

# Westminster Council on Aging October 2023 Newsletter



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



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



**IT'S FINALLY OCTOBER!  
WHICH MEANS ALL THE  
COBWEBS & DUST  
IN MY HOUSE BECOME  
HALLOWEEN DECORATIONS!**



**LOOK WHAT'S BREWING AT THE WESTMINSTER SENIOR CENTER...**

**Celebrate Fall!! Enjoy Apple Turnovers & Coffee!**



**Tuesday, October 17  
10:30 - 11:30 am  
Westminster Senior Center  
Featuring Health Presentation  
\* Please sign up by October 13 \***

*Compliments of our Friend  
Bill O'Connor*



## **BREAKFAST WITH A BADGE**

COOKED & SERVED BY THE WESTMINSTER FIRE DEPARTMENT

**FRIDAY, OCTOBER 27  
9:00 -11:00 AM**

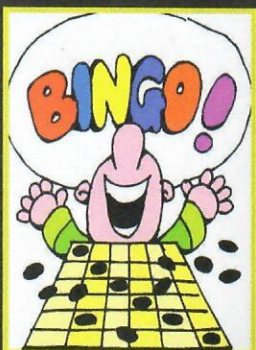
**ENJOY PANCAKES, SAUSAGE, FRUIT & COFFEE!**

**FEATURE PRESENTATION  
"WINTER FIRE SAFETY AWARENESS"**

**\*PLEASE RSVP BY OCTOBER 23 ~ 978-874-7402\***



*Complimentary!*



**PLEASE JOIN US FOR BINGO WITH SPECIAL GUEST CALLERS...**

**TOM & CHRISTY OF HEYWOOD WAKEFIELD COMMONS!**

**FRIDAY, OCTOBER 20 ~ 1:00-3:00 PM**

**\*ENJOY SPECIAL PRIZES & SNACKS\*  
HOPE YOU'LL JOIN US & GOOD LUCK!!**

**SIGN-UP NOT REQUIRED**





## Benjamin S. Kalmansson, Attorney at Law

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DUST OFF THOSE BOOTS!



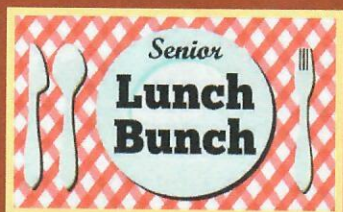
## LINE DANCING CLASS!

~ With Anne Gilmartin ~

Thursdays / 9:30 - 11:30 am

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

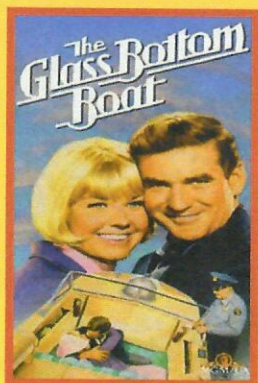
~ Sign-up not required ~



## 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, October 11 for a scenic ride down the Mohawk Trail to North Adams, where we will enjoy lunch at Freight Yard Restaurant.

We meet at 10:15 am in the Westminster Senior Center lobby and board the COA van from there. Everyone orders off the menu and pays their own way. The Club is limited to eleven people, including one wheelchair person. Please RSVP with Senior Center by October 9 at 978-874-7402.



## IT'S SHOWTIME!!

THURSDAY, OCTOBER 26

12:00-2:00 PM

WESTMINSTER SENIOR CENTER

On the Big Screen, Relax & Enjoy...



"THE GLASS BOTTOM BOAT" ~ Romantic Comedy Featuring Doris Day

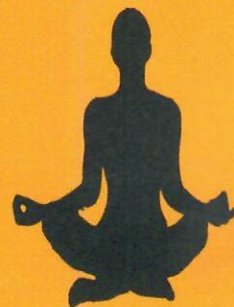
\* Popcorn & drinks will be provided. Please sign up by October 24 \*

## YOGA WITH PAULA MAGEE

MONDAYS ~ OCTOBER 2, 16, 23 & 30 ~ 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 October 9, Columbus Day Holiday



## CARDIO STRENGTH FOR SENIORS

WEDNESDAYS ~ OCTOBER 4, 11, 18 & 25 ~ 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.





HOSTED BY



## "WALK IN" COVID-19 & FLU VACCINE CLINIC

THURSDAY, OCTOBER 12

9:00 AM—12:00 PM

WESTMINSTER SENIOR CENTER

*Please Bring  
Vaccine & Insurance Cards*



## COFFEE WITH THE CHIEFS

Thursday, October 12 / 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.

