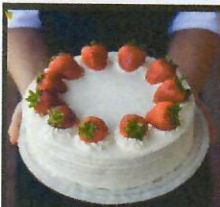


Westminster Council on Aging June 2023 Newsletter



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



*Happy Birthday
To Our Seniors
Celebrating
In June!*



ANNUAL SENIOR CENTER BBQ

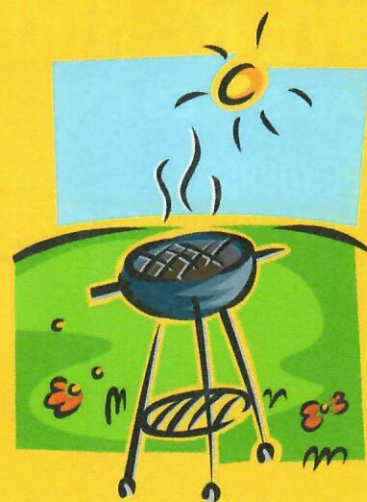
Wednesday, June 21 ~ 12:00 pm

Westminster Senior Center

**Cooked & Served by
Westminster Police & Fire Departments**

Your Favorite Side Dish or Dessert Appreciated
Hamburgers, Hotdogs, & Cold Drinks Provided

Please RSVP 978-874-7402 by June 19 ~ Hope to see you there!



AmeriCorps Senior RSVP Presents:
FRAUD SQUAD PLAYERS
FRIDAY, JUNE 23 ~ 11:30 AM
WESTMINSTER SENIOR CENTER

Who are the Fraud Squad Players? They are senior volunteers who perform skits to senior audiences to educate and inform them on the various frauds and scams which target seniors. They have been educating seniors within Worcester County since 2017. Their specially trained volunteers also staff the Senior Fraud Helpline, which is a resource for seniors to call when they have questions or concerns related to frauds and scams. The volunteers are trained to recognize, resist, and report fraudulent activity. All are welcome to join us for this informative and fun event! Sign-up not required.

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
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Leominster, MA 01453 w: kalmanssonlaw.com



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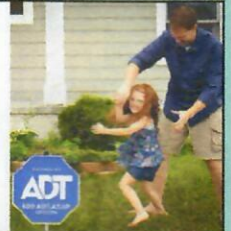
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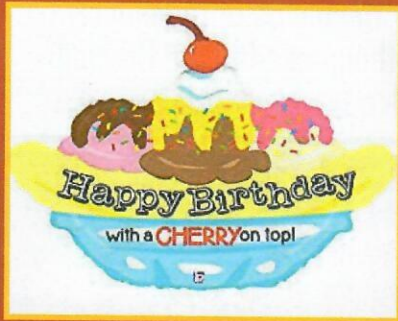
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lpicommunities.com/adcreator



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



The Friendship Club

Wednesday, June 7 ~ 1:00-3:00 pm

*We will celebrate Birthdays and Summer!
Enjoy an Ice Cream Social ~ Westminster Senior Center
New Friends Always Welcome!*

Brenda
REALTOR Albert

Exceptional Service Before, During & After The Sale



Join Brenda Albert, Realtor, LAER Realty Partners, at the Westminster Senior Center the last Friday each month, (this month—June 30) 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.

Try Your Luck at CARD BINGO!

Thursday, June 15 ~ 1:00-3:00 pm ~ Westminster Senior Center

TO PLAY, PLEASE BRING \$5 IN QUARTERS

Have fun, enjoy dessert & coffee, hopefully win, and meet new friends!

* PLEASE SIGN UP 978-874-7402 *



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



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



DUST OFF THOSE BOOTS!



LINE DANCING CLASS!

Instructor: Anne Gilmartin

Thursdays / 9:30 - 11:30 am

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

Sign-up not required. Please note: No classes in July.



COFFEE WITH THE CHIEFS

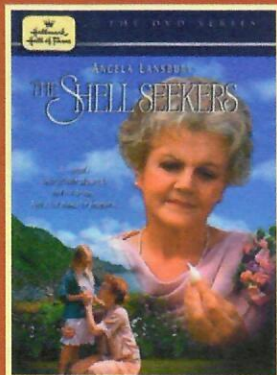
Thursday, June 8 / 10:00 - 11:00 am

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.



Mission Statement: The Westminster Council on Aging mission is to identify the needs of the elderly in the community and provide appropriate programs and services to meet those needs. The Council offers health, fitness & nutrition programs, referral services, SHINE, and also transportation.



IT'S SHOWTIME!!

