

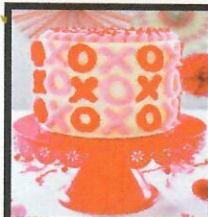
Westminster Council on Aging

February 2023 Newsletter

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



978-874-7402



*Happy Birthday
To Our Seniors
Celebrating
In February!*



*Love
Is In
The
Air*

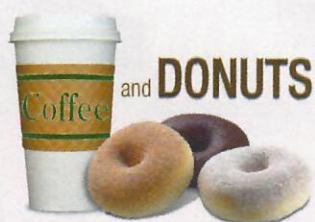


VALENTINE TEA & DESSERTS

MONDAY, FEBRUARY 13 / 12:00—2:00 PM

BRING YOUR FAVORITE DESSERT TO SHARE ~ TEAS WILL BE PROVIDED
ENJOY AN AFTERNOON OF FINE TREATS & FINER COMPANY!

PLEASE RSVP 978-874-7402 BY FEBRUARY 9 ~ PROVIDE YOUR NAME & DESSERT YOU WILL BE BRINGING



VETERAN COFFEE

TUESDAY, FEBRUARY 14

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.**

Please join us...

PANCAKE BREAKFAST

FOR SENIORS & FIRST RESPONDERS

Thursday, February 16

9:00-10:00 am

Westminster Senior Center

Enjoy pancakes, bacon, fruit,
orange juice & coffee!

Sign-up not required



COMPLIMENTS OF
OUR FRIEND
BILL O'CONNOR



Benjamin S. Kalmansson, Attorney at Law

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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.

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Leominster, MA 01453 w: kalmanssonlaw.com



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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



COFFEE WITH THE CHIEFS

Thursday, February 9 / 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.

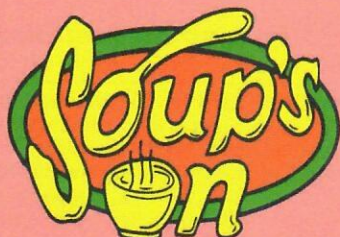
Try your luck at CARD BINGO!

Thursday, February 9 ~ 1:00-3:00 pm ~ Westminster Senior Center

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

Bring a friend & introduce them to Card Bingo!

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



It's February & it's cold...so come warm your tummy at our

2ND ANNUAL "SOUP-ER BOWL"

THURSDAY, FEBRUARY 16 ~ 12:00-2:00 PM
WESTMINSTER SENIOR CENTER

Make your favorite soup, bring it to share, while enjoying other's company.... and each other's soup!
Try them all & find a new favorite! Spoons, bowls, crackers & dessert will be provided.

PLEASE SIGN UP BY FEBRUARY 14 ~ 978-874-7402

*The Friendship Club will not be meeting in February
Mark your calendar for the next monthly meeting on
Wednesday, March 1 at 1:00 pm*

*We will be celebrating St. Patrick's Day!
Wear your green and please bring a green treat to share!*



PATTI of THE GABLES ASSISTED LIVING
WILL BE PROVIDING BINGO DESSERT EVERY SECOND FRIDAY OF THE MONTH!
SWEET!!! THANK YOU PATTI!



YOGA WITH LORI PUCKO

MONDAYS, FEBRUARY 6, 13, & 27 ~ 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. Sign-up not required.

PLEASE NOTE: NO CLASS FEBRUARY 20 (HOLIDAY)



**NEW
BUSINESS
HOURS**

Effective **January 1, 2023**
Town Hall will have **NEW HOURS**

Monday 7:00 AM to 7:00 PM

Tuesday 7:30 AM to 4:30 PM

Wednesday 7:30 AM to 4:30 PM

Thursday 7:30 AM to 4:30 PM

Friday CLOSED

*changed
business
hours*

*Will be open
earlier each
day and open
later on
Monday's*

*Closed on
Friday's*

Every year in the middle of February, something wonderful and heartwarming happens. Tons of candy goes on clearance!



