

Westminster Council on Aging

March 2017 Newsletter



69 West Main Street, Westminster, MA 01473
978-874-7402



*Best wishes to all
Seniors celebrating
their birthday
in March!!!*



*Daylight Saving Time Begins!
Sunday, March 12, at 2:00 am,
remember to "spring ahead"
& set clocks forward 1 hour
to 3:00 am (losing 1 hour).*



*The Council on Aging would like to extend our deepest sympathy
to the family and friends of
~ Stella Baril ~*



**The "First" Senior Center Breakfast Series
in our new building!
Friday, April 7 ~ 8:00 am**

- ♦ Menu: Coffee, eggs, sausage, English muffins, & fruit
- ♦ Please be sure to sign up at the Senior Center
- ♦ Small donation fee of \$2.00 appreciated

"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, May 17 ~ 11:00 am ~ Westminster Senior Center
Refreshments will be served



**COFFEE WITH THE
POLICE CHIEF
THURSDAY, MARCH 2
9:00 - 11:00 AM**



*Please join
Westminster Police Chief
Salvatore Albert
at the
Community/Senior Center
Refreshments will be served*

**COFFEE WITH THE
FIRE CHIEF
THURSDAY, MARCH 16
9:00 - 11:00 AM**



*Please join
Westminster Fire Chief
Kevin Nivala
at the
Community/Senior Center
Refreshments will be served*

*Please join
Westminster Police Officer
Jason Tamulen
at the
Community/Senior Center
♦ Friday, March 10
♦ Friday, March 17
12:15 pm*

*Office Tamulen will be here to
answer your questions and provide
information on **SCAMS & FRAUD**.
Come on down, introduce yourself,
and learn how to protect yourself
from these serious issues.*



March 17 ~ St. Patrick's Day
March 20 ~ Spring Begins



UPCOMING EVENTS

- ✓ **Coffee with the Chiefs!** Come join us on the first Thursday of every month for coffee & refreshments with Westminster Police Chief, Salvatore Albert. On the third Thursday of this month, join Westminster Fire Chief, Kevin Nivala. Please stop in to introduce yourself and have a good time! The Chiefs will be here from 9:00 - 11:00 am. March's coffee will be held March 2 (Police) and March 16 (Fire).
- ✓ **"Taste & Toast to Your Health"** will be presented at the Holden Senior Center, 1130 Main Street, Holden, on Wednesday, April 5, 9:00 am - 2:00 pm. Sponsored by the Worcester County Reserve Deputy Sheriff's Association. Join us for this FREE educational event for seniors. Complimentary *Taste of Italy* luncheon provided by Napoli Deli included.
- ✓ Scott Simundza of Senior Medicare Patrol (SMP) will be here April 14, 11:30 am - 12:30 pm, to answer your Medicare questions.
- ✓ Mindy Sears of Senior Whole Health (SWH) will be here on March 15, 12:00 n - 1:00 pm to answer any health insurance questions concerning changes and to provide informational brochures.
- ✓ For anyone needing to make an appointment with Gail Noel, our SHINE (Serving the Health Insurance Needs of Everyone) Counselor, please call the Senior Center. Appointments are available March 15, on the hour, 9:00 am - 2:00 pm.
- ✓ Are you interested in a knitting class on Thursday afternoon? If so, please let us know.
- ✓ Interested in playing Mahjong? This activity is offered Mondays and Tuesdays, 12:00 n - 4:00 pm. Lessons are available Mondays and Tuesdays, 12:00 n - 1:00 pm at the Senior Center.
- ✓ Free blood pressure clinics are held the first and third Fridays of every month. This month's clinics will be held March 3 and 17, 11:30 am - 1:00 pm. No sign-up necessary.
- ✓ The Friendship Club will celebrate St. Patrick's Day on March 1 at 1:30 pm. Wear your green, bring your singing voices for Irish songs, and enjoy watching a classic Irish movie, "The Quiet Man", starring John Wayne and Maureen O'Hara. The following month's meeting will be held April 5 at 1:30 pm, when the Friends will be making May baskets (\$1 material charge per basket). New and familiar friends are always welcome!

INFORMATION

- ✓ **Important!** If you or someone you know is having financial difficulty paying for food, heating bills, rent, etc., please call the Council on Aging office (978-874-7402) so we can locate the appropriate agency that can help you. Your call is confidential.
- ✓ The Council on Aging Board Meeting and the Senior Center Building Committee Meeting will be held March 14 at 1:00 pm and 6:30 pm, respectively. Both meetings will be at the Community/Senior Center and are open to the public.
- ✓ Sand buckets are available for Westminster seniors. If you would like a bucket delivered to your home, please call the Senior Center.
- ✓ Elder Hotline 888-243-5337. If you have any legal advice issues relating to the elderly, please call this number.

March

Activities



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>What do you get when you cross poison ivy with a four-leaf clover?</p> <p>A RASH OF GOOD LUCK!</p> | <p><i>*Indicates Congregate Meal being served at Senior Center.</i></p> | <p><i>*Macaroni & Cheese</i> 1</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p> | <p>2</p> <p>9-12 Wood Carving 9-11 WOW 10:15-11:30 G. Stretch 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p> | <p><i>*Potato Pollock</i> 3</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo</p> |
| <p><i>*Beef & Lentil Chili</i> 6</p> <p>10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo</p> | <p>7</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong</p> | <p><i>*Chicken/Rice Bake</i> 8</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p> | <p>9</p> <p>9-12 Wood Carving 9-11 WOW 10:15-11:30 G. Stretch 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p> | <p><i>*Lasagna Rolls</i> 10</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p> |
| <p><i>*Turkey Corn Stew</i> 13</p> <p>10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo</p> | <p>14</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong 1:00 COA Board Mtg 6:30 SR Center Bldg Committee Mtg</p> | <p><i>*Corned Beef Hash</i> 15</p> <p>9-2 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts</p> | <p>16</p> <p>9-12 Wood Carving 9-11 WOW 10:15-11:30 G. Stretch 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p> | <p><i>*Rainbow Trout</i> 17</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo</p> <p>St. Patrick's Day! </p> |
| <p><i>*Grilled Chicken</i> 20</p> <p>10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo</p> <p> First day of Spring!!!</p> | <p>21</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong</p> | <p><i>*Rice & Beef Bake</i> 22</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p> | <p>23</p> <p>9-12 Wood Carving 9-11 WOW 10:15-11:30 G. Stretch 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p> | <p><i>*Broccoli Bake</i> 24</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p> |
| <p><i>*Sloppy Joes</i> 27</p> <p>10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo</p> | <p>28</p> <p>9-11:30 Art 12-3:30 Bridge 12-4 Mahjong</p> | <p><i>*Chicken Piccata</i> 29</p> <p>9-11:30 Art 11:30 Lunch 1-3 Crafts</p> | <p>30</p> <p>9-12 Wood Carving 9-11 WOW 10:15-11:30 G. Stretch 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts</p> | <p><i>*Haddock Newburg</i> 31</p> <p>9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p> |