

Westminster Council on Aging January 2024 Newsletter



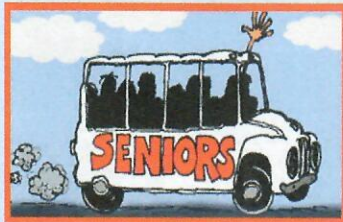
69 West Main Street, P.O. Box 212
Westminster, MA 01473
978-874-7402



*Happy Birthday
To All Seniors
Celebrating
In January!*



May the spirit of the season
fill your heart with serenity
and the New Year bring you
good health & happiness!
HAPPY NEW YEAR!



JUST A FRIENDLY REMINDER!

WITH INCLEMENT WEATHER UPON US, THE COUNCIL ON AGING VAN SERVICE ALIGNS WITH WESTMINSTER SCHOOL CLOSINGS. IF SCHOOL IS CLOSED DUE TO BAD WEATHER, THE VAN WILL NOT RUN. THE SENIOR CENTER BUILDING ONLY CLOSES IF TOWN HALL CLOSES.



The Westminster Fire Department will be providing free carbon monoxide & smoke detector inspections and replacement for Westminster residents. To participate in this program, please call the Westminster Senior Center at 978-874-7402 - providing your name, street address, and phone number. The Fire Department will then contact you directly for scheduling a home visit. Be sure to take advantage of this valuable program and stay safe!



SPECIAL GUEST BINGO CALLERS
Westminster Senior Center
Friday, January 26
1:00-3:00 pm

HOSTED BY OUR FRIENDS:



**Heywood
Wakefield
COMMONS**

An Assisted Living Residence



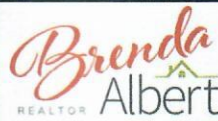
**JOIN
THE
FUN!**

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
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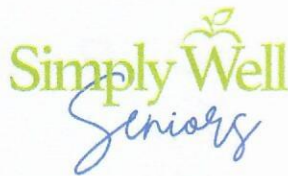
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Kelly.Kurtz@kw.com

Kelly Kurtz, MBA
REALTOR® | Broker Associate | CSHP®



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Jeffrey.Turcotte@kw.com

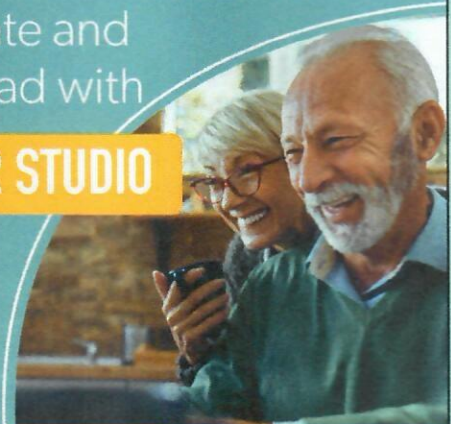
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LEO CLUB (Let's Eat Out) / SOCIAL TRIP

Start the New Year off right! Please join us on Wednesday, January 10 as we enjoy a delicious Italian lunch at Olive Garden in Leominster.

We'll meet at 11:45 am in the Westminster Senior Center lobby to carpool or board the COA van. Everyone orders off the menu and pays their own way. Please RSVP 978-874-7402 at your earliest convenience as the van is limited to 11 people, including one wheelchair person. Sorry, in the event of inclement weather, there is no snow date.

HOPE TO SEE YOU AT THIS FUN EVENT !



SHINE (Serving the Health Insurance Needs of Everyone) will be at the Westminster Senior Center every first and third Wednesday of every month. SHINE representatives provide free, unbiased, and confidential counseling assistance to Medicare beneficiaries, their families, and caregivers. To make your personal appointment with SHINE, please call the Westminster Senior Center at 978-874-7402.

FOR FUEL ASSISTANCE, PLEASE CALL 978-342-4520 (NEFWC-NEW ENGLAND FARM WORKERS COUNCIL), 978-342-9407 (SALVATION ARMY), OR 877-563-4645 (JOE FOR OIL).

DUST OFF THOSE BOOTS!



LINE DANCING CLASS!

~ With Anne Gilmartin ~

Thursdays / 9:30 - 11:30 am

Beginners: \$3 (1st hour only) / Improvers: \$5 (full 2 hours)

Sign-up not required.



YOGA WITH LORI PUCKO

FRIDAYS ~ 9:30-10:15 AM

SIGN-UP NOT REQUIRED

YOGA WITH PAULA MAGEE

MONDAYS ~ 9:30-10:15 AM

Join Paula 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.



CARDIO STRENGTH FOR SENIORS

WEDNESDAYS ~ 9:30-10:15 AM

Join Paula Magee in this fun 45-minute class that includes cardiovascular endurance, muscular strength, and balance. Bands and balls will be provided, however, we ask that participants bring their own set of weights (between 1-5 pounds). Rubber soled supportive shoes/sneakers required and water is strongly encouraged. Sign-up not required. Questions? Please contact Paula directly at (978)467-6173.



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

INCOME FOR 1 PERSON – \$59,400

INCOME FOR 2 PEOPLE – \$67,900

INCOME FOR 3 PEOPLE – \$76,400



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.

Brenda
Albert
REALTOR

Exceptional Service Before, During & After The Sale



Join Brenda Albert, Realtor, LAER Realty Partners, at the Westminster Senior Center the last Friday of each month at 12:00-12:30 pm. Brenda provides honesty and integrity, enthusiasm, a positive attitude, and a passion for outstanding customer service. Her specialties include buyer's agent, listing agent, relocation, consulting, property management, and senior transitions. All are welcome for a social question and answer session with Brenda. Sign-up not required.

Volunteers Needed for Tax Preparation

Tax-Aide, a partnership between IRS and AARP Foundations, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available.

Last year, over 4,700 returns were prepared at 41 sites around Worcester County. Nationally, almost 3 million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season—February 1 to April 15. Training for volunteer preparers will start in November, most of the training will be online. Internet access and basic computer skills are necessary. *For an application and/or further information: <https://mataxaide.org/interest>*



UKULELE JAM SESSION

~ EVERY FRIDAY IN JANUARY ~

1:00-2:30 PM ~ WESTMINSTER SENIOR CENTER
SINGERS ALSO WELCOME! JOIN THE FUN!



*The Friendship Club will not be meeting in January and February 2024.
Mark your calendar for the next monthly meeting on Wednesday, March 6!*

2023-2024 EMERGENCY HOME HEATING ASSISTANCE PROGRAM

The Westminster Board of Selectmen has instituted an Emergency Home Heating Assistance Program (EHHAP) for eligible Westminster residents. Funding for the program is provided from monies available in the *Fred Smith Poor Fund* as well as the *Giles Fund*. To be eligible, residents must have lived in Town for the past six months or longer and must meet income eligibility guidelines established by the most current HUD low-income limits for the Westminster area. Assistance will be granted in the form of direct payment from the Town to suppliers of home heating fuel (including oil, gas, coal, wood, pellets, etc.) to a maximum benefit amount of \$1,000. Applicants are able to receive this benefit once during the season.



The EHHAP will be administered through the Emergency Home Heating Assistance Committee, appointed by the Board of Selectmen. Information provided will be kept confidential. Funding for the EHHAP will close on May 1, 2024.

*** APPLICATION FORMS ARE AVAILABLE AT THE WESTMINSTER SENIOR CENTER ***

**A NEW YEAR'S RESOLUTION IS SOMETHING THAT GOES IN ONE YEAR
AND OUT THE OTHER. ~ AUTHOR UNKNOWN**



COFFEE WITH THE CHIEFS

Thursday, January 11 / 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.



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



IT'S SHOWTIME!!

THURSDAY, JANUARY 25

12:00-2:00 PM

WESTMINSTER SENIOR CENTER

On the Big Screen, Relax & Enjoy!



"TEA WITH MUSSOLINI" ~ A Comedy/Drama War Film Featuring Cher

* Popcorn & drinks will be provided. Please sign up by January 23 *

The Westminster Council on Aging Board Meeting will be held Tuesday, January 9, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



VETERAN COFFEE

TUESDAY, JANUARY 9

10:00-11:30 AM

WESTMINSTER SENIOR CENTER



JOIN AREA VETERANS FOR CONVERSATION & COMPLIMENTARY REFRESHMENTS.
VETERANS ONLY PLEASE TO RESPECT THEIR TIME IN SHARING EXPERIENCES.



BONNIE of BALDWINVILLE SKILLED NURSING & REHABILITATION CENTER
WILL BE PROVIDING BINGO TREATS THE FIRST FRIDAY OF EVERY MONTH.
ENJOY!! THANK YOU BONNIE!

CARD BINGO!

Thursday, January 11 ~ 1:00-3:00 pm ~ Westminster Senior Center

TO PLAY, PLEASE BRING \$5 IN QUARTERS

Invite friends, enjoy provided coffee & refreshments, and win prizes!

* PLEASE SIGN UP BY JANUARY 9 ~ 978-874-7402 *





**TUESDAY, JANUARY 16, 10:00 AM
WESTMINSTER SENIOR CENTER
SIGN-UP NOT REQUIRED**

SELLING YOUR TREASURES

**GET AN ESTIMATE ON WHAT
YOUR ITEMS ARE WORTH!**

*Bring your item for an Estimated Value

**ESTIMATE IS NOT AN APPRAISAL*

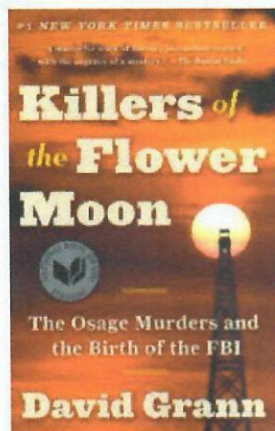
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*The Westminster Senior Center Book Club meets
on the 1st Monday morning of the month...Except when a
holiday falls on that Monday...We will be celebrating the
New Year 2024, so please join us on*

January 8th at 10:30 am

*Come and spend an hour discussing a great current book
with a great group of readers*



**COPIES AVAILABLE AT THE
FORBUSH MEMORIAL
LIBRARY**

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

Don't see the movie until you read the book, but if you saw the movie don't hesitate to join us for the discussion of a tale of "A twisting, haunting true-life murder mystery about one of the most monstrous crimes in American history. In the 1920s, the richest people per capita in the world were members of the Osage Indian Nation in Oklahoma. After oil was discovered beneath their land, the Osage rode in chauffeured automobiles, built mansions, and sent their children to study in Europe. Then, one by one, they began to be killed off. One Osage woman, Mollie Burkhart, watched as her family was murdered. Her older sister was shot. Her mother was then slowly poisoned. And it was just the beginning, as more Osage began to die under mysterious circumstances."

FILE OF LIFE

**KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !**

MEDICAL DATA REVIEWED AS OF MO. YR.

Name: Sex: M F

Address:

Doctor: Phone #:

Preferred Hospital:

EMERGENCY CONTACTS

Name: Phone #:

Address:

Name: Phone #:

Free File of Life folders are available at the Westminster Senior Center. These folders are designed to be kept on your refrigerator as an alert to emergency medical personnel of your medical information during emergency situations. During those times of stress, it is difficult to remember medications and dosages. These files could save your life or the life of a loved one. Pick up yours today!



EXERCISE CLASSES AT FORBUSH MEMORIAL LIBRARY, WESTMINSTER

***CHAIR & STAND ~ WEDNESDAYS 10:30-11:30 AM**

***STRETCH, STRENGTH & BALANCE ~ THURSDAYS 10:30-11:30 AM**

January

ACTIVITIES



Monday

Tuesday

Wednesday

Thursday

Friday

CLOSED 1 	2 9-11:30 Art 11:30 Lunch 1-3 Bingo	3 9-11 Canasta 9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge 1-3 Pitch	4 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-3 Scrabble 1-4 Crafts	5 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-2:30 Ukulele Jam 1-3 Bingo
8 9:30-10:15 Yoga 10:30-11:30 Book Club (Barbara Friedman) 11:30 Lunch 1-4 Mah Jong	9 9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo	10 9-11 Canasta 9-11:30 Art 9:30-10:15 Cardio Strength 11:30 Lunch 11:45 Social/LEO Club 12-3:30 Bridge 1-3 Pitch	11 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 10-11 Coffee w/Chiefs 11:30 Lunch 1-3 Scrabble 1-3 Card Bingo 1-4 Crafts	12 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-2:30 Ukulele Jam 1-3 Bingo
CLOSED 15 	16 9-11:30 Art 10:00 Selling Treasures 11:30 Lunch 1-3 Bingo	17 9-11 Canasta 9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge 1-3 Pitch	18 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-3 Scrabble 1-4 Crafts	19 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-2:30 Ukulele Jam 1-3 Bingo
22 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong	23 9-11:30 Art 11:30 Lunch 1-3 Bingo	24 9-11 Canasta 9-11:30 Art 9:30-10:15 Cardio Strength 11:30 Lunch 11:45 Social Trip 12-3:30 Bridge 1-3 Pitch	25 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 12-2 Movie Time 1-3 Scrabble 1-4 Crafts	26 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 12-12:30 LAER Realty 1-2:30 Ukulele Jam 1-3 Bingo/Guest Caller
29 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong	30 9-11:30 Art 11:30 Lunch 1-3 Bingo	31 9-11 Canasta 9-11:30 Art 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge 1-3 Pitch	JOIN US FOR CONGREGATE MEALS! SERVED MONDAY THROUGH FRIDAY ~ 11:30 AM WESTMINSTER SENIOR CENTER SUGGESTED DONATION \$3 RESERVATIONS REQUIRED BY 10AM PRIOR BUSINESS DAY PLEASE CALL SENIOR CENTER 978-874-7402	

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