

Silver Threads

TOWNSEND SENIOR CENTER

From the Desk of the Director

Does the Senior Center seem busy? Well there is good reason for that. We are!

It's so great to see the hustle and bustle of people coming and going, hear the conversation and laughter in the lobby and individual classrooms, and share in the camaraderie of friends old and new. There is just a general hubbub that puts a smile on my face.

And it's no wonder! Recent statistics show that our usage is up more than 26% in the past two years. In addition, rides on the RoadRunner van increased 21.3% and overall program participation saw a 68% increase, primarily in meals and wellness programs.

Not a bad place to be as we look ahead to our 10th anniversary in this beautiful building!

Thanks to our dedicated staff and volunteers, we are able to provide a wide variety of program options, reliable transportation to medical appointments, for running errands, special trips and more, as well as tasty and nutritious meals 4-5 days a week.

We are Busy Bees around here and we're glad we are. Thank you for all your support and if you haven't been in lately, pop by, say hi 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, Transportation Administrator
Katie Petrossi, Program Coordinator

Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm
16 Dudley Road, Townsend 01469
978.597.1710

SPECIAL EVENTS (RSVP requested)



How to Make a Plan

Thursday, October 11 at 12pm

Learn the ins and outs of emergency preparedness.



Flu Clinic

Thursday, October 11 at 3pm

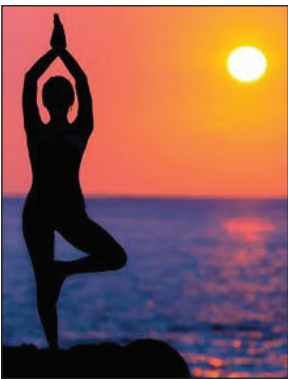
Don't get caught by the bug! Take advantage of the most current vaccine.



Wig Boutique

Friday, October 12 at 1pm

Ever wake up to a bad hair day? No need to worry anymore! You will see how easy it is to add on a small piece to add just enough fullness to your own hairstyle with wigs, fillers and toppers. Models are needed



Functional Yoga Clinic

Tuesday, October 16 at 12pm

Cost: \$10

Yoga Unfettered® Functional Yoga™ Clinics, developed by Helen Yetman-Bellows, is to be practiced as you go about your daily activities, strengthening everyday movements without disruption to one's schedule for a more comfortable way of living.



How to Spend Your Nest Egg

Wednesday, October 17 at 6pm

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.



Acrylic Pour

Thursday, October 18 at 11:30am

Take part in this intergenerational program creating original artwork.



DNA Testing

Wednesday, October 24 at 6:30pm

Brief overview of DNA tests and basic analysis of results identifying and discovering roots and family.



Loss of the Big Top

Thursday, October 25 at 12:30pm

The circus has a rich and vibrant history, providing memories for generations. Judith Lindstedt's documentary presents some of the history and how changes in animal rights affected the business.



Monster Mash Lunch

Wednesday, October 31 at 12pm

Have a ghoulish good time letting your inner demon out! Best costume will win a prize!

MONTHLY EVENTS

Birthday Party

Thursday, October 4, 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, October 10, 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 *Night Strangers*, by Chris Bohjalian.

Bach's Lunch

Thursday, October 18 at 12:45pm

Cost: \$3.50 (bus transportation)

Free concert by Indian Hill Musicians featuring Songs of the 1920's. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

Council on Aging Board Meeting

Tuesday, October 16 at 10am

Visitors are welcome.

Genealogy Club with Dwight Fitch

Friday, October 12, at 10:30am

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

Bus Trip: Mariposa Museum Quilt Exhibit

Friday, October 5 at 9:30am

Cost: \$11

The museum is featuring *And Still We Rise*, showcasing 44 handmade quilts narrating 400 years of African American history. By exploring events four centuries through the fiber artistry of women of color, the quilts of this exhibition bear witness to and portray perspectives that written history is unable to document.

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



MEDICARE OPEN ENROLLMENT

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. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.

Remember, you need to be sure that your primary care physician and other providers are covered in the plans network before you change to a different medicare plan. You should also be sure your medications are covered as well.

Assistance is available from the SHINE program. Call the Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

The Central Mass Region has recently launched it website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.



