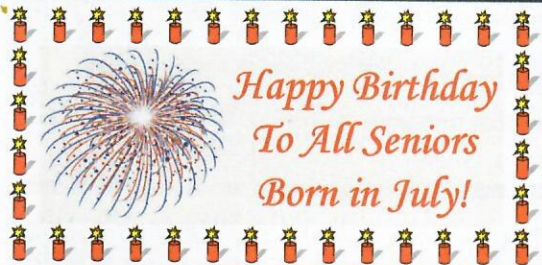



# Westminster Council on Aging July 2022 Newsletter

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



978-874-7402



VETERAN'S COFFEE HOUR  
EVERY SECOND TUESDAY  
OF THE MONTH  
10:00-11:00 AM   
WESTMINSTER SENIOR CENTER



Beginning August 3, the Council on Aging van will add Wednesdays to its operating schedule. The van will then be available to Westminster Seniors on Tuesdays, Wednesdays, Thursdays, and Fridays. Hours of operation are Monday through Friday, 8:00am-4:00pm. A 24-hour advance notice is required. For additional information or to book the van, please call the Senior Center. Happy Trails!



## "SOCIAL THURSDAY"



THURSDAY, JULY 28 ~ 1:00-3:00 PM

Join us as we cool off and enjoy a variety of pies & ice cream!

\*Live Entertainment by Tom Duncan ~ Folk & Light Rock\*

Raffles, games, prizes, coffee, & much more!

\$2 at Signup ~ Please RSVP 978-874-7402 by July 25

We welcome you to be a Social Butterfly & have fun! 



WIN A VERA BRADLEY BAG! (RETAIL VALUE \$109)

~ \$1 PER CHANCE ~

TICKETS CAN BE PURCHASED AT WESTMINSTER SENIOR CENTER

DRAWING THURSDAY, JULY 28, AT WESTMINSTER SENIOR CENTER "SOCIAL THURSDAY" EVENT

\*MUST BE PRESENT TO WIN\* PROCEEDS TO BENEFIT SENIOR CENTER ACTIVITIES



## Elizabeth 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.

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Leominster, MA 01453 w: kalmanssonlaw.com

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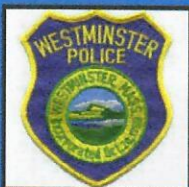
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The Westminster Council on Aging Board Meeting will be held Tuesday, July 12, 12:00 pm at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



## COFFEE WITH THE CHIEFS

Thursday, July 28 / 9:00 - 10:00 am



Police Chief, Ralph LeBlanc & 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!



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



## Picnic in the Park

Thursday, July 21 / 12:30-3:00 pm

Meet at Westminster Senior Center for 12:30 pm,  
then carpool to Crystal Lake, Gardner  
Bring a Lawn chair & Picnic Lunch  
Event will be cancelled if raining. No rain date.  
Please RSVP 978-874-7402 by July 18

## Feeling Lucky? PLAY CARD BINGO!

Thursday, July 14~ 1:00-3:00 pm ~ Westminster Senior Center

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

Please sign up by July 11 at Senior Center



## The Friendship Club

Wednesday, July 6 ~ 1:00 pm

Westminster Senior Center

Friends, both new & familiar, are always welcome!





# Fourth of July

## WORD SEARCH

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

United States  
 Liberty  
 States  
 Parade

Independence  
 America  
 Stars  
 Flag

Revolution  
 Freedom  
 Flag  
 Summer

Fireworks  
 Picnic  
 Patriotic  
 July

**IN NEED OF SMALL MEDICAL EQUIPMENT FOR YOURSELF OR A LOVED ONE?  
 LOOK NO FURTHER! YOUR LOCAL SENIOR CENTER CAN HELP!**

**WE HAVE A LIMITED SUPPLY OF GENTLY USED WALKERS, CANES,  
 WHEELCHAIRS, TRANSPORT CHAIRS, AND SHOWER CHAIRS  
 AVAILABLE FREE FOR YOUR USE.**

**FOR FURTHER INFORMATION OR TO CHECK ON EQUIPMENT AVAILABILITY,  
 PLEASE CALL THE WESTMINSTER SENIOR CENTER AT 978-874-7402.**







## HIP HOP DANCE WITH RONDAAE

MONDAY, JULY 11 / 10:00-11:00 AM

AT THE WESTMINSTER SENIOR CENTER

UNIQUE & FUN FOR ALL FITNESS LEVELS

*"All Aboard the HIP HOP Soul Train Express!"*

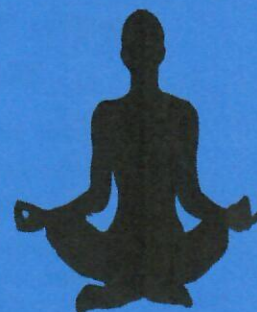
PLEASE RSVP 978-874-7402 BY JULY 6

## YOGA WITH PAULA MAGEE

Tuesdays ~ July, & August  
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. Signup not required.

**\*Please Note:** Class will not be held on July 19.



## Join the LEO Club! (Lets 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, July 13 at KROS ON THE COMMON in Templeton. Rain or shine, lunch will be enjoyed inside or outdoors. We'll meet at Westminster Senior Center for 11:45 am, then carpool from there. Everyone orders off the menu and pays their own way. The Club will be limited to 12 people, so please call early to reserve your seat. RSVP 978-874-7402 by July 11. Please join us at this picturesque location!

The Westminster Council on Aging welcomes Dan Bourgeois as the newest member of our Senior Center Staff. Dan has accepted a van driver position, joining our other driver, Dan Novak. He looks forward to meeting all our clients utilizing the van, as well as we look forward to working with him! **WELCOME DAN!** Other staff members include Sue Fisher, Director; Michelle Johnson, Pat Streeter, and Kathy Lawrence, Administrative Assistants; Jayne Perior, Meals on Wheels Driver; Sally Brown, Meal Site Manager; and Randy Sullivan, Maintenance. If there is anything we can help you with, please call us at The Westminster Senior Center 978-874-7402. We are always happy to help!





# Virtual Road Trip Series



## Let's Take A Virtual Road Trip!

This road trip will take you to nine Massachusetts lighthouses that are worth seeing.

The Massachusetts coast is peppered with lighthouses, which are an iconic piece of New England culture. Their striking silhouettes rise over some of the most treacherous waters in the state, and have inspired everything from literature, to famous artwork, and even a few chilling ghost stories.

Westminster Senior Center

Tuesday, July 26<sup>th</sup>

11am – 12pm

REGISTRATION IS REQUIRED

Sign up early. Space is limited to 20pp

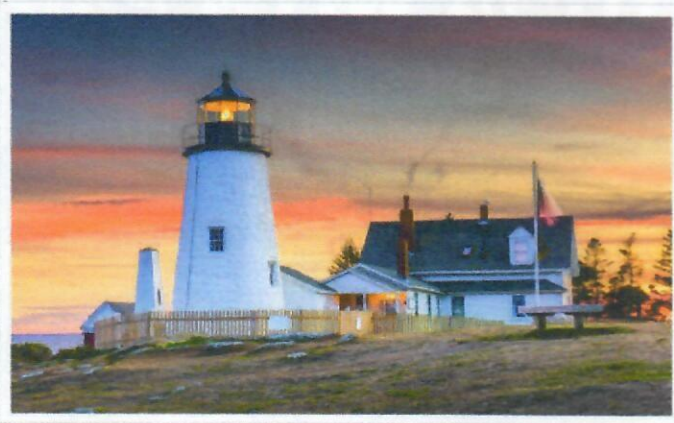
RSVP 987-874-7402

Presented By:

Michele Morin, Community Relations



**GARDNER**  
Rehabilitation and Nursing Center



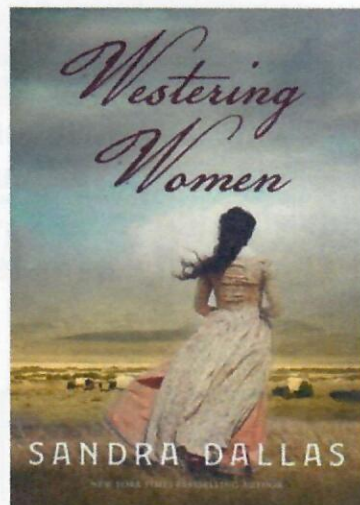
The Westminster Senior Center Book Club

Open to all!

Meets Every Month on a Monday Morning

Next Meeting is July 11<sup>th</sup> at 10:30

Come and spend an hour discussing a great current book



It's February 1852, and all around Chicago Maggie sees the postings soliciting "eligible women" to travel to the gold mines of Goosetown. A young seamstress with a small daughter and several painful secrets, she has nothing to lose.

So she joins forty-three other women and two pious reverends on the dangerous 2,000-mile journey west. None of them are prepared for the hardships they face on the trek through the high plains, mountains, and deserts. Or for the triumphs of finding strengths they did not know they possessed. And not all will make it.

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THE FORBUSH  
MEMORIAL LIBRARY

The Westminster Public  
Library is located at  
118 Main Street

State Senator Anne Gobi

~ OFFICE HOURS ~

Westminster Senior Center

Tuesday, July 19

10:00-11:00 am





# JULY

# ACTIVITIES



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<p><b>SENIOR SINGERS WILL NOT BE MEETING AGAIN UNTIL THE FALL. STAYED "TUNED"!</b></p>			<p><i>*Potato Pollock</i> <b>1</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>
<p><b>CLOSED</b> <b>4</b></p>	<p><i>*Sausage Grinder</i> <b>5</b>  <b>9-11:30</b> Art  <b>9:30-10:15</b> Yoga  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>	<p><i>*Grilled Chicken Breast</i> <b>6</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>12-3:30</b> Bridge  <b>1-3</b> Friendship Club  <i>10:15-11:15 Class at Library Chair &amp; Stand</i></p>	<p><i>*Chicken w/ Glaze</i> <b>7</b>  <b>9-11</b> WOW  <b>9-12</b> Wood Carving  <b>11:30</b> Lunch  <b>1-4</b> Crafts  <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i></p>	<p><i>*Roast Pork</i> <b>8</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>
<p><i>*Black Bean Chili</i> <b>11</b>  <b>10:30-12</b> Book Club - (with Barbara Friedman)  <b>11:30</b> Lunch  <b>1-4</b> Mah Jong</p>	<p><i>*Chicken Breast</i> <b>12</b>  <b>9-11:30</b> Art  <b>9:30-10:15</b> Yoga  <b>10-11</b> Veteran Coffee  <b>11:30</b> Lunch  <b>12:00</b> COA Board Mtg  <b>1-3</b> Bingo</p>	<p><i>*French Meat Pie</i> <b>13</b>  <b>9-11:30</b> Art  <b>9-3</b> SHINE (by Appt)  <b>11:30</b> Lunch  <b>12-3:30</b> Bridge  <i>10:15-11:15 Class at Library Chair &amp; Stand</i></p>	<p><i>*Slice Roast Turkey</i> <b>14</b>  <b>9-11</b> WOW  <b>9-12</b> Wood Carving  <b>11:30</b> Lunch  <b>1-3</b> Card Bingo  <b>1-4</b> Crafts  <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i></p>	<p><i>*Chicken Teriyaki</i> <b>15</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>
<p><i>*Chicken Drumstick</i> <b>18</b>  <b>11:30</b> Lunch  <b>1-4</b> Mah Jong</p>	<p><i>*Potato Pollock Fillet</i> <b>19</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>	<p><i>*Meatball Grinder</i> <b>20</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>12-3:30</b> Bridge  <i>10:15-11:15 Class at Library Chair &amp; Stand</i></p>	<p><i>*Beef Stew</i> <b>21</b>  <b>9-11</b> WOW  <b>9-12</b> Wood Carving  <b>11:30</b> Lunch  <b>1-4</b> Crafts  <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i></p>	<p><i>*Broccoli Bake</i> <b>22</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>
<p><i>*Beef Taco</i> <b>25</b>  <b>11:30</b> Lunch  <b>1-4</b> Mah Jong</p>	<p><i>*Breaded Chicken Breast</i> <b>26</b>  <b>9-11:30</b> Art  <b>9:30-10:15</b> Yoga  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>	<p><i>*Pulled Pork Sandwich</i> <b>27</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>12-3:30</b> Bridge  <i>10:15-11:15 Class at Library Chair &amp; Stand</i></p>	<p><i>*Cheese Omelet</i> <b>28</b>  <b>9-10</b> Coffee w/Chiefs  <b>9-11</b> WOW  <b>9-12</b> Wood Carving  <b>11:30</b> Lunch  <b>1-4</b> Crafts  <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i></p>	<p><i>*Meatloaf w/Gravy</i> <b>29</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>

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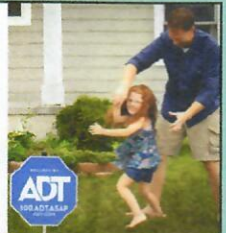
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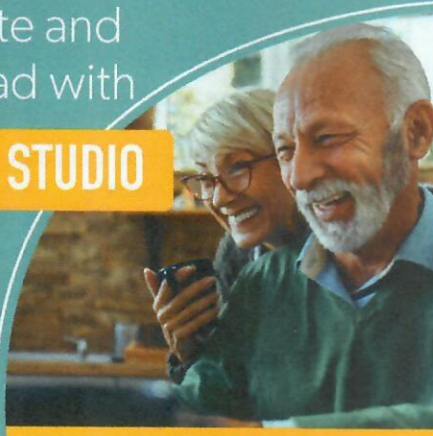
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