

Westminster Council on Aging September 2023 Newsletter



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



**HAPPY BIRTHDAY
TO OUR SENIORS
CELEBRATING
IN SEPTEMBER!**



**AUTUMN IS A SECOND SPRING
WHEN EVERY LEAF
IS A FLOWER.**

- ALBERT CAMUS

French Toast Breakfast & Coffee "On the House"



**Tuesday, September 12th
9:00-10:00 am**

*Hosted by our Friend
Bill O'Connor*

**Westminster Senior Center
Featuring "Mind Exercises"**

*** Please sign up by September 8 ***



HOSTED BY



"WALK IN" COVID-19 & FLU VACCINE CLINIC

TUESDAY, SEPTEMBER 19

9:00 AM—12:00 PM

WESTMINSTER SENIOR CENTER

*Please Bring
Vaccine & Insurance Cards*



"Songs of Yesteryear" with Denis Cormier

Friday, September 22 ~ 11:30am-12:30pm

Westminster Senior Center (Sign-up not required)

Enjoy Golden Oldies, Classic Country & Antics



GAME ON!!! Starting in September, four new games will be added for 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!

Benjamin S. 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.

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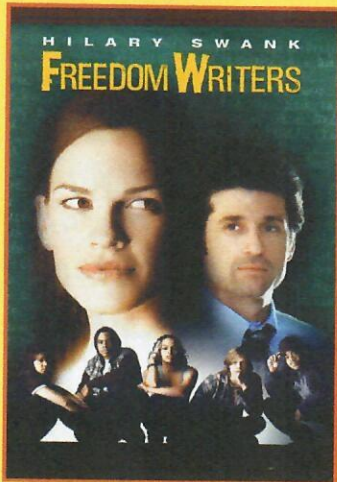
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IT'S SHOWTIME!!

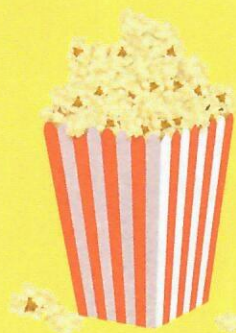
THURSDAY, SEPTEMBER 28

12:00-2:00 PM

WESTMINSTER SENIOR CENTER

On the Big Screen, Relax & Enjoy...

"FREEDOM WRITERS" ~ Based on an Inspirational True Story of Hope
*** Popcorn & drinks will be provided. Please sign up by September 26 ***



CARDIO STRENGTH FOR SENIORS

WEDNESDAYS ~ SEPTEMBER 6, 13, 20 & 27 ~ 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.



YOGA WITH PAULA MAGEE

MONDAYS ~ SEPTEMBER 11, 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. Sign-up not required.

***Please Note: No Class September 4, Labor Day Holiday**



SHINE (Serving the Health Insurance Needs of Everyone) will be at Westminster Senior Center on the first and third Wednesday of each month. 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 Senior Center at 978-874-7402.

DUST OFF THOSE BOOTS!



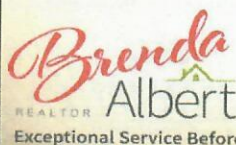
LINE DANCING CLASS!

~ With Anne Gilmartin ~

Thursdays / 9:30 - 11:30 am

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

~ Sign-up not required ~



Join Brenda Albert, Realtor, LAER Realty Partners, at the Westminster Senior Center the last Friday each month, (September 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.



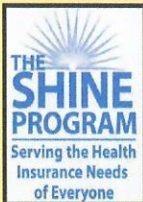
COFFEE WITH THE CHIEFS

Thursday, September 14 / 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.



NEWS FROM SHINE - IMPORTANT MAIL FROM YOUR DRUG PLANS & 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 2024. Your costs (premiums, deductibles, and copays), covered medications, and provider networks may change 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 2024, you may do so during the annual Medicare Open Enrollment period. You may make changes to your coverage between October 15 and December 7, and the changes will take effect January 1. SHINE counselors can help you understand changes to your current plan, as well as discuss other options you may have. Before you call SHINE, visit www.medicare.gov and create a personalized Medicare account. You can enter your medication information to help determine the least expensive plan.

