

Westminster Council on Aging

March 2018 Newsletter



69 West Main Street, Westminster, MA 01473

978-874-7402



**Birthday Wishes
To All Seniors
Celebrating
In March!!!**



**Daylight Saving
Time Starts!**
* Sunday, March 11 *
2:00 am
Move clocks
forward 1 hour



*The Council on Aging would like to Extend
our Heartfelt Sympathy
to the Family and Friends of
~ James A. Chalmers ~*



*A sincere "Thank You" to all sponsors who advertise in
our monthly Council on Aging Newsletter!*

*It's your generous support that makes the
Newsletter possible ~ keeping our Seniors and
local community informed of programs, services,
and entertainment available to them.*

We are very grateful for your ongoing support!

**Thank
You!!**

**COFFEE WITH THE
POLICE CHIEF
THURSDAY, MARCH 1
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 CAPTAIN
THURSDAY, MARCH 8
9:00 - 11:00 AM**



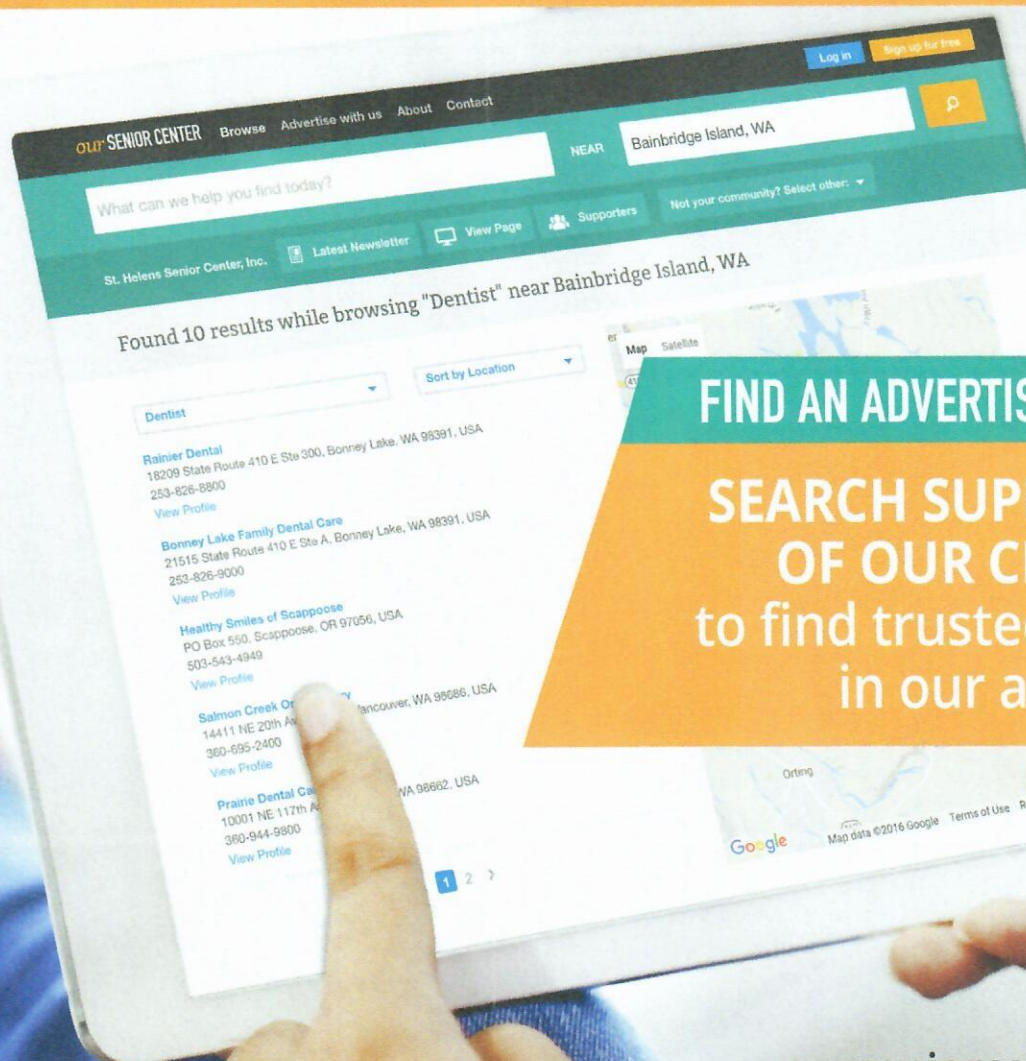
**Please join the
Westminster Fire Captain
at the
Community Senior Center
Refreshments will be served**

**Please join
Westminster Police Detective
Nick Auffrey
at the
Community Senior Center
♦ Friday, March 16
♦ Friday, March 23
12:00 n - 1:00 pm**

**Detective Auffrey 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.**

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March 11 ~ Daylight Savings Begins
March 17 ~ St. Patrick's Day
March 20 ~ Spring Begins



UPCOMING EVENTS

- ♦ Coffee with Westminster Police and Fire! Come join us for coffee and refreshments with Police Chief, Salvatore Albert, on March 1 and with the Fire Captain on March 8, both held 9:00 - 11:00 am. Stop by, stay informed, and enjoy the company!
- ♦ Register Stephanie Fattman of Worcester Probate & Family Court will be here on Friday, March 23 at 12:00 noon. She will present an overview of their court services including: Guardianships of a Minor, Guardianships of an Incapacitated, Grandparents Raising Grandchildren, Wills & Estates, and Formal & Informal Probates. The presentation will last approximately 45 minutes. All are welcome to attend.
- ♦ The Friendship Club will celebrate St. Patrick's Day on March 7 at 1:00 pm. Wear your green and enjoy the Westminster Elementary School Bell Ringers. Let's support these young musicians! New friends are always welcome! The following meeting will be held April 4 at 1:30.
- ♦ Gardner Area Memory Café will host monthly gatherings of individuals with memory loss, along with their caregivers, family and/or friends on March 28, 2:00 - 3:30 pm. The Memory Café will be held at the Gardner Senior Center, 294 Pleasant Street, Gardner and is for individuals at any stage of the disease process. It is a safe and supportive environment for all guests to socialize and enjoy each other's company. The goal is to make every guest as comfortable as possible. For further information or to RSVP, please call the Gardner Senior Center at (978)630-4067.
- ♦ Patti from The Gables of Fitchburg will be here on March 12 providing a delicious treat for Bingo.
- ♦ Bonnie of Gardner Rehabilitation & Nursing Center will provide goodies on March 2 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 March 21 and April 18, 9:00 am - 3:00 pm. To make an appointment, please contact the Senior Center.
- ♦ Free blood pressure clinics are held the first Friday of each month. This month's clinics will be held March 2, 12:00 n - 1:00 pm. No sign-up necessary.
- ♦ The Council on Aging Board Meeting will be held March 13, 1:00 - 2:00 pm. This meeting will be held at the Senior Center and is open to the public.

INFORMATION

- ♦ The Council on Aging van and Meals on Wheels services align with the Ashburnham/Westminster school closings. If school is closed due to bad weather, the van will not run and Meals on Wheels will not be delivered. However, if school is delayed, this does not affect the van or meal delivery; both will remain on schedule. The Senior Center closing aligns with Town Hall; if Town Hall closes, the Senior Center closes.
- ♦ If you worry about the well-being of your elderly neighbor, please call the Senior Center. We can make a home visit to ensure that they are safe and aware of the services we have to offer.
- ♦ If you, or someone you know, is having difficulty paying for food, heating bills, rent, etc., please call the Senior Center; we can locate the appropriate agency that can help you. All calls are confidential.



Senior Center Breakfast

Friday, April 6, 8:30 am

- ♦ Menu: Scrambled eggs, sausage, fruit, English muffins, and coffee
- ♦ Please sign up at the Senior Center
 - ♦ Small donation fee of \$3.00



You're invited to...

SENIOR SPRING CELEBRATION & EDUCATION

Where: Leicester Senior Center
40 Winslow Ave, Leicester, MA

When: Wednesday, March 28

Time: 9:30 am - 2:00 pm



Sponsored by the Worcester County Reserve Deputy Sheriff's Association.

Join us for this FREE educational event for seniors to celebrate you and your health. Listen to our distinguished speakers: Sheriff Lew Evangelidis - "Project Good Dog - A New Leash On Life", Karyn Cooney - "Keeping Sharp with Humor & Healthy with Essential Oils", as well as Lisa Gibbs, Dietician - "Nutrition as You Age!" Also join us for senior safety Bingo, raffles, public safety & wellness tips, community resources, & so much more! Complimentary catered lunch included.

Please RSVP by March 13 at
dostiguy@worcestersheriff.org
or call 508-796-2638



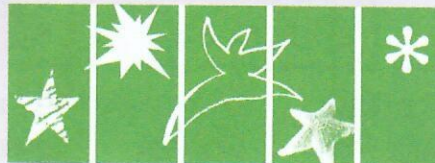
The Brass Monkey

A Swashbuckling Hilarious Comedy Mystery



Welcome to the Brass Monkey Tavern, infamous haunt of pirates and associated crooks. You're right on time to meet the troublemaking crew of The Flying Dutchman Rogers Jolly. They're here to mourn the recent death of the great Captain Baha, but the ulterior motive involves his hidden treasure.

The Ashburnham Senior Center
32 Main Street, Ashburnham
Wednesday, April 4, 1:00 pm
Free and open to the public
Refreshments will be served



Massachusetts Cultural Council

We're looking for volunteers to call Bingo
Mondays & Fridays, 1:00-3:00 pm
If interested, please contact the Senior Center.
Thank you for your consideration!!!



*"There is something infinitely healing in the repeated refrains of nature ~
The assurance that dawn comes after night, and Spring after Winter."
~ Rachel Carson, The Sense of Wonder*

Spring Word Search



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

Word Bank

Spring	butterfly	bees	garden
March	Easter	bird	growing
April	eggs	rain	sprout
May	flower	tree	bloom
Earth	chicks	grass	windy

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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 and nutrition programs, referral services, SHINE, and also transportation.



Activities



Monday

Tuesday

Wednesday

Thursday

Friday

IRISH WISH FOR A FRIEND

*Wishing you a rainbow for sunlight after showers
Miles and miles of Irish smiles for golden happy hours
Shamrocks at your doorway for luck and laughter too
And a host of friends that never ends
each day your whole life through!*



<p><i>*Am'n Chop Suey</i> 5 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>6 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><i>*Chicken Breast</i> 7 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>1 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> 2 9-11:30 Art 10-12 Cribbage 11:30 Lunch 12-1 Blood Pressure 1-3 Bingo</p>
<p><i>*Turkey Corn Stew</i> 12 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>13 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong 1-2 COA Meeting</p>	<p><i>*Corned Beef Hash</i> 14 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>15 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>*Breaded Pollock</i> 16 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><i>*Grilled Chicken</i> 19 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>20 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong </p>	<p><i>*Chicken Rice Bake</i> 21 9-3 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>22 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>*Vegetable Lasagna</i> 23 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p><i>*BBQ Beef Burger</i> 26 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>27 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p><i>*Roast Pork</i> 28 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>29 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>*Catch of the Day</i> 30 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>



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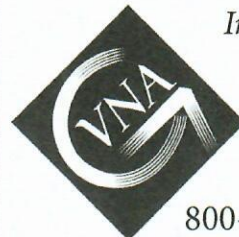
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