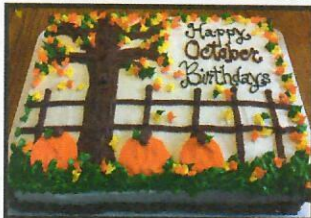


# Westminster Council on Aging October 2022 Newsletter

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



978-874-7402



**BEST WISHES  
TO SENIORS  
CELEBRATING  
IN OCTOBER!**



**THE COUNCIL ON AGING VAN WILL BE  
EXPANDING ITS SERVICE TO ATHOL  
MARKET BASKET PLAZA AND TO  
WORCESTER AREA HOSPITALS.  
PLEASE CALL THE SENIOR CENTER  
FOR MORE DETAILS OR TO BOOK VAN.**

## Breakfast Sandwiches & Coffee "On the House"

**Tuesday, October 11**

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

**Westminster Senior Center**

**Signup Not Required**

Hosted by our Friend  
Bill O'Connor



**MACK FAMILY  
FUNERAL HOMES**

## FUNERAL ARRANGEMENTS WHY PLAN AHEAD?



WALTER TAYLOR  
DIRECTOR

Not everyone likes to plan ahead, but pre-planning your funeral arrangements not only gives you peace of mind about your final wishes being honored, but alleviates some of the stress and burden your loved ones are going through as they experience the grief associated with the loss.

The staff of Mack Family Funeral Homes is happy to assist you with your funeral pre-needs by helping you make decisions about your funeral service in advance and guide you in helping eliminate some of the unnecessary stress brought on by a loved one's death.

Please Join Walter Taylor of Mack Family Funeral Homes for an Informative Presentation.

**TUESDAY, OCTOBER 4 ~ 11:30 AM ~ WESTMINSTER SENIOR CENTER**

## FALL "OCTOBERFEAST" & SENIOR BIRTHDAY PARTY! THURSDAY, OCTOBER 20, 12:30 PM ~ WESTMINSTER SENIOR CENTER

**SIMILAR TO THE OCTOBERFEST (MINUS THE ALCOHOL)!**

**FUN, FOOD, DRAWINGS, PRIZES, & ENTERTAINMENT! WE WILL CELEBRATE  
EVERYONE'S BIRTHDAY WITH A CAKE FROM HANNAFORD & ICECREAM!**

**\* POT LUCK ~ PLEASE RSVP BY OCTOBER 18 \*  
PROVIDE YOUR NAME & DISH YOU WILL BE BRINGING**





## 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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Healthy Families

Rehab Services

Support Groups

## WE'RE HIRING

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- Full-Time with Benefits
- Serve Your Community



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[www.4lpi.com/careers](http://www.4lpi.com/careers)

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turning 65?  
Call your  
local licensed  
Humana  
sales agent.

**Humana**



**BRANDON FARLEY**

857-995-7261

(TTY: 711)

Monday - Friday

8 a.m. - 5 p.m.

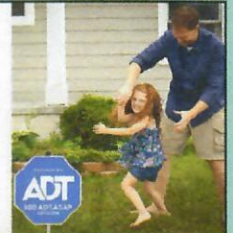
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PATTI of THE GABLES ASSISTED LIVING  
WILL BE PROVIDING BINGO DESSERT EVERY SECOND FRIDAY OF THE MONTH!  
SWEET!!! THANK YOU PATTI!



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, October 13 / 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, OCTOBER 4, 18, & 25 ~ 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 OCTOBER 11\***



**KEEP  
CALM**

## The Friendship Club

Wednesday, October 5 ~ 1:00 pm

Westminster Senior Center

**GET YOUR  
HO HO HO  
ON**

We'll be making a Christmas craft! New friends are welcome!  
Craft free for members; \$2 charge for nonmembers - pay day of event.  
Just for fun, wear something orange or a Halloween costume!

## Feeling Lucky? PLAY CARD BINGO!

Monday, October 17 ~ 1:00-3:00 pm ~ Westminster Senior Center

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

Please sign up by October 10 at Senior Center



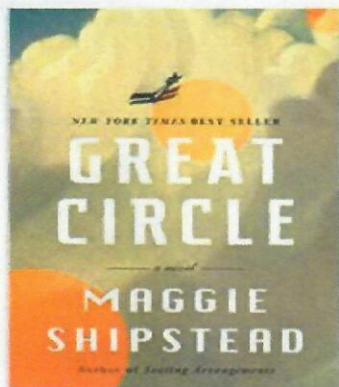


The Westminster Senior Center Book Club Meets on the  
1st Monday Morning of the Month

Next Meeting is October 3rd at 10:30

Please note, we are skipping a September meeting due to Labor Day being the 1st Monday of the month

Come and spend an hour discussing a great current book



Great Circle is "The unforgettable story of a daredevil female aviator determined to chart her own course in life, at any cost: an "epic trip—through Prohibition and World War II, from Montana to London to present-day Hollywood—and you'll relish every minute" (People).



