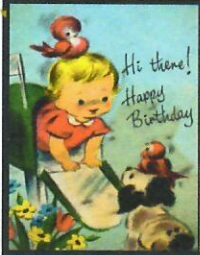


Westminster Council on Aging February 2022 Newsletter

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



978-874-7402



A Heartfelt
"Happy Birthday"
To All Seniors
Celebrating in
February!



Wishing You, Our Friends

**HAPPY
VALENTINE'S
DAY!**

Monday, February 14



VALENTINE'S DAY CELEBRATION! WESTMINSTER SENIOR CENTER MONDAY, FEBRUARY 14 1:00 ~ 3:00 PM

COME AND VISIT WITH FRIENDS, HAVE SOME FUN,
AND MEET THE WESTMINSTER SENIOR CENTER'S
NEW ACTIVITY DIRECTOR...

~ ELAINE JONES ~

LET ELAINE KNOW WHAT ACTIVITIES YOU WOULD
LIKE TO SEE AT THE SENIOR CENTER.

ENJOY FINGER FOODS, SNACKS,
COFFEE, TEA, & DESSERT!

PLEASE SIGN UP BY FEBRUARY 11
978-874-7402



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

Clarity. Confidence.

You deserve a bank that actually cares.

Fidelity Bank LifeDesign Banking™

Helping you get where you want to be™

Call 800.581.5363
FidelityBankOnline.com



FORBES LANDSCAPING

Spring Cleanups
Lawn Maintenance & Installations
Patios & Walkways • Stone & Block Walls
FREE ESTIMATES • FULLY INSURED
978-855-4942



**Heywood
Wakefield
COMMONS**

An Assisted Living Residence

A New Place to Call Home
in a Community that Cares

To schedule a tour or for more information,
call Kristy Livingston at (978) 632-8292.

www.hwcommons.com

50 Pine Street • Gardner, MA • (978) 632-8292



**Care Central VNA
& Hospice, Inc.**

Healthcare in Your Neighborhood

978-632-1230
carecentralvnahospice.org
Formerly GVNA HealthCare, Inc.

Skilled Homecare
Hospice
Adult Day Health Services
Private Duty Services
Healthy Families
Rehab Services
Support Groups

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required



Contact us at: careers@4lpi.com
www.4lpi.com/careers

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Duane Budelier** to place an ad
today! dbudelier@lpicommunities.com
or (800) 950-9952 x2525

**Brenda
Albert**
REALTOR

LAER
REALTY PARTNERS™

Exceptional Service *Before, During & After* the Sale

I will help you with all of your real estate needs

(c) 978-621-3168 (o) 978-534-3100
www.URHomeTeam.com
email BAAlbert@LAERrealty.com
63 Merriam Avenue Leominster, MA 01453



**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS
SPECIAL
OFFER



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

GARDNER
Rehabilitation and Nursing Center

**Your Local Choice for
Quality Therapy Service**

Returning 95% of all admissions
back to the community

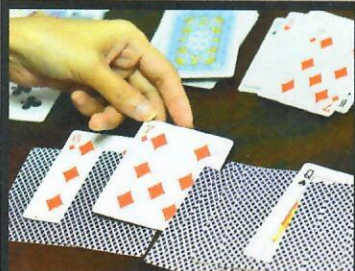


59 Eastwood Circle, Gardner • 978.632.8776 • GardnerRehab.com

SUPPORT OUR ADVERTISERS!



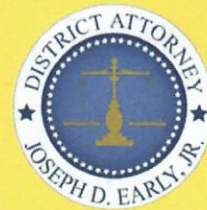
Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.lpicommunities.com Westminster COA, Westminster 03-1136



LOOKING FOR A NEW EXCITING GAME TO PLAY? TRY "CARD BINGO"!

It's a fun variation of Bingo that uses regular decks of playing cards. If interested, please call the Westminster Senior Center at 978-874-7402. The more, the merrier! Details on date and time will follow once we have enough people signed up. Hope to hear from you soon!

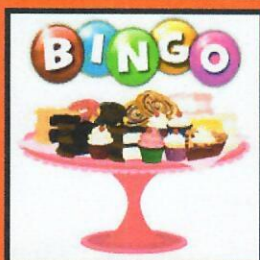
CREATING A CARING COMMUNITY



A Presentation on Eliminating Bullying and Creating a Safe Environment

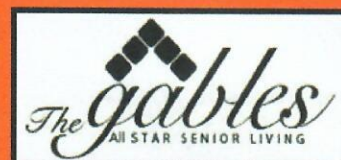
Presented by: The Office of Worcester County District Attorney Joseph D. Early, Jr.

