

# Silver Threads

TOWNSEND SENIOR CENTER

## From the Desk of the Director

**“Why would I want to go to the Senior Center? That place is for OLD people!”**

Ignore the stigma. Get over yourself. Take another look. Hey, first of all, if you can read this you're doing better than a lot of people. I never understood why people wanted to lie about their age or pretend like it matters. My family always made a big deal out of birthdays, because they *are* a big deal. You are as old as you are and you've made it this far. You are able to read this page. Congratulations! Embrace it! LIVE!!!

**On Saturday, September 30th** we will have a Fall Fling Open House from 9-3. Participants will be giving demonstrations of all that we do here, from woodworking and quilting to yoga and qi gong. What's that? Come in and see!

The Friends of the Townsend Seniors will be selling baked goods and our kitchen staff will prepare lunch. Take a moment to talk to our outreach and transportation representatives. Did you know we have our own chorus and cribbage tournaments and line dancing? You can create your own jewelry, watercolors and scarves. Relax with a manicure, massage or meditation. Play a game. Take a trip.

It's all here at the Townsend Senior Center. Just 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  
Friday: 9am-2pm

## SPECIAL EVENTS (RSVP requested)



### How to Talk to Your Dr.

**Thursday, September 7 at 12pm**

Dr. Kamens, LCCNV Medical Director, will give us suggestions for making sure your questions get answered, organizing your thoughts, allowing enough time, and who/what to bring with you.



### Crafting for the Community

**Tuesday, September 12 at 11am**

Put your crafty talents to use for a good cause. If you have suggestions for a project or know of an organization that could benefit from creative donations, please contact Katie. Join other crafters this month to assemble care packages for a local women's shelter.



### CHARM Medical Coffee Hour

**Wednesday September 13 at 9:30am**

If you have MassHealth or Medicare/Medicaid, learn how to save money on medical and nutritional supplies. Coffee and snacks provided.



### Brain Games

**Wednesday September 13 at 11am**

Put your mental powers to the test in this fun, interactive gathering hosted by the Board of Health.



### CPR Course

**Wednesday September 20 at 3pm**

Learn how to perform life-saving procedures in the event of an emergency.



### Celebrating 65

**Wednesday September 27 at 6pm**

Learn how to make sense of social security, simplify Medicare, and understand your healthcare options. Sponsored by Harvard Pilgrim Healthcare.



### Estate Planning

**Thursday September 28 at 10:30am**

Elder Law Attorney "Ted" Beasley will discuss how to protect your house and lifetime of savings from a prolonged nursing-home stay, how to avoid probate, and how to manage assets safely.

## MONTHLY EVENTS

### Birthday Party

**Thursday, September 7, 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, September 13, 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 *Britt-Marie was Here*, a novel by Fredrik Backman.

### Bach's Lunch

**Thursday, September 14, at 1:30pm (Bus leaves at 12:45)**

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

Free concert by Indian Hill Musicians featuring flute music inspired by nature, with piano accompaniment. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

### Council on Aging Board Meeting

**Tuesday, September 12, at 10am**

Visitors are welcome.

### Genealogy Club with Dwight Fitch

**Friday, September 8, at 10:30am**

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

### Bus Trip: Lowell National Park

**Friday, September 22 at 9:00 am**

**Cost: \$16 RSVP requested**

Learn about the role that Lowell played in the Industrial Revolution and textile industry. We will tour the Boots Cotton Mill, Mill Girl Boarding House, and visit the canals that helped the area flourish.

### Afternoon Tea

**Wednesday, September 27 at 4pm**

***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, September 11, 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.



## **Vision Clinic**

**Wednesday, September 13, 12pm-2pm**

## **Women's Conversation Group**

**Wednesdays, September 13 & 27, at 11am**

Join us to discuss rotating topics of well-being, aging, personal history, current events, and anything else the group desires. The group will create our own discussions of impact.



## **Well Adult Clinic**

**Wednesday, September 13, 12pm-2pm**

## **Reflexology, Manicures & Pedicures**

**Friday, September 1, 8 & 22, and  
Wednesday, September 13; By Appt.**

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

## **Massage**

**Tuesday, September 12 & 26;**

**Wednesday, September 6 & 20**

**Cost: \$20/20 min.**

Chair and table massages available.

## **Grief Support**

**Tuesday, September 19, at 1pm**

## **Hearing Clinic**

**Wednesday, September 20, 10am-12pm**

## **Dental Clinic**

**Tuesday, September 26 at 9am**

## **Caregiver's Roundtable**

**Wednesday, September 13, 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 while receiving the resources needed for support.**

## **Walking Club**

**Tuesdays at 9:30am**

Keep track of your steps, miles, or time and log it with Katie. The Walker with the most movement logged monthly will win a prize, in addition to a 4 month Grand Prize winner coming in at the end of the summer. **July's winner: Cheryl Simoneau!**

## **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**

## **Line Dancing**

**Fridays 10am-11am**

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



## **Fall Fling**

**Saturday, September 30, 9am-3pm**

Get to know us better! Join us for an open house featuring the range of programs offered at the senior center. Presentations will showcase the many talented seniors, programs, and resources that make our Senior Center great! Invite a friend and let them see what you've been talking about.

Artists needed for gallery exhibit. Please see Katie or Alice Struthers if you are interested in displaying work.

**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.**



## ARTS & CRAFTS (RSVP requested)



### Knitting Group

Mondays, at 1pm (Drop In)

### Watercolor Classes with Linda

Mondays, Wednesdays, & Thursdays at 10:30am and Tuesdays at 1:30pm

Cost: \$30

### Zentangle

Wednesday September 6, 13, 20 & 27 at 1pm  
Cost: \$20

Zentangle is the new exciting art that requires no artistic ability, is relaxing and fun, and allows you to create beautiful designs using fine-tip markers. Nancy will take you through each take-home project one step at a time. All materials will be supplied.

### Nuno Scarves

Tuesday, September 19 & 26 at 10am  
Cost: \$20

Use wet and dry felting techniques to create your own accessory.



**Bus Trip:**  
**Fabric Place**  
Friday,  
September 29, at  
9am

### Acrylic

Friday September 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. Each week we will create a different abstract or representational composition. 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, September 8, at 12:30

*Love & Friendship*, with Kate Beckinsale and Chloe Sevigny

Friday, September 22, at 12:30

*Eye in the Sky*, with Helen Mirren, Aaron Paul, and Alan Rickman



### Bridge

Mondays at 1pm

**Hand & Foot**  
Tuesday,  
September  
5 & 19,  
at 11am

### Trivia & Jeopardy

Tuesday, September 12 & 26, at 1pm

Let's exercise our minds, and have fun and socialize at the same time! Trivia helps to keep the mind sharp while enhancing cognitive functioning.

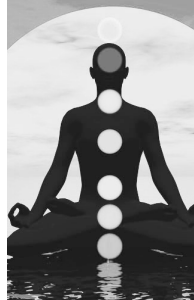


### Cribbage

Thursdays at 1pm &  
Wednesday, September 6 at 5pm

### Cribbage Tournament

Thursday, September 21, at 9:00am  
Cost: \$5 (to be divided for prizes)



### Galloping Gourmets

Tuesdays, September 5 & 19, at 11am

This group will visit a new or favorite lunch spot every other Tuesday. Meet here, carpool, and the only cost is your meal. Visit Il Forno (Littleton) on September 5, and The Bootlegger (Lunenburg) on September 19.

### Sports Parties

Wednesday, September 6 at 11am

(US Open)

Thursday, September 14 at 1:35pm

(Red Sox vs. Oakland)

Join fellow fans to view your favorite sports. Refreshments will be served. Please sign up so we know how much food we need!

### Deborah's Divine Divas

Tuesdays, September 5, 12, 19 & 26 at 11am

This popular meditation group led by Deborah Evans-Hogan will move to Tuesday mornings for the fall and winter. Get centered to relax, reduce anxiety, lower blood pressure, and improve sleep.



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.

## UP & COMING



### Flu Clinics

September 18 & October 25



### Davis Bates Halloween Stories

October 19

### Halloween

### Party & Trick-or-Treating

October 31



### Annual Christmas Fair and Festival of Trees

Saturday, December 2nd 10am-3pm

Interested crafters, please call Susan Clement at 978-386-7572 to reserve your table by Nov 1.

## CRIBBAGE TOURNAMENT SCORES

1st place: Jerry Copeland      2nd Place: Bonnie Olson  
High Hands: Jerry & Bonnie with 24

**L**isten! You'll hear the chorus every Monday morning in Meeting Hall B. As we enter our fourth year, we have grown to almost 20 vocalists (from our start-up six members). In May we took the show on the road to entertain our friends at Golden Living Assisted Living in Fitchburg, and we do 3-4 concerts per year.

