

# Westminster Council on Aging August 2022 Newsletter

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



978-874-7402



Happy Birthday  
To all Seniors  
Born in August!



VETERAN'S COFFEE HOUR  
EVERY SECOND TUESDAY  
OF THE MONTH  
10:00-11:30 AM  
WESTMINSTER SENIOR CENTER



## \*\*THE BENEFIT IS BACK!\*\*

Hello Neighbors!

We are so pleased to tell you all that after a long break due to the COVID-19 pandemic, our beloved Town Benefit Day is back on for **SUNDAY, AUGUST 14, 2022!!**

This year you will notice a combination of old and new! We will still be featuring our fan favorites like the Benefit Boutique, the Chinese Auction and Over the Top, Kids Flea Market, 5K Road Race (hosted by Zen Yoga Studio), Kids Zone and Teen Challenges, School Supply Store and much more!

In addition to these old favorites, this year we will also host four food trucks, an afternoon presentation by Animal Adventures of Groton, MA, Caricatures by Don Landgren Jr., and entertainment by Westminster's own Fred Ellsworth!

The Benefit would not be the same without the volunteerism and contributions of our local businesses and friends—if you would like to make a Tax Deductible donation please mail it to Westminster Benefit Fund, PO Box 63, Westminster, MA 01473 or if you or someone you know is interested in volunteering please fill out this form

<https://forms.gle/YuP2xCS8XHFxixa9> or contact us directly via phone, email or our social media platforms.

Stay tuned for more information on  
Benefit Day features and attractions!  
We truly cannot wait to see you!



**NHN**  
Neighbors Helping  
Neighbors  
Westminster, MA



Community  
Health Connections  
*We take great care of you!*

## COVID-19 VACCINE CLINIC

Thursday August 25<sup>th</sup>, 2022  
Westminster Council on Aging  
69 West Main St, Westminster  
9:00AM - 12:00PM

Vaccines available: Pfizer, Moderna, and J&J

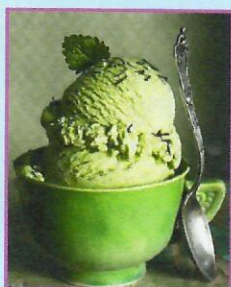
Dose: All available doses

Ages: 5+

Registration: encouraged; walk-ins welcome

To register: call the Montachusett Public Health Network  
COVID-19 Response Team at (978) 602-2356 Monday-  
Saturday 10:00AM-6:00PM

Please bring vaccine card and insurance card if you have  
one



## SUMMER DESSERT CONTEST!

**THURSDAY, AUGUST 25 ~ 1:30 PM ~ WESTMINSTER SENIOR CENTER**

**BRING YOUR FAVORITE DESSERT ALONG WITH RECIPE COPIES TO SHARE**

**VOTE FOR YOUR FAVORITE & WIN PRIZES! COFFEE & TEA WILL BE PROVIDED**

**\*PLEASE RSVP BY AUGUST 23 ~ SUMMER IS TOO SHORT! EAT COOL DESSERTS!**



## Elizabeth Kalmansson, Attorney at Law

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It is important to have a plan for the future. With a few simple documents, we can help to ensure that you and your estate will be taken care of according to your wishes. Our basic estate planning package is sufficient for most clients and very affordable.

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# WE'RE HIRING

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The Westminster Council on Aging Board Meeting will not be held the month of August.  
The next meeting will be held Tuesday, September 13, 12:00 pm at the Westminster Senior Center.



## COFFEE WITH THE CHIEFS

Will not be held the month of August.  
The next Coffee with the Chiefs will be September 22.



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



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



### The Friendship Club

No meeting held in August.  
Next meeting ~ September 7.

State Senator ANNE GOBI ~ Office Hours  
Westminster Senior Center  
Tuesday, August 16  
10:00-11:00 am



## CARD BINGO & NATIONAL LEMON MERINGUE PIE DAY!

Monday, August 15 ~ 1:00-3:00 pm ~ Westminster Senior Center

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



Please sign up by August 12 ~ A lemon dessert to share would be appreciated!

CELEBRATE NATIONAL SERENDIPITY DAY! MAKE A FALL HOUSE DOOR HANGER!  
THURSDAY, AUGUST 18 ~ 1:00-3:00 PM ~ WESTMINSTER SENIOR CENTER

\*NONREFUNDABLE COST AT SIGNUP FOR MATERIAL: \$5 \*LIMITED TO 12 PEOPLE  
PLEASE RSVP BY AUGUST 15 \*PHONE NUMBER REQUIRED AT SIGNUP  
HOPE YOU WILL JOIN US! (ACTUAL DOOR HANGER MAY DIFFER THAN PHOTO.)



