

Westminster Council on Aging

September 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.



Sometimes it's important to work for that pot of gold. But other times it's essential to take time off and to make sure that your most important decision in the day simply consists of choosing which color to slide down on the rainbow.
-Douglas Pagels



*The Council on Aging would like to extend our deepest sympathy
to the family and friends of
~ George W. Saari ~*

Community/Senior Center Annual BBQ

September 28, 11:30 am -1:00 pm

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- *Surrounding-town seniors welcome
- *Line Dancing held 10:30-11:30
- *Your favorite dish, salad, or dessert to share would be appreciated
- *Sign-up required
- *BBQ Cost \$5 - Please pay by 9/23/16

Hope to see you at the Westminster Community/Senior Center!!!

St. Edward Church Festival

10 Church Street, Westminster
September 17, 10:00 am-6:00 pm

BBQ Chicken Dinner at Noon (\$9)
Baked Goods ~ Auction ~ Raffles
Crafts ~ Kids Karnival ~ Lottery Tree
Resurrected Books ~ Attic Treasures
Scrumptious Fair Food ~ Bargains Galore!
~ Come join us for a day of fun!!! ~

Computer Instruction Classes at the Senior Center!

- ♦ September 12, 19, & 26
- ♦ 11:00 am - 12 noon
- ♦ Free of charge
- ♦ Ed Kaiser, Instructor
- ♦ Sign-up required

*Best wishes to all our seniors
celebrating their BIG day in
in September!!!*





September 5 ~ Labor Day
September 22 ~ Autumn Begins



UPCOMING EVENTS

- ✓ The Westminster Senior Citizens Friendship Club will have their installation of officers on September 7 at 1:30 pm. Dues can be paid at this time. Refreshments will be served. For further information on this event, please contact Pat Feeley at 978-874-2460. Also, mark your calendar for the Friendship Club Halloween party on October 5, 1:30 pm. Costumes are optional. Pizza will be served. Desserts would be appreciated. For more information on this event, please contact Neysa Miller at 978-874-5606. *Come One, Come All, & Bring a Friend!*
- ✓ A Presentation on “Bullying” will be hosted by The Highland’s/Life Care Center of Leominster on September 16 at 11:30 am. Light refreshments will be served.
- ✓ The Westminster Cracker Festival will be held on Saturday, October 22, 10:00 am - 5:00 pm, at Village Square, (behind Dunkin Donuts). There will be music, arts & crafts, food & drink, kids activities, 5K race and much more! This is a free event.
- ✓ Come learn about The Gables Assisted Living on September 9, 11:00 am - 1:00 pm. There will be raffles and giveaways, as well as light refreshments served.
- ✓ MOC (Montachusett Opportunity Council) will host a presentation on sodium and how it affects your health. This will be held September 26, 10:30 - 11:30 am. Refreshments will be served.
- ✓ Ballroom Dancing for Seniors! Learn how to ballroom dance with other beginners in a fun, convenient, and safe environment - and dance with confidence! You will learn the Waltz, Foxtrot, Swing, and Cha Cha, and have fun trying something new! Classes will be taught with a rotation style, so singles (as well as couples) are welcome to attend. Bring a bottle of water and be sure to wear shoes with soles that slide easily (no sneakers please). Classes will be held Wednesdays, September 14 & 21 and October 12 & 19 (four classes). Time 1:00-3:00 pm. Cost is \$49 for all four classes. Classes will be limited to 20 people. Please sign up at the Senior Center.
- ✓ 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 - September 14 & 28, October 5, 12, 19, & 26, and November 2, 9, 16, 23, & 30.
- ✓ Cribbage anyone? The Senior Center offers this activity Mondays and Fridays 10:00 am - 12:00 noon. If you’re interested, come on down and join in!
- ✓ A free blood pressure clinic will be held the first and third Fridays of every month, 11:30 am - 1:00 pm. This month’s clinics will be September 2 and September 16. No sign-up necessary.
- ✓ A representative from Fallon Senior will be here to discuss 2017 rates and benefits on October 21 and November 18 at 10:00 am. Mark your calendar for this very informative event. Refreshments will be served.

INFORMATION

- ✓ On September 13, the Council on Aging Board Meeting will be held at 1:00 and the Senior Center Building Committee Meeting held at 6:30 - at the Senior Center.
- ✓ 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.
- ✓ SafeLink (TracFone) 800-723-3546. This program offers a free cell phone for seniors. If you need assistance, please let us know.



Activities




Monday

Tuesday

Wednesday

Thursday

Friday

 SEPTEMBER 11, 2001		<i>*Indicates Congregate Meal being served at Senior Center.</i>	1 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	2 <i>*Salisbury Steak</i> 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
5 CLOSED 	6 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong	7 <i>*Chef Salad</i> 9-11:30 Art 11:30 Lunch 1-3 Crafts	8 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	9 <i>*Sweet/Sour Meatballs</i> 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
<i>*Chicken Piccata</i> 12 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo 1-3 Mahjong	13 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong 1:00 COA Board Mtg 6:30 SR Center Bldg Committee Mtg	<i>*Chicken Corn Stew</i> 14 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	15 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	<i>*Macaroni & Cheese</i> 16 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
<i>*Beef/Lentil Chili</i> 19 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo 1-3 Mahjong	20 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong	<i>*Roast Pork</i> 21 9-11:30 Art 11:30 Lunch 1-3 Crafts	22 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	<i>*Sloppy Joes</i> 23 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
<i>*Kielbasa/Cabbage</i> 26 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo 1-3 Mahjong	27 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong	<i>*Grilled Chicken</i> 28 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	29 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	<i>*Rainbow Trout</i> 30 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo