

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

As I write this there is a group in the Arts and Crafts room busily making sun catchers that look like the tree of life. They are beautiful and each one is unique. Kind of like every person on earth.

One of the things I love best about my job is the variety of people and personalities that I have the opportunity to get to know, from the boisterous to the shy; the people who only come in for a specific program or event and the ones that will try anything once; those who need help and those who are willing to give often; the young, the old and everything in between.

Although there are times I need to close my door and focus on a report, write a grant or make a phone call, I enjoy the conversations I hear at the front desk, laughter coming from the lobby, debates on differing opinions, and exclamations when someone sees a friend they haven't encountered for a while.

As we embrace summer let's remember to embrace each other, differences and all. I hope you will do your best to live your life to the fullest!

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



Carl Wishneusky at the Chelmsford Center for the Arts

Saturday, July 28 at 7pm

Cost: \$20 +\$3.50 (bus)

Fresh off the Commodore Club aboard the Queen Victoria, Carl specializes in the American songbook, including the classics of Gershwin, Rodgers & Hart, Cole Porter and Jerome Kern. A talented musician on many instruments, his performances delight. The concert hall at Chelmsford Center for the Arts will be transformed into a nightclub for an unforgettable evening.

Karin Canfield Moore, Director
Janet Cote, Outreach Coordinator
Donna Fenton, Kitchen Manager/Volunteer Coordinator
Abby Foster, Asst. Program Coordinator
Donna Howard, Transportation Administrator/Lead Van Driver
Katie Petrossi, Program Coordinator

Townsend Senior Center Hours

Monday-Friday: 9am-3pm

Wednesday: 9am-8pm

978.597.1710

SPECIAL EVENTS (RSVP requested)



Native American Flute

Tuesday, July 10, 17, 24 & 31

Cost: \$40

Great for stress reduction, hand dexterity, and increasing your lung capacity. Instruments and lessons provided by Helen's Willow Wind, inspiration provided by you.



Ice Cream Social and Friends Meeting

Wednesday, July 11 at 7pm

Hosted by the Friends of the Townsend Senior Center, come enjoy a sweet treat.



Lobster Fest & Birthday Lunch

Thursday, July 12 at 12pm

Cost: \$6

Enjoy a summertime specialty and celebrate the monthly birthdays. Tickets will be available for purchase.



New License Introduction

Tuesday, July 17 at 12pm

Federal requirements for state issued driver's licenses are changing in order to meet homeland security regulations. Learn how to go about updating your driver's license.



Travel Talk

Thursday, July 19 at 12:30

Looking to explore the world, but not quite sure where you would like to go? Come explore your options.



Adult Day Programs

Thursday, July 26 at 12:00

GVNA Visting Nurse's Association, hosted by Collette Tours, will present information about programs available for your loved ones to provide care and social interaction.



Taste of Summer

Thursday, July 26 at 11:00

Bring your favorite summer beverage for a communal taste test. The favorite will win a prize.

MONTHLY EVENTS

Birthday Party

Thursday, July 12, 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, July 11, 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 *Hillbilly Elegy*, by J.D. Vance.

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, July 24 at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, July 13, at 10:30am

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

Bus Trip: Fruitlands Sunset Drum Circle

Wednesday, July 25 at 6pm

Cost: \$13 (including bus)

Connect with the landscape, mother earth and the ancient wisdom of rhythm while building and celebrating community. Take the roadrunner for this facilitated drum circle on the hillside at sunset. Native American, African and assorted drums and percussion will be provided. No prior drumming experience needed. Circles will take place monthly through the summer.

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



SENIOR SPOTLIGHT



Working in the Background by Alice Struthers

Sandra "Sandy" Stevens prefers to do her extensive volunteer work "behind the scenes," as she puts it. But fortunately her efforts don't go unnoticed or unappreciated. Recently she was honored as "Volunteer of the Year" at the annual Senior Center Volunteer Appreciation event.

She was born in Watertown, New York. Then her father's profession as a teacher brought the family to Massachusetts. After graduating from high school in Malden, she attended business school. For 30 years she was employed by the company created by Elsa Williams, Townsend's premier female entrepreneur. Sandy wasn't enticed into doing the needlework of her employer, however. She prefers to knit.

She spends her retirement years helping to run the Senior Center in many ways, and serving on the Council on Aging board. She also manages the Clothes Closet of the Townsend Ecumenical Outreach organization and its staff of twelve volunteers. "I am an avid reader," she says, "I prefer mystery stories." The state of Maine is a favorite place for her to visit, and she enjoys collecting Boyd's Bears and pocketbooks.

Sandy shared this statement of the belief that motivates her: "Be kind to everyone, because everyone is carrying some kind of burden."