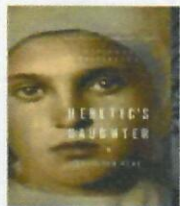
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Library is located at  
118 Main Street

State Senator Anne Gobi  
and  
State Representative  
Kimberly Ferguson

~ OFFICE HOURS ~

Westminster Senior Center  
Tuesday, October 18  
10:00-11:00 am



The group will also be having a short follow-up discussion to *Wolves of Andover* (Traitor's Wife) on October 3rd, briefly discussing the *Heretic's Daughter* both written by Kathleen Kent. The group read the prequel *Wolves of Andover* for the August meeting and there is interest in finding out what happens next. Curious readers want to know!

The group does not choose titles before it's next meeting. If you have a book to suggest, please join us and give us your suggestions.

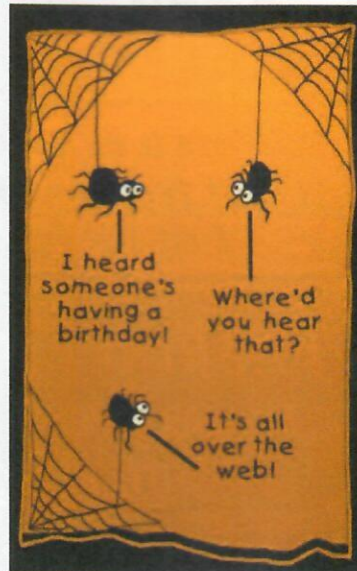
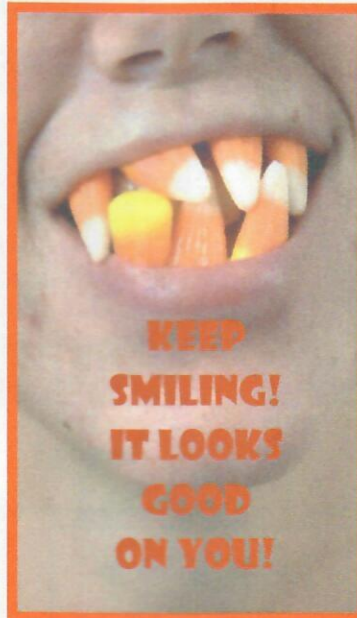


## Halloween Word Search

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

BAT  
GHOST  
PARTY  
TREAT  
BOO  
HAUNTED  
SCREAM  
TRICK  
CANDY

SPOOKY  
COFFIN  
MUMMY  
TOMB  
MOON  
CAT  
WITCH  
SKELETON  
MONSTER





The Westminster Council on Aging Board Meeting will be held Tuesday, October 11, 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, October 14, at IL FORNO in Lunenburg. 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 978-874-7402 by October 12. Please join us for a great Italian meal and friendship!

## FREE BLOOD PRESSURE CLINIC

FRIDAY, OCTOBER 21 / 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>

## COVID & FLU SHOT CLINIC

**Thursday, October 13 / 2:00-5:00 pm**

**Westminster Senior Center**

**Appointments Not Required**

**Hosted by:**

**City of Fitchburg Health Department  
Montachusett Public Health Network**







**BILL BJERKE of FALLON HEALTH**

**MONDAY, OCTOBER 31 / 11:00 am-12:00 pm  
at the WESTMINSTER SENIOR CENTER**

All are welcome to join Bill as he presents *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!



**BlueCross.  
BlueShield.**

## **MEDICARE CAN BE CONFUSING WE'RE HERE TO HELP!**

**Join our free seminar on the difference between  
Medicare Supplement Plans versus Medicare Advantage Plans**

**Friday, October 14 / 10:00-11:00 am / Westminster Senior Center**



## **UNDERSTANDING ADVANCE DIRECTIVES**

**PRESENTED BY: KIM BLAIR, LSW**

**FRIDAY, OCTOBER 14 ~ 10:00 AM**

**WESTMINSTER SENIOR CENTER**

*Perhaps the most wrenching question patients and families or other loved ones face is  
"Which medical treatment is right for me?"*

**Topics Include ~ Physician Orders for Life-Sustaining Treatment,  
Assessing Decision-Making Capacity, and Health Care Proxy**



**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.



## **MEDICARE OPEN ENROLLMENT OCTOBER 15 ~ DECEMBER 7**



During this time, you will have a chance to **CHANGE** your plan for next year. SHINE's certified Medicare counselors can help you understand your plan changes, as well as other options you may have. They offer unbiased, confidential counseling on all aspects of health insurance to anyone on

Medicare. SHINE counselors will be at the Westminster Senior Center on Wednesdays during open enrollment. Please call the Westminster Senior Center to book your appointment. Be sure to book early as these fill up very fast.



