

Westminster Council on Aging

August 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.



***I WONDERED WHY SOMEBODY
DIDN'T DO SOMETHING...
THEN I REALIZED, I AM SOMEBODY.***
- AUTHOR UNKNOWN

Neighbors Helping Neighbors

29th Annual Town Benefit Day

Sunday, August 14 ~ 11:00 am - 5:00 pm
Academy Hill, Westminster

- ◆ Chinese Auction, Raffles, Farmer's Market, Flea Market, Bake Sale & Much More!!!
- ◆ Town Benefit Day admission is free to all and handicapped accessible.
- ◆ The Council on Aging van will provide pick ups at Westminster Elementary School and at Wellington Housing.
- ◆ The Westminster Benefit Fund, Inc. is a non-profit organization under Section 501(c)3 of the IRS code. Tax deductible donations can be sent to Westminster Benefit Fund, P.O. Box 63, Westminster, MA 01473.



*A sincere
THANK YOU
goes out to*

Maryann Melanson

and staff of

The Highland's/Life Care

Center of Leominster

for the huge success of the

July 15 Summer Cookout!

A great time was had by all!

SENIOR HOME FIRE SAFETY INSPECTION

* FOR WESTMINSTER RESIDENTS *

Offered by the Westminster Fire Department

- ◆ Smoke detector replacement if appropriate
- ◆ Carbon monoxide detector install/replacement if appropriate
- ◆ This offer applies to battery only (no hard-wired) for both smoke & carbon monoxide detectors
- ◆ Please sign up at Senior Center to schedule

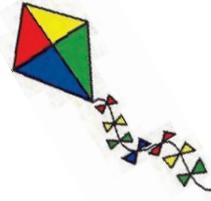
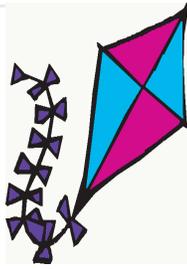


Computer Instruction Classes at the Senior Center!

- ◆ August 1, 8, 15, 22, & 29
- ◆ 11:00-12 noon
- ◆ Free of charge
- ◆ Ed Kaiser, Instructor
- ◆ Sign-up required

*Happy Birthday to all
our Seniors celebrating
their special day
in August!
Enjoy!!!*





UPCOMING EVENTS

- ✓ The Westminster Senior Citizens Friendship Club will be hosting a Chicken BBQ on Wednesday, August 3, 12:00 noon, at the Westminster VFW. Tickets are \$10 per person and will be available for sale through August 1 by calling Pat Feeley at 978-874-2460 or 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 to 5:00 pm, at Village Square, (behind Dunkin Donuts). There will be music, arts & crafts, food & drink, kids activities, 5K race and more! This is a free event.
- ✓ Mark your calendar for the Community/Senior Center Annual BBQ, September 28, 11:30 am, at the Senior Center. This event is open to surrounding-town seniors. Cost is \$5 per person and sign-up is required. Also, your favorite dish, salad, or goodies to share with all, would be appreciated.
- ✓ 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 by calling the Senior Center.
- ✓ For anyone needing to make an appointment with Gail Noel, our SHINE Counselor, please call the Senior Center. Times are available August 17, 9:00 am - 2:30 pm. What is SHINE? The SHINE program (Serving the Health Insurance Needs of Everyone) is a state health insurance assistance program that provides free health insurance information, counseling, and assistance to Massachusetts residents with Medicare and their caregivers. The SHINE program is administered by the Massachusetts Executive Office of Elder Affairs in partnership with elder service agencies, social services, community-based agencies and Councils on Aging.
- ✓ 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 August 5 and August 19. No sign-up necessary.

INFORMATION

- ✓ 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.
- ✓ What does “Swipe Your Card” mean? The Westminster Senior Center utilizes a computer system called “*MY SENIOR CENTER*” which enables us to be informed of how many people make use of the Senior Center. By registering as a member (no fee involved), you receive a scan card that allows you to designate on the monitor the activity you are enjoying on the day(s) you visit. Swiping your card is not mandatory, but if you choose to, the Senior Center may gain additional funds/grants based on how many feet walk through the doors. If you would like to receive a scan card, please see an administrative assistant. Please note that information you provide is never shared with anyone.
- ✓ 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.
- ✓ Gentle Stretch Class (at the Library) will not be held August 11. Class will resume on August 18.

