

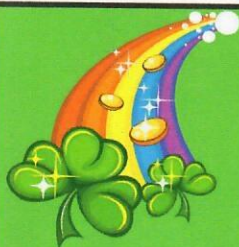
Westminster Council on Aging

March 2022 Newsletter

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



978-874-7402



*Wishing a
Happy Birthday
To All Seniors
Celebrating in
March!*



Daylight Saving Time Begins!

Sunday, March 13 at 2:00 am.

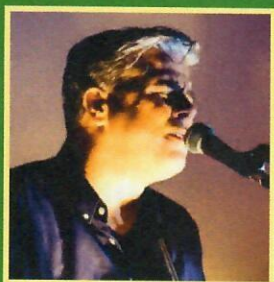
"Spring Ahead" & set clocks
forward 1 hour to 3:00 am
(losing 1 hour).



THE COUNCIL ON AGING WISHES TO
EXTEND HEARTFELT SYMPATHY
TO THE FAMILY & FRIENDS OF
~ SHIRLEY M. NOLETTE ~



"SPRING WILL COME
AND SO WILL HAPPINESS.
HOLD ON.
LIFE WILL GET WARMER."
~ ANITA KRIZZAN



ST. PATTY'S DAY PARTY!

THURSDAY, MARCH 17 ~ 1:00 PM
WESTMINSTER SENIOR CENTER

- ◆ ENJOY IRISH MUSIC PERFORMED LIVE BY TIM PERRY
- ◆ DECKED-OUT IRISH OUTFITS HIGHLY ENCOURAGED
- ◆ GREEN DESSERTS TO SHARE WOULD BE GREATLY APPRECIATED (A GREEN INGREDIENT OR TOPPING)
- ◆ FOR THOSE BRINGING A DESSERT, YOU WILL BE ENTERED INTO THE "LUCK OF THE IRISH" DRAWING
- ♣ SEATING LIMITED TO 50
- ♣ PLEASE SIGN UP AT SENIOR CENTER
- ♣ \$2 PAYABLE AT TIME OF SIGNUP



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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48 West Street p: 978-343-7772
Leominster, MA 01453 w: kalmanssonlaw.com

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JOIN PATTI of THE GABLES ASSISTED LIVING
FOR BINGO & DESSERTS!
FRIDAY, MARCH 11 ~ 1:00-2:00 PM
WESTMINSTER SENIOR CENTER



The Westminster Council on Aging Board Meeting will be held Tuesday, March 8, 12:00 pm at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



It's March & it's cold...so come warm your tummy at our

"SOUP-ER BOWL"

THURSDAY, MARCH 24 ~ 12:30 PM
WESTMINSTER SENIOR CENTER

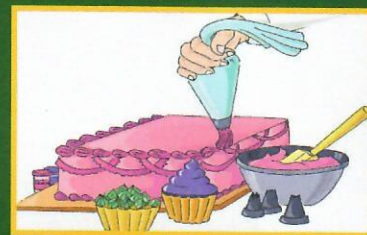


Make a great soup in your crockpot, bring it to share with others, all while enjoying friendship! Sample soups then vote for your favorite. Prize given for the Center's MVP (Most Valuable Participant)! Spoons, bowls, Westminster crackers, & dessert will be provided. Warm up & have fun!

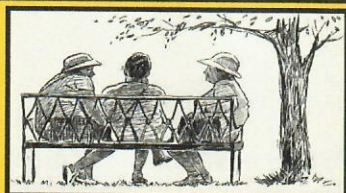
PLEASE RSVP BY MARCH 18 ~ 978-874-7402

Cake Decorating Class

Thursday, March 3 ~ 1:00 pm
Westminster Senior Center



Join Professional Cake Decorator, Madelyn from Price Chopper
All supplies will be provided ~ Limited to 25 people
\$2 Donation to participate, payable at time of signup



After hunkering down a few frigid months,
THE FRIENDSHIP CLUB will be meeting on
Wednesday, March 2, 1:00 pm. Welcome Back!
Friends, new and familiar, are always welcome!



COFFEE WITH THE CHIEFS

Thursday, March 24 / 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.



