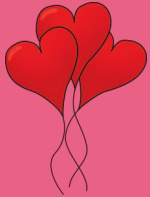


Westminster Council on Aging

February 2017 Newsletter



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



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



*We were given: Two hands to hold. Two
legs to walk. Two eyes to see. Two ears
to listen. But why only one heart?
Because the other was given to someone
else. For us to find. ~ Author Unknown*

*The Council on Aging would like to extend our
deepest sympathy to the family and friends of
~ Dorothy "Dolly" H. Rhoades ~
~ Joseph Kukta ~*



Save the Date!!!



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

- ◆ Menu to be announced in March Newsletter
- ◆ Please sign up at the Senior Center
- ◆ Small donation fee of \$2.00

**COFFEE WITH THE
POLICE CHIEF
THURSDAY, FEBRUARY 2
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, FEBRUARY 9
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, February 3
◆ Friday, February 24
12:15 pm**

Office 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.



February 14 ~ Valentine's Day
February 20 ~ Presidents' 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 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. February's coffee will be held February 2 (Police) and February 9 (Fire).
- ✓ **For anyone needing to make an appointment with Gail Noel, our SHINE Counselor, please call the Senior Center.** Appointments are available February 15 and March 15 on the hour, 9:00 am - 2:00 pm.
- ✓ **AARP will once again be providing free tax assistance and preparation for seniors.** Appointments will be every Friday beginning February 3, 8:30 am - 12:15 pm. Call the Senior Center to schedule an appointment. Also, please remember to bring last year's return with you, if you have it available.
- ✓ **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 February 3 and 17, 11:30 am - 1:00 pm. No sign-up necessary.
- ✓ **The Friendship Club will *not* be meeting in February.** To celebrate St. Patrick's Day, the next meeting will be held March 1 at 1:30 pm. Wear your green, bring your voice to sing Irish songs, and enjoy watching a classic Irish movie, "The Quiet Man", starring John Wayne and Maureen O'Hara. As always, bring a friend!!!

INFORMATION

- ✓ **Important!** If you or someone you know is having financial difficulty paying for food, heating bills, rent, etc., please call the Council on Aging office (978-874-7402) so we can locate the appropriate agency that can help you. Your call is confidential.
- ✓ **The Council on Aging Board Meeting and the Senior Center Building Committee Meeting will be held February 14 at 1:00 pm and 6:30 pm, respectively.** Both meetings will be at the Community/Senior Center and are open to the public.
- ✓ **Sand buckets are available for Westminster seniors.** If you would like a bucket delivered to your home, please call the Senior Center.
- ✓ **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
	<i>*Indicates Congregate Meal being served at Senior Center.</i>	<i>*Grilled Chicken</i> 1 9-11:30 Art 11:30 Lunch 1-3 Crafts	2 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	<i>*Baked Pollock</i> 3 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
<i>*Beef Patty w/Gravy</i> 6 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	7 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	<i>*Roast Pork</i> 8 9-11:30 Art 11:30 Lunch 1-3 Crafts	9 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	<i>*Broccoli Bake</i> 10 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
<i>*Baked Salmon</i> 13 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	14 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong 1:00 COA Board Mtg 6:30 SR Center Bldg Committee Mtg	<i>*Grilled Chicken</i> 15 9-2 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	16 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	<i>*Chicken Meatballs</i> 17 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
CLOSED 20 	21 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	<i>*Turkey Tetrizzini</i> 22 9-11:30 Art 11:30 Lunch 1-3 Crafts	23 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	<i>*Chicken Corn Stew</i> 24 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
<i>*Grilled Chicken</i> 27 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	28 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	~ Respect & Trust ~ The two easiest things in life for someone to lose and the hardest to get back.	<i>I'm a little groundhog in my hole, On February 2nd you will know, If I see my shadow it will be, Six more weeks of winter For you and me!</i> 	