**State Senator Anne Gobi
and
State Representative
Kimberly Ferguson
~ OFFICE HOURS ~**

**Westminster Senior Center
Tuesday, February 21
10:00-11:00 am**



STAY INFORMED OF SENIOR CENTER NEWS!

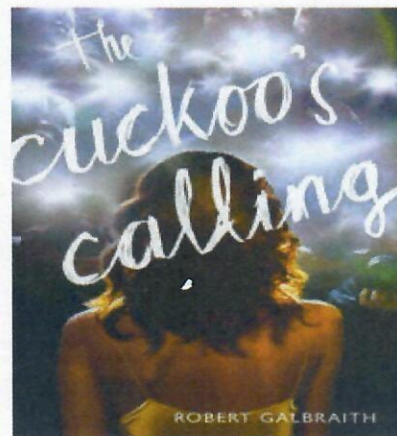
If you would like a monthly Westminster Council on Aging Newsletter mailed to your home, please call the Senior Center with your request. If you prefer, the Newsletter can also be viewed on the Town of Westminster website under the "Council on Aging/Senior Center" Department. Call for your copy today!

The Westminster Senior Center Book Club

Meets February 6th at 10:30

**Discussing: *The Cuckoo's Calling* by Robert Galbraith
(pseudonym for J.K. Rowling)**

Come and spend an hour discussing a great current book



Working as a private investigator after losing his leg in Afghanistan, Cormoran Strike takes the case of a legendary supermodel's suspicious suicide and finds himself in a world of multi-millionaire beauties, rock star boyfriends, desperate designers, and hedonist pursuits... Publisher's blurb.

**COPIES AVAILABLE AT THE
FORBUSH MEMORIAL
LIBRARY**

**The Westminster Public
Library is located at
118 Main Street**

BOOK SELECTION FOR DISCUSSION ON MARCH 6TH

The Lost Apothecary by Sarah Penner

If the Westminster Senior Center is closed due to winter weather, discussion will be postponed to the following Monday

The Westminster Council on Aging Board Meeting will be held Tuesday, February 14, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



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, February 22, at Williams Restaurant, Gardner.

Meet at 11:45 am in the Westminster Senior Center Lobby then 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 (provide name & phone number) by February 20 at 978-874-7402.



FREE BLOOD PRESSURE CLINIC

FRIDAY, FEBRUARY 17 / 11:00 AM - 12:00 PM / 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

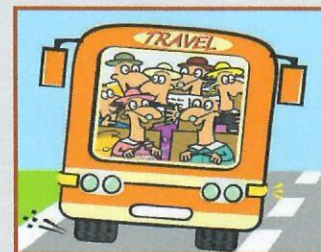


UKULELE JAM SESSION

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



The Council on Aging van is now available for Westminster Seniors Tuesday 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 social trips. These social trips are open to 10 Seniors and the destination will vary. We are open to suggestions of social trip destinations that may be of interest to all. For further information on van services, social trip specifics, or to book the van, please contact the Westminster Senior Center at 978-874-7402. Happy Trails to You!



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

SENIOR WORK-OFF PROGRAM FOR WESTMINSTER RESIDENTS OVER 60? YOU MAY QUALIFY FOR THE SENIOR WORK-OFF PROGRAM.

INCOME FOR 1 PERSON — \$56,150

INCOME FOR 2 PEOPLE — \$64,150

INCOME FOR 3 PEOPLE — \$72,150



YOU CAN EARN UP TO \$1,500 CREDIT ON YOUR PROPERTY TAXES. APPLICATIONS CAN BE PICKED UP AT THE SENIOR CENTER OR GIVE US A CALL AT 978-874-7402 AND WE WOULD BE HAPPY TO MAIL ONE TO YOU.

COVID-19 Vaccine Clinic

Friday, February 17th

9:00am-12:00pm

Westminster Senior Center

69 West Main Street, Westminster MA

COVID BIVALENT BOOSTER SHOT

Available for anyone 6 months + who had their
last COVID Vaccine or Booster 2+ months ago

APPOINTMENTS ARE BY WALK-IN ONLY

Please bring your vaccine card and insurance card



**ALL IN THE
FAMILY
(PART I)**

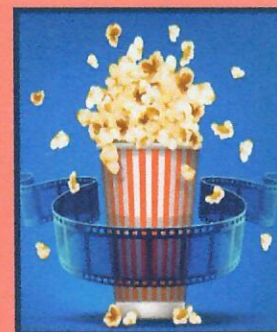
IT'S SHOWTIME!!

