

Westminster Council on Aging

June 2022 Newsletter

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



978-874-7402



Happy Birthday
To All Seniors
Celebrating in June!!



The Council on Aging van is available to Westminster Seniors on Tuesdays, 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.



*The Council on Aging Wishes to Extend
Our Heartfelt Sympathy to the Family & Friends of
~ Philip N. Burgess, Sr. ~*

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



ANNUAL SENIOR CENTER BBQ

Friday, June 24 ~ 11:30 am
Westminster Senior Center

Cooking & Serving by
Westminster Police Department

Hamburgers, Hotdogs, & Cold Drinks!

Cost: \$5 ~ Please RSVP by June 20 ~ Hope to see you here!



CARD BINGO!

Thursday, June 16 ~ 1:00-3:00 pm ~ Westminster Senior Center

A FUN NEW TWIST ON AN OLD GAME!

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

Please sign up by June 13 at Senior Center



Elizabeth Kalmansson, Attorney at Law

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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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The Westminster Council on Aging Board Meeting will be held Tuesday, June 14, 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, June 23 / 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.



JOIN PATTI of THE GABLES ASSISTED LIVING FOR BINGO & DESSERTS!
FRIDAY, JUNE 10 ~ 1:00-2:00 PM ~ WESTMINSTER SENIOR CENTER



Virtual Road Trip Series



Let's Take A Virtual Road Trip!

This Day Trip Will Take You To The Best Wineries & Waterfalls In Massachusetts

What could be better than a day trip that takes you to some of Massachusetts' most beautiful waterfalls? How about one that adds in a splash or two of delicious locally-made wine? Grab your designated driver and hop on the road for this amazing wine and waterfalls day trip that will enchant your senses.

Westminster Senior Center

Tuesday, June 28th

11:30-12:30

Sign up early. Space is limited to 20pp.

Presented By:

Michele Morin, Community Relations

RSVP 978-874-7402



BONNIE FROM
BALDWINVILLE SKILLED
NURSING & REHABILITATION
CENTER

WILL BE PROVIDING
BINGO GOODIES
THE FIRST FRIDAY
OF EVERY MONTH

ENJOY!



The Friendship Club

Wednesday, June 1 ~ 1:00 pm

Westminster Senior Center



Celebrating All Member's Birthdays! Come Enjoy the Fun!

Happy Father's Day! Sunday, June 19

To fathers, grandfathers
and all men who have
had a positive impact on
the lives of your children,
nieces, nephews or
anyone you've influenced

Today is YOUR day!
Celebrate! Relax!
Spend the day with your
family if at all possible.
You are wonderful
You are appreciated
You are loved!
Enjoy your day -
you deserve it!



Shriners Hospitals
for Children™

Aluminum Tab Collection & Recycling Project

On behalf of Shriners Hospitals for Children, the
Westminster Senior Center has a collection bin for
aluminum can tabs. The tabs are accumulated by
the Shriners and then recycled. The funds received
from recycling are used to purchase items for
patient care at Shriners Hospitals for Children.
Tabs can be dropped off at the Senior Center
anytime during open hours. Thank you!

**HELP THE SHRINERS
HELP KIDS!**



Hello Summer

word search

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

ALOHA	HOT	SUMMER	FUN
BIKE	SUNHAT	SWIM	LEMONADE
CAMP	VACATION	FISHING	WATERMELON
PICNIC	POOL	SUN	BEACH





HIP HOP DANCE WITH RONDAAE

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

AT THE WESTMINSTER SENIOR CENTER

UNIQUE & FUN FOR ALL FITNESS LEVELS

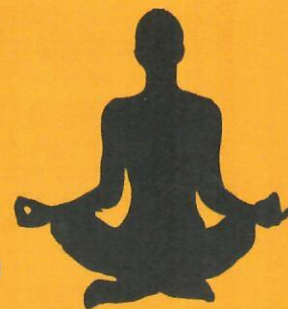
"All Aboard the HIP HOP Soul Train Express!"

PLEASE RSVP 978-874-7402 BY JULY 6

YOGA WITH PAULA MAGEE

Tuesdays ~ June, 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.



***FIRST CLASS IS TUESDAY, JUNE 7 ~ PLEASE RSVP 978-874-7402 BY JUNE 3.**



Join the LEO Club! (Lets Eat Out)

Do you enjoy eating out, but don't like going alone? No need to! Friends are waiting to meet you!

Join other seniors for lunch at local restaurants. Our first lunch will be held at Olive Garden on

Thursday, June 9. We will meet at the Westminster Senior Center at 11:45 am and then carpool from there.

The Club will be limited to 12 people, so please call early to reserve your seat. RSVP 978-874-7402 by June 6.

Please join us to enjoy delicious food and a renewed sense of getting out to socialize!

We hope to make this a monthly event ~ Keep your eyes open for upcoming dates & restaurants!



It's Gardening Time!



The Community Senior Center garden is ready for planting! If you'd like to participate, we're looking for plant donations. Also, whether you have a green thumb or not, you are most welcome to enjoy the planting yourself whenever convenient for you. Throughout the summer, if you have any time to spare, watering and weeding is an ongoing need. Thanks to your contributions, we can look forward to another great season of bountiful gardening! Thank you so much!!!



JOIN US FOR THE

SHERIFF'S ANNUAL SENIOR PICNIC FREE DRIVE-THRU SPECTACULAR

FREE CAR WASH TOO!

SATURDAY 11:00 AM START

JUNE 4, 2022 1:00 PM ENDS

SAC Park 438 Lake St, Shrewsbury, MA 01545

BBQ MEAL • ICE CREAM SUNDAES

TONS OF GIVE AWAYS

RAFFLE BONANZA

**ABSOLUTELY MUST REGISTER BY MAY 11TH
TO ATTEND!**

DOSTIGUY@WORCESTERCOUNTYSHERIFF.ORG - 508-796-0344

TMILLER@WORCESTERCOUNTYSHERIFF.ORG - 508-796-2638

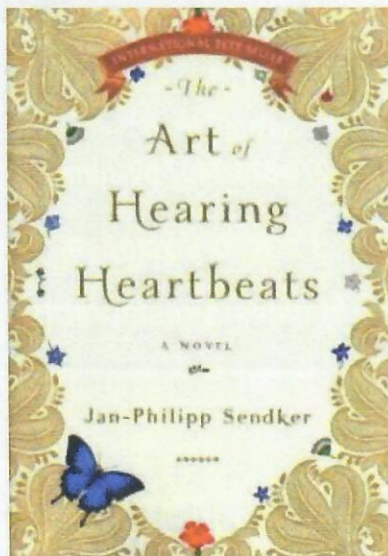
Sorry, No Extra Bags to Go. Must Be Present To Participate.

Sponsored by: Worcester County Reserve Deputy Sheriff's Association

State Senator Anne Gobi and State Representative Kimberly Ferguson

~ OFFICE HOURS ~

**Westminster Senior Center
Tuesday, June 21
10:00-11:00 am**



*The Westminster Senior
Center Book Club*

*Open to all!
Meets Every Month on
the first Monday*

*Next Meeting is June 6th
at 10:30*

*Come and spend an hour
discussing a great
current book*

A poignant and inspirational love story set in Burma, *The Art of Hearing Heartbeats* spans the decades between the 1950s and the present. When a successful New York lawyer suddenly disappears without a trace, neither his wife nor his daughter Julia has any idea where he might be...until they find a love letter he wrote many years ago, to a Burmese woman they have never heard of. Intent on solving the mystery and coming to terms with her father's past, Julia decides to travel to the village where the woman lived. Summary from Goodreads

Copies of this book are available at
the FORBUSH MEMORIAL LIBRARY

The Westminster Public Library

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SENIOR SINGERS

WEDNESDAYS, JUNE 8 & 22

1:00—3:00 PM

ALL SKILL LEVELS WELCOME!

JOIN THE FUN!

LET YOUR VOICES BE HEARD!

June: ACTIVITIES



Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY <i>Father's Day</i>  Sunday June 19		<i>*Lentil Bolognese</i> 1 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 1-2 Friendship Club 1-3 Book Club - (VOM-Village of The Old Mill) 10:15-11:15 Class at Library Chair & Stand	<i>*Roast Pork</i> 2 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance	<i>*Meatballs/Cacciatore</i> 3 9-11:30 Art 11:30 Lunch 1-3 Bingo
<i>*Pulled Chicken BBQ</i> 6 10:30-12 Book Club - (with Barbara Friedman) 11:30 Lunch 1-4 Mah Jong	<i>*Breaded Cod</i> 7 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-3 Bingo	<i>*Chicken/Sausage Paella</i> 8 9-11:30 Art 9-1 SHINE (by Appt) 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand	<i>*Macaroni & Cheese</i> 9 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance	<i>*Roast Pork</i> 10 9-11:30 Art 11:30 Lunch 1-3 Bingo
<i>*Sloppy Joe</i> 13 11:30 Lunch 1-4 Mah Jong	<i>*Grilled Chicken</i> 14 9-11:30 Art 9:30-10:15 Yoga 10-11 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo	<i>*Beef Tips</i> 15 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand	<i>*Meatloaf</i> 16 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-3 Card Bingo 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance	<i>*Hotdogs & Beans</i> 17 9-11:30 Art 11:30 Lunch 1-3 Bingo
CLOSED 20  Observed Today (Actual - Sunday, June 19)	<i>*Chicken Meatballs</i> 21 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-3 Bingo  SUMMER SOLSTICE	<i>*Grilled Chicken</i> 22 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand	<i>*Breaded Cod Sandwich</i> 23 9-10 Coffee w/Chiefs 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance	<i>*Broccoli & Cheese</i> 24 9-11:30 Art 11:30 Lunch 1-3 Bingo
<i>*Spinach/Feta Egg Bake</i> 27 11:30 Lunch 1-4 Mah Jong	<i>*Sweet & Sour Chicken</i> 28 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-3 Bingo	<i>*Beef & Lentil Chili</i> 29 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand	<i>*Chicken Drumstick</i> 30 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance	

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