

# Westminster Council on Aging November 2022 Newsletter

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



978-874-7402

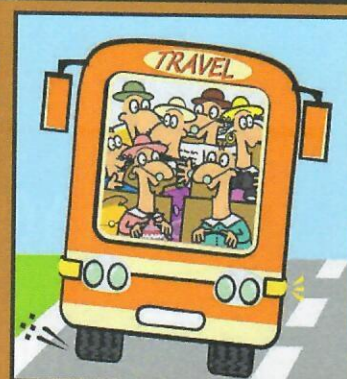


*Happy Birthday  
To Seniors  
Celebrating  
In November!*



Daylight Saving Time Ends  
TIME TO "FALL BACK!"  
Sunday, November 6, 2:00 am  
Move Clocks Back 1 Hour

The Council on Aging van will now be used for Social Day Trips the second and fourth Wednesday of each month. On these Wednesdays, the van will not be available for personal individual needs, including shopping and medical. The Social Trips are limited to 10 Seniors and the destination varies each trip. If you are interested in a trip, please contact the Senior Center. We are open to suggestions of destinations that may be of interest to all. Excluding the second and fourth Wednesday of the month, the van continues to be available Tuesday through Friday, 8:00am-4:00pm, Round Trip ~ \$2/in town, \$3/out of town. Please be reminded that van services have expanded to include Athol Market Basket Plaza and Worcester area hospitals. All rides require 24-hour minimum notice. For further information or to book the van, please contact us at 978-874-7402. Happy Trails!!



## WESTMINSTER SENIOR CENTER ~ CHRISTMAS PARTY THURSDAY, DECEMBER 8

Sponsored by the *Ryan Patrick Jones Heart of a Hero Foundation, Inc.*

\* \* \* \* \*

Doors Open: 11:15 am / Meal Served: 11:45 am

Meal Prepared & Served by Monty Tech Culinary Arts

COST PER PERSON: \$5 Plus a Canned Good (to be donated to Westminster Food Pantry)

Ticket purchase required *prior* to event ~ not sold at door. Must have ticket for entry.

Tickets go on sale November 7 at Westminster Senior Center.

Enjoy a Delicious Baked Stuffed Chicken Dinner & Dessert!

Live Entertainment by Leonard Zarcone

A One-of-a-Kind Experience through Music & Comedy!





## Elizabeth 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: elizabeth@kalmanssonlaw.com  
48 West Street p: 978-343-7772  
Leominster, MA 01453 w: kalmanssonlaw.com

## Rainbow Dinner

For Rainbow Seniors (50+)  
Their Friends And Families

6:30PM September 9th, 2022

Italian Night - Doors Open at 6pm

Reserve Your Seat By September 3rd

At The Community Church - 84 Main St. Ashburnham, Ma

Reserve Your Seat - Share dietary needs or volunteer:

email: ashburnhamcommunitychurch@gmail.com

or leave a message at 978-872-5553

or use this form: <https://forms.gle/goBexid5VtydZhc7>

Donations gratefully accepted. But not required.

(second Friday Nights - October 14, Nov 11, Dec 9)

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**PATTI of THE GABLES ASSISTED LIVING**  
**WILL BE PROVIDING BINGO DESSERT EVERY SECOND FRIDAY OF THE MONTH!**  
**SWEET!!! THANK YOU PATTI!**



**BONNIE of BALDWINVILLE SKILLED NURSING & REHABILITATION CENTER**  
**WILL BE PROVIDING BINGO TREATS THE FIRST FRIDAY OF EVERY MONTH.**  
**ENJOY!! THANK YOU BONNIE!**



## **COFFEE WITH THE CHIEFS**

**Thursday, November 17 / 9:00 - 10:00 am**



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

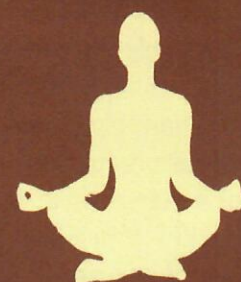
*All are welcome to stop in at the Westminster Senior Center to personally meet with the Chiefs of your Town in a relaxed setting. Enjoy complimentary coffee while taking the opportunity to ask questions, voice concerns, and share community ideas.*

