

Westminster Council on Aging

June 2018 Newsletter

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



978-874-7402



**HAPPY BIRTHDAY
TO ALL SENIORS
CELEBRATING
IN JUNE!!!**



**YOU START LIVING
YOUR SECOND LIFE
WHEN YOU REALIZE
YOU ONLY HAVE ONE.**



*The Council on Aging Extends our Heartfelt Sympathy
To the Family & Friends of
Robert "Bob" R. Cudak ~ Retired Westminster Police Chief*



Senior Center Breakfast

Friday, June 15, 8:30 am

Hosted by The Westminster Fire Department

***Scrambled eggs, sausage, fruit, English muffins & coffee ~ No sign up
While enjoying breakfast, Senator Dean Tran will be here for a
meet & greet. Come meet your local Senator!***

UNRECOGNIZED GEMS OF WESTMINSTER & THE SURROUNDING COMMUNITIES

Saturday, June 23 ~ 10:00 am - 4:00 pm

Westminster Community Senior Center

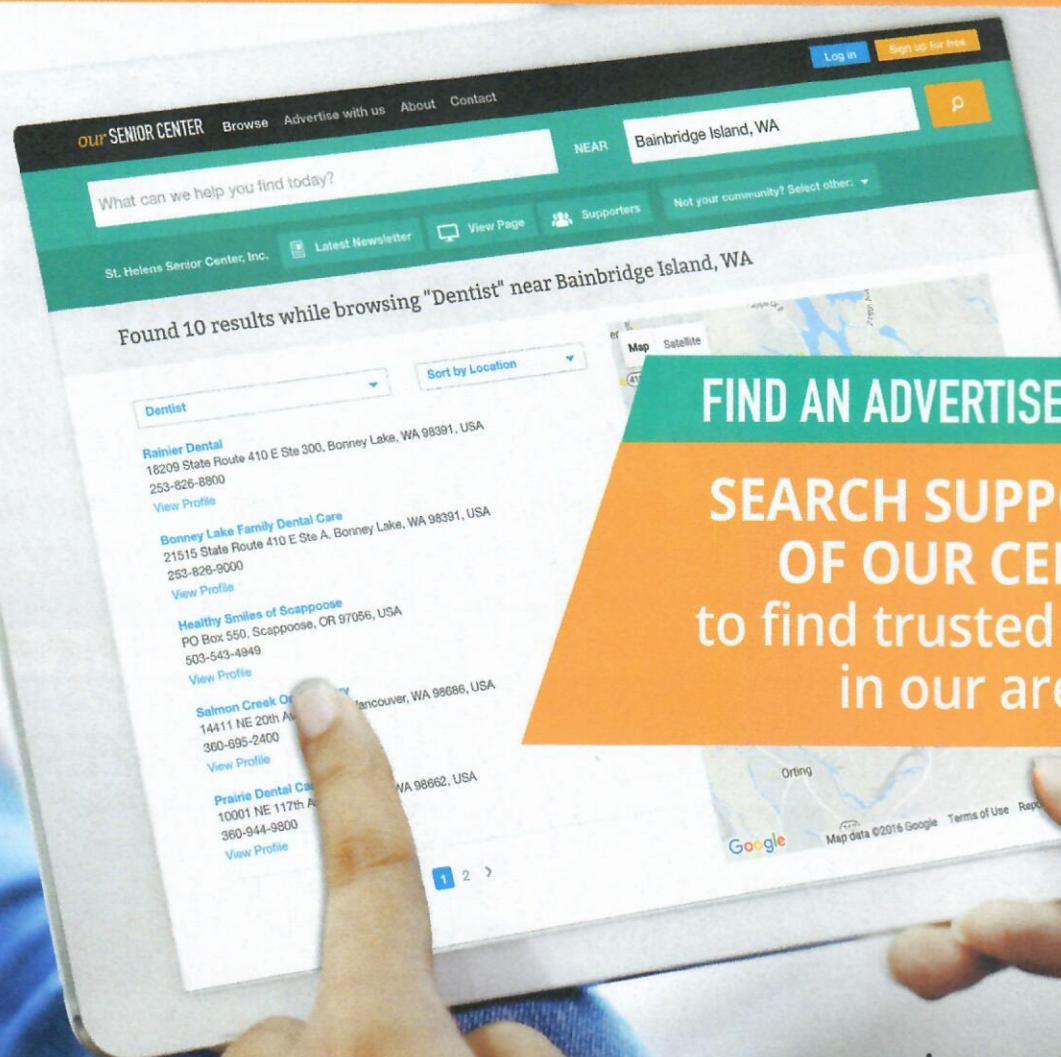
View and enjoy exhibits created by our very own skilled and gifted local people. Participants will include the Wood Carvers, Crafters, and Circle of Artists groups who meet regularly at the Senior Center. They will be displaying beautiful works of art, unique wood carvings, gorgeous quilts, and more!

You'll be amazed by their talents!

***Entertainment by the Art Tones *Light Refreshments**

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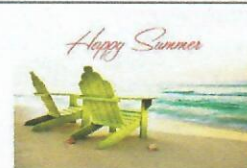
PLUS Sign up to have our newsletter emailed to you!



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.4lpi.com Westminster COA, Westminster 03-1136



June 17 ~ Father's Day
June 21 ~ Summer Solstice



UPCOMING EVENTS

- ▶ Join us for coffee and refreshments with Police Chief Salvatore Albert on June 7, 9:00 - 11:00 am. Then on June 8 and June 22, 12:00 n - 1:00 pm, Police Detective Nick Auffrey will be here. Stop by, stay informed of the latest scams & fraud, while enjoying the company!
- ▶ 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.
- ▶ The Friendship Club will be meeting June 6 at 1:00 pm. They will celebrate birthdays of the year with a pot-luck lunch. Please bring a yummy dish (casserole/salad/dessert) to share...and bring a friend too!
- ▶ Country line dancing for beginners will start June 20, 12:00 n - 1:00 pm, every Wednesday. Cost is \$3 per session. For more information, please call 978-621-9278. Join in the fun!
- ▶ Patti from The Gables of Fitchburg will be here on June 11 providing a delicious 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 June 20, July 18, and August 15, 9:00 am - 3:00 pm. To schedule an appointment with Gail, please contact the Senior Center.
- ▶ Free blood pressure clinics will be held every third Thursday. This month's clinics will be June 7 and June 28 at 11:00 am - 12:00 n. No signup necessary.
- ▶ The Council on Aging Board Meeting will be held June 12, 1:00 - 2:00 pm. This meeting will be held at the Senior Center and is open to the public.

INFORMATION

- ▶ Jared Sharp is the new VETERAN SERVICE OFFICER for Westminster, Hubbardston, and Ashburnham. Jared looks forward to providing well-deserved services to Veterans. He is available at Westminster Town Hall on Wednesdays and Thursdays, 10:00 am - 2:00 pm, by appointment only at 978-874-7461. Jared looks forward to meeting everyone and answering any questions you may have.
- ▶ The Senior Center offers congregate meals (for Seniors age 60+) every Monday, Wednesday, and Friday (except holidays & Senior Center closings). Sit-down style meals are served at 11:30 am, costing \$3.00 (payable at time of meal). Included with your meal is the main entrée, all the fixings, dessert, and cold/hot drinks. To view the entrée of the day, please refer to the Newsletter's "Activities" page, on the respective meal day (Monday, Wednesday, or Friday). To reserve your seat, please call the Senior Center. Reservations are required with a minimum 24-hour advance notice. Enjoy a hearty meal and great company, while someone else does the cooking and cleaning!
- ▶ Council on Aging Staff - Director: Sue Fisher; Administrative Assistants: Michelle Johnson, Pat Streeter, and Kathy Lawrence; Van Drivers: Dan Novak, Bruce Hill, Gerry Thibeault, and Kim Schultz; Meals on Wheels Driver: Jayne Perior. Always happy to help you!

THERE'S MORE TO FIBER THAN YOU MAY KNOW!

Fiber is used by our body to aid digestion and more, much more!

There are two types of fiber -

Soluble Fiber: Found in foods such as oats, beans, apples, oranges, broccoli, and brussel sprouts.

Insoluble Fiber: Found in foods such as the skins of fruit, whole-wheat bread, and brown rice.



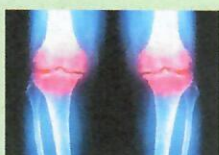
How does Fiber lower my cholesterol?

Water-soluble fiber binds with bile acids in the small intestine to leave the body via the stool. This causes the liver to take more cholesterol from the blood to replenish the bile lost.



How does Fiber aid in controlling my blood sugar levels?

Water-soluble fiber is thought to slow food digestion and absorption, creating more balanced blood sugars.



How can Fiber reduce inflammation? High-fiber foods feed beneficial bacteria living in the gut, which then release substances that promote lower levels of inflammation throughout the body.



How does Fiber help my bones? Soluble fiber is thought to stimulate the growth of beneficial bacteria in the lower intestine. These bacteria are believed to help bones become stronger by increasing mineral absorption.



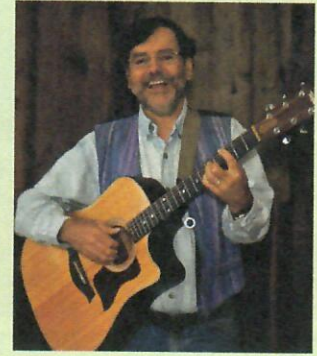
Why is Fiber good for my digestive system? Soluble fiber attracts water and insoluble fiber keeps things moving through your body. Both aid in digestion, making stools softer and easier to pass.

"Vegetables are a must on a diet.
I suggest carrot cake, zucchini bread, & pumpkin pie."
~ Garfield/Jim Davis



Community Concert

Roger Tincknell



Monday, June 4, 1:00 pm
Ashburnham Senior Center

Elvis to the Everly Brothers
1950s Pop & Classic Rock!

For more information, please call the Ashburnham Senior Center (978)827-5000

Sponsored in part by a grant from the Ashburnham Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



Enjoy Fresh Fruits & Vegetables This Summer & Fall!

Senior Farmers' Market Nutrition Program

What is the Senior Farmers' Market Nutrition Program (SFMNP)?

The Massachusetts SFMNP provides elders in the Federal Supplemental Food Program with coupons for fresh fruits and vegetables redeemable at Farmers' Markets and roadside stands. Coupons are distributed in August and must be redeemed by October 31 of that year.

What is the purpose of the SFMNP?

1. Provide fresh, nutritious, locally-grown fruits, vegetables, herbs, and honey from farmers' markets, roadside stands, and community-supported agricultural programs to low-income seniors.
2. Help expand domestic farmers' markets, roadside stands, and community agricultural programs.

Who is eligible for SFMNP benefits?

Seniors who are at least 60 years of age and meet income guidelines set by the Federal Government. To learn more and apply for the SFMNP, contact the Massachusetts Department of Agricultural Resources, 251 Causeway Street, Suite 500, Boston, MA 02114 or 617-626-1700.

GET FRESH
At Your Local
Farmers' Market!





Thank you to all who "had a hand" in planting the Community Senior Center Garden! It looks very impressive!!! Whether you donated plants, your time, monetary gifts, or plan to stop by in the future to help weed, water, or harvest, it's all greatly appreciated! A fine example of our community working together and experiencing the joy of sharing. Thanks again!!!

Enjoy Songs of the 50s, 60s, & 70s!

featuring

Dan Kirouac

One-man Vocalist & Acoustic Guitar

Friday, June 8 ~ 11:30 am - 12:30 pm

Sit back, relax, & enjoy music of yesteryears!



"Music is Love" Variety Show ~ By Dawn Kelley & Dick Miller

*** Live Music, Magic & Comedy ***

Specializing in Great Old Songs from the 1930's through 1960's

Wednesday, June 6, 11:00 am ~ Westminster Senior Center

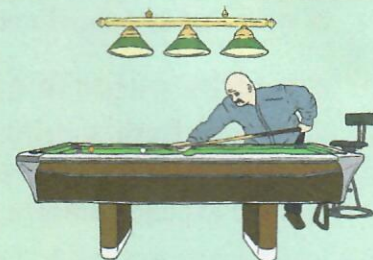
Refreshments will be served



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 a stationary bike available for your use. Whether it be for medical reasons, exercise purposes, or for the sheer enjoyment, feel free to stop by during Senior Center hours.





Activities





Monday

Tuesday

Wednesday

Thursday

Friday

<p>The B E A C H</p> <p><i>Come to the beach where the sea is blue And little white waves come running at you. A wave comes splashing over your toes You just stand still and away it goes. We'll build a castle down by the sea And look for shells if you'll come with me.</i></p>				<p><i>*Haddock Newburg</i> 1 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><i>*Beef & Lentil Chili</i> 4 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>5 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><i>*Broccoli Bake</i> 6 9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong</p>	<p>7 9-12 Wood Carving 9-11 WOW 10:45-11:30 Cardio Fit 11-12 Blood Pressure 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Pork/Rosemary Gravy</i> 8 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><i>*Haddock/Lemon</i> 11 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>12 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong 1-2 COA Meeting</p>	<p><i>*Chicken Francaise</i> 13 9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong</p>	<p>14 9-12 Wood Carving 9-11 WOW 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Meatloaf/Onion Gravy</i> 15 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><i>*Pork Rib-B-Que</i> 18 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>19 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><i>*Turkey Apple Salad</i> 20 9-3 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong</p>	<p>21 9-12 Wood Carving 9-11 WOW 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts <i>Summer Solstice!</i> </p>	<p><i>*Chicken/Rice Bake</i> 22 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><i>*Chicken Parmesan</i> 25 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>26 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><i>*Hawaiian Meatballs</i> 27 9-11:30 Art 11:30 Lunch 1-3 Crafts 1-4 Mahjong</p>	<p>28 9-12 Wood Carving 9-11 WOW 10:45-11:30 Cardio Fit 11-12 Blood Pressure 12-3:30 Bridge 1-3 Crafts</p>	<p><i>*Macaroni & Cheese</i> 29 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>

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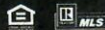
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