HOPE COMMUNITY CHORUS

The Chorus resumed rehearsals on Sept. 24. Director Alice Struthers is compiling the fall concert program "From the Heart." Newcomers are welcome to join, no tryout or fee required – just a love of music (and the ability to sing). The chorus meets every Monday in the Meeting Hall, Room B, (except Monday, Oct. 8.) Plan to arrive at 10:45, for an 11 a.m. start! For more information contact Alice: 978-597-2057.



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

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

OCTOBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: Macaroni & Cheese 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group 1:00 Healthy Living Group 1:00 Ping Pong	2 9:00 Woodburning 10:00 Stretch & Tone 1:00 Trivia & Jeopardy 1:00 Balance 2:00 Flute Messages by appt.	3 9:30 Coffee with a Cop 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Shepherd's Pie 12:30 Woodcarving 1:00 Bingo 1:00 Knitting Group 5:00 Evening Quilting 6:00 Cornhole 6:30 TOPS 7:00 Friends' Meeting	4 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch & Birthday Party: Harvest Chicken Salad Calzone 1:00 Cribbage 1:30 Gentle Yoga	5 9:00 Quazy Quilters 9:30 Bus Trip: Mariposa Quilt Exhibit 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 1:00 Mahjong Manicures/Pedicures Reflexology by Appt.
8 Closed for Columbus Day	9 9:00 Woodburning 9:00 Needlefelting: Trick or Treat Bears 10:00 Stretch & Tone 11:00 Hand & Foot 11:00 Chorus 1:00 Balance 2:00 Flute Messages by appt.	10 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Well Adult Clinic 12:00 Lunch: CranOrange Chicken 1:00 Book Club 1:00 Bingo 1:00 Knitting Group 3:00 Celtic Wire Bracelets 6:30 TOPS	11 10:00 Stretch & Tone 10:30 Watercolor 11:00 Stamp Collecting 12:00 Lunch: Donna's Choice 12:00 How to Make a Plan 1:00 Cribbage 1:30 Gentle Yoga 3:00 Flu Clinic	12 9:00 Quazy Quilters 9:00 Men's Poker 10:00 Chair Exercise 10:00 Scrabble 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar 12:30 Movie: The Notebook 1:00 Wig Boutique Manicures/Pedicures Reflexology by Appt.
15 10:00 Chair Exercise 10:30 Watercolor 11:00 Chorus 12:00 Lunch: Beef Chili 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling	16 9:00 Woodburning 10:00 Stretch & Tone 10:00 COA Meeting 12:00 Medicare Counseling 12:00 Functional Yoga 1:00 Trivia & Jeopardy 1:00 Balance	17 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch: Turkey a la King 12:30 Woodcarving 1:00 Knitting Group 1:00 Bingo	18 9:00 Cribbage Tournament 10:00 Stretch & Tone 10:30 Watercolor 11:30 Acrylic Pour 12:00 Lunch: Tuna Noodle Casserole 12:45 Bach's Lunch	19 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Women's Meditation 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar 12:00 Hairdresser