## **YOGA WITH PAULA MAGEE**

**TUESDAYS, NOVEMBER 1, 15, 22, & 29 ~ 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. Signup not required.**

**\*PLEASE NOTE: NO CLASS NOVEMBER 8\***



**You are a friend, who is fun to be with!**



## **The Friendship Club**

**Wednesday, November 2 ~ 1:00 pm**

**Westminster Senior Center**

***All are welcome to join us for a  
 Thanksgiving Pot Luck Lunch!***

*If you are attending, please call Joan Long at 978-874-2538. Provide Joan with your name & favorite dish you will be bringing to share.*

## **Feeling Lucky? PLAY CARD BINGO!**

**Monday, November 14 ~ 1:00-3:00 pm ~ Westminster Senior Center**

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

***Please sign up by November 10 at Senior Center***







**Integrity Medicare Advisors**  
Medicare Made Easy

## YOU DON'T HAVE TO NAVIGATE MEDICARE ALONE!

Keith Aubin of Integrity Medicare Advisors, with over 20 years experience, is licensed and AHIP Medicare certified to help you make sense of all the choices you are faced with. From choosing a Medicare Advantage or Supplement Plan, identifying potential programs to help you pay for prescriptions, to assistance applying for Frail Elder Waivers/DSNP, KEITH CAN HELP! To schedule your free, one-on-one appointment, please call the Westminster Senior Center at 978-874-7402.

## Breakfast Sandwiches & Coffee "On the House"



**Tuesday, November 15**

**9:00-10:00 am**

**Westminster Senior Center**

**Signup Not Required**

Hosted by our Friend  
Bill O'Connor



**SENIOR SINGERS WANTED!** Join us in learning Christmas music to be performed at the Westminster Senior Center Christmas Party (December 8). Practice will be at Senior Center. Practice Dates/Time: November 10, 17, 21, 28, & December 1 ~ 1:00-3:00 pm  
**PLEASE SIGN UP AT SENIOR CENTER.....AND HAVE FUN!!!**

### \*STAY INFORMED OF SENIOR CENTER NEWS!\*

If you would like a monthly Westminster Council on Aging Newsletter mailed to your home, please call the Senior Center with your request. If you prefer, the Newsletter can also be viewed on the Town of Westminster website under the "Council on Aging/Senior Center" Department. Call for your copy today!

**State Senator Anne Gobi**  
and

**State Representative  
Kimberly Ferguson**

**~ OFFICE HOURS ~**

**Westminster Senior Center  
Tuesday, November 15  
10:00-11:00 am**

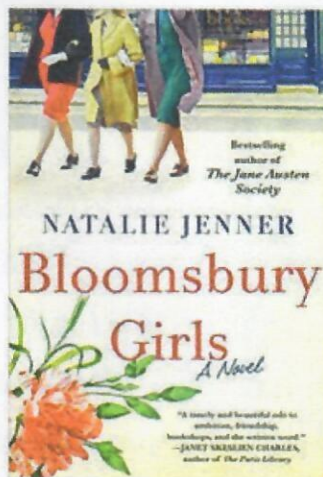


*The Westminster Senior Center Book Club Meets on the*

*Usually the 1<sup>st</sup> Monday Morning of the Month at the Senior Center but due to election preparation, the*

*Next Meeting is November 14<sup>th</sup> at 10:30*

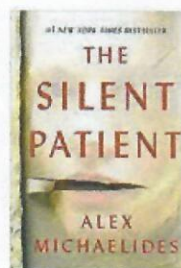
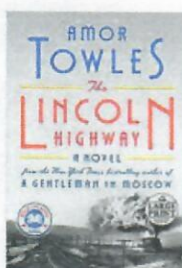
*Come and spend an hour discussing a great current book*



**Bloomsbury Girls is the November Pick**  
Imagine a bookstore where you are likely to run into literary figures of the time—Daphne Du Maurier, Ellen Doubleday, Sonia Blair (widow of George Orwell), Samuel Beckett, Peggy Guggenheim, and others. Set in the 1950s, three women are running Bloomsbury Books while trying to reach their goals and dreams. It's a trip down memory lane within a web of complex relationships.

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THE FORBUSH  
MEMORIAL LIBRARY**

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



Depending on availability through the C/W MARS (hard copy) & Libby (ebooks & audio)

**The Lincoln Highway** by Amor Towles

On December 5<sup>th</sup>

**The Silent Patient** by Alex Michaelides

On January 9<sup>th</sup> (January 2<sup>nd</sup> is a holiday)



The Westminster Council on Aging Board Meeting will be held Tuesday, November 15, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



## Join the LEO Club! (Let's Eat Out)

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 on Friday, November 18, at J&J Family Restaurant in Barre.