THURSDAY, FEBRUARY 23

12:00-2:00 PM

WESTMINSTER SENIOR CENTER

**Join your favorite Family, The Bunkers,
on our new big screen!**



Popcorn & drinks will be provided. Please Sign up by February 21.

ALL IN THE FAMILY (PART II) SCHEDULED FOR MARCH 23

FEBRUARY

ACTIVITIES

Monday

Tuesday

Wednesday

Thursday

Friday



<p>1</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 & Stand</p>	<p>2</p> <p>9-11 WOW</p> <p>9-12 Wood Carving</p> <p>9:30-11:30 Line Dancing</p> <p>11:30 Lunch</p> <p>1-4 Crafts</p> <p>10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>3</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p> <p>1-3 Ukulele Jam</p>
<p>6</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>7</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>	<p>8</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>11:45 Social Trip</p> <p>12-3:30 Bridge</p> <p>10:15-11:15 Class at Library Chair & Stand</p>
<p>9</p> <p>9-11 WOW</p> <p>9-12 Wood Carving</p> <p>9:30-11:30 Line Dancing</p> <p>10-11 Coffee w/Chiefs</p> <p>11:30 Lunch</p> <p>1-3 Card Bingo</p> <p>1-4 Crafts</p> <p>10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>10</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>	<p>11</p> <p>9-11:30 Art</p> <p>11-12 Blood Pressure</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p> <p>1-3 Ukulele Jam</p>
<p>13</p> <p>9:30-10:15 Yoga</p> <p>11:30 Lunch</p> <p>1-4 Mah Jong</p>	<p>14</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>HAPPY VALENTINE'S DAY</p>	<p>15</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 & Stand</p>
<p>16</p> <p>9-11 WOW</p> <p>9-12 Wood Carving</p> <p>9:30-11:30 Line Dancing</p> <p>11:30 Lunch</p> <p>1-4 Crafts</p> <p>10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>17</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p> <p>1-3 Ukulele Jam</p>	<p>18</p> <p>9-11:30 Art</p> <p>10-11 State Sen & Rep</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>
<p>20</p> <p>CLOSED</p> <p>HAPPY PRESIDENTS' DAY</p>	<p>21</p> <p>9-11:30 Art</p> <p>10-11 State Sen & Rep</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>	<p>22</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>11:45 LEO Club/Social</p> <p>12-3:30 Bridge</p> <p>10:15-11:15 Class at Library Chair & Stand</p>
<p>23</p> <p>9-11 WOW</p> <p>9-12 Wood Carving</p> <p>9:30-11:30 Line Dancing</p> <p>11:30 Lunch</p> <p>1-4 Crafts</p> <p>10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>24</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>	<p>25</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>
<p>27</p> <p>9:30-10:15 Yoga</p> <p>11:30 Lunch</p> <p>1-4 Mah Jong</p>	<p>28</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>	<p>29</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>
	<p>NO MATTER HOW LONG THE WINTER, SPRING IS SURE TO FOLLOW. GROUNDHOG DAY—FEBRUARY 2</p>	

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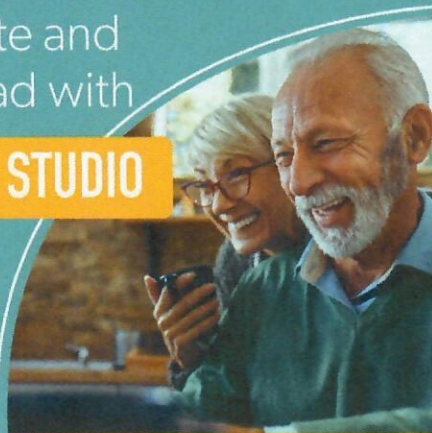
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