

Vol 3 No 2 August 2018

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

HOT STUFF!

It wasn't too long ago that we were just about at the end of our ropes wondering when the mercury would top 60 on a consistent basis. Well, here we are folks!

And it seems like we are all cramming every moment of living into every second of available sunshine (and moonshine, for that matter!) Everybody I talk to seems to have their summer planned out. As I have personally experienced, those plans can be exhausting. So when you're not on the lake, at the beach or hosting yet another party on your deck be sure to stop by and enjoy a cup of coffee and some air conditioning before a great program or meal.

This month we are heading out to see the Fisher Cats, offering Tai Chi Thursday afternoons and beginning Line Dancing on Wednesday evenings! Don't forget to attend the Band Concert on August 2nd and the Beatles for Sale performance on the 22nd (both sponsored by the Friends of the Townsend Seniors in conjunction with the Townsend Public Library).

As you can 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

This newsletter made possible through an EOE grant and our sponsors.

SPECIAL EVENTS (RSVP requested)



Friends Band Concert & Fundraiser

Thursday, August 2 at 6pm

Come out for some good ole fashioned summer fun and support The Friends of the Townsend Senior Center and Friends of the Library.



Police Annual National Night Out

Tuesday, August 7 at 6pm

This community building evening is designed to promote police and community partnerships to support safe neighborhoods by building camaraderie.



Bus Trip: Singo

Wednesday, August 8 at 6:15pm

Every one likes to sing along to their favorite song. Combine that with the all time favorite game of Bingo, and you have a high energy evening of fun. Hosted by the Bull Run in Shirley.



Shingle Mingle

Thursday, August 9 at 1pm

Learn the essential facts of recognizing and treating the virus, plus have the chance to receive the most recent version of the vaccine.



Bus Trip: Worcester Art Museum

Friday, August 10 at 9:30am

Tour the various exhibitions of this local museum, whose mission is to connect people, communities and cultures through the experience of art.



Beatles for Sale

Wednesday, August 22 at 6pm

You won't want to miss this fun and energetic concert by the New England based tribute band.



Breakfast Buffet

Thursday, August 23 at 10am

Join your friends for a hearty, healthy breakfast. Prizes for those wearing the best pajamas!

MONTHLY EVENTS

Birthday Party

Thursday, August 2, 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, August 8, 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 *Confessions of an Ugly Stepsister*, by Gregory Maguire.

Bach's Lunch

Trips will resume in the fall.

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring a variety of musical offerings. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, August 21 at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, August 10, at 10:30am

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

Bus Trip: Fisher Cats Game

Wednesday, August 15 at 7pm

Cost: \$16 (ticket + bus)

"Take me out to the ball game, take me out with the crowd...." Catch a ride with some friends to take in a game at Northeast Delta Dental Stadium in Manchester, New Hampshire. The Fisher Cats are the AA farm team for the Toronto Blue Jays.

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



Castles to Go by Alice Struthers

Frank Wyman's amazing artwork has been a treat for recent visitors to the Meeting Hall and Corridor Galleries in the Library/Senior Center. During the month of May, Frank, who lives in Townsend, filled all the available spaces with paintings, mosaics and intriguing three dimensional constructions.

Born in North Chelmsford, Frank's art training includes a Master of Fine Arts from Vermont College of Norwich University. He said his creative vision was expanded by stays in China, Italy, and England. He has taught art history and studio art at universities and colleges throughout Massachusetts and New Hampshire.

He said his entry into the art world was inspired by a stay in Taiwan during a tour in the U. S. Air Force. "A street of art galleries I saw there was an eye-opening, enriching experience for me. It has informed the rest of my life."

One of his most eye-catching pieces in the recent display was a large, three-dimensional, meandering miniature castle with swooping staircases, topped with a clock tower (with clock). The piece was made up of hundreds of tiny wooden pieces. Its size is deceptive. Although it looked very heavy, Frank carried it off easily under his arm at the show's takedown, explaining, "It only weighs 22 pounds."

