

SilverThreads

TOWNSEND SENIOR CENTER

From the Desk of the Director

It was a hot and sweltering day. A woman came in wondering where the term “muggy” originated. Me, being me, had to look it up. It seems it originated in Scandinavia from the Old Norse word mugga “drizzling mist” or mugen “to drizzle.”

Her question also started my mind thinking about how muggy it will be at our family reunion this year. Ugh! Only my family would choose to go to Kentucky in mid-August. Why? Well, you’d have to know my family. I grew up in a very small community on the top of a mountain; a solar observatory. My father and his co-workers would often travel to far-flung corners of the globe to catch a total solar eclipse. It just so happens that this August 21st there will be a total solar eclipse crossing the United States from Oregon to South Carolina. My brother and sister and I wouldn’t miss it for the world. I don’t care how hot and muggy it will be. As the shadows lengthen and the corona dances, we will be standing together, hand in hand, witnessing one of the most astonishing light shows ever and thinking of an amazing, goofy, determined man who gave us so much of himself. I’m sure we will hear his laughter.

You will notice the calendar is a little light this month. Enjoy the last full month of summer. Go to the beach. Explore nearby gardens. Take a siesta.

Karin Canfield Moore



16 Dudley Road, Townsend, MA 01469 (978) 597-1710

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
Friday: 9am-2pm

SPECIAL EVENTS (RSVP requested)



Summer Yoga

Thursday, August 3, 10, 17, 24 & 31 at 9am

Vicki Brunelle, owner of Yoga For Health, here in Townsend, is subbing for Patsy Brightman for the month of August through mid September. The yoga class will start with seated warm ups, followed by standing postures, and will include forward bends, backbends, twists, and ending with relaxation, lying on our backs. Please feel free to drop in anytime! No experience necessary.



Co-Existing with Nature

Tuesday, August 8 at 11am (Free!)

New England has many fascinating mammals and every animal has an important role to play in our environment. Unfortunately, human-wildlife conflict is on the rise. Most of these conflicts can be avoided by taking the right precautions. Join us for a unique, interactive exhibit to learn more about the animals that might be living in your backyard, their importance in our ecosystem, and what you can do to avoid conflict. This exhibit features museum quality replicas and real furs from New Hampshire Fish and Game. Presented by Meghan Kohli, a wildlife advocate and educator, and a life-long naturalist.



Summer Harvest Canning

Wednesday, August 16 at 5:30pm

Cost: \$10

Learn the basics of preserving fresh produce, and make bread & butter pickles to take home. Bring your favorite knife for slicing.



All Natural Bug Spray Workshop

Wednesday, August 30 at 7pm (Free! Open to all ages!)

Learn to become an informed consumer and ingredient detective. Leave ready and eager to begin making the shift from using toxic, harmful products to using safer, non-toxic, inexpensive alternatives you probably already have around your home. Make & take home your own bug spray.



Pizza & A Speaker : It's a mystery! Stay tuned!

Thursday, August 31 at 12:00pm

MONTHLY EVENTS

Birthday Party

Thursday, August 3, at 12pm

Please join us for our monthly celebration honoring this month's birthdays. Festivities will include a delicious homemade meal and birthday cake.

Book Club

Wednesday, August 9, at 1pm

The book club meets the 2nd Wednesday of every month, and new members are always welcome. Books are usually available at the Townsend Public Library. This month's group will discuss *The Other Typist* a novel by Suzanne Rindell.

Council on Aging Board Meeting

Tuesday, August 8, at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, August 11, at 10:30am

Trace your ancestry and find out where your family tree has roots. Join anytime, no need to sign up.

Bus Trip: Fulchino Vineyard Winetasting

Monday, August 14 at 1pm

Cost: \$15 (includes tasting, bus & snacks)

RSVP requested

Visit this local family run winery to taste wines sourced by grapes grown right on site. The grounds also hold an extensive annual and perennial garden. We will sample 6 - 8 wines and enjoy paired snacks provided by Donna.

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



Qi-Gong Mondays, at 12:30pm

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.



Healthy Living Group Monday, August 7, 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. New members are always welcome to introduce new areas of discussion.



Women's Conversation Group Wednesdays, August 9 & 23, at 11am

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires. The group will create our own discussions of impact.



