

# Silver Threads

## TENTATIVE

### From the Desk of the Director –

Things you can count on... even when things are constantly changing.

These days it seems unlikely that you are going to come across many things that you can say you can count on. We used to count on being able to find toilet paper in any store. Thank goodness that emergency has passed! You could count on a hug from your friends and grandchildren. Please let that happen again soon! You could count on a Friends trip to Foxwoods or one of our special getaways to enjoy the fall foliage. Sorry folks, that won't be happening this year.

What you can count on...US. We have been here throughout the pandemic making phone calls, answering questions, devising new ways to keep you engaged. We have gone shopping, helped TEO make food deliveries, and served over 2,000 meals. We have sewn and given away more than 100 masks and after a brief hiatus have begun taking many of you to medical appointments, running errands, etc. Who can you count on for that you ask?

I'm very proud to say as of July, Donna Howard has been driving the RoadRunner van for 20 years! Townsend could not ask for a more caring or devoted advocate for those who need transportation assistance. She does this because she loves what she does and has a heart the size of Texas. I'd like to thank the Friends of the Townsend Senior Center for gifting her with a new iPad (quite appropriate for the times we live in) though if we could, we would give her whatever that heart of hers desires. So next time you see Donna, thank her for what she has done and continues to do.

We are hoping that little by little we will be getting back to where we were before this pandemic hit us, but in the meantime don't forget, you can count on us to be here for YOU!  
Stay well!

**Karin**

Karin Canfield Moore, Director  
Janet Cote, Outreach Coordinator  
Susan Dejniaik, 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



# DONNA'S DRIVE-IN Diner

Curbside Pick-up only; no inside dining  
**RESERVATIONS REQUIRED 48 hours in advance**  
**Call 978-597-1710 to sign-up**  
**Suggested \$3.00 donation**

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 BBQ Pork Sandwich	3 Beef Chili	4
7 LABOR DAY	8	9 Mediterranean Chicken	10 Teriyaki Chicken Wings	11
14 Beef Bolognese	15	16 Beef Stew	17 Cheeseburger and Sweet Potato Fries	18
21 Baked Pollock Picatta	22	23 Chicken Supreme	24 Soup & Salad	25
28 Beef Teriyaki	29	30 Swedish Meatballs		



## 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*

## Congratulations Donna!!

Thank you Donna, for your TWENTY years of service to the town of Townsend! We're so grateful for all you do!



## 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.*

## SENIOR CENTER EVENTS (RSVP Required)

### Programs Under The Tent

Many thanks to the North Central Massachusetts Community Foundation grant to the Friends of the Townsend Seniors that allowed for the purchase of a tent to provide some of your favorite programs safely! Space is limited; **RSVP required for ALL programs.**

#### Weaving Circle

Mondays at 9am. No charge. Open project time. RSVP Required.

#### Trivia

First and third Tuesdays (September 1 & 15) at 1pm. No charge. RSVP Required.

#### Diabetes Wellness Support Group

September 8 at 10:30am. No charge. RSVP Required.

#### Women's Conversation

Thursdays at 1pm. No charge. RSVP Required.

### Onsite Programs

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

#### Pickleball

Mondays at 9am on the HBMS courts. No charge. RSVP Required.

#### Medicare Counseling

Wednesday, September 9 by appointment. SHINE assistance enrolling in Medicare, choosing a plan, etc.

#### Hearing Clinic

Wednesday, September 16th by appointment.

#### Hairdresser

Friday, September 18 by appointment.

#### Manicures, Pedicures, Reflexology with Veronica

Fridays, September 11 & 25 by appointment

#### 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

#### Interactive Bingo

Wednesdays at 1pm. Three ways to play! Cable Channel 9, YouTube live stream, and Zoom. Watch Lynn call the numbers on TV, then call the Senior Center's Bingo Line (978-597-1730) to yell BINGO!

#### Selectman's Q&A

Thursday, September 10 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, September 11 at 10:30am via Zoom (no charge)

#### Q&A with the Director

Friday, September 11 at 1pm via Zoom (no charge)  
Karin will provide updates on the Center and answer your questions.

#### Travel Share

Wednesday, September 16 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!

#### Virtual Tea Party

Wednesday, September 23 at 4pm via Zoom. Fix a cup of tea and talk with friends!

