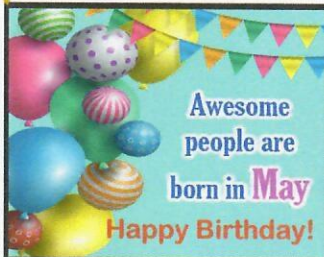


# Westminster Council on Aging May 2022 Newsletter

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



978-874-7402



Beginning in May, the Council on Aging van will be made available on Fridays, in addition to current Tuesdays and Thursdays. Van service is offered to Westminster Seniors, Monday through Friday, 8:00am-4:00pm. A 24-hour advance notice is required. For additional information or to book the van, please call the Senior Center.



CELEBRATORY LUNCH WITH

## HEART TO HOME MEALS

THURSDAY, MAY 19 ~ 11:30 AM ~ WESTMINSTER SENIOR CENTER

THE TEAM AT HEART TO HOME MEALS IS OFFERING A FREE HOT LUNCH TO HONOR THE SENIORS OF WESTMINSTER!!!

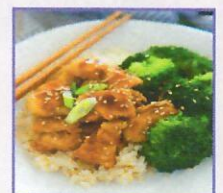
Meals are frozen and can be stored in your freezer until you are ready to heat and enjoy! The company provides a selection of over 160 healthy and nutritious meals, soups, and desserts—hand delivered by a local driver right to your freezer. Their friendly, convenient service can be adapted to suit many dietary preferences, with free delivery and no contract or minimum commitment required. Join the team for a free lunch, quiz, and prize giveaway!

**RSVP IS REQUIRED & SPACE LIMITED. PLEASE CALL THE SENIOR CENTER AT 978-874-7402 TO RESERVE.**

**\* WHEN CALLING, PLEASE PROVIDE YOUR MEAL OPTION \***



1. **CRUMB-TOPPED COD IN LEMON SAUCE:** Cod fillet, topped with a parsley crumb, in a lemon butter sauce. Served with rice, asparagus, and green beans.
2. **CHICKEN TERIYAKI:** Authentic teriyaki sauce mixed with chicken and vegetables, served with a fluffy vegetable rice pilaf.



### BINGO

3	29	45	56	68
1	19	43	50	72
11	25	FREE SPACE	49	61
9	23	31	58	63
4	27	42	54	71

FEELING LUCKY? TRY YOUR HAND AT...

## CARD BINGO!



Wednesday, May 18 ~ 1:00-3:00 pm ~ Westminster Senior Center

**A FUN NEW TWIST ON AN OLD GAME!**

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

Please sign up by May 13 at Senior Center





## 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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JOIN PATTI of THE GABLES ASSISTED LIVING FOR BINGO & DESSERTS!  
FRIDAY, MAY 13 ~ 1:00-2:00 PM ~ WESTMINSTER SENIOR CENTER



The Westminster Council on Aging Board Meeting will be held Tuesday, May 10, 12:00 pm at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



## TAKE JAZZ ~ Steve & Anna Dickerson

Wednesday, May 4 ~ 1:30 pm ~ Westminster Senior Center

Please join us for this **FREE SHOW** hosted by  
Westminster Senior Center Friendship Club  
Anna on Piano & Vocals, Steve on Saxophone

**COME ENJOY THE SHOW!**

## TISSUE PAPER FLOWERS ~ CRAFT CLASS

MONDAY, MAY 16 ~ 1:00-3:00 pm

WESTMINSTER SENIOR CENTER

LIMITED TO  
12 PEOPLE  
CALL EARLY!

RSVP BY MAY 11 ~ 978-874-7402

\$3 CHARGE FOR PROVIDED MATERIAL  
PLEASE BRING YOUR OWN SCISSORS



## COFFEE WITH THE CHIEFS

Thursday, May 26 / 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.



## MEMORIAL DAY FLORAL ARRANGEMENT

THURSDAY, MAY 26 ~ 1:00-3:00 pm

WESTMINSTER SENIOR CENTER

RSVP SENIOR CENTER BY MAY 19

\$5 NONREFUNDABLE CHARGE FOR PROVIDED MATERIAL  
PLEASE BRING YOUR OWN SCISSORS



Remembering  
A Loved One

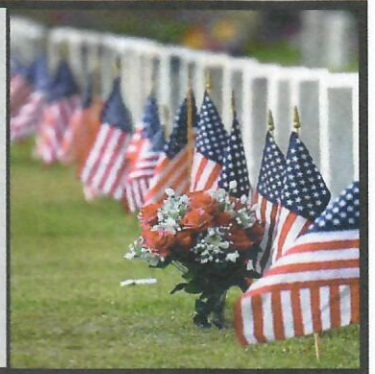
Limited to  
12 people  
Call early!



# Memorial Day...

...is the day that's set aside to remember with Gratitude and Pride all those who Served and Died for our Country and our Freedom. May your day be filled with Memories and Peace.

## God Bless America



**TUESDAY MAY 3**

**10:00 AM**

**WESTMINSTER SENIOR CENTER**

**WESTMINSTER, MA**

**PRESENTS**

PIANO AND VOCAL CONCERT



**DAN KIROUAC**

Music and memories from the 1950s, 60s, and 70s

pop - easy listening - light rock  
more info: [www.DanKIROUAC.com](http://www.DanKIROUAC.com)

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



JOIN US FOR THE

**SHERIFF'S  
ANNUAL  
SENIOR PICNIC**  
FREE  
DRIVE-THRU  
SPECTACULAR  
**FREE CAR WASH TOO!**

**SATURDAY 11:00 AM START**

**JUNE 4, 2022 1:00 PM ENDS**

SAC Park 438 Lake St, Shrewsbury, MA 01545

BBQ MEAL • ICE CREAM SUNDAES

TONS OF GIVE AWAYS

RAFFLE BONANZA

**ABSOLUTELY MUST REGISTER BY MAY 11TH  
TO ATTEND!**

DOSTIGUY@WORCESTERCOUNTYSHERIFF.ORG - 508-796-0344

IMILLER@WORCESTERCOUNTYSHERIFF.ORG - 508-796-2638

Sorry, No Extra Bags to Go. Must Be Present To Participate.

Sponsored by: Worcester County Reserve Deputy Sheriff's Association



**Shriners Hospitals  
for Children™**

## Aluminum Tab Collection & Recycling Project

On behalf of Shriners Hospitals for Children, the Westminister Senior Center has a collection bin for aluminum can tabs. The tabs are accumulated by the Shriners and then recycled. The funds received from recycling are used to purchase items for patient care at Shriners Hospitals for Children. Tabs can be dropped off at the Senior Center anytime during open hours. Thank you!

**HELP THE SHRINERS  
HELP KIDS!**



## SCAMS: ROUND TABLE DISCUSSION:

The purpose of this round table discussion is to inform our seniors of current scams. All residents will all have an opportunity to share.

*Presented by:*

The Office of Worcester County District Attorney Joseph D. Early, Jr.

*When:* 10:00 a.m., May 3rd, 2022

*Where:* Westminister Senior Center

*Contact:* Sue Fisher, (978) 874-7402







Prescription  
Advantage

## Prescription Advantage Newsletter Article ~ Spring 2022

### WHY DO I NEED PRESCRIPTION ADVANTAGE?

This question is often asked. Many say, "I don't need it. I already have a Medicare Part D plan" or "I have coverage from my former employer." Even with Part D or other coverage, there are many reasons to join Prescription advantage, including:

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the "donut hole";
- It allows you to change your Medicare plan outside of Medicare's open enrollment;
- At certain income levels, it's FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by calling 1-800-243-4636  
or visiting [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.



*Hosted By Our Friends,*

# Humana®

*All are welcome to join Brandon Farley of  
Humana for complimentary coffee & donuts!  
Tuesday, May 10 ~ 12:30 pm ~ Westminster Senior Center*

*\* Please RSVP 978-874-7402 by May 6 \**



## HIP HOP DANCE WITH RONDÆ

MONDAY, MAY 16 / 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 BY MAY 12





## SENIOR SINGERS

WEDNESDAYS, MAY 11 & 25

1:00—3:00 PM

ALL SKILL LEVELS WELCOME!

JOIN THE FUN!

LET YOUR VOICES BE HEARD!

## State Senator Anne Gobi and State Representative Kimberly Ferguson

~ OFFICE HOURS ~

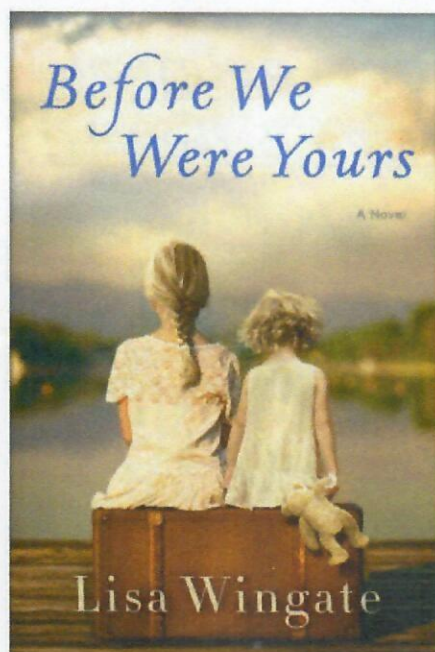
Westminster Senior Center  
Tuesday, May 17  
10:00-11:00 am



*The Westminster Senior Center Book Club*

*Open to all!*

*Meets Every Month on the first Monday*



*Next Meeting is May 2nd at  
10:30*

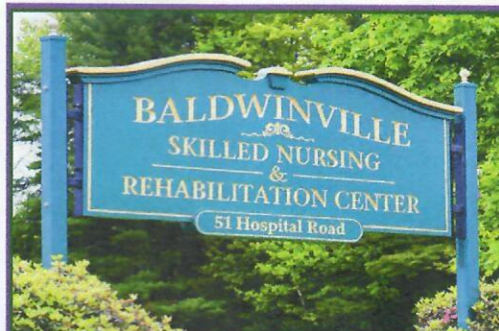
*Come and spend an hour  
discussing a great current book*

*Memphis, 1939. Twelve-year-old Rill Foss and her four younger siblings live a magical life aboard their family's Mississippi River shantyboat. But when their father must rush their mother to the hospital one stormy night, Rill is left in charge—until strangers arrive in force. Wrenched from all that is familiar and thrown into a Tennessee Children's Home Society orphanage, the Foss children are assured that they will soon be returned to their parents—but they quickly realize the dark truth. At the mercy of the facility's cruel director, Rill fights to keep her sisters and brother together in a world of danger and uncertainty. Summary from Goodreads*

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BINGO GOODIES  
THE FIRST FRIDAY  
OF EVERY MONTH  
ENJOY!





# May

# ACTIVITIES



Sending You these  
pretty May blooms  
to say...  
Have a  
Happy May Day!

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<i>*Shepherd's Pie</i> <b>2</b> <b>10:30-12</b> Book Club - (with Barbara Friedman) <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<i>*Chicken Drummer</i> <b>3</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo	<i>*Egg &amp; Potato Salad</i> <b>4</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>12-3:30</b> Bridge <b>1:30</b> Friendship Club <b>1-3</b> Book Club - (VOM-Village of the Old Mill) <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<i>*Roast Pork</i> <b>5</b> <b>9-11</b> WOW <b>9-12</b> Wood Carving <b>11:30</b> Lunch <b>1-4</b> Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>  <b>CINCO DE MAYO</b>	<i>*Beef Chili</i> <b>6</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo
<i>*Sweet/Sour Meatballs</i> <b>9</b> <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<i>*Beef Bolognese</i> <b>10</b> <b>9-11:30</b> Art <b>10:00</b> Veteran Coffee <b>11:30</b> Lunch <b>12:00</b> COA Board Mtg <b>1-3</b> Bingo	<i>*Chicken Breast</i> <b>11</b> <b>9-11:30</b> Art <b>9-1</b> SHINE (by Appt Only) <b>11:30</b> Lunch <b>12-3:30</b> Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<i>*Roast Turkey</i> <b>12</b> <b>9-11</b> WOW <b>9-12</b> Wood Carving <b>11:30</b> Lunch <b>1-4</b> Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<i>*Potato Pollock</i> <b>13</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo
<i>*Ravioli Primavera</i> <b>16</b> <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<i>*Chicken Fajitas</i> <b>17</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo	<i>*French Meat Pie</i> <b>18</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>12-3:30</b> Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<i>*Chicken Breast</i> <b>19</b> <b>9-11</b> WOW <b>9-12</b> Wood Carving <b>11:30</b> Lunch <b>1-4</b> Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<i>*BBQ Roast Pork</i> <b>20</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo
<i>*Chicken Breast Patty</i> <b>23</b> <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<i>*Breaded Cod</i> <b>24</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo	<i>*Breaded Chicken Breast</i> <b>25</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>12-3:30</b> Bridge <i>10:15-11:15 Class at Library Chair &amp; Stand</i>	<i>*Baked Meatloaf</i> <b>26</b> <b>9-10</b> Coffee w/Chiefs <b>9-11</b> WOW <b>9-12</b> Wood Carving <b>11:30</b> Lunch <b>1-4</b> Crafts <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i>	<i>*Cheeseburger</i> <b>27</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo
<b>CLOSED</b> <b>30</b> 	<i>*Chicken Piccata</i> <b>31</b> <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo	<div><div><b>Happy Mother's Day</b> to all who have given a Mother's Love. Thank You </div><div><b>Sunday, May 8</b> <b>Enjoy Your Special Day!</b></div></div>		

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