Around Town



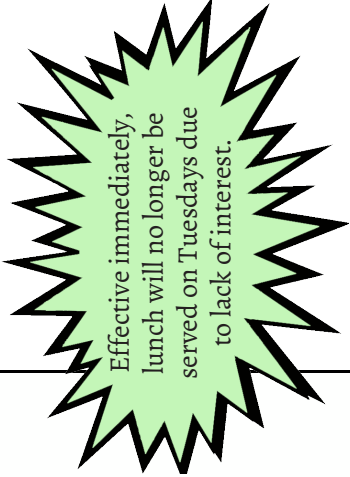
Probably all that's left of the West Village Female Seminary has been dumped unceremoniously behind a chainlink fence in back of the new fire station in West Townsend. In a faint salute to history, several granite foundation slabs from the historic building were saved (when it was demolished), for possible use in some kind of marker.

Built in 1836, the building housed a school where young women studied natural sciences, mathematics, languages and music. Later Townsend's school children studied there. During its last years, the building housed American Legion activities. Many can perhaps recall the familiar horse shoe matches that went on -out in front - on summer evenings. All gone now.

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

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

AUGUST EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Turkey Corn Stew 12:30 Woodcarving 1:00 Bingo 5:00 Evening Quilting 6:30 TOPS 7:00 Line Dancing Messages by appt.	2 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch & Birthday Party: Gardens Bounty Casserole 1:00 Cribbage 2:00 Tai Chi Friends Band Concert Fundraiser	3 9:00 Quazy Quilters 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.
6 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Grilled Chicken 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group	7 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 11:00 Healing Meditation 1:00 Trivia & Jeopardy 1:30 Watercolor 6:00 Police Annual National Night Out	8 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Well Adult Clinic 12:00 Lunch: Cold Plate 12:30 Woodcarving 1:00 Book Club 1:00 Bingo 6:15 Bus Trip: Singo 6:30 TOPS 7:00 Line Dancing 7:07 Red Sox vs. Blue Jays	9 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: Pulled Pork 1:00 Cribbage 1:00 Shingle Mingle 2:00 Tai Chi	10 9:00 Quazy Quilters 9:00 Men's Poker 9:30 Bus Trip: Worcester Art Museum 10:00 Chair Exercise 10:00 Scrabble 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar 12:30 Movie: You Were Never Really Here Manicures/Pedicures Reflexology by Appt.
13 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Cheese Omelette 12:00 Medicare Counseling 12:45 Qi Gong	14 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 10:00 Crafting for the Community	15 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch: Roast Pork 12:30 Woodcarving	16 9:00 Cribbage Tournament 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: BLT Sandwich	17 9:00 Quazy Quilters 10:00 Chair Exercise 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser 1:00 Mahjong

1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Paper Bead Jewelry	11:00 Healing Meditation 11:00 Hand & Foot 1:30 Watercolor Messages by appt.	6:30 TOPS 7:00 Bus Trip: Fisher Cats Game 7:00 Line Dancing 7:05 Red Sox vs. Phillies	1:00 Weaving 2:00 Tai Chi	
20 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Swedish Meatballs 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Paper Bead Jewelry	21 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 11:00 Healing Meditation 1:00 Grief Support 1:00 Trivia & Jeopardy 1:30 Watercolor	22 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch: Grilled Chicken 12:30 Woodcarving 1:00 Bingo 6:00 Beatles for Sale Concert 6:00 Caregiver's Roundtable 6:30 TOPS 7:00 Line Dancing 7:10 Red Sox vs. Indians	23 9:30 Walking Club 10:00 Stretch & Tone 10:00 Breakfast Buffet 10:30 Watercolor 1:00 Cribbage 2:00 Tai Chi	24 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Scrabble 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar 12:30 Movie: Bombshell Manicures/Pedicures Reflexology by Appt.
27 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Lasagna Roll 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group	28 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 11:00 Healing Meditation 11:00 Hand & Foot 1:30 Watercolor Messages by appt.	29 10:00 Chair Exercise 12:00 Lunch: Sloppy Joes 12:30 Woodcarving 1:00 Bingo 4:00 Afternoon Tea 6:30 TOPS 6:35 Red Sox vs. Marlins 7:00 Line Dancing	30 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: Donna's Choice 1:00 Cribbage 2:00 Tai Chi	31 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong

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



Paper Bead Jewelry

Thursday, August 13 and 20 at 1pm

Cost: \$10

Learn a creative way to use paper to create beads to be added to your own piece of jewelry.



