

# Silver Threads

TOWNSEND SENIOR CENTER

## ***From the Desk of the Director***

Don't let the small stuff cost your family a family. This is a subject that cannot be stressed enough!

One of the most difficult conversations for any family is end-of-life planning. How often have I heard, "We just thought we would do it later." It's never too early to get your affairs in order and the more "affairs" you have, the more you need to get them in order. Unless, of course, you want your family to be at odds with each other.

Even the simplest of inheritances needs to be spelled out in detail and followed to the letter. Otherwise, let Pandora's Box open! Leaving your family to cope with their grief while figuring out your finances, real estate and belongings on top of it all without well written and easily followed instructions is not only difficult for them, it is the most selfish and disrespectful thing you can do to them.

Please, please, please make the investment of time and money, if needed, to make sure those you love don't come to odds at one of the most difficult times in their lives. If you'd like some guidance on where to start, just give us a call.

In the meantime, look through the newsletter! As you will see, 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*



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

16 Dudley Road, Townsend 01469

978.597.1710

## SPECIAL EVENTS (RSVP requested)



**Tai Chi End of Class Party**  
**Thursday, September 6 at 2pm**  
Celebrate the time spent with community enjoying the relaxing exercise.



**Bus Trip: Brimfield Fair**  
**Friday, September 7 at 9:30am**  
**Cost: \$5**  
Take a trip to America's oldest outdoor antique flea market and come home with found treasure.



**A Matter of Balance**  
**Tuesday, September 11, 18, & 25 at 1pm**  
**Cost: \$5**  
This 8 week class is designed to reduce fear of falling, improve balance and increase activity level.



**Shingles Talk**  
**Wednesday, September 12, 11am**  
Learn the symptoms and treatment options for this debilitating virus.



**Hospice 101**  
**Wednesday, September 12, 6:30pm**  
Presented by Fitchburg Healthcare, learn methods of managing caring for a loved one.



**Diabetes Wellness Group**  
**Monday, September 17 at 1pm**  
This new group will have monthly gatherings providing information about how to manage care for those with diabetes.



**Movie Night**  
**Wednesday, September 19 at 4pm**  
**Cost: \$10.50 (bus+movie ticket)**  
Get some friends together and have a cinema night at O'Neil's in Littleton. Movie to be determined.



**Travel Talk**  
**Thursday, September 20 at 12:30pm**  
Collette Tours will answer your question about upcoming tours and help plan your next vacatio.



**Community Partner Spotlight: GVNA**  
**Thursday, September 27 at 12pm**  
Come learn about the services offered by the community based organization



**Turkey Train**  
**Thursday, September 28 at 10am**  
Take in the fall scenery with a train ride around Lake Winnepesaukee, accompanied by a full turkey dinner catered by Hart's Turkey Farm .

## MONTHLY EVENTS

### Birthday Party

**Thursday, September 6, 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, September 12, 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 *Life After Life*, by Kate Atkinson.

### Bach's Lunch

**Thursday, September 20 at 12:45pm**  
**Cost: \$3.50 (bus transportation)**  
Free concert by Indian Hill Musicians featuring Sounds of America, with violin and piano. Complimentary coffee, tea, and cookies served, or bring your own lunch to enjoy.

### Council on Aging Board Meeting

**Tuesday, September 18 at 10am**  
Visitors are welcome.

### Genealogy Club with Dwight Fitch

**Friday, September 14, 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, September 12 at 7pm**  
**Cost: \$13 (ticket + 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.

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





# Community Happenings

## SENIOR SPOTLIGHT



### Double Duty Plus Chickens by Alice Struthers

As visitors enter Townsend's Senior Center, they might catch a glimpse of Donna Fenton's cheery smile as she sits at her desk in a little niche behind the check-in desk. Another time they might see her directing food preparation in the Meeting Hall kitchen. She does two jobs and makes it look easy: Volunteer Coordinator/Kitchen Manager.

Born in Woburn, (where she was delivered by her own father – in a snowstorm), she grew up in a family that owned and showed horses. Horse shows introduced them to Townsend, and they came here to live. "The horses have all gone now," she said, "I've moved on to chickens."

A 4H project her daughter did years ago has blossomed into a hobby for Donna that takes her and a car full of chickens to six to eight shows a year all over New England. The big, black Austrolop variety is her speciality, she said. In her capacity as Volunteer Coordinator for the Center, she recruits and schedules between 60 and 70 people. They are the greeters, drivers, and program teachers that serve there. Down the hall, as Kitchen Manager, she oversees lunch preparation and service, and Meals On Wheels delivery. Three times a month she prepares her own special home-cooked meal, always a popular and delicious treat.

# Around Town



structure that sits on the lawn bearing the number eight. It's doubtful that they will ever know what it means.

Townsend residents may not know either. Those who have passed this star for years probably assume it is a memorial to some long gone war dead. And they would be right. It was World War 1, the so-called "war to end all wars," that claimed eight lives from the town. Who were they? A picture in Townsend's photo book shows the star being dedicated by the Townsend Grange on Memorial Day in 1924.

Thousands of cars come and go along Townsend's Main Street every day. If the gaze of the drivers or their passengers skims over the stately Town Hall in all its Victorian splendor, they might catch a quick glimpse of a large gold star

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

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



# SEPTEMBER EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  Closed for Labor Day	<b>4</b> <b>9:00 Woodburning</b> <b>9:30 Walking Club</b> 10:00 Stretch & Tone 1:00 Trivia & Jeopardy 1:30 Watercolor	<b>5</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Breaded Chicken 12:30 Woodcarving 1:00 Bingo <b>5:00 Evening Quilting</b> <b>6:30 TOPS</b> <b>7:00 Friends' Meeting</b>  <b>Messages by appt.</b>	<b>6</b> <b>9:30 Walking Club</b> 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch & Birthday Party: Chicken Broccoli Alfredo 1:00 Cribbage <b>2:00 Tai Chi Party</b>	<b>7</b> 9:00 Quazy Quilters <b>9:30 Bus Trip: Brimfield Fair</b> 10:00 Chair Exercise 10:00 Line Dancing 11:00 Intermediate Line Dance 12:00 Lunch: Soup/Salad Bar <b>1:00 Mahjong</b>  <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>
<b>10</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: Beef Bolognese 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Healthy Living</b> Group <b>1:00 Ping Pong</b>	<b>11</b> <b>9:00 Dental Clinic</b> <b>9:00 Woodburning:</b> <b>Special Feature</b> <b>9:30 Walking Club</b> 10:00 Stretch & Tone <b>11:00 Hand &amp; Foot</b> <b>1:00 Fall Flower Arranging</b> <b>1:00 A Matter of Balance</b> 1:30 Watercolor  <b>Messages by appt.</b>	<b>12</b> 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation <b>11:00 Shingles Talk</b> 12:00 Well Adult Clinic 12:00 Lunch: Chef Salad 12:30 Woodcarving 1:00 Book Club 1:00 Bingo <b>5:00 Pickleball</b> <b>6:00 Bus Trip:</b> <b>Sunset Drum Circle</b> <b>6:00 Bingo</b> <b>6:30 TOPS</b> <b>6:00 Caregiver's Roundtable:</b> <b>Hospice 101</b>	<b>13</b> <b>9:30 Walking Club</b> 10:00 Stretch & Tone 10:30 Watercolor <b>12:00 Lunch: Artisan Pizza</b> 1:00 Cribbage  <b>Friends' Foxwoods Trip</b>	<b>14</b> 9:00 Quazy Quilters <b>9:00 Men's Poker</b> 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 <b>12:30 Movie: Finding Your Feet</b> <b>1:00 Mahjong</b>  <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>
<b>17</b> 10:00 Chair Exercise 10:30 Watercolor 12:00 Lunch: <b>12:00 Medicare Counseling</b> 12:00 Lunch: Grilled Chicken	<b>18</b> <b>9:00 Woodburning</b> <b>9:30 Walking Club</b> 10:00 Stretch & Tone <b>10:00 COA Meeting</b> <b>10:00 Crafting for the</b>	<b>19</b> 10:00 Chair Exercise 10:00 Hearing Clinic 10:30 Watercolor 12:00 Lunch: Meatballs in Marinara	<b>20</b> <b>9:00 Cribbage Tournament</b> <b>9:30 Walking Club</b> 10:00 Stretch & Tone 10:30 Watercolor 12:00 Lunch: Meatloaf	<b>21</b> 9:00 Quazy Quilters 10:00 Chair Exercise 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar <b>12:00 Hairdresser</b>

12:45 Qi Gong <b>1:00 Diabetes Wellness Support</b> 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>3:30 Volunteer Training Tea</b>	<b>Community</b> <b>10:00 Kumi &amp; Snap On Necklaces</b> 1:00 Trivia & Jeopardy <b>1:00 Grief Support</b> <b>1:00 A Matter of Balance</b> 1:30 Watercolor  <b>7:00 Friends' Annual Meeting</b>	12:30 Woodcarving <b>4:00 Movie Night</b> <b>5:00 Evening Quilting</b> <b>6:30 TOPS</b>  <b>Massages by appt.</b>	<b>12:30 Travel Talk</b> <b>12:45 Bach's Lunch</b> <b>1:00 Weaving</b>	<b>1:00 Mahjong</b>
<b>24</b> 10:00 Chair Exercise 10:30 Watercolor <b>11:00 Chorus</b> 12:00 Lunch: BBQ Beef Patty 12:45 Qi Gong 1:00 Rummikub 1:00 League Wii Bowling 1:00 Knitting Group <b>1:00 Ping Pong</b>	<b>25</b> <b>9:00 Woodburning</b> <b>9:30 Walking Club</b> 10:00 Stretch & Tone <b>11:00 Hand &amp; Foot</b> <b>12:15 Wine Charm Class</b> <b>1:00 A Matter of Balance</b> 1:30 Watercolor  <b>Massages by appt.</b>	<b>26</b> 10:00 Chair Exercise 10:30 Watercolor 11:00 Women's Conversation 12:00 Lunch: Roast Pork 12:30 Woodcarving 1:00 Bingo <b>4:00 Afternoon Tea</b> <b>5:15 Water Aerobics</b> <b>6:30 TOPS</b>	<b>27</b> 9:30 Walking Club 10:00 Stretch & Tone <b>10:00 Breakfast Buffet</b> 10:30 Watercolor 12:00 Lunch: Donna's Choice <b>12:00 GVNA Talk</b> 1:00 Cribbage	<b>28</b> 9:00 Quazy Quilters <b>10:00 Turkey Train</b> 10:00 Chair Exercise 10:00 Scrabble 10:00 Line Dancing 11:00 Intermediate Line Dance 11:00 Women's Meditation 12:00 Lunch: Soup/Salad Bar <b>12:30 Movie: <i>Mamma Mia!</i></b> <b>Meditation returned?</b>  <b>Manicures/Pedicures</b> <b>Reflexology by Appt.</b>

Many thanks to Gables of Fitchburg and Stewart's Florist for sponsoring our monthly birthday lunches.



## ARTS & CRAFTS (RSVP requested)



### Knitting Group

Mondays & Wednesdays, at 1pm (Drop In)



### Watercolor Classes with Linda

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

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



### Fall Flower Arranging

Tuesday, September 11 at 1pm

Cost: \$20

Create your own handcrafted decor to welcome in the new season.



### Kumi & Snap On Jewelry

Tuesday, September 18 at 10am

Cost: \$5

### Weaving I: Basket Weaving

Thursday, September 20 at 1pm

Cost: \$7

This class will be the last of 4, using weaving techniques in different ways. Sponsored by River Court.



### Crafting for the Community

Tuesday, September 18 at 10am

### Wine Charm Class

Tuesday, September 25 at 12:15pm

Cost: \$12

Perfect for holiday parties or make as gifts!



### Wood Burning: Open Project Time

Tuesdays at 9am (Drop In)

No experience needed, some materials provided. **Tuesday, September 11** will feature an instructional video detailing multiple methods for transferring your designs onto wood with opportunity to try.



### 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, September 14, at 12:30pm

*Finding Your Feet*, with Imelda Staunton, Celia Imrie, and Timothy Spall

Friday, September 28, at 12:30pm

*Mamma Mia!*, with Meryl Streep, Pierce Brosnan, and Amanda Seyfried



### Rummikub

Mondays at 1pm



### Trivia & Jeopardy

Tuesday, September 4 & 18, 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, September 20 at 9am

**Hand & Foot**  
Tuesday,  
September 11 & 25  
at 11am



### Water Aerobics

Wednesday, 26 at 6pm

Cost: \$19

Take part in a low impact energizing exercise class that can help improve flexibility, strength, and mental well-being.



### Mahjong

Friday, September 7, 14 & 21 at 1pm

### Ping Pong

Monday, September 10 & 24

### Men's Poker

Friday, September 14 at 9am

### Pickleball

Wednesday, September 12 at 5pm

Bring your friends and learn a fun and easy sport.



### Afternoon Tea

Wednesday, August 26 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** Returning September 14 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.



**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, August 6, 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, September 7, 14 & 28, by Appt.  
Cost: Reflexology (\$25/half hr.); Manicure (\$15); Pedicure (\$22)



**Massage**  
Tuesday, September 11 & 25, and  
Wednesday, September 5 & 19; By Appt.  
Cost: \$20/20 min; \$45/50 min  
Chair and table massages available.

**Women's Conversation Group**  
Wednesday, September 12 & 26 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, September 12 at 12pm  
BP screening, glucose check, general health and first aid.

**Dental Clinic**  
Tuesday, September 9 at 9am  
Keep your pearly whites glowing with a checkup.

**Grief Support**  
Tuesday, September 18 at 1pm  
Sponsored by Nashoba Nursing & Hospice

**Hearing Clinic**  
Wednesday, September 19 at 10am

**Caregiver's Roundtable: Hospice 101**  
Wednesday, September 12 at 6pm  
This month's discussion will feature local hospices to answer questions about end of life care, provided by Fitchburg Healthcare. Free on-site caregiving available for loved ones.

## 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

**Water Aerobics: Westford Regency**  
Wednesday, September 26 at 5:15pm  
Cost: \$19

**Line Dancing**  
Fridays 10am-11am (No class August 17)  
Cost: \$3/class. Advanced class continues until 11:30. \$5 for both classes.

## UP & COMING

**Yoga (Returns!)**  
October 4th

**Make An Emergency Plan**  
October 11th

**Flu Clinic**  
October 11th

**Fall Harvest Dance**  
October 20th

**When & How to Spend Your Nest Egg**  
October 17th

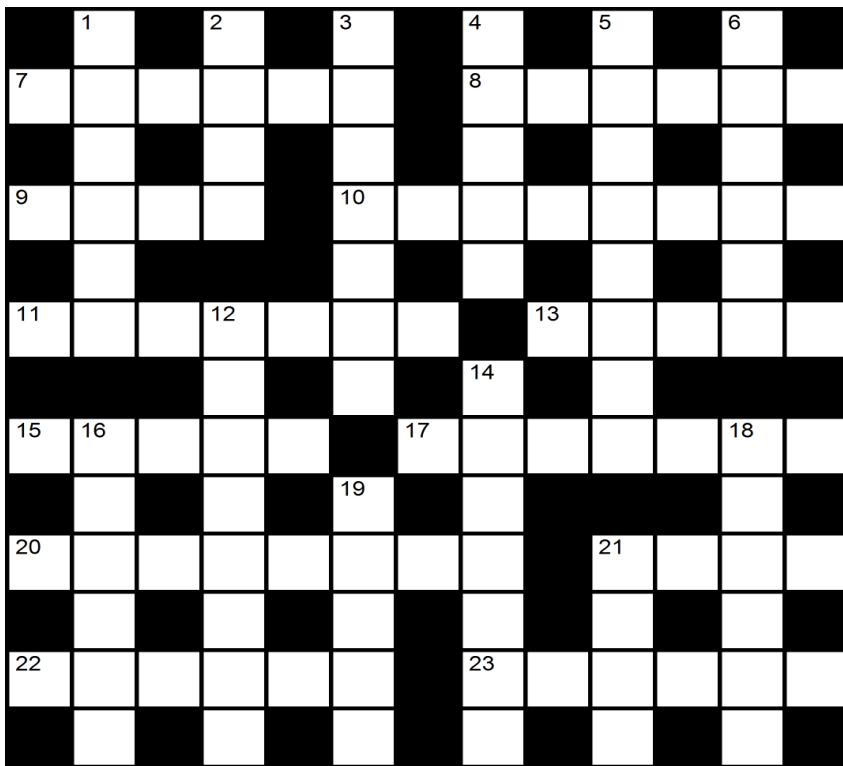
**Intergenerational Crafting**  
October 18th

**Yoga for Healthy Joints**  
October 25th

**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.*



Try and solve our Quick Crossword Puzzle in 10 minutes!



## Brain Teaser

I can travel from there to here by disappearing, and here to there by reappearing. What am I?

### Down

- |                  |                    |
|------------------|--------------------|
| 1 Castle         | 14 People          |
| 2 Glazier's item | 16 Flowering shrub |
| 3 Counsellor     | 18 Horse chestnut  |
| 4 Overhangs      | 19 Feelings        |
| 5 Prudent        | 21 Slight          |
| 6 Courage        |                    |
| 12 Pharmacies    |                    |

### Across

- |                             |                 |
|-----------------------------|-----------------|
| 7 Hoax                      | 20 Many kinsmen |
| 8 Come to                   | 21 Done for     |
| 9 Cover, in a way           | 22 Boil         |
| 10 Uniqueness               | 23 Fix          |
| 11 Tutor                    |                 |
| 13 Pugilist                 |                 |
| 15 Satiated                 |                 |
| 17 Nauseous from travelling |                 |



## ROADRUNNER BUS SCHEDULE (Please call in your reservation 48 hours in advance)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Townsend:</b> Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/ Barber Errands	<b>Fitchburg, Leominster and Lunenburg:</b> Medical Trips Shopping/Errands (If possible)	<b>Townsend:</b> Pharmacies Banks Harbor Mall Doctors/Dentists Hairdressers/Barber Errands <b>Now available for shopping and evening activities at the Senior Center!</b>	<b>Groton, Pepperell, and Ayer:</b> Medical Trips Shopping/Errands (If possible)	<b>Fitchburg and Lunenburg:</b> 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)**

*Townsend Senior Center*  
16 Dudley Road  
Townsend, MA 01469

**Return Service Requested**

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



## **Friends of the Townsend Seniors**

**Helping to Make the Townsend Senior Center the Place You Want to Be.**

### **You're Invited!**

**18th Annual Meeting • Tuesday, September 18 • 7 pm • Townsend Meeting Hall**

**Who we are ...** The Friends is a non-profit 501-3c organization 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.

**What we do ...** We are committed to supporting the Townsend Senior Center by contributing volunteer hours, activities and resources to maintain the excellence of the Townsend Senior Center. We fundraise to expand and enhance programming, education, arts and entertainment, travel opportunities, technology and furnishings.

**What we ask of you ...** As if you haven't figured this out. We need you! Yes, this is a recruitment campaign. There is a lot of work to do and a lot more we'd like to do. We're looking for new fundraising ideas and fundraising energy. We're exploring one or two annual events that generate a larger income. Yard sales, bake sales, and band concerts are simply not enough income for the amount of energy output for our diminishing band of volunteers. Will you help?

### **Coming Events:**

**September 5: Friends monthly meeting**, 7pm, Senior Center. Newcomers cordially invited.

**13: Foxwoods.** Pre-registration and pre-pay (\$30) required. Ruth Gibbs 978-597-6837.

**18: Friends Annual Meeting.** Year-end review, preview of coming events, financial report, election of officers. Guest speaker, Rep. Sheila Harrington.

**October 20: Wm E May Endowment Dinner.** Honoring Betty Mae Tenney - extraordinary service in extraordinary ways. Signup for courtesy tickets at the Senior Center. To purchase tickets, contact Ruth at 978-660-5042.