

Westminster Council on Aging February 2018 Newsletter

69 West Main Street, Westminster, MA 01473

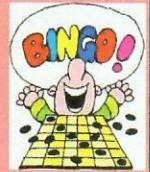
978-874-7402



Birthday Wishes
To All Seniors
Celebrating
In February!!!



We're looking for volunteers to call Bingo
Mondays & Fridays, 1:00 - 3:00 pm
If interested, please contact
the Senior Center.
Thank you!!!



*The Council on Aging would like to extend
our Deepest Sympathy to the Family & Friends of
~ George E. Engman ~*



Save the Date!

Senior Center Breakfast Friday, April 6, 8:30 am



- ◆ Menu to be announced in March Newsletter
- ◆ Please sign up at the Senior Center
- ◆ Small donation fee of \$3.00

**COFFEE WITH THE
POLICE CHIEF
THURSDAY, FEBRUARY 1
9:00 - 11:00 AM**



Please join
Westminster Police Chief
Salvatore Albert
at the
Community Senior Center
Refreshments will be served

**COFFEE WITH THE
FIRE CAPTAIN
THURSDAY, FEBRUARY 8
9:00 - 11:00 AM**



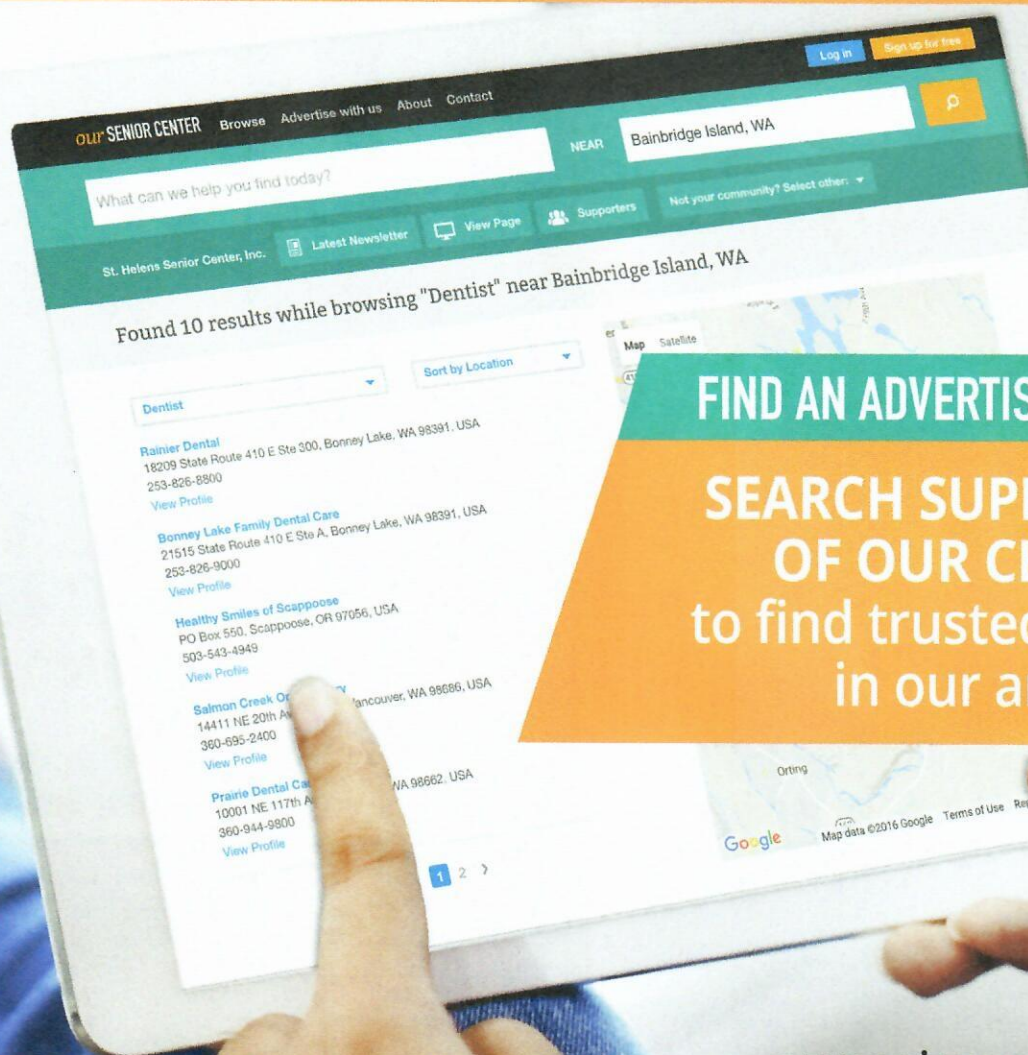
Please join the
Westminster Fire Captain
at the
Community Senior Center
Refreshments will be served

Please join
Westminster Police Detective
Nick Auffrey
at the
Community Senior Center
◆ Friday, February 9
◆ Friday, February 16
12:00 n - 1:00 pm

Detective Auffrey will be here to
answer your questions and provide
information on **SCAMS & FRAUD**.
Come on down, introduce yourself,
and learn how to protect yourself
from these serious issues.

