

Westminster Council on Aging July 2018 Newsletter

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

978-874-7402



**Best Wishes
To All Seniors
Celebrating
in July!!!**



**The Council on Aging
Staff wishes everyone
a Great July 4th and a
Wonderful Summer!**



*The Council on Aging Wishes to Extend our Heartfelt Sympathy
To the Family & Friends of ~ Theresa G. Sutela & Beverly M. Chalifoux*



Neighbors Helping Neighbors

30th Annual Town Benefit Day

Sunday, August 12 ~ 11:00 am - 5:00 pm

Academy Hill, Westminster

- ◆ Chinese Auction, Raffles, Farmer's Market, Flea Market, Bake Sale & Much More!!!
- ◆ Town Benefit Day admission is free to all and handicapped accessible.
- ◆ The Council on Aging van will provide pickups at Westminster Elementary School and at Wellington Housing.
- ◆ The Westminster Benefit Fund, Inc. is a non-profit organization under Section 501(c)3 of the IRS code. Tax deductible donations can be sent to Westminster Benefit Fund, P.O. Box 63, Westminster, MA 01473.

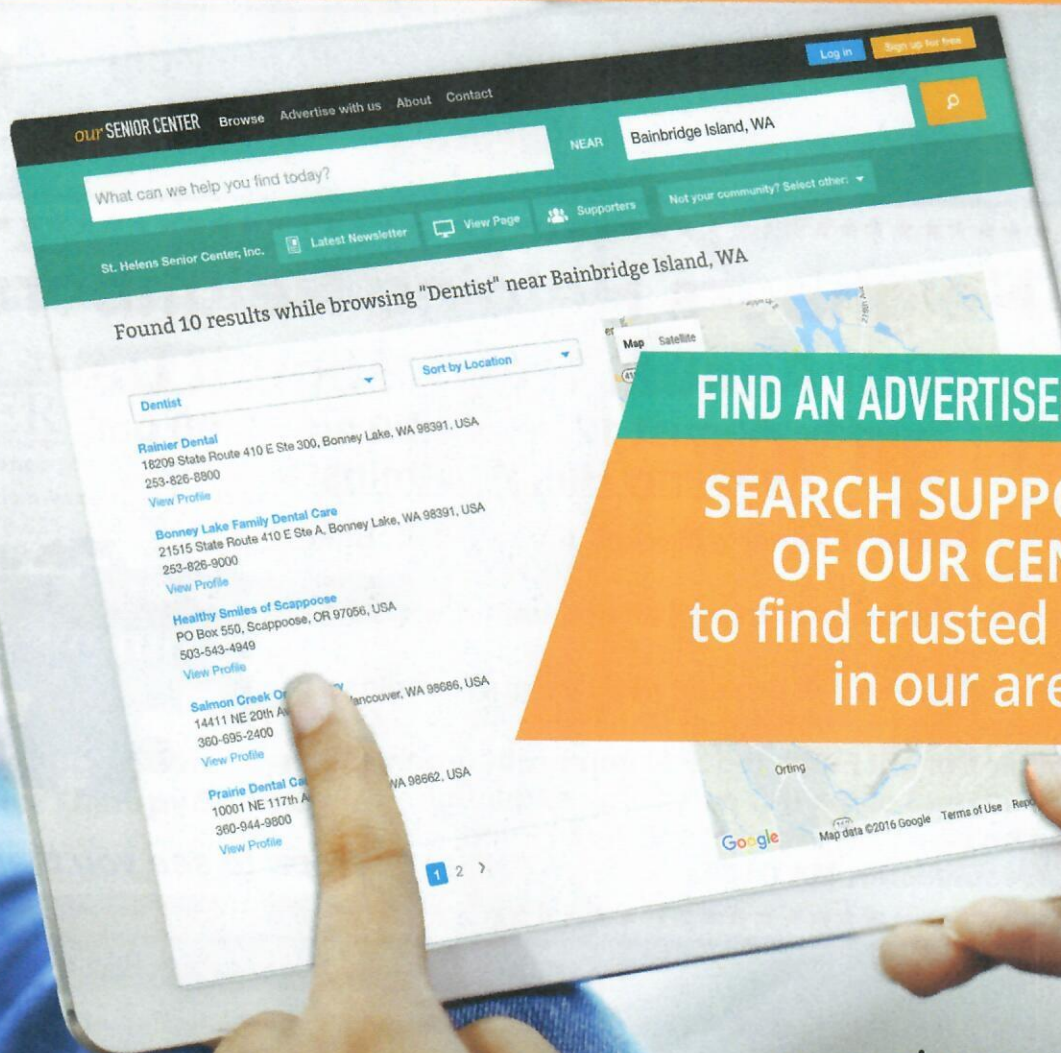


Hope to see you there!!!