Prescription  
Advantage

Each year, thousands of Medicare beneficiaries reach a gap in the Medicare prescription drug plan that is often referred to as the "donut hole".

If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. Prescription Advantage can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00am to 5:00 pm, or visit [prescriptionadvantagemass.org](http://prescriptionadvantagemass.org).



The Westminster Senior Center Book Club

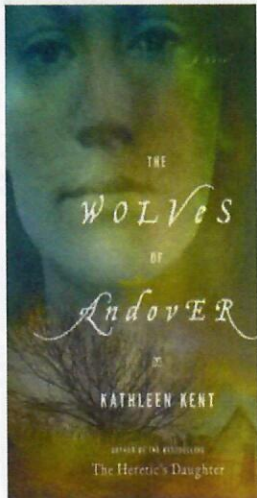
69 West Main Street, Westminster, MA

Open to all!

Meets Every Month on a Monday Morning

Next Meeting is August 8<sup>th</sup> at 10:30

Come and spend an hour discussing a great book about Massachusetts history!



In the harsh wilderness of colonial Massachusetts, Martha Allen works as a servant in her cousin's household, taking charge and locking wits with everyone. Thomas Carrier labors for the family and is known both for his immense strength and size and mysterious past. The two begin a courtship that suits their independent natures, with Thomas slowly revealing the story of his part in the English Civil War. But in the rugged new world they inhabit, danger is ever present, whether it be from the assassins sent from London to kill the executioner of Charles I or the wolves -- in many forms -- who hunt for blood.

A love story and a tale of courage!

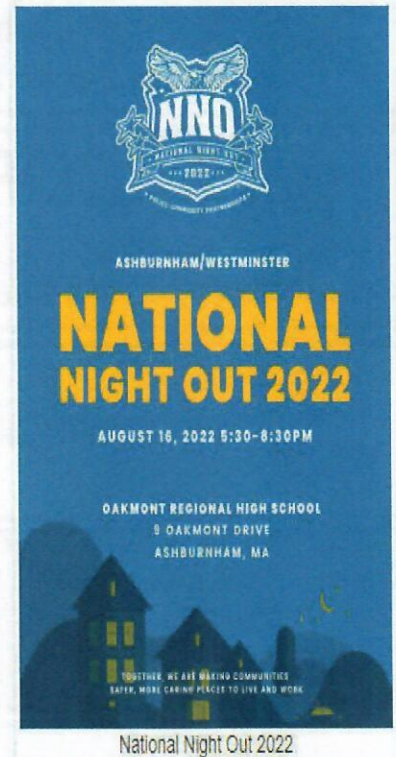
COPIES AVAILABLE AT THE  
FORBUSH MEMORIAL LIBRARY

The Westminster Public Library is  
located at 118 Main Street

**Event Date:** Tuesday, August 16, 2022 - 5:30pm to 8:30pm

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Millions of neighbors take part in National Night Out across thousands of communities from all fifty states, U.S. territories and military bases worldwide on the first Tuesday in August (Texas and select areas celebrate on the first Tuesday in October). Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and much, much more.



## YOGA WITH PAULA MAGEE

Every Tuesday ~ Month of August  
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. Signup not required.



## SUMMERTIME BARBEQUE!

HOSTED BY THE WESTMINSTER FIRE DEPARTMENT

FRIDAY, SEPTEMBER 9 ~ 12:00 NOON

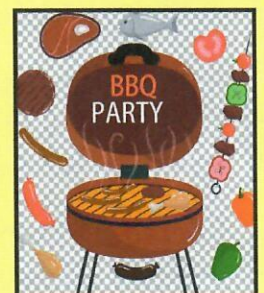
WESTMINSTER SENIOR CENTER

HAMBURGERS, HOTDOGS, & COLD DRINKS PROVIDED

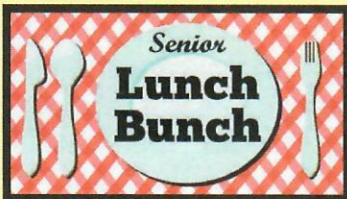
\*SIDE DISHES & DESSERTS TO SHARE WOULD BE APPRECIATED\*

PLEASE RSVP BY SEPTEMBER 6

AN INFORMATIVE "GENERAL HOME SAFETY"  
PRESENTATION WILL BE MADE DURING BBQ



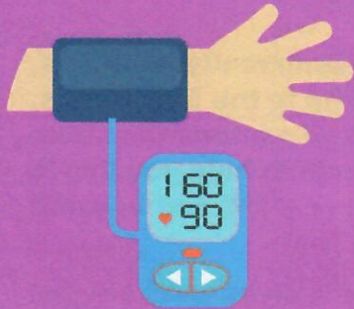




## Join the LEO Club! (Let's Eat Out)

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 on Wednesday, August 17 at **BARBER'S CROSSING** in

Leominster. We'll meet at Westminster Senior Center for 11:45 am, then carpool from there. We order off the menu and pay our own way. The Club will be limited to 12 people. Drivers needed. RSVP 978-874-7402 by August 15. Please join us to celebrate National Sandwich Month!



## FREE BLOOD PRESSURE CLINIC

FRIDAY, AUGUST 19 / 10:00-11:00 AM

WESTMINSTER SENIOR CENTER

WALK-INS WELCOME



A	C	P	I	D	J	G	H	W	U	G	S	R	I	Y	P	A
F	O	S	A	N	D	C	A	S	T	L	E	L	N	C	E	S
X	E	F	C	L	V	A	F	Y	G	Z	V	N	B	S	O	U
S	Y	S	W	I	M	S	U	I	T	T	U	J	F	E	X	N
W	H	N	T	Z	E	T	B	D	M	S	A	N	D	A	L	S
I	S	O	R	S	T	S	R	Z	W	V	C	N	A	G	I	C
M	E	R	B	U	M	B	R	E	L	L	A	Q	U	U	V	R
M	D	K	Q	R	D	M	S	Y	E	H	Z	Y	R	L	D	E
I	C	E	C	R	E	A	M	E	J	S	H	S	Y	L	G	E
N	U	L	G	X	A	N	N	V	Q	U	T	E	J	S	N	N
G	F	V	Q	G	H	O	T	W	Y	R	R	A	X	M	Q	J
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V	B	T	S	U	N	G	L	A	S	S	E	S	R	O	D	L

BEACH  
SANDCASTLE  
VACATION  
TOWEL

SUNNY  
SWIMSUIT  
SNORKEL  
SUNGLASSES

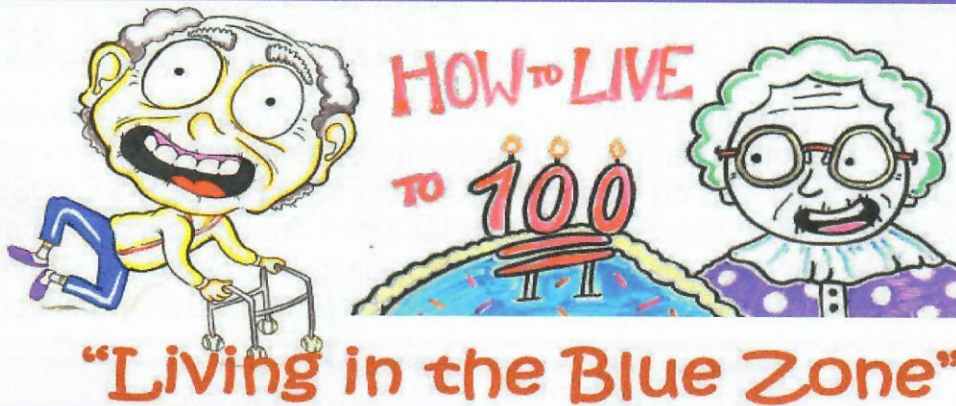
SANDALS  
UMBRELLA  
SUNSCREEN  
PALM TREES

SURFING  
SUNRISE  
STARFISH  
CRABS

SWIMMING  
ICE CREAM  
SEASHELLS  
SEAGULLS







## "Living in the Blue Zone"

**Tuesday, August 23<sup>rd</sup>**  
**Westminster Senior Center**  
**11am-12pm**

**Registration required.**

**Space is limited.**

**Please RSVP By Aug 16<sup>th</sup>**

**\*978-874-7402\***

**Handouts will be provided.**

**Light refreshments will be served.**

Join Michele Morin, Community Relations,  
 for a presentation on living in the Blue Zones.  
 You will learn the secrets of centenarians from  
 around the world to help you live to  
 100 and beyond!

