

Westminster Council on Aging May 2023 Newsletter



69 West Main Street, P.O. Box 212
Westminster, MA 01473
978-874-7402



*Happy Birthday
To Our Seniors
Celebrating
In May!*



On This Memorial Day,
Remember the Fallen,
Honor Their Service & Sacrifice,
And Rejoice in Your Freedom.
~ Monday, May 29 ~



BREAKFAST WITH A BADGE

COOKED & SERVED BY THE WESTMINSTER POLICE DEPARTMENT

THURSDAY, MAY 11
8:30-10:30 AM

ENJOY PANCAKES, SAUSAGE, FRUIT & COFFEE!

PLEASE RSVP BY MAY 8 ~ 978-874-7402
WESTMINSTER SENIOR CENTER

Complimentary!



HIP HOP DANCE CHAIR EXERCISE FOR SENIORS!

(2 DAYS) THURSDAY, MAY 18 & MONDAY, MAY 22 / 11:00 AM-12:00 PM

FOR THE SENIOR THAT LIKES TO MOVE & BE INVOLVED.
JOIN RONDAL FOR A FUN-FILLED, HIGH-ENERGY CLASS!

PLEASE RSVP WESTMINSTER SENIOR CENTER 978-874-7402

On the House...

FRENCH TOAST BREAKFAST

INCLUDES PROGRESSION OF BALANCE EXERCISES



WEDNESDAY, MAY 10
9:00-10:00 AM

WESTMINSTER SENIOR CENTER

START YOUR DAY OFF RIGHT!
COFFEE & TEA INCLUDED

PLEASE SIGN UP ~ 978-874-7402



*HOSTED BY OUR FRIEND
BILL O'CONNOR*



Benjamin S. Kalmansson, Attorney at Law

Elder Law | Wills | Trusts | MassHealth Planning & Applications

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.

Law Offices of Kalmansson & Kalmansson e: ben@kalmanssonlaw.com
48 West Street p: 978-343-7772
Leominster, MA 01453 w: kalmanssonlaw.com



**Heywood
Wakefield
COMMONS**

An Assisted Living Residence

A New Place to Call Home
in a Community that Cares

To schedule a tour or for more information,
call Kristy Livingston at (978) 632-8292.

www.hwcommons.com



50 Pine Street • Gardner, MA • (978) 632-8292



WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

833-287-3502



Brenda
REALTOR Albert

LAER
REALTY PARTNERS™

Exceptional Service Before, During & After the Sale

I will help you with all of your real estate needs

(c) 978-621-3168 (o) 978-534-3100

www.URHomeTeam.com

email BAAlbert@LAERrealty.com

63 Merriam Avenue Leominster, MA 01453



Clarity. Confidence.

You deserve a bank that
actually cares.

Fidelity Bank

Helping you get where you want to be™



Call 800.581.5363

FidelityBankOnline.com



One commitment
community
choice

Life
Care
Centers
of America

The Highlands

5-Star CMS Rating • 978.343.4411
335 Nichols Rd. • Fitchburg, MA 01420
TheHighlandsMA.com

Life Care Center of Leominster

5-Star CMS Rating • 978.537.0771
370 West St. • Leominster, MA 01453
LifeCareCenterOfLeominster.com

YOUR SKILLED NURSING CARE SPECIALISTS.

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD CREATOR STUDIO



lpicomunities.com/adcreator



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.lpicommunities.com Westminster COA, Westminster 03-1136

DUST OFF THOSE BOOTS!



LINE DANCING CLASS!

Instructor: Anne Gilmartin

Thursdays / 9:30 - 11:30 am

Beginners: \$3 (1st hour only) OR Improvers: \$5 (2 hours)

Sign-up not required



COFFEE WITH THE CHIEFS

Thursday, May 11 / 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.



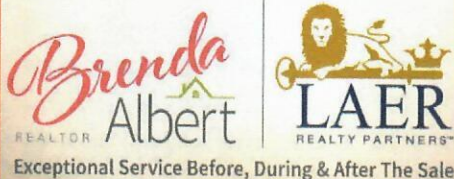
Try Your Luck at CARD BINGO!

Monday, May 8 ~ 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!



Join Brenda Albert, Realtor, LAER Realty Partners, at the Westminster Senior Center the last Friday of each month, starting May 26, 12:00-12:30 pm. Brenda provides honesty and integrity, enthusiasm, a positive attitude, and a passion for outstanding customer service. Her specialties include buyer's agent, listing agent, relocation, consulting, property management, and senior transitions. All are welcome for a social question and answer session with Brenda. Sign-up not required.