<p>1:00 Knitting Group</p> <p>1:00 Diabetes Wellness</p> <p>1:00 Ping Pong</p>	<p>1:00 Grief Support</p> <p>2:00 Flute</p> <p>Massages by appt.</p>	<p>3:00 Crocheted Necklaces</p> <p>6:00 Caregiver's Roundtable:</p> <p>How to Spend Your Nest Egg</p> <p>6:00 Bingo</p> <p>6:30 TOPS</p>	<p>1:30 Gentle Yoga</p>	<p>1:00 Mahjong</p> <p>10/20: William E. May Endowment Dinner</p>
<p>22</p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Chorus</p> <p>12:00 Lunch: Chicken with Red Pepper Sauce</p> <p>12:00 Medicare Counseling</p> <p>12:45 Qi Gong</p> <p>1:00 Rummikub</p> <p>1:00 League Wii Bowling</p> <p>1:00 Knitting Group</p> <p>1:00 Diabetes Wellness</p> <p>1:00 Ping Pong</p>	<p>23</p> <p>9:00 Woodburning</p> <p>10:00 Stretch & Tone</p> <p>11:00 Hand & Foot</p> <p>12:00 Medicare Counseling</p> <p>12:00 Nashoba Tech Lunch</p> <p>1:00 Balance</p> <p>2:00 Flute</p> <p>Massages by appt.</p>	<p>24</p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Women's Conversation</p> <p>12:00 Lunch: Sweet & Sour Meatballs</p> <p>12:30 Woodcarving</p> <p>1:00 Bingo</p> <p>1:00 Knitting Group</p> <p>4:00 Afternoon Tea</p> <p>5:30 Quilted Bookmarks</p> <p>6:00 Cornhole</p> <p>6:30 DNA Testing</p> <p>6:30 TOPS</p>	<p>25</p> <p>10:00 Stretch & Tone</p> <p>10:30 Watercolor</p> <p>12:00 Lunch: Carnival Fare</p> <p>12:30 Circus Program</p> <p>1:00 Cribbage</p> <p>1:30 Gentle Yoga</p>	<p>26</p> <p>9:00 Quazy Quilters</p> <p>10:00 Chair Exercise</p> <p>10:00 Scrabble</p> <p>10:00 Line Dancing</p> <p>11:00 Intermediate Line Dance</p> <p>11:00 Women's Meditation</p> <p>12:00 Lunch: Soup/Salad Bar</p> <p>12:30 Movie: <i>My Big Fat Greek Wedding</i></p> <p>Manicures/Pedicures</p> <p>Reflexology by Appt.</p>
<p>29</p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>11:00 Chorus</p> <p>12:00 Lunch: Lasagna w/Meat Sauce</p> <p>12:00 Medicare Counseling</p> <p>12:45 Qi Gong</p> <p>1:00 Rummikub</p> <p>1:00 League Wii Bowling</p> <p>1:00 Knitting Group</p> <p>1:00 Ping Pong</p>	<p>30</p> <p>9:00 Woodburning</p> <p>10:00 Stretch & Tone</p> <p>12:00 Medicare Counseling</p> <p>1:00 Balance</p> <p>2:00 Flute</p> <p>Massages by appt.</p>	<p>31</p> <p>10:00 Chair Exercise</p> <p>10:30 Watercolor</p> <p>12:00 Monster Mash Lunch</p> <p>12:30 Woodcarving</p> <p>1:00 Bingo</p> <p>1:00 Knitting Group</p> <p>6:30 TOPS</p>	<p>Many thanks to Gables of Fitchburg and Stewart's Florist for sponsoring our monthly birthday lunches.</p> <p>Nashoba Tech Lunch: Vermont Baked Chicken or Baked Haddock</p>	

ARTS & CRAFTS (RSVP requested)



Knitting Group
Mondays & Wednesdays, at 1pm
(Drop In)



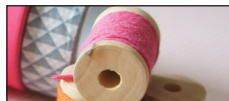
Watercolor Classes with Linda
Mondays, Wednesdays, and Thursdays
at 10:30am
Cost: \$22/3 week class; \$30/4 week class



Celtic Wire Bracelets
Wednesday, October 10 at 3pm
Cost: \$7
Create your own unique jewelry using the complex method of creating never ending knots.



Beaded Necklaces
Wednesday, October 17 at 3pm
Cost: \$2
Learn another creative way to make your own jewelry. Christmas is right around the corner!



Needlefelting: Trick or Treat Bears
Tuesday, October 9 at 9am
Cost: \$4
A fun project for the season.



Acrylic Pour
Thursday, October 18 at 11:30am
Cost: \$10

Bring your grandchildren or young friends for this intergenerational art activity.



Wood Burning: Open Project Time
Tuesdays at 9am (Drop In)
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
Sewing machines, fabric, and ideas available, or bring your own; fellow quilters will assist in piecing things together.

JUST FOR FUN



Movie Matinee
Friday, October 12, at 12:30pm
The Notebook, with Gena Rowlands, James Garner, Rachel McAdams & Ryan Gosling
Friday, October 26, at 12:30pm
My Big Fat Greek Wedding, with Nia Vardalos and John Corbett



Rummikub
Mondays at 1pm

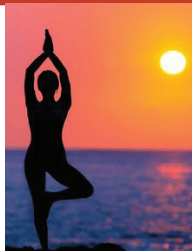


Trivia & Jeopardy
Tuesday, October 2 & 16, at 1pm
Let's exercise our minds, and have fun and socialize at the same time! Trivia helps keep the mind sharp while enhancing cognitive functioning.



Cribbage
Thursdays at 1pm
Cribbage Tournament
Thursday, October 18 at 9am

Hand & Foot
Tuesday,
October 9 & 23
at 11am



Functional Yoga Clinic
Tuesday, October 16 at 12pm
Cost: \$10
Yoga Unfettered® Functional Yoga™ Clinics, developed by Helen Yetman-Bellows, is to be practiced as you go about your daily activities



Mahjong
Friday, October 5 & 19 at 1pm



Ping Pong
Monday, October 1, 15, 22 & 29 at 1pm



Men's Poker
Friday, October 12 at 9am



Cornhole
Wednesday, October 3 & 24 at 6:00pm
Bring your friends and learn a fun and easy sport.



Afternoon Tea
Wednesday, October 24 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.



Women's Meditation Group

Fridays at 11am

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.



T.O.P.S

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, October 1, 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, October 5, 12 & 26, by Appt.

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



Massage

Tuesday, October 2, 9, 16, 23 & 30; By Appt.

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

Chair and table massages available.

Women's Conversation Group

Wednesday, October 10 & 24 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, October 10 at 12pm

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

Diabetes Wellness Group

Monday, October 15 at 1pm

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

Grief Support

Tuesday, October 16 at 1pm

Sponsored by Nashoba Nursing & Hospice

Hearing Clinic

Wednesday, October 17 at 10am

Caregiver's Roundtable:

How to Spend Your Nest Egg

Wednesday, October 17 at 6pm

Financial planner, Edward Jones will host this month's discussion about how to utilize the resources you've been saving throughout your life. Free on-site caregiving available for loved, sponsored by Fitchburg Healthcare. ones.

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

Line Dancing

Fridays 10am-11am

Cost: \$5/class. Intermediate class continues until 11:30. \$7 for both classes.

UP & COMING

Rug Hooking: Monday, November 5

Nashoba Tech Lunch: Tuesday, November 6

Flu Clinic: Wednesday, November 7

Understanding Medicare: Wednesday, November 7

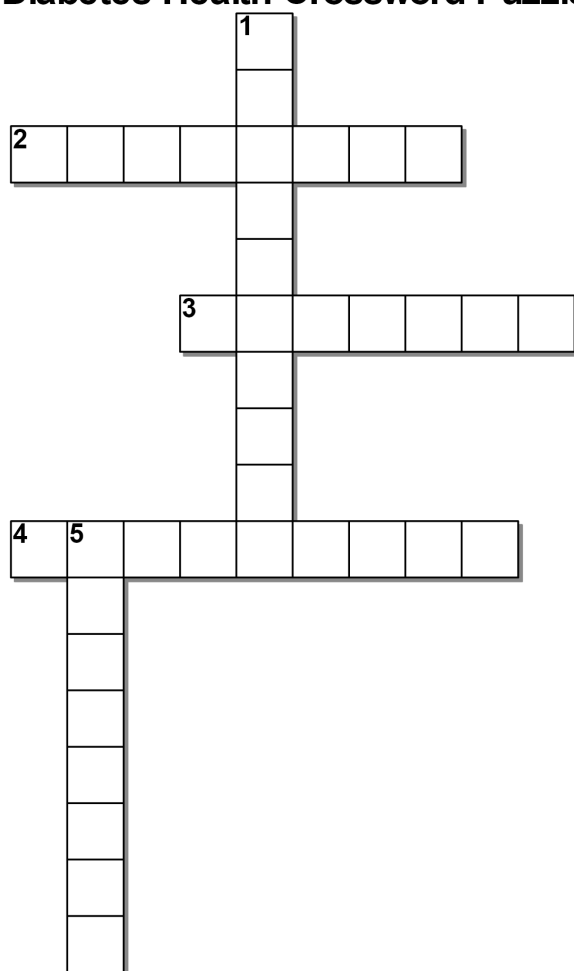
Coping with Grief During the Holidays: Tuesday, November 13

Fire Safety: Thursday, November 15

Thanksgiving: The Center will be closed on Thursday, and Friday, November 22 & 23 for the holiday.