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FEBRUARY 14 ~ VALENTINE'S DAY
FEBRUARY 19 ~ PRESIDENTS' DAY



UPCOMING EVENTS

- ♦ **Coffee with Westminster Police and Fire!** Come join us for coffee and refreshments with Police Chief, Salvatore Albert, on February 1 and with the Fire Captain on February 8, both held 9:00 - 11:00 am. Stop by, stay informed, and enjoy the company!
- ♦ **The Friendship Club** will not be meeting in February. To celebrate St. Patrick's Day, the next meeting will be held March 7 at 1:30 pm. Wear your green and enjoy an Irish sing-a-long. New friends are always welcome!
- ♦ **Gardner Area Memory Café** will host monthly gatherings of individuals with memory loss, along with their caregivers, family and/or friends on February 28, and March 28, 2:00 - 3:30 pm. The Memory Café will be held at the Gardner Senior Center, 294 Pleasant Street, Gardner and is for individuals at any stage of the disease process. It is a safe and supportive environment for all guests to socialize and enjoy each other's company. The goal is to make every guest as comfortable as possible. For further information or to RSVP, please call the Gardner Senior Center at (978)630-4067.
- ♦ **Alex of MOC (Montachusett Opportunity Council)** will be here February 21 at 11:30 to discuss the benefits of good nutrition. All are welcome to attend.
- ♦ **Patti from The Gables of Fitchburg** will be here on February 12 providing goodies for Bingo.
- ♦ **Bonnie of Gardner Rehabilitation & Nursing Center** will provide goodies on February 2 for Bingo.
- ♦ **Gail Noel, our SHINE Counselor**, will be at the Westminster Senior Center the third Wednesday of each month. The next available day is February 21, 9:00 am - 3:00 pm. To make an appointment, please contact the Senior Center.
- ♦ **Free blood pressure clinics** are held the first Friday of each month. This month's clinics will be held February 2, 12:00 n - 1:00 pm. No sign-up necessary.
- ♦ **The Council on Aging Board Meeting** will be held February 13, 1:00 - 2:00 pm. This meeting will be held at the Senior Center and is open to the public.

INFORMATION

- ♦ **The Senior Center** will be closed February 19 in observance of Presidents' Day.
- ♦ **With inclement weather** upon us, the Council on Aging van and Meals on Wheels services align with the Ashburnham/Westminster school closings. If school is closed due to bad weather, the van will not run and Meals on Wheels will not be delivered. However, if school is delayed, this does not affect the van or meal delivery; both will remain on schedule. The Senior Center closing aligns with Town Hall; if Town Hall closes, the Senior Center closes.
- ♦ **If you worry about the well-being of your elderly neighbor**, please call the Senior Center. We can make a home visit to ensure that they are safe and aware of the services we have to offer.
- ♦ **If you, or someone you know, is having difficulty paying for food, heating bills, rent, etc.,** please call the Senior Center; we can locate the appropriate agency that can help you. All calls are confidential.
- ♦ **The Home Heating Assistance Program** is available for eligible Westminster residents. To be eligible, residents must have lived in Town for the past six months or longer and must meet income eligibility guidelines, as well as exhausted prior assistance. Application forms are available at the Senior Center, Town Hall, or on the Town website.

FEBRUARY IS HEART MONTH!

CELEBRATE BY CHANGING SALTY WAYS IN JUST 21 DAYS!

BY PRACTICING A LOWER SODIUM INTAKE:

You can transform your taste buds & enjoy foods with lower sodium & more nutrients. A lower sodium intake helps reduce fluid retention and bloating to help you feel better.

WEEK 1: LOOK FOR WAYS TO LOWER SODIUM INTAKE

- ♥ Foods with the American Heart Association labels are lower in sodium.
- ♥ Choose fruits and vegetables over chips & crackers for snacks.
- ♥ Sodium in breads & rolls can add up if eaten at each meal.
- ♥ Eat a variety of starches such as corn, peas & sweet potato.



WEEK 2: BRING A NEW TWIST TO OLD FAVORITES

- ♥ Eat pizza in moderation, choosing veggies like onions, peppers & mushrooms over extra cheese and meat toppings.
- ♥ A two-ounce portion of deli meat can have almost 800 mg of sodium. Moderation is key even when consuming lower sodium deli meats.

