

Westminster Council on Aging December 2023 Newsletter



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



**BIRTHDAY WISHES
TO ALL SENIORS
CELEBRATING
IN DECEMBER!**



*Happy Holidays
to our Dear
Senior Friends
& Their Families!
From the Westminster COA Staff*

*The Council on Aging Wishes to Extend
Our Heartfelt Sympathy to the Family & Friends of
~ William "Bill" F. Antoniac ~*



HOLIDAY LUNCHEON TUESDAY, DECEMBER 19

SERVING 11:30 AM

WESTMINSTER SENIOR CENTER

Hosted by Our Friends



**CELEBRATE CHRISTMAS WITH A DELICIOUS, SIT-DOWN, COMPLIMENTARY
MEAL WITH ALL THE FIXINGS—COURTESY OF OUR GOOD FRIENDS
BILL O'CONNOR & LIFE CARE CENTERS OF AMERICA**

ALSO, ENJOY A LITTLE FUN WITH CHRISTMAS TRIVIA

PLEASE RSVP 978-874-7402 AS SOON AS POSSIBLE AS SEATING IS LIMITED



*Have any last minute Christmas shopping to do or need a few goodies for yourself?
Let us do the driving! The Council on Aging van will be going "over the river and
through the woods" to Athol Plaza on Wednesday, December 20 - leaving the Senior
Center at 11:00 am and returning around 3:30 pm. The van fee will be waived.
Athol Plaza offers numerous shopping and dining venues including Hobby Lobby,
Marshalls, Dollar Tree, 110 Grill, Wendy's Taco Bell, as well as a movie theater.
If interested in joining us, please rsvp 978-874-7402 by December 18.*

HAPPY SHOPPING!

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



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Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.lpicommunities.com Westminster COA, Westminster 03-1136



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

It's Christmas time! 'Tis the season for special times with special friends. Please join us on Wednesday, December 13 as we enjoy the beauty of the historic Publick House Inn & Restaurant in Sturbridge.

We'll meet at 11:30 am in the Westminster Senior Center lobby to carpool or board the COA van. Everyone orders off the menu and pays their own way. The Club is limited to 15 people, including one wheelchair person. To enhance the festive mood, Christmas attire is suggested. RSVP by December 8 at 978-874-7402. Sorry, no snow date. Let's jingle all the way!



SHINE (Serving the Health Insurance Needs of Everyone) will be at Westminster Senior Center on Wednesdays, December 6 & 20. Medicare open enrollment ends December 7. 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.

FOR FUEL ASSISTANCE, PLEASE CALL 978-342-4520 (NEFWC-NEW ENGLAND FARM WORKERS COUNCIL), 978-342-9407 (SALVATION ARMY), OR 877-563-4645 (JOE FOR OIL).

DUST OFF THOSE BOOTS!



LINE DANCING CLASS!

~ With Anne Gilmartin ~

Thursdays / 9:30 - 11:30 am

Beginners: \$3 (1st hour only) / Improvers: \$5 (full 2 hours)

Sign-up not required. Please note: Class only on December 14 this month.



YOGA WITH LORI PUCKO

FRIDAYS ~ 9:30-10:15 AM

SIGN-UP NOT REQUIRED



YOGA WITH PAULA MAGEE

MONDAYS ~ 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.



CARDIO STRENGTH FOR SENIORS

WEDNESDAYS ~ 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.



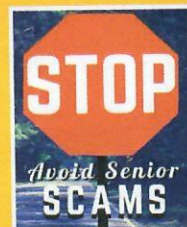


PROTECTING THE SENIOR POPULATION

Presentation by

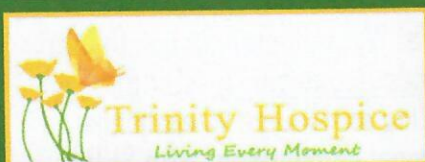
Westminster Police Detective ~ David LeBlanc

TUESDAY, DECEMBER 12 ~ 12:00-1:00 PM



Don't be a victim! Learn how to identify and protect yourself from various types of fraud.