Weaving I: Bracelets & Belts

Thursday, August 16 at 1pm

Cost: \$20/4 classes; \$7/class

This class will be the third of 4, using weaving techniques in different ways. The last classes will become more advanced in order to incorporate more intricate techniques. Sponsored by River Court.



Crafting for the Community

Tuesday, August 14 at 10am

Come lend a hand creating sandwich boards for the Center to use in advertising programs and events. Additional support is appreciated in keeping the boards maintained.



Wood Burning: Open Project Time

Tuesdays at 9am

Drop in and try your hand at the art of pyrography. No experience needed, some materials provided.



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

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

JUST FOR FUN



Movie Matinee

Friday, August 10, at 12:30pm

You Were Never Really Here, with Joaquin Phoenix and Judith Roberts

Friday, July 24, at 12:30pm

Bombshell, with Nino Amareno, Charles Amirkhanian and Jeanine Basinger



Rummikub

Mondays at 1pm



Trivia & Jeopardy

Tuesday, August 7 & 21, 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, August 16 at 9am

Hand & Foot
Tuesday,
August 14 & 28
at 11am



Evening Line Dancing

Wednesday, August 1, 8, 15, 22 & 29
at 7pm

Cost: \$5

These classes will take place at the Congregational Church, sponsored by the Friends of the Townsend Senior Center.



Mahjong

Friday, August 3, 17 & 31 at 1pm

Get together for a friendly game.

Sports Party

Wednesday, August 8 at 7:07pm

Red Sox vs. Blue Jays

Wednesday, August 15 at 7:05pm

Red Sox vs. Phillies

Wednesday, August 22 at 7:10pm

Red Sox vs. Indians



Afternoon Tea

Wednesday, August 29 at 4pm

Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Two teas will be tasted with a sample to take home. 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 Will resume in September

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, August 3, 10 & 24, by Appt.

Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)

Massage

**Tuesday, August 14 & 28, and
Wednesday, August 1; By Appt.**

Cost: \$20/20 min; \$45/50 min

Chair and table massages available.

Healing Meditation

Tuesdays at 11am

Get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.

Women's Conversation Group

Wednesday, August 8 & 22 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, August 8 at 12pm

BP screening, glucose check, general health and first aid.

Grief Support

Tuesday, August 21 at 1pm

Sponsored by Nashoba Nursing & Hospice

Hearing Clinic

Wednesday, August 15 at 10am

Caregiver's Roundtable

Wednesday, August 22 at 6pm

Free on-site caregiving available for loved ones, sponsored by Bridges by Epoch at Westford.

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

Tai Chi: NEW! Hosted by Rivercourt

Thursdays at 2pm

Cost: FREE!

Line Dancing

Fridays 10am-11am (No class August 17)

Cost: \$3/class. Advanced class

continues until 11:30. \$5 for both classes.

UP & COMING

Bus Trip: Brimfield Fair

Friday, September 7

Take a trip to America's oldest outdoor antiques flea market.

Hospice 101

Wednesday, September 12

Learn the in's and out's of caring for an aging loved one, sponsored by Bridges by Epoch at Westford.

The Nest Egg: When & How to Spend It

Wednesday, October 17

You've spent your whole life saving for your golden years. Now it's time to shift gears and use it. Learn strategies for enjoying your savings without worrying about running out.

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.

BASEBALL

A H B A T T E R O U T F I E L D E R O T
Y R O T I R R E T L U O F R E N N U R D
O G H E A E B D R A O B E R O C S T T G
L F C E S C V A N E L L A B E V I L H R
E A T M O N R I S U D E L L A B Y L F O
A I A A V E E B R E O A H C A O C O A U
G R C G E R T F S D T M E L W O R H T N
U T L E R E O R E H E H L H N F R P A D
E E L I S F U B I D O N G O E E R F K B
I R A T L R C U G P S R I I D L O B L A
E R B T I E H N T I L T T L L R B L E L
P I D H D T I T N U C E E S C F A U O L
E T A C E N R F M U D I P E T B N F O N
N O E T N I I P R G F P P L L O F I W D
A R D I T E I T A N T L I U A E P O S L
L Y H P L R S M I A A U O T N Y D K T A
T N S D E B E T E Y A F O S C N K L R E
Y A F L O F O U L T I P E G U H A A I P
T L G I P I V O T F O O T R U T E B K P
Y H E W R I T F A I R B A L L D Z R E A

