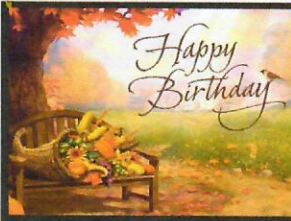


Westminster Council on Aging September 2022 Newsletter

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



978-874-7402



Best Wishes
To all Seniors
Celebrating in
September!



Goodbye summer,
hello fall!



SUMMER'S END BARBEQUE!

HOSTED BY THE WESTMINSTER FIRE DEPARTMENT

FRIDAY, SEPTEMBER 9 ~ 12:00 NOON

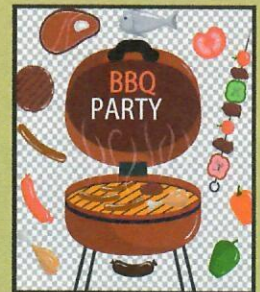
WESTMINSTER SENIOR CENTER

HAMBURGERS, HOTDOGS, & COLD DRINKS PROVIDED

SIDE DISHES & DESSERTS TO SHARE WOULD BE APPRECIATED

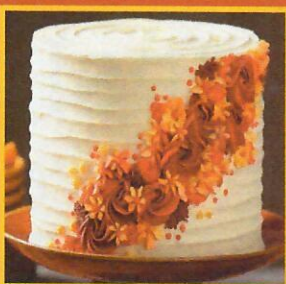
PLEASE RSVP BY SEPTEMBER 6

AN INFORMATIVE "GENERAL HOME SAFETY"
PRESENTATION WILL BE MADE DURING BBQ



VETERAN'S COFFEE HOUR ~ EVERY SECOND TUESDAY OF THE MONTH

On Tuesday, September 13, 10:00-11:30 am, please join us at the Westminster Senior Center to celebrate 15 years since the founding of the *Ryan Patrick Jones HEART OF A HERO Foundation* and to celebrate Ryan's birthday ~ the Foundation's namesake (KIA 5/2/07). The Foundation supports Veterans, Veteran Groups, and over 30 Nonprofit Organizations in the area. Come and honor our local hero who gave so much to this town and other communities. Kindly rsvp by September 12 at 978-874-7402. Thank You!



Advanced Cake Decorating Class

Wednesday, September 28 ~ 1:00-3:00 pm

Westminster Senior Center

Cost: \$5 Nonrefundable Limit: 12 People

Please rsvp 978-874-7402 by September 23

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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& Hospice, Inc.**

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978-632-1230

carecentralvnahospice.org

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Private Duty Services

Healthy Families

Rehab Services

Support Groups

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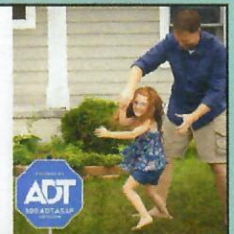
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The Westminster Council on Aging Board Meeting will be held Tuesday, September 13, 12:00 pm, at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.



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, September 15 / 9:00 - 10:00 am



Police Chief, Ralph LeBlanc & 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

TUESDAY, SEPTEMBER 13 & 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. Signup not required.



The Friendship Club

Wednesday, September 7 ~ 1:00 pm

Westminster Senior Center



Join us for our fun two-pound auction! To participate, please bring a wrapped or bagged item weighing approximately two pounds. New friends are welcome!
It's Always A Great Time! Hope To See You There!!

Feeling Lucky? PLAY CARD BINGO!

Thursday, September 15 ~ 1:00-3:00 pm ~ Westminster Senior Center

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

Please sign up by September 13 at Senior Center

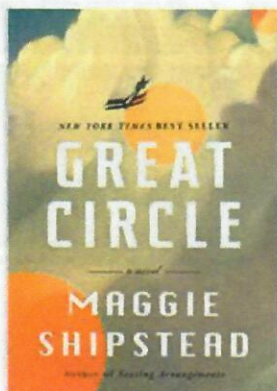


The Westminster Senior Center Book Club Meets on the
1st Monday Morning of the Month

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

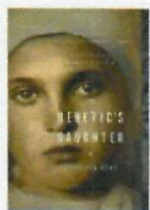


Great Circle is "The unforgettable story of a daredevil female aviator determined to chart her own course in life, at any cost: an epic trip—through Prohibition and World War II, from Montana to London to present-day Hollywood—and you'll relish every minute" (People).



