



Council on Aging Newsletter

*'They say with age comes wisdom, so therefore,
I don't have wrinkles, I have wise cracks!'*



REMEMBER & HONOR
MEMORIAL DAY

Senior Center CLOSED
Monday, May 27th



WESTMINSTER FIRE DEPT.
SPRING BREAKFAST

MAY 17TH AT 9:00AM

Enjoy Pancakes, Sausages, fruit cocktail, juice & coffee! Sign-up at the senior center for this fun event, cooked and served by our best! Please sign-up at the Senior Center so you don't miss out!



Thursday May 30th
at 12pm
All are Welcome!
Sign-up Now!



Annual Town Meeting
Saturday, May 4th
Starting at 10:00AM

All are welcome to Westminister's Annual Town Meeting, taking place at Westminister Elementary School.

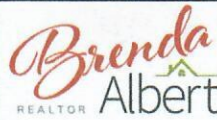
Enjoy a catered lunch by S'amoreRay's & Sons as we celebrate the changing of the seasons with Paula Magee! Cost is \$10 per person (includes lunch, tax & tip) If you would like to make a dessert to share, please let us know at the front desk. There will be fun activities for all to enjoy!

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.

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JOIN US FOR A CINCO DE MAYO THEMED BREAKFAST!

TUESDAY, MAY 7TH @ 9:30AM

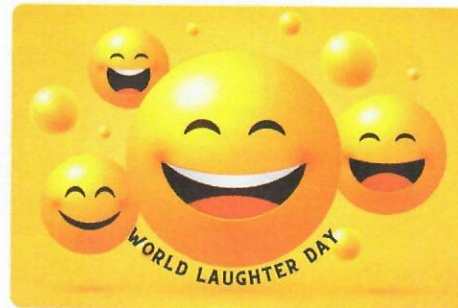
Hosted by our friend, Bill O'Connor, enjoy complimentary breakfast burritos and plenty of laughs. Sign-up at or call the Senior Center to reserve your spot.



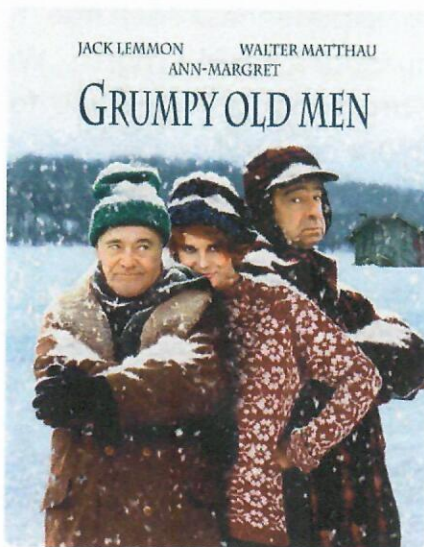
COA Board Meeting
Tuesday, May 14
@ 12 noon



SUNDAY, MAY 5TH



**Currently at the Little Art
Gallery @ Town Hall**



**IT'S
SHOWTIME!**

**THURSDAY, MAY 23RD
12:00-2:00PM**

A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street. Starring Jack Lemmon, Walter Mathau and Ann-Margret.

James Blackmore is a 65 year old local Western, MA artist whose art transcends labels and cannot be defined or limited to any one style, genre, or medium. His work is deeply influenced by the world around him. He is a very visual artist with a mesmerizing style.

If you know anyone interested in displaying their artwork in the Little Gallery, please reach out to Audra: 978-874-7461.



JOIN US FOR THESE UPCOMING WESTMINSTER CULTURAL COUNCIL SUPPORTED EVENTS



**TOMMY RULL PERFORMS
"A MUSICAL JOURNEY THROUGH
THE YEARS"**

**FRIDAY, MAY 24TH WITH LUNCH
AT 11:30AM & SHOW: 11:45-12:45**

Take a walk down memory lane with music by Sinatra, Diamond, Rogers, Manilow and more! Please RSVP by May 23rd: 978-874-7402



**SEAN FULLERTON'S
"ACOUSTIC MEMORIES"**
MAY 16TH

12:00-1:00PM

Enjoy this special "Sing Along" performance where you get to participate in the action with songs you know!

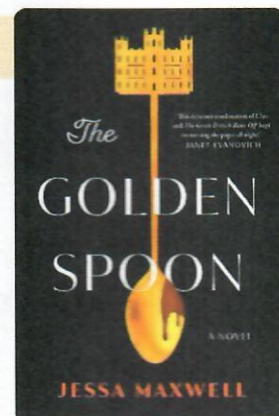


BOOK CLUB - 10:30AM ON MAY 6TH

Spend an hour discussing a great current book with a great group of readers!