We meet at Westminster Senior Center for 11:45 am and carpool from there. Order off the menu and pay our own way. The Club will be limited to 12 people. Drivers needed. Please RSVP by November 16 at 978-874-7402. Please join us for great food, great prices, & homemade desserts!

## FREE BLOOD PRESSURE CLINIC

FRIDAY, NOVEMBER 18 / 10:00-11:00 AM / WESTMINSTER SENIOR CENTER

*On-Site: Kathy Panagiotes, Graduate ~ Fitchburg State RN/BSN*

*Framingham State & Anna Maria College*

*Retired Professor of Nursing at MWCC*

*Nurse Management at Health Alliance*



## UKELELE JAM SESSION

**FIRST & THIRD FRIDAYS OF THE MONTH  
1:00 PM ~ WESTMINSTER SENIOR CENTER  
SINGERS ALSO WELCOME! JOIN THE FUN!**



## Volunteers Needed for Tax Preparation

Tax-Aide, a partnership between IRS and AARP Foundations, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available.

Last year, over 4,700 returns were prepared at 41 sites around Worcester County. Nationally, almost 3 million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season—February 1 to April 15. Training for volunteer preparers will start in November, most of the training will be online. Internet access and basic computer skills are necessary.

For an application and/or further information: <https://www.aarp.org/volunteer/programs/tax-aide>

Godzilla YouTubers ~ Come to the Forbush Memorial Library on Thursday, November 10, 6:00 pm!

Heisenberg & G Forever from the YouTube Channel "Luminous!" will be visiting.

Godzilla toys will be discussed and tips will be shared on how one could go about starting their own Godzilla collection. G Forever will show off some items from his collection as well as share stories of meeting several of the stars of the Godzilla franchise!

Registration for this event IS REQUIRED! Spots can be reserved by phone or in person only. Please call the Forbush Memorial Library 978-874-7416 to reserve.





# Thanksgiving

## WORD SEARCH

cranberries   potatoes  
stuffing   pilgrims  
family   dinner  
rolls   gravy  
thankful   November  
friends   turkey  
autumn   dessert  
corn   pie

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



**WE HONOR  
ALL WHO  
SERVED.**

**THANK YOU  
VETERANS  
FOR YOUR  
SERVICE TO  
OUR GREAT  
COUNTRY  
AND FOR  
PROTECTING  
OUR  
FREEDOM.**

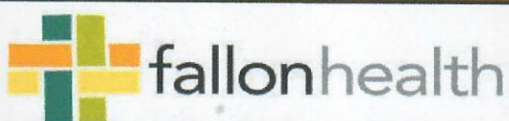


## VETERAN COFFEE

**TUESDAY, NOVEMBER 15**

**10:00-11:30 AM**

**WESTMINSTER SENIOR CENTER**



## FALLON HEALTH

**MONDAY, NOVEMBER 21 / 11:00 am-12:00 pm**

**at the WESTMINSTER SENIOR CENTER**

All are welcome to join Fallon Health as they present *Medicare Annual Enrollment Period Changes and Enhancements* for Fallon members and prospective members who would like to learn what's new at Fallon for 2023. Also, if you're getting ready for Medicare or have any questions with your current coverage, this is a great opportunity for answers!





