bach's Lunch

Thursday, September 20 at 12:45pm
Cost: \$3.50 (bus transportation)
Free concert by Indian Hill Musicians featuring Sounds of America, with violin and piano. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, September 18 at 10am
Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, September 14, at 10:30am
Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.

Bus Trip: Fruitlands Sunset Drum Circle

Wednesday, September 12 at 7pm
Cost: \$13 (ticket + bus)
Connect with the landscape, mother earth and the ancient wisdom of rhythm while building and celebrating community. Take the roadrunner for this facilitated drum circle on the hillside at sunset. Native American, African and assorted drums and percussion will be provided. No prior drumming experience needed.

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



Community Happenings

SENIOR SPOTLIGHT



Double Duty Plus Chickens by Alice Struthers

As visitors enter Townsend’s Senior Center, they might catch a glimpse of Donna Fenton’s cheery smile as she sits at her desk in a little niche behind the check-in desk. Another time they might see her directing food preparation in the Meeting Hall kitchen. She does two jobs and makes it look easy: Volunteer Coordinator/Kitchen Manager.

Born in Woburn, (where she was delivered by her own father – in a snowstorm), she grew up in a family that owned and showed horses. Horse shows introduced them to Townsend, and they came here to live. “The horses have all gone now, “ she said, “I’ve moved on to chickens.”

A 4H project her daughter did years ago has blossomed into a hobby for Donna that takes her and a car full of chickens to six to eight shows a year all over New England. The big, black Austrolop variety is her speciality, she said. In her capacity as Volunteer Coordinator for the Center, she recruits and schedules between 60 and 70 people. They are the greeters, drivers, and program teachers that serve there. Down the hall, as Kitchen Manager, she oversees lunch preparation and service, and Meals On Wheels delivery. Three times a month she prepares her own special home-cooked meal, always a popular and delicious treat.

Around Town



Thousands of cars come and go along Townsend's Main Street every day. If the gaze of the drivers or their passengers skims over the stately Town Hall in all its Victorian splendor, they might catch a quick glimpse of a large gold star

structure that sits on the lawn bearing the number eight. It's doubtful that they will ever know what it means.

Townsend residents may not know either. Those who have passed this star for years probably assume it is a memorial to some long gone war dead. And they would be right. It was World War 1, the so-called "war to end all wars," that claimed eight lives from the town. Who were they? A picture in Townsend's photo book shows the star being dedicated by the Townsend Grange on Memorial Day in 1924.

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

7								6
		6				5		
2	3		5					
		8			1			5
	5							1
		7	6	8				
	6		9	2				
				3				4
					4	3		8

SEPTEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
3 Closed for Labor Day	4 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 1:00 Trivia & Jeopardy 1:30 Watercolor	5 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Breaded Chicken 12:30 Woodcarving 1:00 Bingo 5:00 Evening Quilting 6:30 TOPS 7:00 Friends' Meeting Messages by appt.	6 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch & Birthday Party: Chicken Broccoli Alfredo 1:00 Cribbage 2:00 Tai Chi Party	7 9:00 Quazy Quilters 9:30 Bus Trip: Brimfield Fair 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.
10 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Beef Bolognese 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group 1:00 Ping Pong	11 9:00 Dental Clinic 9:00 Woodburning: Special Feature 9:30 Walking Club 10:00 Stretch & Tone 11:00 Hand & Foot 1:00 Fall Flower Arranging 1:00 A Matter of Balance 1:30 Watercolor Messages by appt.	12 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 11:00 Shingles Talk 12:00 Well Adult Clinic 12:00 Lunch: Chef Salad 12:30 Woodcarving 1:00 Book Club 1:00 Bingo 5:00 Pickleball 6:00 Bus Trip: Sunset Drum Circle 6:00 Bingo 6:30 TOPS 6:00 Caregiver's Roundtable: Hospice 101	13 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: Artisan Pizza 1:00 Cribbage Friends' Foxwoods Trip	14 9:00 Quazy Quilters 9:00 Men's Poker 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 12:30 Movie: <i>Finding Your Feet</i> 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.
17 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: 12:00 Medicare Counseling 12:00 Lunch: Grilled Chicken	18 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 10:00 Crafting for the	19 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch: Meatballs in Marinara	20 9:00 Cribbage Tournament 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: Meatloaf	21 9:00 Quazy Quilters 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser

ARTS & CRAFTS (RSVP requested)



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



Watercolor Classes with Linda
Mondays, Wednesdays, and Thursdays
at 10:30am; Tuesdays at 1:30pm
Cost: \$22/3 week class; \$30/4 week class



Fall Flower Arranging
Tuesday, September 11 at 1pm
Cost: \$20
Create your own handcrafted decor to welcome in the new season.