ELDER HOTLINE: 888-243-5337



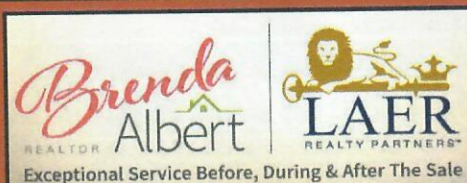
Caregivers Support Group

First & Third Monday of Every Month

9:00-10:00 am (Sign-up not required)



Hosted by Rev. Joelle Johns, MDiv., PT-Csp, GC-C / Hospice Care Consultant
Caring for a loved one? Please join us to share, learn, and support one another.



Join Brenda Albert, Realtor, LAER Realty Partners, at the Westminster Senior Center last Friday of each month 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.



COFFEE WITH THE CHIEFS

Thursday, December 14 / 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.



Volunteers Needed for Tax Preparation

Tax-Aide, a partnership between IRS and AARP Foundations, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available.

Last year, over 4,700 returns were prepared at 41 sites around Worcester County. Nationally, almost 3 million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season—February 1 to April 15. Training for volunteer preparers will start in November, most of the training will be online. Internet access and basic computer skills are necessary. For an application and/or further information: <https://mataxaide.org/interest>



**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!**



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



The Friendship Club

Wednesday, December 6 ~ 1:00 pm

Westminster Senior Center

Please bring a Christmas Dessert

All are welcome to join us for a Gift Exchange!

Bring a wrapped or bagged new gift valued at \$10

New members are always welcome!

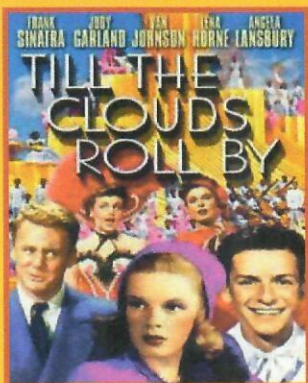
CHRISTMAS CARD BINGO!

Thursday, December 14 ~ 1:00-3:00 pm ~ Westminster Senior Center

TO PLAY, PLEASE BRING \$5 IN QUARTERS

Invite a friend, enjoy refreshments, & win prizes! Coffee & pastries provided.

* PLEASE SIGN UP BY DECEMBER 12 ~ 978-874-7402 *



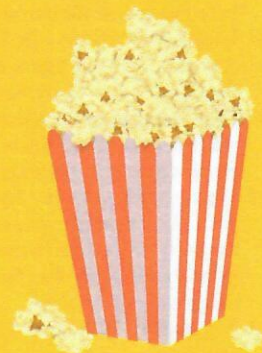
IT'S SHOWTIME!!

THURSDAY, DECEMBER 28

12:00-2:00 PM

WESTMINSTER SENIOR CENTER

On the Big Screen, Relax & Enjoy!



"TILL THE CLOUDS ROLL BY" ~ Musical Biography of Broadway Pioneer, Jerome Kern

* Popcorn & drinks will be provided. Please sign up by December 26 *

I'm dreaming of a white Christmas, just like the ones I used to know...



VETERAN COFFEE

TUESDAY, DECEMBER 12

10:00-11:30 AM

WESTMINSTER SENIOR CENTER



**JOIN AREA VETERANS FOR CONVERSATION & COMPLIMENTARY REFRESHMENTS.
VETERANS ONLY PLEASE TO RESPECT THEIR TIME IN SHARING EXPERIENCES.**



UKULELE JAM SESSION

~ EVERY FRIDAY IN DECEMBER ~

1:00-2:30 PM ~ WESTMINSTER SENIOR CENTER

SINGERS ALSO WELCOME! JOIN THE FUN!





Worcester County District Attorney's Office
Joseph D. Early, Jr.



Community News Brief: Holiday Scams, The Naughty List
The Better Business Bureau (BBB) established its naughty list, and is making individuals aware of the top 12 holiday scams.

