

Westminster Council on Aging

December 2016 Newsletter



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

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.



*Best wishes to you and your family for a Happy Holiday Season. We look forward to continue the warm association we share in the coming year.
Merry Christmas & Happy New Year!*



*The Council on Aging would like to extend our deepest sympathy
to the family and friends of
~ Emma Ouellette ~*



~ In honor of Donna Kielinen ~

Enjoy holiday entertainment provided by

Hubbardston's Swinging/Singing Seniors

December 16, 10:30-11:30 am



***Please bring your favorite goodies to share**
***Limited Seating *No sign-up necessary**

COFFEE WITH THE POLICE CHIEF

**DECEMBER 1
9:00 - 11:00 AM**



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

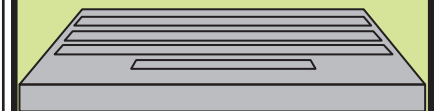
COFFEE WITH THE FIRE CHIEF

**DECEMBER 8
9:00 - 11:00 AM**



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

Looking for a volunteer to teach basic beginner's computer skills for one hour per week. If interested, please contact the Senior Center. Thank you!



*Best wishes to all our
Seniors celebrating
their birthday
in December!!!*





December 21 ~ Winter Begins
December 25 ~ Christmas
December 31 ~ New Year's Eve



UPCOMING EVENTS

- ✓ Coffee with the Chiefs! Come join us - on the first Thursday of every month for coffee and refreshments with Westminster Police Chief, Salvatore Albert. On the second Thursday of every 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. December's coffee will be held December 1 (Police) and December 8 (Fire). January's coffee will be held January 5 (Police) and January 12 (Fire).
- ✓ The Westminster Senior Citizens Friendship Club will not be meeting in January and February. Their monthly meetings will resume in March.
- ✓ Life Care Center of Leominster and The Highlands will be hosting a Holiday Luncheon on December 9 at 11:30 am. Baked ham, roast turkey & stuffing, and all the fixings will be served. This is a free luncheon and sign-up at the Senior Center is required. Don't miss this popular event!
- ✓ 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. Times available are between 9:00 am - 2:30 pm on December 7, which is the last day of open enrollment.
- ✓ Cribbage anyone? The Senior Center offers this activity Mondays and Fridays, 10:00 am - 12:00 n. If you're interested in playing, come on down and join in!
- ✓ Interested in playing 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.
- ✓ Free blood pressure clinics are held the first and third Fridays of every month. This month's clinics will be held December 2 and 16, 11:30 am - 1:00 pm. No sign-up necessary.

INFORMATION

- ✓ *Cat's Meow* wooden keepsakes of the Westminster Community/Senior Center are available for sale at the Senior Center. The cost is \$15 each. These would make great Christmas presents!
- ✓ Please note - the Senior Center will be closed Monday, January 2, in observance of New Year's Day.
- ✓ The Council on Aging Board Meeting and the Senior Center Building Committee Meeting will be held December 13 at 1:00 pm and 6:30 pm, respectively. Both meetings will be at the Community/Senior Center and are open to the public.
- ✓ The Council on Aging van is available to Westminster residents for in-town and surrounding-town travel. Van operation times are Monday through Friday, 8:00 am - 4:00 pm. A 24-hour advance notice is required (no same-day service). Round trip cost is \$2 (in town) and \$3 (out of town). The van will *not* operate if school is cancelled due to bad weather.
- ✓ Elder Hotline 888-243-5337. If you have any legal advice issues relating to the elderly, please call this number.
- ✓ If you worry about the well-being of your elderly neighbor, please call the Senior Center. We can make a home visit to ensure that they are safe and aware of the services we have to offer.



Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Then the Grinch thought of something he hadn't before. What if Christmas, he thought, doesn't come from a store? What if Christmas, perhaps, means a little bit more?</i> ~ Dr. Seuss</p>		<p><i>*Indicates Congregate Meal being served at Senior Center.</i></p>	<p>1</p> <p>9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge</p>	<p>2</p> <p><i>*Chicken Jambalaya</i> 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo</p>
<p><i>*Breaded Pollock</i> 5</p> <p>10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo</p>	<p>6</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong</p>	<p><i>*Chicken Cacciatore</i> 7</p> <p>9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>8</p> <p>9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Macaroni & Cheese</i> 9</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><i>*Chicken Teriyaki</i> 12</p> <p>10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo</p>	<p>13</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>*BBQ Pork Rib</i> 14</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>15</p> <p>9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Ground Sirloin Strip</i> 16</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo</p>
<p><i>*Chicken Corn Stew</i> 19</p> <p>10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo</p>	<p>20</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong</p>	<p><i>*Turkey Bread</i> 21</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>22</p> <p>9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Haddock Newburg</i> 23</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p>CLOSED 26</p>	<p>27</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong</p>	<p><i>*Broccoli Bake</i> 28</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>29</p> <p>9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Roast Pork</i> 30</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>