

Westminster Council on Aging

May 2016 Newsletter



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

*In observance of Memorial Day,
the Senior Center will be
closed Monday, May 30.*



*When April steps aside for May,
Like diamonds all the raindrops glisten;
Fresh violets open every day;
To some new bird each hour we listen.*
-Lucy Larcom, American poet (1824-93)



SONGS OF WORLD WAR II FEATURING RUTH HARCOVITZ

CELEBRATING the 70th ANNIVERSARY of the END of the SECOND WORLD WAR

May 3 ~ 11:30 am ~ Westminster Senior Center

Free Concert ~ Refreshments following

Sponsored by Westminster Cultural Council



VARIETY SHOW ~ "MUSIC IS LOVE" ~ DAWN KELLEY & DICK MILLER
GREAT OLD POPULAR SONGS FROM THE 1930'S THROUGH THE 1960'S
PIANO, GUITAR, 2 VOICES, MAGIC, & COMEDY

MAY 13, 11:00 -12:00

REFRESHMENTS WILL BE SERVED

SPONSORED BY WESTMINSTER CULTURAL COUNCIL



Pizza Party & Cookout!

Highland's is sponsoring the
following lunch events -

May 19 ~ Pizza Party

July 15 ~ Cookout

Events held 11:30-1:00 pm.

Please sign up for this event.

Join in the fun!!



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Attention Seniors!!

*Come enjoy an afternoon of fun &
games (such as cards, Trivial Pursuit,
and Scrabble) with your friends!*

**Dates: May 10 & 24*

**Time: 1:30-3:00 pm*

**Location: St. Edward the Confessor
Church Hall*

**Refreshments will be served.*

**Questions? Please contact
Cathy McDonald at 978-874-1793.*

Sponsored by St. Edward's Outreach.

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**Westminster Fire Department
Presents
"Safety Cooking"
&
"Know Your Escape Plan"
June 3 ~ 12:30 pm**



**Happy Birthday to all our
Seniors celebrating their big
day in May!
Best Wishes
to you!**





~ May 8 ~



~ May 30 ~

UPCOMING EVENTS

- ✓ For anyone needing to make an appointment with Gail Noel, our SHINE (Serving the Health Insurance Needs of Everyone) Counselor, times are available May 2, 12:30-3:30. Please call to make an appointment.
- ✓ Have your nails done at the Senior Center! Renee has been a licensed manicurist for 16 years and works at the Beauty Shop in Westminster. She is at the Senior Center on Tuesdays. Please sign up if interested.
- ✓ Any interest in a recipe swap? Bring in your favorite dish, along with the recipe, to share with others. Get ideas and enjoy tasting different dishes. Please let us know if interested.
- ✓ A free blood pressure clinic will be held the first and third Fridays of every month, 11:30-1:00. This month's clinic will be May 6 and May 20. No sign up necessary.
- ✓ Attorney Elizabeth Kalmansson will be at the Senior Center on May 20, 11:00 am. Learn how to protect your home from being sold to pay for your nursing home costs, taxes or probate expenses. Learn how to use the estate planning laws to your advantage. Learn how to maximize gifts to your loved ones. Learn how the living trust differs from a will, and which one is right for you. Time will be reserved for questions and answers. Refreshments will be served.
- ✓ A representative from Fallon Health Care will be here on May 16, 11:00 am to discuss health insurance changes and to answer any questions. Refreshments will be served.
- ✓ The following events will be held at the Forbush Memorial Library (Eloranta Room), 118 Main Street, Westminster: American Indian Music on May 18, 7:00 pm; and 1,364 Days, A World War II Veteran's Story on May 26, 7:00 pm (A question and answer period, as well as a book signing, will follow for this event). These two events are free to one and all. No sign up required.
- ✓ On June 11, 2:00-4:00, collections of the Westminster Barns will be on display. This is open to the public. Hosted by the Circle of Artists. Refreshments will be served.


INFORMATION

- ✓ The Council on Aging van is available to Westminster residents for in-town and surrounding-town travel. Van operation times are Monday through Friday, 8:00 am to 4:00 pm. A 24-hour advance notice is required (no same-day service). Round trip cost is \$2 (in town) and \$3 (out of town). The van will *not* operate if school is cancelled due to bad weather.
- ✓ Elder Hotline 888-243-5337. If you have any legal advice issues relating to the elderly, please call this number.
- ✓ SafeLink (TracFone) 800-723-3546. This program offers a free cell phone for seniors. If you need assistance, please let us know.
- ✓ The Gentle Stretch Class for May 12 at the library has been cancelled. Class will resume on May 19.
- ✓ Did you know??? Drink tea for strong bones. Women who drank three or more cups of black tea a day over the course of several years were 30percent less likely to break a bone from osteoporosis than those who rarely drank black tea. It is believed that plant compounds called flavonoids (found in black tea) may help build bone density.



Activities



Monday	Tuesday	Wednesday	Thursday	Friday
*Beef Bolognese 2 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo 12:30-3:30 SHINE by appt	3 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong Nails by appt	*Sweet/Sour Chic 4 9-11:30 Art 11:30 Lunch 1-3 Crafts	5 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts 1-2:30 Line Dancing	*Turkey Tetrazzini 6 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
*Chicken Breast 9 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo 12:30-3:30 SHINE by appt	10 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong 1:00 COA Board Mtg Nails by appt	*Pollock Filet 11 9-11:30 Art 11:30 Lunch 1-3 Crafts	12 9-12 Wood Carving 9-11 WOW 10-11 Stretch (No Class) 10:45-11:30 Cardio Fit 1-3 Crafts 1-2:30 Line Dancing	*Broccoli Bake 13 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
*Beef Patty 16 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo	17 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong Nails by appt	*Baked Ham 18 9-11:30 Art 11:30 Lunch 1-3 Crafts	19 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts 1-2:30 Line Dancing	*Beef Casserole 20 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
*Chicken Breast 23 10-2 Pitch 10-12 Cribbage 11:30 Lunch 1-3 Bingo	24 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong Nails by appt	*Beans/Hotdogs 25 9-11:30 Art 11:30 Lunch 1-3 Crafts	26 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 1-3 Crafts 1-2:30 Line Dancing	*Chicken & Rice 27 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
Closed 30 	31 9-11:30 Art 12-3:30 Bridge 1-3 Mahjong Nails by appt		*Indicates Congregate Meal being served at Senior Center.	