



Council on Aging Newsletter

*"Wrinkles should merely indicate where smiles have been."
- Mark Twain*



PLEASE NOTE THAT THE SENIOR CENTER WILL BE CLOSED FOR ALL ACTIVITIES ON **APRIL 15TH** FOR PATRIOT'S DAY AND ON **APRIL 29 & 30** FOR THE TOWN ELECTION. *THANK YOU FOR YOUR UNDERSTANDING!*

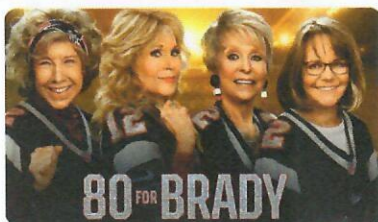
Edward Jones
MAKING SENSE OF INVESTING

Sign-up by April 16th

FRIDAY, APRIL 19TH @ 11:00

Join the Edward Jones team for pizza and a discussion around 'investing in an election year.'

IT'S
SHOWTIME!



**THURSDAY, APRIL 25TH
12:00-2:00PM**

80 For Brady is inspired by the true story of 4 best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl to see their hero Tom Brady play. Popcorn and drinks are provided!

*Happy
Birthday*

To all our seniors
and their families
celebrating in
April!



Next COA Board
Meeting
Tuesday, April 9th
@12 noon

In Memory Of...

GLENN FORSYTH

Glenn was a valued driver of the Westminster Schools and Council on Aging Van for 24 years before retiring in 2013. He will be remembered by many in the community with fond memories and many laughs.

SHARE YOUR
STORY

If you have a story or update you think would be informative or enjoyed by our community, please reach out to Audra Kirtland, Community Services Director: **akirtland@westminster-ma.gov** and share your thoughts.



Benjamin S. Kalmansson, Attorney at Law

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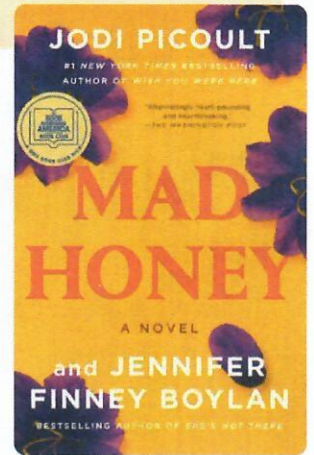


MONTHLY BOOK CLUB

Spend an hour discussing a great current book with a great group of readers! The Senior Center Book Club typically meets on the 1st Monday of the month at 10:30am!

April 1st: *Mad Honey*, Jodi Picoult & Jennifer Finney Boylan

Read ahead! The Club will be discussing *Mad Honey*. This is a soul-stirring novel about what we choose to keep from our past, and what we choose to leave behind. Olivia McAfee knows what it feels like to start over. Her picture-perfect life—living in Boston, married to a brilliant cardiothoracic surgeon, raising a beautiful son, Asher—was upended when her husband revealed a darker side. She never imagined she would end up back in her sleepy New Hampshire hometown, living in the house she grew up in, and taking over her father's beekeeping business.



Friendship Club

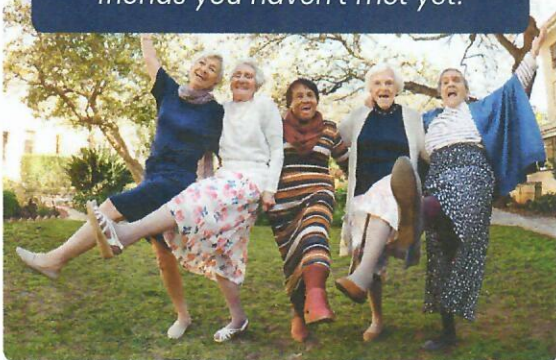
APRIL 3RD

Meet at 1:00PM

!! AUCTION !!

BRING A 1 LB AUCTION ITEM IN A BAG... PAT FEELEY WILL BE THE AUCTIONEER!

There are no strangers here, only friends you haven't met yet!



**TUESDAY, APRIL 9TH
MEET 10-11:30AM**

Join area veterans for conversation and refreshments. We ask that only veterans attend this event in order to respect their time in sharing experiences. Feel free to bring pictures, badges, questions and more. **We appreciate all who have or are serving.** Thank you for your service and dedication to our country!

UKULELE JAM SESSION



This group meets every **Friday from 1:00PM-2:30PM**. Join the fun! Open to both new to ukulele and experienced players! Singers are also welcome to join in for the fun! *Beginner-specific/focused sessions will take place on April 12th and 26th.*

CARD BINGO! THURSDAY, APRIL 11TH | 1:00-3:00PM

Invite friends, enjoy coffee and refreshments and win prizes! A lot of fun to be had by all! No Sign-up needed! If you are attending, please **BRING \$5 in QUARTERS!**



COFFEE WITH THE CHIEFS!

THURSDAY, APRIL 11TH | 10:00-11:00AM

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



All are welcome to stop in to the Senior Center to meet with our Chiefs in a relaxed setting. Feel free to ask questions, voice concerns and share new ideas.



Brenda | LAER REALTY PARTNERS
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Join Brenda Albert, Realtor, LAER Realty Partners, on the last Friday of each month from 12-12:30PM. Brenda provides honesty, integrity, and enthusiasm. Specialties include buyers' & listing agent, relocation, consulting, property management, and senior transitions. All are welcome for a Q & A session with Brenda. No Sign-up.

NEED A RIDE?



Consider our Van Services with Drivers Danny B. and Dan N.!

Operating Tuesday-Friday 8:00AM-4:00PM

Small Fee: \$3.00 out-of-town | \$2.00 in-town

Call to set up a ride: 978-874-7402. A 24-hour notice is required.

SOCIAL TRIPS!



Join fellow Senior Center friends for lunch or an experience! This month we will be heading out to eat as the weather warms!

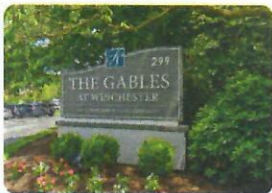
Transportation is provided from the Center, leaving at 11:45AM. There is limited seating on the bus for these trips, so sign-up early!

Wednesday, April 17th



Il Camino Leominster

BONNIE of Baldwinville Skilled Nursing & Rehab Center will be providing Bingo Treats on the First Friday of every month! **Thank you Bonnie for your support!**



PATTI of Gables Assisted Living will be providing Dessert at Bingo on the Second Friday of every month! **Thank you Patti for your generosity!**

Do you know anyone who may be interested in displaying their artwork (photography, paintings, etc.) in the Little Gallery? If so, please reach out to Audra: 978-874-7461, or search 'Little Gallery' on the Town website.



OFFICE OF THE TOWN CLERK

2024 **Dog Licenses** are due by April 15th (\$15 fee applies if late)

Mark your calendar for our Annual Town Election on Tuesday, April 30th & Annual Town Meeting on Sat., May 4th @ 10:00am at the Senior Center.

There's still time to return your census information!

REAL ESTATE EXEMPTION APPLICATION ARE DUE TO THE ASSESSOR'S BY APRIL 1ST



SHINE (SERVING THE HEALTH INSURANCE NEEDS OF EVERYONE)

SHINE will be at the Westminster Senior Center every FIRST and THIRD Wednesday of the month. SHINE representatives provide **FREE, UNBIASED and CONFIDENTIAL** counseling assistance to Medicare beneficiaries, their families, and caregivers. To make your personal appointment with SHINE, please call the Westminster Senior Center at 978-874-7402. SHINE is here to help ease the burden of healthcare!

