

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

Visions of Star Trek holodecks danced in my head when I saw ads for the first virtual reality headsets. What is the world coming to? Then I heard a report on NPR about how medicine is exploring the use of virtual reality (VR) for pain management and distress in clinical settings; specifically for burn victims. Participants experience reduced levels of pain, general distress/unpleasantness and say they would use VR again during painful procedures. It has also shown positive reduction in chronic pain. Hmmm. They could be on to something.

VR is also being used for the homebound. Companies are developing content, like beach scenes where users can go to a Maui beach and watch the waves come in for 30 minutes, or swim with a whale in the ocean. How would you like to sit in the front row of a concert you wouldn't otherwise be able to attend? There are also educational options like historical tours or architectural exhibits.

As I see it, the most exciting possibility is for families to connect with their loved ones. Yes, if you don't want to use Skype, you probably won't use VR, but it would take your interactive experience at least one step closer to reality. For most family members the thought of being able to actually see you, or for you to be a part of their life, is really important.

I guess we all should at least consider accepting that we live in a digital age and try to grasp how it can work for us instead of shunning the innovations. After all, it's not going away.

Check out what we've got going on in November and give us a chance to show you why this is where you WANT to be.

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

SPECIAL EVENTS (RSVP requested)



Canadian Rockies Q&A

Thursday, November 2, at 12:30pm

Please join us for a special travel presentation outlining the train trip taking place in September.



Hydration Talk

Wednesday November 8, at 12pm

Learn about the importance of staying properly hydrated in order to maintain your health. Presentation will include lunch and a raffle.



Coping with Grief During the Holidays

Tuesday, November 14 at 10am

The death of a loved one is always traumatic, but during the holidays, the feelings of loss can be even more pronounced. Learn tips to navigate this particularly challenging time.



Crafting for the Community

Tuesday, November 14 at 10am

Continue working on contributions to benefit Operation Delta Dog, an organization that provides service dogs to veterans suffering from PTSD. **Don't miss the Dog Toy Class on November 7 at 10am!**



Bus Trip: Manor on the Hill

Thursday, November 16 at 10:30am

Visit the lovely assisted living in Leominster, to learn more about their community in a low stress environment, and **then enjoy a delicious (free) meal!** Explore your options for yourself or a loved one, before an urgent need arises



Veteran's Breakfast

Friday, November 17 at 9:30am

Celebrate the men and women of the Armed Forces who have served the country.



Mark Lynch Thanksgiving Dinner

Monday, November 20 at 5pm

Join us for a special dinner in memory of one of the Senior Center's members.

UPCOMING EVENTS

Silent Wreath Auction: October 30-Nov 30

Holiday Craft Fair: December 2, 10am-3pm

Christmas Party: December 21 at 12pm

Festival of Trees: Begins December 1

Afternoon Tea with Mazie Schutler(flute): December 20

Donna's Light Tour: December 13 at 6pm

MONTHLY EVENTS

Birthday Party

Thursday, November 2, 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, November 8, 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 *Top Down*, a novel by Jim Lehrer.

Bach's Lunch

Thursday, November 16, at 1:30pm (Bus leaves at 12:45)

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring the music of J.S. Bach, presented by Tatiana Kolossova Bercu on piano and harpsichord. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, November 21, at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, November 17, at 10:30am

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

Bus Trip: Basketball Hall of Fame

Monday, November 13 at 9:30am

Cost: \$15-\$20 (depending on interest) RSVP requested

The Naismith Memorial Basketball Hall of Fame is home to more than three hundred inductees and more than 40,000 square feet of basketball history. Located in Springfield, MA, hundreds of the museum's interactive exhibits share the spotlight with skills challenges, live clinics, and shooting contests.

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.



Healthy Living Group

Monday, November 6, 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, Nov. 3 & Wednesday, Nov. 8, by Appt.

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



Massage

Tuesday, November 14 & 28 and
Wednesday, November 22; By Appt.

Cost: \$20/20 min.

Chair and table massages available.



Healing Meditation

Tuesdays, November 7, 14, 21 & 28 at 11am

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

Women's Conversation Group

Wednesdays, November 8 & 22, at 11am

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires.

Caregiver's Roundtable

Wednesday, November 8, at 6pm

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.

Well Adult Clinic

Wednesday, November 8, at 10am

Hearing Clinic

Wednesday, November 15, at 1pm

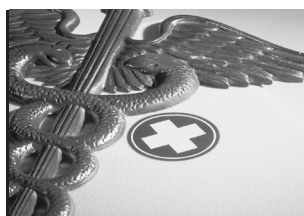
Grief Support

Tuesday, November 21, at 1pm

Dental Clinic

Tuesday, November 21, at 1pm

Reiki
Thursday,
Nov. 2 at 9:15am;
\$35 for 30 min.
\$65 for 60 min.



