

# Westminster Council on Aging November 2023 Newsletter



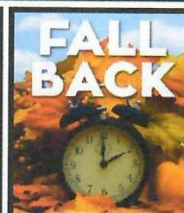
69 West Main Street, P.O. Box 212  
Westminster, MA 01473  
978-874-7402



Honoring All  
Veterans on  
Veterans Day  
We thank you for  
your service and  
sacrifices. We are  
forever grateful!



**BIRTHDAY WISHES  
TO OUR SENIORS  
CELEBRATING  
IN NOVEMBER!**



**REMINDER...**  
Daylight Saving Time Ends  
Sunday, November 5, 2:00 am  
Move Clocks Back 1 Hour

## Breakfast Sandwiches & Coffee "On the House"

**Tuesday, November 14  
9:00-10:00 am**



*Hosted by our Friend  
Bill O'Connor*

**Westminster Senior Center**  
**LEARN ABOUT RESPIRATORY ILLNESSES**

*\*Please sign up by November 9\**



## BREAKFAST WITH A BADGE

**COOKED & SERVED BY THE WESTMINSTER POLICE DEPARTMENT**

**FRIDAY, NOVEMBER 17  
9:00-11:00 AM**

**ENJOY PANCAKES, SAUSAGE, FRUIT & COFFEE!**

**\*PLEASE RSVP BY NOVEMBER 14 ~ 978-874-7402\***  
**WESTMINSTER SENIOR CENTER**



*Complimentary!*

## WESTMINSTER SENIOR CENTER CHRISTMAS LUNCH & PARTY

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

**~ THURSDAY, DECEMBER 7 ~**

**\*LUNCH — MONTY TECH'S MOUNTAIN ROOM, DOORS OPEN 11:30AM**

**\*PARTY — WESTMINSTER SENIOR CENTER, IMMEDIATELY FOLLOWING LUNCH  
ENJOY LIVE ENTERTAINMENT BY "RHYTHM", COFFEE/DESSERT & RAFFLES!**

**COST \$5 - TICKET MUST BE PURCHASED AT SENIOR CENTER NOVEMBER 27 THROUGH NOVEMBER 30  
(PROCEEDS FROM TICKET SALES WILL BE DONATED TO WESTMINSTER FOOD PANTRY & VETERAN'S ORGANIZATION)**

**\*IF YOU WISH TO CARPOOL FROM SENIOR CENTER TO MONTY TECH, PLEASE MEET AT SENIOR CENTER 11:00AM\***  
**LIMITED LUNCH SEATING—PLEASE GET YOUR TICKETS EARLY. SORRY—NO SNOW DATE**





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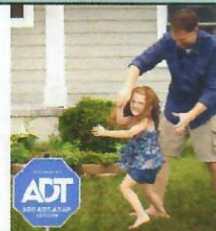


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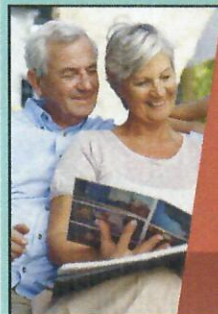
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DUST OFF THOSE BOOTS!



## LINE DANCING CLASS!

~ With Anne Gilmartin ~

Thursdays / 9:30 - 11:30 am

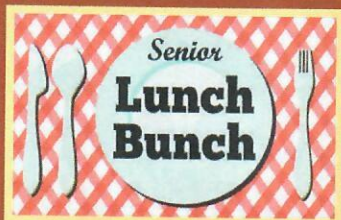
Beginners: \$3 (1st hour only) / Improvers: \$5 (full 2 hours)

~ Sign-up not required ~



Serving the Health  
Insurance Needs  
of Everyone

SHINE (Serving the Health Insurance Needs of Everyone) will be at Westminster Senior Center on Wednesdays, November 1, 15, 22, 29 and December 6 & 20. Medicare open enrollment ends December 7. SHINE representatives provide free, unbiased, and confidential counseling assistance to Medicare beneficiaries, their families, and caregivers. To make your personal appointment with SHINE, please call the Westminster Senior Center at 978-874-7402. Be sure to call early, as appointments book up very quickly during open enrollment.



## 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, join us on Wednesday, November 8 for a delicious meal at Quinn's Blue Plate in Holden. On the way home, we'll stop at Stewart's Chocolates for the most delectable handmade treats. We meet at 11:15 am in the Westminster Senior Center lobby to carpool or board the COA van. Everyone orders off the menu and pays their own way. The Club is limited to 15 people, including one wheelchair person. RSVP by November 6 at 978-874-7402.



## YOGA WITH LORI PUCKO!

FRIDAYS ~ 9:30-10:15 AM

WESTMINSTER SENIOR CENTER

SIGN-UP NOT REQUIRED



## YOGA WITH PAULA MAGEE

MONDAYS ~ NOVEMBER 13, 20 & 27 ~ 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 November 6, Election Day Setup\*



## CARDIO STRENGTH FOR SENIORS

WEDNESDAYS ~ NOVEMBER 1, 8, 15, 22 & 29 ~ 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.





# 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://mataxaide.org/interest>*



## COFFEE WITH THE CHIEFS

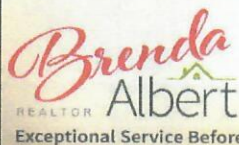
Thursday, November 9 / 10:00 - 11:00 am

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.



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



Join Brenda Albert, Realtor, LAER Realty Partners, at the Westminster Senior Center last Friday of each month (next visit December 29) at 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.



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



## Caregivers Support Group

First & Third Monday of Every Month

\*Beginning November 20 - Sign-up not required\*

9:00-10:00 am



Hosted by Rev. Joelle Johns, MDiv., PT-Csp, GC-C / Hospice Care Consultant  
Caring for a loved one? Please join us to share, learn, and support one another.



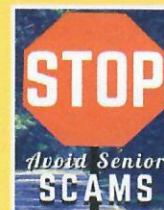
## PROTECTING THE SENIOR POPULATION

Presentation by

**Westminster Police Detective ~ David LeBlanc**

**TUESDAY, DECEMBER 12 ~ 12:00-1:00 PM**

**Seniors, don't be a victim! Learn how to identify and protect yourself from various types of fraud.**





The Westminster Council on Aging Board Meeting will be held Tuesday, November 14, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



## INTERNATIONAL FAIR

SATURDAY, NOVEMBER 4 ~ 1:00-4:00 PM

WESTMINSTER SENIOR CENTER

COME MEET YOUR NEIGHBORS FROM COUNTRIES AROUND THE WORLD!



## THE FRIENDSHIP CLUB

WEDNESDAY, NOVEMBER 1 ~ 1:00 PM

WESTMINSTER SENIOR CENTER

### THANKSGIVING POTLUCK DINNER

MEMBERS BRING YOUR FAVORITE DISH ~ GUESTS PAY \$10  
FRIENDS FAMILIAR & NEW ALWAYS WELCOME!

## Try Your Luck at CARD BINGO!

Thursday, November 9 ~ 1:00-3:00 pm ~ Westminster Senior Center

TO PLAY, PLEASE BRING \$5 IN QUARTERS

Invite a friend, enjoy the game, & share a few laughs! Coffee & pastries provided.

\* PLEASE SIGN UP BY NOVEMBER 6 ~ 978-874-7402 \*



## TECH THURSDAY

NOVEMBER 30 ~ 6:00-7:00 PM

FORBUSH MEMORIAL LIBRARY, 118 MAIN ST, WESTMINSTER

Drop in for answers to your tech questions. How can we help?

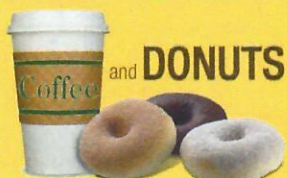
WALK IN OR PREREGISTER AT [tinyurl.com/ForbushTech](http://tinyurl.com/ForbushTech)



**Please Note: Movie Time will not be held in November**

**Next movie shown Thursday, December 28, 12:00 pm**

**The Hit Musical ~ "Til the Clouds Roll By"**



## VETERAN COFFEE

TUESDAY, NOVEMBER 14

10:00-11:30 AM

WESTMINSTER SENIOR CENTER

JOIN AREA VETERANS FOR CONVERSATION & COMPLIMENTARY REFRESHMENTS.  
VETERANS ONLY PLEASE TO RESPECT THEIR TIME IN SHARING EXPERIENCES.



## UKULELE JAM SESSION

~ FRIDAYS, NOVEMBER 3 & 17 ~

1:00-2:30 PM ~ WESTMINSTER SENIOR CENTER

SINGERS ALSO WELCOME! JOIN THE FUN!





JOIN US FOR A TRIP TO THE



NOVEMBER 15TH

WE WILL LEAVE THE SENIOR CENTER  
AT 10:00AM AND RETURN AT 4:00PM

SIGN-UP ON THE EVENT SHEET OR CALL  
THE SENIOR CENTER TO RESERVE YOUR SPOT!

ADMISSION TO THE MUSEUM IS COVERED BY THE COA.

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# HOLIDAY VENDOR FAIR

Saturday, November 18 | 9AM – 1PM

FREE ADMISSION

Westminster Senior Center

69 West Main Street, Westminster, MA

Get a head start on your holiday shopping!

Vendors | Crafters | Raffles

Acadia Designs & More • Pampered Chef • doTerra Essential Oils • Tastefully Simple  
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Nana Macks Nook • Bugs Biscuits • Upcycled News • US Coin Jewelry  
Vintage Signs • Holiday Decor • Serums • Lashes • Belfire Hot Glass & Gallery

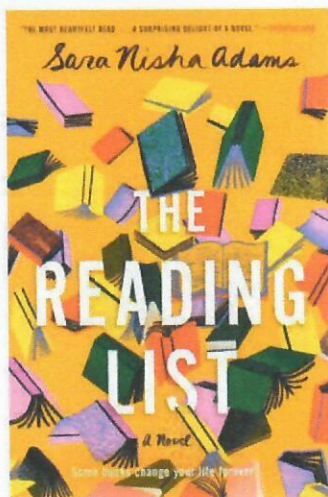
Keeping It Local | [cancersupportcentralma.org](http://cancersupportcentralma.org)

We are a 501(c)(3) non-profit organization. All donations are tax deductible.

The Westminster Senior Center Book Club meets  
on the 1<sup>st</sup> Monday morning of the month *except when a  
holiday falls on the 1<sup>st</sup> Monday or the Sr. Ctr. is closed!*

November 13<sup>th</sup> at 10:30 am

Come and spend an hour discussing a great current book  
with a great group of readers



