

Book Club

The Book Club will be meeting on March 4th at 1:00 PM to discuss "Three Cups of Tea" The next selection is " Orphan Train" by Christina Baker Kline. New members are welcome at any time. Book Club meets the first Wednesday of every month. There are no fees and you do not need to sign up in advance. Just drop in. Books for the club are usually available for pick up at the Townsend Public Library.

PIZZA & MOVIES

Our Friday, "Pizza & Movie" program will be on March 6th and 20th at noon. Please arrive at 11:45 to order pizza or bring your own lunch and beverage.

Community Supper

At The First Baptist Church in West Townsend
March 25, 2015

The Community Supper is a caring ministry of The First Baptist Church of West Townsend. Our purpose is to reach out and serve the community. Please join us. There is no charge.

If you would like this newsletter mailed to your home. Please send us or drop in with \$5.00 and your complete address.

READING GROUP..... We have a group of people who spend time reading to Ed West. They meet at the Senior Center on Tuesdays at 11:00 AM.

If you would like to join in, please drop by any Tuesday morning.

HANDY MAN SERVICE...if you need help with minor repairs (i.e. changing light bulbs, repair lamps etc.) call the Senior Center and someone will be sent out to help. 978-597-1710

CRIBBAGE TOURNAMENT

March 19, 2015 @ 9:00 AM

Entry Fee: \$5.00

To be divided as prizes

Open to all area cribbage players, just drop in!

HAIRCUTS by JOANNE....March 13 and 27, 2015

Please call to schedule an appointment...

Haircut: \$15.00, Blow dry and Curling: \$5.00, Waxing service: \$6.00. Please arrive with your hair washed.

NOVEMBER ARTS AND CRAFTS

Jewelry with P.J. will be held on March 3, 10, and 17 and 24th at 10:00 AM. Please sign up in advance. Cost is \$5.00 plus supplies.

Beginning Watercolor Part 3 begins on March 11 at 10:00 AM and runs for 8 weeks. This is a continuation of the February classes. If you are interested in a beginning watercolor class, please contact Linda. 978-597-1710

The Thursday Advanced watercolor class begins again on March 12 from 10:00-12:00 PM and runs for 8 weeks. Cost is \$6.00.

Painting with Watercolor Pencils will be held on Mondays, March 23 and 30 from 1:00-3:00 PM. Cost is \$2.00 for supplies.



Nashoba Tech Luncheon

Our March lunch catered by Steve Whiting and his culinary students will be held on March 24th at 12:00 Noon. Menu this month is a choice of Baked Stuffed Chicken Breast or Balsamic Glazed Salmon.

Cost for the complete lunch is \$10.00. You must purchase a ticket by March 19th. Gratuities on that day benefit the students' year end field trip.

Sixty Plus News

Vol 42 Number 3

Karin Canfield Moore, Editor
Linda Salisbury, Typesetter

MARCH 2015

MISSION STATEMENT: *The Townsend Council on Aging is committed to the continued growth and well being 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.*

From the Desk of the Director -

Do you remember the first of the year when everybody was asking where the snow was? Guess by now we have figured out it was building up to give us one heck of a wallop! Now that it's March, all that snow will have to go somewhere and that's the time of year I not so fondly refer to as the doldrums (definition: 1. stagnation – a sluggish state in which no development or improvement occurs 2. gloominess – a state of gloominess or lack of energy). Well I have some news for the doldrums; we at the Townsend Senior Center don't believe in them! We vow not to be gloomy, stagnant or sluggish. We vow to move forward in preparation for SPRING and the renewal of life that comes with it. The snow will melt, the rains will come, the crocus will peak out and some day we will be complaining that it's too hot, but for now keep your eye on the prize and thank your lucky stars we don't live in Boston! There are many new offerings on the horizon; some hidden in the pages of this newsletter. Take a look. Sign up. Come on in!

It's always good to see you!

Karin Canfield Moore

THE BRAIN TRAIN.....March 10th AND 24TH AT 1:00 pm

Let's exercise our minds! And let's have fun and socialize at the same time. How? Team Trivia! Trivia is a form of mental exercise that helps to keep the mind sharp while enhancing cognitive functioning. It is mental stimulation that requires the use of our memories. We all remember different facts, events, etc. so we can jog our memories together by playing/ competing in teams of 3-4.