# September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 1:00 Trivia 1:00 Flute Lessons 1:30 Chair Yoga	<b>2</b> 9:00 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 6:00 Friends Meeting	<b>3</b> 9:30 Senior Fitness 10:45 Chair Yoga 12:00 Donna's Diner 1:00 Women's Conversation 1:00 Watercolor 1:30 Chair Yoga	<b>4</b> 9:30 Weaving: Horses 10:00 Chair Exercise
<b>7</b>  <b>Closed For Labor Day</b>	<b>8</b> 10:30 Diabetes Wellness 1:00 Flute Lessons 1:30 Chair Yoga	<b>9</b> 9:00 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 12:00 Medicare Counseling 1:00 Bingo	<b>10</b> 9:30 Senior Fitness 10:45 Chair Yoga 12:00 Donna's Diner 1:00 Women's Conversation 1:00 Watercolor 1:30 Chair Yoga	<b>11</b> 10:00 Chair Exercise 10:30 Genealogy 1:00 Q&A with the Director  Manicures, Pedicures, & Reflexology by appt
<b>14</b> 9:00 Pickleball 9:00 Weaving 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Qi Gong	<b>15</b> 10:00 COA Meeting 1:00 Trivia 1:00 Flute Lessons 1:30 Chair Yoga	<b>16</b> 9:00 Senior Fitness 10:00 Hearing Clinic 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 4:00 Travel Share	<b>17</b> 9:30 Senior Fitness 10:30 Selectman's Q&A 10:45 Chair Yoga 12:00 Donna's Diner 1:00 Women's Conversation 1:00 Watercolor 1:30 Chair Yoga	<b>18</b> 9:30 Weaving: Horses 10:00 Chair Exercise 12:00 Hairdresser
<b>21</b> 9:00 Pickleball 9:00 Weaving 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Qi Gong	<b>22</b> 1:00 Flute Lessons 1:30 Chair Yoga	<b>23</b> 9:00 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo 4:00 Tea Party	<b>24</b> 9:30 Senior Fitness 10:45 Chair Yoga 12:00 Donna's Diner 1:00 Women's Conversation 1:00 Watercolor 1:30 Chair Yoga	<b>25</b> 10:00 Chair Exercise  Manicures, Pedicures, & Reflexology by appt
<b>28</b> 9:00 Pickleball 9:00 Weaving 9:30 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Qi Gong	<b>29</b> 1:00 Flute Lessons 1:30 Chair Yoga	<b>30</b> 9:00 Senior Fitness 10:00 Chair Exercise 12:00 MOC Lunch 1:00 Bingo	<b>Key:</b> Onsite Programs Zoom Programs Cable Programs YouTube Live Programs	

## FITNESS/EXERCISE

**\*\*RSVP Required for All Programs\*\***

<b>Gentle Yoga with Patsy</b>	Available anytime on YouTube, donation appreciated
<b>Yoga Needra with Patsy</b>	Available anytime on YouTube, donation appreciated Yoga Nidra (effortless relaxation) uses a guided meditation to release a powerful stress reduction response. Anyone, no matter age or physical condition, can enjoy the benefits of this class.
<b>Chair Exercise</b>	Mondays, Wednesdays, and Fridays at 10am on Cable Channel 9
<b>Qi-Gong</b>	Mondays at 1:00pm under the tent, \$5 per class
<b>Senior Fitness with Stephanie</b>	Mondays and Thursdays at 9:30am via Zoom, \$5 per class Wednesdays at 9am under the tent, \$5 per class
<b>Chair Yoga with Carin</b>	Tuesdays and Thursdays at 1:30pm via Zoom; \$5 per class Thursdays at 10:45am under the tent, \$5 per class



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# 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:

**Paper Towels  
Napkins  
Disinfecting Wipes**

***Thank you for your generosity!***

## **FRIENDS OF THE TOWNSEND SENIORS**



### **Friends of the Townsend Seniors - Coming Events**

**SEPT. 2:** The Friends will meet at 6 pm at the Senior Center.

**TBD:** 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.

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)

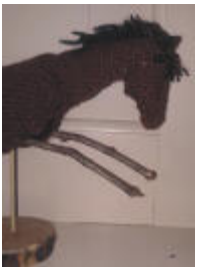
When you sign up & pay for a class, a kit with all necessary supplies will be placed outside the Senior Center for pick-up. Please let us know if delivery is needed.



### Watercolor with Linda

Thursdays at 1pm via Zoom.

One-time fee of \$10 for an at-home painting kit, plus \$30 per month for the class.



### Weaving: Zoom Loom Horse

Two options (pick one): Friday, September 4 or 18

**Cost: \$6** Sponsored by Rivercourt.

Use the zoom looms to create a stuffed horse, with mixed media accents. All ability levels welcome! *Preference will be given to those signed up for the March class that was cancelled due to COVID-19.*

## 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!

## 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
<b>Mornings</b> 9:00am—12:00pm	Townsend (Medical and Errands)	Leominster, Fitchburg, Lunenburg (Medical)	Townsend (Medical and Errands)	Groton, Ayer, Pepperell (Medical)	(no service)
<b>Afternoons</b> 1:00—3:00pm	Townsend (Medical and Errands)	(no service)	Townsend (Medical and Errands)	(no service)	(no service)

### 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¢