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CONNECTION."  
—NEWSWEEK



TUESDAY, DECEMBER 5, 10:00-11:00 AM  
WESTMINSTER SENIOR CENTER  
SIGN-UP NOT REQUIRED

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# NOVEMBER

## ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<b>JOIN US FOR CONGREGATE MEALS!</b> <b>SERVED MONDAY THROUGH FRIDAY ~ 11:30 AM</b> <b>WESTMINSTER SENIOR CENTER</b> <b>SUGGESTED DONATION \$3</b> <b>RESERVATIONS REQUIRED BY 10AM PRIOR BUSINESS DAY</b> <b>PLEASE CALL SENIOR CENTER 978-874-7402</b>		<b>*Roast Pork w/Apples 1</b> <b>9-11 Canasta</b> <b>9-11:30 Art</b> <b>9-3 SHINE (by Appt)</b> <b>9:30-10:15 Cardio Strength</b> <b>11:30 Lunch</b> <b>12-3:30 Bridge</b> <b>1-3 Pitch</b> <b>1-3 Friendship Club</b>	<b>*Pasta Fagioli 2</b> <b>9-11 WOW</b> <b>9-11 Cribbage</b> <b>9-12 Wood Carving</b> <b>9:30-11:30 Line Dancing</b> <b>11:30 Lunch</b> <b>1-3 Scrabble</b> <b>1-4 Crafts</b>	<b>*Turkey Taco Salad 3</b> <b>9-11:30 Art</b> <b>9:30-10:15 Yoga</b> <b>11:30 Lunch</b> <b>1-2:30 Ukulele Jam</b> <b>1-3 Bingo</b>
<b>6</b> <b>ELECTION SETUP</b> <b>SENIOR CENTER</b> <b>CLOSED FOR</b> <b>ALL ACTIVITIES</b> <b>We'll miss you!</b>	<b>7</b> <b>ELECTION</b> <b>SENIOR CENTER</b> <b>CLOSED FOR</b> <b>ALL ACTIVITIES</b>	<b>*Lasagna w/Spinach Alfredo 8</b> <b>9-11 Canasta</b> <b>9-11:30 Art</b> <b>9:30-10:15 Cardio Strength</b> <b>11:15 Social/LEO Club</b> <b>11:30 Lunch</b> <b>12-3:30 Bridge</b> <b>1-3 Pitch</b>	<b>*Breaded Fish 9</b> <b>9-11 WOW</b> <b>9-11 Cribbage</b> <b>9-12 Wood Carving</b> <b>9:30-11:30 Line Dancing</b> <b>10-11 Coffee w/Chiefs</b> <b>11:30 Lunch</b> <b>1-3 Scrabble</b> <b>1-3 Card Bingo</b> <b>1-4 Crafts</b>	<b>10</b> <b>CLOSED</b> <b>VETERAN'S DAY OBSERVED</b> 
<b>*Beans &amp; Hotdogs 13</b> <b>9:30-10:15 Yoga</b> <b>10:30-11:30 Book Club</b> <b>(Barbara Friedman)</b> <b>11:30 Lunch</b> <b>1-4 Mah Jong</b>	<b>*Rigatoni w/Marinara 14</b> <b>9-10 Breakfast Sandwiches</b> <b>9-11:30 Art</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>	<b>*Turkey w/Gravy 15</b> <b>9-11 Canasta</b> <b>9-11:30 Art</b> <b>9-3 SHINE (by Appt)</b> <b>9:30-10:15 Cardio Strength</b> <b>10:00 Social Trip</b> <b>11:30 Lunch</b> <b>12-3:30 Bridge</b> <b>1-3 Pitch</b>	<b>*Cold Salad Plate 16</b> <b>9-11 WOW</b> <b>9-11 Cribbage</b> <b>9-12 Wood Carving</b> <b>9:30-11:30 Line Dancing</b> <b>11:30 Lunch</b> <b>1-3 Scrabble</b> <b>1-4 Crafts</b>	<b>*BBQ Breaded Chicken 17</b> <b>9-11 Breakfast w/Badge</b> <b>9-11:30 Art</b> <b>9:30-10:15 Yoga</b> <b>11:30 Lunch</b> <b>1-2:30 Ukulele Jam</b> <b>1-3 Bingo</b>
<b>*Beef Chili 20</b> <b>9-10 Caregivers</b> <b>Support Group</b> <b>9:30-10:15 Yoga</b> <b>11:30 Lunch</b> <b>1-4 Mah Jong</b>	<b>*Rosemary Salmon 21</b> <b>9-11:30 Art</b> <b>11:30 Lunch</b> <b>1-3 Bingo</b>	<b>*Swedish Meatballs 22</b> <b>9-11 Canasta</b> <b>9-11:30 Art</b> <b>9-3 SHINE (by Appt)</b> <b>9:30-10:15 Cardio Strength</b> <b>11:30 Lunch</b> <b>12-3:30 Bridge</b> <b>1-3 Pitch</b>	<b>23</b> <b>CLOSED</b> <b>HAPPY THANKSGIVING DAY!</b> 	<b>24</b> <b>CLOSED</b> 
<b>*Macaroni &amp; Cheese 27</b> <b>9:30-10:15 Yoga</b> <b>11:30 Lunch</b> <b>1-4 Mah Jong</b>	<b>*Meatloaf w/Gravy 28</b> <b>9-11:30 Art</b> <b>11:30 Lunch</b> <b>1-3 Bingo</b>	<b>*Chicken Scampi 29</b> <b>9-11 Canasta</b> <b>9-11:30 Art</b> <b>9-3 SHINE (by Appt)</b> <b>9:30-10:15 Cardio Strength</b> <b>11:30 Lunch</b> <b>12-3:30 Bridge</b> <b>1-3 Pitch</b>	<b>*Broccoli/Egg/Cheese Bake 30</b> <b>9-11 WOW</b> <b>9-11 Cribbage</b> <b>9-12 Wood Carving</b> <b>9:30-11:30 Line Dancing</b> <b>11:30 Lunch</b> <b>1-3 Scrabble</b> <b>1-4 Crafts</b>	<b>Exercise Classes</b> <b>At Forbush Memorial Library</b> <b>Chair &amp; Stand</b> <b>Wednesdays 10:30-11:30 am</b> <b>Stretch, Strength &amp; Balance</b> <b>Thursdays 10:30-11:30 am</b>

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