

Westminster Council on Aging August 2023 Newsletter



69 West Main Street, P.O. Box 212
Westminster, MA 01473
978-874-7402



*Happy Birthday
To Our Seniors
Celebrating
In August!*



*Sunsets are proof that
endings can be beautiful
too.*

Breakfast Sandwiches & Coffee "On the House"

**Tuesday, August 8
9:00-10:00 am**

**Westminster Senior Center
Featuring Balance Exercise**

Please sign up by August 7

*Hosted by our Friend
Bill O'Connor*



GAME ON!!! Starting in September, four new games will be added for Westminster Senior Center activities. Please join us for a little friendly competition and a lot of fun! All skill levels welcome. Sign-up not required. Games will be held in the Lounge Room during the following days/times.



Canasta—Wednesdays—9:00-11:00 am

Pitch—Wednesdays—1:00-3:00 pm

Cribbage—Thursdays—9:00-11:00 am

Scrabble—Thursdays—1:00-3:00 pm



For questions or additional information, please call the Senior Center. We hope to see you soon!

SENIORS ~ WANT TO GET OUT, SOCIALIZE, OR ADVENTURE SOMEWHERE NEW FOR A CHANGE OF SCENERY?

Then please join us on a newly-added Social Trip to Athol's Market Basket Plaza every third Wednesday of the month beginning August 16. We'll meet at the Westminster Senior Center lobby for 11:00 am and board the Council on Aging van from there. On the return, we'll depart the Athol Plaza at 3:30 the latest. The van fee is waived for the trip; however, you will be responsible for all other expenses. There is a wide variety of things to do at the plaza. Take in a movie at



Athol Cinema while relaxing in reclining chairs. Have lunch at one of the numerous restaurants/coffee shops—110 Grill, Asia Gourmet, Wendy's, Taco Bell, Market Basket Café, and Starbucks. Enjoy shopping at Hobby Lobby, Marshalls, Dollar Tree, and Pet Supplies Plus. Tully Walk-in Care Center and Worker's Credit Union are also located in the plaza. Sign-up is required with a 24-hour advance notice by calling the Senior Center at 978-874-7402. The van is limited to eleven seniors, so please call early to reserve your seat. For additional information, please give us a call! Happy Trails!!!

Benjamin S. Kalmansson, Attorney at Law

Elder Law | Wills | Trusts | MassHealth Planning & Applications

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.

Law Offices of Kalmansson & Kalmansson e: ben@kalmanssonlaw.com
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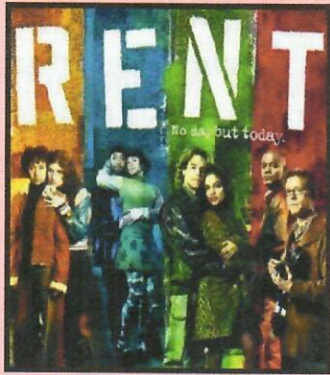
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Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.lpicommunities.com Westminster COA, Westminster 03-1136



IT'S SHOWTIME!!

THURSDAY, AUGUST 24

12:00-2:00 PM

WESTMINSTER SENIOR CENTER

**On the Big Screen, Relax & Enjoy
"RENT" ~ A Musical About Life & Love**

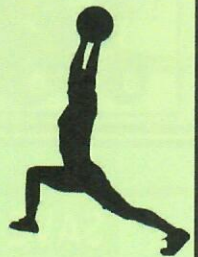
*** Popcorn & drinks will be provided. Please sign up by August 22 ***



CARDIO STRENGTH FOR SENIORS

WEDNESDAYS ~ AUGUST 2, 9, 16, 23 & 30 ~ 9:30-10:15 AM

Join Paula Magee in this fun 45-minute class that includes cardiovascular endurance, muscular strength, and balance. Bands and balls will be provided, however, we ask that participants bring their own set of weights (between 1-5 pounds). Rubber soled supportive shoes/sneakers required and water is strongly encouraged. Sign-up not required. Questions? Please contact Paula directly at (978)467-6173.



YOGA WITH PAULA MAGEE

MONDAYS ~ AUGUST 7, 14, 21 & 28 ~ 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.



SHINE (Serving the Health Insurance Needs of Everyone) will be at Westminster Senior Center on the first and third Wednesday of each 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 Senior Center at 978-874-7402.

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

Brenda
REALTOR Albert

Exceptional Service Before, During & After The Sale



Join Brenda Albert, Realtor, LAER Realty Partners, at the Westminster Senior Center the last Friday each month, (this month—August 25) at 12:00-12:30 pm. Brenda provides honesty and integrity, enthusiasm, a positive attitude, and a passion for outstanding customer service. Her specialties include buyer's agent, listing agent, relocation, consulting, property management, and senior transitions. All are welcome for a social question and answer session with Brenda. Sign-up not required.



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, August 9, at *LongHorn Steakhouse, Leominster*.

