

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director -

United We Stand...

Like it or not, the political season is upon us! I've already been witness to a few debates within these walls and generally walk away reassured that no matter which side of the aisle you are aligned with, for the most part we can agree on the basics of Life, Liberty and the Pursuit of Happiness.

I hope as the year progresses, we can keep in mind that we are more similar than we are different; we all value our lives and the lives of those we love; we love our country, the opportunities it provides and the guiding principles on which it was fashioned. These are the things to focus on, if not we may discover in truth that... Divided We Fall.

In the meantime, relieve any of your stress by coming by to explore all the offerings we have for you. Everything from meals five days, a week, multiple arts and crafts projects, fitness programs, trips, massage and so much more. That's why this is the place you WANT to be!

Karin



Happy 10th Anniversary!



Time flies when you're having fun... our building will be 10 years old in October!! Keep your eyes open for celebratory events throughout the fall including a Vintage Vocal Quartet, Anniversary Tea Party, a scrapbooking class to organize the last ten years, and more!

PROGRAM NOTES

- Women's Meditation returns Friday, September 13th!
- Chorus returns Monday, September 23rd!
- Intermediate Chair exercise will take place on Mondays at 11am and Wednesdays at 3pm.

Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Susan Dejniak, 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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SPECIAL EVENTS (RSVP 978-597-1710)



Please call
ASAP!

Bus Trip: Hampton Beach Seafood Festival **Friday, September 6 at 11:30am** **Cost: \$10 plus tastings**

Enjoy five oceanfront blocks of vendors selling their delicious foods. The bus will drop you off at the north end of the boardwalk where you're free to wander and select the foods you want to taste, or enjoy the shops, beach, and local entertainment.



Introduction to Public Health **Wednesday, September 11 at 11am** Our favorite public health nurses will kick off well adult clinic with a discussion about what community health entails, and the services available to our seniors.



Bus Trip: Fitchburg Outdoor Concert Series **Wednesday, September 11 at 5:30pm** **Cost: \$5** Enjoy the music of rock band ABRAXAS, the ultimate Carlos Santana tribute band. With music spanning five decades, you're sure to remember these hits! Food trucks too!



Grandparents Raising Grandchildren: The Role of Mental Health in Kinship Families **Wednesday, September 11 at 6pm** The National Alliance for Mental Illness will shed light on mental illness, increase coping skills, and empower grandparents to advocate for both their adult child and grandchild. Dinner and childcare provided. RSVP Required.



O'Neil Cinemas Movie Club **Wednesday, September 18** **Cost: \$12 (incl ticket & roadrunner; meal extra)** The movie titles haven't been announced yet, but we'll pick something good. Relax in leather recliners, have snacks or a meal delivered to your seat, and enjoy the show!



Healing Conversations **Thursday, September 19 at 1pm** The loss of a loved one creates a variety of emotions. Join us for a free adult bereavement support group series offered by Nashoba Nursing/Hospice.



Thrive Workshop **Friday, September 20 at 1pm** **Cost: \$10** Chronic stress decreases quality of life & promotes illness, but can be managed through healthy habits. Learn practical strategies to optimize health, build resilience, and thrive! Workshop Presented by Sarah Walker, Certified Health & Wellness Coach and Licensed Massage Therapist.



TED Talk: Clutter to Clarity **Tuesday, September 24 at 11am** Clutter is not just "stuff." Clutter can be physical, digital, mental, emotional or spiritual, and each type can be overwhelming. Learn the number one cause of clutter in any area of your life, and how to bust through for lasting results.

MONTHLY EVENTS

Book Club **Wednesday, September 11 at 1pm** Meets the 2nd Wednesday of every month; New members are always welcome. Books are usually available at the Townsend Public Library. This month's group will discuss **"Everything Here is Beautiful"** by Mira T. Lee

Birthday Party **Thursday, September 5 at 12pm** Our monthly celebration honoring this month's birthdays, including a delicious homemade meal and birthday cake.

Genealogy Club with Dwight Fitch **Friday, September 13 at 10:30am** Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.

Council on Aging Board Meeting **Tuesday, September 17 at 10am** Help determine Senior Center priorities, all are welcome.