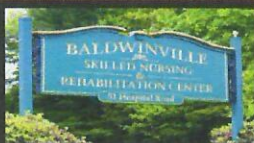
To make a personal one-on-one appointment with a SHINE counselor, please call your local Senior Center.



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's lunch will be held Wednesday, September 13, at Oli's Italian Eatery, West Boylston. Enjoy a delicious Italian lunch! Then we'll visit next store at

Gerardo's Italian Bakery to shop for scrumptious take-home pastry. We meet at 11:30 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 room for one wheel-chair person. Please RSVP by September 11 at 978-874-7402. Buon Appetito!



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



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



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



VETERAN COFFEE

TUESDAY, SEPTEMBER 12

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

~ FRIDAY, SEPTEMBER 8 & 22 ~

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



SENIORS ~ WANT TO GET OUT, SOCIALIZE, OR ADVENTURE SOMEWHERE NEW FOR A CHANGE OF SCENERY?

Then please join us on a newly-added Social Trip to Athol's Market Basket Plaza every third Wednesday of the month (September 20). We'll meet at the Westminster Senior Center lobby for 11:00 am and board the Council on Aging van from there. On the return, we'll depart the Athol Plaza at 3:30 the latest. The van fee is waived for the trip; however, you will be responsible for all other expenses. There is a wide variety of things to do at the plaza. Take in a movie at



Athol Cinema while relaxing in reclining chairs. Have lunch at one of the numerous restaurants/coffee shops—110 Grill, Asia Gourmet, Wendy's, Taco Bell, Market Basket Café, and Starbucks. Enjoy shopping at Hobby Lobby, Marshalls, Dollar Tree, and Pet Supplies Plus. Tully Walk-in Care Center and Worker's Credit Union are also located in the plaza. Sign-up is required with a 24-hour advance notice by calling the Senior Center at 978-874-7402. The van is limited to eleven seniors, so please call early to reserve your seat. For additional information, please give us a call! Happy Trails!!!



There are no strangers here,
Only friends you haven't met yet

The Friendship Club

Wednesday, September 6 ~ 1:00 pm

Westminster Senior Center

Please join us for our fun Two-Pound Auction!
Bring a disguised wrapped gift (weighing approximately two pounds) and bring to the auction table.
New Members Always Welcome. See You There!

Try Your Luck at CARD BINGO!

Thursday, September 14 ~ 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 978-874-7402 *





SELLING YOUR TREASURES!

GET AN ESTIMATE ON WHAT
YOUR ITEMS ARE WORTH!

Bring your item to get
an estimated value!*

WESTMINSTER SENIOR CENTER
69 WEST MAIN ST. WESTMINSTER, MA
9/08 | BEGINS AT 10:00AM

**Estimate is not an appraisal*

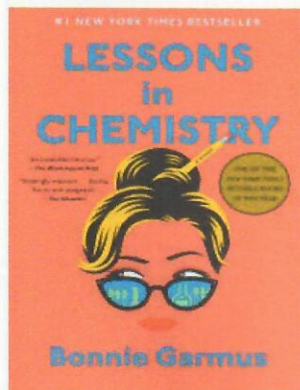
978-230-1131
Mike@RHR-RealEstate.com

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The Westminster Senior Center Book Club meets
on **September 11th** due to the Labor Day Holiday
(we usually meet on the first Monday of the month)

**We always meet at 10:30 am
at the Westminster Senior Center**

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



Some COPIES MAY BE
AVAILABLE AT THE FORBUSH
MEMORIAL LIBRARY

The Westminster Public
Library is located at
118 Main Street

#1 NEW YORK TIMES BESTSELLER • GMA BOOK CLUB
PICK • Meet Elizabeth Zott: "a gifted research chemist, absurdly
self-assured and immune to social convention" (*The Washington
Post*) in 1960s California whose career takes a detour when she
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St Edward's Annual Fall Festival

And Chicken BBQ Dinner at Noon



St. Edward the Confessor Parish

10 Church St.

Westminster, MA 01473

SATURDAY, SEPT. 9, 2023

10am to 4pm on the church grounds

Come join us for a day of fun!

Attic Treasures (early bird entry at 9:30-10AM - \$5 per person)
Eddie's Auction Room **Theme Baskets** **Jewelry Room**
Holiday Room **Raffle tickets/Big Raffle** **Kids Games**
Grocery Wheel **Bakery Room is back!**
10-12 Crafters/Vendors **Food** (burger & hot dog lunch meals)

Chicken BBQ Dinner at Noon with all the fixings!
Dinners by reservation: Call St. Edwards office, 978-874-2362
by 9/4/23. Eat in or to go.

Music (all day) & Entertainment on the lawn at 1:00PM.
Join in and have fun!

For up-to-date info - go to www.stedwardconf.org
(Home tab - Fall Festival)



ACTIVITIES



Monday

Tuesday

Wednesday

Thursday

Friday

		<i>Enjoy The Fruits Of Your Labor!</i>		<i>In the dreamy silence of the afternoon, A cloth of gold is woven over wood and prairie; And the jaybird, newly fallen from the heaven, Scatters cordial greetings, and the air is filled with Scarlet leaves, that, dropping, rise again, as ever, With a useless sigh for rest — and it is Autumn. ~ Alexander Posey</i>		Exercise Classes At Forbush Memorial Library Chair & Stand Wednesdays 10:30-11:30 am Stretch, Strength & Balance Thursdays 10:30-11:30 am		<i>*Crab Cake</i> 1 9-11:30 Art 11:30 Lunch 1-3 Bingo	
CLOSED 		4	<i>*Sausage/Peppers/Onions</i> 5 9-11:30 Art 11:30 Lunch 1-3 Bingo	<i>*Chicken Pot Pie</i> 6 9-11 Canasta 9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 12-3:30 Bridge 1-3 Friendship Club 1-3 Pitch	<i>*Teriyaki Salmon</i> 7 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-3 Scrabble 1-4 Crafts	<i>*Macaroni & Cheese</i> 8 9-11:30 Art 11:30 Lunch 1-3 Bingo 1-2:30 Ukulele Jam			
<i>*Beans & Hot Dogs</i> 11 9:30-10:15 Yoga 10:30-12 Book Club (Barbara Friedman) 11:30 Lunch 1-4 Mah Jong <i>9/11/01 ~We Remember</i>		<i>*Lasagna</i> 12 9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo	<i>*Aloha Chicken</i> 13 9-11 Canasta 9-11:30 Art 9:30-10:15 Cardio Strength 11:30 LEO Club/Social 11:30 Lunch 12-3:30 Bridge 1-3 Pitch	<i>*Cold Steak Salad</i> 14 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 10-11 Coffee w/Chiefs 11:30 Lunch 1-3 Scrabble 1-3 Card Bingo 1-4 Crafts	<i>*Swedish Meatballs</i> 15 9-11:30 Art 11:30 Lunch 1-3 Bingo				
<i>*American Chop Suey</i> 18 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong		<i>*Breaded Chicken/Gravy</i> 19 9-11:30 Art 9-12 Flu/Covid Clinic 11:30 Lunch 1-3 Bingo	<i>*Turkey w/Gravy</i> 20 9-11 Canasta 9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11-3:30 Social/Athol Plaza 11:30 Lunch 12-3:30 Bridge 1-3 Pitch	<i>*Pork Marsala</i> 21 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 1-3 Scrabble 1-4 Crafts	<i>*Broccoli Egg Bake</i> 22 9-11:30 Art 11:30 Lunch 1-3 Bingo 1-2:30 Ukulele Jam <i>First Day of Autumn</i> 				
<i>*Chicken Alfredo</i> 25 9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong		<i>*Turkey/Bean Chili</i> 26 9-11:30 Art 11:30 Lunch 1-3 Bingo	<i>*Rosemary Veal</i> 27 9-11 Canasta 9-11:30 Art 9:30-10:15 Cardio Strength 11:00 Social/Red Apple Farm 11:30 Lunch 12-3:30 Bridge 1-3 Pitch	<i>*Cod w/Crumb Topping</i> 28 9-11 WOW 9-11 Cribbage 9-12 Wood Carving 9:30-11:30 Line Dancing 11:30 Lunch 12-2 Movie Time 1-3 Scrabble 1-4 Crafts	<i>*Cold Tortellini Salad</i> 29 9-11:30 Art 11:30 Lunch 12-12:30 LAER Realty 1-3 Bingo				

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