

# Westminster Council on Aging

## April 2023 Newsletter

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



978-874-7402



*Happy Birthday  
To Our Seniors  
Celebrating  
In April!*



May the Gifts of Easter  
Cause You Much Delight  
And the Sun of Easter  
Make Your Pathway Bright!



### BREAKFAST WITH A BADGE

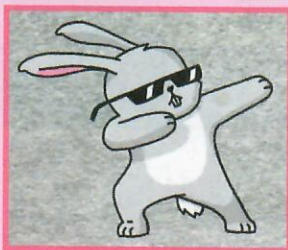
COOKED & SERVED BY THE WESTMINSTER POLICE DEPARTMENT

**THURSDAY, MAY 11**  
**8:30-10:30 AM**

**Enjoy Pancakes, Sausage, Fruit & Coffee!**

**\*PLEASE RSVP BY MAY 8 ~ 978-874-7402\***  
**WESTMINSTER SENIOR CENTER**

*Complimentary!*



### **HIP HOP DANCE CHAIR EXERCISE FOR SENIORS!**

*(2 Days) Thursday, May 18 & Monday, May 22 / 11:00 am-12:00 pm*

*For the Senior that likes to move and be involved.*

*Join Rondae for a fun-filled, high-energy class!*

*\*Please RSVP Westminster Senior Center 978-874-7402\**

*On the House...*

### **PANCAKE BREAKFAST**

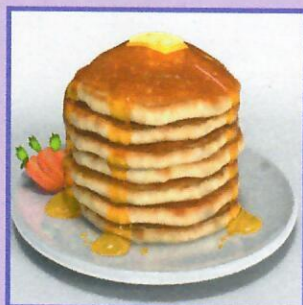
**INCLUDES "BALANCE & FALL RISK" CLINIC**

**Tuesday, April 11**  
**9:00-10:00 am**

**Westminster Senior Center**

**START YOUR DAY OFF RIGHT!**  
**COFFEE & TEA INCLUDED**

**\*PLEASE SIGN UP ~ 978-874-7402\***



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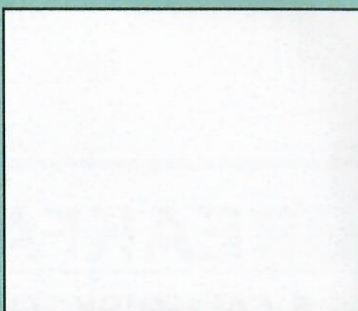
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DUST OFF THOSE BOOTS!



## LINE DANCING CLASS!

Instructor: Anne Gilmartin

Thursdays / 9:30 - 11:30 am

Beginners: \$3 (first hour only)

Beginners/Improvers: \$5 (full two hours)

*\*Sign-up not required\**



## COFFEE WITH THE CHIEFS

Thursday, April 13 / 10:00 - 11:00 am



Acting Police Chief, Jason Tamulen & Fire Chief, Kyle Butterfield

All are welcome to stop in at the Westminster Senior Center to personally meet with the Chiefs of your Town in a relaxed setting. Enjoy complimentary coffee while taking the opportunity to ask questions, voice concerns, and share community ideas.

## Try your luck at CARD BINGO!

Monday, April 10 ~ 1:00-3:00 pm ~ Westminster Senior Center

**\*\* TO PLAY, PLEASE BRING \$5 IN QUARTERS \*\***

Bring a friend & introduce them to Card Bingo!

Have fun, enjoy dessert & coffee, hopefully win, and meet new friends!



**SOLD!!**



## The Friendship Club

Wednesday, April 5

1:00-3:00 pm

We will enjoy our fun one-pound auction!  
Please bring a bag-wrapped  
One pound gift to auction off  
Friends, new & familiar, always welcome!



BONNIE of BALDWINVILLE SKILLED NURSING & REHABILITATION CENTER  
WILL BE PROVIDING BINGO TREATS THE FIRST FRIDAY OF EVERY MONTH.

ENJOY!! THANK YOU BONNIE!



PATTI of THE GABLES ASSISTED LIVING  
WILL BE PROVIDING BINGO DESSERT EVERY SECOND FRIDAY OF THE MONTH!  
SWEET!!! THANK YOU PATTI!





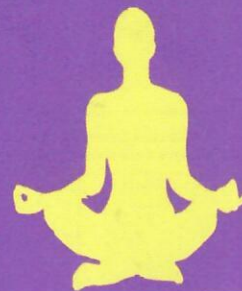
**Mission Statement:** The Westminster Council on Aging mission is to identify the needs of the elderly in the community and provide appropriate programs and services to meet those needs. The Council offers health, fitness & nutrition programs, referral services, SHINE, and also transportation.

## YOGA WITH PAULA MAGEE

MONDAYS ~ APRIL 3, 10, & 24 ~ 9:30-10:15 am

Join Paula to add both physical and emotional strength, flexibility, and balance to your daily activity. This 45-minute class is designed for ALL, no floor work, and will include a chair for seated and standing support. Sneakers/rubber-soled shoes are optional. Sign-up not required.

\* NO CLASS APRIL 17 ~ CLOSED FOR PATRIOT'S DAY \*



### \*STAY INFORMED OF SENIOR CENTER NEWS!\*

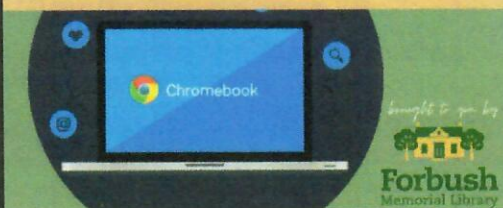
If you would like a monthly Westminster Council on Aging Newsletter mailed to your home, please call the Senior Center with your request. If you prefer, the Newsletter can also be viewed on the Town of Westminster website under the "Council on Aging/Senior Center" Department. Call for your copy today!

### Tech Thursdays

Learn how to borrow & use a computer from the library!

Thursday, April 27th 6:00-7:00 PM

Pre-registration required. Call 978-874-7416 or go to [bit.ly/ForbushCHROMEBOOK](http://bit.ly/ForbushCHROMEBOOK). Class will be at the library, 118 Main St.



### Tech Thursdays

Learn how to get free eBooks from the library on your device!

Thursday, April 6th 6:00-7:00 PM

Pre-registration required. Call 978-874-7416 or go to [bit.ly/ForbushEBOOKS](http://bit.ly/ForbushEBOOKS). Class will be at the library, 118 Main St.



### The Westminster Senior Center Book Club

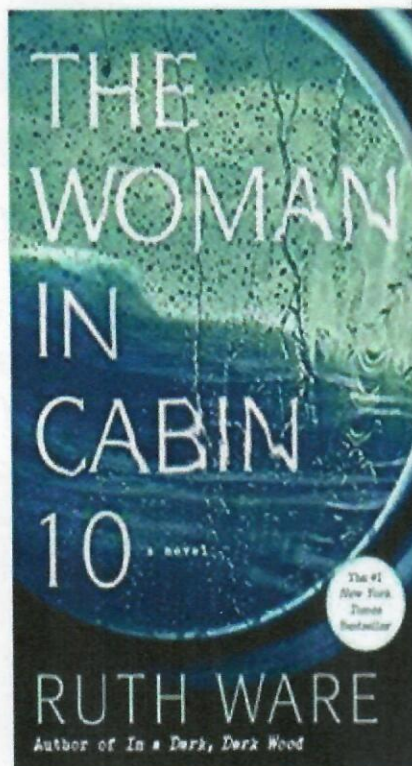
Meets April 3rd at 10:30

Discussing: *The Woman in Cabin 10*

Come and spend an hour discussing a great current book

A New York Times bestseller

*The Woman in Cabin 10* is a gripping psychological thriller set at sea from an essential mystery writer in the tradition of Agatha Christie. If you haven't read Ruth Ware before, now is the time!



COPIES AVAILABLE AT

THE FORBUSH MEMORIAL LIBRARY

The Westminster Public Library  
is located at  
118 Main Street

978-874-7416



The Westminster Council on Aging Board Meeting will be held Tuesday, April 11, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



## LEO CLUB (Let's Eat Out) / SOCIAL TRIP

Do you enjoy eating out, but don't like going alone? No need to! Join other seniors for lunch at local restaurants. This month's lunch will be held Wednesday, April 12, at **BLUEPRINT BAR & GRILL**. We will meet 11:45 am in the Westminster Senior Center Lobby then board the Council on Aging van from there. Everyone orders off the menu and pays their own way. The Club is limited to eleven people. Please RSVP (provide name & phone number) by April 10 at 978-874-7402.



## FREE BLOOD PRESSURE CLINIC

FRIDAY, APRIL 21 / 11:00 AM - 12:00 PM / WESTMINSTER SENIOR CENTER

**On-Site: Kathy Panagiotes ~ MA, MSN, RN**

*Formerly of Westminster & a Graduate of Oakmont Regional High School*



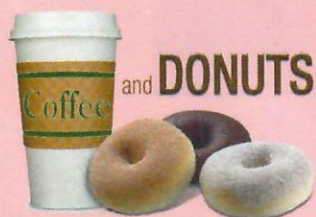
## UKULELE JAM SESSION

**FRIDAYS ~ APRIL 7 & 21**

**1:00 PM ~ WESTMINSTER SENIOR CENTER  
SINGERS ALSO WELCOME! JOIN THE FUN!**



The Council on Aging van is now available for Westminster Seniors Tuesday through Friday, 8:00 am to 4:00 pm, Round Trip ~ \$2/in town, \$3/out of town ~ *with the exception of the second and fourth Wednesday of each month*. On these Wednesdays, the van is reserved for social trips. These social trips are open to 10 Seniors and the destination will vary. We are open to suggestions of social trip destinations that may be of interest to all. For further information on van services, social trip specifics, or to book the van, please contact the Westminster Senior Center at 978-874-7402. Happy Trails to You!



