

Westminster Council on Aging January 2023 Newsletter

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



978-874-7402



*Happy Birthday
To Our Seniors
Celebrating
In January!*



*The Council on Aging Staff Wishes
Everyone a Happy New Year!
Sue Fisher, Director
Michelle, Pat, Kathy,
Jayne, Sally, Dan & Dan*

THANK YOU to the 126 people who came to the Senior Center Christmas Party and supported our Senior Center with donations to the Westminster Food Pantry, and a special THANK YOU to the following who made the party fun and successful - Jo Grant and the Westminster Strummers, the Goguens and Jones (singers), and Leonard Zarcone (entertainer), Nancy and her Monty Tech High School Culinary Group (who cooked and served our delicious lunch), and the Ryan Patrick Jones Heart of a Hero Foundation, Inc. (for gifts and sponsoring the event). Also, THANK YOU to the following local businesses for wonderful raffle items - Westminster Pharmacy, The Old Mill, Williams Restaurant, The Velvet Goose, SGS Lobster, Westminster Subway, The Colonial Hotel/Chocksett Inn, VFW, Wachusett Brewery, Depot General Store, Green Tea Restaurant. Lastly, THANK YOU to volunteers Pat and Bill Edwards.

Sincerely, Elaine Jones ~ Westminster Senior Center Activity Coordinator

Serving French Toast & Coffee "On the House"



**Thursday, January 19
9:00-10:00 am
Westminster Senior Center
Signup Not Required**

*Hosted by our Friend
Bill O'Connor*



**VETERAN COFFEE
TUESDAY, JANUARY 10
10:00-11:30 AM
WESTMINSTER SENIOR CENTER**



All Veterans are welcome to join Guest Speaker, Professor Paul Gregory Smith, aka "General".

General spent 35 years in the Massachusetts Army National Guard, and served in staff and command assignments to include Joint Task Force Commander during the 2013 Boston Marathon Bombings Response, as well as border security missions, and peacekeeping force development in South Africa.

General also spent 35 years in Public High Schools in Massachusetts and developed award-winning vocational special education program, innovative criminal justice program, and highly effective school safety partnerships. He served as a special education teacher, curriculum specialist, and assistant principal as well. Please sign up at Senior Center as we honor and welcome "General".

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

Rainbow Dinner

For Rainbow Seniors (50+)

Their Friends And Families

6:30PM September 9th, 2022

Italian Night - Doors Open at 6pm

Reserve Your Seat By September 3rd

At The Community Church - 84 Main St. Ashburnham, MA

Reserve Your Seat - Share dietary needs or volunteer:

email: ashburnhamcommunitychurch@gmail.com

or leave a message at 978-872-5553

or use this form: <https://forms.gle/goBexid5vTydZHC7>

Donations gratefully accepted. But not required

(second Friday Nights - October 14, Nov 11, Dec 9)

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DUST OFF THOSE BOOTS!



LINE DANCING CLASS!

Instructor: Anne Gilmartin

Thursdays / 10:00am—12:00 pm

January 5, 12, 19, & 26

Beginners: \$3 (first hour only)

Beginners/Improvers: \$5 (full two hours)

Please Sign Up -Westminster Senior Center 978-874-7402



COFFEE WITH THE CHIEFS

Thursday, January 19 / 9:00 - 10:00 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.

YOGA WITH LORI PUCKO

MONDAYS, JANUARY 9, 23, & 30 ~ 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. Signup not required.

PLEASE NOTE: NO CLASS JANUARY 2 & 16 (HOLIDAYS)



Try your luck at CARD BINGO!

Monday, January 9 ~ 1:00-3:00 pm ~ Westminster Senior Center

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



If you need help paying for heat this winter, please make sure to contact MOC Fuel Assistance at (978) 345-7040 or mocinc.org/fuelassistance.



The Friendship Club will not be meeting in January and February 2023. Mark your calendar for the next monthly meeting on Wednesday, March 1!



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!



LEARN HOW TO PAINT WITH ACRYLICS ~ FOR BEGINNING PAINTERS

TAUGHT BY LEEANN LAMSA, FORMER ART EDUCATOR AT WESTMINSTER ELEMENTARY & MEETINGHOUSE SCHOOLS

SIX WEEKS: FEBRUARY 2 TO MARCH 16 (NO CLASS 2/23) / 6:00 PM—8:30 PM / WESTMINSTER SENIOR CENTER
FOR AGES 16+, ADULTS OF ALL AGES WELCOME!



COST: INSTRUCTION IS FREE & PAINTBRUSHES ARE INCLUDED.

Paints and other material to be purchased by student
(Approx. \$60 per student. Materials list will be provided).

