

# Silver Threads

TOWNSEND SENIOR CENTER

## From the Desk of the Director

The other day I was thinking about how lucky I am. I have a very good life; a loving husband, happy and healthy family, fabulous friends, a job I love, a short commute, food on the table, a roof over my head, reliable transportation, two dogs, a cat and hot running water. Life is good!

Yet, when I look around I see a world filled with people who have good lives but are literally running around like chickens with their heads cut off. Driving for hours each day to make the mighty dollar just to have a bigger house, nicer car, fancier vacation and get that latest gadget.

What kind of life are we living when parents have to both work full time to create a happy household for their children? When did it become more important to have a bigger TV than it was to take your kids fishing? Why are video games more entertaining than spending time with your friends?

I know we can't go back to the old days, but when did this happen? How did we let it happen? What can we do to slow down, enjoy life and take time to smell the roses?

Then, I looked around again. I looked at my nephews who are in their thirties. They have small houses, by choice. They have small families, by choice. They have sensible cars, jobs that spur their creativity, chickens and vegetable gardens. Yes, they still play video games, but make time for their friends and even their parents. Maybe things aren't as bad as they seem. Look around until you see something that makes you smile.

**And remember: Life is not measured by the breaths you take, but by the moments that take your breath away.**

*Karin Canfield Moore*



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[www.townsend.ma.us/senior-center-council-aging](http://www.townsend.ma.us/senior-center-council-aging)

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

## SPECIAL EVENTS (RSVP requested)



### AARP Tax Sessions

**Tuesdays, 9am-12pm**

Get help from the experts preparing your annual tax returns. Sessions will be available every Tuesday from February 6 through April 3. Don't wait til the last minute!



### St. Patrick's Day Lunch

**Thursday, March 15 at 12pm**

Partake of a traditional St. Patrick's Day dinner, including corned beef, cabbage, and potatoes. See if you can find the pot of gold and earn a prize!



### Introduction to Genealogy

**Wednesday, March 7 at 6:30pm**

Learn more about your roots during this in depth discussion about researching your family history.



### iPhone Basics

**Thursday, March 15, 22 & 29 at 10am**

**Cost: \$10/class**

Is modern technology driving you crazy? Learn how to make it work for you! There are many uses that can help make life easier, including keeping a calendar, tracking health information, and even using a camera all on your phone!



### What is a Public Health Nurse?

**Wednesday, March 14 at 11am**

Did you know you have a town nurse and a local public health team? These services are provided to you by your local board of health in partnership with Nashoba Associated Boards of Health as part of your town assessment. Come meet your town nurses as we discuss what they do, when you should call them and how to reach them.



### NMRHS Senior Appreciation Breakfast

**Wednesday, March 21 at 8:00am**

Join the regional high school students for an inter-generational breakfast honoring the senior community, featuring the NMRHS chorus.



### Fly Tying

**Wednesday, March 15 at 11am**

Tie some on so you'll be ready when the weather warms up!



### Identity Theft & Fraud

**Monday, March 26 at 10am**

Learn how to protect yourself while pursuing daily activities online, including paying bills, shopping, and identifying email scams.

## MONTHLY EVENTS

### Birthday Party

**Thursday, March 1, 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, March 14, 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 Dinner* by Herman Koch.

### Bach's Lunch

**Thursday, March 15, at 1:30pm (Bus leaves at 12:45)**

**Cost: \$3.50 (bus transportation)**

Free concert by Indian Hill Musicians featuring oboe and English horn classics. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

### Council on Aging Board Meeting

**Tuesday, March 20, at 10am**

Visitors are welcome.

### Genealogy with Dwight Fitch

**Friday, March 9, at 10:30am**

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

### Bus Trip: Georgia O'Keeffe Exhibit

**Friday, March 2 at 9:30am**

**Cost: \$14 (ticket) + \$3.50 (bus)**

Visit the Peabody Essex Museum in the first exhibition to explore the art, image and personal style of one of America's most iconic artists. O'Keeffe's understated and carefully designed garments, are presented alongside photographs and her paintings, illuminating O'Keeffe's unified modernist aesthetic and distinctive self-styling.

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





## Women's Meditation Group

Fridays, 11am-12pm

## 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.



## 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, March 5, 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.