Hope Community Chorus **Mondays at 11am, beginning September 23**

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

Community Happenings



Safe Sleep for Grandparents

As a grandparent you may sometimes get the opportunity to put your grandbaby to sleep. Whether it be for naps or nighttime, here are some important recommendations to ensure that your baby under 1 year of age has a safe and healthy sleep:

1. Always put your baby on their back, not side or tummy, when they are sleeping. Even if they spit up, they are still safer on their back.
2. Your baby should sleep on their back in a safety-approved crib, bassinet, or Pack-n-play with NO blankets, pillows, bumpers, or toys in the crib.
3. Never sleep with your baby on any surface – bed, couch, or chair. Never let anybody else, including other children or pets, sleep with your baby.
4. Do not put baby to sleep in car seat or baby swing or other sitting device. If baby falls asleep in them, move baby to firm sleep surface as soon as possible.
5. Babies need “tummy time” when they are awake -- but should always be watched while they are on their tummy in case they fall asleep. Move baby to a safe sleep surface and put them on their back if they do fall asleep.
6. Keep your baby’s room at a comfortable temperature. Do not let baby get too hot while sleeping. On the other hand, if you are worried about the baby getting cold, dress baby in an extra layer of pajamas, sleep sack, or “wearable” blanket.
7. Do not let anyone smoke around your baby.



Although many grandparents heard different advice about the way to put babies to sleep issues when they became parents, we now know that the above recommendations help prevent SIDS, cot death, and other sleep related deaths. For more information please visit: www.mass.gov/safesleep.

AROUND TOWN

The Harbor Station, Chapter 2

By Ex-Firefighter Chris Struthers

Nestled among the period buildings in Townsend Harbor is the old Harbor Fire Station. No longer in use as the primary building to house fire trucks, it still stands as a reminder of days gone by. Especially for those of us who would respond at the sound of the horn that summoned us to duty. But what about that little tower on the roof that the horn nestles up against? Is it just a decorative adornment?



The answer can be found partially in the words of the sign “Harbor Hose Company 3” that was affixed above the large overhead door. In the past, fire hoses were made of rubber with a protective covering of canvas. After use, the wet hoses needed to be dried.

Before returning to the station, they were folded in half and rolled up. At the station they were unrolled, and a rope attached at the folded midpoint of the hose. Then, you guessed it, the wet hose was hauled up via a pulley system into that little tower. Someone had to climb a long ladder and stand on a little platform to receive the hose and secure it with a little stick. One had to always be wary of bats that liked to hang out up there.

P.S. Modern day hose doesn’t need to be hung and dried. Stations don’t need towers.



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September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed for Labor Day	3 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.	4 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch 12:30 Woodworking 12:30 Pickleball 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 Tai Chi at Common Message by appt.	5 10:00 Silver Sneakers 10:00 Shuffleboard 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch & Birthday Party: Pulled Pork Sandwich 12:30 Walking Club 1:00 Cribbage 1:00 Wii Balance Games 1:30 Chair Yoga	6 9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Line Dancing (intermediate) 11:30 Bus Trip: Hampton Beach Seafood Festival 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong 9/7: Elsa Williams Opening Reception
9 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Intermediate Chair Exercise 12:00 Lunch 12:00 Medicare Counseling 1:00 Qi Gong 1:00 Healthy Living Group 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 1:00 Weaving: Setting Up A Rigid Heddle Loom	10 10:00 Silver Sneakers 12:00 Lunch 12:30 Walking Club 1:00 Native American Flute 1:30 Watercolor Message by appt.	11 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 11:00 Intro to Public Health 12:00 Well Adult Clinic 12:00 Lunch 12:30 Woodworking 12:30 Pickleball 1:00 Book Club 1:00 Knitting Group 1:00 Bingo 3:00 Intermediate Chair Exercise 4:00 Smartphone Help 5:30 Bus Trip: Fitchburg Outdoor Concert Series 6:00 Grandparents Raising Grandchildren 6:30 T.O.P.S. 6:30 Tai Chi at Common	12 10:00 Silver Sneakers 10:00 Shuffleboard 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch: Baked Stuffed Shrimp 12:30 Walking Club 1:00 Cribbage 1:00 Wii Balance Games 1:30 Chair Yoga	13 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: <i>Kidnap</i> 1:00 Mahjong Manicures/Pedicures/Reflexology by appointment
16 9:30 Gentle Yoga 10:00 Chair Exercise 10:00 Stamp Collecting 10:30 Watercolor	17 9:30 Two-Part Felting 10:00 COA Meeting 10:00 Silver Sneakers 12:00 Lunch	18 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch	19 9:00 Cribbage Tournament 10:00 Shuffleboard 10:00 Silver Sneakers 10:30 Watercolor	20 9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 11:00 Line Dancing (intermediate)