Enjoy a great lunch with a nice group of people. We meet at **11:15 am** in the Westminster Senior Center lobby and board the COA van from there. Everyone orders off the menu and pays their own way. The Club is limited to eleven people. Please RSVP by August 7 at 978-874-7402.



CONGRATULATIONS to JOYCE LUCANDER!

WINNER OF THE WESTMINSTER COUNTRY CLUB GOLF CERTIFICATE FOR 4 PEOPLE!

THANK YOU TO EVERYONE WHO BOUGHT RAFFLE TICKETS!

ALL PROCEEDS WILL BENEFIT WESTMINSTER COUNCIL ON AGING ACTIVITIES

SAVE THE DATE!

GRANDPARENTS RAISING GRANDCHILDREN

BACK-TO-SCHOOL FUN FEST

SATURDAY, AUGUST 12, 2023

11:00 AM - 5:00 PM

RAIN DATE AUGUST 20TH

FULLER PARK

YMCA CENTRAL COMMUNITY BRANCH

766 MAIN ST., WORCESTER

GET A CHANCE TO WIN A \$1,500 CASH PRIZE!



PRESENTED BY

Central Massachusetts
Agency on Aging, Inc.



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RAISING GRANDKIDS
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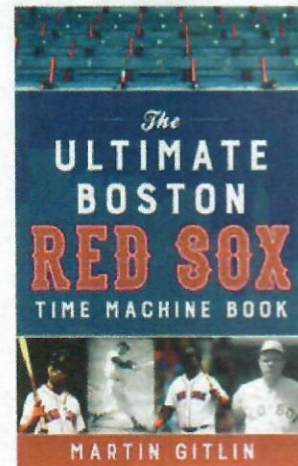


Forbush Memorial Library

118 Main St, Westminster, MA 01473 / 978-874-7416 / forbushlibrary.org

MARTY GITLIN

Sports Journalist



THURSDAY, AUGUST 3

ELORANTA ROOM

6:00 P.M.

MARTY GITLIN WILL DISCUSS HIS
BOOK, AND SHARE INFORMATION ON
THE HISTORY OF THE RED SOX.



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!



Please Note: The Westminster Council on Aging Board Meeting will not be held in August.
The next meeting is scheduled for Tuesday, September 12 at 12:00 pm.



VETERAN COFFEE

TUESDAY, AUGUST 8

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.**



UKULELE JAM SESSION

~ FRIDAY, AUGUST 11 & 25 ~

1:00-2:30 PM ~ WESTMINSTER SENIOR CENTER
SINGERS ALSO WELCOME! JOIN THE FUN!



PLEASE NOTE: "COFFEE WITH THE CHIEFS" WILL NOT BE HELD IN AUGUST.
COFFEE WILL RESUME THURSDAY, SEPTEMBER 14 AT 10:00 AM.



SUMMER BREEZE... MAKES ME FEEL FINE...

Try Your Luck at CARD BINGO!

Thursday, August 10 ~ 1:00-3:00 pm ~ Westminster Senior Center

TO PLAY, PLEASE BRING \$5 IN QUARTERS

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

* PLEASE SIGN UP 978-874-7402 *



There are no strangers here;
Only friends you haven't met yet

The Friendship Club

Wednesday, August 2 ~ 12:00 pm

Held at the American Legion, Westminster

Please be prepared to submit your annual dues of \$4

Also, please bring your meal ticket with you

We'll see you then!



*When it's too hot outside, beat the heat and enjoy the pool...Room!
The Senior Center has two nice pool tables in a private room.
Stop by anytime during open hours!*



Planning for Retirement?

Come to an educational seminar about Medicare & Health Plan options.
Tuesday, August 22 ~ 11:00am-12:00pm ~ Westminster Senior Center
Make the most of your Medicare benefits. Sign up not required.



Neighbors Helping Neighbors

Westminster, MA | Est. 1987

36th Annual

Westminster Town Benefit

Sunday August 13th

11am – 5pm

The Common on Academy Hill

FEATURING...

- ★ Chinese Auction and Over-The-Top
- ★ The Benefit Boutique
- ★ Runners Helping Neighbors 5K Road Race by Zen Yoga Wellness
- ★ Strawberry Shortcake by the First Congregational Church
- ★ Fried Dough by the Westminster Fire Department
- ★ School Supply Store by the Ash-West Foundation for Academic Excellence
- ★ Caricatures by Don Landgren, Jr.
- ★ Kid's Carnival Games by Westminster Parks & Recreation
- ★ Youth Zone and Inflatable Obstacle Course by Bread of Life Church
- ★ Fast Pitch Contest by Westminster Police Department
- ★ Petting Zoo & Pony Rides
- ★ Henna Tattoos with Henna by Maria
- ★ Toddler Inflatable Obstacle Course & Bounce House
- ★ Live Entertainment by Fred Ellsworth

...and much, much more!

Throughout the past 36 years, "Neighbors Helping Neighbors" has touched the lives of more than 200 different families and spent more than \$500,000 in getting them through difficult times. We can help these families due to the generosity of our community. Thank you for your continued faith and support; we couldn't do it without you!



WestminsterNHN@gmail.com



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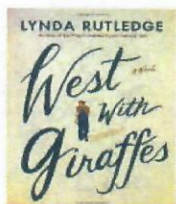
Neighbors Helping Neighbors,
Westminster MA



The Westminster Senior Center Book Club meets
on the 1st Monday morning of the month

August 7th at 10:30 am

Come and spend an hour discussing a great current book
with a great group of readers

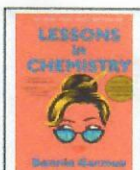


Part adventure, part historical saga, and part coming-of-age love story, *West with Giraffes* explores what it means to be changed by the grace of animals, the kindness of strangers, the passing of time, and a story told before it's too late.

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THE FORBUSH
MEMORIAL LIBRARY

The Westminster Public
Library is located at
118 Main Street

Read the book before it gets to television!



The Senior
Book Club will
be discussing
Lessons in
Chemistry

On Sept. 11th
at 10:30 am

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self-assured and immune to social
convention" (*The Washington Post*) in 1960s
California whose career takes a detour when
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COMING LATER THIS YEAR

St Edward's Annual Fall Festival And Chicken BBQ Dinner at Noon



St. Edward the Confessor Parish

10 Church St.

Westminster, MA 01473

SATURDAY, SEPT. 9, 2023

10am to 4pm on the church grounds

Come join us for a day of fun!

Attic Treasures (early bird entry at 9:30-10AM - \$5 per person)
Eddie's Auction Room Theme Baskets Jewelry Room
Holiday Room Raffle tickets/Big Raffle Kids Games
Grocery Wheel Bakery Room is back!
10-12 Crafters/Vendors Food (burger & hot dog lunch meals)

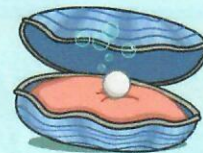
Chicken BBQ Dinner at Noon with all the fixings!
Dinners by reservation: Call St. Edwards office, 978-874-2362
by 9/4/23. Eat in or to go.

Music (all day) & Entertainment on the lawn at 1:00PM.
Join in and have fun!

For up-to-date info – go to www.stedwardconf.org
(Home tab – Fall Festival)

AUGUST

ACTIVITIES




Monday

Tuesday

Wednesday

Thursday

Friday

	<p><i>*Steak/Peppers/Onions</i> 1 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Crab Cakes</i> 2 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</p>	<p><i>*Turkey Taco Salad</i> 3 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts</p>	<p><i>*BBQ Pulled Pork</i> 4 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p><i>*Stuffed Shells</i> 7 9:30-10:15 Yoga 10:30-12 Book Club (Barbara Friedman) 11:30 Lunch 1-4 Mah Jong</p>	<p><i>*Hamburger</i> 8 9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 1-3 Bingo</p>	<p><i>*Chicken Kiev</i> 9 9-11:30 Art 9:30-10:15 Cardio Strength 11:30 Lunch 11:15 LEO Club/Social 12-3:30 Bridge</p>	<p><i>*Salmon/Dill Sauce</i> 10 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-3 Card Bingo 1-4 Crafts</p>	<p><i>*Turkey/Cran Salad</i> 11 9-11:30 Art 11:30 Lunch 1-3 Bingo 1-2:30 Ukulele Jam</p>
<p><i>*Beef Burgundy</i> 14 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong</p>	<p><i>*Turkey w/Gravy</i> 15 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Seafood Salad</i> 16 9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11-3:30 Social/Athol Plaza 11:30 Lunch 12-3:30 Bridge</p>	<p><i>*Chicken Parmesan</i> 17 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts</p>	<p><i>*Hot Dog/Beans</i> 18 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p><i>*Meatballs w/Gravy</i> 21 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong</p>	<p><i>*Macaroni & Cheese</i> 22 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Roast Pork</i> 23 9-11:30 Art 9:30-10:15 Cardio Strength 10:00 Social Trip 11:30 Lunch 12-3:30 Bridge</p>	<p><i>*Cold Salad Plate</i> 24 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 12-2 Movie Time 1-4 Crafts</p>	<p><i>*Mediterranean Cod</i> 25 9-11:30 Art 11:30 Lunch 12-12:30 LAER Realty 1-3 Bingo 1-2:30 Ukulele Jam</p>
<p><i>*Pesto Ravioli</i> 28 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong</p>	<p><i>*Frittata/Rstd Potatoes</i> 29 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Asian Chicken Salad</i> 30 9-11:30 Art 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge</p>	<p><i>*Meatloaf w/Gravy</i> 31 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts</p>	<p>Exercise Classes At Forbush Memorial Library Chair & Stand Wednesdays 10:30-11:30 am Stretch, Strength & Balance Thursdays 10:30-11:30 am</p>

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John Maliska

Financial Advisor

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