

Westminster Council on Aging

October 2016 Newsletter



69 West Main Street, Westminster, MA 01473
978-874-7402



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 and nutrition programs, referral services, SHINE, and also transportation.



**WHEN WITCHES GO RIDING
AND BLACK CATS ARE SEEN,
THE MOON LAUGHS AND WHISPERS
'TIS NEAR HALLOWEEN!**

~AUTHOR UNKNOWN



*The Council on Aging would like to extend our deepest sympathy
to the family and friends of
~ Donald G. Gray, Sr. ~*



FLU CLINIC

OCTOBER 13, 10:00 -11:30 AM

Open to all Westminster Residents 60 & over

Held at the Westminster Senior/Community Center

***** PLEASE BRING YOUR INSURANCE CARD *****

Oktoberfest Dinner

*St. Edward the Confessor Church
10 Church Street, Westminster*

Saturday, October 1, 5:00-7:00 pm

*Menu: Pot Roast with vegetables, gravy,
green beans, salad, rolls, & dessert*

Cost: \$10/Adults, \$5/Children under 12, Free/Children under 6

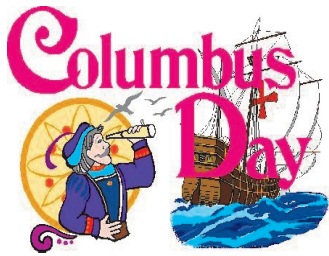
~ Tickets available at the door ~

Looking for a volunteer to teach basic beginner's computer skills for one hour per week. If interested, please contact the Senior Center. Thank you!



*Happiest Birthday to all
our Seniors celebrating
their special day
in October!!!*





October 10 ~ Columbus Day
October 31 ~ Halloween



UPCOMING EVENTS

- ✓ Detective Ralph LeBlanc, of the Westminster Police Department, will be at the Senior Center October 7 and 21, 12:00 - 1:00 pm, to answer questions you may have relating to scams. Please join us for this informative session.
- ✓ The Westminster Senior Citizens Friendship Club will have their Halloween party with pizza on October 5 at 1:30 pm. Wearing costumes is much more fun, so surprise us! Desserts would be appreciated, and as always, bring a friend! For more information on this event, please contact Neysa Miller at 978-874-5606. Also, mark your calendar for our November 2 meeting, when we'll have guitar player and singer, Joe Foster, to entertain us.
- ✓ The Westminster Cracker Festival will be held on Saturday, October 22, 10:00 am - 5:00 pm, at Village Square, (behind Dunkin Donuts). There will be music, arts & crafts, food & drink, kids activities, 5K race, and much more! This is a free event.
- ✓ For anyone needing to make an appointment with Gail Noel, our SHINE (Serving the Health Insurance Needs of Everyone) Counselor, please call the Senior Center. Times available are between 9:00 am - 2:30 pm, on the following Wednesdays - October 5, 12, 19, & 26, and November 2, 9, 16, 23, & 30.
- ✓ Cribbage anyone? The Senior Center offers this activity Mondays and Fridays 10:00 am - 12:00 noon. If you're interested in playing, come on down and join in!
- ✓ A free blood pressure clinic will be held October 21, 11:30 am - 1:00 pm. No sign-up necessary.
- ✓ A representative from Fallon Senior will be here to discuss 2017 rates and benefits on October 21 and November 18 at 10:00 am. Refreshments will be served.
- ✓ Have you ever wondered what the process is, who is involved, or what your insurance does or does not cover when you dial 911? Join us on October 14, 11:00-11:30 am, when Life Care Centers and MedStar will be here to answer these questions and discuss other concerns you may have on the 911 call procedure.
- ✓ Clutter Control 101. We all have STUFF! Why do we acquire and have more possessions than we need? What happens when our STUFF starts to own us? Why can't we just throw things away? Join Dave Downs at the Forbush Memorial Library, 118 Main Street, Westminster on October 5, 7:00 pm for an enlightening program with Dave's upbeat and unique approach exploring the many reasons we overload with STUFF and helpful hints for managing this difficult problem. This is a free event and open to all.

INFORMATION

- ✓ On October 11, the Council on Aging Board Meeting will be held at 1:00 and the Senior Center Building Committee Meeting held at 6:30 - at the Senior/Community Center. Both meetings are open to the public.
- ✓ The Council on Aging van is available to Westminster residents for in-town and surrounding-town travel. Van operation times are Monday through Friday, 8:00 am - 4:00 pm. A 24-hour advance notice is required (no same-day service). Round trip cost is \$2 (in town) and \$3 (out of town). The van will *not* operate if school is cancelled due to bad weather.
- ✓ Elder Hotline 888-243-5337. If you have any legal advice issues relating to the elderly, please call this number.
- ✓ SafeLink (TracFone) 800-723-3546. This program offers a free cell phone for seniors. If you need assistance, please let us know.
- ✓ Westminster Trick or Treat will be held on Monday, October 31, 5:00 - 7:00 pm, followed by the Annual Halloween Bonfire held at the Public Safety Building.



Activities



Monday	Tuesday	Wednesday	Thursday	Friday
*Chicken Breast 3 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	4 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	*Ham/Cheese Bake 5 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	6 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	*Roast Pork 7 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
10 CLOSED COLUMBUS DAY	11 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong 1:00 COA Board Mtg 6:30 SR Center Bldg Committee Mtg	*Alaskan Salmon 12 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	13 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	*Chicken Breast 14 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
*Beef Stew 17 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	18 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	*Turkey a la King 19 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	20 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	*Broccoli Bake 21 9-11:30 Art 10-12 Cribbage 11:30 Lunch 11:30-1 Blood Pressure 1-3 Bingo
*Chicken Breast 24 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	25 9-11:30 Art 12-3:30 Bridge 12-4 Mahjong	*Harvest Soup/Chic. 26 9-2:30 SHINE (by appt) 9-11:30 Art 11:30 Lunch 1-3 Crafts	27 9-12 Wood Carving 9-11 WOW 10-11 Stretch-Library 10:45-11:30 Cardio Fit 12-3:30 Bridge 1-3 Crafts	*Chicken Kielbasa 28 9-11:30 Art 10-12 Cribbage 11:30 Lunch 1-3 Bingo
*Shepherd's Pie 31 10-2 Pitch 10-12 Cribbage 11:30 Lunch 12-4 Mahjong 1-3 Bingo	*Indicates Congregate Meal being served at Senior Center.			