Tuesday, February 15 ~ 10:00 am ~ Westminster Senior Center ~ All are welcome!

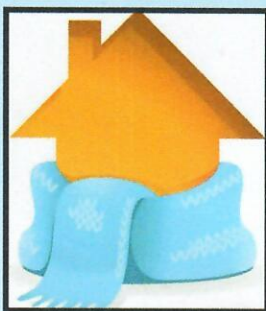


JOIN PATTI PETERSON FROM THE GABLES ASSISTED LIVING FOR SOME BINGO & DESSERTS!

FRIDAY, FEBRUARY 11 ~ 1:00-2:00 PM



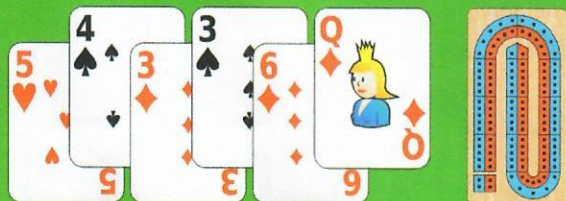
The Westminster Council on Aging Board Meeting will be held Tuesday, February 8, 12:00 pm at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



NEED HELP HEATING YOUR HOME?

New England Farm Workers may be able to help. They are located at 473 Main Street, 3rd Floor, Fitchburg, MA or you can call them at 978-342-4520 for an application or information. Applications are also available at the Westminster Senior Center.

CRIBBAGE



**EVERY MONDAY ~ 1:00-2:30 PM
WESTMINSTER SENIOR CENTER
ALL SKILL LEVELS WELCOME!
PLEASE RSVP 978-874-7402**

Glen Gregory of SHINE will be at the Westminster Senior Center every second Wednesday of the month to assist you with all your Medicare questions. Please call the Senior Center 978-874-7402 to schedule your one-on-one appointment with Glen.



THE COUNCIL ON AGING WISHES TO
EXTEND HEARTFELT SYMPATHY
TO THE FAMILY & FRIENDS OF
~ RALPH B. KENDALL ~



RHR REAL ESTATE | Ben Roy & Michael Roy

978-230-1131 | info@rhr-realestate.com

Join Ben & Michael of RHR Real Estate
at the Westminster Senior Center
Tuesday, February 22
10:00-11:00 am
Please RSVP 978-874-7402



WANT TO SELL YOUR HOME, BUT IT NEEDS SOME WORK?

RHR REAL ESTATE IS LAUNCHING OUR NEW FIX IT TO LIST IT PROGRAM!

This program is designed for anybody who is thinking about selling their home but something is preventing you from listing. We can solve any problem, big or small! Are you a working professional that does not have the time to coordinate contractors? Maybe, you just inherited a home but live out of town? Maybe, your house needs repairs but you just don't know where to start? Maybe, costly repairs just aren't in the budget?

HOW THE PROGRAM WORKS:

1. Call RHR Real Estate to get a free home evaluation.
2. Receive a plan to prepare home to list for maximum profit.
3. Discuss and agree on a budget for improvements.
4. We coordinate all work to be done, on time and on budget.
5. Sell for maximum profit!



VISIT US ONLINE TO LEARN MORE: WWW.RHR-REAL ESTATE.COM

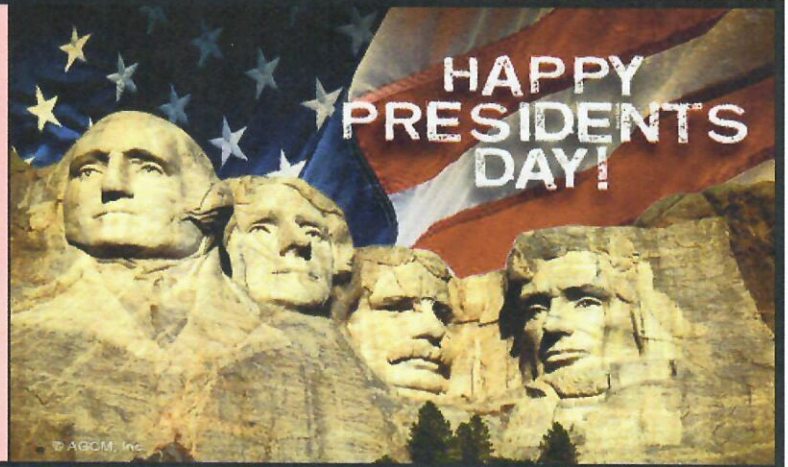


WANTED!! CAN YOU PLAY THE PIANO?

