

# Westminster Council on Aging March 2023 Newsletter

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



978-874-7402



*Happy Birthday  
To Our Seniors  
Celebrating  
In March!*



**Daylight Saving Time Begins!**

Sunday, March 12 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  
Our Heartfelt Sympathy to the Family & Friends of  
~ Milton B. Wetherbee ~*



## Dan Kirouac

*Enjoy an hour concert of music  
Easy listening, pop, jazz, & light rock  
from the 1940's to the 1970's  
Tuesday, April 11 ~ 11:00 am  
Westminster Senior Center*



*Please join us...*

## ST. PATRICK'S DAY LUNCHEON FOR SENIORS & FIRST RESPONDERS

**Monday, March 13  
12:00-1:00 pm  
Westminster Senior Center**

**Enjoy a Delicious Meal of  
Corned Beef & Cabbage!  
Drinks & Dessert Included.**

**\* LIMITED SEATING - CALL EARLY TO RESERVE\***



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DUST OFF THOSE BOOTS!



## LINE DANCING CLASS!

Instructor: Anne Gilmartin

Thursdays / 9:30 - 11:30 am

Beginners: \$3 (first hour only)

Beginners/Improvers: \$5 (full two hours)

*\*Sign-up not required\**



## COFFEE WITH THE CHIEFS

Thursday, March 9 / 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.

## Try your luck at CARD BINGO!

Thursday, March 9 ~ 1:00-3:00 pm ~ Westminster Senior Center

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

Bring a friend & introduce them to Card Bingo!

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



A best friend is  
like a four leaf  
clover: hard to  
find and lucky  
to have.



## The Friendship Club

Wednesday, March 1

1:00-3:00 pm

We will be celebrating  
St. Patrick's Day!

Wear your green and please  
bring a green treat to share!



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!





*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.*

## YOGA WITH PAULA MAGEE

MONDAYS ~ MARCH 6, 13, 20 & 27 ~ 9:30-10:15 am

Join Lori 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.



*Do you need a break from the winter blues? Stop by the Senior Center and enjoy a game of pool and fellowship. We have two great pool tables available for your enjoyment! Hope to see you soon!!!*



### \*STAY INFORMED OF SENIOR CENTER NEWS!\*

If you would like a monthly Westminster Council on Aging Newsletter mailed to your home, please call the Senior Center with your request. If you prefer, the Newsletter can also be viewed on the Town of Westminster website under the "Council on Aging/Senior Center" Department. Call for your copy today!

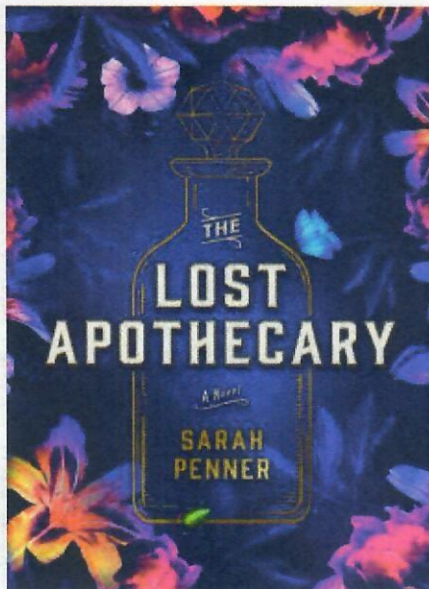


### The Westminster Senior Center Book Club

Meets on March 6th at 10:30

To Discuss: *The Lost Apothecary* by Sarah Penner

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



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\*\*\*\*\*  
If the Westminster Senior Center is closed due to winter weather, discussion will be postponed to the following Monday.  
\*\*\*\*\*



The Westminster Council on Aging Board Meeting will be held Tuesday, March 14, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



## 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, March 8, at Baldwinville Station. We will meet 11:45 am in the Westminster Senior Center Lobby then board the Council on Aging van from there. Everyone orders off the menu and pays their own way. The Club is limited to eleven people. Please RSVP (provide name & phone number) by March 6 at 978-874-7402.