Around Town



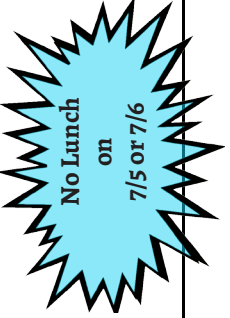
Townsend Ecumenical Outreach (TEO) is a non-profit, all volunteer organization that was established and has been a part of Townsend's community since 1984. Their mission is "to provide emergency and temporary assistance to Townsend residents that are in need of a helping hand."

The puzzle winner is
Joellyn Nevins
See Katie for your prize!

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

1					5		9	
9				8	6	7		
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		5		8	4	9		
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JULY EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Chair Exercise 12:00 Lunch: Egg Drop Soup 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group	3	4	5 9:30 Walking Club 10:00 Stretch & Tone 1:00 Cribbage 2:00 Tai Chi 	6 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.
9 10:00 Chair Exercise 12:00 Lunch: Egg Drop Soup 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group	10 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 11:00 Healing Meditation 11:00 Hand & Foot 12:00 Lunch: Sloppy Joe's 1:00 Flute Massages by appt.	11 10:00 Chair Exercise 11:00 Women's Conversation 12:00 Well Adult Clinic 12:00 Lunch: Chicken w/ Honey Mustard Sauce 12:30 Woodcarving 1:00 Book Club 1:00 Bingo 6:00 BINGO 6:00 Caregiver's Roundtable 6:30 TOPS 7:00 Ice Cream Social & Friends Meeting 7:00 Line Dancing 7:05 Red Sox vs. Rangers	12 9:30 Walking Club 10:00 Stretch & Tone 12:00 Lobster Fest Lunch & Birthday Party 1:00 Cribbage 2:00 Tai Chi	13 9:00 Quazy Quilters 9:00 Men's Poker 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar 12:30 Movie: Whales of August Manicures/Pedicures Reflexology by Appt.
16 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: American Chop Suey 12:00 Medicare Counseling 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling	17 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 10:00 Crafting for the Community 11:00 Healing Meditation 11:00 Silk Knotted	18 10:00 Chair Exercise 10:00 Hearing Clinic 12:00 Lunch: Salmon Boat with Lemon Dill Sauce 12:30 Woodcarving 1:00 Bingo 6:30 TOPS 7:00 Line Dancing	19 9:00 Cribbage Tournament 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: Sweet Italian Sausage 12:30 Travel Talk 1:00 Weaving	20 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:30 Acrylic Pour 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser 1:00 Mahjong

Closed for Fourth of July Holiday

1:00 Knitting Group	Necklaces 12:00 New License Introduction 12:00 Lunch: White Bean Chicken Chili 1:00 Trivia & Jeopardy 1:00 Flute		2:00 Tai Chi	
23 10:00 Chair Exercise 10:30 Watercolor 12:45 Lunch: Haddock Newburg 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group	24 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 10:00 Painted T-Shirts 11:00 Healing Meditation 11:00 Hand & Foot 12:00 Lunch: Meatball Grinder 1:00 Grief Support 1:00 Flute	25 10:00 Chair Exercise 11:00 Women's Conversation 12:00 Lunch: Chicken w/ Pesto 12:30 Woodcarving 1:00 Bingo 4:00 Afternoon Tea 6:00 Sunset Drum Circle 6:30 TOPS 7:00 Line Dancing 7:05 Red Sox vs. Orioles	26 9:30 Walking Club 10:00 Stretch & Tone 10:30 Watercolor 11:00 Taste of Summer 12:00 Lunch: Hamburger 12:00 Adult Day Programs 1:00 Cribbage 2:00 Tai Chi	27 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar 12:30 Movie: <i>Fading Gigolo</i> Manicures/Pedicures Reflexology by Appt. 7/28 Carl Wishneusky
30 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Corn Chowder 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group	31 9:00 Woodburning 9:30 Walking Club 10:00 Stretch & Tone 11:00 Healing Meditation 12:00 Lunch: Grilled Teriyaki Chicken 1:00 Flute 1:00 Trivia & Jeopardy Messages by appt.			

ARTS & CRAFTS (RSVP requested)



Knitting Group

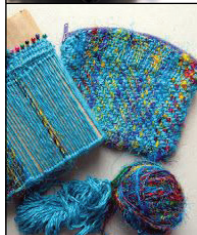
Mondays & Wednesdays, at 1pm (Drop In)



Watercolor Classes with Linda

Monday July 16, 23 & 30; Thursday 19 & 26; Drop in on Tuesdays in July

Cost: \$22/3 week class; \$30/4 week class



Silk Knotted Necklaces

Tuesday, July 17 at 11am

Cost: \$12

Create a beautiful hand-made piece of jewelry.



Weaving I: Small Pouches

Thursday, July 19 at 1pm

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

This class will be the second of 4, using weaving techniques in different ways.

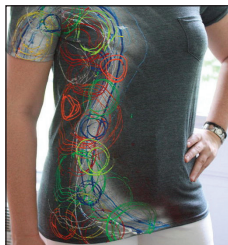
Sponsored by River Court

Acrylic Pour

Friday, July 20 at 11am

Cost: \$10

Learn a new method of creating art.



