

# Westminster Council on Aging

## January 2019 Newsletter

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

978-874-7402



Best Wishes  
To All Seniors  
Celebrating  
in January!!



My New Year's resolution  
was going to be  
To quit my bad habits,  
But then it occurred to me  
no one likes a quitter! *Happy New Year!*



## Wishing Everyone

# A Happy & Healthy New Year!

Great things are happening at the Senior Center! Our numbers continue to grow! We offer Congregate Meals three days a week, Meals on Wheels, Bridge, Bingo, Mahjong, Art & Craft Classes, Wood Carving, Walking Club, two nice pool tables, stationary bikes, and a warm & welcoming atmosphere!

If interested, we would be happy to put you on our monthly Newsletter mailing list. Just give us a call with your name and address to be added.

If you have any suggestions of programs you'd like to see at the Senior Center, please drop by or give us a call. We'd be happy to hear from you!

## ~ All Our Best To You! ~

**Sue Fisher (Director)**

Michelle Johnson, Pat Streeter, & Kathy Lawrence (Administrative Assistants)

Dan Novak, Bruce Hill, Kim Schultz, & Gerry Thibeault (Van Drivers)

Jayne Perior (Meals on Wheels Driver)

Lynn McCarthy (Onsite Meal Manager)



## Elizabeth Kalmansson, Attorney at Law

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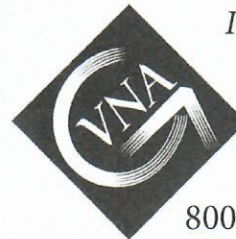
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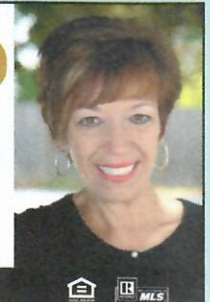
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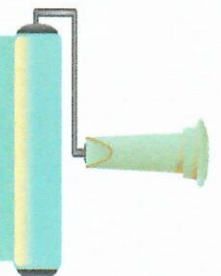
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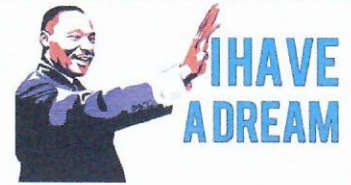
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*January 1 ~ New Year's Day*  
*January 21 ~ Martin Luther King, Jr. Day*



## U P C O M I N G      E V E N T S

- \* Join us for coffee and refreshments with Westminster Police Detective Nick Auffrey on January 11 & 25, 12:00 - 1:00 pm. Please feel welcome to stop by, stay informed of the latest scams and fraud, while enjoying the company! Also, please join us on January 10, 9:00 - 11:00 am, for coffee and conversation with Fire Chief, Kyle Butterfield.
- \* The Friendship Club will not be meeting the months of January and February. Meetings will resume in March. Stay warm this winter, our friends!
- \* Patti from The Gables of Fitchburg will be here on January 7 providing a tasty treat for Bingo.
- \* Bonnie of Gardner Rehabilitation & Nursing Center will provide Bingo goodies on January 4.
- \* Glenn Gregory, our SHINE Counselor, will be at the Westminster Senior Center on January 16 and February 20, with hourly time slots available 9:00 am - 3:00 pm. Please contact the Senior Center if you'd like to schedule an appointment.
- \* Free blood pressure clinics with Eileen are held every third Thursday of the month. This month's clinic will be on January 17, 11:00 am - 12:00 n. No signup necessary.
- \* The Council on Aging Board meeting will be held January 15, 1:00 at the Senior Center. The meeting is open to the public.

