

Westminster Council on Aging

April 2018 Newsletter

69 West Main Street, P. O. Box 212, Westminster, MA 01473



978-874-7402



*Birthday Wishes
To All Seniors
Celebrating
In April!!!*



Pitter-patter raindrops falling from the sky,
Here is my umbrella to keep me safe and dry.
When the rain is over
and the sun begins to glow,
Little flowers start to bud,
And grow and grow and grow!



*The Council on Aging would like to Extend
our Heartfelt Sympathy
to the Family and Friends of
~ Karen (Poikanen) Farrell ~*



Senior Center Breakfast

Friday, April 6, 8:30 am

- ♦ Menu: Scrambled eggs, sausage, fruit, English muffins, and coffee
- ♦ Please sign up at the Senior Center
- ♦ Small donation fee of \$3.00



**COFFEE WITH THE
POLICE CHIEF
THURSDAY, APRIL 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 CAPTAIN
THURSDAY, APRIL 12
9:00 - 11:00 AM**



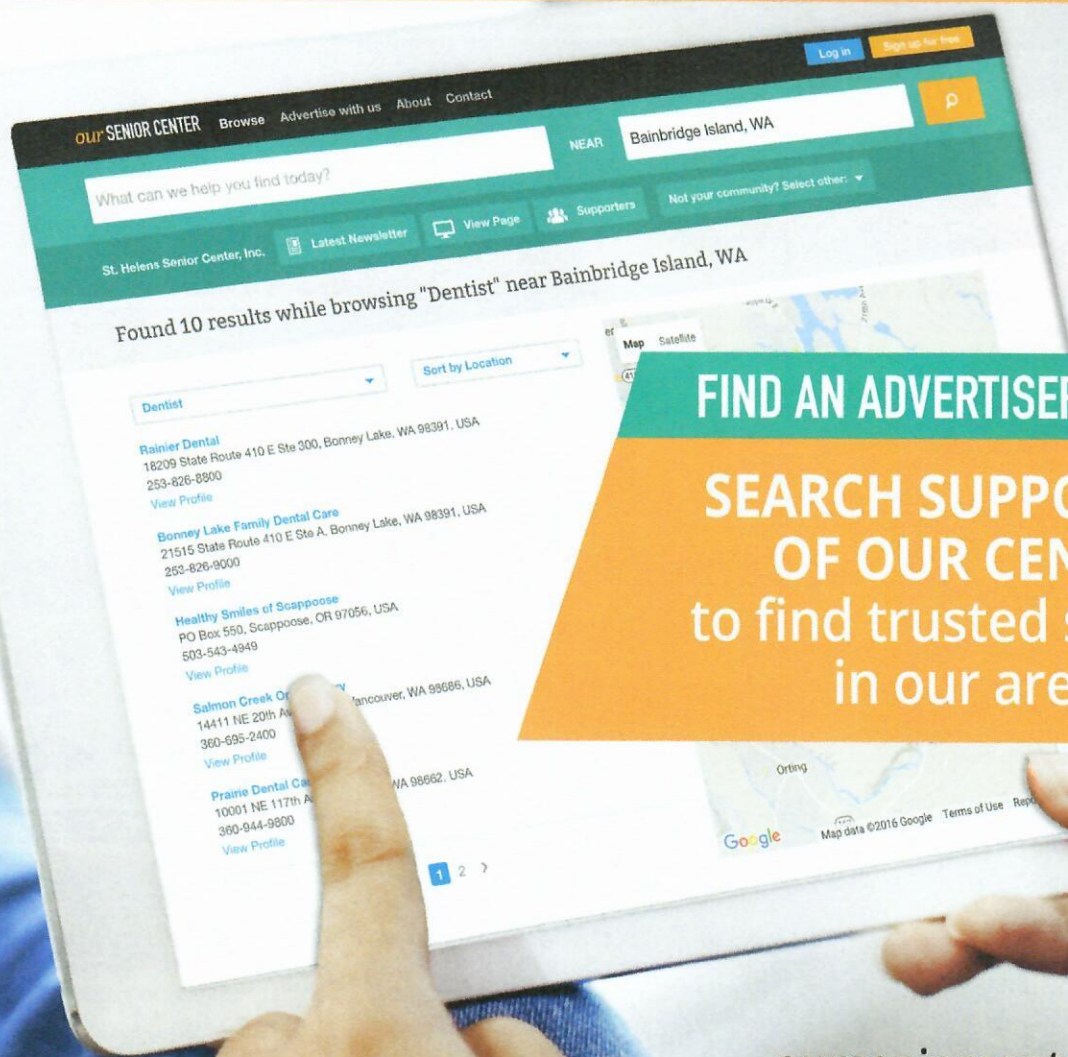
**Please join the
Westminster Fire Captain
at the
Community Senior Center
Refreshments will be served**

**Please join
Westminster Police Detective
Nick Auffrey
at the
Community Senior Center**
♦ Friday, April 13
♦ Friday, April 27
12:00 n - 1:00 pm

Detective Auffrey 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.