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.*

Diabetes Health Crossword Puzzle



Across:

- 2 The possibility that I may die before the kids learn critical life skills serves as a daily reminder of why I need to keep my BLANK in check.
- 3 A new study has found that BLANK exposures to diabetes-associated environmental, endocrine-disrupting chemicals can contribute to diabetes disparities.
- 4 The reason many type 2 diabetics gain weight shortly after beginning insulin therapy may be due to acting more sedentary instead of lowering their levels of physical activity.

Down:

- 1 According to the Centers for Disease Control and BLANK is the most important thing an individual can do to protect against the flu
- 5 If you use an BLANK blanket and it is too hot, it can burn your skin without you being able to feel it.

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.
- 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)

What are the Benefits of Yoga for Seniors?

by Pamela Cannaday*

Yoga is a mind/body practice with historical origins in ancient Indian philosophy, according to the National Center for Complementary and Integrative Health (NCCIH). Yoga may combine physical postures, breathing exercises, and meditation. Yoga for seniors may be the same as yoga for younger adults, but yoga postures should be modified based on individual abilities. Hot yoga may involve moving in humid environments and temperatures as high as 105°F. People with heart disease or lung disease might avoid hot yoga.

According to NCCIH, yoga may help people with lower-back pain achieve reduced pain and improved function. Yoga may also reduce heart rate and blood pressure and have mental health benefits, such as relieving anxiety and depression. It's still unclear if yoga helps people with arthritis.

Different yoga poses benefit different muscles and improve flexibility, balance, and strength in different ways according to AARP.

You can practice yoga at home on your own. However, you may wish to get started with a yoga class for guidance. Check out the various yoga programs featured here at the Center or give us a call for more information.

*An excerpt found at <https://medicare.com/health/what-are-the-benefits-of-yoga-for-seniors/>

YOU'RE INVITED!

**Does your community group need
volunteers? Find them at the
Community Volunteer Fair!**

**Tuesday, November 13, 6pm-8pm
Townsend Public Library**

Community groups and organizations like yours are invited to participate in this event to recruit new volunteers, promote your cause and meet other leaders from the community. Potential volunteers are looking for opportunities-this is your chance to meet new people, tell them what's great about volunteering for your group, and help make our community stronger! For more information, please contact Carolyn Smart at (978)597-1700, ext. 1719



FRIENDS OF THE TOWNSEND SENIORS

YOU'LL BE JOINING US SOONER THAN YOU THINK!

18TH ANNUAL WILLIAM E. MAY ENDOWMENT AWARD DINNER

HONORING

Betty Mae Tenney

*Extraordinary Acts of Kindness
in Extraordinary Ways*

Saturday, October 20

Townsend Ridge Country Club
Social 6 pm 🍷 Dinner 7 pm 🍷 \$50 per person

TICKETS AVAILABLE AT THE SENIOR CENTER

Free Dinner Tickets!

*Sign up at the Senior Center for a Courtesy
Ticket. Drawings will be held October 10.*

Friends of the Townsend Seniors

Who we are ... Founded in 2000, we are a volunteer senior citizen advocacy organization for Townsend's 2000-plus senior population contributing support and resources at the Townsend Senior Center.

We are committed to supporting the Senior Center by contributing volunteer hours, activities and resources to maintain the Centers' excellence. We fundraise to expand and enhance programming, education, arts and entertainment, travel opportunities, technology and furnishings.

There is a lot of work to do and a lot more we'd like to do. We're looking for new members, new fundraising ideas and renewed fundraising energy.

**The Friends of the Townsend Seniors
meet on the first Wednesday of every month at
the Senior Center at 7 pm. We welcome visitors.**

COMING EVENTS

November: Foxwoods trip
December Holiday Fair

*We look forward to your donation of
homemade goodies for the Bake Table.*

BE A FRIEND OF THE FRIENDS

☐ \$5 Friend ☐ \$10 Family ☐ Benefactor \$ ____
New Member ☐ Renewal ☐

Name: _____

Address: _____

Town: _____ Phone: _____

☐ *I'm interested in volunteering. Call me for the next event.*

Checks payable to: Friends of Townsend Seniors
PO Box 972, Townsend, MA 01469.
You may also drop it off at the Senior Center.