COPIES AVAILABLE AT
THE FORBUSH
MEMORIAL LIBRARY

The Westminster Public
Library is located at
118 Main Street



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.

Autumn Word Search

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

ACORN
APPLE CIDER
AUTUMN
BONFIRE

FAMILY
HAYRIDE
LEAVES
PUMPKIN

SCARECROW
SMORES
TURKEY
THANKS

~ NEWS FROM SHINE ~

IMPORTANT MAIL FROM YOUR DRUG PLANS AND MEDICARE ADVANTAGE PLANS

It's that time of year...

If you have a Medicare Part D Prescription Drug or Medicare Advantage plan, your plan will mail you a document called the Annual Notice of Change (ANOC) by the end of September. The ANOC is a summary of changes to your plan for 2023. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change from year to year. Make sure you read this important document and think about whether your plan will continue to meet your needs. If you do not receive it in the mail, call your plan and request another copy. If you would like to change your plan for 2023, you may do so during the annual Medicare Open Enrollment Period. You may make changes to your coverage between October 15 and December 7. The changes will take effect January 1. SHINE counselors can help you to understand changes to your current plan, as well as discuss other options you may have. Don't wait! If you would like to meet with a SHINE counselor during open enrollment, make your appointment early!

~ SHINE ~

Serving the Health Insurance Needs of Everyone

SHINE has certified counselors to help you with questions about Medicare. Our services are free and unbiased, we are available to discuss all options related to Medicare and additional coverage and we do not sell any plans. To make an appointment, call your local senior center or contact the Central Mass SHINE Regional Office at 508-422-9931 or by email at info@shinema.org. A certified SHINE counselor will return your call.



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 Thursday, September 22, at IL CAMINO in Leominster.

We'll meet at Westminster Senior Center for 11:45 am, then carpool from there. We 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 September 19. Please join us for a great Italian meal!



FREE BLOOD PRESSURE CLINIC

FRIDAY, SEPTEMBER 16 / 10:00-11:00 AM

WESTMINSTER SENIOR CENTER

WALK-INS WELCOME



Minimize Your Fall Risk



Dr. Michael Marciello and
Dr. Timothy Gallagher

JOIN US

Strategies for Fall Prevention

Presented by Maragal Medical

Tue Sept 20, 2022

10:30 – 11:30 AM

Westminster Senior Center
69 W Main St.
Westminster, MA 01473

Adults over the age of 65 suffer most from accidental falls which can lead to long-term nursing home care or worse. Learn how to prevent falls and the trauma and healthcare costs that can go along with them.

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"The miracle is not that we do the work, but that we are happy to do it."

— MOTHER TERESA



State Senator Anne Gobi
and

State Representative
Kimberly Ferguson

~ OFFICE HOURS ~

Westminster Senior Center
Tuesday, September 20
10:00-11:00 am





**Shriners Hospitals
for Children®**

ALUMINUM TAB COLLECTION & RECYCLING PROJECT

On behalf of Shriners Hospitals for Children, the Westminster Senior Center has a collection bin for aluminum can tabs. The tabs are accumulated by the Shriners and then recycled. The funds received from recycling are used to purchase items for patient care at Shriners hospitals for children. Tabs can be dropped off at the Senior Center anytime during open hours. Thank you!

HELP THE SHRINERS HELP KIDS!



Pictured: Dan, Shriners Representative, with Sue Fisher, Director, and Kathy Lawrence, Administrative Assistant, of the Westminster Senior Center.