HIP HOP DANCE WITH RONDAAE

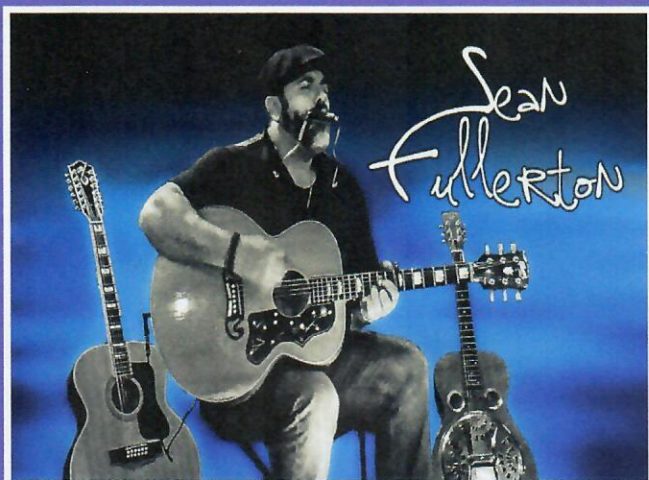
MONDAY, MARCH 14 / 10:00-11:00 AM

AT THE WESTMINSTER SENIOR CENTER

UNIQUE & FUN FOR ALL FITNESS LEVELS

"All Aboard the HIP HOP Soul Train Express!"

PLEASE RSVP 978-874-7402



The Westminster Senior Center
Proudly Presents

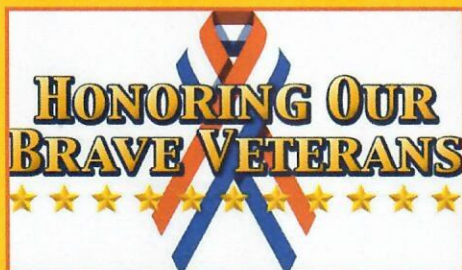
Sean Fullerton

Musician, Singer/Songwriter
Specializing in "Feel Good"
Blues, Soul, & Rock 'n Roll

Wednesday, April 13 / 10:00-11:00 am

This program is sponsored by a grant from the Westminster Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

seanfullertonmusic.net



WE SUPPORT OUR VETERANS!

It is important that those who served our Country have the opportunity to meet with other retired military Veterans to share your experiences, make new connections, make new friends, and enjoy a morning out!

THE RYAN PATRICK JONES HEART OF A HERO FOUNDATION is offering

such a program at the Westminster Senior Center. Beginning Tuesday, April 12, at 10:00 am, we encourage all Veterans to join us for free coffee, donuts, and conversation. Elaine & Kevin Jones, Gold Star Parents of Westminster, will be here to greet you on your first visit. Thereafter, every second Tuesday of the month, coffee and donuts will be waiting for you. If you are interested, please call us at the Westminster Senior Center 978-874-7402 to ensure we have plenty of refreshments.

THANK YOU FOR SERVING OUR COUNTRY! WE HOPE TO SEE YOU SOON!

**State Senator Anne Gobi
and
State Representative
Kimberly Ferguson**

~ OFFICE HOURS ~

**Westminster Senior Center
Tuesday, March 15
10:00-11:00 am**



You're Invited To A Red Carpet Event

**And
the
Oscar
Goes To...**



Sponsored by your friends at



Join us for a look at
Hollywood History & Glamour
as we celebrate the
94th Academy Awards.

**Tuesday, March 22nd
11am-2pm**

Westminster Senior Center

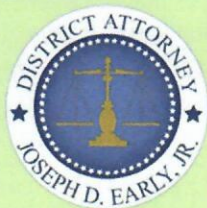
*Go behind the scenes of some of
the most famous films, learn about
movie stars past & present, and
cast your vote for the winners
of this year's Oscar.*

Registration is required.

978-874-7402

Space limited to 20 pp

**Please call the Westminster Senior
Center to RSVP by March 14th**



Worcester County District Attorney's Office

Joseph D. Early, Jr.

Community News Brief: March is National Nutrition Month

National Nutrition Month is an educational campaign focusing on the significance of physical fitness, as well as eating nourishing meals. Taking charge of your health contributes to overall well-being. Nutrition is about eating a healthy balanced diet so your body will get the proper nutrients it needs to function. Nutrition is an important component of lifestyle, regardless of age, and it may be a factor in the prevention of some diseases including osteoporosis, high blood pressure, heart disease, Type 2 diabetes, and even certain cancers.

What makes it harder for me to eat healthy as I age?

- Change in home life such as suddenly living alone or change in the home environment
- Health problems that make it harder for you to cook or feed yourself
- Difficulty with mobility
- Medications that may alter appetite, cause gastrointestinal issues, or change how food tastes
- Change in income
- Change in sense of smell or taste
- Problems chewing or swallowing your food

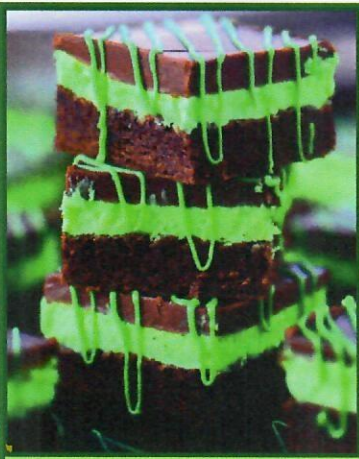
What steps can I take to maintain a healthy diet?

- Eat foods that are nutrient-dense, without lots of extra calories. This includes foods such as fruits and vegetables, whole grains like oatmeal, fat-free or low-fat dairy products, seafood, lean meats, poultry, eggs, beans, nuts, and seeds.
- Pick foods that are low in cholesterol and fat. This includes avoiding/limiting fried foods and food from fast-food restaurants.
- When dining out, choose from the lighter side of the menu. If portions are large, limit yourself to half the meal and save the rest for later.
- Avoid empty calories. This includes foods that are limited in their nutritional value including chips, candy, baked goods, soda, and alcohol.
- Try a meal kit program. Prepackaged meals can assist with portion control.
- Drink lots of liquids, especially water.
- Be physically active. If you notice you do not have an appetite, exercise is a great way to boost the feeling of hunger.

How can I maintain a healthy eating schedule?

- Organize some potluck meals or cook with a friend. You can also look into meals offered by senior centers or religious organizations to avoid eating alone.
- If you are having difficulty chewing, make an appointment to see your dentist.
- If you are having difficulty swallowing, make an appointment with your healthcare professional and try drinking plenty of fluids with every meal.
- Add healthy, easy snacks to your diet throughout the day.
- If an illness is making it hard for you to cook your meals, check with your health care provider regarding resources such as meal delivery or occupational therapy.

Information Adapted from the National Institute on Aging



As Long
As You Bake,
Life Is Sure
To Be
Sweet!

MINT BROWNIES WITH AMY!

Westminster Senior Center

Thursday, March 24

1:00-3:00 pm

All ingredients will be provided.

A \$3 donation is requested.

Space is limited to 15 people, please sign up early.



The Westminster Senior Center invites you to a presentation by Joanne of VISITING ANGELS

FRIDAY, MARCH 25

10:00-10:30

VISITING ANGELS Senior Care and In-Home Assisted Living Services can help elderly people located in Leominster, Fitchburg, Gardner, and surrounding areas in Worcester County. It is our job to assist people by adjusting our schedules to keep your loved one comfortable in their home. VISITING ANGELS can provide bathing, dressing, personal care, medication reminders, errands & shopping, meal planning & preparation, joyful companionship, and much more for your loved one...and peace of mind for you.

The Westminster Senior Center Book Club

Open to all!

Meets Every Month on the first Monday

Next Meeting is March 7th at 10:30

Come and spend an hour discussing a great current book

#1 New York Times Bestselling Author of Big Little Lies

Liane Moriarty

Nine Perfect Strangers

Could ten days at a health resort really change you forever? In Liane Moriarty's latest page-turner, nine perfect strangers are about to find out...

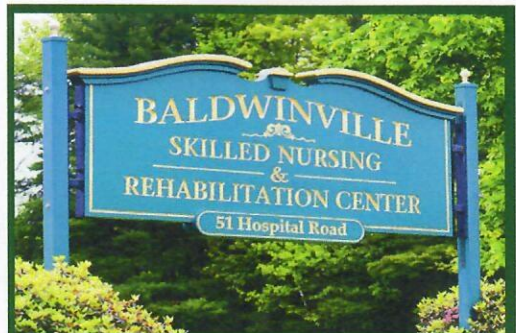
Nine people gather at a remote health resort. Some are here to lose weight, some are here to get a reboot on life, some are here for reasons they can't even admit to themselves. Amidst all of the luxury and pampering, the mindfulness and meditation, they know these ten days might involve some real work. But none of them could imagine just how challenging the next ten days are going to be.

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PLEASE SIGN UP AT THE WESTMINSTER SENIOR CENTER 978-874-7402



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**WILL BE PROVIDING
BINGO GOODIES**

**THE FIRST FRIDAY
OF EVERY MONTH**

ENJOY!!



MARCH

ACTIVITIES

Whenever you go
and whatever you do,
may the luck of the Irish
be there with you.

Monday

Tuesday

Wednesday

Thursday

Friday

FIRST DAY OF SPRING! Sunday, March 20 	1 9-11:30 Art 10:30-11:30 Chair Yoga 11:30 Lunch 1-3 Bingo	2 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	3 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance	4 9-11:30 Art 11:30 Lunch 1-3 Bingo
7 10:30-12 Book Club - (with Barbara Friedman) 11:30 Lunch 1-4 Mah Jong	8 9-11:30 Art 10:30-11:30 Chair Yoga 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo	9 9-11:30 Art 9-1 SHINE (by Appt Only) 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand	10 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance	11 9-11:30 Art 11:30 Lunch 1-3 Bingo
14 11:30 Lunch 1-4 Mah Jong	15 9-11:30 Art 10:30-11:30 Chair Yoga 11:30 Lunch 1-3 Bingo	16 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand	17 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance HAPPY ST. PATRICK'S DAY! 	18 9-11:30 Art 11:30 Lunch 1-3 Bingo
21 11:30 Lunch 1-4 Mah Jong	22 9-11:30 Art 10:30-11:30 Chair Yoga 11:30 Lunch 1-3 Bingo	23 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand	24 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	25 9-11:30 Art 11:30 Lunch 1-3 Bingo
28 11:30 Lunch 1-4 Mah Jong	29 9-11:30 Art 10:30-11:30 Chair Yoga 11:30 Lunch 1-3 Bingo	30 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand	31 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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This is your time to live well,
thrive, grow and belong.

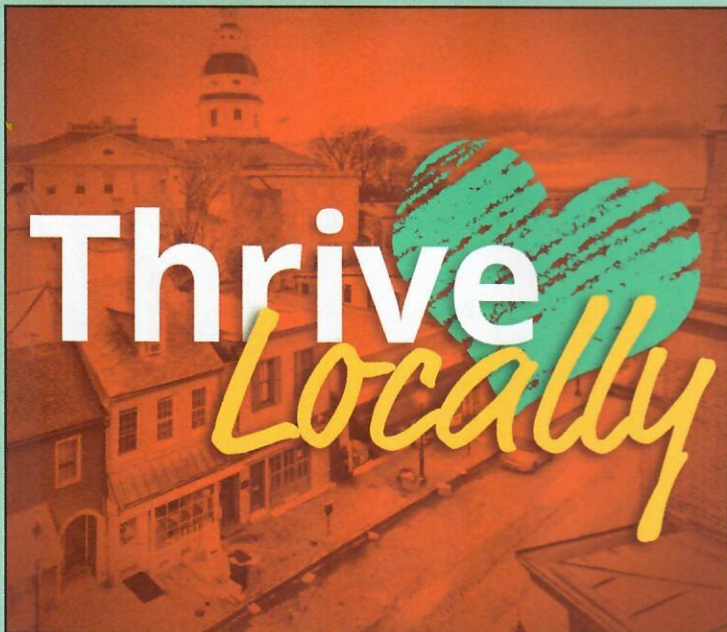
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