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April 1 ~ Easter
April 16 ~ Patriot's Day



UPCOMING EVENTS

- ▶ **Coffee with Westminster Police and Fire!** Come join us for coffee and refreshments with Police Chief, Salvatore Albert, on April 5 and with the Fire Captain on April 12, both held 9:00 - 11:00 am. Stop by, stay informed, and enjoy the company!
- ▶ **Senator Dean Tran** will be at the Senior Center on Friday, April 6, for a meet & greet during the Senior Center Breakfast. Come on down and meet your local Senator! For breakfast details, please see this month's Newsletter front page.
- ▶ **The Friendship Club** will hold their next meeting April 4 at 1:30 pm. This important meeting is to discuss the future of the Friendship Club. All interested friends are encouraged to attend.
- ▶ **Patti from The Gables of Fitchburg** will be here on April 9 providing a delicious treat for Bingo.
- ▶ **Bonnie of Gardner Rehabilitation & Nursing Center** will provide goodies on April 6 for Bingo.
- ▶ **Gail Noel, our SHINE Counselor**, will be at the Westminster Senior Center the third Wednesday of each month. The next available days are April 18 and May 16, 9:00 am - 3:00 pm. To make an appointment with Gail, please contact the Senior Center.
- ▶ **Free blood pressure clinics** are held the first Friday of each month. This month's clinic will be held April 6, 12:00 n - 1:00 pm. No sign-up necessary.
- ▶ **The Council on Aging Board Meeting** will be held April 10, 1:00 - 2:00 pm. This meeting will be held at the Senior Center and is open to the public.

INFORMATION

- ▶ **The Senior Center** offers congregate meals every Monday, Wednesday, and Friday (except holidays & Senior Center closings). Sit-down style meals are served at 11:30 am, costing \$3.00 (payable at time of meal). Included with your meal is the main entrée, all the fixings, dessert, and cold/hot drinks. To view the entrée of the day, please refer to the Newsletter's "Activities" page, on the respective meal day (Monday, Wednesday, or Friday). To reserve your seat, please call the Senior Center. Reservations are required with a minimum 24-hour advance notice. Enjoy a hearty meal and great company, while someone else does the cooking and cleaning!
- ▶ **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 you visit. By swiping your card, the Senior Center may gain additional funds/grants based on how many feet walk through the doors. If you do not yet have a scan card, please see an administrative assistant on your next visit. Please note that information you provide is never shared with anyone. Thanking you in advance for registering!
- ▶ **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.



COUNCIL ON AGING STAFF



Director: Sue Fisher

Administrative Assistants: Michelle Johnson, Pat Streeter, & Kathy Lawrence

Van Drivers: Dan Novak, Bruce Hill, Gerry Thibeault, & Kim Schultz

Meals on Wheels Driver: Jayne Perior ~ Meal Site Manager: Lynn McCarthy

The Westminster Council on Aging Presents

TOMMY RULL

SINGER/ENTERTAINER

“A MUSICAL JOURNEY THROUGH THE YEARS”



WEDNESDAY, MAY 9, 2018

1:00 ~ 2:00 PM

AT THE WESTMINSTER SENIOR CENTER

*“This program is supported in part by a grant from the Westminster Cultural Council,
a local agency which is supported by the Massachusetts Cultural Council, a state agency.”*



The Brass Monkey

A Swashbuckling Hilarious Comedy Mystery



Welcome to the Brass Monkey Tavern, infamous haunt of pirates and associated crooks. You're right on time to meet the troublemaking crew of The Flying Dutchman Rogers Jolly. They're here to mourn the recent death of the great Captain Baha, but the ulterior motive involves his hidden treasure.

The Ashburnham Senior Center
32 Main Street, Ashburnham
Wednesday, April 4, 1:00 pm
Free and open to the public
Refreshments will be served

Come one,
Come all!!!



Join
the
Fun!!!

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.

Easter Bunny Word Search

Almost as much fun as finding eggs!

Happy
Hunting!!!

Word List

Big dipper
Blossom
Boiled
Bonnet
Bunny
Caramel
Carrot
Cellophane
Chicks
Coconut
Cream
Cuddle
Duckling
Dye
Ear
Easter egg
Fluffy
Foil
Goodies
Hide hop
Jelly beans
Lily
Marshmallow
Nut log
Parade
Quack
Peep
Pink nose
Springtime
Straw
Tail
Twitch
White chocolate
Whiskers
Wicker basket
Yolk



Activities






Monday

Tuesday

Wednesday

Thursday

Friday

*BBQ Chicken 2 11:30 Lunch 1-4 Mahjong 1-3 Bingo	3 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong	*Chicken Jambalaya 4 9-11:30 Art 11:30 Lunch 1-3 Crafts	5 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	*Macaroni & Cheese 6 9-11:30 Art 10-12 Cribbage 11:30 Lunch 12-1 Blood Pressure 1-3 Bingo
*Beef & Lentil Stew 9 11:30 Lunch 1-4 Mahjong 1-3 Bingo	10 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong 1-2 COA Meeting	*Roast Pork & Gravy 11 9-11:30 Art 11:30 Lunch 1-3 Crafts	12 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	*Shepherd's Pie 13 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
CLOSED 16  PATRIOTS DAY  Boston Marathon	17 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong	*Broccoli Bake 18 9-3 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	19 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	*Catch of the Day 20 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
*Meatball Grinder 23 11:30 Lunch 1-4 Mahjong 1-3 Bingo	24 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong	*Salisbury Steak 25 9-11:30 Art 11:30 Lunch 1-3 Crafts	26 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	*Roast Pork & Gravy 27 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
*Haddock 30 11:30 Lunch 1-4 Mahjong 1-3 Bingo	<div>  <div> Tips from the Easter Bunny... <ol style="list-style-type: none"> 1. Don't put all your eggs in one basket. 2. There's no such thing as too much candy. 3. Some body parts should be floppy. 4. An Easter bonnet can tame even the wildest hare. 5. The grass is always greener in someone else's basket. 6. Let happy thoughts multiply like rabbits! </div> </div>			


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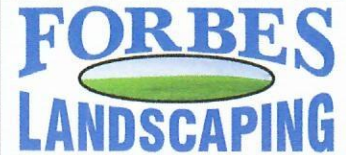
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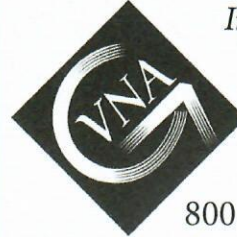
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