

Westminster Council on Aging May 2018 Newsletter

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



978-874-7402



Happy Birthday To
All Our Seniors
Celebrating Their BIG
Day in May!!!



MAY your heart be happy. MAY your days be bright.
MAY your roads be smooth. MAY your burdens be light.
MAY you find the dreams. MAY you touch the stars.
MAY you never forget how special you are!
Wishing You All a Happy MAY!!!

*The Council on Aging would like to Extend
our Heartfelt Sympathy to the Family and Friends of
~ Sally L. Arnold ~*



The Westminster Council on Aging Presents

TOMMY RULL
SINGER/ENTERTAINER

"A MUSICAL JOURNEY THROUGH THE YEARS"
WEDNESDAY, MAY 9, 2018 ~ 1:00-2:00 pm

*"This program is supported in part by a grant from the Westminster Cultural Council,
a local agency which is supported by the Massachusetts Cultural Council, a state agency."*



**COFFEE WITH THE
POLICE CHIEF
THURSDAY, MAY 3
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, MAY 10
9:00 - 11:00 AM**



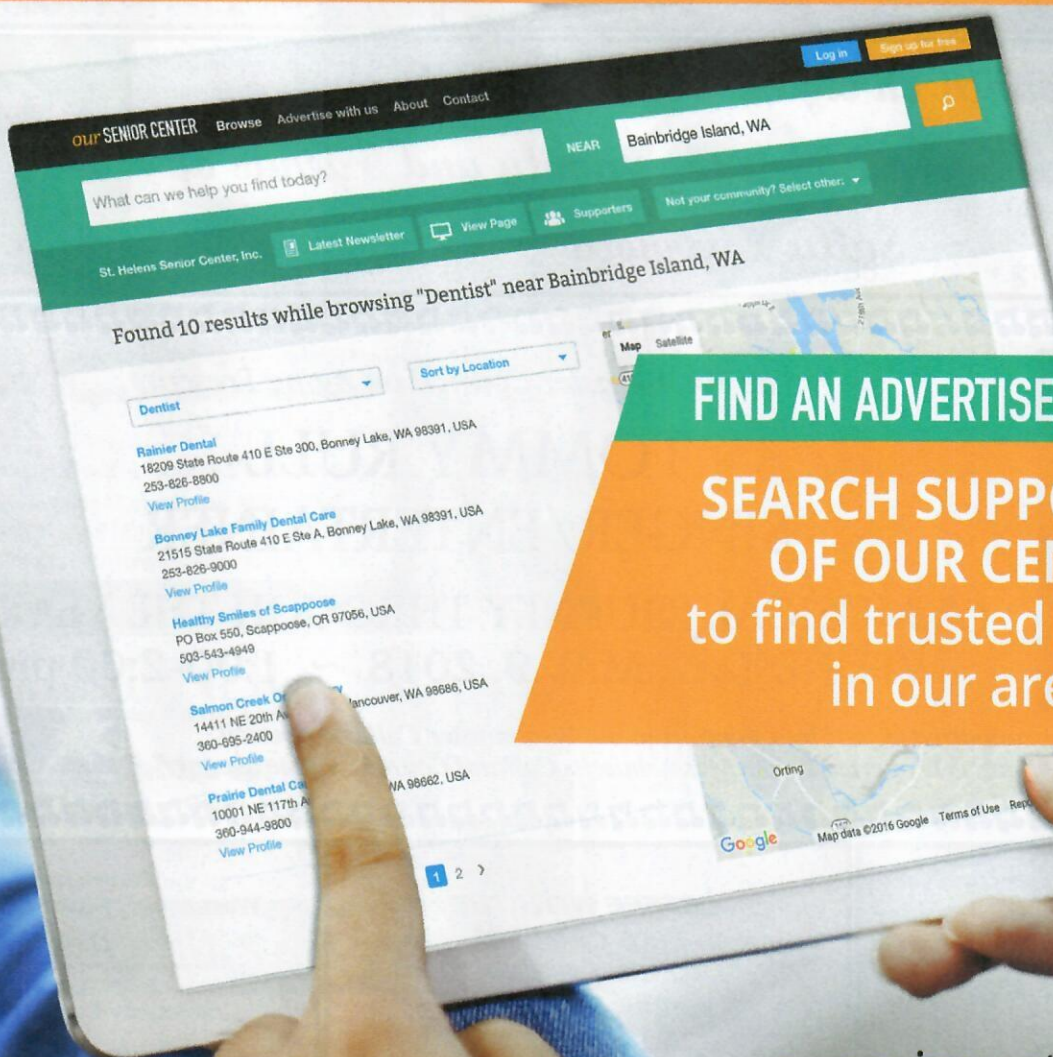
**Please join the
Westminster Fire Captain
at the
Community Senior Center
Refreshments will be served**