Here are examples of trivia questions: 1. Which U.S. state was the first to give the vote to African Americans (answers at the bottom).

2. Who was famous for singing "16 Tons"?
3. What was the name of the first satellite launched into orbit by Russia in 1957?
4. Which President of the U.S. was in office from Jan. 20, 1953-Jan. 20, 1961?

So invite your "smart" friends and join us here on March 10th and 24th at 1:00 PM for a round of friendly fun!

1. Iowa 2. Tennessee Ernie Ford 3. Sputnik 1 4. D.D.Eisenhower

Two Old Friends...Songs, Tunes and Stories from Ireland & America

Emery Hutchins and James Prendergast

Townsend Meeting Hall

March 24, 2015 @ 6:30 PM

Sponsored by the Amanda Dwight Entertainment Fund, Friends of the Townsend Public Library and the Friends of the Townsend Seniors.

Townsend Council on Aging

Townsend Senior Center
16 Dudley Road
Townsend, MA 01469

Mon.-Thurs. 9:00-3:00
Fri. 9-2
(978) 597-1710

Karin Canfield Moore, Director
Linda Salisbury, Program Coord.
Donna Howard, Lead Van Driver
Donna Fenton, Kitchen Manager/
Volunteer Coord.

**TOWNSEND ECUMENICAL OUTREACH
FOOD ASSISTANCE PROGRAM**

TEO is our local food assistance program for those Townsend residents needing a helping hand. Did you know that TEO has a monthly food distribution program? It is held on the 3rd Saturday of each month. To apply for assistance, call Laurie at 978-597-2549 and she will send you an application.

**Council on Aging Board meeting is March 10th
at 10:00 AM.**

**The SHINE Counselor, Ann will be at the Senior
Center on Monday, March 9th. Please call Karin to
schedule an appointment.**

**Genealogy Club with Dwight Fitch will be held in
Meeting Hall B on March 13th at 10:30 AM. Join
anytime; no need to sign up. No Charge.**

BOSTON FLOWER SHOW

Our bus will be taking a group to the Boston Flower Show on Friday, March 13th with a side trip to Faneuil Hall where you can purchase lunch. Cost is \$20.00 per person (includes entrance and transportation.) The bus will leave the Senior Center at 9:30 and return at approximately 3:00 PM.

Thursday Cribbage Program

CRIBBAGE TOURNAMENT

1st: Jan Johnson 706
2nd Pauline Bolduc 703
3rd Milt Wetherbee 700
Marcia MacMaster 700
High Hand: Yvonne St. Hilaire 22

Jan. 29: Pauline Bolduc, Erika Roy, Joe Bolduc, Jan Johnson: 354, High Hand: Milt Wetherbee, 18

Feb. 5: Pauline Bolduc: 350, High Hand: Joe Bolduc & Jan Johnson, 16

FOR YOUR HEALTH....

Well Adult Clinic...March 4th, 2015...Free blood sugar screening this month... 12:30-3:00 PM.

Beginning on May 13th the Well Adult Clinic will be held on the second Wednesday of the month from 12:00-2:00PM.

Hearing Clinic...Wednesday, March 18, 2015.

Schedule an appointment between 10:00 AM- 12:00 PM. No Charge.

Massage...March 3rd and 24th, 2015. You must sign up in advance for a 30 minute appointment. Cost... \$20.00

Reflexology...March 6th, 20th and 27th. Sign up for a half hour or hour appointment. Manicures and Pedicures also available.

Eye Screening Clinic... April 1st ...with Dr. D'Ambrosio's staff... 12:30-3:00.... Just drop in, first come, first served.

Podiatry...March 31. Please call for a appointment. \$30.00.

Reiki...March 12 and 26. Please call for an appointment.



BUS STOP

We are happy to announce that we have a regular Road Runner bus route from Atwood Acres/Townsend Woods to the Senior Center. The bus will pick up Monday-Friday at 9:00 AM at Atwood Acres/Townsend Woods and go directly to the Senior Center. Service from the Senior Center back to Atwood Acres/Townsend Woods will be at 2:00 PM.