Medicare Counseling

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies.

It's important to review your options every year to make sure you have the plan that works best for you for next year. **Appointments will be offered to assist with the process through December. Please call 978.597.1710 to make an appointment.**

Fuel Assistance

Thursday, November 9 at 9:15 am
(By Appointment)

Available to renters and homeowners who pay for their own heat as well as renters whose heat is included in their rent. Eligibility is based on the number



of people in the household and the total gross (before taxes and deductions) income of the people in the household.

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.*

GROUP FITNESS

Beachball Volleyball

Tuesday, November 7 & 21 at 1pm

Walking Club

Tuesdays at 9:30am

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

Yoga

Thursdays at 1:30pm

Line Dancing

Fridays 10am-11am

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

ARTS & CRAFTS (RSVP requested)



Knitting Group

Mondays, at 1pm (Drop In)

Watercolor Classes with Linda

Mondays, Wednesdays, & Thursdays at 11am; Tuesdays at 1:30pm

Please see calendar for dates

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

Thanksgiving Cards

Monday, November 6 at 9:30am

Cost: \$3

Advanced Woodburning

Monday, November 6, 13, & 20 at 12:30pm

Class continues from previous month.

Wire Wrapped Jewelry

Wednesday, November 15 at 3pm

Cost: \$12

Participants will create 3 necklaces.

Needlefelting: Gnomes

Wednesday, November 29 at 5pm

Cost: \$5



Acrylic

Wednesday November 1, 8, 15, 22 & 29 at 1pm

Cost: \$25

This class is for beginners or experienced painters. Learn about the versatility and ease of painting with acrylics. Participants will create a snow-covered tree landscape. Have fun learning about color, texture and other artistic elements. All materials will be supplied.



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, November 3, at 12:30

The Book Thief, with Sofie Nélisse, Geoffrey Rush, and Emily Watson

Friday, November 17, at 12:30

The Family Stone, with Diane Keaton, Sarah Jessica Parker, and Claire Danes



Bridge

Mondays at 1pm



Trivia & Jeopardy

Tuesday, November 14 & 28, 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

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



Galloping Gourmets

Tuesday, November 14, at 11am

Meet here, carpool, and the only cost is your meal. Visit El Tapatio (Merrimack).



Mahjong Organization Meeting

Friday, November 3 at 12pm

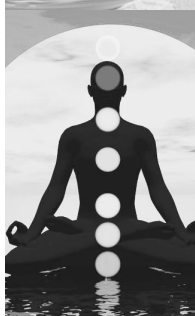
Get together to discuss the logistics of forming a group for recurring games.

Sports Party

Wednesday, November 29 at 7:30pm

Bruins vs. Lightning

Join fellow fans to view your favorite sports. Please sign up so we know how many refreshments we need!



Afternoon Tea

Wednesday, November 29 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.



November Greetings

From the Friends of the Townsend Seniors

The Friends' Annual Meeting was held September 19th. Board members and officers agreed to continue in their positions for another year and were re-elected for the 2017-2018 year. Officers: President, Peter Buxton; Vice President, Terry Klug; Treasurer, Ruth Gibbs; and Secretary, Priscilla Buck. Board members are Tubby Boucher, Donna Miller, Glenda Profit and Avis Roy. Thank you for serving!

Monday, November 6th , 4:00pm ~ Friends' Board Meeting at the Senior Center.

Thursday, November 9th ~ Foxwoods Casino Trip The Foxwood trip is November 9th, cost is \$30 per person and the trip is open to all adults. Everyone will receive coupons for 'free play' and the buffet lunch. Pre-Paid reservations are made at the Senior Center, 978-597-1710, or call Ruth Gibbs at 978-597-6837. Come along and bring a friend!

We honored Alice Struthers on Saturday, October 21st at the 17th Annual William E. May Endowment Fund Award Dinner.

Thank You to the committee for planning the event, thank you to our Business Community for their generous support, and thank you to Bailey's for a delicious dinner. The dinner and evening's festivities were a highlight of the year. **And most of all, thank you Alice for giving us a reason to celebrate!**

Saturday, December 2nd ~ Annual Friends' Holiday Craft Fair ~ 10am-3pm Plans are for Talented Crafters, a "Coffee Nook," the Children's Craft Room, and a Holiday Bake Sale!

-----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.

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, 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.

