



THE South Street Sentinel

Including the Council on Aging Senior Newsletter



WWW.WESTMINSTER-MA.GOV

Taking a positive outlook! As the seasons transition and daylight savings time comes into play, there's more than just the resetting of clocks; the extra daylight brings with it a host of positive impacts that extend far beyond adjusting our schedules. In this era of perpetual hustle and bustle, daylight savings serves as a beacon of opportunity, illuminating our lives, from fostering increased productivity to enhancing our mental well-being. Soon, the baseball fields will be filled with players and fans alike; our Farmers' Market will be bustling with fresh produce and Academy Hill will once again serve as the venue for summer concerts and gatherings. Our Town is flourishing with activity and we hope you will take advantage of the many offerings available as we spring into brighter and warmer weather.

IMPORTANT DATES AHEAD: ANNUAL TOWN ELECTION AND TOWN MEETING

Our **Annual Town Election** will be held on **Tuesday, April 30th from 9AM to 7PM** at the Westminster Senior/Community Center - 69 West Main Street

Our **Annual Town Meeting** will be held on **Saturday, May 4th beginning at 10AM** at Westminster Elementary School

More details inside...

CONNECTING AND BUILDING COMMUNITY

WESTMINSTER TOWN HALL

11 SOUTH STREET, WESTMINSTER, MA 01473 | COMMUNITY SERVICES: (978) 874-7461 | [EMAIL US](#)

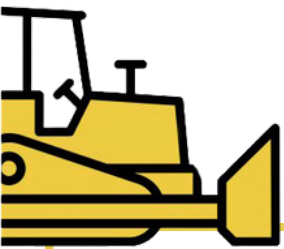


RT 140 ROAD WORK PROJECT



WORCESTER ROAD FROM PRINCETON LINE TO HONEY BEE LANE
Started in March and continuing through November 2025!

This is a very significant traffic project that will continue in multiple phases. The project began in early March and is currently ongoing with mostly Tree Work at this time. **The hours of operation for scheduled work are 7am-3pm daily.** Areas will be clearly marked with signage and roadways will remain open as is possible given the work being done. Please use caution in the work zones and expect some delays. There will also be at least 3 weekends where RT 140 will be closed for an entire weekend to replace the culverts. Detour routes will be clearly marked. This will be a significant project that will affect our residents and commuters daily. The Police Department will share continued social media updates, road closures and detours as they need to be established in as much advanced notice as possible. Stay tuned and please share this information with others living in the work zone.



DEPARTMENT OF PUBLIC WORKS



In case you didn't know:
Rehab work on the 1 million
gallon water storage tank on
Goodridge Drive has been
completed. The prestressed
concrete water storage tank
was built in 1970.

As the weather continues to transition from winter
to spring, our crews are preparing for our **spring
maintenance activities** (sweeping, roadside
mowing, drainage pipe repairs, etc.)

We will also be starting back up and finishing our
paving projects on **Nichols Street** and **Ellis Road**
(Nichols to Carter). We expect to start these
projects sometime in May/June.



**Planning
Board**

The Planning Board is gearing up
to update the Town's **Master Plan**
at the end of March. Public input
will be critical. Email Tracy for
more details on getting involved:
tmurphy@westminster-ma.gov

EXCITING NEWS ON THE WAY SOON!

We are very close to breaking ground on our new
Senior Housing Development, located behind the
Senior Center.

What's Happening Behind Dunkin Donuts?

There has been a lot of talk about the new 'car wash'
that is being built behind the DD/Subway Building. This
post is to CONFIRM that yes, there is a car wash being
put in that location. After extensive planning and
many redesigns, this project was officially approved
and has begun. In addition to the Car Wash, the
parking lots and surrounding areas will undergo
significant transformation to both change the traffic
flow, as well as beautify the surrounding space.



DPW recently completed the installation of new
signage aimed at promoting road safety for
bicyclists and other vulnerable road users. The
Vulnerable Road Users Laws went into effect in MA on
4/1/23. The laws require motorists to maintain a safe
passing distance of at least 4 feet when overtaking
vulnerable road users. In collaboration with MassDOT,
the DPW has taken the initiative to install 65 signs
throughout Town, ensuring that both bicyclists and
drivers are aware of the new regulations.





Ways YOU Can Help!

Below are multiple different opportunities for you to help clean-up our Town as we look towards the warmer weather and many fun activities ahead!