## I N F O R M A T I O N

- \* Just a reminder, when using the Senior Center van, a 24-hour minimum notice is required. The cost for in-town round trips is \$2, while round trips out-of-town cost \$3. The van is available for Westminster residents 60 and over.
- \* Applications for the Fuel Assistance Program are now available. To find out if you qualify or for more information, please call New England Farm Workers' Council, 473 Main Street, Fitchburg, at 978-342-4520.
- \* 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 us at the Senior Center; we can locate the appropriate agency that can help you. All calls are confidential.
- \* Massachusetts Senior Legal Helpline (866)778-0939 provides free legal information and referral services to Massachusetts residents who are 60 years old or older.
- \* SafeLink (TracFone) 800-723-3546. This program offers a free cell phone for seniors. If you need assistance, please let us know.



*Another fresh new year is here,  
Another year to live!  
To banish worry, doubt, and fear,  
To love and laugh and give!  
This bright new year is given me  
To live each day with zest,  
To daily grow and try to be  
My highest and my best!  
I have the opportunity  
Once more to right the wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs!*



*May the New Year bring  
Joy, Peace, and Happiness  
to You and Your Family!  
Happy New Year!*

Just a friendly reminder ~ 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 services will remain on schedule. The Senior Center building closing aligns with Town Hall; if Town Hall closes, the Senior Center closes. Thank you!

**Let's Do Lunch!**





# Free Tax Assistance & Preparation

## AARP Foundation TAX-AIDE

This year, the AARP Foundation is again providing free tax assistance and preparation plus e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program. AARP Foundation Tax-Aide is the nation's largest free tax assistance and preparation service, giving special attention to those 60 and older. You do not need to be a member of AARP or a retiree to use this free service.

This year, tax assistance and preparation services will be offered at both the Gardner and Westminster Senior Centers.

Taxpayers are encouraged to have the following documents when they arrive at an AARP Tax-Aide site to get their returns completed:

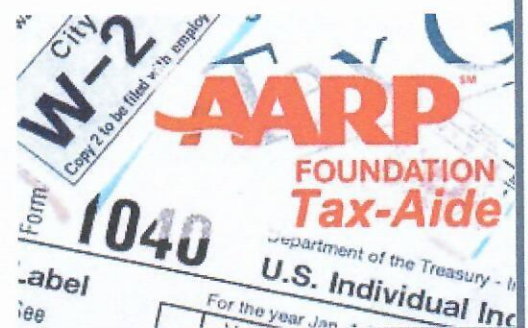
- Photo ID and Social Security Card
- Copy of last year's (2017) tax return
- Health insurance coverage information for taxpayer, spouse, and all dependents
- Seniors with full-year enrollment in Medicare need only bring their SSA-1099 with them
- Calendar year 2018 real estate tax bills and dates of payment (needed for Circuit Breaker benefit filing)
- Calendar year water and sewer charges (needed for Circuit Breaker benefit filing)
- All other income tax-related documents

The Tax-Aide program will be available at the Gardner and Westminster Senior Centers starting late January/early February.

To make an appointment, call after January 1, 2019:

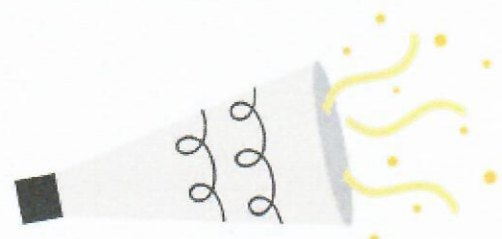
Gardner Senior Center: 978-630-4067

Westminster Senior Center: 978-874-7402





# HAPPY NEW YEAR!



W I H V V A X R N R Z G O A L S A Z Y F  
 G R B K G Z T Y Z I Z Z J Q C O M P X B  
 M D M B T B K T P X N S L T K C X X W T  
 M I Q C R A E Y W E N O Z J K S K R N H  
 L P D M V X P N Z J L O V Z V Y D Z Q G  
 G P E X A X K O Q N C O U N T D O W N I  
 F V Z N D S S M B P C Y W V F T W F B N  
 T R S P S P A R K L E R S H Q T O J A D  
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 N A E N K V K T Y F H R R A Y R Y I A V