WEEK 3: BUILD BETTER SANDWICHES AND CHOOSE SOUPS WISELY

- ♥ 1 cup of canned chicken noodle soup can have almost 950 mg of sodium. Try lower sodium varieties in moderation.
- ♥ Try replacing some of the sandwich meats with avocado, lettuce, tomato, cucumber, or even sliced apple.



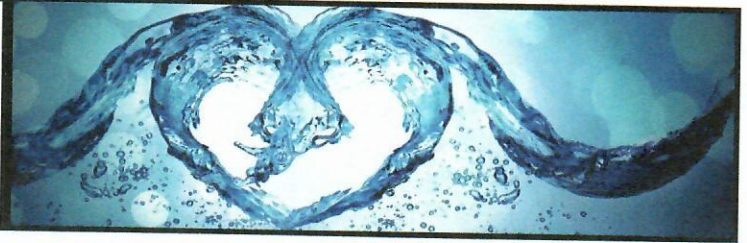
**AFTER ONLY 3 WEEKS OF HEALTHY HABITS,
YOU ARE WELL ON YOUR WAY TO CHANGING SALTY WAYS!
CELEBRATE & FEEL BETTER BY ENJOYING YOUR NEW LOWER SODIUM CHOICES!**

A bird sitting on a tree is never afraid of the branch breaking, because her trust is not on the branch but on it's own wings.
Always believe in yourself.



PLEASE JOIN US
FEBRUARY 21 ~ 12:00 PM
RAFFLE ~ PRESENTATION ~ LUNCHEON

WATER AN ESSENTIAL NUTRIENT!



No other nutrient deficiency
has such a profound effect on your health!

DO YOU KNOW...

- ♦ A High Fluid intake is associated with a lower risk of kidney stones and some types of cancer?
- ♦ How much water you need?
- ♦ What the best way is to get enough water every day?
- ♦ How much water is too much?

ENJOY & RECEIVE...

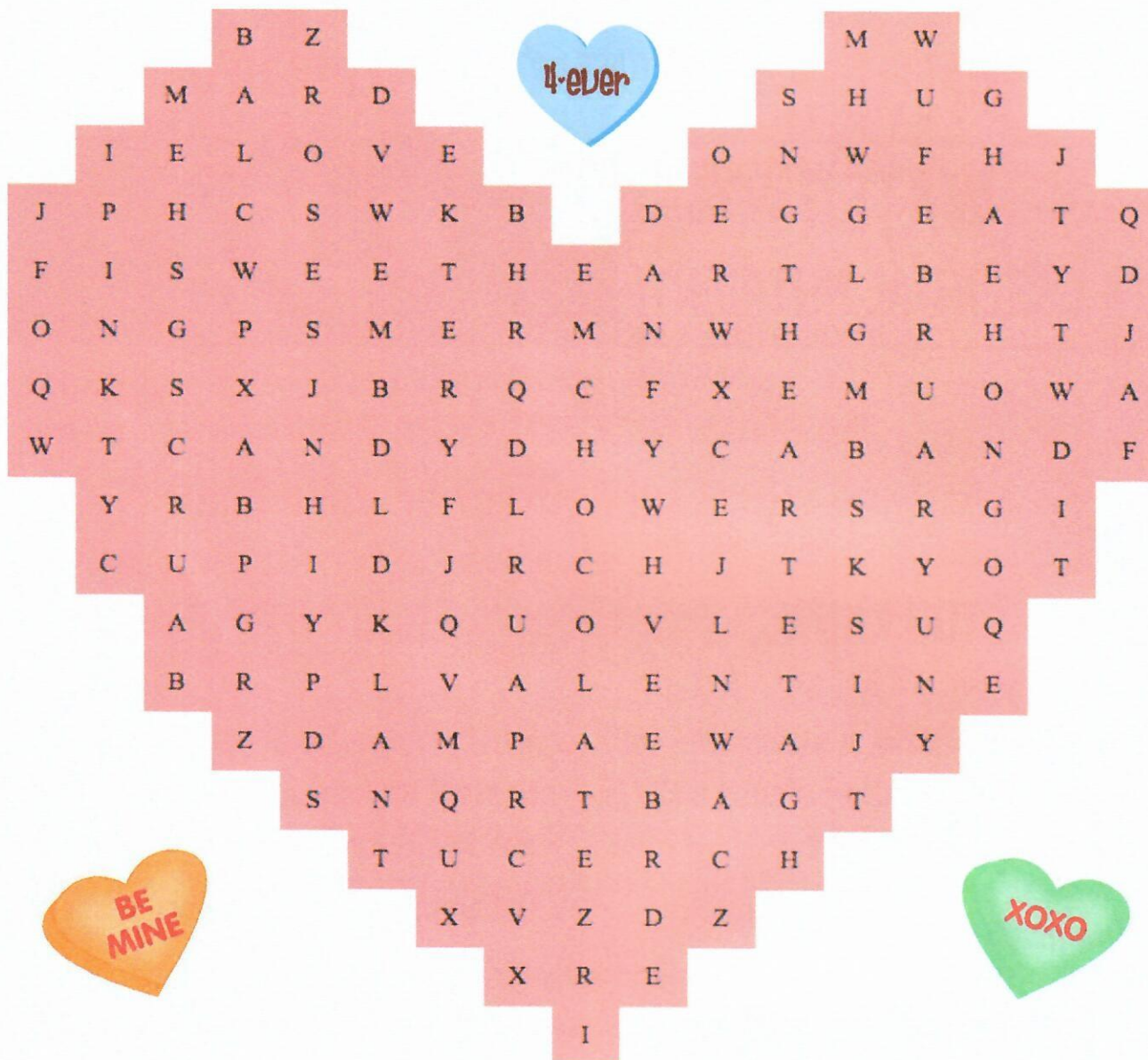
- ♦ Handy Water Tip Sheet - Simple steps to start improving your water intake and health today!
- ♦ Delicious Lunch ~ Includes dessert!
- ♦ *Menu will be available and posted at the Senior Center in the future.*
- ♦ *\$3.00 Donation per meal requested.*