Kumi & Snap On Jewelry
Tuesday, September 18 at 10am
Cost: \$5

Weaving I: Basket Weaving
Thursday, September 20 at 1pm
Cost: \$7
This class will be the last of 4, using weaving techniques in different ways. Sponsored by River Court.



Crafting for the Community
Tuesday, September 18 at 10am

Wine Charm Class
Tuesday, September 25 at 12:15pm
Cost: \$12
Perfect for holiday parties or make as gifts!



Wood Burning: Open Project Time
Tuesdays at 9am (Drop In)
No experience needed, some materials provided. Tuesday, September 11 will feature an instructional video detailing multiple methods for transferring your designs onto wood with opportunity to try.



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, September 14, at 12:30pm
Finding Your Feet, with Imelda Staunton, Celia Imrie, and Timothy Spall
Friday, September 28, at 12:30pm
Mamma Mia!, with Meryl Streep, Pierce Brosnan, and Amanda Seyfried



Rummikub
Mondays at 1pm



Trivia & Jeopardy
Tuesday, September 4 & 18, 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, September 20 at 9am

Hand & Foot
Tuesday,
September 11 & 25
at 11am



Water Aerobics
Wednesday, 26 at 6pm
Cost: \$19
Take part in a low impact energizing exercise class that can help improve flexibility, strength, and mental well-being.



Mahjong
Friday, September 7, 14 & 21 at 1pm

Ping Pong
Monday, September 10 & 24

Men's Poker
Friday, September 14 at 9am



Pickleball
Wednesday, September 12 at 5pm
Bring your friends and learn a fun and easy sport.

Afternoon Tea
Wednesday, August 26 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
Returning September 14 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.



TOPS
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, August 6, 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, September 7, 14 & 28, by Appt.
Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)



Massage
Tuesday, September 11 & 25, and
Wednesday, September 5 & 19; By Appt.
Cost: \$20/20 min; \$45/50 min
Chair and table massages available.

Women's Conversation Group
Wednesday, September 12 & 26 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, September 12 at 12pm
BP screening, glucose check, general health and first aid.

Dental Clinic
Tuesday, September 9 at 9am
Keep your pearly whites glowing with a checkup.

Grief Support
Tuesday, September 18 at 1pm
Sponsored by Nashoba Nursing & Hospice

Hearing Clinic
Wednesday, September 19 at 10am

Caregiver's Roundtable: Hospice 101
Wednesday, September 12 at 6pm
This month's discussion will feature local hospices to answer questions about end of life care, provided by Fitchburg Healthcare. Free on-site caregiving available for loved ones.

GROUP FITNESS

Chair Exercise
Mondays, Wednesdays, & Fridays at 10am
Exercise through video instruction.

Walking Group
Tuesdays & Thursdays at 9:30am

Stretch & Tone
Tuesdays & Thursdays at 10am
Cost: \$20/4 classes; \$35/8 weeks; \$7/drop in

Water Aerobics: Westford Regency
Wednesday, September 26 at 5:15pm
Cost: \$19

Line Dancing
Fridays 10am-11am (No class August 17)
Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes.