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Albert  
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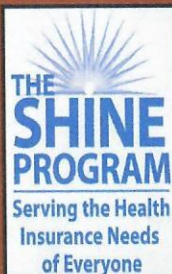
Join Brenda Albert, Realtor, LAER Realty Partners, at the Westminster Senior Center the last Friday each month, (October 27) at 12:00-12:30 pm. Brenda provides honesty and integrity, enthusiasm, a positive attitude, and a passion for outstanding customer service. Her specialties include buyer's agent, 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.



**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!**



**SHINE (Serving the Health Insurance Needs of Everyone)** will be at Westminster Senior Center on Wednesdays, October 4, 18 & 25, as well as most Wednesdays throughout open enrollment. Medicare open enrollment begins October 15 and 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.

## 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>



The Westminster Council on Aging Board Meeting will be held Tuesday, October 10, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



## VETERAN COFFEE

**TUESDAY, OCTOBER 10**

**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, OCTOBER 6 & 20 ~**

**1:00-2:30 PM ~ WESTMINSTER SENIOR CENTER  
SINGERS ALSO WELCOME! JOIN THE FUN!**



**GAME ON!!!** Four new games have been added to Westminster Senior Center Activities. Please join us for a little friendly competition and a lot of fun! All skill levels welcome. Sign-up not required. Games will be held in the Lounge Room during the following days/times.



**Canasta—Wednesdays—9:00-11:00 am**

**Pitch—Wednesdays—1:00-3:00 pm**

**Cribbage—Thursdays—9:00-11:00 am**

**Scrabble—Thursdays—1:00-3:00 pm**



For questions or additional information, please call the Senior Center. We hope to see you soon!



## 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, OCTOBER 4 ~ 1:00 PM**

**WESTMINSTER SENIOR CENTER**

**ENJOY AN OPEN CRAFT EVENT!  
PLEASE COME AND TRY A CRAFT OF YOUR CHOICE.  
NEW MEMBERS ALWAYS WELCOME!**

## Try Your Luck at CARD BINGO!

**Thursday, October 12 ~ 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 OCTOBER 10 ~ 978-874-7402 \***





# WESTMINSTER



## Cracker Festival

**Saturday, October 21**  
**10 Village Square**  
**10am-5pm**  
**Free Admission**  
**Rain or Shine**

**Arts & Crafts ~ Food & Drink ~ 5K Run/Walk ~ Live Music ~ Family Area**  
**For more info and race registration, visit [crackerfestival.com](http://crackerfestival.com)**



## TECH THURSDAYS

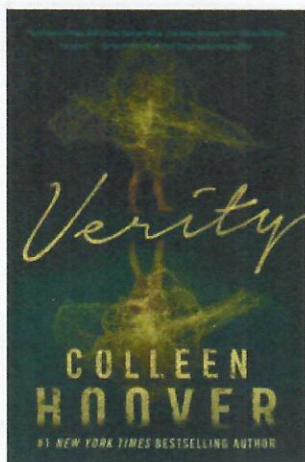
**OCTOBER 26 & NOVEMBER 30 ~ 6:00-7:00 PM**  
**FORBUSH MEMORIAL LIBRARY, 118 MAIN ST, WESTMINSTER**  
**Drop in for answers to your tech questions. How can we help?**  
**WALK IN OR PREREGISTER AT [tinyurl.com/ForbushTech](http://tinyurl.com/ForbushTech)**