THE GOLDEN SPOON BY JESSA MAXWELL

Every summer for the past ten years, six awe-struck bakers have descended on the grounds of Grafton, the leafy and imposing Vermont estate that is not only the filming site for "BAke Week" but also the childhood home of the show's famous host, celebrated baker Betsy Martin.



READ AHEAD FOR JUNE 3RD: THE BOOK OF LOST NAMES BY KRISTIN HARMEL

Friendship MAY 1ST CLUB

General Meeting at 1:00PM

**Singer Theresa Mayo
performs @ 1:30PM**

*There are no strangers
here, only friends you
haven't met yet!*



**TUESDAY, MAY 14TH
MEET 10-11:30AM**

Join area veterans for conversation and refreshments. We ask that only veterans attend this event in order to respect their time in sharing experiences. Feel free to bring pictures, badges, questions and more. **We appreciate all who have or are serving.** Thank you for your service and dedication to our country!

UKULELE JAM SESSION



This group meets every **Friday from 1:00PM-2:30PM**. Join the fun! Open to both new to ukulele and experienced players! Singers are also welcome to join in for the fun! *Beginner-specific/focused sessions will take place on May 10th and 24th.*

CARD BINGO! THURSDAY, MAY 9TH | 1:00-3:00PM

Invite friends, enjoy coffee and refreshments and win prizes! A lot of fun to be had by all! No Sign-up needed! If you are attending, please **BRING \$5 in QUARTERS!**



SOCIAL TRIPS!



Join fellow Senior Center friends for lunch or an experience! This month we will be heading out to eat as the weather warms!

Transportation is provided from the Center, leaving at 11:45AM. There is limited seating on the bus for these trips, so sign-up early!

Wednesday, May 29TH



Lee's Hot Dog Stand



COFFEE WITH THE CHIEFS!

THURSDAY, MAY 9TH | 10:00-11:00AM

**Acting Police Chief Jason Tamulen
& Fire Chief Kyle Butterfield**

All are welcome to stop in to the Senior Center to meet with our Chiefs in a relaxed setting. Feel free to ask questions, voice concerns and share new ideas. This is a relaxed setting.



Work has started behind the Senior Center on the new Senior Housing Development. Crews have been actively clearing the trees from the lot.



RONDAE'S HIP HOP CHAIR EXERCISE CLASSES

Sponsored by the
**Westminster
Cultural Council**
These classes are
fun and physical!

NEXT CLASSES:

MAY 6TH

MAY 29TH

11AM - 12PM

JOIN US SUNDAY, MAY 5TH

**Wine, Dine
& Gamble!**



FOR A TRIP TO MOHEGAN SUN

TRIP INCLUDES:

Round-Trip Motor Coach
Wine/Beer/Cheese/Crackers on the drive
5+ Hours at Mohegan Sun Resort Casino
Lunch at the Roadhouse (\$20 credit pp)
Pizza on the Ride Home
Trivia & Prizes on the Ride Home
Tax & Gratuities (driver, leader, etc)

ALL THIS FOR \$75PP

**\$25 DEPOSIT SECURES YOUR SEAT
BALANCE DUE BY APRIL 25TH**

SIGN-UP NOW at the Senior Center!

Space is limited to 52 people!

Mother's Day

Word Search

M	A	M	H	O	M	O	I	C	A	R	N	C	N	G
A	P	A	R	E	N	T	A	A	C	O	S	H	N	E
S	A	L	N	A	T	H	A	R	F	A	M	I	L	Y
T	R	E	O	N	G	S	T	D	M	A	T	L	O	O
C	H	I	L	V	D	R	E	F	L	I	L	D	A	Y
E	H	O	L	D	I	A	Y	S	E	A	S	R	T	E
K	C	A	L	N	D	N	G	F	L	O	W	E	R	S
E	T	R	Y	I	N	S	G	L	E	C	Y	N	Y	M
B	M	O	A	F	D	M	I	W	O	A	E	R	S	O
R	I	O	E	Y	O	A	N	S	R	R	F	L	O	T
O	T	A	M	O	A	Y	Y	L	E	I	W	M	B	H
T	H	Y	E	A	R	C	R	A	V	N	E	A	R	E
E	R	A	M	O	T	C	H	I	L	G	R	Y	A	R
C	E	L	E	B	R	A	T	E	M	O	Y	J	E	R
A	F	I	A	M	I	L	I	S	T	M	O	N	T	S

CARD	HOLIDAY
CARING	LOVING
CELEBRATE	MAY
CHILDREN	MOM
FAMILY	MOTHER
FLOWERS	PARENT



**SUNDAY
MAY 12TH**

**Have a
relaxing
day!**

NEED A RIDE?