**\*HINT\***

It's not a sunny disposition or a low fat, gluten free diet!

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## INTERESTED IN PAINTING IN WATERCOLOR?

**WESTMINSTER SENIOR CENTER WILL HOST A WATERCOLOR BEGINNERS CLASS ON FRIDAYS THE MONTH OF AUGUST, STARTING AUGUST 5, 9:30-11:30 AM. LIMIT 10 STUDENTS. PLEASE CALL EARLY TO RESERVE 978-874-7402.**

**CLASS WILL BE RUN BY A SELF-TAUGHT ARTIST OF THE WESTMINSTER CIRCLE OF ARTISTS. LUCILLE KUMSTIS HAS BEEN PAINTING SINCE RETIREMENT FROM THE TELEPHONE COMPANY 27 YEARS AGO. SHE HAS ATTENDED MANY WORKSHOPS. LUCILLE WILL PROVIDE SOME SUPPLIES IF YOU DON'T HAVE ANY.**

**DON'T BE BASHFUL ~ SIGN UP!**







# ACTIVITIES




## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<b>*Hawaiian Meatballs</b> 1 <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<b>*Sloppy Joes</b> 2 <b>9-11:30</b> Art <b>9:30-10:15</b> Yoga <b>11:30</b> Lunch <b>1-3</b> Bingo	<b>*Chicken Drumstick</b> 3 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>12-3:30</b> Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<b>*Beef &amp; Lentil Chili</b> 4 <b>9-11</b> WOW <b>9-12</b> Wood Carving <b>11:30</b> Lunch <b>1-4</b> Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<b>*Potato Pollock</b> 5 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo
<b>*Macaroni &amp; Cheese</b> 8 <b>10:30</b> Book Club (with Barbara Friedman) <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<b>*Chili Cheeseburger</b> 9 <b>9-11:30</b> Art <b>9:30-10:15</b> Yoga <b>10-11:30</b> Veteran Coffee <b>11:30</b> Lunch <b>1-3</b> Bingo	<b>*Lasagna Roll</b> 10 <b>9-11:30</b> Art <b>9-3</b> SHINE (by Appt) <b>11:30</b> Lunch <b>12-3:30</b> Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<b>*Grilled Chicken Breast</b> 11 <b>9-11</b> WOW <b>9-12</b> Wood Carving <b>11:30</b> Lunch <b>1-4</b> Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<b>*Roast Pork</b> 12 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo
<b>*Breaded Fish</b> 15 <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<b>*Shepherd's Pie</b> 16 <b>9-11:30</b> Art <b>9:30-10:15</b> Yoga <b>11:30</b> Lunch <b>1-3</b> Bingo	<b>*Chic &amp; Sausage Paella</b> 17 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>12-3:30</b> Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<b>*Chicken Teriyaki</b> 18 <b>9-11</b> WOW <b>9-12</b> Wood Carving <b>11:30</b> Lunch <b>1-3</b> Card Bingo <b>1-4</b> Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<b>*Roast Turkey/Gravy</b> 19 <b>9-11:30</b> Art <b>10-11</b> Blood Pressure <b>11:30</b> Lunch <b>1-3</b> Bingo
<b>*Beef Bolognese</b> 22 <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<b>*Chicken Fajita</b> 23 <b>9-11:30</b> Art <b>9:30-10:15</b> Yoga <b>11:30</b> Lunch <b>1-3</b> Bingo	<b>*Ravioli Primavera</b> 24 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>12-3:30</b> Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<b>*Roast Pork/Gravy</b> 25 <b>9-11</b> WOW <b>9-12</b> Wood Carving <b>11:30</b> Lunch <b>1-4</b> Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<b>*Turkey Corn Stew</b> 26 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo
<b>*Chicken Breast</b> 29 <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<b>*Potato Pollock</b> 30 <b>9-11:30</b> Art <b>9:30-10:15</b> Yoga <b>11:30</b> Lunch <b>1-3</b> Bingo	<b>*Meatballs Marinara</b> 31 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>12-3:30</b> Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<p>Ahhhhh... We hope you are enjoying the last few lazy days of Summer!</p> 	

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## Edward Jones



**John Maliska**  
Financial Advisor  
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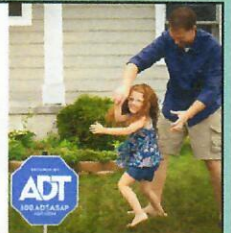
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