FORFEITED GAME
FOUL BALL
FOUL TERRITORY
FOUL TIP
GROUND BALL
IN FLIGHT
INFIELD FLY
INFIELDER
INNING
INTERFERENCE
LEAGUE
LINE DRIVE
LIVE BALL
MOUND
OBSTRUCTION
OFFENSE
OUTFIELDER

OVERSLIDE
PENALTY
PITCHER
PIVOT FOOT
RETOUCH
RUN DOWN
RUNNER
SCOREBOARD
SHORTSTOP
STRIKE
TAG
THROW
TIE GAME
TRIPLE PLAY
UMPIRE
WILD PITCH

APPEAL CATCH DUGOUT
BALK COACH FAIR BALL
BASE DEAD BALL FAIR TERRITORY
BATTER DEFENSE FLY BALL
BUNT DOUBLE HEADER FORCE PLAY



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.
- Bus Stop at Atwood Acres/Townsend Woods at 9:00 AM Mon-Fri.
- Rides need to be scheduled by calling 978-597-1710.

Buy a Bus Card
and Save!
10 rides
\$22.50 (In Town)
\$31.50 (Out of Town)



August Greetings

From the Friends of the Townsend Seniors

The Friends of the Townsend Seniors and the William E. May Endowment Award Committee Name Betty Mae Tenney as the 2018 Honoree

Betty Mae Tenney exemplifies the intent of the award because of her genuine interest and commitment to the town of Townsend. Betty Mae has touched our lives through many of the VFW programs: Christmas Eve Santa Program; 6th through 12th grade essay programs - Patriot's Pen and Voice of Democracy; November 11th Veteran's Day program and the Memorial Day Parades. Betty Mae is Manager of the Townsend Military Band and is a flutist in the Thursday night Band Concerts. Congratulations to Betty Mae Tenney for your extraordinary service in extraordinary ways! The Endowment Award Dinner will be Saturday, October 20th at Townsend Ridge Country Club.

***NEW FRIENDS' MEETING DAY -1st Wednesdays of the Month ~ Wednesday, August 1st 7:00pm Sr. Ctr**
Thursday, August 2nd Friends' Band Concert Our Food Court will serve (starting at 6:15pm) Pulled Pork, Hamburgers, Hot Dogs, Fresh Fruit Cups and Soda. We'll also have a Membership and Friends' Information Table. President Peter Buxton says this fund-raiser supports the Friends' activities and trips and we always welcome volunteers! Or, say "hi and come for supper and enjoy the terrific toe-tapping music which begins at 7:30pm.

Thursday, August 16th 12:30 pm in the Meeting Hall ~ "Travel Talk" Are you thinking about a trip this year or in the future for travel in the USA or out-of the country? This is for you! Come with your ideas and questions about traveling with a Tour Company vs. traveling on your own. Russ Moore and Lindsay Morand will help with your travel ideas. ("Travel Talk" is every 3rd Thursday of the month)

Thursday, August 22nd 6-8 pm "Beatles For Sale" The Friends are co-sponsoring with the Library an Outdoor Concert on the Library Lawn with Beatles music by this popular Beatles Tribute Band from Massachusetts. The Friends of the Seniors will sell hot dogs, chips and soda. In case of inclement weather, the concert will be inside the Library and yes, we'll still have hot dogs for sale!

SAVE THE DATES: Thursday, September 14th ~ Foxwood Trip
Tuesday, September 18th ~ Friends of the Seniors' Annual Meeting.

We invite you to join or renew your membership today! The Friends have fun and and raise funds to support the Senior Center's many activities and to purchase necessary equipment.

_____ \$5.00 Friend _____ \$10.00 Family _____ Benefactor Membership (Individual or Family)

I am interested in Volunteering _____

_____ Program Development _____ Fundraising _____ Baking _____ Recruiting Volunteers _____ Other

NAME: _____

ADDRESS: _____

PHONE: Home _____ Cell _____

EMAIL ADDRESS: _____

Checks payable to: Friends of the Townsend Seniors. Please return to the Senior Center, or Mail to Friends of the Townsend Seniors attn: Membership, P.O. Box 972, Townsend MA 01469.