# October

# ACTIVITIES



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><i>*Shepherd's Pie</i> <b>3</b>  <b>10:30-12</b> Book Club -          (Barbara Friedman)  <b>11:30</b> Lunch  <b>1-4</b> Mah Jong</p>	<p><i>*Chicken Thigh</i> <b>4</b>  <b>9-11:30</b> Art  <b>9:30-10:15</b> Yoga  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>	<p><i>*Macaroni &amp; Cheese</i> <b>5</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>12-3:30</b> Bridge  <b>1-3</b> Friendship Club  <i>10:15-11:15 Class at Library          Chair &amp; Stand</i></p>	<p><i>*Roast Pork</i> <b>6</b>  <b>9-11</b> WOW  <b>9-12</b> Wood Carving  <b>11:30</b> Lunch  <b>1-4</b> Crafts  <i>10:15-11:30 Class at Library          Stretch, Strength, &amp; Balance</i></p>	<p><i>*Chicken Chili</i> <b>7</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo  <b>1-3</b> Ukulele Jam</p>
<p><b>CLOSED</b> <b>10</b>  <b>Happy Columbus Day</b>  </p>	<p><i>*Meatball Grinder</i> <b>11</b>  <b>9-11:30</b> Art  <b>10-11:30</b> Veteran Coffee  <b>11:30</b> Lunch  <b>12:00</b> COA Board Mtg  <b>1-3</b> Bingo</p>	<p><i>*Chicken Drumstick</i> <b>12</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>12-3:30</b> Bridge  <i>10:15-11:15 Class at Library          Chair &amp; Stand</i></p>	<p><i>*Teriyaki Beef</i> <b>13</b>  <b>9-10</b> Coffee w/Chiefs  <b>9-11</b> WOW  <b>9-12</b> Wood Carving  <b>11:30</b> Lunch  <b>1-4</b> Crafts  <i>10:15-11:30 Class at Library          Stretch, Strength, &amp; Balance</i></p>	<p><i>*Broccoli Bake</i> <b>14</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>11:45</b> LEO Club  <b>1-3</b> Bingo</p>
<p><i>*Cheese Ravioli</i> <b>17</b>  <b>11:30</b> Lunch  <b>1-3</b> Card Bingo  <b>1-4</b> Mah Jong</p>	<p><i>*Chicken Breast</i> <b>18</b>  <b>9-11:30</b> Art  <b>9:30-10:15</b> Yoga  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>	<p><i>*Pot Roast w/Gravy</i> <b>19</b>  <b>9-11:30</b> Art  <b>9-3</b> SHINE (by Appt)  <b>11:30</b> Lunch  <b>12-3:30</b> Bridge  <i>10:15-11:15 Class at Library          Chair &amp; Stand</i></p>	<p><i>*Chicken &amp; Rice Bake</i> <b>20</b>  <b>9-11</b> WOW  <b>9-12</b> Wood Carving  <b>11:30</b> Lunch  <b>1-4</b> Crafts  <i>10:15-11:30 Class at Library          Stretch, Strength, &amp; Balance</i></p>	<p><i>*French Meat Pie</i> <b>21</b>  <b>9-11:30</b> Art  <b>10-11</b> Blood Pressure  <b>11:30</b> Lunch  <b>1-3</b> Bingo  <b>1-3</b> Ukulele Jam</p>
<p><i>*Sweet/Sour Meatballs</i> <b>24</b>  <b>11:30</b> Lunch  <b>1-4</b> Mah Jong</p>	<p><i>*Beef Taco</i> <b>25</b>  <b>9-11:30</b> Art  <b>9:30-10:15</b> Yoga  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>	<p><i>*Breaded Chicken Patty</i> <b>26</b>  <b>9-11:30</b> Art  <b>9-3</b> SHINE (by Appt)  <b>11:30</b> Lunch  <b>12-3:30</b> Bridge  <i>10:15-11:15 Class at Library          Chair &amp; Stand</i></p>	<p><i>*Roast Turkey w/Gravy</i> <b>27</b>  <b>9-11</b> WOW  <b>9-12</b> Wood Carving  <b>11:30</b> Lunch  <b>1-4</b> Crafts  <i>10:15-11:30 Class at Library          Stretch, Strength, &amp; Balance</i></p>	<p><i>*Potato Pollock</i> <b>28</b>  <b>9-11:30</b> Art  <b>11:30</b> Lunch  <b>1-3</b> Bingo</p>
<p><i>*Cheese Omelet</i> <b>31</b>  <b>11:30</b> Lunch  <b>1-4</b> Mah Jong  <b>HAPPY HALLOWEEN!</b></p>	<div>  <p><b>THIS IS THE NIGHT OF HALLOWEEN,              WHEN THING ARE SELDOM WHAT THEY SEEM.              DON'T BE SCARED WHEN THE LIGHTS ARE LOW,              WITCHES COME AND ARE SURE TO GO!</b></p>  </div>			

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