**Please join
Westminster Police Detective
Nick Auffrey
at the
Community Senior Center
Friday, May 11
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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May 13 ~ Mother's Day
May 28 ~ Memorial Day

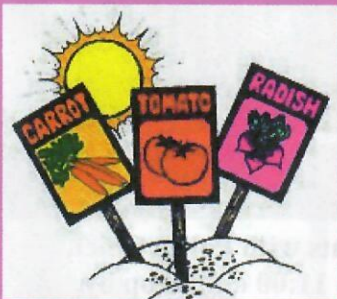


UPCOMING EVENTS

- ▶ Coffee with Westminster Police and Fire! Come join us for coffee and refreshments with Police Chief, Salvatore Albert, on May 3 and with the Fire Captain on May 10, both held 9:00 - 11:00 am. Stop by, stay informed, and enjoy the company!
- ▶ Alex Welch of Montachusett Opportunity Council will present "Heart Healthy Ways to Wellness" on Wednesday, May 30 at 11:30 am. Research has shown adding certain foods to your diet is just as important as cutting back on others. Learn powerful nutrition strategies to help you focus on what you can and should enjoy. The good news is, it's easier than you think! Join us for a delicious lunch and presentation. If interested in signing up for lunch, please call the Senior Center 24-hours minimum advance notice (\$3 Donation per meal requested).
- ▶ The Mass Bar Association, with assistance and collaboration of the Massachusetts Chapter of the National Academy of Elder Law Attorneys, will present "*Taking Control of Your Future: A Legal Checkup*" on Friday, May 18, 11:00 am. The presentation will include a wide range of legal issues affecting the lives of seniors. Attorney Nina Dow will be the guest speaker. Don't miss this free informative program.
- ▶ The Friendship Club will be meeting May 1 at 1:30 pm. Friends will enjoy a "pound auction" by bringing a wrapped, one-pound item for gift swapping (i.e., one pound of coffee). This is always a fun event and all are welcome to attend!
- ▶ Line dancing will start June 20, 12:00 n - 1:00 pm, every Wednesday. Cost is \$3 per session. Join us!
- ▶ Patti from The Gables of Fitchburg will be here on May 14 providing a delicious treat 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 May 16 and June 20, 9:00 am - 3:00 pm. To make an appointment with Gail, please contact the Senior Center.
- ▶ Free blood pressure clinics will be held on May 4 at 12:00 n - 1:00 pm and on May 3, 17, & 31 at 11:00 am - 12:00 n. No signup necessary.
- ▶ The Council on Aging Board Meeting will be held May 8, 1:00 - 2:00 pm. This meeting will be held at the Senior Center and is open to the public.

INFORMATION

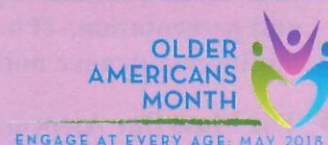
- ▶ Jared Sharp is the new VETERAN SERVICE OFFICER for Westminster, Hubbardston, and Ashburnham. Jared looks forward to providing well-deserved services to Veterans. He is available at Westminster Town Hall on Wednesdays and Thursdays, 10:00 am - 2:00 pm, by appointment only at 978-874-7461. Jared looks forward to meeting everyone and answering any questions you may have.
- ▶ The Senior Center offers congregate meals (for Seniors age 60+) every Monday, Wednesday, and Friday (except holidays & Senior Center closings). Sit-down style meals are served at 11:30 am, costing \$3.00 (payable at time of meal). Included with your meal is the main entrée, all the fixings, dessert, and cold/hot drinks. To view the entrée of the day, please refer to the Newsletter's "Activities" page, on the respective meal day (Monday, Wednesday, or Friday). To reserve your seat, please call the Senior Center. Reservations are required with a minimum 24-hour advance notice. Enjoy a hearty meal and great company, while someone else does the cooking and cleaning!



It's Gardening Time!

Once again - after the last seasonal frost - the Community Senior Center garden will be ready for planting! If you'd like to participate, we're looking for donations of plants (vegetables, herbs, and flowers). Whether you choose to drop off your donations for us to plant or wish to do the planting yourself, either offering would be greatly appreciated! The garden is open throughout Summer for picking and sharing the crop. We look forward to another year of bountiful gardening! Thanks so much for your consideration!!!