LAUGHING

with a friend
is the BEST kind
of laughing
there is.



The Friendship Club

Wednesday, May 3 ~ 1:00-3:00 pm

Enjoy a Performance by Denis Cormier
Comedy and Songs of Yesteryear
New Friends Always Welcome!



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 ~ MAY 1, 8, 15, & 22 ~ 9:30-10:15 AM

Join Paula 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.

* PLEASE NOTE: NO CLASS MAY 29 ~ CLOSED FOR MEMORIAL DAY *



CARDIO STRENGTH FOR SENIORS

WEDNESDAYS ~ MAY 3, 17, 24, & 31 ~ 9:30-10:15 AM

Join Paula Magee in this fun 45-minute class that includes cardiovascular endurance, muscular strength, and balance. Bands and balls will be provided, however, we ask that participants bring their own set of weights (between 1-5 pounds). Rubber soled supportive shoes/sneakers required and water is strongly encouraged. Sign-up not required. Questions? Please contact Paula directly at (978)467-6173.

* PLEASE NOTE: NO CLASS MAY 10 *



"Music is Love" Variety Show

~ By Dawn Kelley & Dick Miller ~
Live Music, Magic & Comedy

Specializing in Great Old Songs from the 1930's through 1980's

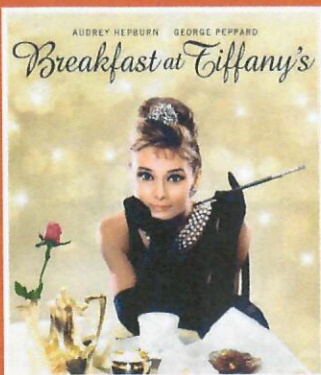
Wednesday, May 17 ~ 10-11 am

Westminster Senior Center

All are welcome. Signup not required.



"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."



IT'S SHOWTIME!!

THURSDAY, MAY 25

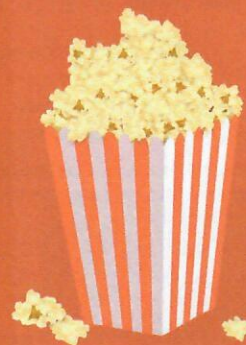
12:00-2:00 PM

WESTMINSTER SENIOR CENTER

On the Big Screen, Relax & Enjoy

The Romantic Comedy ~ "BREAKFAST AT TIFFANY'S"

* Popcorn & drinks will be provided. Please sign up by May 23 *



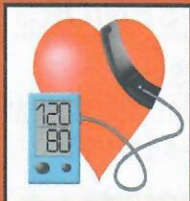
The Westminster Council on Aging Board Meeting will be held Tuesday, May 9, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



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, May 10, at SLATTERY'S, FITCHBURG. 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 May 8 at 978-874-7402.



FREE BLOOD PRESSURE CLINIC

FRIDAY, MAY 19 / 11:00 AM - 12:00 PM / WESTMINSTER SENIOR CENTER

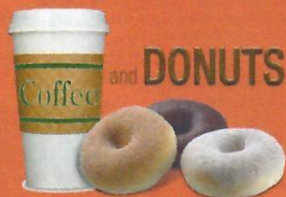
On-Site: Kathy Panagiotes ~ MA, MSN, RN

Formerly of Westminster & Graduate of Oakmont Regional High School



SHINE (Serving the Health Insurance Needs of Everyone) will be at the Westminster Senior Center on the first and third Wednesday of each month. SHINE representatives provide free, unbiased, and confidential counseling assistance to Medicare beneficiaries, their families, and caregivers. Please call the Senior Center at 978-874-7402 to make your personal one-on-one appointment with SHINE to take advantage of this informative program.

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. Each social trip is open to the first eleven Seniors to sign up and the destination will vary. We welcome suggestions of social trip destinations that may be of interest to all. For further information on van services/social trips, or to book the van, please contact the Westminster Senior Center at 978-874-7402. Happy Trails to You!



VETERAN COFFEE

TUESDAY, MAY 9

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.



SOCIAL TRIP ~ THE BUTTERFLY PLACE, WESTFORD, MA ~ WEDNESDAY, MAY 24

MEET AT WESTMINSTER SENIOR CENTER 11:45 AM, BOARD SENIOR CENTER VAN FROM THERE. OPEN TO FIRST 11 SENIORS TO SIGN UP.