Countdown  
 Confetti  
 Midnight  
 Balloons

Celebration  
 Fireworks  
 January  
 Happy



New Year  
 Clock  
 Cheers  
 Goals

Party Poppers  
 Noisemaker  
 Resolution  
 Sparklers



*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 & nutrition programs, referral services, SHINE, and also transportation.*



# JANUARY

# Activities





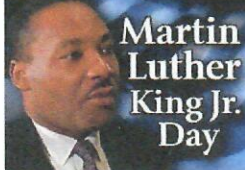

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<p><b>CLOSED</b> 1</p> 	<p>*Glazed Chicken Breast 2</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong 10:15-11:15 Stand &amp; Chair (Library)</p>	<p>3</p> <p>9-12 Wood Carving 9-11 WOW 12-3:30 Bridge 1-3 Crafts 10-11:30 Gentle Stretch (Library)</p>	<p>*Beef Bolognese 4</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p>*Shepherd's Pie 7</p> <p>11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>8</p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p>*Turkey Corn Stew 9</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong 10:15-11:15 Stand &amp; Chair (Library)</p>	<p>10</p> <p>9-12 Wood Carving 9-11 WOW 12-3:30 Bridge 1-3 Crafts 10-11:30 Gentle Stretch (Library)</p>	<p>*Swedish Meatballs 11</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p>*Chicken Teriyaki 14</p> <p>11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>15</p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong 1-2 COA Board Mtg</p>	<p>*Chicken Cordon Bleu 16</p> <p>9-3 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong 10:15-11:15 Stand &amp; Chair (Library)</p>	<p>17</p> <p>9-12 Wood Carving 9-11 WOW 11-12 Blood Pressure 12-3:30 Bridge 1-3 Crafts 10-11:30 Gentle Stretch (Library)</p>	<p>*Broccoli Bake 18</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p><b>CLOSED</b> 21</p> 	<p>22</p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p>*Roast Pork w/Gravy 23</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong 10:15-11:15 Stand &amp; Chair (Library)</p>	<p>24</p> <p>9-12 Wood Carving 9-11 WOW 12-3:30 Bridge 1-3 Crafts 10-11:30 Gentle Stretch (Library)</p>	<p>*Meatloaf w/Gravy 25</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p>*Chicken &amp; Rice Bake 28</p> <p>11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>29</p> <p>9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p>*Lemon Picatta 30</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong 10:15-11:15 Stand &amp; Chair (Library)</p>	<p>31</p> <p>9-12 Wood Carving 9-11 WOW 12-3:30 Bridge 1-3 Crafts 10-11:30 Gentle Stretch (Library)</p>	

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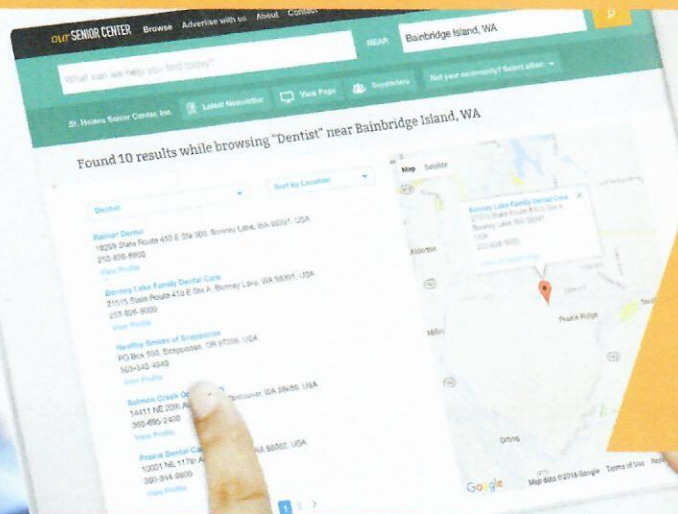


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