*The Westminister Book Club meets  
on the first Monday of the month*

**October 2nd**

**We always meet at 10:30-11:30  
at the Westminister Senior Center**

*Come and spend an hour discussing a  
book everyone is talking about!*



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# ACTIVITIES

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

<b>*Beef Stew</b> 2 <b>9:30-10:15</b> Yoga <b>10:30-11:30</b> Book Club (Barbara Friedman) <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<b>*Stuffed Shells w/Marinara</b> 3 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo	<b>*Breaded Chicken</b> 4 <b>9-11</b> Canasta <b>9-11:30</b> Art <b>9-3</b> SHINE (by Appt) <b>9:30-10:15</b> Cardio Strength <b>11:30</b> Lunch <b>12-3:30</b> Bridge <b>1-3</b> Pitch <b>1-3</b> Friendship Club	<b>*Teriyaki Pork</b> 5 <b>9-11</b> WOW <b>9-11</b> Cribbage <b>9-12</b> Wood Carving <b>9:30-11:30</b> Line Dancing <b>11:30</b> Lunch <b>1-3</b> Scrabble <b>1-4</b> Crafts	<b>*Lentil Stew</b> 6 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-2:30</b> Ukulele Jam <b>1-3</b> Bingo
<b>CLOSED</b> 9 	<b>*Pot Roast w/Gravy</b> 10 <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	<b>*Hot Dog/Baked Beans</b> 11 <b>9-11</b> Canasta <b>9-11:30</b> Art <b>9:30-10:15</b> Cardio Strength <b>10:15</b> Social/LEO Club <b>11:30</b> Lunch <b>12-3:30</b> Bridge <b>1-3</b> Pitch	<b>*Chicken Salad</b> 12 <b>9-11</b> WOW <b>9-11</b> Cribbage <b>9-12</b> Wood Carving <b>9-12</b> Vaccine Clinic <b>9:30-11:30</b> Line Dancing <b>10-11</b> Coffee w/Chiefs <b>11:30</b> Lunch <b>1-3</b> Scrabble <b>1-3</b> Card Bingo <b>1-4</b> Crafts	<b>*Calypso Salmon</b> 13 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo
<b>*Turkey w/Gravy</b> 16 <b>9:30-10:15</b> Yoga <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<b>*Meatballs w/Marinara</b> 17 <b>9-11:30</b> Art <b>10:30</b> Apple Turnovers <b>11:30</b> Lunch <b>1-3</b> Bingo	<b>*Frittata</b> 18 <b>9-11</b> Canasta <b>9-11:30</b> Art <b>9-3</b> SHINE (by Appt) <b>9:30-10:15</b> Cardio Strength <b>11:00</b> Social Trip <b>11:30</b> Lunch <b>12-3:30</b> Bridge <b>1-3</b> Pitch	<b>*Beef Stroganoff</b> 19 <b>9-11</b> WOW <b>9-11</b> Cribbage <b>9-12</b> Wood Carving <b>9:30-11:30</b> Line Dancing <b>11:30</b> Lunch <b>1-3</b> Scrabble <b>1-4</b> Crafts	<b>*Chicken Kiev</b> 20 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-2:30</b> Ukulele Jam <b>1-3</b> Bingo
<b>*Macaroni &amp; Cheese</b> 23 <b>9:30-10:15</b> Yoga <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<b>*Lemon Garlic Cod</b> 24 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo	<b>*Meatloaf w/Gravy</b> 25 <b>9-11</b> Canasta <b>9-11:30</b> Art <b>9-3</b> SHINE (by Appt) <b>9:30-10:15</b> Cardio Strength <b>11:00</b> Social Trip <b>11:30</b> Lunch <b>12-3:30</b> Bridge <b>1-3</b> Pitch	<b>*Butternut Squash Ravioli</b> 26 <b>9-11</b> WOW <b>9-11</b> Cribbage <b>9-12</b> Wood Carving <b>9:30-11:30</b> Line Dancing <b>11:30</b> Lunch <b>12-2</b> Movie Time <b>1-3</b> Scrabble <b>1-4</b> Crafts	<b>*Southwest Chic Salad</b> 27 <b>9-11</b> Breakfast w/Badge <b>9-11:30</b> Art <b>11:30</b> Lunch <b>12-12:30</b> LAER Realty <b>1-3</b> Bingo
<b>*Chicken Piccata</b> 30 <b>9:30-10:15</b> Yoga <b>11:30</b> Lunch <b>1-4</b> Mah Jong	<b>*Shepherd's Pie</b> 31 <b>9-11:30</b> Art <b>11:30</b> Lunch <b>1-3</b> Bingo  <b>HAPPY HALLOWEEN!</b>	<b>JOIN US FOR CONGREGATE MEALS!</b> <b>SERVED MONDAY THROUGH FRIDAY ~ 11:30 AM</b> <b>WESTMINSTER SENIOR CENTER</b> SUGGESTED DONATION \$3. RESERVATIONS REQUIRED BY 10AM PRIOR BUSINESS DAY. PLEASE CALL SENIOR CENTER 978-874-7402.		
			<b>Exercise Classes</b> At Forbush Memorial Library Chair & Stand Wednesdays 10:30-11:30 am Stretch, Strength & Balance Thursdays 10:30-11:30 am	

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