## FREE BLOOD PRESSURE CLINIC

FRIDAY, MARCH 17 / 11:00 AM - 12:00 PM / WESTMINSTER SENIOR CENTER

On-Site: Kathy Panagiotes, Graduate ~ Fitchburg State RN/BSN  
Framingham State & Anna Maria College - Retired Professor of Nursing at MWCC  
Nurse Management at Health Alliance



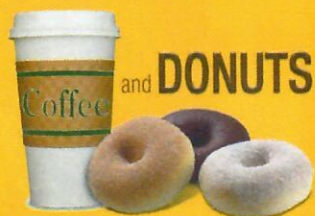
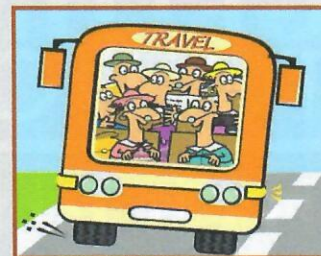
## UKULELE JAM SESSION

FRIDAYS ~ MARCH 3, 17, & 31

1:00 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. These social trips are open to 10 Seniors and the destination will vary. We are open to suggestions of social trip destinations that may be of interest to all. For further information on van services, social trip specifics, or to book the van, please contact the Westminster Senior Center at 978-874-7402. Happy Trails to You!



## VETERAN COFFEE

TUESDAY, MARCH 14

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.**



A SHINE (Serving the Health Insurance Needs of Everyone) representative will be at the Westminster Senior Center on the *first* and *third* Wednesday of each month. SHINE provides free, unbiased, and confidential counseling assistance to Medicare beneficiaries, their families, and caregivers. Take advantage of this informative program. Please call the Senior Center to make your personal SHINE appointment.





**ALL IN THE  
FAMILY  
(PART II)**

# IT'S SHOWTIME!!

**THURSDAY, MARCH 23**

**12:00-2:00 PM**

**WESTMINSTER SENIOR CENTER**

**Join your favorite Family, The Bunkers,  
on our new big screen!**



**\* Popcorn & drinks will be provided. Please Sign up by March 21 \***



## GETTING READY TO DOWNSIZE?

**PLEASE JOIN US!  
FRIDAY, MARCH 24  
12:00-1:00 PM  
WESTMINSTER SENIOR CENTER**

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### CONTACT US

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**Mike Roy**

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Mike@RHR-RealEstate.com





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# MARCH

# ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9-11:30 Art 9-3 SHINE (by Appt) 11:30 Lunch 12-3:30 Bridge 1-3 Friendship Club <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<b>2</b> 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<b>3</b> 9-11:30 Art 11:30 Lunch 1-3 Bingo 1-3 Ukulele Jam
<b>6</b> 9:30-10:15 Yoga 10:30-12 Book Club - (Barbara Friedman) 11:30 Lunch 1-4 Mah Jong	<b>7</b> 9-11:30 Art 11:30 Lunch 1-3 Bingo	<b>8</b> 9-11:30 Art 11:30 Lunch 11:45 LEO Club/Social 12-3:30 Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<b>9</b> 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 10-11 Coffee w/Chiefs 11:30 Lunch 1-3 Card Bingo 1-4 Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<b>10</b> 9-11:30 Art 11:30 Lunch 1-3 Bingo
<b>13</b> 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong	<b>14</b> 9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo	<b>15</b> 9-11:30 Art 9-3 SHINE (by Appt) 11:30 Lunch 12-3:30 Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<b>16</b> 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<b>17</b>  9-11:30 Art 11-12 Blood Pressure 11:30 Lunch 1-3 Bingo 1-3 Ukulele Jam <b>ST. PATRICK'S DAY!</b>
<b>20</b> 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong 	<b>21</b> 9-11:30 Art 11:30 Lunch 1-3 Bingo	<b>22</b> 9-11:30 Art 11:30 Lunch 11:45 Social Trip 12-3:30 Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<b>23</b> 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<b>24</b> 9-11:30 Art 11:30 Lunch 1-3 Bingo
<b>27</b> 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong	<b>28</b> 9-11:30 Art 11:30 Lunch 1-3 Bingo	<b>29</b> 9-11:30 Art 11:30 Lunch 12-3:30 Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<b>30</b> 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<b>31</b> 9-11:30 Art 11:30 Lunch 1-3 Bingo 1-3 Ukulele Jam

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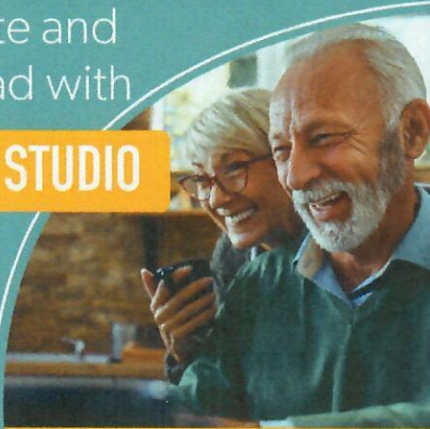
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