FREE 'FILE OF LIFE' FOLDERS ARE AVAILABLE AT THE SR CENTER

These folders are designed to be kept on your refrigerator as an alert to medical personnel during an emergency situation. They contain your medical information, emergency contacts, medications and dosages, and much more. During times of stress, it can be difficult to remember this information. **These files could save your life, or the life of a loved one!** Pick yours up today!



ONGOING ACTIVITIES...

LET'S GET OUR *Game On!*

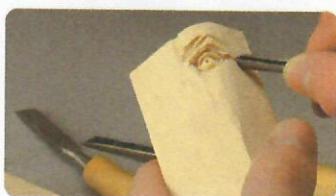
JOIN US FOR A VARIETY OF BOARD/CARD GAMES

CANASTA	WEDNESDAYS	9-11 AM
PITCH	WEDNESDAYS	1-3 PM
CRIBBAGE	THURSDAYS	9-11 AM
SCRABBLE	THURSDAYS	1-3 PM
MAH JONG	MONDAYS	1-4 PM
BINGO	TUES/FRIDAYS	1-3 PM
BRIDGE	WEDNESDAYS	12-3:30 PM



WALKERS OF WESTMINSTER

Do you like to go for walks? Would you like to expand where you walk or who you walk with? Consider joining the Walkers of Westminster! **The group meets at the Senior Center every Thursday at 9AM, All YEAR ROUND!** All are welcome!



Woodcarvers Group

THURSDAYS
9AM-12PM



Art Group (Painting, etc)

TUE & WED 9-11AM
FRIDAYS 9-11:30AM



Crafters Group (Knitting, etc)

THURSDAYS 1-4PM



FITNESS CLASSES

DUST OFF THOSE BOOTS FOR LINE DANCING CLASS WITH ANNE GILMARTIN

Thursdays 9:30-11:30AM | Sign-up not required
Beginners \$3 (1st hour only) | Improvers \$5 (2 hours)

RELAX AND REJUVINATE AT YOGA WITH PAULA MAGEE

Mondays 9:30-10:15AM | Sign-up not required
Join Paula to add physical and emotional strength, flexibility, and balance to your daily activity. This 45-minute class is designed for ALL. No floor work as we will be working standing or seated.

FIND YOUR HAPPY PLACE DURING YOGA WITH LORI PUCKO

Fridays from 9:30-10:15AM | Sign-up not required

CARDIO STRENGTH FOR SENIORS

Wednesdays 9:30-10:15AM | Sign-up not required
Join Paula Magee in this fun, 45-minute class that includes cardiovascular endurance, muscular strength, and balance. Bands & balls provided, but participants should bring their own 1-5lb weights. Sneakers are required and water is encouraged!



FITNESS AT
FORBUSH
LIBRARY

Chair & Stand










Wednesdays 10:30-11:30AM

Stretch, Strength & Balance

Thursdays 10:30-11:30AM

Z E A A P R I L U J T I U G
 X A I M E W H Z Z B T S V B
 Z K E E I L I L P I C N I C
 M S R I X S B K N W B I N F
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APRIL	BUDS	NATURE	RAIN
SUN	INSECTS	GALOSHES	SPRING
BIRDS	CHEER	PICNIC	SMELL
HARMONY	TREE	NEST	GRASS

WHAT DO YOU CALL A RABBIT WITH FLEES?  <small>BUDS BUNNY</small>	WHAT GOES UP WHEN THE RAIN GOES DOWN?  <small>UMBRELLA</small>	NAME A BOW THAT CAN'T BE TIED.  <small>A RAINBOW</small>
 WHAT FALLS BUT NEVER GETS HURT? <small>THE RAIN</small>	WHAT DO YOU CALL A GIRL WITH A FROG ON HER HEAD?  <small>ADITY</small>	WHAT KIND OF GARDEN DOES A BAKER HAVE?  <small>A "FLOWER" GARDEN</small>
WHAT'S A BABY CHICK'S FAVORITE PLANT?  <small>EGG-PLANTS</small>	 WHAT DID THE BIG FLOWER SAY TO THE LITTLE ONE? <small>YOU'RE REALLY GROWING, BUD!</small>	WHY DID THE BIRD GO TO THE HOSPITAL?  <small>IT NEEDED TWEETMENT!</small>