Where? Westminster Senior Center, 69 West Main St., Westminster
Please RSVP by February 19 to reserve your seat and meal.
Call 978-874-7402



Valentine's Day Word Search



LOVE
CHOCOLATE
PINK
VALENTINE
ROSES

CUPID
FEBRUARY
RED
HUG
FLOWERS

CANDY
HEART
SWEETHEART
CARD
SWEET

Mission Statement: The Westminster Council on Aging mission is to identify the needs of the elderly in the community and provide appropriate programs and services to meet those needs. The Council offers health, fitness and nutrition programs, referral services, SHINE, and also transportation.



Activities



Monday

Tuesday

Wednesday

Thursday


Friday

Two Hearts ~ One Love

*Two hearts we have that beat as one,
Our life together has just begun.
Soul mates we are, best friends we'll be,
We'll share our joys through eternity.
We'll build our home with help from above,
We have two hearts, we share one love.*



1
9-12 Wood Carving
9-11 WOW
10:15-11:30 G. Stretch
10:45-11:30 Cardio Fit
12-3:30 Bridge
1-3 Crafts

2
*Chicken Teriyaki
9-11:30 Art
10-12 Cribbage
11:30 Lunch
12-1 Blood Pressure
1-3 Bingo
Groundhog Day 

*Beef Patty & Gravy 5
11:30 Lunch
1-4 Mahjong
1-3 Bingo

6
9-11:30 Art
12-3:30 Bridge
1-4 Mahjong

*Beef Bolognese 7
9-11:30 Art
11:30 Lunch
1-3 Crafts

8
9-12 Wood Carving
9-11 WOW
10:15-11:30 G. Stretch
10:45-11:30 Cardio Fit
12-3:30 Bridge
1-3 Crafts

*Beef Burgundy 9
9-11:30 Art
10-12 Cribbage
11:30 Lunch
1-3 Bingo


*Jambalaya 12
11:30 Lunch
1-4 Mahjong
1-3 Bingo

13
9-11:30 Art
12-3:30 Bridge
1-4 Mahjong
1-2 COA Meeting

*Broccoli Bake 14
9-11:30 Art
11:30 Lunch
1-3 Crafts

15
9-12 Wood Carving
9-11 WOW
10:15-11:30 G. Stretch
10:45-11:30 Cardio Fit
12-3:30 Bridge
1-3 Crafts

*Potato Pollock 16
9-11:30 Art
10-12 Cribbage
11:30 Lunch
1-3 Bingo

19
CLOSED

Presidents' Day

20
9-11:30 Art
12-3:30 Bridge
1-4 Mahjong

*Chicken Florentine 21
9-3 SHINE (by appt)
9-11:30 Art
11:30 Lunch
1-3 Crafts

22
9-12 Wood Carving
9-11 WOW
10:15-11:30 G. Stretch
10:45-11:30 Cardio Fit
12-3:30 Bridge
1-3 Crafts

*Lasagna 23
9-11:30 Art
10-12 Cribbage
11:30 Lunch
1-3 Bingo

*Chic. Cacciatore 26
11:30 Lunch
1-4 Mahjong
1-3 Bingo

27
9-11:30 Art
12-3:30 Bridge
1-4 Mahjong

*Shepherd's Pie 28
9-11:30 Art
11:30 Lunch
1-3 Crafts



*There is no remedy
for love...
But to love more.
~ Thoreau*

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