Well Adult Clinic Wednesday, August 9, 12pm-2pm




Reflexology, Manicures & Pedicures
Friday, August 4, 11 & 25; By Appt.
Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)

Massage
Tuesday, August 8 & 22; Afternoon appt.'s
Cost: \$20/20 min.
Chair and table massages available.

Grief Support
Tuesday, August 15, at 1pm

Hearing Clinic
Wednesday, August 16, 10am-12pm

Caregiver's Roundtable 
Wednesday, August 9, at 6pm
Featuring attorney Julie Johnson, focusing on homeownership issues that arise from longterm care placement. Caregivers are welcome to come for respite, to share their experiences and concerns in a supportive environment, led by Joy Niemiera.
Free on-site caregiving available so caregivers are able to bring their loved one for fun, safe, professional attention while receiving the resources needed for support.



Sports Parties
Thursday, August 10 at 1pm (*PGA Championship*)
Join fellow fans to view your favorite sports. Refreshments will be served. Please sign up so we know how much food we need!

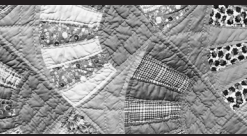
UP & COMING




Tewksbury Silver Tones Dance
Friday, September 15
Kick up your heels and get your weekend started off with this fun, active event.



CPR Class
Wednesday, September 20
Be prepared in the event of an emergency, it could save a life.



Quilter's Club Field Trip
Friday, September 29

Warm Weather Walking Club 
Tuesdays at 9:30am
Our usual walking club is getting a makeover! Keep track of your steps, miles, or time and log it with Katie. The Walker with the most movement logged monthly will win a prize, in addition to a 4 month Grand Prize winner coming in at the end of the summer. **July's winner: Sandy Stevens!**

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

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

Line Dancing
Fridays 10am-11am
Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes

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 & CRAFTS (RSVP requested)



Knitting Group

Mondays, at 1pm (Drop In)

Watercolor Classes with Linda

Cost: \$15

•Landscape I

Wednesday, August 2 at 10:30am

•Landscape II

Thursday, August 3 at 10:30am

•Still Life

Monday, August 14 & 21 at 10:30am

•Flowers

Wednesday, August 16 & 23 at 10:30am

Jewelry Travel Pouches

Friday, August 11 at 10am

Cost: \$7

JeanMarie Davito will teach you how to make a quick sew project that will help keep your jewelry safe so that they don't rub or get lost in your suitcase. A pair of earrings is included.

**Quilting
Group**
Wednesday,
August 2, at
5pm



Acrylic Nature Scene

Thursday, August 24 & 31 at 10:00am

Cost: \$12

This workshop will feature a marshland scene showcasing a red-winged blackbird.

Kimuhimo Beaded Necklaces

Tuesday, August 29 at 10:00am

Cost: \$18

Learn a beautifully intricate method for creating your own hand made jewelry.

Wood Carving

Wednesdays, 12:30pm-2:30pm (Drop In)

Try something new! Experienced carvers available to assist those new to the craft.

Quazy Quilters Qub (Drop In)

Fridays, 9am-2pm

No quips about it! Sewing machines, fabric, and ideas available, or bring your own, and fellow quilters will assist in piecing things together.

FOR FUN



Movie Matinee

Friday, August 11, at 12:30

Hidalgo, with Viggo Mortensen, Omar Sharif, and Zuleikha Robinson

Friday, August 25, at 12:30

Under the Tuscan Sun, with Diane Lane and Sandra Oh



Bridge

No bridge in August



Trivia & Jeopardy

Tuesday, August 8 & 22, at 1pm

Let's exercise our minds, and have fun and socialize at the same time! Trivia helps to keep the mind sharp while enhancing cognitive functioning.



Cribbage

Thursdays at 1pm

Cribbage Tournament

Thursday, August 17, at 9:00am

Cost: \$5 (to be divided for prizes)

Hand & Foot
Tuesday,
August 8 & 22,
at 11am



Galloping Gourmets

Tuesdays, August 1 & 15, at 11am

This group will visit a new or favorite lunch spot every other Tuesday. In the off week, meet with fellow Gourmets to write a review, which will be published in the newsletter. Meet here, carpool, and the only cost is your meal. Visit Asian Imperial (Lunenburg) on August 1, and Great Road Kitchen (Littleton) on August 15.