Virtual Road Trip Series

*Presented By: Michele Morin,
Community Relations*



Westminster Senior Center

Tues Sept 27th 11am
Please RSVP by
Wednesday, Sept 21st
978-874-7402
Light refreshments and
handouts will be provided

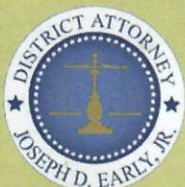
Join Michele Morin, Community Relations
as we embark on a virtual road trip to
discover the best country roads in
Massachusetts that are pure bliss
in the fall

sponsored by your friends at



Just a friendly reminder, the Council on Aging has added Wednesday to its operating schedule. The van is now available to Westminster Seniors on Tuesday, Wednesday, Thursday, and Friday. The van provides weekly shopping trips on Tuesday (Market Basket, Leominster) and Thursday (Walmart, Gardner). A 24-hour advance notice is required. For additional information or to book the van, please call the Senior Center. **HAPPY TRAILS!**

A PRESENTATION TO INFORM OLDER ADULTS ABOUT CURRENT SCAMS & FRAUD IN WORCESTER COUNTY



Presented by: The Office of Worcester County District Attorney
Joseph D. Early, Jr.

When: Tuesday, September 13 at 10:00 am
Where: Westminster Senior Center

**SCAM & FRAUD
ALERT!!!**

September

ACTIVITIES



Monday

Tuesday

Wednesday

Thursday

Friday

	<p><i>I can smell Autumn Dancing in the breeze. The sweet chill of pumpkin And crisp sunburnt leaves.</i></p>			<p><i>*Broccoli Bake</i> 1 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	2 <p>NO CONGREGATE MEAL & NO ACTIVITIES DUE TO STATE PRIMARY ELECTION SETUP</p>
<p>CLOSED 5</p> 	6 <p>NO CONGREGATE MEAL & NO ACTIVITIES DUE TO STATE PRIMARY ELECTION</p>	<p><i>*Chicken & Rice Bake</i> 7 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 1-3 Friendship Club 10:15-11:15 Class at Library Chair & Stand</p>	<p><i>*Roast Pork/BBQ Sauce</i> 8 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	9 <p><i>*Beef Bolognese</i> 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	
<p><i>*Chicken Jambalaya</i> 12 11:30 Lunch 1-4 Mah Jong</p>	<p><i>*French Meat Pie</i> 13 9-11:30 Art 9:30-10:15 Yoga 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo</p>	<p><i>*Chicken Breast Patty</i> 14 9-11:30 Art 9-3 SHINE (by Appt) 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand</p>	<p><i>*Roast Turkey w/Gravy</i> 15 9-10 Coffee w/Chiefs 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-3 Card Bingo 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	16 <p><i>*Potato Pollock</i> 9-11:30 Art 10-11 Blood Pressure 11:30 Lunch 1-3 Bingo</p>	
<p><i>*Macaroni & Cheese</i> 19 11:30 Lunch 1-4 Mah Jong</p>	<p><i>*Chicken Teriyaki</i> 20 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Lasagna Roll</i> 21 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand</p>	<p><i>*Chicken Drummer</i> 22 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance FIRST DAY OF AUTUMN!</p>	23 <p><i>*Roast Pork w/Gravy</i> 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	
<p><i>*Breaded Fish Filet</i> 26 11:30 Lunch 1-4 Mah Jong</p>	<p><i>*Beef & Lentil Chili</i> 27 9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-3 Bingo</p>	<p><i>*Chicken Breast Patty</i> 28 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand</p>	<p><i>*Chicken Meatballs</i> 29 9-11 WOW 9-12 Wood Carving 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	30 <p><i>*Meatloaf w/Gravy</i> 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	

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Edward Jones



John Maliska
Financial Advisor
2 Village Sq
Westminster, MA 01473
978-668-5692

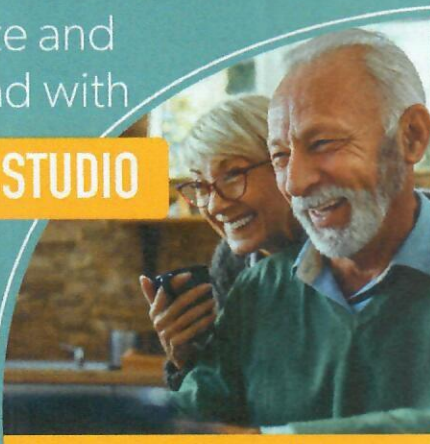
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