We are also looking for instrumentalists. We have enjoyed solos and accompaniments of trumpet, violin and most recently ukulele. We understand some of you have not played since college or before. Get it out, dust it, polish, practice a bit and come on down and show us what you've got!

Three Don'ts: You don't have to know how to read music (helpful, but not required); you don't have to be 55 years or older to join and don't try the old "I can't sing" excuse. We know you can and you'll discover that before you know it.

Do: Do bring a sense of humor, do be on time and do keep your eyes on the director. Arrive 10:45, rehearsal begins 11 am SHARP! Questions? Contact Alice Struthers, 978-597-2057 or Jane Jackson, 978-597-8813.

**It's that time of year!** If you have a Medicare Prescription Drug Plan or Medicare Advantage Plan (HMO, PPO), you will receive information from your plan by the end of September. Please understand and save this information regarding changes to your plan for 2018! During Open Enrollment (Oct. 15-Dec 7), you may change your insurance plan for next year. SHINE counselors can help you during our scheduled day (??) or call 1-800-243-4636, then press 3. If you get the answering machine, leave a message and a counselor will call you back as soon as possible.

## 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 And Errands
- 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.**



# September Greetings

From the Friends of the Townsend Seniors

**Thursday, September 14TH Foxwoods Trip** The cost is \$30 and it's open to all adults. Sign-ups with Avis Roy-978-597-6829 or Senior Center, 978-597-1710.

**Tuesday, September 19th FRIENDS' ANNUAL MEETING** ~ 7:00 pm in the Meeting Hall. Celebrate the Friends' 17th Anniversary! Young pianist, Joey Grieve, will entertain with piano and familiar songs. There will be a brief business meeting with a review of the year and election of officers. Come one, come all.

**Saturday, September 23rd, FRIENDS' 4th Annual LUNCH ~ 12 Noon – 4 pm** at the VFW Pavillion in West Townsend. 2 MENU CHOICES: LOBSTERS & STEAMERS OR BBQ CHICKEN. The lunch is open to All Townsend Seniors and All Members of the Friends. Tickets (1 per person) are \$12 and must be purchased by Wednesday, September 20th. Tickets available at the Senior Center on Monday & Wednesdays from 10 till 12 noon, or call Donna Miller, at 978-597-2975.

**Saturday, September 30th FALL FLING OPEN HOUSE** at the Senior Center~9am-3pm The Friends will have Baked Goods and Membership Table. We need home-baked cookies, brownies, breads etc. Please bake your favorite recipe. For safe handling, please bring items in plastic baggies, 4 or 6 to a baggie!

**Save the Date ~ Saturday, October 21st ~ William E. May Endowment Award Dinner** when we honor Alice Struthers. Tickets at the Senior Center or Ruth Gibbs, 978- 597- 6837.

**Thank you to everyone for helping make the Friends' Food Court and Membership Table a great success.  
It was a perfect summer evening for the August 3rd Band Concert.**

## -----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.**



# SEPTEMBER 2017 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</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>4</b>  <b>CLOSED</b> <b>for</b> <b>Labor Day</b>	<b>5</b> 9:30 Walking Club 10:00 Stretch & Tone <b>11:00 Hand &amp; Foot</b> <b>11:00 Galloping Gourmets:</b> <b>Bootlegger</b> <b>11:00 Deborah's Divine Divas</b> 12:00 Lunch <b>1:30 Watercolor</b> <b>4:00 Friends' Meeting</b>	<b>6</b> 10:00 Chair Exercise <b>10:30 Watercolor</b> <b>11:00 US Open</b> 12:00 Lunch 12:30 Woodcarving 1:00 Bingo <b>1:00 Zentangle</b> <b>5:00 Quilting</b> <b>6:00 Cribbage</b> <b>6:30 TOPS</b> <b>Massages by appt.</b>	<b>7</b> <b>9:00 Summer Yoga</b> 10:00 Stretch & Tone <b>10:30 Watercolor</b> 12:00 Homemade Lunch and Birthday Party <b>12:00 How to Talk to Your Dr.</b> 1:00 Cribbage	<b>8</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 10:30 Genealogy 11:00 Intermediate Line Dance <b>11:00 Women's Meditation</b> <b>12:00 Hairdresser</b> <b>12:30 Movie: Love &amp; Friendship</b> <b>1:00 Acrylic</b> <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>
<b>11</b> 10:00 Chair Exercise <b>10:30 Watercolor</b> <b>11:00 Chorus</b> 12:00 Lunch <b>12:00 Medicare Counseling</b> 12:30 Qi Gong 1:00 Healthy Living Group 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Bridge</b>	<b>12</b> 9:30 Walking Club 10:00 Stretch & Tone <b>10:00 COA Meeting</b> <b>11:00 Crafting for the Community</b> <b>11:00 Deborah's Divine Divas</b> 12:00 Lunch 1:00 Trivia & Jeopardy <b>1:30 Watercolor</b> <b>Massages by appt.</b>	<b>13</b> <b>9:30 CHARM Medical Coffee Hour</b> 10:00 Chair Exercise <b>10:30 Watercolor</b> <b>11:00 Brain Games</b> <b>11:00 Women's Conversation</b> 12:00 Lunch 12:00 Well Adult Clinic <b>12:00 Vision Clinic</b> 12:30 Woodcarving 1:00 Bingo <b>1:00 Book Club</b> <b>1:00 Zentangle</b> 2:30 Stamp Collecting <b>6:00 BINGO</b> <b>6:00 Caregiver's Roundtable</b> <b>6:30 TOPS</b> <b>Mani/Pedis/Reflexology by Appt.</b>	<b>14</b> <b>9:00 Summer Yoga</b> 10:00 Stretch & Tone <b>10:30 Watercolor</b> 12:00 Homemade Lunch <b>12:45 Bach's Lunch</b> 1:00 Cribbage <b>1:35 Red Sox vs. Oakland</b>  <b>Friends' Foxwoods Trip</b>	<b>15</b> 9:00 Quazy Quilters 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance <b>11:00 Women's Meditation</b> <b>1:00 Acrylic</b>
<b>18</b> <b>9:00 Flu Clinic</b> 10:00 Chair Exercise <b>10:30 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>19</b> 9:30 Walking Club 10:00 Stretch & Tone <b>10:00 Nuno Scarves</b> <b>11:00 Hand &amp; Foot</b> <b>11:00 Galloping Gourmets:</b> <b>Il Forno (Littleton)</b> <b>11:00 Deborah's Divine Divas</b> 12:00 Lunch 1:00 Grief Support <b>1:30 Watercolor</b>  <b>Friends' Annual Meeting</b>	<b>20</b> <b>9:30 Massage</b> 10:00 Chair Exercise 10:00 Hearing Clinic <b>10:30 Watercolor</b> 12:00 Lunch 12:30 Woodcarving 1:00 Bingo <b>1:00 Zentangle</b> <b>3:00 CPR Course</b> <b>6:00 Rummikub</b> <b>6:30 TOPS</b> <b>Massages by appt.</b>	<b>21</b> <b>9:00 Cribbage Tournament</b> 10:00 Stretch & Tone <b>10:30 Watercolor</b> <b>12:00 Homemade Lunch</b> <b>1:00 Yoga</b>	<b>22</b> 9:00 Quazy Quilters <b>9:00 Bus Trip: Lowell National Park</b> 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance <b>11:00 Women's Meditation</b> <b>12:30 Movie: Eye in the Sky</b> <b>1:00 Acrylic</b> <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>
<b>25</b> 10:00 Chair Exercise <b>10:30 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>26</b> <b>9:00 Dental Clinic</b> 9:30 Walking Club 10:00 Stretch & Tone <b>10:00 Nuno Scarves</b> <b>11:00 Deborah's Divine Divas</b> 12:00 Lunch 1:00 Trivia & Jeopardy <b>1:30 Watercolor</b> <b>Massages by appt.</b>	<b>27</b> 10:00 Chair Exercise <b>10:30 Watercolor</b> <b>11:00 Women's Conversation</b> 12:00 Lunch 12:30 Woodcarving 1:00 Bingo <b>1:00 Zentangle</b> <b>2:30 Stamp Collecting</b> <b>4:00 Tea Party</b> <b>6:00 Batik: Pillow</b> <b>6:00 Scrabble</b> <b>6:00 Celebrating 65</b> <b>6:30 TOPS</b>	<b>28</b> 10:00 Stretch & Tone <b>10:30 Watercolor</b> <b>10:30 Estate Planning</b> <b>12:00 Lunch by Manor Hill</b> 1:00 Cribbage <b>1:00 Yoga</b>	<b>29</b> <b>9:00 Quazy Quilter's Trip: Fabric Place (Natick)</b> 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance <b>11:00 Women's Meditation</b> <b>1:00 Acrylic</b>  <b>9/30 Fall Fling</b>