# ACTIVITIES



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

	<p><b>*Meatballs Stroganoff 1</b>  <b>9-11:30 Art</b>  <b>9:30-10:15 Yoga</b>  <b>11:30 Lunch</b>  <b>1-3 Bingo</b></p>	<p><b>*Sloppy Joes 2</b>  <b>9-11:30 Art</b>  <b>9-3 SHINE (by Appt)</b>  <b>11:30 Lunch</b>  <b>12-3:30 Bridge</b>  <b>1-3 Friendship Club</b>  <i>10:15-11:15 Class at Library Chair &amp; Stand</i></p>	<p><b>*Chic/Sausage Paella 3</b>  <b>9-11 WOW</b>  <b>9-12 Wood Carving</b>  <b>11:30 Lunch</b>  <b>1-4 Crafts</b>  <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i></p>	<p><b>*Roast Pork 4</b>  <b>9-11:30 Art</b>  <b>11:30 Lunch</b>  <b>1-3 Bingo</b>  <b>1-3 Ukulele Jam</b></p>
<p><b>7</b>  <b>NO CONGREGATE MEAL &amp; NO ACTIVITIES DUE TO STATE ELECTION SETUP</b></p>	<p><b>8</b>  <b>NO CONGREGATE MEAL &amp; NO ACTIVITIES DUE TO STATE ELECTION</b></p>	<p><b>*BBQ Pulled Chicken 9</b>  <b>9-11:30 Art</b>  <b>9-3 SHINE (by Appt)</b>  <b>11:30 Lunch</b>  <b>12-3:30 Bridge</b>  <i>10:15-11:15 Class at Library Chair &amp; Stand</i></p>	<p><b>*Meatloaf w/Beef Gravy 10</b>  <b>9-11 WOW</b>  <b>9-12 Wood Carving</b>  <b>11:30 Lunch</b>  <b>1-4 Crafts</b>  <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i></p>	<p><b>11</b>  <b>CLOSED</b>  <b>VETERANS DAY</b>  </p>
<p><b>*Black Bean Chili 14</b>  <b>10:30-12 Book Club - (Barbara Friedman)</b>  <b>11:30 Lunch</b>  <b>1-3 Card Bingo</b>  <b>1-4 Mah Jong</b></p>	<p><b>*Chicken Breast 15</b>  <b>9-11:30 Art</b>  <b>9:30-10:15 Yoga</b>  <b>10-11:30 Veteran Coffee</b>  <b>11:30 Lunch</b>  <b>12:00 COA Board Mtg</b>  <b>1-3 Bingo</b></p>	<p><b>*Roast Turkey w/Gravy 16</b>  <b>9-11:30 Art</b>  <b>9-3 SHINE (by Appt)</b>  <b>11:30 Lunch</b>  <b>12-3:30 Bridge</b>  <i>10:15-11:15 Class at Library Chair &amp; Stand</i></p>	<p><b>*Ravioli Primavera 17</b>  <b>9-10 Coffee w/Chiefs</b>  <b>9-11 WOW</b>  <b>9-12 Wood Carving</b>  <b>11:30 Lunch</b>  <b>1-4 Crafts</b>  <i>10:15-11:30 Class at Library Stretch, Strength, &amp; Balance</i></p>	<p><b>*Chicken w/Pasta 18</b>  <b>9-11:30 Art</b>  <b>10-11 Blood Pressure</b>  <b>11:30 Lunch</b>  <b>11:45 LEO Club</b>  <b>1-3 Bingo</b>  <b>1-3 Ukulele Jam</b></p>
<p><b>*Chicken Breast Marsala 21</b>  <b>11:30 Lunch</b>  <b>1-4 Mah Jong</b></p>	<p><b>*Potato Pollock 22</b>  <b>9-11:30 Art</b>  <b>9:30-10:15 Yoga</b>  <b>11:30 Lunch</b>  <b>1-3 Bingo</b></p>	<p><b>*Meatballs w/Rotini 23</b>  <b>9-11:30 Art</b>  <b>9-3 SHINE (by Appt)</b>  <b>11:30 Lunch</b>  <b>12-3:30 Bridge</b>  <i>10:15-11:15 Class at Library Chair &amp; Stand</i></p>	<p><b>24</b>  <b>CLOSED</b>  </p>	<p><b>25</b>  <b>CLOSED</b>  </p>
<p><b>*Beef Tacos 28</b>  <b>11:30 Lunch</b>  <b>1-4 Mah Jong</b></p>	<p><b>*Breaded Drumstick 29</b>  <b>9-11:30 Art</b>  <b>9:30-10:15 Yoga</b>  <b>11:30 Lunch</b>  <b>1-3 Bingo</b></p>	<p><b>*BBQ Pulled Pork 30</b>  <b>9-11:30 Art</b>  <b>9-3 SHINE (by Appt)</b>  <b>11:30 Lunch</b>  <b>12-3:30 Bridge</b>  <i>10:15-11:15 Class at Library Chair &amp; Stand</i></p>	<p>Orange pumpkins full and round,          Cornstalks gathered on the ground,          Blue skies clear and autumn bright,          Harvest moons and frost at night,          Leaves raked high in great big piles,          November sights bring thankful smiles.</p>	

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