All of us at the Westminster Community Senior Center wish the fondest farewell and sincerest "Thank You" to Police Chief Salvatore "Sam" Albert, as he retires from the Westminster Police Department and moves on to another opportunity. A familiar and always friendly figure at the Senior Center ~ supporting and being there for our seniors and community ~ he will be greatly missed. We welcome and look forward to working with Acting Police Chief, Lieutenant Michael McDonald, as he seamlessly continues to support our local seniors and the community. We welcome you to stop by the Senior Center on July 5, 9:00 - 11:00 am, to meet and greet Lieutenant McDonald. Coffee and light refreshments will be available.

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JULY 4 INDEPENDENCE DAY



UPCOMING EVENTS

- ★ Join us for a meet & greet with Acting Police Chief, Mike McDonald, on July 5, 9:00 - 11:00 am. Then on July 13 and July 20, 12:00 n - 1:00 pm, Police Detective Nick Auffrey will be here. Please feel welcome to stop by, stay informed of the latest scams and fraud, while enjoying the company! Coffee and refreshments will be available.
- ★ Michele Ellicks of the Registry of Motor Vehicles (RMV) will be here August 13, 11:00 am - 12:00 n to present "Shifting Gears". This program will highlight issues facing older drivers, rules of the road, recent changes that have taken place at the RMV including Real ID requirements, as well as warning signs of unsafe driving. Michele will also provide requirements to apply for a disabled parking placard or plate, as well as a Massachusetts identification card. Alternative forms of transportation in your area will be discussed; learn what's available in your area. All are welcome to attend.
- ★ Kathleen Reynolds Daigneault, Register of Deeds, Commonwealth of Massachusetts, will be here August 17 at 11:00 am. Kathleen will be covering topics such as your registry of deeds, declaration of homestead, foreclosure assistance, your property records, and accessing their website. All are welcome to attend.
- ★ The Friendship Club will be meeting July 11 at 1:00 pm and enjoying an ice-cream social. Ice-cream and toppings will be provided. Goodies to accompany ice-cream would be appreciated. Bring a friend!
- ★ New "Chair & Stand" Exercise Class! Sitting and standing exercises to stretch and strengthen the body and improve balance. Classes (every Wednesday) start July 11, 10:15 - 11:15 am, at the Forbush Library, 118 Main Street, Westminster. The instructor is Diane Lyall Moore.
- ★ Bonnie of Gardner Rehabilitation will be here July 6 with surprise sweets for Bingo.
- ★ Patti from The Gables of Fitchburg will be here on July 16 providing a tasty treat for Bingo.
- ★ Gail Noel, our SHINE Counselor, will be at the Westminster Senior Center the third Wednesday of each month. The next available days are July 18, August 15, and September 19, 9:00 am - 3:00 pm. To schedule an appointment with Gail, please contact the Senior Center.
- ★ Free blood pressure clinics with Eileen are held every third Thursday. This month's clinic will be on July 19, 11:00 am - 12:00 n. No signup necessary.

INFORMATION

- ★ New Medicare cards are currently being mailed through April 2019. Your Social Security number will be removed from your card to protect your identity. You'll get a new Medicare card with a number that's unique to you and this number can only be used for your Medicare coverage. There will be no changes to your benefits. Beware of anyone who contacts you about your new card. Medicare and Social Security will not call you for personal information. Do not give any personal information to anyone you do not know. If your address needs to be corrected, contact Social Security at 800-772-1213 or visit [SSA.Gov/MyAccount](https://www.ssa.gov/MyAccount). If you have questions about your Medicare benefits or about the new Medicare card, please call the Massachusetts Senior Medicare Patrol (SMP) Program at 800-892-0890 or Shine Program at 800-AGE-INFO (800-243-4636).
- ★ Massachusetts Senior Legal Helpline (Phone Number 800-342-5297) provides free legal information and referral services to Massachusetts residents who are 60 years old or older. They are available Monday through Friday, 9:00 am - 12:00 n.
- ★ 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.

Sheriff's Annual Senior Picnic

Sponsored by
**The Worcester County Reserve Deputy
Sheriff's Association**



Saturday, August 18 ~ 11:00 am - 3:00 pm
SAC Park, 348 Lake Street, Shrewsbury, MA

**A fun-filled day with complimentary lunch,
raffles, and bingo in honor of our seniors!**

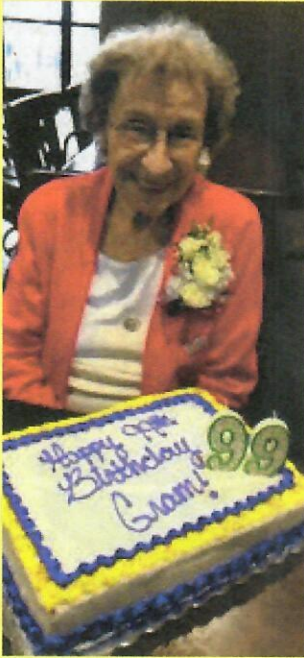
For more information, please contact Donna Ostiguy at
dostiguy@worcestersheriff.org



*Please feel free to stop by the Community Senior Center garden and help yourself.
A variety of herbs and radishes are now fresh for picking! Thanks again to those who
donated their time and provided plants to make this possible. The garden looks great!*

Westminster Council on Aging Board Members

Don Barry (Chairperson), Bill Antoniac (Co-Chairperson), Joan Long (Secretary),
Dottie Barrett, Becky Iannaccone, Louise Garland-Wheelen,
Ann Johnson, and Neysa Miller (Associate).



Happy 99th Birthday Fern!

Fernande "Fern" Hauler (Gram) is all smiles as she celebrates her 99th birthday with family. Fern was born June 4, 1919 and currently holds reign of the oldest living Westminster resident. In recognition of this prestigious honor, Westminster Council on Aging will soon present Fern with a Boston Cane replica pin.

Congratulations Fern!

Our Best Wishes to You!!!



Senior Home Inspections

Sponsored by the Westminster Fire Department

Available to Westminster Senior Residents (Age 60+)

- ★ We will replace battery operated smoke detectors & make sure your house is up to code
- ★ We will replace battery operated CO detectors
- ★ Our detectors have a 10-year sealed battery!
- ★ Kitchen safety information
- ★ General fire safety tips
- ★ Heating information
- ★ Advise on tripping hazards
- ★ Answer any questions

⇒ **To sign up, please call the Senior Center (978-874-7402).**

Please join us for our

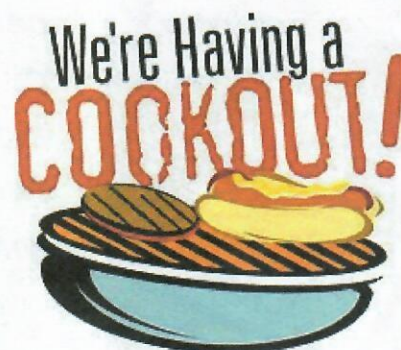
4th Annual Community Senior Center BBQ!

(Hosted by Westminster, Ashburnham & Gardner Councils on Aging)

Wednesday, August 22 ~ 12:00 noon

Westminster Senior Center

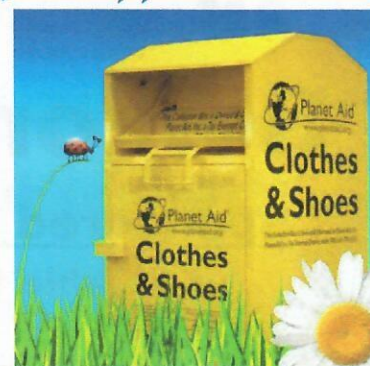
- * Surrounding-town seniors welcome
- * Hamburgers & Hotdogs
- * Salads & goodies to share are appreciated!
- * Cost \$5 *Please sign up by August 15



Planet Aid Donation Bin ~

Donate gently used clothing and shoes for several good causes! Relieve yourself of bursting closets, benefit our environment by recycling, all while helping those less fortunate. The Westminster Community Senior Center is host to a Planet Aid Donation Bin located in our parking lot. Planet Aid pays 3 cents per pound of clothing and shoes collected, with 100% of this going directly to the Community Senior Center. Planet Aid supports programs in developing nations, including assistance to orphaned children, HIV/AIDS prevention, fighting malaria, training teachers, and educating small farmers to help them earn a better living.

All donations are tax deductible. Thank you!
For more information on Planet Aid's programs, please visit their website at www.planetaid.org.



Senior Center Pool Hall ~

For your enjoyment, we have two pool tables available for use during regular Senior Center hours.

If interested in playing, stop on in!



Stationary Bike ~

The Senior Center has two stationary bikes available for your use. Whether it be for medical reasons, exercise purposes, or for the sheer enjoyment, feel free to stop in during Senior Center hours.





Activities



Monday

Tuesday

Wednesday

Thursday

Friday

<p><i>*Lasagna Roll Up</i> 2</p> <p>11:30 Lunch</p> <p>1-4 Mahjong</p> <p>1-3 Bingo</p>	<p>3</p> <p>9-11:30 Art</p> <p>12-3:30 Bridge</p> <p>1-4 Mahjong</p>	<p>4</p> <p>Closed</p> <p>4th of July</p>	<p>5</p> <p>9-12 Wood Carving</p> <p>9-11 WOW</p> <p>10:45-11:30 Cardio Fit</p> <p>12-3:30 Bridge</p> <p>1-3 Crafts</p>	<p>6</p> <p><i>*Roast Pork</i></p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>
<p><i>*Sweet/Sour Meatballs</i> 9</p> <p>11:30 Lunch</p> <p>1-4 Mahjong</p> <p>1-3 Bingo</p>	<p>10</p> <p>9-11:30 Art</p> <p>12-3:30 Bridge</p> <p>1-4 Mahjong</p>	<p>11</p> <p><i>*Chicken w/Sauce</i></p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Crafts</p> <p>1-4 Mahjong</p>	<p>12</p> <p>9-12 Wood Carving</p> <p>9-11 WOW</p> <p>10:45-11:30 Cardio Fit</p> <p>12-3:30 Bridge</p> <p>1-3 Crafts</p>	<p>13</p> <p><i>*Potato Pollock</i></p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>
<p><i>*Am'n Chop Suey</i> 16</p> <p>11:30 Lunch</p> <p>1-4 Mahjong</p> <p>1-3 Bingo</p>	<p>17</p> <p>9-11:30 Art</p> <p>12-3:30 Bridge</p> <p>1-4 Mahjong</p>	<p>18</p> <p><i>*Salmon Boat</i></p> <p>9-3 SHINE (by appt)</p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Crafts</p> <p>1-4 Mahjong</p>	<p>19</p> <p>9-12 Wood Carving</p> <p>9-11 WOW</p> <p>10:45-11:30 Cardio Fit</p> <p>11-12 Blood Pressure</p> <p>12-3:30 Bridge</p> <p>1-3 Crafts</p>	<p>20</p> <p><i>*Broccoli Bake</i></p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>
<p><i>*Haddock Newburg</i> 23</p> <p>11:30 Lunch</p> <p>1-4 Mahjong</p> <p>1-3 Bingo</p>	<p>24</p> <p>9-11:30 Art</p> <p>12-3:30 Bridge</p> <p>1-4 Mahjong</p>	<p>25</p> <p><i>*Chicken/Pesto Sauce</i></p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Crafts</p> <p>1-4 Mahjong</p>	<p>26</p> <p>9-12 Wood Carving</p> <p>9-11 WOW</p> <p>10:45-11:30 Cardio Fit</p> <p>12-3:30 Bridge</p> <p>1-3 Crafts</p>	<p>27</p> <p><i>*Beef/Cabbage Casserole</i></p> <p>9-11:30 Art</p> <p>11:30 Lunch</p> <p>1-3 Bingo</p>
<p><i>*BBQ Beef Burger</i> 30</p> <p>11:30 Lunch</p> <p>1-4 Mahjong</p> <p>1-3 Bingo</p>	<p>31</p> <p>9-11:30 Art</p> <p>12-3:30 Bridge</p> <p>1-4 Mahjong</p>			

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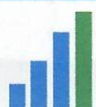


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