UP & COMING

Yoga (Returns!)
October 4th

Make An Emergency Plan
October 11th

Flu Clinic
October 11th

Fall Harvest Dance
October 20th

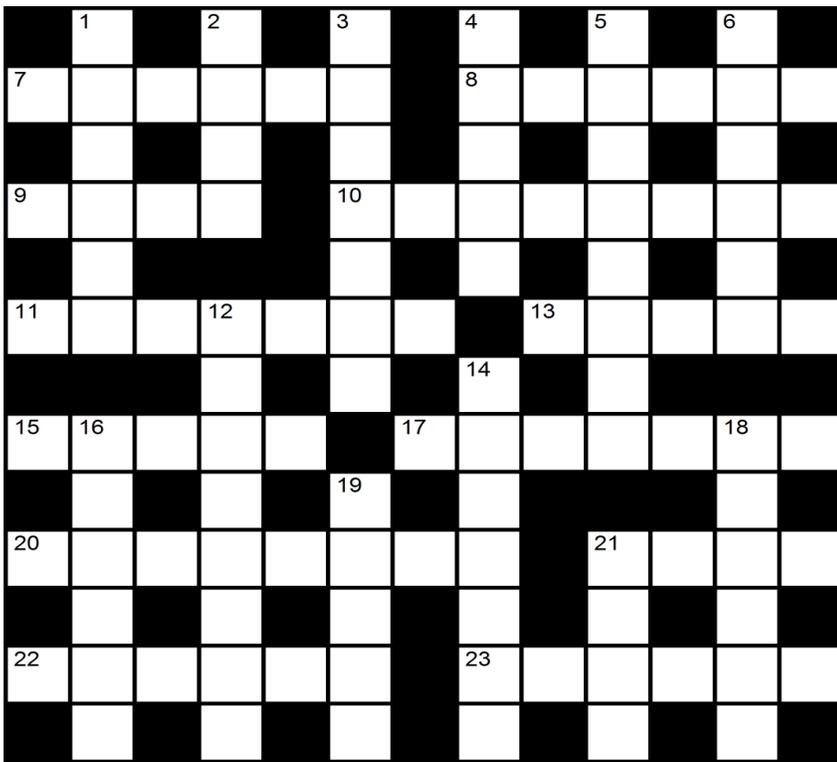
When & How to Spend Your Nest Egg
October 17th

Intergenerational Crafting
October 18th

Yoga for Healthy Joints
October 25th

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.

Try and solve our Quick Crossword Puzzle in 10 minutes!



Brain Teaser

I can travel from there to here by disappearing, and here to there by reappearing. What am I?

Down

- | | |
|------------------|--------------------|
| 1 Castle | 14 People |
| 2 Glazier's item | 16 Flowering shrub |
| 3 Counsellor | 18 Horse chestnut |
| 4 Overhangs | 19 Feelings |
| 5 Prudent | 21 Slight |
| 6 Courage | |
| 12 Pharmacies | |

Across

- | | |
|-----------------------------|-----------------|
| 7 Hoax | 20 Many kinsmen |
| 8 Come to | 21 Done for |
| 9 Cover, in a way | 22 Boil |
| 10 Uniqueness | 23 Fix |
| 11 Tutor | |
| 13 Pugilist | |
| 15 Satiated | |
| 17 Nauseous from travelling | |



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

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



Townsend Senior Center
16 Dudley Road
Townsend, MA 01469

Return Service Requested

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



Friends of the Townsend Seniors
Helping to Make the Townsend Senior Center the Place You Want to Be.

You're Invited!

18th Annual Meeting • Tuesday, September 18 • 7 pm • Townsend Meeting Hall

Who we are ... The Friends is a non-profit 501-3c organization 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.

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

What we ask of you ... As if you haven't figured this out. We need you! Yes, this is a recruitment campaign. There is a lot of work to do and a lot more we'd like to do. We're looking for new fundraising ideas and fundraising energy. We're exploring one or two annual events that generate a larger income. Yard sales, bake sales, and band concerts are simply not enough income for the amount of energy output for our diminishing band of volunteers. Will you help?

Coming Events:

September 5: Friends monthly meeting, 7pm, Senior Center. Newcomers cordially invited.

13: Foxwoods. Pre-registration and pre-pay (\$30) required. Ruth Gibbs 978-597-6837.

18: Friends Annual Meeting. Year-end review, preview of coming events, financial report, election of officers. Guest speaker, Rep. Sheila Harrington.

October 20: Wm E May Endowment Dinner. Honoring Betty Mae Tenney - extraordinary service in extraordinary ways. Signup for courtesy tickets at the Senior Center. To purchase tickets, contact Ruth at 978-660-5042.