FREE ADMISSION & FREE VAN RIDE. PLEASE CALL 978-874-7402



UKULELE JAM SESSION

~ EVERY FRIDAY ~

**1:00-2:30 PM ~ WESTMINSTER SENIOR CENTER
SINGERS ALSO WELCOME! JOIN THE FUN!**



TOMMY RULL, SINGER/ENTERTAINER
will perform his show
"A Musical Journey Through the Years"
for the Westminster Senior Center



Tuesday, May 9, 2023 11:45 a.m. – 12:45 p.m.

Westminster Senior Center

69 West Main St.

Westminster, MA 01473

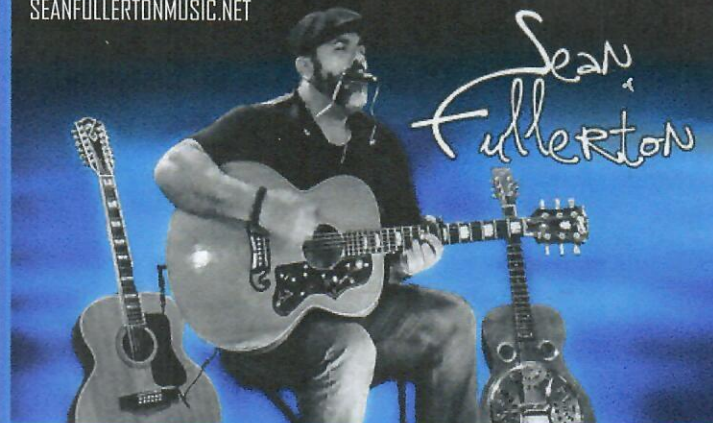
Take a walk down memory lane. Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis, Perry Como, Lou Rawls, Engelbert . . . and many more!



"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."

For a short video of song clips from Tommy's show his home page is <http://www.tommyrull.com/>

SEANFULLERTONMUSIC.NET



ACOUSTIC MEMORIES FOR SENIORS

**ENJOY SEAN FULLERTON'S
 ONE-MAN GUITAR, HARMONICA, & VOCAL PROGRAM
 FEATURING 60'S FOLK ROCK SING-A-LONGS**

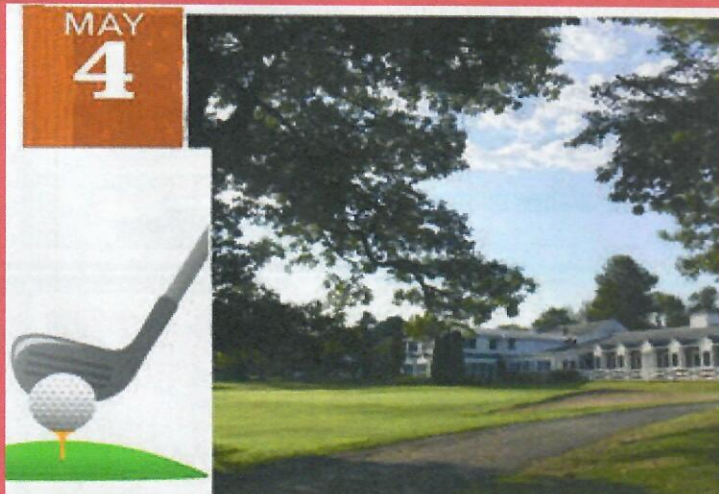
FRIDAY, MAY 19 ~ 11:30AM-12:30PM
WESTMINSTER SENIOR CENTER

**JOIN US FOR A GREAT SHOW! ALL ARE WELCOME!
 SIGN-UP NOT REQUIRED**



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.

**MAY
 4**



**MEN'S 70+ GOLF LEAGUE
 LUCKY 7'S
 WESTMINSTER COUNTRY CLUB
 THURSDAY'S 9 AM**

Senior Men's League 2023

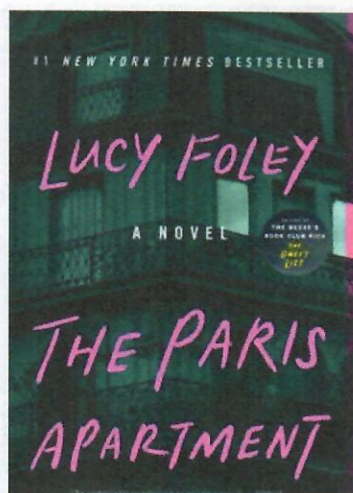
Looking for Senior Men's golfers for a chance to get together, play nine holes, maybe have lunch and enjoy summer golf. \$20 to walk-\$30 to ride 9. Planned Start May 4, 2023 Thursdays at 9 AM. Must be 70 or older during 2023.