PRINCETON & WESTMINSTER DAY - APRIL 7

[HTTPS://FEVO.ME/PRINCETONWESTMINSTERTT](https://fevo.me/princetonwestminstertt)



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Throughout the season, the WooSox will host different towns in Central and Western MA at Polar Park for "Town Takeover" Nights. Tickets purchased for each "Town Takeover" night will benefit a non-profit from that town.

Golf'n Gamblesm

CASINO TRIP IN THE WORKS!
SUNDAY, MAY 5TH! More details to follow...

Forbush
 Memorial Library

Welcome to WESTMINSTER

Join us for a community gathering to talk about life in our Town!

THURSDAY, APRIL 4, 2024

TIME: 6:30PM - 7:30PM

FORBUSH MEMORIAL LIBRARY
 118 MAIN STREET

At this informative event, you'll have the opportunity to:

- ✓ Meet Town Leadership
- ✓ Identify Youth & Senior Activities & Services
- ✓ Hear about upcoming Events & Places to Explore:
 - Farmers' Market, Yard Sales
 - Hiking & Walking Trails
 - Fairs, Festivals & Concerts
 - And Much Much More!

Visit the following for more information:
forbushlibrary.org | westminster-ma.gov





ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
*Turkey & Gravy 1 9:30-10:15 Yoga 10:30-11:30 Book Club w/Barbara Friedman 11:30 Lunch 1-4 Mah Jong 	*Stuffed Shells 2 9-11:30 Art 11:30 Lunch 1-3 Bingo	*Steak, Onions & Peppers 3 9-11 Canasta 9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge 1-3 Friendship Club 1-3 Pitch	*Chicken Cordon Bleu 4 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-3 Scrabble 1-4 Crafts 2-4 GGAA	*Lentil Veg. Stew 5 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-2:30 Ukulele Jam 1-3 Bingo
*Chicken & Veg Stir Fry 8 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong	*Hot Dog 9 9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo	*B-Day Beef Burgundy 10 9-11 Canasta 9-11:30 Art 9:30-10:15 Cardio Strength 10:00 Social Trip (Private) 11:30 Lunch 12-3:30 Bridge 1-3 Pitch	*Egg Salad 11 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 10-11 Coffee w/Chiefs 11:30 Lunch 1-3 Card Bingo 1-3 Scrabble 1-4 Crafts	*Mediterranean Cod 12 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-2:30 Ukulele Jam -Beginners 1-3 Bingo
CLOSED 15  PATRIOT'S DAY	*Broccoli Bake 16 9-11:30 Art 11:30 Lunch 1-3 Bingo	*Chicken Parmesan 17 9-11 Canasta 9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 11:45 Social Trip (Il Camino) 12-3:30 Bridge 1-3 Pitch	*Meatloaf 18 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-3 Scrabble 1-4 Crafts	*Roast Pork 19 9-11:30 Art 9:30-10:15 Yoga 11:00 Pizza Lunch w/Edward Jones 11:30 Lunch 1-2:30 Ukulele Jam 1-3 Bingo
*Shepherd's Pie 22 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong  EARTH DAY	*Balsamic Chicken 23 9-11:30 Art 11:30 Lunch 1-3 Bingo	*Cold: Turkey & Swiss 24 9-11 Canasta 9-11:30 Art 9:30-10:15 Cardio Strength 9:30 Social Trip (Private) 11:30 Lunch 12-3:30 Bridge 1-3 Pitch	*BBQ Pulled Pork 25 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 12-2 Movie Time 1-3 Scrabble 1-4 Crafts	*Tuscan Salmon 26 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 12:00 LAER Realty 1-2:30 Ukulele Jam -Beginners 1-3 Bingo

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