

Westminster Council on Aging

April 2017 Newsletter



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



*Best wishes to all
Seniors celebrating
their birthday
in April!!*



Mission Statement: The Westminster Council on Aging mission is to identify the needs of the elderly in the community and provide appropriate programs and services to meet those needs. The Council offers health, fitness and nutrition programs, referral services, SHINE, and also transportation.

**** COUNCIL ON AGING STAFF ****

Director: Sue Fisher

Administrative Assistants: Michelle Johnson, Pat Streeter, & Kathy Lawrence

Van Drivers: Dan Novak, Bruce Hill, Gerry Thibeault, & Kim Schultz

Meals on Wheels Driver: Jayne Perior



The "First" Senior Center Breakfast Series in our new building! Friday, April 7 ~ 8:00 am

- ♦ Menu: Coffee, eggs, sausage, English muffins, & fruit
- ♦ Please be sure to sign up at the Senior Center
- ♦ Small donation fee of \$2.00 appreciated

"Music is Love" Variety Show ~ By Dawn Kelley & Dick Miller

* Live Music, Magic & Comedy *

Specializing in Great Old Songs from the 1930's through 1960's

Wednesday, May 17 ~ 11:00 am ~ Westminster Senior Center

Refreshments will be served



**COFFEE WITH THE
POLICE CHIEF
THURSDAY, APRIL 6
9:00 - 11:00 AM**



**Please join
Westminster Police Chief
Salvatore Albert
at the
Community/Senior Center
Refreshments will be served**

**COFFEE WITH THE
FIRE CHIEF
THURSDAY, APRIL 13
9:00 - 11:00 AM**



**Please join
Westminster Fire Chief
Kevin Nivala
at the
Community/Senior Center
Refreshments will be served**

**Please join
Westminster Police Officer
Jason Tamulen
at the
Community/Senior Center**

- ♦ Friday, April 14
- ♦ Friday, April 21
- ♦ Friday, April 28

12:15 pm

Officer Tamulen will be here to answer your questions and provide information on **SCAMS & FRAUD**. Come on down, introduce yourself, and learn how to protect yourself from these serious issues.



April 16 ~ Easter
April 17 ~ Patriot's Day



UPCOMING EVENTS

- ✓ **Coffee with the Chiefs!** Come join us on the first Thursday of every month for coffee & refreshments with Westminster Police Chief, Salvatore Albert. On the second Thursday of this month, join Westminster Fire Chief, Kevin Nivala. Please stop in to introduce yourself and have a good time! The Chiefs will be here from 9:00 - 11:00 am. This month's coffee will be held April 6 (Police) and April 13 (Fire).
- ✓ **First Congregational Church**, 138 Main Street, Westminster, will host a Swedish meatball supper on Saturday, April 8, 5:00 - 7:00 pm. Served family style, the menu includes meatballs with gravy, mashed potatoes, vegetables, bread, beverages, & homemade pies. Cost is \$10 per adult, \$5 children under 10.
- ✓ **H. Fred Gamarsh & Associates** will be here April 6, 10:00 am - 12:00 noon, to appraise your coins and stamps. Appraisal cost is \$5 per item. Bring in your treasures!
- ✓ **Tommy Rull**, Singer/Entertainer, will present "A Musical Journey Through the Years", on May 19, 10:15 - 11:15 am, at the Senior Center. Enjoy the music of Sinatra, Neil Diamond, Elvis, and more!
- ✓ "Taste & Toast to Your Health" will be presented at the Holden Senior Center, 1130 Main Street, Holden, on Wednesday, April 5, 9:00 am - 2:00 pm. Sponsored by the Worcester County Reserve Deputy Sheriff's Association. Join us for this FREE educational event for seniors. Complimentary *Taste of Italy* luncheon provided by Napoli Deli included.
- ✓ **Scott Simundza** of Senior Medicare Patrol (SMP) will be here April 14, 11:30 am - 12:30 pm, to answer your Medicare questions.
- ✓ For anyone needing to make an appointment with Gail Noel, our SHINE (Serving the Health Insurance Needs of Everyone) Counselor, please call the Senior Center. Appointments are available April 12, 19, & 26 and May 3 on the hour, 9:00 am - 2:00 pm.
- ✓ Free blood pressure clinics are held the first and third Fridays of every month. This month's clinics will be held April 7 and 21, 11:30 am - 1:00 pm. No sign-up necessary.
- ✓ The Friendship Club's next meeting will be held April 5 at 1:30 pm, when the Friends will be making May baskets (\$1 material charge per basket). The following meeting will be held May 3 at 1:30 pm, when the Friends will hold their popular "pound auction" (bring a wrapped, one-pound item for gift swap). New and familiar friends are always welcome!
- ✓ The Council on Aging Board Meeting and the Senior Center Building Committee Meeting will be held April 11 at 1:00 pm and 6:30 pm, respectively. Both meetings will be at the Community/Senior Center and are open to the public.






INFORMATION

- ✓ Got a green thumb? Enjoy digging in the dirt? We're looking for volunteers to participate in planting, weeding, and watering the Community Senior Center garden once the season arrives. Also, herb and vegetable plants would be greatly appreciated. If you'd be able to offer your time or donate plants, please give us a call.
- ✓ Are you interested in a knitting class on Thursday afternoon? If so, please let us know.
- ✓ Would you like to play Mahjong? This activity is offered Mondays and Tuesdays, 12:00 n - 4:00 pm. Lessons are available Mondays and Tuesdays, 12:00 n - 1:00 pm at the Senior Center.
- ✓ If you, or someone you know, are having financial difficulty paying for food, heating bills, rent, etc., please call the Council on Aging office (978-874-7402) so we can direct you to the appropriate agency for assistance. Your call is confidential.
- ✓ If you have any legal advice issues relating to the elderly, please call the Elder Hotline at 888-243-5337.



Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Chicken Cacciatore</i> 3</p> <p>10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo</p>	<p>4</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong</p>	<p><i>*Chicken Kielbasa</i> 5</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>6</p> <p>9-12 Wood Carving 9-11 WOW 10:15-11:30 G. Stretch 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Macaroni & Cheese</i> 7</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo</p>
<p><i>*Beef/Lentil Chili</i> 10</p> <p>10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo</p>	<p>11</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong 1:00 COA Board Mtg 6:30 SR Center Bldg Committee Mtg</p>	<p><i>*Chicken Breast</i> 12</p> <p>9-2 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>13</p> <p>9-12 Wood Carving 9-11 WOW 10:15-11:30 G. Stretch 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Vegetable Lasagna</i> 14</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p> <p>Good Friday</p>
<p>CLOSED 17</p> <p> PATRIOT'S DAY</p>	<p>18</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong</p>	<p><i>*Meatballs Marinara</i> 19</p> <p>9-2 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>20</p> <p>9-12 Wood Carving 9-11 WOW 10:15-11:30 G. Stretch 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Chicken Chow Mein</i> 21</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo</p>
<p><i>*Swedish Meatballs</i> 24</p> <p>10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo</p>	<p>25</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong</p>	<p><i>*Chicken Breast</i> 26</p> <p>9-2 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>27</p> <p>9-12 Wood Carving 9-11 WOW 10:15-11:30 G. Stretch 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Meatloaf</i> 28</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
		<p>Easter Bunny soft and white Hopping quickly out of sight Thank you for the eggs you bring At Easter time to welcome Spring. Yellow eggs and blue and red In the grass and flower bed We will hunt them everywhere Is it really you who put them there?</p>		<p><i>*Indicates Congregate Meal being served at Senior Center.</i></p> <p></p>