LIMITED SPACE! SIGN UP BY CALLING 978-874-7402 BY JANUARY 12



**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

NEW COVID-19 TREATMENT HOTLINE: Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access Telehealth services by calling 833-273-6330 or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8:00am to 10:00pm EST. This service is not for medical emergencies or for those who have severe chest pain or shortness of breath.

Information provided by Massachusetts Executive Office of Elder Affairs

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

**Westminster Senior Center
Tuesday, January 17
10:00-11:00 am**



STAY INFORMED OF SENIOR CENTER NEWS!

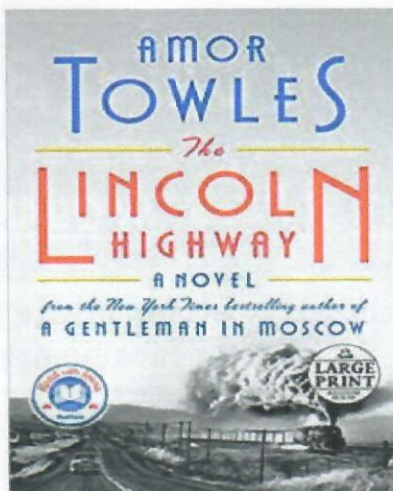
If you would like a monthly Westminster Council on Aging Newsletter mailed to your home, please call the Senior Center with your request. If you prefer, the Newsletter can also be viewed on the Town of Westminster website under the "Council on Aging/Senior Center" Department. Call for your copy today!

The Westminster Senior Center Book Club

Meets January 9th at 10:30

Discussing: *The Lincoln Highway* by Amor Towles

Come and spend an hour discussing a great current book



"Spanning just ten days and told from multiple points of view, Towles's third novel will satisfy fans of his multi-layered literary styling while providing them an array of new and richly imagined settings, characters, and themes" ...Goodreads

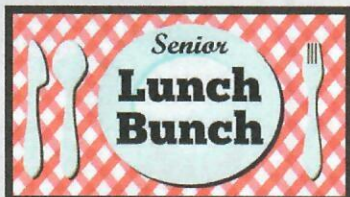
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Library is located at
118 Main Street**

THE CUCKOO'S CALLING (2013)
**J. K. ROWLING'S MYSTERY SERIES WRITTEN UNDER THE
PSEUDONYM ROBERT GALBRAITH** will be the book discussion
selection for February 6th

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, January 10, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



Join the LEO Club! (Let's Eat Out)

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 on Wednesday, January 25, at Monty Tech. We meet at the Westminster Senior Center for 11:45 am and carpool from there. Everyone orders off the menu and pays their own way. The Club is limited to eleven people. Please RSVP by January 23 at 978-874-7402. Enjoy a fabulous meal cooked and served by Monty Tech's Culinary Arts Class!



FREE BLOOD PRESSURE CLINIC

FRIDAY, JANUARY 20 / 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

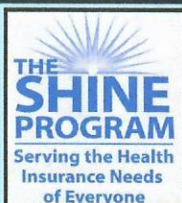


UKELELE JAM SESSION

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 Monday 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 trips, or to book the van, please contact the Westminster Senior Center at 978-874-7402. Happy Trails!



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.

Try something New in 2023

Introduction to MAH JONG

Join with others for this two part program that
will put you on a fast track to learn and play
American Mah Jong!

Monday January 9th & Tuesday January 17th



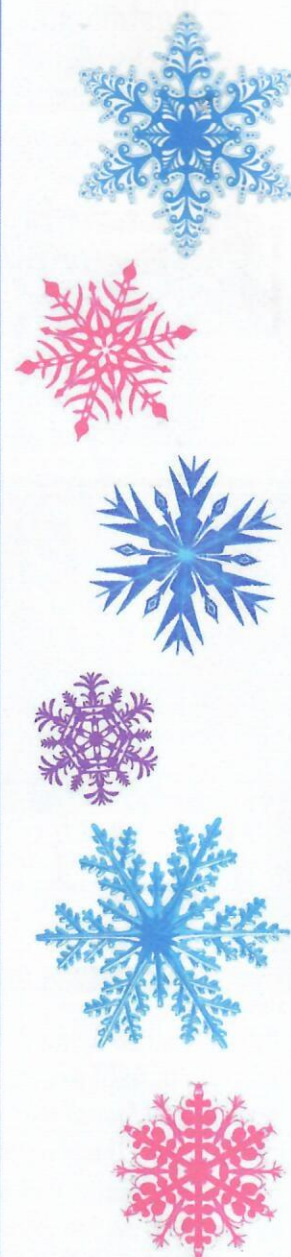
**10 – 11:30am
at the Westminster Senior
Center**

**\$15 per person only 8 spots
available.**

**To sign up for the class please call
the center at 978-874-7402**

*Westminster Senior Center
has a 1pm Monday Mah Jong group and welcomes new
players!!!*

Bring a friend or make a new one.



FREE INCOME TAX ASSISTANCE AARP FOUNDATION TAX-AIDE



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.

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 (2021) 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 2022 real estate tax bills and dates of payment (needed for Circuit Breaker benefit filing)
- Calendar year 2022 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 Westminster Senior Center starting in January/February. Appointments can be made beginning January 3 by calling 978-874-7402.

January



ACTIVITIES


Monday

Tuesday

Wednesday

Thursday

Friday

CLOSED 2  Happy New Year!	3 9-11:30 Art 11:30 Lunch 1-3 Bingo	4 9-11:30 Art 9-3 SHINE (by Appt) 11:30 Lunch 12-3:30 Bridge <i>10:15-11:15 Class at Library Chair & Stand</i>	5 9-11 WOW 9-12 Wood Carving 10-12 Line Dancing 11:30 Lunch 1-4 Crafts <i>10:15-11:30 Class at Library Stretch, Strength, & Balance</i>	6 9-11:30 Art 11:30 Lunch 1-3 Bingo 1-3 Ukulele Jam
9 9:30-10:15 Yoga 10:30-12 Book Club - (Barbara Friedman) 11:30 Lunch 1-3 Card Bingo 1-4 Mah Jong	10 9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo	11 9-11:30 Art 11:30 Lunch 12-3:30 Bridge <i>10:15-11:15 Class at Library Chair & Stand</i>	12 9-11 WOW 9-12 Wood Carving 10-12 Line Dancing 11:30 Lunch 1-4 Crafts <i>10:15-11:30 Class at Library Stretch, Strength, & Balance</i>	13 9-11:30 Art 11:30 Lunch 1-3 Bingo
CLOSED 16 	17 9-11:30 Art 10-11 State Sen & Rep 11:30 Lunch 1-3 Bingo	18 9-11:30 Art 9-3 SHINE (by Appt) 11:30 Lunch 12-3:30 Bridge <i>10:15-11:15 Class at Library Chair & Stand</i>	19 9-10 Coffee w/Chiefs 9-11 WOW 9-12 Wood Carving 10-12 Line Dancing 11:30 Lunch 1-4 Crafts <i>10:15-11:30 Class at Library Stretch, Strength, & Balance</i>	20 9-11:30 Art 11-12 Blood Pressure 11:30 Lunch 11:45 LEO Club 1-3 Bingo 1-3 Ukulele Jam
23 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong	24 9-11:30 Art 11:30 Lunch 1-3 Bingo	25 9-11:30 Art 11:30 Lunch 11:45 LEO Club 12-3:30 Bridge <i>10:15-11:15 Class at Library Chair & Stand</i>	26 9-11 WOW 9-12 Wood Carving 10-12 Line Dancing 11:30 Lunch 1-4 Crafts <i>10:15-11:30 Class at Library Stretch, Strength, & Balance</i>	27 9-11:30 Art 11:30 Lunch 1-3 Bingo
30 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong	31 9-11:30 Art 11:30 Lunch 1-3 Bingo	<div data-bbox="682 1407 852 1617">  </div> <div data-bbox="868 1407 1534 1617"> NAME OUR NEWSLETTER CONTEST! HMMMM... LET'S HAVE A LITTLE FUN AND COME UP WITH A FITTING NAME FOR OUR MONTHLY NEWSLETTER. PLEASE SUBMIT YOUR ENTRY TO THE FRONT DESK ALONG WITH YOUR NAME, ADDRESS, & PHONE NUMBER. A PRIZE AND BRAGGING RIGHTS FOR YOUR WINNING SUBMISSION WILL BE YOURS! ENDS JANUARY 31. </div>		

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Edward Jones



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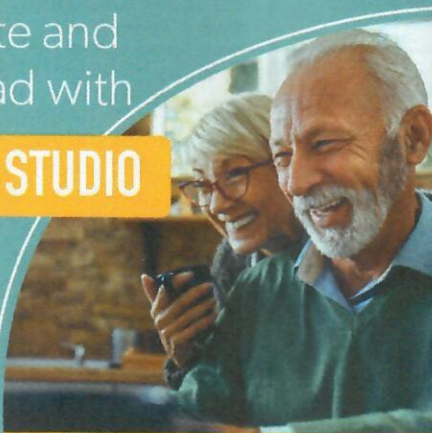
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