The cost is \$.25 each way (cash only, please). Consult the Sixty Plus News to plan your day at the center!

We have lunches on Monday, Wednesday and Thursday and various activities throughout the week. Please come in or call 978-597-1710 to sign up for activities and lunches.

ROAD RUNNER BUS SCHEDULE

MONDAYS: IN TOWN-SENIOR CENTER; PHARMACIES; BANKS; HARBOR MALL:
TOWNSEND DOCTOR/ DENTISTS; HAIRDRESSERS/BARBER; ETC.

TUESDAYS: SENIOR CENTER, Shopping Day ...Walmart, Market Basket.

WEDNESDAYS: IN TOWN-SENIOR CENTER; PHARMACIES; BANKS; HARBOR MALL; TOWNSEND DOCTORS/
DENTISTS; HAIRDRESSERS/BARBER; ETC.

THURSDAYS: MEDICAL TRIPS TO PEPPERELL; GROTON; AYER and SENIOR CENTER.

FRIDAYS: MEDICAL TRIPS TO FITCHBURG; LEOMINSTER; LUNENBURG and SENIOR CENTER.

MAKE MEDICAL APPOINTMENTS BETWEEN THE HOURS OF 9:30 AND 11:00 A.M.

FARES: \$1.25 ONE WAY WITHIN TOWNSEND; BUS CARD \$22.50 Pay for nine rides, get one free.
\$1.75 ONE WAY OUTSIDE TOWNSEND; BUS CARD \$31.50 Pay for nine rides, get one free.



Birthday Party

Join us at 1:00 PM on March 19th for cake and ice cream to celebrate March birthdays. Everyone is welcome, no matter when your birthday is. Carnations, donated by Stewart's Florist, will be given to those with a birthday in March.

IMPORTANT NOTICE....

Reservations **are a must** for those wishing to attend the Senior Lunch Program on Mondays or Wednesdays. Call by 10:00 a.m. Tuesday for Wednesday's lunch and by 10:00 a.m. Friday for the following Monday lunch. Suggested donation: \$2.25. The number to call is 978-597-1710. Thank you for your co-operation.

ALTERNATIVE COLD LUNCH... *Choice Meals* are available on **Wednesdays only**, at the MOC Lunch program. If you wish to have one of these meals which is a cold meal alternative, you must call in your reservation by the Monday before, by 10:00 AM. These meals will not come in bulk, so if only 4 ordered **Choice Meals**, only 4 will be delivered. A menu of the **Choice Meals** for each month will be available at the Reception desk. **NOTE:** In case of Monday holidays, call in the Friday before.

Our "Homemade" lunches prepared by Donna Fenton and her volunteers are held on the first three Thursdays of each month. Call by 10:00 AM on the Wednesday before the lunch you wish to attend. Suggested donation: \$3.00. Menus for all of our lunches can be found on the calendar page of this newsletter.

ADVANCE SIGN UP IS ABSOLUTELY NECESSARY FOR OUR LUNCHES.

Please call 978-597-1710 if you are living alone and would like a weekly phone call to check in on you.

Stretch and Tone sessions run Tuesdays & Thursdays. Cost is \$5.00 per session. Just drop in, no need to register in advance.

Massage will be held on March 3rd and 24th. 30 minute sessions are \$20.00. Abby Foster is our Certified Massage Therapist. By appointment only...Please call 978-597-1710.

ROAD RUNNER SERVICE CHANGE....

Starting in April the Road Runner will provide service for medical trips to Fitchburg, Leominster and Lunenburg on Tuesdays. Appointments made previously will be honored on Friday.

Shopping Day will be Friday.

March 2015 Greetings from the Friends of the Townsend Seniors

Our "old-fashioned winter" means many are enjoying the cozy gas fireplace at the Senior Center. Friends' President Russ Moore reports the fireplace was cleaned and updated with a blower-- a generous gift from the Friends of the Seniors. The delicious hot lunches are another winter-time attraction....served most Mondays, Wednesdays and Thursdays. The lunches are a not-to-be-missed time of friendship and good food! Please stop by or call the Senior Center for dates, menus and preregistration information.

NOW AT THE SENIOR CENTER *** Friends' Monthly Board Meeting** Board meetings are the 1st Monday of each month.. Meetings are at 4 pm, and will be held at the Senior Center. ***Hope to see you at 4pm, Monday, March 2nd.***

FOXWOOD TRIP- THURSDAY, MARCH 12TH

The Friends' Foxwoods Trip is Thursday, March 12th and pre-paid registration is at the Senior Center (978-597-1710) or by calling Avis Roy at 978-597-6829. The trip is \$28.00, with coupons for a 'free play' and the buffet lunch. It's a fun all-day event, open to all adults in Townsend and the surrounding towns. Come along, and bring your friends!

SAVE THE DATE! The Friends' Annual International Dinner is Saturday, April 18th !!

Thank You to all who Helped Celebrate Townsend Seniors Month at January 31st Lunch

The Friends' Annual January Lunch was a Big Success! Thank You~Thank You: to Donna Fenton and her assistants Angie Tokarski and Dick Perra for preparing a delicious Ham Dinner; to Donna Miller for coordinating the great event; to Silver Wolf Entertainment for presenting enjoyable and beautiful musical talent; to the Girl Scouts and Leader Katrina Balcher for serving the meals; and to Boy Scout Troop #81 and Leader Todd Arsenault for all dining room assistance. It was a memorable day, celebrating all Townsend Seniors.

Friends of the Townsend Seniors 2015 Membership Drive

Members of the Friends of the Townsend Seniors come from all age groups, and you don't have to be a Townsend resident to join! All you need is an interest in supporting the Friends' mission. The Friends work with Director Karin Moore and the Council on Aging by assisting financially with extra funding for programs and needed equipment at the Senior Center. Friends' Membership Chairman, Peter Buxton, thanks all who have renewed or are now a new member.

Members are the Heart of the Friends of the Townsend Seniors! Membership forms are at the Senior Center.

NEWS FROM SHINE MARCH 2015

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

"SHINE'S 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.

CENTRAL MASS SHINE WEBSITE

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

Trained SHINE (Serving Health Information 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

Hope Community Chorus is going to *Far Away Places*....

Rehearsals for the Hope Community Chorus resumed January 26 in the Meeting Hall. They meet every Monday at 11:00 am except when the Senior Center is closed due to weather or holidays.

The first concert of 2015 for the Chorus, *Far Away Places*", is a Sunday afternoon concert on March 29th in the Meeting Hall. Join them on a sentimental journey to Far Away Places-north and south and across the ocean. The song trip begins at 1:00 PM, tickets are \$2.50.

A signup sheet and advance tickets will be sold at the Senior Center beginning March 17th. Tickets will also be sold at the door on the day of the Concert.

Beginning their second year, the chorus welcomes new members at any time. Don't be bashful, or suggest you can't sing. Experience is not a priority, just a positive attitude and desire to have fun and make new friends. For more information contact Alice Struthers, 978-597-2057 or Jane Jackson, 978-597-8813.

The chorus is co-sponsored by the Council on Aging and the Friends of the Townsend Seniors.

NEW PROGRAM....

Cheryl Stevenson will be offering **Reiki** sessions beginning this month. You may schedule a half hour appointment (\$20.00) or a full hour (\$40.00). She will be here on two Thursday mornings, March 12th and 26th. Please call 978-597-1710 to make an appointment.

MARCH 2015
Townsend Senior Center Events
Senior Center Hours:
Monday-Thursday 9:00-3:00
Friday 9:00-2:00