1. **Misleading Social Media Ads** – Always research before you buy. BBB.org and shopper reviews can help you do your homework before paying.
2. **Social Media Gift Exchange** – This usually involves a secret illegal pyramid scheme. Watch out for invites to gift exchanges on social media that include exchanging bottles of wine; purchasing \$10 gifts; or requests to submit your email to a list where participants get to pick a name and send money to strangers to "pay it forward." Stick to buying your friends gifts from reputable businesses and donating to reputable organizations.
3. **Holiday Apps** – Be wary of free holiday apps that include things such as talking to Santa, tracking Santa's reindeer, and lighting a digital Menorah. Many of the free apps can contain malware or their privacy policies may allow them to access your personal data.
4. **Fake Texts Saying You Are Hacked** – This scam occurs all year round, but is more frequent during the holiday season. Never click on links from a number you do not know, and always consult with the BBB (BBB.org) if you have concerns regarding the legitimacy of an organization.
5. **Free Gift Cards** – The word free likely sounds too good to be true, and it may be! Never provide personal information in exchange for these free gifts as they are likely tied to a scam.
6. **Temporary Holiday Jobs** – Keep an eye out for employment opportunities that seem too good to be true and ask for extensive personal information.
7. **Look Alike Websites** – Be wary of any emails or text messages that include embedded links. Always hover over a link to determine its legitimacy by reviewing the web address.
8. **Fake Charities** – Verify the legitimacy of a charity through BBB's website Give.org.
9. **Fake Shipping Notifications** – Scammers are using the new surge of online shopping to send phishing emails that claim to include shipping notifications and tracking. Always verify the email address prior to clicking any links. When in doubt do not click.
10. **Pop-up holiday events** – The holiday season brings many social events for family and friends to gather. Unfortunately, scammers have used this to send fake invites to social gatherings and request credit card information for payment, compromising your credit. Confirming with an event organizer regarding the cost of an event and confirming the event website can help mitigate risk of this scam.
11. **Top Holiday Wish Items** – Be cautious when purchasing high demand items for bargain prizes. This includes being wary of Facebook market and other online platforms.
12. **Puppy Scams** – The BBB estimates that 80% of online pet advertisements may be scams. Be sure to see a pet in person before making a purchase.

If you think you may have been a victim of a scam, you should do the following:

- Try to contact the merchant.
- Contact your credit card company.
- Contact the BBB and submit a claim: <https://www.bbb.org/file-a-complaint>.

Information adapted from the Better Business Bureau



**HE'S MAKING A LIST,
HE'S CHECKING IT TWICE,
GONNA FIND OUT WHO'S
NAUGHTY OR NICE...
SANTA CLAUS
IS COMING TO TOWN!**



TUESDAY, DECEMBER 5, 10:00-11:00 AM
WESTMINSTER SENIOR CENTER
SIGN-UP NOT REQUIRED

SELLING YOUR TREASURES

GET AN ESTIMATE ON WHAT
YOUR ITEMS ARE WORTH!

*Bring your item for an Estimated Value
*ESTIMATE IS NOT AN APPRAISAL

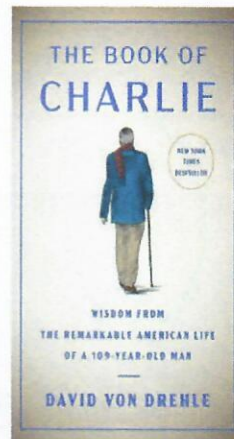
978-230-1131
MIKE@RHR-REALESTATE.COM

WWW.RHR-REALESTATE.COM

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

December 4th at 10:30 am

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



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FORBUSH MEMORIAL
LIBRARY

The Westminster Public
Library is located at
118 Main Street

"The Book of Charlie is a 'genuinely original, formula-shattering' (Bob Woodward) gospel of grit—the inspiring story of one man's journey through a century of upheaval. The history that unfolds through Charlie's story reminds you that the United States has always been a divided nation, a questioning nation—a nation of Charlies in the rollercoaster pursuit of a good and meaningful life." Amazon

A perfect book to read during the holiday season!



DECEMBER

ACTIVITIES



Monday

Tuesday

Wednesday

Thursday

Friday

JOIN US FOR CONGREGATE MEALS!