NEED YOUR NAME, PHONE, & HOLE HANDICAP
 TEXT/CALL JEFF LAWRENCE AT 617-467-2312 TO SIGN UP NOW

*The Westminster Senior Center Book Club meets on the
 1st Monday morning of the month*

***The next meeting is May 1st at 10:30 discussing
 The Paris Apartment by Lucy Foley***

Come and spend an hour discussing a great current book



From the New York Times bestselling author of *The Guest List* comes a new locked room mystery, set in a Paris apartment building in which every resident has something to hide...

**COPIES AVAILABLE AT THE
 FORBUSH MEMORIAL
 LIBRARY**

**The Westminster Public
 Library is located at
 118 Main Street**



We can't get enough of author Ruth Ware, so the June Book Club meeting will discuss: *In a Dark, Dark Wood*

"What should be a cozy and fun-filled weekend deep in the English countryside takes a sinister turn in Ruth Ware's suspenseful, compulsive, and darkly twisted psychological thriller. Sometimes the only thing to fear...is yourself."

Goodreads



ACTIVITIES





Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> <p>9:30-10:15 Yoga 10:30-12 Book Club (Barbara Friedman) 11:30 Lunch 1-4 Mah Jong</p>	<p>2</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p>3</p> <p>9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge 1-3 Friendship Club 10:30-11:30 Class at Library Chair & Stand</p>	<p>4</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>5</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo 1-2:30 Ukulele Jam</p>
<p>8</p> <p>9:30-10:15 Yoga 11:30 Lunch 1-3 Card Bingo 1-4 Mah Jong</p>	<p>9</p> <p>9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo</p>	<p>10</p> <p>9-11:30 Art 11:30 Lunch 11:45 LEO Club/Social 12-3:30 Bridge 10:30-11:30 Class at Library Chair & Stand</p>	<p>11</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 10-11 Coffee w/Chiefs 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>12</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo 1-2:30 Ukulele Jam</p>
<p>15</p> <p>9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong</p>	<p>16</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p>17</p> <p>9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge 10:30-11:30 Class at Library Chair & Stand</p>	<p>18</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>19</p> <p>9-11:30 Art 11-12 Blood Pressure 11:30 Lunch 1-3 Bingo 1-2:30 Ukulele Jam</p>
<p>22</p> <p>9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong</p>	<p>23</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p>24</p> <p>9-11:30 Art 9:30-10:15 Cardio Strength 11:30 Lunch 11:45 Social Trip 12-3:30 Bridge 10:30-11:30 Class at Library Chair & Stand</p>	<p>25</p> <p>9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts 10:30-11:30 Class at Library Stretch, Strength, & Balance</p>	<p>26</p> <p>9-11:30 Art 11:30 Lunch 12-12:30 LAER Realty 1-3 Bingo 1-2:30 Ukulele Jam</p>
<p>CLOSED 29</p> 	<p>30</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p>31</p> <p>9-11:30 Art 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge 10:30-11:30 Class at Library Chair & Stand</p>	<p><i>To all the beautiful Mothers, Thank you for everything! We wish you a Happy Mother's Day! ~ Sunday, May 14 ~</i></p> 	

SUPPORT OUR ADVERTISERS!

Edward Jones



John Maliska

Financial Advisor

2 Village Sq
Westminster, MA 01473
978-668-5692

MKT-5894M-A

> edwardjones.com



105 Central St., Gardner Ma 01440 • 978-632-0158

mackfamilyfh@gmail.com

Mack Family Funeral Homes are independent, family-owned and operated and are well known for the personal service and professionalism they provide to all families.

Call for Free Pre-Planning Guide.

ADVERTISE HERE
to reach your community



Call 800-477-4574

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Steve Persichetti

spersichetti@4LPi.com
(800) 888-4574 x3403

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

BOUCHER
FUNERAL HOME, INC.

NORMAND LEON
BOUCHER

JACOB BOUCHER
CORMIER

*Treating Every Family
As Our Own*

Serving Families
of All Faiths
Complete Funeral
Pre-Planning



110 NICHOLS STREET
GARDNER, MA 01440
978-632-0203
BOUCHERFUNERAL.COM

**SUPPORT OUR
ADVERTISERS!**



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.lpcommunities.com Westminster COA, Westminster 03-1136