THURSDAY, JUNE 22

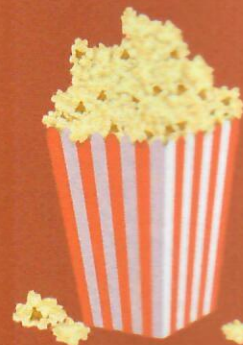
12:00-2:00 PM

WESTMINSTER SENIOR CENTER

On the Big Screen, Relax & Enjoy

Based on the Classic Novel ~ "The Shell Seekers"

* Popcorn & drinks will be provided. Please sign up by June 20 *



CARDIO STRENGTH FOR SENIORS

WEDNESDAYS ~ JUNE 7, 14, 21, & 28 ~ 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.



YOGA WITH PAULA MAGEE

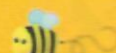
MONDAYS ~ JUNE 5, 12, & 26 ~ 9:30-10:15 AM

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.

PLEASE NOTE: NO CLASS JUNE 19 ~ CLOSED FOR JUNETEENTH HOLIDAY



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!!!

The Westminster Council on Aging Board Meeting will be held Tuesday, June 13, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



VETERAN COFFEE

TUESDAY, JUNE 13

10:00-11:30 AM

WESTMINSTER SENIOR CENTER



VETERANS ONLY PLEASE. THIS IS THEIR TIME TO MEET OTHER VETERANS, SHARE EXPERIENCES, AND MAKE NEW FRIENDS.



SHINE (Serving the Health Insurance Needs of Everyone) will be at the Westminster Senior Center on the first and third Wednesday of each month. SHINE representatives provide free, unbiased, and confidential counseling assistance to Medicare beneficiaries, their families, and caregivers. Please call the Senior Center at 978-874-7402 to make your personal one-on-one appointment with SHINE to take advantage of this informative program.



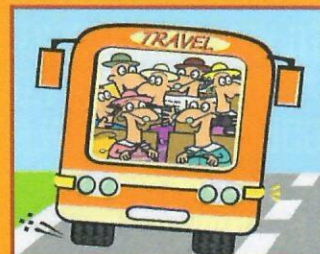
UKULELE JAM SESSION

~ EVERY FRIDAY ~

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

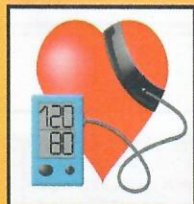


The Council on Aging van is now available for Westminster Seniors Tuesday through Friday, 8:00 am to 4:00 pm, Round Trip ~ \$2/in town, \$3/out of town ~ with the exception of the second and fourth Wednesday of each month. On these Wednesdays, the van is reserved for social trips. Each social trip is open to the first eleven Seniors to sign up and the destination will vary. We welcome suggestions of social trip destinations that may be of interest to all. For further information on van services/social trips, or to book the van, please contact the Westminster Senior Center at 978-874-7402. Happy Trails to You!



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

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 Wednesday, June 14, at CHILI'S, LEOMINSTER. Enjoy their "3 for \$12" special (appetizer, drink, & entrée). We meet at 11:45 am in the Westminster Senior Center Lobby and board the COA van from there. Everyone orders off the menu and pays their own way. The Club is limited to eleven people. Please RSVP by June 12 at 978-874-7402.



FREE BLOOD PRESSURE CLINIC

FRIDAY, JUNE 16 / 11:00 AM - 12:00 PM / WESTMINSTER SENIOR CENTER

On-Site: Kathy Panagiotes ~ MA, MSN, RN

Formerly of Westminster & Graduate of Oakmont Regional High School



If it gets too hot outside, beat the heat and...

JUMP INTO THE POOL! THE POOL TABLE THAT IS!

The Senior Center has two nice tables for your enjoyment ~ stop by anytime!





Elizabeth Kazinskas

Coffee & Conversation with Special Guests

State Representative Kim Ferguson & District Director Lizzy Kazinskas
Tuesday, June 6 ~ 10:00-11:00 am
Westminster Senior Center

Please join Kim and Lizzy in an informal setting to say hello and chat with your representatives. This is a great opportunity to ask questions or share your concerns. Kim and Lizzy both look forward to spending time with the Westminster Seniors. Coffee and pastries will be available.



Kimberly Ferguson

Edward
Jones

MEET & GREET WITH EDWARD JONES

FRIDAY, JUNE 23 - 10:30-11:15 AM
WESTMINSTER SENIOR CENTER

Please join John Maliska, Financial Advisor & Alisha O'Malley, Office Administrator for an opportunity to learn how Edward Jones can work for you in creating a better financial future. All are welcome. Coffee and breakfast pastries will be available.



John Maliska

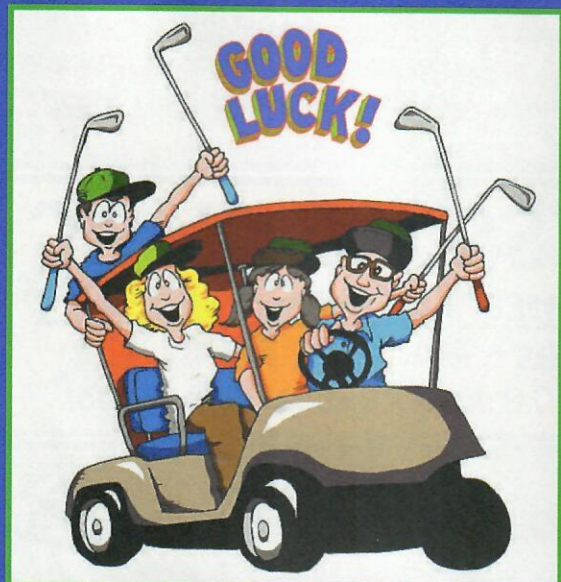
NOW'S YOUR CHANCE...