SERVED MONDAY THROUGH FRIDAY ~ 11:30 AM
WESTMINSTER SENIOR CENTER

SUGGESTED DONATION \$3

RESERVATIONS REQUIRED BY 10AM PRIOR BUSINESS DAY
PLEASE CALL SENIOR CENTER 978-874-7402

Exercise Classes

At Forbush Memorial Library

Chair & Stand

Wednesdays 10:30-11:30 am

Stretch, Strength & Balance

Thursdays 10:30-11:30 am

CARING FOR OR RAISING YOUR GRANDCHILDREN?

IN NEED OF SUPPORT?

PLEASE JOIN US ON

FRIDAY, DECEMBER 1

10-11:30 AM

WESTMINSTER SENIOR CENTER

*Cod w/Breadcrumbs 1

9-11:30 Art

9:30-10:15 Yoga

10-11:30 Grandparent's
Support Group

11:30 Lunch

1-2:30 Ukulele Jam

1-3 Bingo

*BBQ Pulled Pork 4

9-10 Caregivers
Support Group

9:30-10:15 Yoga

10:30-11:30 Book Club
(Barbara Friedman)

11:30 Lunch

1-4 Mah Jong

*Breaded Garlic Chicken 5

9-11:30 Art

10-11 Selling Treasures

11:30 Lunch

1-3 Bingo

*American Chop Suey 6

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 Pitch

1-3 Friendship Club

*Cold Salad Plate 7

9-11 WOW

9-11 Cribbage

9-12 Wood Carving

11:30 Lunch

1-3 Christmas Party

1-3 Scrabble

1-4 Crafts

*Chicken Pot Pie 8

9-11:30 Art

9:30-10:15 Yoga

11:30 Lunch

1-2:30 Ukulele Jam

1-3 Bingo

*Veggie Fried Rice 11

9:30-10:15 Yoga

11:30 Lunch

1-4 Mah Jong

*Beans & Hotdogs 12

9-11:30 Art

10-11:30 Veteran Coffee

11:00 COA Board Mtg

11:30 Lunch

12-1 Protecting Senior
Population

1-3 Bingo

*Broccoli Stuffed Chicken 13

9-11 Canasta

9-11:30 Art

9:30-10:15 Cardio Strength

11:30 Social/LEO Club

11:30 Lunch

12-3:30 Bridge

1-3 Pitch

*Beef Wellington 14

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 Scrabble

1-3 Card Bingo

1-4 Crafts

*Macaroni & Cheese 15

9-11:30 Art

9:30-10:15 Yoga

11:30 Lunch

1-2:30 Ukulele Jam

1-3 Bingo

*Meatballs/Marinara 18

9-10 Caregivers

Support Group

9:30-10:15 Yoga

11:30 Lunch

1-4 Mah Jong

*Fish Stew 19

9-11:30 Art

11:30 Holiday Luncheon

1-3 Bingo

*Turkey Cobb Salad 20

9-11 Canasta

9-11:30 Art

9-3 SHINE (by Appt)

9:30-10:15 Cardio Strength

11:00 Social Trip

11:30 Lunch

12-3:30 Bridge

1-3 Pitch

*Meatloaf w/Gravy 21

9-11 WOW

9-11 Cribbage

9-12 Wood Carving

11:30 Lunch

1-3 Scrabble

1-4 Crafts

FIRST DAY OF WINTER!

*Chicken Alfredo 22

9-11:30 Art

9:30-10:15 Yoga

11:30 Lunch

1-2:30 Ukulele Jam

1-3 Bingo

CLOSED 25

*Merry
Christmas*

*Ravioli w/Marinara 26

9-11:30 Art

11:30 Lunch

1-3 Bingo

*Turkey w/Gravy 27

9-11 Canasta

9-11:30 Art

9:30-10:15 Cardio Strength

11:30 Lunch

12-3:30 Bridge

1-3 Pitch

*Breaded Chicken 28

9-11 WOW

9-11 Cribbage

9-12 Wood Carving

11:30 Lunch

12-2 Movie Time

1-3 Scrabble

1-4 Crafts

*Egg Bake 29

9-11:30 Art

9:30-10:15 Yoga

11:30 Lunch

1-2:30 Ukulele Jam

1-3 Bingo

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