## Reflexology, Manicures & Pedicures

Friday, March 2, 9 & 23, by Appt.

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



## Massage

Tuesday, March 13 & 27 and

Wednesday, March 7; By Appt.

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

Chair and table massages available.

## Healing Meditation

Tuesdays, March 6, 13, 20 & 27 at 11am

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

## Women's Conversation Group

Wednesdays, March 14 & 28, 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, March 14 at 12pm

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

## Hearing Clinic

Wednesday, March 21, at 10am

## Grief Support

Tuesday, March 20, at 1pm

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## Prepping for Medicare

April 4 at 6pm

## Understanding Dementia Behaviors

April 11 at 6pm

## Estate Planning

April 18 at 6pm

## Hand Sewing Class

April 23 & 30

## Music is Love

April 24 at 12:30pm

## Same Time Next Year at

Winnepesaukee Playhouse

April 29

Stay tuned for our  
NEW  
and IMPROVED  
newsletter coming in  
April!

# GROUP FITNESS

## 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

## Gentle Yoga

Thursdays at 1:30pm

Cost: \$6/class

## Line Dancing

Fridays 10am-11am

Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes

## Let Your Yoga Dance

Fridays at 12pm

Cost: \$6/class

No class in March.

## ARTS & CRAFTS (RSVP requested)



### Knitting Group

Mondays, at 1pm (Drop In)

### Watercolor Classes with Linda

Mondays at 10:30am; Tuesdays at 1:30pm; Wednesdays, & Thursdays at 11am. Please see calendar for dates  
Cost: \$22/3 week class; \$30/4 week class

### Ponytail Hats

Tuesday, March 13 at 10am

Cost: \$5

Knit your way into this stylish, warm, and fun accessory.

### Needlefelting:

#### Spring Chicken Soaps

Wednesday, March 14 at 3pm

Cost: \$3

This artistic technique will give you a soap fully enclosed in a fun felted design.

### Wire Wrapped Jewelry

Wednesday, March 21 at 2pm

Cost: \$12



### Crafting for the Community

Tuesday, March 20 at 10am

Come to this organizational meeting to decide our next project.

### Silk Dyed Easter Eggs

Thursday, March 22 at 10am

Cost: \$3

### Reverse Glass

Wednesday, March 28 & April 4 at 3pm

Cost: \$20

### 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, March 9, at 12:30

*Ghosts of Mississippi*, with Alec Baldwin, James Woods, and Whoopi Goldberg

Friday, March 23, at 12:30

*Miracle*, with Kurt Russell, Patricia Clarkson, and Nathan West



### Bridge

Mondays at 1pm



### Trivia & Jeopardy

Tuesday, March 6 & 20, 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, March 15 at 9am

**Hand & Foot**  
Tuesday,  
March 13 & 27,  
at 11am



### Galloping Gourmets

Wednesday, March 21 at 5:30pm

Meet here, carpool (or take the bus on Wednesday nights), and the only cost is your meal. Visit Zapata Mexican Cocina in Fitchburg.

### Mahjong

Friday, March 9 & 23 at 1pm

Get together for a friendly game.

### Men's Poker

Friday, March 9 at 9am

Get together with the gents for some fun!

### Sports Party

Wednesday, March 7 at 8pm

*Celtics vs. Clippers*

Join fellow fans to view your favorite sports.

### Afternoon Tea

Wednesday, March 28 at 4pm

Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. 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.



**Alzheimer's Association presents  
Effective Communication Strategies  
Wednesday, March 14 at 6pm**

Communication is more than just talking and listening—it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey, and the ability to use words is lost, families need new ways to connect. Join us as we explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect at each stage of the disease.

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

Complete the puzzle and turn it in to Katie by April 6.  
Correct puzzles will be entered in a drawing!

**CRIBBAGE SCORES**

**February 22 Game**  
**High Hand: Jane Johnson, 22**  
**High Score: Donna Ouelette & Jane Johnson, 361**

**Nashoba Tech Lunch** will be taking place on **March 27**. The menu will include Stuffed Chicken or Baked Haddock. Registration required.