11:00 Intermediate Chair Exercise 12:00 Lunch 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group 1:00 Diabetes Wellness Group 1:00 Weaving: Setting Up A Rigid Heddle Loom	12:30 Walking Club 1:00 Native American Flute 1:00 Trivia & Jeopardy 1:30 Watercolor Message by appt.	12:30 Woodworking 12:30 Pickleball 1:00 Bingo (Senior Whole Health) 1:00 Knitting Group 3:00 Intermediate Chair Exercise 4:00 Smartphone Help 4:00 Movie Night at O'Neil Cinemas 5:00 Evening Quilting 6:30 T.O.P.S. 6:30 Tai Chi at Common	11:00 Wii Bowling (open to all) 12:00 Lunch: Roast Pork with Apple Cheddar Stuffing 12:30 Walking Club 1:00 Healing Conversations 1:00 Wii Balance Games 1:30 Chair Yoga	11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser 1:00 Mahjong 1:00 Thrive Workshop
23 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 11:00 Mosaic Basics 11:00 Intermediate Chair Exercise 12:00 Lunch 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group	24 9:30 Two-Part Felting 10:00 Silver Sneakers 11:00 TED Talk: Clutter to Clarity 12:00 Lunch 12:30 Walking Club 1:00 Native American Flute 1:30 Watercolor Message by appt.	25 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch 12:30 Pickleball 1:00 Bingo 1:00 Knitting Group 3:00 Intermediate Chair Exercise 4:00 Smartphone Help 6:00 Craft Supply Swap 6:30 T.O.P.S. 6:30 Tai Chi at Common Message by appt.	26 10:00 Silver Sneakers 10:00 Shuffleboard 10:30 Watercolor 11:00 Wii Bowling (open to all) 12:00 Lunch: Vegetarian Lasagna 12:30 Walking Club 1:00 Wii Balance Games 1:00 Cribbage 1:30 Chair Yoga	27 9:00 Quazy Quilters 10:00 Line Dancing (improver) 10:00 Chair Exercise 10:00 Scrabble 11:00 Line Dancing (intermediate) 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:30 Movie: <i>The Great Wall</i> 1:00 Mahjong Manicures/Pedicures/Reflexology by appointment
30 9:30 Gentle Yoga 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 11:00 Mosaic Basics 11:00 Intermediate Chair Exercise 12:00 Lunch 1:00 Qi Gong 1:00 Rummikub 1:00 Wii Bowling (League) 1:00 Knitting Group				<div> Many thanks to Gables of Fitchburg and Stewart's Florist for sponsoring our special lunch programs! </div>



ARTS & CRAFTS



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



Evening Quazy Quilters
September 4 and 18 at 5pm (Drop In)
Sewing machines, fabric, & ideas available, or bring your own. Fellow quilters will assist in piecing things.



Watercolor Classes
Mondays Series (10:30am):
September 9, 16, 23, 30
Tuesday Series (1:30pm):
September 3, 10, 17, 24
Wednesday Series (10:30am):
September 4, 11, 18, 25
Thursday Series (10:30am):
September 5, 12, 19, 26
Cost: \$22/3 week class; \$30/4 weeks



Woodworking
Wednesdays at 12:30pm (Drop In)
Try something new! Experienced carvers & burners available to assist those new to the craft.



Sponsored by
RiverCourt

Setting Up A Rigid Heddle Loom
Monday, September 9 & 16 at 1pm
Cost: \$4

Do you own a tabletop loom & want help setting it up... learn to warp your loom & get the next project going!

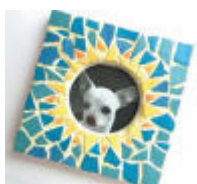


Two-Part Felting
Tuesdays, September 17 & 24 at 9:30am **Cost: \$5**

In this two-part class you'll wet felt an ocean or landscape background in the first class, and then return the following week to needlefelt the details. Frame and all supplies provided.



Craft Supply Swap
Wednesday, September 25 at 6pm
Bring your unused or extra supplies and hunt for what you need!



Mosaic Basics
Monday, September 23 & 30 at 11am
Cost: \$40

Artist Rita Tavilla will introduce basic mosaic techniques, to create a wall panel or a mirror. All materials, except for mirrors which will be an additional cost, will be provided in the class fee.

JUST FOR FUN



Scrabble
September 13 & 27 at 10am



Movie Matinee
Friday, September 13 at 12:30pm
Kidnap
Friday, September 27 at 12:30pm
The Great Wall



Rummikub
Mondays at 1pm



Trivia & Jeopardy
Tuesdays, September 3 & 17 at 1pm



Cribbage—Regular Play
Thursdays at 1pm (except 9/19)
Cribbage Tournaments
Thursday, September 19 at 9am



Smartphone Help Sessions
Wednesdays at 4pm



Mahjong
Fridays, September 6, 13, 20, 27 at 1pm



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



Helen's Willow Wind Native American Style Flute Lessons
Tuesdays at 1pm **Cost: \$40 for 4 week sessions**
Ever wish you could play an instrument? Now you can! The Native American Flute is an intuitive instrument, no reading sheet music required. If you can cover the holes and breathe, you can play.



Stamp Collecting
Monday, September 16 at 10am
Beginners and lifelong enthusiasts welcome!



Wii Bowling
Thursdays at 11:00am



Wii Balance Training Games
Thursdays at 1pm

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.*

PERSONAL CARE



Women's Meditation Group
Fridays at 11am, beginning Sept 13

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, September 9 at 1pm

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, September 13, 27 by Appt.
Cost: Reflexology (\$25/half hr.);
Manicure (\$15); Pedicure (\$22)



Massage with Morningstar of Little Bear Massage
Tuesdays: Sept 3, 10, 17, 24 and Wednesdays: Sept 4 & 25
By Appt. \$45/50 min

Women's Conversation Group
Wednesdays, September 11 and 25 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, September 16 at 1pm
Manage your diabetes with confidence. Topics will include managing stress, lifestyle changes, shared experiences, preventing complications, etc.

Well Adult Clinic
Wednesday, September 11 at 12pm
BP screening, glucose check, general health and first aid.

Hearing Clinic
Wednesday, September 18 at 10am

Hairdresser
Friday, September 20 at 12pm

Evening Tai Chi for adults of all ages
(at the Townsend Common, weather permitting)
Wednesdays, 6:30 –8pm Cost: donation

UP & COMING

- October 7: Essential Oil Room Fresheners
- October 9: Grandparents Raising Grandchildren Group: The Role of Mental Health in Kinship Families
- October 10: Bookmarks for a Friend
- October 23: Galloping Gourmets visit LaBelle Winery
- Date TBD: Local Fall Foliage Ride
- Date TBD: A Matter of Balance Class

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
- Pickleball**
Wednesdays 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

We're looking for **new craft instructors and class ideas!** Do you have a talent you'd like to share with the Senior Center? You don't need to be an expert, just have a passion for your project and the willingness to explain the steps and answer questions. Please see Katie.

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

Need a ride to Community Suppers?

Several Townsend churches/organizations offer free community suppers on Wednesday evenings. If you'd like to attend but don't want to drive, give us a call! Our van is ready to take you!

SHINE

"MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org

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 9:30am—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.
- **Errands:** Grocery, Pharmacy, Bank, Shopping, Hair dresser/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.

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\$31.50 (Out of Town)

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OCTOBER 19, 2019

TOWNSEND RIDGE COUNTRY CLUB
Cocktails 6 pm | Dinner 7 pm | \$50

Tickets on Sale September 4, 2019

#5 - Medium

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Generated by <http://www.apensky.ca/~jdhildeb/software/sudoku/gen/>

Complete the puzzle & turn it in to Katie for a chance to win a prize! Puzzle winner from last month:

Jane Jackson

See Katie for your prize!

FRIENDS OF THE TOWNSEND SENIORS

☐ \$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 the form at the Senior Center.



Thank you to Hannaford for the bread and pastry donations on Mondays and Wednesdays

CRIBBAGE

HIGH SCORES:

LENNY SWANSON AND ED JETTE (363)



THINGS TO DO WITH FRIENDS

Sept 4: Friends of the Townsend Seniors Annual Meeting at 6:30pm

Election of officers and bylaw review

Sept. 21: Brookline 250th Celebration!

In the interest of being neighborly and thanking the residents of Brookline, NH who support us, we'd like to participate in their parade! Looking for an old or classic car and driver for the day.

Oct. 19: W.E. May Endowment Dinner

Saluting Townsend Ecumenical Outreach. Tickets on sale mid-Sept. at the Senior Center. For more information contact Barbara Matthes, 978-502-0384.

The Senior Center is in need of:

- Paper Towels
- Napkins

Thank you to the line dancers, cribbage players, and individuals who have donated needed items to the Senior Center recently.

We cannot do it without you!