

# Westminster Council on Aging

## November 2016 Newsletter



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

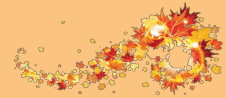
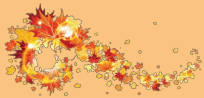
**Mission Statement:** The Westminster Council on Aging mission is to identify the needs of the elderly in the community and provide appropriate programs and services to meet those needs. The Council offers health, fitness and nutrition programs, referral services, SHINE, and also transportation.



**Poor George Washington couldn't blame his troubles on the previous administrations.**

~ The American Legion Magazine

*The Council on Aging would like to extend our deepest sympathy to the family and friends of*  
*~ Mary Louise Frohn ~*



### Senior Center & Friendship Club Christmas Party

**December 7, 11:00 am - 1:00 pm**



- \*Seating limited to 120 tickets
- \*Pot Luck (bring your favorite dish)
- \*Door Prize
- \*Ticket from Senior Center required to attend party
- \*Sign-up ends November 16
- \*Optional gift swap (bring \$8-\$10 value, wrapped gift to participate)

***Join in the Festivities!!!***

**Remember to Fall back!**

**Sunday, November 6**

**At 2:00 am**

**Turn clocks back one hour  
(to 1:00 am)**



*Daylight Saving Time Ends*

### COFFEE WITH THE CHIEF

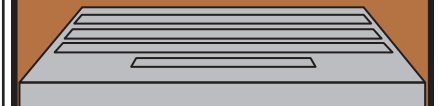
**NOVEMBER 3**

**9:00 - 11:00 AM**



**PLEASE JOIN  
WESTMINSTER POLICE CHIEF  
SALVATORE ALBERT  
FOR COFFEE & REFRESHMENTS  
AT THE  
COMMUNITY/SENIOR CENTER**

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!



***Happiest Birthday to all Seniors celebrating their special day in November!!!***



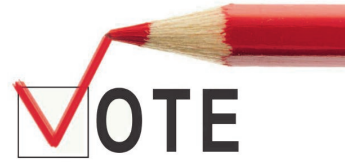


**November 6 ~ Daylight Saving Time Ends**

**November 8 ~ Election Day**

**November 11 ~ Veterans' Day**

**November 24 ~ Thanksgiving**



## **UPCOMING EVENTS**

- ✓ Westminster Police Detective Ralph LeBlanc will be at the Senior Center on November 4, 12:00 n - 1:00 pm, to discuss scams and answer any questions or concerns you may have. Join us for this informative session.
- ✓ The Westminster Senior Citizens Friendship Club will have their next meeting on November 2 at 1:30 pm. Entertainment will be provided by the talented Joe Foster, singing and playing his guitar. Refreshments will be served. Bring a friend!!! For more information on this event, please contact Neysa Miller at 978-874-5606. Also, mark your calendar for the Senior Center & Friendship Club Christmas Party to be held December 7 (see front cover of Newsletter for further details).
- ✓ There will be a free concert at Forbush Memorial Library, 118 Main Street, Westminster on November 10 at 7:00 pm. Pianist Deborah Wyndham will perform a concert of patriotic and ragtime music.
- ✓ Save the date! 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 the following Wednesdays - November 2, 9, 16, 23, & 30.
- ✓ 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 November 4 and 18, 11:30 am - 1:00 pm. No sign-up necessary.
- ✓ A representative from Fallon Senior will be here November 18 at 10:00 am to discuss 2017 rates, benefits, and open enrollment. Refreshments will be served.





## **INFORMATION**

- ✓ The Council on Aging Board Meeting will be held November 8 at 1:00 pm. The Senior Center Building Committee Meeting will be held November 9 at 6:30 pm. Both meetings will be at the Community/Senior Center and are open to the public.
- ✓ The Westminster Fall Town Meeting will be held November 29, 7:30 pm, at Meetinghouse School. This meeting is 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.



# Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<i>*Indicates Congregate Meal being served at Senior Center.</i>	1 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	2 *Beef Stew 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	3 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	4 *Lasagna 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
7 *Beef & Lentil Chili 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	8 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong 1:00 COA Board Mtg	9 *Chicken Casserole 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts 6:30 SR Center Bldg Committee Mtg	10 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	11 <b>CLOSED</b> 
14 *Beef Wrap 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	15 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	16 *Roast Turkey 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	17 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	18 *Broccoli Bake 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
21 *Breaded Pollock 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	22 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	23 *Chicken Breast 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	24 <b>CLOSED</b> 	25 <b>CLOSED</b> 
28 *Beef Bolognaise 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	29 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	30 *Turkey Tetrizzini 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts		<b>IT IS NOT HAPPY PEOPLE WHO ARE THANKFUL, IT IS THANKFUL PEOPLE WHO ARE HAPPY.</b> ~ Author Unknown