**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. **Now available Wednesday nights to run errands, come into the Caregiver Roundtable, Evening Bingo, TOPS, to pick up items at the TEO, etc.**
- 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.**

**FREE MOC MEALS!**  
Tuesday,  
March 6, 13 & 27





# March Greetings

## From the Friends of the Townsend Seniors

**Congratulations!** The Friends are the March recipients of the "Hannaford Helps Reusable Bag Program." Purchase a Reusable Bag at the Townsend store during March and a donation will be made to the Friends of the Townsend Seniors.

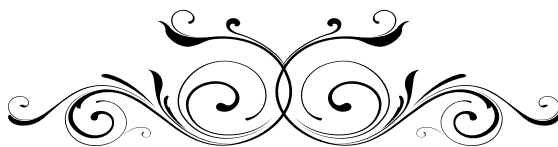
**SATURDAY, MARCH 3RD AND SUNDAY, MARCH 4th Mini-Golf is back!** It's fun for all ages to play mini-golf... all the way through the Library and the Senior Center!

**THURSDAY, MARCH 8th FOXWOOD TRIP** This popular and fun trip is open to all adults in Townsend and the surrounding towns. The price is \$30 per person, with reservations paid in advance. Everyone will receive coupons for 'free play' and the buffet lunch. Bring a friend and sign up at the Senior Center or call Ruth Gibbs, 978-597-6837.

**Please Note: There will NOT be a Friends' Board Meeting in March.**

**Saturday, April 21st Earth Day on the Common** The Friends will have an Information and Membership Table along with "white elephant" items for sale.

**Saturday, April 28th Friends' International Dinner** This annual event is always a popular and fun evening, with a buffet from 5:00-7:00 PM serving the most delicious foods.



**The Friends of the Townsend Seniors extend their deepest sympathy to Lindsay Morand and the Morand family on the recent passing of Phil Morand. Phil was a Board Member serving as Treasurer of the Friends of the Seniors and he was active in supporting the Friends' events and activities.**

### -----2018 Friends of Townsend Seniors Membership-----

You don't have to be a Townsend resident, you don't even have to be a Senior Citizen, whatever that is. (We've heard it's merely a state of mind.) Only requirement is an interest in the Friends' activities, mission and goals and a desire to support the Townsend Senior Center and the entire senior community - 25% of Townsend's population.

**We invite you to join or renew your current membership TODAY**

☐ New membership   ☐ Renewal   ☐ \$5 Friend   ☐ \$10 Family \$  Benefactor

**I am interested in volunteering!**

☐ Program Development   ☐ Fundraising   ☐ Baking   ☐ Recruiting volunteers.   ☐ Other

**The Friends meet at 4 pm, on the first Monday of every month in the Senior Center – please join us to explain your "other."**

**Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Phone: (H)** \_\_\_\_\_ **(Cell)** \_\_\_\_\_

**Email:** \_\_\_\_\_

# MARCH EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 10:00 Stretch & Tone <b>11:00 Watercolor</b> 12:00 Homemade Lunch and Birthday Party 1:00 Cribbage <b>1:30 Gentle Yoga</b>	<b>2</b> <b>9:30 Bus Trip: Georgia O'Keeffe Exhibit (PEM)</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation  <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>  <b>3/3 &amp; 3/4 Indoor Mini Golf</b>
<b>5</b> 10:00 Chair Exercise <b>11:00 Watercolor</b> <b>11:00 Chorus</b> 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Bridge</b> <b>1:00 Healthy Living Group</b>	<b>6</b> <b>9:00 AARP Tax Sessions</b> 10:00 Stretch & Tone <b>11:00 Healing Meditation</b> 12:00 Lunch 1:00 Trivia & Jeopardy <b>1:30 Watercolor</b>	<b>7</b> 10:00 Chair Exercise <b>11:00 Watercolor</b> 12:00 Lunch 12:30 Woodcarving 1:00 Bingo <b>5:00 Quilting</b> <b>6:00 BINGO</b> <b>6:30 TOPS</b> <b>6:30 Introduction to Genealogy</b> <b>8:00 Celtics vs. Clippers</b>  <b>Massages by appt.</b>	<b>8</b> 10:00 Stretch & Tone <b>11:00 Watercolor</b> <b>12:00 Homemade Lunch</b> 1:00 Cribbage <b>1:30 Gentle Yoga</b>  <b>Friends' Foxwoods Trip</b>	<b>9</b> 9:00 Quazy Quilters <b>9:00 Men's Poker</b> 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation <b>12:30 Movie: Ghosts of Mississippi</b> <b>1:00 Mahjong</b>  <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>
<b>12</b> 10:00 Chair Exercise <b>11:00 Watercolor</b> <b>11:00 Chorus</b> <b>11:00 Medicare Counseling</b> 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Bridge</b>	<b>13</b> <b>9:00 AARP Tax Sessions</b> 10:00 Stretch & Tone <b>10:00 Ponytail Hats</b> <b>11:00 Hand &amp; Foot</b> <b>11:00 Healing Meditation</b> 12:00 Lunch <b>12:00 Make A Plan: Emergency Preparedness</b> <b>1:30 Watercolor</b>  <b>Massages by appt.</b>	<b>14</b> 10:00 Chair Exercise <b>11:00 Watercolor</b> 11:00 Women's Conversation <b>11:00 What is a PH Nurse?</b> 12:00 Well Adult Clinic 12:00 Lunch 12:30 Woodcarving 1:00 Book Club 1:00 Bingo <b>3:00 Spring Chicken Soaps</b> <b>6:00 Caregiver's Roundtable: Communication Strategies for Alzheimer's</b> <b>6:30 TOPS</b>	<b>15</b> <b>9:00 Cribbage Tournament</b> 10:00 Stretch & Tone <b>10:00 iPhone Class</b> <b>11:00 Watercolor</b> <b>11:00 Fly Tying</b> <b>12:00 Homemade Lunch: St. Patty's Day Fare</b> <b>12:45 Bach's Lunch</b> <b>1:30 Gentle Yoga</b>	<b>16</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation <b>12:00 Hairdresser</b>
<b>19</b> 10:00 Chair Exercise <b>11:00 Watercolor</b> <b>11:00 Chorus</b> 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Bridge</b>	<b>20</b> <b>9:00 Dental Clinic</b> <b>9:00 AARP Tax Sessions</b> 10:00 Stretch & Tone 10:00 COA Meeting <b>10:00 Crafting for the Community</b> <b>11:00 Healing Meditation</b> 12:00 Lunch 1:00 Trivia & Jeopardy 1:00 Grief Support <b>1:30 Watercolor</b>	<b>21</b> <b>8:15 NMRHS Senior Appreciation Breakfast</b> 10:00 Chair Exercise 10:00 Hearing Clinic <b>11:00 Watercolor</b> 12:00 Lunch 12:30 Woodcarving 1:00 Bingo <b>2:00 Wire Wrapped Jewelry</b> <b>5:00 Galloping Gourmets: Zapata's (Fitchburg)</b> <b>6:30 TOPS</b>	<b>22</b> 10:00 Stretch & Tone <b>10:00 iPhone Class</b> <b>10:00 Silk Dyed Easter Eggs</b> <b>11:00 Watercolor</b> 1:00 Cribbage <b>1:30 Gentle Yoga</b>	<b>23</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation <b>12:30 Movie: Miracle</b> <b>1:00 Mahjong</b>  <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>
<b>26</b> 10:00 Chair Exercise <b>10:00 Identity Theft &amp; Fraud</b> <b>11:00 Chorus</b> <b>11:00 Watercolor</b> 12:00 Lunch 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Bridge</b>	<b>27</b> <b>9:00 AARP Tax Sessions</b> 10:00 Stretch & Tone <b>11:00 Healing Meditation</b> <b>11:00 Hand &amp; Foot</b> <b>12:00 Nashoba Tech Lunch</b> <b>1:30 Watercolor</b>  <b>Massages by appt.</b>	<b>28</b> 10:00 Chair Exercise 11:00 Women's Conversation <b>11:00 Watercolor</b> 12:00 Lunch 12:30 Woodcarving 1:00 Bingo <b>3:00 Reverse Glass</b> <b>4:00 Afternoon Tea</b> <b>6:30 TOPS</b>	<b>29</b> 10:00 Stretch & Tone <b>10:00 iPhone Class</b> <b>11:00 Watercolor</b> 1:00 Cribbage <b>1:30 Gentle Yoga</b>	<b>30</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation