

Silver Threads

TOWNSEND SENIOR CENTER

Vol 8 No 8, February 2022

From the Desk of the Director -

I will start by reiterating, as I do most Februarys, that I am not a firm believer of what I call Hallmark Holidays. But this year I have a new perspective on Valentine's Day. I'm catching many lyrics from songs: "I'm a lucky man to count on two hands the ones I love"; and poems: "'tis better to have loved and lost than never to have loved at all." As much as it hurts to have lost love, I'm so glad to have experienced it and will always be grateful.

But more significant this year is the caring I have for those around me, whether they be my family, friends, fellow staff members, or patrons.

The last couple of years have been extremely challenging on many levels for all of us. Don't make lightly of it. Some people you know may have experienced more difficulties than you have, but whatever your personal experiences have been since February 2020, they are yours and deserve to be processed and acknowledged. You might even find solace by checking out some of our programs. They may help you process. Try yoga, get a massage, or simply come in and visit with friends. Pamper yourself. Play a game. Learn a new craft. (Pending COVID restrictions, of course.)

'Tis better to responsibly have as many programs and services as we can than not to have any at all.

Life is short. Open your hearts and love one another.

Karin



My Life - The Beatles

There are places I'll remember
All my life though some have changed
Some forever, not for better
Some have gone and some remain
All these places have their moments
With lovers and friends I still can recall
Some are dead and some are living
In my life I've loved them all
But of all these friends and lovers
There is no one compares with you
And these memories lose their meaning
When I think of love as something new
Though I know I'll never lose affection
For people and things that went before
I know I'll often stop and think about them
In my life I love you more
Though I know I'll never lose affection
For people and things that went before
I know I'll often stop and think about them
In my life I love you more
In my life I love you more

Karin Canfield Moore, Director
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Program Coordinator
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator

Townsend Senior Center Hours
Monday-Friday: 9am-3pm
Wednesday: 9am-8pm
16 Dudley Road, Townsend, MA 01469
978-597-1710

<https://www.townsendma.gov/senior-center-council-aging>



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SUPPORT OUR ADVERTISERS!



Lunch

RESERVATIONS REQUIRED

48 hours in advance

Suggested \$3.00 donation

Onsite lunches

Please observe mask protocol as requested

Tuesdays: Soup & Salad Bar

Thursdays: Donna's Diner

February 3: Ham Dinner

February 10: Beef Stir fry

February 17: Turkey Dinner

February 24: **No Lunch**

Meals on Wheels Provided by MOC

Call: 978-345-8501 Ext. 2 to register

Hot meal includes:

Entree, Bread, Fruit, Milk

Meals Delivered Monday & Wednesday
each week between 11am –12:30pm.

Someone must be home to receive the meal.

**Many thanks to the organizations that have
been so supportive of the Senior Center :**

Community Foundation of North Central
Massachusetts

Greater Lowell Community Foundation
Hannaford of Townsend

Friends of the Townsend Seniors
Rivercourt Residences

Townsend Ecumenical Outreach (TEO)
Townsend VFW

The Senior Center could use:

Facial tissues

Disinfectant wipes

Paper towel

Thank you!

***Do you enjoy our programs
and activities?***

**Join the Council on Aging to help keep a
good thing going!**

AARP TAX ASSISTANCE

Will be available weekly on Tuesdays

February 1st through April 5th

Appointments available between

9 am and 2 pm

**You must call 978-597-1710
to register and arrange to get the
paperwork required
prior to your appointment**

**We feel this is a very important and
valuable service to our community!**

You may be asked to
wait to meet with a representative,
discuss your tax options
and then wait in a different room while they
prepare your return.

**We will do our best
to accommodate all appointments.**

Technology Help

Do you have a new phone or tablet
and need help learning to use it?

Learn to use popular programs including Zoom, Paypal,
Gmail, Facebook, etc.

Call 978-597-1710 to make an appointment.

No charge.

Important Phone Numbers

Community Services:

Elder Abuse Hotline:
(800) 922-2275

Executive Office of Elder Affairs:
(617) 727-7750

Fuel Assistance:
(978) 342-4520

Montachusett Home Care:
(978) 537-7411

Nashoba Nursing Service:
(978) 425-6675

Townsend Ecumenical Outreach (Food Pantry)
(978) 597-2209

SHINE Medicare Counseling
508-422-9931

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

Fitness and Exercise

Hybrid Yoga with Carin

(Chair and floor options)

Mondays at 11:30am and Wednesdays at 3:30pm
\$5 per class

Learn to Tap Dance

Mondays at 1pm; \$5 per class

You can't help but feel joyful learning this dance style! Tap shoes helpful but not required; we can loan some.

Osteo Movement with Carin

Mondays and Thursdays at 2pm. \$5 per class

January 3rd thru February 24th

Put on your sneakers for a class specifically designed to help those with the Osteos (and others as well!) You must be able to commit to 2 days a week for 8 weeks!

Senior Fitness with Stephanie

Thursdays at 9:15am (live instructor) \$5 per class

Mondays 9:30am via [Zoom](#)

\$40 for a pack of 6 classes

Chair Exercise

Mondays, Wednesdays and Fridays at 10am

Also, Mondays, Wednesdays and Fridays at 10am on Cable Channel 9

Walking Club

Tuesdays and Thursdays at 9:30am.

Inside and outside options, weather depending.

Line Dancing

Tuesdays at 1:30pm \$5 per class

Skills with Carin

Fridays at 12:30pm \$5 per class

Covers coordination, balance, dexterity etc.

For Your Health *RSVP required for ALL programs*



Medicare Counseling

Wednesday February 9th by appointment
SHINE-certified assistance enrolling in Medicare, choosing a plan, etc.
Be sure you have a current Medicare Advantage Plan!



TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm
Reach your weight-loss goals by providing you with the tools, information, support, and accountability you need to be successful.



Massage with Morningstar:

Tuesdays and Thursdays by appointment.
\$45/50mins.



Women's Meditation

Fridays at 11am



Hearing Clinic

Wednesday February 16th by appointment.

Diabetes Support

Thursday, February 17th at 11am

Come in for some treats and information on how to manage your diabetes with confidence.

Wellness Clinic

Wednesday, February 9th from 12-2pm

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

Dementia Nurse Consultation

Thursday, February 17th by appointment.

Bernadette Oinonen, MS, RN served the senior population for over 35 years. With her experience supporting and educating family caregivers of clients with dementia all parties benefit from having a roadmap to negotiate the challenging journey they may travel.

Stages

Thursdays at 2pm

Join others who are coping with life after loss

Healthy Living Group

Thursday, February 3rd at 1pm

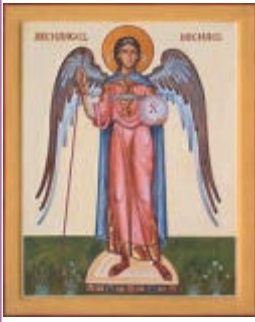
Time to put those resolutions to work for you!

HOUSING REHAB ASSISTANCE:

The Town of Townsend has funds available for housing rehab through the Community Development Block Grant. Funds are available for those who are income eligible and may be used for heating systems, windows, septic, paint, etc. To schedule an appointment email dhansen@cogincorp.com or call Jodie Deschenes at 978-597-1700 x 1706.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Tax Assistance 9:30 Walking Club 10:00 Trivia 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	2 9:30 Wood Carving 10:00 Chair Exercise 1:00 Bingo 2:00 Watercolor 3:30 Quazy Quilters 3:30 Hybrid Yoga 3:30 Intermediate Needlefelting 6:00 Friends 6:30 TOPS	3 9:15 Senior Fitness 9:30 Walking Club 10:00 Watercolor 12:00 Donna's Diner 1:00 Cribbage 2:00 Stages 2:00 OsteoMovement *Massage by appt	4 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 12:30 Skills Class
	7 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	8 9:00 Tax Assistance 9:30 Walking Club 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	9 9:30 Wood Carving 10:00 Chair Exercise 12:00 Wellness 1:00 Bingo 2:00 Watercolor 3:30 Hybrid Yoga 6:30 TOPS Medicare Counseling	10 9:15 Senior Fitness 9:30 Walking Club 10:00 Watercolor 12:00 Donna's Diner 1:00 Cribbage 1:00 Tech Help 2:00 Stages 2:00 OsteoMovement *Massage by appt
14 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 12:30 Weaving Class 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	15 9:00 Tax Assistance 9:30 Walking Club 10:00 COA meeting 10:00 Trivia 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	16 9:30 Wood Carving 10:00 Chair Exercise 10:00 Hearing Clinic 1:00 Bingo 2:00 Watercolor 3:30 Quazy Quilters 3:30 Hybrid Yoga 6:30 TOPS	17 9:00 Cribbage Tourney 9:15 Senior Fitness 9:30 Walking Club 10:00 Dementia Nurse 10:00 Watercolor 11:00 Diabetes Support 12:00 Donna's Diner 2:00 Stages 2:00 OsteoMovement *Massage by appt	18 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 12:30 Skills Class
21 CLOSED FOR PRESIDENT'S DAY	22 9:00 Tax Assistance 9:30 Walking Club 11:00 Women's Conversation 11:00 Mexican Train 12:00 Soup & Salad 1:30 Line Dancing *Massage by appt	23 9:30 Wood Carving 10:00 Chair Exercise 1:00 Bingo 1:00 Book Club 2:00 Watercolor 2:00 Valentine's Tea 3:30 Hybrid Yoga 3:30 Intermediate Needlefelting 6:30 TOPS	24 9:15 Senior Fitness 9:30 Walking Club 10:00 Watercolor 1:00 Cribbage 1:00 Tech Help 2:00 Stages 2:00 OsteoMovement *Massage by appt	25 10:00 Weaving 10:00 Chair Exercise 11:00 Scrabble 11:00 Women's Meditation 12:00 Quazy Quilters 12:30 Skills Class 1:00 Movie Matinee "Skyfall"
28 9:30 Senior Fitness 10:00 Chair Exercise 10:30 Chorus 11:30 Hybrid Yoga 12:00 Knitting 12:30 Weaving Class	1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement	<h1>February</h1> <p>Key: Zoom</p>		

Special Events RSVP required for ALL programs



Museum of Russian Icons; Friday, February 11th.
\$15 includes transportation, admission and a tour!
(lunch at a restaurant not included)

Enjoy their fifteenth anniversary exhibition *Icons for our Time: Orthodox Art from Around the World*. The museum inspires the appreciation and study of Russian culture by collecting and exhibiting icons and related objects, igniting the interest of many.

Coming in March:

**ERMA BOMBECK
AT WIT'S END**
BY ALLISON ENGEL AND MARGARET ENGEL

Rescheduled to:

Sunday, March 6th at 2pm \$20
includes transportation and snack.

Funniest. Mom. Ever. A celebration of humorist Erma Bombeck, *At Wit's End* rejoices in the life of a woman considered to be one of America's favorite moms, who championed the everyday lives of housewives with a daring truth few of her generation were willing to tell.



Grand Re-opening March 26th! Save the date. More details in the March newsletter.



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For Fun *RSVP required for ALL programs*



Chorus
Mondays at 10:30am



Women's Conversation
Second & Fourth Tuesdays
February 8 & 22 at 11am



Mexican Train
Dominoes
Tuesdays at 11am



Trivia
First & Third Tuesdays,
February 1 & 15 at 10am



Rummikub & Wii Bowling
Mondays at 1pm



Bingo
Wednesdays at 1pm.
Cost: \$5.00; limit 4 cards.



Cribbage
Thursdays at 1pm, except...
Tournament 1/20 at 9am
Book Club



Wednesday, February 23 at 1pm.
"Lovely War" by Julie Berry



Wood Carving
Wednesdays, 9:30am-noon
Experienced carvers and beginners alike.
Just drop on in!



Valentine's Tea
Wednesday, February 23 at 2pm
Take your afternoon tea in style, sipping tea from the Cozy Tea Cart. Please RSVP.



Genealogy with Dwight Fitch
Friday, February 11 at 10:30am
Trace your ancestry and find out where your family tree has roots. No need to sign up.



Movie Matinee
Friday, February 11 at 12:30pm
"Everafter"
with Drew Barrymore

Friday, February 25 at 12:30pm
"Skyfall" Bond. James Bond.

Friends of the Townsend Seniors - Become a Member Today!



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.

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

I am interested in volunteering for:

Program Development Fundraising Baking Recruiting volunteers. Other

Name: _____

Mailing Address: _____

Phone: _____

Email: _____

To learn more about the Friends - our mission, membership and reorganization plans contact:
friendsofthetownsendseniors@hotmail.com

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.*

Thinking of selling your home? We will have a special program on March 24th!

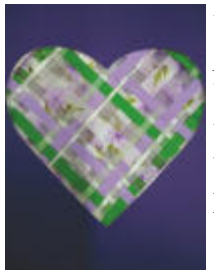
ARTS AND CRAFTS —sign up **REQUIRED**



Knotty Knitters
Mondays at noon Knit or crochet with other beginners or get help from those who've used circular needles awhile.



Watercolor with Sue!
Wednesdays at 2pm. Thursdays at 10
 \$30 per month for the class.
 Limit of 8 students per class.



Weaving Class: \$ based on supplies
Monday February 14; 12:30-2:30
 Weave with varying widths of ribbon to make a framed heart to hang in a window or on a wall. All materials provided - come make something lovely!



Warped Weavers Drop-In
Fridays February 4 & 11; 10am-noon
 This is a time to come in to finish a Monday project, learn to weave tapestry, or bring a project of your own.



Quazy Quilters
Tuesdays from 9am to 3pm
First and third Wednesdays at 3:30
 Work on your latest project, or use our supplies to create something new!



Rug Hooking Guild
Postponed until March
 This traditional style rug hooking guild has been meeting for many years under the guidance of Betty McClellent. We are not accepting new members at this time. Let a staff member know if you would be interested in joining in the future.



Intermediate Needlefelting
Wednesdays February 2 & 23 at 3:30pm
 \$15
 Finish your mermaid from last month or start a cat!

ROAD RUNNER BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE

Schedule all appointments by calling 978-597-1730.
ALL stops must be scheduled. Up to two stops are included in your fare.
For each additional stop, you will be charged 50 cents per stop.

Mask Mandate on public transportation remains in effect.
Mask must cover nose, mouth and chin.



	Monday	Tuesday	Wednesday	Thursday	Friday
Mornings 9:00am-12:00pm	Pepperell (Medical)	Leominster (Medical)	Townsend (Medical)	Groton, Ayer (Medical)	Lunenburg, Fitchburg (Medical)
Afternoons 1:00-3:00pm	Townsend (Errands)	Leominster (Errands)	Townsend (Errands)	Townsend (Errands)	Fitchburg (Errands)

Wednesdays
 3:00-8:00 PM
By Appointment

DESTINATIONS:

- **Medical:** Doctors, Dentists, Therapies, Lab work, etc. (Please schedule morning appointments with your physician/provider).

FARES (One Way):

- Within Townsend: \$1.25; Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