Consider our Van Services with Drivers **Danny B. and Dan N.!**

Operating Tuesday-Friday 8:00AM-4:00PM

Small Fee: \$3.00 out-of-town | \$2:00 in-town

Call to set up a ride: 978-874-7402. A 24-hour notice is required.



BONNIE of Baldwinville Skilled Nursing & Rehab Center will provide Bingo Treats on the First TUESDAY of every month starting May 7th! (moved from Fridays)



PATTI of Gables Assisted Living will be providing Dessert at Bingo on the Second Friday of every month!

Thank you Bonnie, Patti, and Brenda!



Join Brenda Albert, Realtor, LAER Realty Partners, on the last Friday of each month from 12-12:30PM for a Q&A Session to help you with all of your realty needs, whether buying or selling!



WALKERS OF WESTMINSTER

Do you like to go for walks? Would you like to expand where you walk or who you walk with? Consider joining the Walkers of Westminster! **The group meets at the Senior Center every Thursday at 9AM, All YEAR ROUND!** All are welcome!



Woodcarvers Group

THURSDAYS
9AM-12PM



Art Group (Painting, etc)

TUE, WED, FRI
9-11:30AM



Crafters Group
(Knitting, etc)
THURSDAYS 1-4PM

FITNESS CLASSES

DUST OFF THOSE BOOTS FOR LINE DANCING CLASS WITH ANNE GILMARTIN

Thursdays 9:30-11:30AM | Sign-up not required
Beginners \$3 (1st hour only) | Improvers \$5 (2 hours)

RELAX AND REJUVINATE AT YOGA WITH PAULA MAGEE

Mondays 9:30-10:15AM | Sign-up not required
This 45-minute class is designed for ALL. No floor work as we will be working standing or seated.

FIND YOUR HAPPY PLACE DURING YOGA WITH LORI PUCKO

Fridays from 9:30-10:15AM | Sign-up not required


CARDIO STRENGTH FOR SENIORS

Wednesdays 9:30-10:15AM | Sign-up not required
Bands & balls provided, but participants should bring their own 1-5lb weights. Sneakers are required.



MAY

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
JOIN US FOR CONGREGATE MEALS! SERVED MONDAY THROUGH FRIDAY ~ 11:30 AM WESTMINSTER SENIOR CENTER SUGGESTED DONATION \$3 RESERVATIONS REQUIRED BY 10AM PRIOR BUSINESS DAY PLEASE CALL SENIOR CENTER 978-874-7402		1 9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 10:00 Social Trip (Private) 11:30 Lunch 12-3:30 Bridge 1-3 Friendship Club	2 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-4 Crafts 2-4 GGAA	3 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-2:30 Ukulele Jam 1-3 Bingo
6 9:30-10:15 Yoga 10:30-11:30 Book Club 11:00 Hip Hop Chair 11:30 Lunch 1-4 Mah Jong	7 9-11:30 Art 9:30 Cinco de Mayo Breakfast Burritos 11:30 Lunch 1-3 Bingo	8 9-11:30 Art 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge	9 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	10 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-2:30 Ukulele Jam -Beginners 1-3 Bingo
13 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong	14 9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo	15 9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge	16 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 12-1 Sean Fullerton 1-4 Crafts	17 9-11:30 Art 9:00 Spring Breakfast 9:30-10:15 Yoga 11:30 Lunch 1-2:30 Ukulele Jam 1-3 Bingo
20 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong	21 9-11:30 Art 11:30 Lunch 1-3 Bingo	22 9-11:30 Art 9:30-10:15 Cardio Strength 9:30 Social Trip (Private) 11:30 Lunch 12-3:30 Bridge	23 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 12-2 Movie Time 1-4 Crafts	24 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 11:45-12:45 Tommy Rull 1-2:30 Ukulele Jam -Beginners 1-3 Bingo
CLOSED 27 	28 9-11:30 Art 11:30 Lunch 1-3 Bingo	29 9-11:30 Art 9:30-10:15 Cardio Strength 11:00 Hip Hop Chair 11:30 Lunch 11:45 Social Trip (Lee's Hot Dog Stand) 12-3:30 Bridge	30 9-11 WOW 9-12 Wood Carving 9:30-11:30 Line Dancing 12:00 Swing into Summer Luncheon 1-4 Crafts	31 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 12:00 LAER Realty 1-2:30 Ukulele Jam 1-3 Bingo

We are starting to fill our **Summer Social Calendar** with trips to exciting locations... but we need your input!

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Edward Jones



John Maliska
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