TO WIN A GOLF CERTIFICATE FOR THE
WESTMINSTER COUNTRY CLUB!
GOOD FOR 4 PEOPLE & A GOLF CART!

TICKETS (\$3 PER CHANCE) FOR SALE AT THE
WESTMINSTER SENIOR CENTER (M-F, 8-4)

DRAWING HELD AT SENIOR CENTER
THURSDAY, JUNE 29 AT 3:00 PM

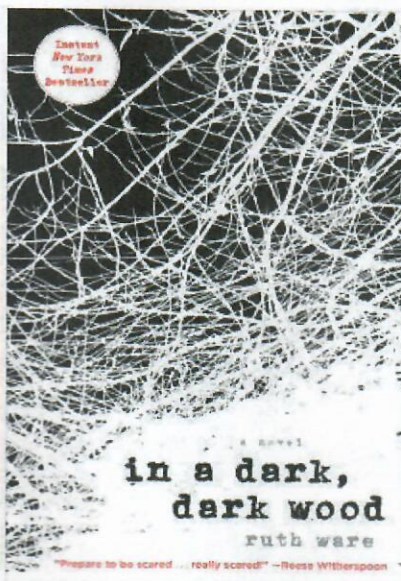
PROCEEDS TO BENEFIT
WESTMINSTER COUNCIL ON AGING ACTIVITIES
APPROXIMATE VALUE \$250



The Westminster Senior Center Book Club meets on the
1st Monday morning of the month

The next meeting is June 5th at 10:30 discussing
In a Dark, Dark Wood by Ruth Ware

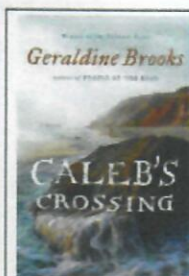
Come and spend an hour discussing a great current book



What should be a cozy and fun-filled weekend deep in the English countryside takes a sinister turn in Ruth Ware's suspenseful, compulsive, and darkly twisted psychological

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The Westminster Public
Library is located at
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The Senior Book
Club will be
discussing

Caleb's Crossing by
Geraldine Brooks






On July 3rd

Geraldine Brooks takes a remarkable shard of history and brings it to vivid life. In 1665, a young man from Martha's Vineyard became the first Native American to graduate from Harvard College. Upon this slender factual scaffold, Brooks has created a luminous tale of love and faith, magic and adventure.



ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Father's Day Sunday, June 18</p> <p>A father is someone you look up to no matter how tall you grow.</p> 			<p>1</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>2</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo 1-2:30 Ukulele Jam</p>
<p>5</p> <p>9:30-10:15 Yoga 10:30-12 Book Club (Barbara Friedman) 11:30 Lunch 1-4 Mah Jong</p>	<p>6</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p>7</p> <p>9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge 1-3 Friendship Club 10:30-11:30 Class at Library Chair & Stand</p>	<p>8</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 10-11 Coffee w/Chiefs 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>9</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo 1-2:30 Ukulele Jam</p>
<p>12</p> <p>9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong</p>	<p>13</p> <p>9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo</p>	<p>Flag Day!</p>  <p>14</p> <p>9-11:30 Art 9:30-10:15 Cardio Strength 11:30 Lunch 11:45 LEO Club/Social 12-3:30 Bridge 10:30-11:30 Class at Library Chair & Stand</p>	<p>15</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-3 Card Bingo 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>16</p> <p>9-11:30 Art 9-11:30 Grandparents Support Group 11-12 Blood Pressure 11:30 Lunch 1-3 Bingo 1-2:30 Ukulele Jam</p>
<p>CLOSED</p> <p>19</p> 	<p>20</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p>First Day of Summer!</p>  <p>21</p> <p>9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge 10:30-11:30 Class at Library Chair & Stand</p>	<p>22</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>23</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo 1-2:30 Ukulele Jam</p>
<p>26</p> <p>9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong</p>	<p>27</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p>28</p> <p>9-11:30 Art 9:30-10:15 Cardio Strength 11:30 Lunch 11:45 Social Trip 12-3:30 Bridge 10:30-11:30 Class at Library Chair & Stand</p>	<p>29</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>30</p> <p>9-11:30 Art 11:30 Lunch 12-12:30 LAER Realty 1-3 Bingo 1-2:30 Ukulele Jam</p>

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