WE ARE LOOKING FOR A SENIOR TO VOLUNTEER A FEW HOURS A MONTH TO PLAY FOR A NEW GROUP OF SENIOR SINGERS FORMING A CHORUS AT THE WESTMINSTER SENIOR CENTER. IF INTERESTED, PLEASE CALL THE CENTER AT 978-874-7402 AND LEAVE YOUR NAME & PHONE NUMBER. THE ACTIVITY DIRECTOR, ELAINE JONES, WILL THEN CALL YOU BACK.

WITH YOUR GENEROUS TIME OFFERING, WE'LL BE ABLE TO GET THE CHORUS STARTED! THANK YOU SO MUCH!

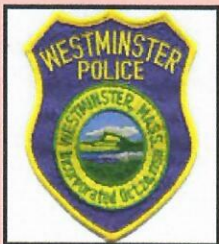
**THE SENIOR CENTER
WILL BE CLOSED
MONDAY, FEBRUARY 21
IN OBSERVANCE OF
PRESIDENTS' DAY.**



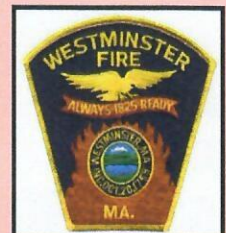
*The Friendship Club will not be meeting in February.
Mark your calendar for the next meeting on Wednesday, March 2!*

Coffee with the Chiefs

Thursday, February 24 / 9:00 - 10:00 am



Join Westminster
Police Chief, Ralph LeBlanc
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.





A dash of laughter,
A sprinkle of fun,
We're having
A baking party
And want
You to come!

SCONES WITH AMY!

Westminster Senior Center
Thursday, February 17
1:00-3:00 pm

All ingredients will be provided.

A \$3 donation is requested.

Space is limited to 15 people, please sign up early.

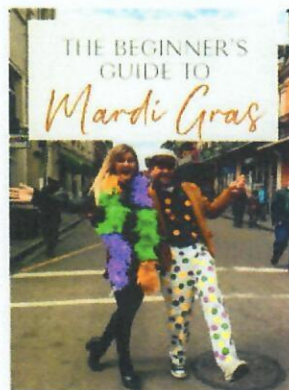
RSVP Westminster Senior Center 978-874-7402

The Armchair Traveler

Presented By: Michele Morin, Community Relations



NEW ORLEANS



TUESDAY, FEB 22ND
11AM-12PM

Westminster
Senior Center

RESERVATIONS REQUIRED

Featuring fact files, trivia,
quizzes, music, food, and more!

RSVP BY Feb 15th
Space limited to 20pp

978-874-7402

Sponsored by your friends at



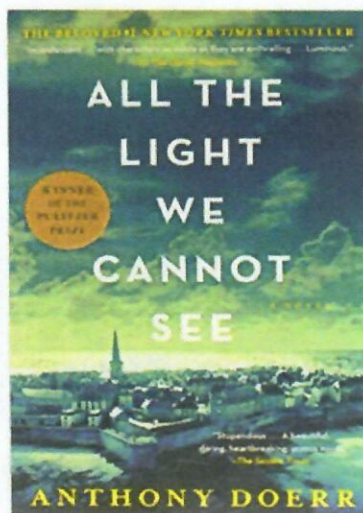
The Westminster Senior Center Book Club

Open to all!

Meets Every Month on the first Monday

Next Meeting is February 7th at 10:30

Come and spend an hour discussing a great current book



"Winner of the Pulitzer Prize" A New York Times
Book Review Top Ten Book* A National Book
Award Finalist*

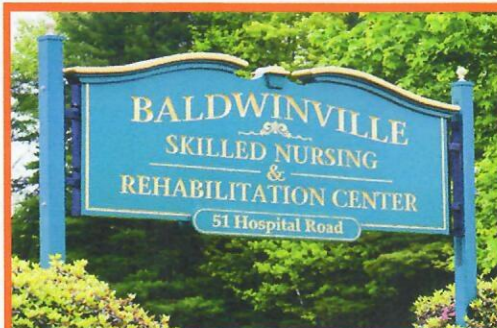
From Anthony Doerr, the highly acclaimed,
multiple award-winning author of *Cloud Cuckoo
Land*, the beautiful, stunningly ambitious
instant *New York Times* bestseller about a blind
French girl and a German boy whose paths
collide in occupied France as both try to survive
the devastation of World War II.

COPIES AVAILABLE AT
THE FORBUSH
MEMORIAL LIBRARY

The Westminster Public
Library is located at
118 Main Street

Read it before you view it. The book is always better than the movie!
Due to be a series on Netflix late 2022.

