



# 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

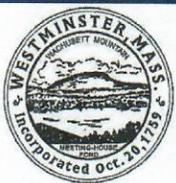
**MAY 17TH AT 9:00AM**

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!**

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!



## 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.

## Benjamin S. 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 US FOR A CINCO DE MAYO THEMED BREAKFAST!

**TUESDAY, MAY 7TH @ 9:30AM**

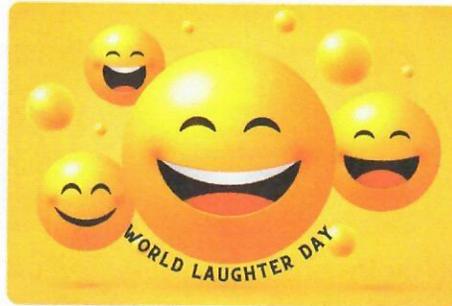
Hosted by our friend, Bill O'Connor, enjoy complimentary breakfast burritos and plenty of laughs. Sign-up at or call the Senior Center to reserve your spot.



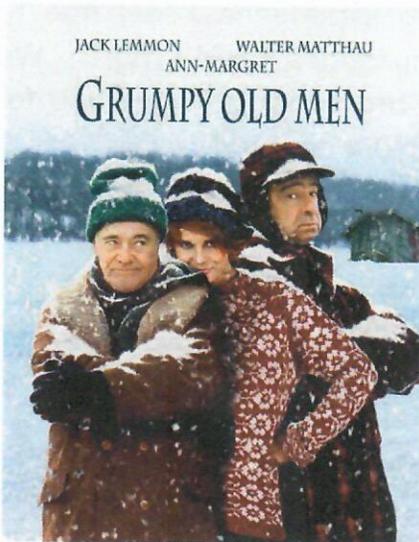
COA Board Meeting  
Tuesday, May 14  
@ 12 noon



**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!

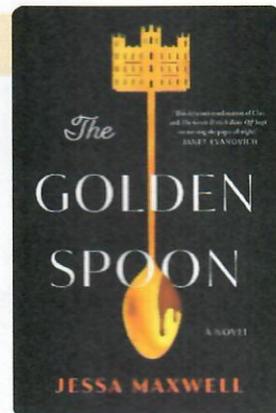


## BOOK CLUB - 10:30AM ON MAY 6TH

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!*



**Veterans  
Coffee  
Social**

**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

## 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  |



## 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!



**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!

# WOW

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