Central Massachusetts Agency On Aging
Invites you to join them in celebrating their 20th Anniversary of



ElderCare 2018

A FREE EVENT FOR SENIORS & CAREGIVERS

Wednesday, May 16 ~ 9:30 am - 1:30 pm
Leicester Country Club, 1430 Main Street, Leicester, MA



- ▶ Live Entertainment
- ▶ 50 Exhibiting Companies
- ▶ Informational Seminars
- ▶ Health Screening & Information
- ▶ Healthy & Delicious Food Samplings
- ▶ Giveaways & Raffles
- ▶ 4 Door Prizes

For more information, contact:

Central Massachusetts Agency On Aging, Inc. 508-852-5539 or VRamos@seniorconnection.org

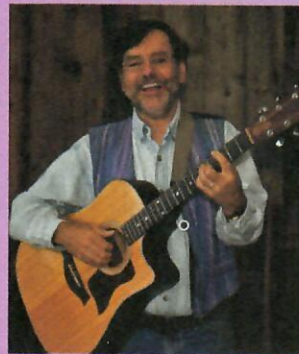


Central Massachusetts
Agency on Aging



Community Concert

Roger Tincknell



Monday, June 4, 1:00 pm
Ashburnham Senior Center

Elvis to the Everly Brothers
1950s Pop & Classic Rock!

For more information, please call the Ashburnham Senior Center (978)827-5000

*Sponsored in part by a grant from the Ashburnham Cultural Council, a local agency,
which is supported by the Massachusetts Cultural Council, a state agency.*



UNRECOGNIZED GEMS OF WESTMINSTER

& THE SURROUNDING COMMUNITIES

Saturday, June 23 ~ 10:00 am - 4:00 pm
Westminster Community Senior Center

View and enjoy exhibits created by our very own skilled and gifted local people. Participants will include the Wood Carvers, Crafters, and Circle of Artists groups who meet regularly at the Senior Center. They will be displaying beautiful works of art, unique wood carvings, gorgeous crafts, and more!

You'll be amazed by their talents!

Entertainment by Art Tones
Light Refreshments

"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, June 6, 11:00 am ~ Westminster Senior Center

Refreshments will be served



Enjoy Songs of the 50s, 60s, & 70s!

featuring

Dan Kirouac

One-man Vocalist & Acoustic Guitar

Friday, June 8 ~ 11:30 am - 12:30 pm

Sit back, relax, & enjoy music of yesteryears!



Senior Center Breakfast

Friday, June 15, 8:30 am

****Hosted by The Westminster Fire Department****



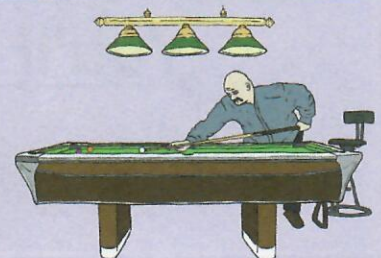
- ▶ *Serving scrambled eggs, sausage, fruit, English muffins, and coffee*
- ▶ *No sign up necessary*

While enjoying breakfast, Senator Dean Tran will be here for a meet & greet. Come meet your local Senator!

Senior Center Pool Hall ~

For your enjoyment, we have two pool tables available for use during regular Senior Center hours.

If interested in playing, stop on in!





Activities



Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p> <p><i>Happy May Day!</i> </p>	<p>2 *Chicken Coq Au Vin 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>3 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>4 *Sloppy Joes 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p>7 *Chicken Corn Stew 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>8 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong 1-2 COA Meeting</p>	<p>9 *Egg Salad Cold Plate 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>10 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>11 *French Meat Pie 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p>14 *Chic. Cacciatore 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>15 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p>16 *Chicken Teriyaki 9-3 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>17 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>18 *Broccoli Bake 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p>21 *Beef Chili 11:30 Lunch 1-4 Mahjong 1-3 Bingo</p>	<p>22 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p>23 *Roast Pork 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>24 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>25 *Meat Loaf/Onion Gravy 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo</p>
<p>28 <i>CLOSED</i> memorial DAY </p>	<p>29 9-11:30 Art 12-3:30 Bridge 1-4 Mahjong</p>	<p>30 *Grilled Chic. Breast 9-11:30 Art 11:30 Lunch 1-3 Crafts</p>	<p>31 9-12 Wood Carving 9-11 WOW 10:15-11:30 G. Stretch 10:45-11:30 Cardio Fit 12-3:30 Bridge</p>	<p>THANK YOU  FOR YOUR SACRIFICE AND SERVICE</p>

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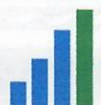
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