\$1.50 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.**

Townsend Senior Center

16 Dudley Road
Townsend, MA 01469

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 32
FITCHBURG, MA 01420

NOVEMBER 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 Chair Exercise 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Acrylic 5:00 Quilting 6:30 TOPS Massages by appt.	2 9:15 Reiki 10:00 Stretch & Tone 12:00 Homemade Lunch and Birthday Party 12:30 Canadian Rockies Q&A 1:00 Cribbage 1:30 Yoga	3 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Mahjong Meeting 12:30 Movie: <i>The Book Thief</i> Manicures/Pedicures Reflexology by Appt.
6 9:30 Thanksgiving Cards 10:00 Chair Exercise 11:00 Watercolor 12:00 Lunch 12:30 Qi Gong 12:30 Advanced Woodburning 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group 1:00 Bridge 4:00 Friends' Meeting	7 9:30 Walking Club 10:00 Stretch & Tone 10:00 Dog Toy Class 11:00 Healing Meditation 12:00 Medicare Counseling 12:00 Lunch 1:00 Volleyball 1:30 Watercolor	8 10:00 Chair Exercise 10:00 Well Adult Clinic 11:00 Watercolor 11:00 Women's Conversation 12:00 Lunch 12:00 Hydration Talk 12:30 Woodcarving 1:00 Bingo 1:00 Book Club 1:00 Acrylic 6:00 BINGO 6:00 Caregiver's Roundtable 6:30 TOPS Manicures/Pedicures Reflexology by Appt.	9 9:15 Fuel Assistance Appt's 10:00 Stretch & Tone 11:00 Watercolor 1:00 Cribbage 1:30 Yoga Friends' Foxwoods Trip	10 <p style="text-align: center;">Closed in honor of VETERAN'S DAY</p>
13 9:30 Bus Trip: Basketball Hall of Fame 10:00 Chair Exercise 11:00 Watercolor 11:00 Chorus 12:00 Lunch 12:00 Medicare Counseling 12:30 Qi Gong 12:30 Advanced Woodburning 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	14 9:30 Walking Club 10:00 Stretch & Tone 10:00 Coping with Grief During the Holidays 10:00 Crafting for the Community 11:00 Healing Meditation 11:00 Hand & Foot 11:00 Galloping Gourmets: El Tapatio (Merrimack) 12:00 Lunch 12:00 Medicare Counseling 1:00 Trivia & Jeopardy 1:30 Watercolor Massages by appt.	15 10:00 Chair Exercise 10:00 Hearing Clinic 11:00 Watercolor 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Acrylic 3:00 Wire Wrapped Jewelry 6:30 TOPS (Meeting Hall)	16 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:30 Bus Trip: Manor on the Hill 11:00 Watercolor 12:00 Homemade Lunch 12:45 Bach's Lunch 1:30 Yoga	17 9:00 Quazy Quilters 9:30 Veteran's Breakfast 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Hairdresser 12:30 Movie: <i>The Family Stone</i>
20 10:00 Chair Exercise 11:00 Watercolor 11:00 Chorus 12:00 Lunch 12:30 Qi Gong 12:30 Advanced Woodburning 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge 5:00 Mark Lynch Thanksgiving Dinner	21 9:00 Dental Clinic 9:30 Walking Club 10:00 Stretch & Tone 10:00 COA Meeting 11:00 Healing Meditation 12:00 Lunch 1:00 Grief Support 1:00 Volleyball 1:30 Watercolor Massages by appt.	22 10:00 Chair Exercise 11:00 Watercolor 11:00 Women's Conversation 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Acrylic 6:00 Medicare Counseling 6:30 TOPS Massages by appt.	23 <p style="text-align: center;">Closed for THANKSGIVING HOLIDAY</p>	24 <p style="text-align: center;">Closed for THANKSGIVING HOLIDAY</p> 10/29: Colors of Hope Community Chorus
27 10:00 Chair Exercise 11:00 Watercolor 11:00 Chorus 12:00 Lunch 12:00 Medicare Counseling 12:30 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Bridge	28 9:30 Walking Club 10:00 Stretch & Tone 11:00 Healing Meditation 11:00 Hand & Foot 12:00 Medicare Counseling 12:00 Nashoba Tech Lunch 1:00 Trivia & Jeopardy 1:30 Watercolor Massages by appt.	29 10:00 Chair Exercise 11:00 Women's Conversation 12:00 Lunch 12:30 Woodcarving 1:00 Bingo 1:00 Acrylic 4:00 Afternoon Tea 5:00 Needlefelting: Gnomes 6:00 Medicare Counseling 6:30 TOPS 7:30 Bruins vs. Lightning	30 10:00 Stretch & Tone 11:00 Watercolor 12:00 Homemade Lunch 1:00 Cribbage 1:30 Yoga	Holiday Fair 12/2 from 10am-3pm