

# Westminster Council on Aging December 2022 Newsletter

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



978-874-7402



*Happy Birthday  
To Seniors  
Celebrating  
In December!*



*To All Our Friends ~  
Wishing You & Your Family  
a Very, Merry Christmas!  
The Senior Center Staff*



## BREAKFAST WITH A BADGE

SERVED BY THE WESTMINSTER FIRE DEPARTMENT

**FRIDAY, DECEMBER 9  
8:30-10:30 AM**

**PLEASE RSVP 978-874-7402  
WESTMINSTER SENIOR CENTER**

*Complimentary!*



## Breakfast Sandwiches & Coffee "On the House"



**Thursday, December 15  
9:00-10:00 am**

Westminster Senior Center

**Signup Not Required**

*Hosted by our Friend  
Bill O'Connor*



## VETERAN COFFEE

**TUESDAY, DECEMBER 13  
10:00-11:30 AM**

**WESTMINSTER SENIOR CENTER**



All Veterans are welcome to join Guest Speaker, Professor Paul Gregory Smith, aka "General".

General spent 35 years in the Massachusetts Army National Guard, and served in staff and command assignments to include Joint Task Force Commander during the 2013 Boston Marathon Bombings Response, as well as border security missions, and peacekeeping force development in South Africa.

General also spent 35 years in Public High Schools in Massachusetts and developed award-winning vocational special education program, innovative criminal justice program, and highly effective school safety partnerships. He served as a special education teacher, curriculum specialist, and assistant principal as well. *With pride and honor, we welcome our very special guest. Please join us.*



## Elizabeth 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: elizabeth@kalmanssonlaw.com  
48 West Street p: 978-343-7772  
Leominster, MA 01453 w: kalmanssonlaw.com

## Rainbow Dinner

For Rainbow Seniors (50+)  
Their Friends And Families

6:30PM September 9th, 2022

Italian Night - Doors Open at 6pm

Reserve Your Seat By September 3rd

At The Community Church - 84 Main St. Ashburnham, MA

Reserve Your Seat - Share dietary needs or volunteer:

email: ashburnhamcommunitychurch@gmail.com

or leave a message at 978-872-5553

or use this form: <https://forms.gle/goBexid5vYdZHC7>

Donations gratefully accepted. But not required

(second Friday Nights - October 14, Nov 11, Dec 9)

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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!



## COFFEE WITH THE CHIEFS

Thursday, December 22 / 9:00 - 10:00 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.

## YOGA WITH LORI PUCKO

MONDAYS, DECEMBER 5, 12, & 19 ~ 9:30-10:15 am

Join Lori 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.

**\* PLEASE NOTE: NO CLASS DECEMBER 26 \***



## The Friendship Club

Wednesday, December 7 ~ 1:00 pm

Westminster Senior Center

All are welcome to join us for a Gift Exchange!

If you are participating in the exchange,  
please bring a wrapped, \$10-valued gift.

RSVP Joan Long at 978-874-2538 if attending.

## Feeling Lucky? PLAY CARD BINGO!

Monday, December 12 ~ 1:00-3:00 pm ~ Westminster Senior Center

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

Sign-up not required





Coming to the Senior Center ~



DUST OFF THOSE BOOTS!

## LINE DANCING CLASS!

Instructor: Anne Gilmartin

Thursdays / 10:00am—12:00 pm

January 5, 12, 19, & 26

Beginners: \$3 (first hour only)

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

\*Please Sign Up at Senior Center 978-874-7402\*

The Senior Center recently acquired a self-serve, interactive, "InBody" blood pressure kiosk. The machine provides blood pressure measurement guidelines as well as helpful information. There is no cost to use the machine and no appointment necessary. Check it out and...

KEEP AN EYE ON YOUR NUMBERS!



### \*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!

State Senator Anne Gobi  
and

State Representative  
Kimberly Ferguson

~ OFFICE HOURS ~

Westminster Senior Center  
Tuesday, December 20  
10:00-11:00 am

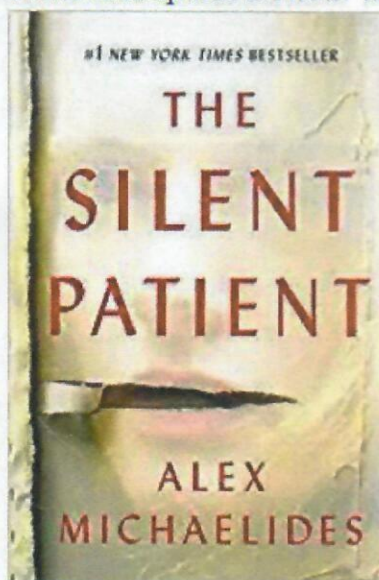


The Westminster Senior Center Book Club

Meets December 5th at 10:30

Discussing: *The Silent Patient* by Alex Michaelides

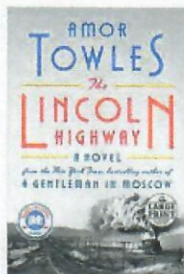
Come and spend an hour discussing a great current book



"Alicia Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer, she lives in a grand house with big windows overlooking a park in one of London's most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him five times in the face, and then never speaks another word." ...Goodreads

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MEMORIAL LIBRARY

The Westminster Public  
Library is located at  
118 Main Street



Put this title on your holiday list. From the author of *A Gentleman in Moscow*

*The Lincoln Highway* by Amor Towles

The Meeting will be on January 9th  
(January 2nd is a holiday)



The Westminster Council on Aging Board Meeting will be held Tuesday, December 13, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



## 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, December 14, at Longfellow's Wayside Inn, Sudbury. We meet at the Westminster Senior Center for 11:45 am and board the Senior Center van from there. Everyone orders off the menu and pays their own way. The Club is limited to eleven people. Please RSVP by December 12 at 978-874-7402. Enjoy a festive Christmas Lunch!

## FREE BLOOD PRESSURE CLINIC

FRIDAY, DECEMBER 16 / 10:00-11:00 AM / WESTMINSTER SENIOR CENTER

On-Site: Kathy Panagiotes, Graduate ~ Fitchburg State RN/BSN  
Framingham State & Anna Maria College  
Retired Professor of Nursing at MWCC  
Nurse Management at Health Alliance



WALK INS  
WELCOME

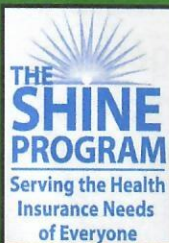
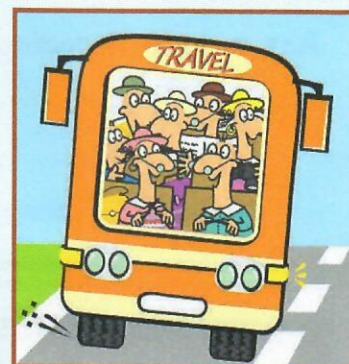


## UKELELE JAM SESSION

FIRST & THIRD FRIDAYS OF THE MONTH  
1:00 PM ~ WESTMINSTER SENIOR CENTER  
SINGERS ALSO WELCOME! JOIN THE FUN!



Beginning mid-December, Mondays will be added to the Council on Aging van schedule. Once that takes effect, the van will then be available Monday 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 a specific Social Trip. These Social Trips are open to 10 Seniors (first come, first served) and the destination varies each trip. If you are interested in one of these social trips, please contact the Senior Center. We are open to suggestions of destinations that may be of interest to all. Also, please be reminded that van services have expanded to include Athol Market Basket Plaza and Worcester area hospitals. All rides require a 24-hour minimum notice. For further information or to book the van, please contact us at 978-874-7402.



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

If you need help paying for heat this winter, please make sure to contact MOC Fuel Assistance at (978) 345-7040 or [mocinc.org/fuelassistance](http://mocinc.org/fuelassistance).





