

Westminster Council on Aging

April 2016 Newsletter



69 West Main Street, Westminster, MA 01473
978-874-7402



Breakfast is Being Served!

The Ryan Jones Heart of a Hero Foundation, Inc.

Will be sponsoring a breakfast buffet

April 7 at 9:30-11:00 am

Please note: This will be held at McNally's Restaurant.



Pizza Parties & Cookout!

Highland's is sponsoring the following lunch events -

April 21 ~ Pizza Party

May 19 ~ Pizza Party

July 15 ~ Cookout

All events held 11:30-1:00 pm.

Join in the fun!!



Attention Seniors!!

Come enjoy an afternoon of fun & games (such as cards, Trivial Pursuit, and Scrabble) with your friends!

**Dates: April 12 & 26*

May 10 & 24

**Time: 1:30-3:00 pm*

**Location: St. Edward the Confessor Church Hall*

**Refreshments will be served.*

**Questions? Please contact Cathy McDonald at 978-874-1793.*

Sponsored by St. Edward's Outreach.

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Meet the Staff

Council on Aging

Director

Sue Fisher

Administrative Assistants

Michelle Johnson

Pat Streeter

Kathy Lawrence

COA Van Drivers

Dan Novak

Bruce Hill

Kim Schultz

Gerry Thibeault

Meals on Wheels Driver

Jayne Perior



~ April 18 ~
The Boston Marathon & Patriot's Day



UPCOMING EVENTS

- ✓ Detective Ralph LeBlanc of the Westminster Police Department will be available on April 1, 12:00-1:00 pm to answer your questions or hear your concerns on scams and fraud.
- ✓ For anyone needing to make an appointment with Gail Noel, our SHINE Counselor, times are available April 4 and May 2, 12:30-3:30. Please call to make an appointment.
- ✓ The Westminster Council on Aging presents Tommy Rull, Singer/Entertainer, "A Musical Journey Through the Years". This will be held April 13, 12:00-1:00 pm.
- ✓ Heywood Wakefield Commons will be providing an assisted living educational presentation. This will be held at the Senior Center on April 15 at 12:30 pm.
- ✓ Line dancing will be held on Thursdays, 1:00-2:30 pm, through April 21. Come join the fun!
- ✓ Have your nails done at the Senior Center! Renee has been a licensed manicurist for 16 years and works at the Beauty Shop in Westminster. She is at the Senior Center on Tuesdays. Please sign up if interested.

INFORMATION

- ✓ The Council on Aging is looking for a new Board Member. If you are interested in joining the Council on Aging Team, please contact Sue Fisher at the Senior Center.
- ✓ Bingo *will* be held even if there is *no* school.
- ✓ Elder Hotline 888-243-5337. If you have any legal advice issues relating to the elderly, please call this number.
- ✓ SafeLink (TracFone) 800-723-3546. This program offers a free cell phone for seniors. If you need assistance, please let us know.



Activities



Monday

Tuesday

Wednesday

Thursday

Friday

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| | | <i>*Indicates Congregate Meal being served at Senior Center.</i> | | <i>*Mac & Cheese</i> 1 9-11:30 Art 11:30 Lunch 1-3 Bingo |
| <i>*Roasted Pork</i> 4 10-2 Pitch 11:30 Lunch 1-3 Bingo 12:30-3:30 SHINE by appt | 5 9-11:30 Art 12:30-3 Bridge 1-3 Mahjong Nails by appt | <i>*Ham & Cheese Bake</i> 6 9-11:30 Art 11:30 Lunch 1-3 Crafts | 7 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts 1:00-2:30 Line Dancing | <i>*Meatloaf</i> 8 9-11:30 Art 11:30 Lunch 1-3 Bingo |
| <i>*Chic. Kielbasa</i> 11 10-2 Pitch 11:30 Lunch 1-3 Bingo | 12 9-11:30 Art 12:30-3 Bridge 1-3 Mahjong 1:00 COA Board Mtg Nails by appt | <i>*Grilled Chic. Breast</i> 13 9-11:30 Art 11:30 Lunch 1-3 Crafts | 14 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts 1:00-2:30 Line Dancing | <i>*Pollock</i> 15 9-11:30 Art 11:30 Lunch 1-3 Bingo |
| 18 Closed Patriot's Day | 19 9-11:30 Art 12:30-3 Bridge 1-3 Mahjong Nails by appt | <i>*Roast Beef</i> 20 9-11:30 Art 11:30 Lunch 1-3 Crafts | 21 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts 1:00-2:30 Line Dancing | <i>*Swed. Meatballs</i> 22 9-11:30 Art 11:30 Lunch 1-3 Bingo |
| <i>*Salmon Filet</i> 25 10-2 Pitch 11:30 Lunch 1-3 Bingo | 26 9-11:30 Art 12:30-3 Bridge 1-3 Mahjong Nails by appt | <i>*Breaded Chic. Breast</i> 27 9-11:30 Art 11:30 Lunch 1-3 Crafts | 28 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts | <i>*Chic. Primavera</i> 29 9-11:30 Art 11:30 Lunch 1-3 Bingo |