

Westminster Council on Aging

January 2017 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.



*The two most important days in your life
are the day you are born and
the day you find out why.*
- Mark Twain



*The Council on Aging would like to extend our deepest sympathy
to the family and friends of
~ Olive P. Bolduc ~
~ Sidney M. "Sid" Walker ~*



We would like to wish everyone a Happy & Healthy New Year!

Things are hopping at the Senior Center; our numbers have tripled in the last year! We now offer so much more - Congregate Meals three days a week, Bridge, Bingo, Mahjong, Art Classes, Crafts, and the list goes on. We would be happy to put you on our monthly Newsletter mailing list; if interested, please give us a call with your name and address.

Please remember, if school is cancelled due to inclement weather, the van does not run. The Senior Center remains open, unless Town Hall closes (we go by the schedule of Town Hall.)

Sincerely, Sue Fisher (Director), Michelle Johnson, Pat Streeter, & Kathy Lawrence (Administrative Assistants), Dan Novak, Bruce Hill, Gerry Thibeault, Kim Schultz, & Rob Johnson (Van Drivers), and Jayne Perior (Meals on Wheels Driver).

**COFFEE WITH THE
POLICE CHIEF
THURSDAY, JANUARY 5
9:00 - 11:00 AM**



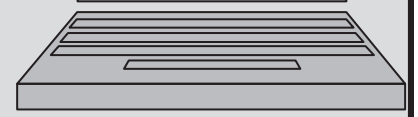
**Please join
Westminster Police Chief
Salvatore Albert
at the
Community/Senior Center
Refreshments will be served**

**COFFEE WITH THE
FIRE CHIEF
THURSDAY, JANUARY 12
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!



**Happy Birthday & Best Wishes
to all Seniors celebrating
their big day in
January!!!**





January 1 ~ New Year's Day
January 2 ~ New Year's Day Observed
January 16 ~ Martin Luther King Jr. Day



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. January's coffee will be held December 5 (Police) and January 12 (Fire).
- ✓ **For anyone needing to make an appointment with Gail Noel, our SHINE Counselor, please call the Senior Center.** Appointments are available January 18, on the hour, 9:00 am - 2:00 pm.
- ✓ **Brenda Albert, a local real estate expert, will be here January 20 at 12:30 pm to discuss the pros and cons of buying and selling a home.** Come on down and say "Hello"!
- ✓ **Mindy Sears of Senior Whole Health (SWH) will be here on January 30 at 12:30 pm to answer any health insurance questions and to provide informational brochures.**
- ✓ **AARP will once again be providing free tax assistance and preparation for seniors.** Starting in January, please call the Senior Center to make an appointment.
- ✓ **Cribbage anyone?** The Senior Center offers this activity Mondays and Fridays, 10:00 am - 12:00 n.
- ✓ **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 January 6 and 20, 11:30 am - 1:00 pm. No sign-up necessary.
- ✓ **Free watercolor classes by Kathy Swantee are being offered for six weeks, every Friday, starting January 6, 9:30-11:30 am at the Senior Center.**



INFORMATION

- ✓ **A sincere "THANK YOU!" to the following businesses for donating to the recent Senior Center/Friendship Club Christmas party:** (from Westminster) Vincent's Country Store, Stefanos' House of Pizza, Subway, Dunkin' Donuts, Beyond Petals, Green Tea, Town House of Pizza, Depot General Store, and Wachusett Brewing Company; (from Gardner) Gabby's Place and Colonial Hotel. Also, a special "THANK YOU!" to Mary Lajoie and Linda O'Kane for obtaining the donations. Congratulations to all the raffle winners! Please note: The Friendship Club will not be meeting in January and February. Their monthly meetings will resume in March.
- ✓ **The Council on Aging Board Meeting and the Senior Center Building Committee Meeting will be held January 10 at 1:00 pm and 6:30 pm, respectively.** Both meetings will be at the Community/Senior Center and are open to the public.
- ✓ **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.
- ✓ **Sand buckets are available for Westminster seniors.** If you would like a bucket delivered to your home, please call the Senior Center.



Activities



Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED 2 <i>New Year's Day Observed</i> 	3 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	4 *Baked Salmon 9-11:30 Art 11:30 Lunch 1-3 Crafts	5 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	6 *Meatloaf 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
*Sloppy Joes 9 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	10 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong 1:00 COA Board Mtg 6:30 SR Center Bldg Committee Mtg	11 *Turkey Corn Stew 9-11:30 Art 11:30 Lunch 1-3 Crafts	12 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	13 *Roast Pork 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
CLOSED 16 <i>Martin Luther King Jr. Day</i> 	17 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	18 *Pot Roast 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	19 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	20 *Chicken Drummer 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
*Kielbasa 23 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	24 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	25 *Beef/Cabbage 9-11:30 Art 11:30 Lunch 1-3 Crafts	26 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	27 *Swedish Meatballs 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
*Chicken Chili 30 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	31 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	*Indicates Congregate Meal being served at Senior Center.	