Guided Meditation

Wednesdays, August 2, 9, 16 & 30, at 6pm

A new meditation group led by Deborah Evans-Hogan will help you get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.



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.



Fall Fling

Saturday, September 30, 9am-3pm

Get to know us better! Join us for an open house featuring the range of programs offered at the senior center. Presentations will showcase the many talented seniors, programs, and resources that make our Senior Center great! Invite a friend and let them see what you've been talking about.

Artists needed for gallery exhibit. Please see Katie or Alice Struthers if you are interested in displaying work.

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

Complete the puzzle and turn it in to Katie by August 18.
Correct puzzles will be entered in a drawing!

JULY 20TH CRIBBAGE TOURNAMENT SCORES

Sue Paul, 706

Ed Jette, 696

WANTED: Volunteers

With extended hours on Wednesdays, we need some extra help in the afternoon and evening. Please speak with Katie for more information.

Tuesday Lunch will now take place every week. Provided by MOC, \$3 donation requested.

Donation Request PJ Hughes and Barb Simpson are collecting pillows and travel sized toiletries (swipe those hotels samples!) to benefit a battered women's shelter. Please drop off your donations in the box in Katie's office.

ROADRUNNER BUS SCHEDULE

Please Call In Your Reservation 48 Hours In Advance!!

Reservations called in later may not be accommodated.

- Mondays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber And Errands
- Tuesdays: Fitchburg, Leominster, Lunenburg- Medical Trips & Shopping/Errands If Possible
- Wednesdays: Townsend- Pharmacies, Banks, Harbor Mall, Townsend Doctors/ Dentists, Hairdressers/Barber And Errands
- Thursdays: Pepperell, Groton, Ayer- Medical Trips & Shopping Errands If Possible
- Fridays: Lunenburg, Fitchburg-Shopping Day.

FARES: \$1.25 ONE WAY WITHIN TOWNSEND; BUS CARD \$22.50 Pay for 9 rides, get 1 free.
\$.50 Round trip to the Senior Center from Atwood Acres/Townsend Woods
\$1.75 ONE WAY OUTSIDE TOWNSEND; BUS CARD \$31.50
Pay for nine rides, get one free.

Please schedule appointments between 9:30 AM and 12:30 PM. The bus goes to the Senior Center Monday through Friday. Bus Stop at Atwood Acres/Townsend Woods at 9:00 AM Mon-Fri.

*Any trip to or from the Senior Center for residents of Atwood Acres or Townsend Woods is .25 each way regardless of the time of day subject, to availability. **Rides any time other than 9 AM pick-up need to be scheduled by calling 978-597-1730.**



Greetings From the Friends of the Townsend Seniors

Thursday, August 3rd ~ Friends' Band Concert

The Friends of Townsend Seniors will co-sponsor the Lawn Party at the Band Concert Thursday, August 3rd on Townsend Common. Our Food Court will serve Pulled Pork, Hamburgers, Hot Dogs, Fresh Fruit and Soda. We'll also have a Membership and Friends' Information Table. The Food Court will be serving food by 6:15pm and the band plays from 7:30-9:30pm. Bring your chair, come for supper, and enjoy the wonderful summer music! (We're co-sponsoring with Friends of the Library). All proceeds will benefit the Friends' of the Townsend Seniors.

Monday August 7th , 4pm Friends' Board Meeting ~ Senior Center Members Welcome

Thursday, September 14th ~ Foxwood Trip

The Foxwood trips are open to all adult residents of Townsend and the surrounding towns. Come along and bring a friend! The Friends' Foxwood trip is \$30 per person and everyone receives coupons for the buffet lunch and "free play." The bus leaves the Senior Center at 8:15 a.m. and returns late afternoon. For more information and reservations please call Avis Roy, 978-597-6829 or the Senior Center, 978-597-1710.

SAVE THE DATE: Tuesday, September 19th ~ Friends of the Seniors' Annual Meeting

-----MEMBERSHIP APPLICATION FORM-----

You don't have to be a Townsend resident to join, and members come from all age groups. All you need is an interest in the doings of the Friends, and a desire to support its mission and activities. We invite you to renew your membership or become a new member. Thank you for your continued support!

2017 Friends of the Townsend Seniors Membership ☐ RENEWAL ☐ NEW MEMBER

☐ \$5 Friend ☐ \$10 Family

☐ \$25 Benefactor ☐ \$ Supporter ☐ \$100 Lifetime Membership (Individual or Family)

I am interested in volunteering for: ☐ Phoning ☐ Program Development ☐ Fund Raising
☐ Food (Prepare a main dish or dessert for a Fund Raiser) ☐ Other

NAME _____

MAILING ADDRESS _____

PHONE _____ CELL # _____

EMAIL ADDRESS _____

Checks are payable to: Friends of the Townsend Seniors. Please drop off at the Senior Center or mail to P.O. Box 972, Townsend MA 01469. Thank you very much for your continued support.

AUGUST 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30 Warm Weather Walking Club 10:00 Stretch & Tone 11:00 Galloping Gourmets: Asian Imperial 12:30 Lunch	2 10:00 Chair Exercise 10:30 Watercolor Landscapes I 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 2:30 Stamp Collecting 5:00 Quilting 6:00 Guided Meditation 6:30 TOPS	3 9:00 Summer Yoga 10:00 Stretch & Tone 10:30 Watercolor Landscapes II 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage 7:30 Friends' Band Concert	4 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance Manicures/Pedicures Reflexology by Appt.
7 10:00 Chair Exercise 12:00 Lunch 12:00 Medicare Counseling 12:30 Qi Gong 1:00 Healthy Living Group 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 4:00 Friends' Meeting	8 9:30 Warm Weather Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 11:00 Hand & Foot 11:00 Co-Existing with Nature 12:00 Lunch 1:00 Trivia & Jeopardy Massages by appt.	9 10:00 Chair Exercise 11:00 Women's Conversation 12:00 Lunch 12:00 Well Adult Clinic 12:30 Woodcarving 1:00 Bingo 1:00 Book Club 3:30 Volunteer Training 6:00 BINGO 6:00 Guided Meditation 6:00 Caregiver's Roundtable 6:30 TOPS	10 9:00 Summer Yoga 10:00 Stretch & Tone 12:00 Homemade Lunch 1:00 Cribbage 1:00 PGA Championships	11 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 10:00 Jewelry Travel Pouches 10:30 Genealogy 11:00 Intermediate Line Dance 12:00 Friday Field Games 12:30 Movie: Hidalgo Manicures/Pedicures Reflexology by Appt.
14 10:00 Chair Exercise 10:30 Watercolor Still Life 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bus Trip: Fulchino Vineyard	15 9:30 Warm Weather Walking Club 10:00 Stretch & Tone 11:00 Galloping Gourmets: Great Road Kitchen 12:00 Lunch 1:00 Grief Support	16 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor Flowers 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 2:30 Stamp Collecting 5:30 Summer Harvest Canning 6:00 Rummikub 6:00 Guided Meditation 6:30 TOPS	17 9:00 Summer Yoga 9:00 Cribbage Tournament 10:00 Stretch & Tone 12:00 Homemade Lunch	18 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance
21 10:00 Chair Exercise 10:30 Watercolor Still Life 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group	22 9:30 Warm Weather Walking Club 10:00 Stretch & Tone 11:00 Hand & Foot 12:00 Lunch 1:00 Trivia & Jeopardy Massages by appt.	23 10:00 Chair Exercise 10:30 Watercolor Flowers 11:00 Women's Conversation 12:00 Lunch 12:30 Woodcarving 1:00 Bingo Closed in the evening for the Dog Days of Summer*	24 9:00 Summer Yoga 10:00 Stretch & Tone 10:00 Acrylic Nature Scene 12:00 Lunch by Manor Hill 1:00 Cribbage	25 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:30 Movie: Under the Tuscan Sun Manicures/Pedicures Reflexology by Appt.
28 10:00 Chair Exercise 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group	29 9:30 Warm Weather Walking Club 10:00 Stretch & Tone 10:00 Kumihimo Beaded Necklace Class 12:00 Lunch	30 10:00 Chair Exercise 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 6:00 Scrabble 6:00 Guided Meditation 6:30 TOPS 7:00 All Natural Bug Spray Workshop	31 9:00 Summer Yoga 10:00 Stretch & Tone 12:00 Pizza & A Speaker 1:00 Cribbage	