## VETERAN COFFEE

**TUESDAY, APRIL 11**

**10:00-11:30 AM**

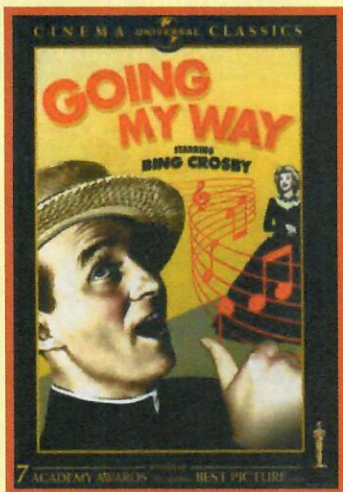
**WESTMINSTER SENIOR CENTER**

**VETERANS ONLY PLEASE. THIS IS THEIR TIME TO MEET OTHER VETERANS,  
SHARE EXPERIENCES, AND MAKE NEW FRIENDS.**



A SHINE (Serving the Health Insurance Needs of Everyone) representative will be at the Westminster Senior Center on the *first* and *third* Wednesday of each month. SHINE provides free, unbiased, and confidential counseling assistance to Medicare beneficiaries, their families, and caregivers. Take advantage of this informative program. Please call the Senior Center to make your personal SHINE appointment.





# IT'S SHOWTIME!!

THURSDAY, APRIL 27

12:00-2:00 PM

**WESTMINSTER SENIOR CENTER**

On the Big Screen, Relax & Enjoy  
Academy Award Winning

**"GOING MY WAY" Starring Bing Crosby!**



**\* Popcorn & drinks will be provided. Please sign up by April 25 \***

## FILE OF LIFE

KEEP INFORMATION UP TO DATE !!  
Review At Least Every Six Months !  
MEDICAL DATA REVIEWED AS OF MO. YR. DAY

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Preferred Hospital: \_\_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Free *File of Life* folders are available at the Westminster Senior Center. These folders are designed to be kept on your refrigerator as an alert to emergency medical personnel of your medical information during emergency situations. During those times of stress, it is difficult to remember medications and dosages. These files could save your life or the life of a loved one. Pick up yours today!

TOMMY RULL, SINGER/ENTERTAINER

*will perform his show*

*"A Musical Journey Through the Years"  
for the Westminster Senior Center*



Tuesday, May 9, 2023 11:45 a.m. – 12:45 p.m.

Westminster Senior Center

69 West Main St.

Westminster, MA 01473

*Take a walk down memory lane. Enjoy the music of Sinatra,  
Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow,  
Elvis, Perry Como, Lou Rawls, Engelbert . . . and many more!*



"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."

*For a short video of song clips from Tommy's show  
his home page is <http://www.tommyrull.com/>*

Tuesday, April 11

11:00 AM

**WESTMINSTER COUNCIL ON AGING**

PRESENTS

PIANO AND VOCAL CONCERT



**DAN KIROUAC**

Music and memories from the 60s and 70s

pop - easy listening - light rock  
more info: [www.facebook.com/DanKrouacMusic](http://www.facebook.com/DanKrouacMusic)

This program is sponsored by the Westminster Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.







# ACTIVITIES


**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p>3</p> <p>9:30-10:15 Yoga 10:30-12 Book Club - (Barbara Friedman) 11:30 Lunch 1-4 Mah Jong</p>	<p>4</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p>5</p> <p>9-11:30 Art 9-3 SHINE (by Appt) 11:30 Lunch 12-3:30 Bridge 1-3 Friendship Club 10:30-11:30 Class at Library Chair &amp; Stand</p>	<p>6</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, &amp; Balance</p>	<p>7</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo 1-3 Ukulele Jam</p> <p><b>GOOD FRIDAY</b></p>
<p>10</p> <p>9:30-10:15 Yoga 11:30 Lunch 1-3 Card Bingo 1-4 Mah Jong</p>	<p>11</p> <p>9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo</p>	<p>12</p> <p>9-11:30 Art 11:30 Lunch 11:45 LEO Club/Social 12-3:30 Bridge 10:30-11:30 Class at Library Chair &amp; Stand</p>	<p>13</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 10-11 Coffee w/Chiefs 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, &amp; Balance</p>	<p>14</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p><b>CLOSED</b></p> <p>17</p> <p><b>PATRIOT'S DAY</b></p> 	<p>18</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p>19</p> <p>9-11:30 Art 9-3 SHINE (by Appt) 11:30 Lunch 12-3:30 Bridge 10:30-11:30 Class at Library Chair &amp; Stand</p>	<p>20</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, &amp; Balance</p>	<p>21</p> <p>9-11:30 Art 11-12 Blood Pressure 11:30 Lunch 1-3 Bingo 1-3 Ukulele Jam</p>
<p>24</p> <p>9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong</p>	<p>25</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p>26</p> <p>9-11:30 Art 11:30 Lunch 11:45 Social Trip 12-3:30 Bridge 10:30-11:30 Class at Library Chair &amp; Stand</p>	<p>27</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, &amp; Balance</p>	<p>28</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
	<p>To All Our Senior Friends &amp; Family May Your Easter Baskets Be Full of Joy, Happiness, &amp; Peace. ~ Happy Easter ~ Sunday, April 9</p>		 <p><b>BOSTON MARATHON MONDAY, APRIL 17</b></p>	 <p><b>Earth Day APRIL 22</b></p>

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