PLEASE SIGN UP AT THE WESTMINSTER SENIOR CENTER 978-874-7402



BONNIE FROM
BALDWINVILLE SKILLED NURSING
& REHABILITATION CENTER

WILL BE PROVIDING
BINGO GOODIES
THE FIRST FRIDAY
OF EVERY MONTH

ENJOY!!



FEBRUARY

ACTIVITIES



Monday

Tuesday

Wednesday

Thursday

Friday

 Pugs and Kisses	<p>1</p> <p>9-11:30 Art 10:30-11:30 Chair Yoga 11:30 Lunch 1-3 Bingo</p>	<p>2</p> <p>9-11:30 Art 9:30-12 Cards/Games 11:30 Lunch 12-3:30 Bridge 1-3 Book Club - (VOM-Village of the Old Mill) 10:15-11:15 Class at Library Chair & Stand GROUNDHOG DAY!</p>	<p>3</p> <p>9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>4</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p>7</p> <p>10:30-12 Book Club - (with Barbara Friedman) 11:30 Lunch 1-2:30 Cribbage 1-4 Mah Jong</p>	<p>8</p> <p>9-11:30 Art 10:30-11:30 Chair Yoga 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo</p>	<p>9</p> <p>9-11:30 Art 9-1 SHINE (by Appt Only) 9:30-12 Cards/Games 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand</p>	<p>10</p> <p>9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>11</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p>14</p> <p>11:30 Lunch 1-2:30 Cribbage 1-4 Mah Jong Happy Valentine's Day</p>	<p>15</p> <p>9-11:30 Art 10:30-11:30 Chair Yoga 11:30 Lunch 1-3 Bingo</p>	<p>16</p> <p>9-11:30 Art 9:30-12 Cards/Games 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand</p>	<p>17</p> <p>9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>18</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p>CLOSED</p> <p>21</p> <p>Happy PRESIDENTS' DAY</p>	<p>22</p> <p>9-11:30 Art 10:30-11:30 Chair Yoga 11:30 Lunch 1-3 Bingo</p>	<p>23</p> <p>9-11:30 Art 9:30-12 Cards/Games 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand</p>	<p>24</p> <p>9-10 Coffee w/Chiefs 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>25</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p>28</p> <p>11:30 Lunch 1-2:30 Cribbage 1-4 Mah Jong</p>		<p>HAPPY GROUNDHOG DAY! WEDNESDAY, FEBRUARY 2 Sleepy little groundhog, we have long been told, You will leave your cozy den to come out in the cold. If you see your shadow, wintertime will stay, If the sky is cloudy, though, then spring is on the way!</p>		

SUPPORT OUR ADVERTISERS!



This is your time to live well,
thrive, grow and belong.

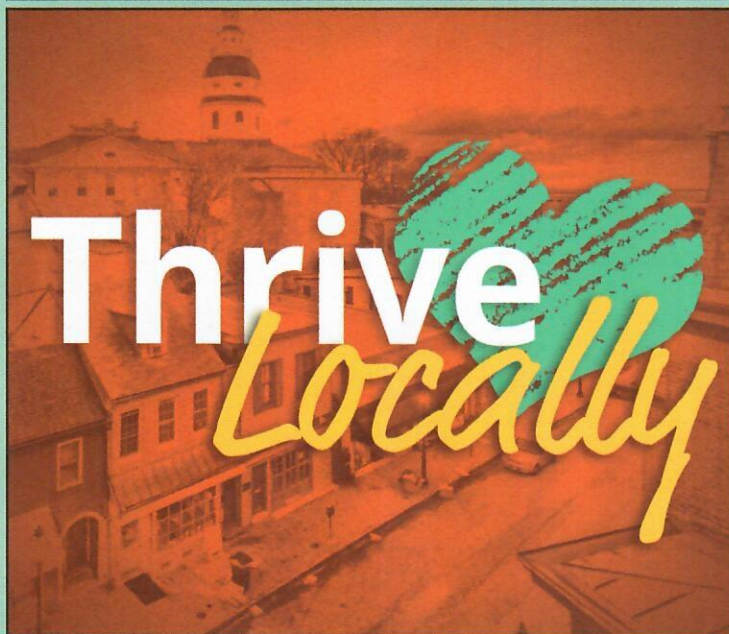
BENCHMARK
SENIOR LIVING
at LEOMINSTER CROSSINGS

1160 Main Street
Leominster MA
LeominsterCrossings.com
978.627.4967



Siding • Roofing • Windows
Decks • Remodeling • Doors

978-846-8422



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com