AUGUST

Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Grilled Chicken</i> 1</p> <p>10-2 Pitch</p> <p>10-12 Cribbage</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p> <p>1-3 Mahjong</p>	<p>2</p> <p>9-11:30 Art</p> <p>12-3:30 Bridge</p> <p>1-3 Mahjong</p>	<p><i>*Chicken Chili</i> 3</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Crafts</p>	<p>4</p> <p>9-12 Wood Carving</p> <p>9-11 WOW</p> <p>10-11 Stretch-Library</p> <p>10:45-11:30 Cardio Fit</p> <p>12-3:30 Bridge</p> <p>1-3 Crafts</p>	<p><i>*Vegetable Lasagna</i> 5</p> <p>9-11:30 Art</p> <p>10-12 Cribbage</p> <p>11:30 Lunch</p> <p>11:30-1 Blood Pressure</p> <p>1-3 Bingo</p>
<p><i>*Amer. Chop Suey</i> 8</p> <p>10-2 Pitch</p> <p>10-12 Cribbage</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p> <p>1-3 Mahjong</p>	<p>9</p> <p>9-11:30 Art</p> <p>12-3:30 Bridge</p> <p>1-3 Mahjong</p> <p>1:00 COA Board Mtg</p>	<p><i>*Asian Pork Salad</i> 10</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Crafts</p>	<p>11</p> <p>9-12 Wood Carving</p> <p>9-11 WOW</p> <p>**NO Stretch at Library</p> <p>10:45-11:30 Cardio Fit</p> <p>12-3:30 Bridge</p> <p>1-3 Crafts</p>	<p><i>*Beef/Cabbage</i> 12</p> <p>9-11:30 Art</p> <p>10-12 Cribbage</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>
<p><i>*Swedish Meatballs</i> 15</p> <p>10-2 Pitch</p> <p>10-12 Cribbage</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p> <p>1-3 Mahjong</p>	<p>16</p> <p>9-11:30 Art</p> <p>12-3:30 Bridge</p> <p>1-3 Mahjong</p>	<p><i>*Grilled Chicken</i> 17</p> <p>9-2:30 SHINE (by appt)</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Crafts</p>	<p>18</p> <p>9-12 Wood Carving</p> <p>9-11 WOW</p> <p>10-11 Stretch-Library</p> <p>10:45-11:30 Cardio Fit</p> <p>12-3:30 Bridge</p> <p>1-3 Crafts</p>	<p><i>*Seafood Bake</i> 19</p> <p>9-11:30 Art</p> <p>10-12 Cribbage</p> <p>11:30 Lunch</p> <p>11:30-1 Blood Pressure</p> <p>1-3 Bingo</p>
<p><i>*Pork Roast</i> 22</p> <p>10-2 Pitch</p> <p>10-12 Cribbage</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p> <p>1-3 Mahjong</p>	<p>23</p> <p>9-11:30 Art</p> <p>12-3:30 Bridge</p> <p>1-3 Mahjong</p>	<p><i>*Broccoli Bake</i> 24</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Crafts</p>	<p>25</p> <p>9-12 Wood Carving</p> <p>9-11 WOW</p> <p>10-11 Stretch-Library</p> <p>10:45-11:30 Cardio Fit</p> <p>12-3:30 Bridge</p> <p>1-3 Crafts</p>	<p><i>*Grilled Chicken</i> 26</p> <p>9-11:30 Art</p> <p>10-12 Cribbage</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>
<p><i>*Salmon</i> 29</p> <p>10-2 Pitch</p> <p>10-12 Cribbage</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p> <p>1-3 Mahjong</p>	<p>30</p> <p>9-11:30 Art</p> <p>12-3:30 Bridge</p> <p>1-3 Mahjong</p>	<p><i>*Grilled Chicken</i> 31</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Crafts</p>	<p><i>*Indicates Congregate Meal being served at Senior Center.</i></p>	