Try something New in 2023

## Introduction to MAH JONG

Join with others for this two part program that  
will put you on a fast track to learn and play

*American Mah Jong!*

Monday January 9<sup>th</sup> & Tuesday January 17<sup>th</sup>



**10 – 11:30am  
at the Westminster Senior  
Center**

**\$15 per person only 8 spots  
available.**

**To sign up for the class please call  
the center at 978-874-7402**

*Westminster Senior Center  
has a 1pm Monday Mah Jong group and welcomes new  
players!!!*

**Bring a friend or make a new one.**



**DO YOU LIKE TO READ?  
DO YOU ENJOY PUZZLES?  
SEE US FIRST!**

*The Senior Center has an  
overabundance of gently  
used books and puzzles.  
With the long winter ahead,  
why not stop by, fill a bag,  
and hunker down with  
a good book or puzzle?*



## FILE OF LIFE

**KEEP INFORMATION UP TO DATE !!  
Review At Least Every Six Months !**

**MEDICAL DATA REVIEWED AS OF** MO. YR.

Name: Sex: M F

Address:

Doctor: Phone #:

Preferred Hospital:

### EMERGENCY CONTACTS

Name: Phone #:

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!



# DECEMBER



# ACTIVITIES

Monday

Tuesday


Wednesday

Thursday

Friday

*Christmas is forever, not for just one day,  
For loving, sharing, giving, are not to put away.  
Like bells and lights and tinsel,  
In some box upon a shelf,  
The good you do for others is good you do yourself.  
**MERRY CHRISTMAS ~ BEST WISHES!***



<p>5</p> <p>9:30-10:15 Yoga</p> <p>10:30-12 Book Club - (Barbara Friedman)</p> <p>11:30 Lunch</p> <p>1-4 Mah Jong</p>	<p>6</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>	<p>7</p> <p>*BBQ Pulled Chicken</p> <p>9-11:30 Art</p> <p>9-3 SHINE (by Appt)</p> <p>11:30 Lunch</p> <p>12-3:30 Bridge</p> <p>1-3 Friendship Club</p> <p>10:15-11:15 Class at Library Chair &amp; Stand</p>	<p>1</p> <p>9-11 WOW</p> <p>9-12 Wood Carving</p> <p>11:30 Lunch</p> <p>1-4 Crafts</p> <p>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</p>	<p>2</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p> <p>1-3 Ukulele Jam</p>
<p>12</p> <p>9:30-10:15 Yoga</p> <p>11:30 Lunch</p> <p>1-3 Card Bingo</p> <p>1-4 Mah Jong</p>	<p>13</p> <p>9-11:30 Art</p> <p>10-11:30 Veteran Coffee</p> <p>11:30 Lunch</p> <p>12:00 COA Board Mtg</p> <p>1-3 Bingo</p>	<p>14</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>12-3:30 Bridge</p> <p>10:15-11:15 Class at Library Chair &amp; Stand</p>	<p>15</p> <p>9-11 WOW</p> <p>9-12 Wood Carving</p> <p>11:30 Lunch</p> <p>1-4 Crafts</p> <p>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</p>	<p>16</p> <p>9-11:30 Art</p> <p>10-11 Blood Pressure</p> <p>11:30 Lunch</p> <p>11:45 LEO Club</p> <p>1-3 Bingo</p> <p>1-3 Ukulele Jam</p>
<p>19</p> <p>9:30-10:15 Yoga</p> <p>11:30 Lunch</p> <p>1-4 Mah Jong</p>	<p>20</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>	<p>21</p> <p>9-11:30 Art</p> <p>9-3 SHINE (by Appt)</p> <p>11:30 Lunch</p> <p>12-3:30 Bridge</p> <p>10:15-11:15 Class at Library Chair &amp; Stand</p>	<p>22</p> <p>9-10 Coffee w/Chiefs</p> <p>9-11 WOW</p> <p>9-12 Wood Carving</p> <p>11:30 Lunch</p> <p>1-4 Crafts</p> <p>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</p>	<p>23</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>
<p>26</p> <p>CLOSED</p> 	<p>27</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>	<p>28</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>12-3:30 Bridge</p> <p>10:15-11:15 Class at Library Chair &amp; Stand</p>	<p>29</p> <p>9-11 WOW</p> <p>9-12 Wood Carving</p> <p>11:30 Lunch</p> <p>1-4 Crafts</p> <p>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</p>	<p>30</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>

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