Painted T-Shirts

Tuesday, July 24 at 10am

Cost: \$10

Create your own unique wearable piece of art. Norma Mukai will help inspire your creativity with no experience needed.



Wood Burning Group

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 meeting in July due to holiday

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, July 13, at 12:30pm

Whales of August with Bette Davis, Lillian Gish, and Vincent Price

Friday, July 27, at 12:30pm

Fading Giglio, with John Turturro, Woody Allen, Sharon Stone



Rummikub

Mondays at 1pm



Trivia & Jeopardy

Tuesday, July 17, 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, July 19 at 9am

Hand & Foot
Tuesday,
July 10 & 24
at 11am



Line Dancing

Wednesday, July 11 & 18 at 7pm

Cost: \$5

These evening classes will take place at the Congregational Church and are sponsored by the Friends of the Townsend Senior Center



Mahjong

Friday, July 6 & 20 at 1pm

Get together for a friendly game.

Sports Party

Wednesday, July 11 at 7:05pm

Red Sox vs. Rangers

Wednesday, July 25 at 7:05pm

Red Sox vs. Orioles



Afternoon Tea

Wednesday, July 25 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.



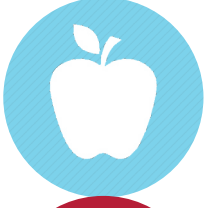
Women's Meditation Group Will resume in September

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, July 9, 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, July 6, 13 & 27, by Appt.

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



Massage

Tuesday, July 10 & 31; By Appt.

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

Chair and table massages available.

Healing Meditation

Tuesdays, July 10, 17, 24 & 31 at 11am

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

Women's Conversation Group

Wednesday, July 11 & 25 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, July 11 at 12pm

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

Grief Support

Tuesday, July 17, at 1pm

Sponsored by Nashoba Nursing & Hospice

Hearing Clinic

Wednesday, July 18 at 10am

Caregiver's Roundtable

Wednesday, July 11 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!

Thursdays at 2pm

Cost: FREE!

Line Dancing

Fridays 10am-11am (No class 6/8)

Cost: \$3/class. Advanced class

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

UP & COMING

Shingle Mingle

Thursday, August 9 at 1pm

Learn the essential facts about recognizing and treating the virus, plus have the chance to get the most recent vaccine.

Worcester Art Museum

Thursday, August 10 at 9:30am

Beatles for Sale Concert

Wednesday, August 22

Sunset Drum Circle

Thursday, August 22 at 11am

Native American, African and assorted drums and percussion will be provided. No prior drumming experience needed. Circles will take place monthly through the summer.

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.

Newspaper

D N A T S S W E N F I R I S S N O I H S A F
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 PEGGY SUE
 RAVE ON
 RED HOT
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 SEARCHIN'
 SHOUT
 SIXTEEN TONS
 SPEEDO
 SUZIE Q
 TAKE FIVE
 TEQUILA
 TUTTI FRUTTI
 YAKETY YAK
 YOU SEND ME

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)



July Greetings

From the Friends of the Townsend Seniors

*****For the Month of July ~ NEW Day and Time for the Friends' Monthly Board Meeting ~ It's WEDNESDAY, JULY 11th, 7-8p.m. at the Senior Center.** Come, meet the Friends' board members at the 1 hour business meeting and enjoy a Free Ice Cream Sundae. It's hard to resist this delicious offer!

Thursday, July 12th Summer Foxwoods Trip A Fun trip and it's open to All adults~ bring your friends! The price is \$30 per person with reservations paid in advance. The bus leaves the Senior Center at 8:15am and returns about 6pm. Everyone will receive coupons for 'free play' and for the buffet lunch. Sign-Up is at the Senior Center, or with Ruth Gibbs ~978-597-6837.

Save the Date~ Thursday, August 2nd Friends' Band Concert You'll be welcomed with open-arms if you can help set up, help at one of the tables, clean up, or just come by to say "Hi." Our Food Court will serve (starting at 6:15pm) Pulled Pork, Hamburgers, Hot Dogs and Soda. We'll have a Membership and Friends' Information Table. President Peter Buxton says this fund-raiser helps support the Friends' activities and trips. Bring your chair, come for supper and enjoy terrific toe-tapping music (band plays from 7:30-9:30pm.)

****The William E. May Endowment Award** Committee meeting will be held after we "go to press." Watch for the exciting announcement of the 2018 Honoree posted at the Senior Center and in local newspapers. Save Saturday, October 20th., The Annual Award Dinner.

Thank you to Terry Klug for serving as Vice President of the Friends of the Townsend Seniors for the past 4 years. We appreciate your assistance on the Board and with many of the Friends' activities. Terry is moving to South Carolina and we wish her well in her new home.

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.