Mon

Tue

Wed

Thu

Fri

<p>2 10:00 Chair Exercise 11:00 Chorus 12:00 Salisbury Steak 12:30 Qi Gong 1:00 Rummikub 1:00 Wii Bowling 1:00 Colored Pencil 1:15 Healthy Eating</p>	<p>3 9:30 Walking Club 10:00 Stretch & Tone 10:00 Jewelry Making 11:00 Reading w/ Ed West 1:00 Scrabble Massage by Appt.</p>	<p>4 10:00 Chair Exercise 10:00 Beg. Watercolor 12:00 Pork Roast 12:30 Woodcarving 1:00 Well Adult Clinic 1:00 Book Club 1:00 Bingo</p>	<p>5 10:00 Stretch & Tone 10:00 Watercolor 12:00 Chicken Cordon Bleu Casserole 1:00 Cribbage 1:30 Yoga</p>	<p>6 10:00 Chair Exercise 10:00 Line Dancing 11:00 Women's Meditation 12:00 Movie Matinee Reflexology/Manicures Pedicures by Appt.</p>
<p>9 10:00 Chair Exercise 11:00 Chorus 12:00 SHINE by APPT. 12:00 Swedish Meatballs/Brown Rice 12:30 Qi Gong 1:00 Rummikub 1:00 Wii Bowling 1:15 Healthy Eating</p>	<p>10 9:30 Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 10:00 Jewelry Making 11:00 Reading w/ Ed West 1:00 Scrabble 1:00 Team Trivia</p>	<p>11 10:00 Chair Exercise 10:00 Beg. Watercolor 12:00 Breaded Chicken 12:30 Woodcarving 1:00 Bingo</p>	<p>12 10:00 Watercolor 10:00 Stretch & Tone 12:00 St. Patrick's Day Dinner w/ all the fixings 1:00 Cribbage 1:30 Yoga Reiki by Appt.</p>	<p>13 9:00 Social Time 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Women's Meditation</p>
<p>16 10:00 Chair Exercise 11:00 Chorus 12:00 Egg Drop Soup Pork Fried Rice 12:30 Qi Gong 1:00 Rummikub 1:00 Wii Bowling 1:15 Healthy Eating</p>	<p>17 9:30 Walking Club 10:00 Stretch & Tone 10:00 Jewelry Making 11:00 Reading w/ Ed West 1:00 Scrabble 1:00 Grief Support</p>	<p>18 10:00 Chair Exercise 10:00 Beg. Watercolor 10:00 Hearing Clinic by Appointment 12:00 Grilled Chicken 12:30 Woodcarving 1:00 Bingo</p>	<p>19 10:00 Watercolor 10:00 Stretch N Tone 12:00 Lasagna/ Broccoli Slaw 1:00 Birthday Party 1:00 Cribbage 1:30 Yoga</p>	<p>20 10:00 Chair Exercise 10:00 Line Dancing 11:00 Women's Meditation 12:00 Movie Matinee Reflexology/Manicures/ Pedicures by Appt. Spring Begins Today!!</p>
<p>23 10:00 Chair Exercise 11:00 Chorus 12:00 Turkey Alfredo 12:30 Qi Gong 1:00 Rummikub 1:00 Watercolor Pencils 1:00 Wii Bowling 1:15 Healthy Eating</p>	<p>24 9:30 Walking Club 10:00 Stretch & Tone 10:00 Jewelry Making 1:00 Reading w/Ed 12:00 Nashoba Lunch 1:00 Scrabble 1:00 Team Trivia 6:30 "Two Old Friends" Massage by Appt.</p>	<p>25 10:00 Chair Exercise 10:00 Beg. Watercolor 12:00 Lasagna 12:30 Woodcarving 1:00 Bingo</p>	<p>26 10:00 Watercolor 10:00 Stretch & Tone 1:00 Cribbage 1:30 Yoga Reiki by Appt.</p>	<p>27 10:00 Chair Exercise 10:00 Line Dancing 11:00 Women's Meditation Reflexology/Manicures/ Pedicures by Appt.</p>
<p>30 10:00 Chair Exercise 11:00 Chorus 12:00 Ground Beef/Peppers and Onions 12:30 Qi Gong 1:00 Rummikub 1:00 Wii Bowling 1:00 Watercolor Pencils 1:15 Healthy Eating</p>	<p>31 9:30 Walking Club 10:00 Stretch & Tone 11:00 Reading w/ Ed West 1:00 Scrabble Podiatry by Appt.</p>		<p>SENIOR CENTER 978-597-1710 Roadrunner 978-597-1730</p>	