WESTMINSTER BASEBALL & SOFTBALL

FIELD CLEAN-UP DAY

Saturday, April 6th

9:00AM START TIME

Come for an hour or for the whole day. Many hands make light work! The "to do" list usually includes: rake or blow all leaves from fence lines, clean dugouts and field sheds, spread dirt on all low spots of infields, clean snack shack and bathrooms, put up fence signs, eat lunch, have fun, get wet & dirty, trim grass around fence lines on big field and batting cage, put out picnic tables, and trash barrels. Getting started at 9 am and around noon pizza will be served for all volunteers. If you can, bring a rake, shovel, weed whacker, and/or leaf blower (please label with your name). Rain Date will be April 13th.



CROCKER POND CLEAN-UP DAY

Saturday, May 18th

10AM-2PM

Bring gloves and a rake and join with other volunteers to help prepare the recreation area for the season ahead! Kids are welcome! ALL help is appreciated! There are a large variety of tasks to help complete!

TOWN-WIDE CLEAN-UP DAY

Saturday, April 20th

7AM-12PM ++

Bags Available
Clean-up ALL DAY!

Stop by the Public Safety Building between 7am and 12pm to pick-up your yellow bags and/or safety vests. Let the volunteers know where you live and plan to pick up trash. When you fill a bag, close it tightly and leave them safely on the side of the road for pick-up later that day by our DPW and volunteer crew!



GOLDEN KEY AWARDS REMINDER

The Historical Commission is still seeking nominations for projects that have helped preserve the architectural and historical beauty of Westminster. To the left is a photo of Renee Scapparone, who with her husband Barry Hakala, won the "Golden Key Award" for the restoration of the porch on their Main Street home in 2000. Please send your nominations in for private home and business categories! *Nominations can be sent to: Historical Commission, PO Box 456 Town Hall, Westminster, MA 01473*

Did you know that the Historical Society and the Historical Commission are two different entities? Find out more by attending a Board Meeting!



The Historical Commission is currently seeking volunteers to fill open Board seats. If you are interested, please email akirtland@westminster-ma.gov



Cultural Council Updates and new display at the Town Hall!

The Westminster Cultural Council would like to thank all residents who returned the Needs Survey that was sent out with the Town Census. We are carefully going through all your comments. Your ideas will help us in determining funding for the 2025 cultural grants. A list of the 2024 grant-funded events can be found on the Town of Westminster website, in the Sentinel Newsletter, on electric boards located in the Town Hall and at senior/community center.

Grant submission starts Sept. 1, 2024. All grants must be submitted online.

Congressional Art Competition

Each Spring, the Congressional Institute sponsors a nationwide high school visual art competition to recognize and encourage artistic talent in the nation and in each congressional district. The office of Lori Trahan is calling for submissions. For full details on the competition, visit: trahan.house.gov/forms/submitartwork/

NEXT UP

On the 2024 Cultural Council Calendar...

Dan Kirouac will perform songs of the 60s & 70s at the Senior Center on Friday, April 12th at 11AM. Please join us for this free performance.



Currently at the Little Art Gallery



James Blackmore is a 65 year old local Western, MA artist whose art transcends labels and cannot be defined or limited to any one style, genre, or medium. His work is deeply influenced by the world around him. He is a very visual artist with a mesmerizing style.

Sunday, May 5th join the Westminster Senior Center

Wine, Dine & Gamble!SM

to celebrate



Trip includes:

- * R/T motor coach
- * Wine/beer and cheese & crackers served on way to casino
- * 5+ hours at Mohegan Sun Resort Casino
- * Lunch at the Roadhouse (\$20 credit pp)
- * Pizza on ride home
- * Trivia w/prizes on ride home
- * Tax & Gratuities (driver & WD&G leader)



All this for just \$75 pp

A \$25 deposit secures your seat. Balance due by April 25th.



Departure: Westminster Senior Center at 12:00 PM. Returns around 8:30 PM

To secure your seats, please visit the Westminster Senior Center
Address: 69 Main Street. Phone: 978-874-7402.

Space is limited to the first 52 to RSVP Must be 21+

Wine Dine & Gamble is a division of GolfAndGamble.com 508-395-0888

FIRE DEPT NEWS!



OPEN BURNING

A reminder that the **last day of open burning season is May 1st**. So far, we have had 238 open burns and issued 95 permits. As the weather begins to turn, we expect that the National Weather Service will begin to issue fire weather warnings and Red Flag days. If you are planning on burning, *please pay attention to the weather*. Permits can be obtained on-line through the open burning link on the Fire Department Page or in person at the station.



FIND US ON SOCIAL OR VISIT US ONLINE TODAY!



FORBUSHLIBRARY.ORG



TUE-THU: 10AM-8PM

FRI: 10AM-5PM | SAT: 9AM-2PM

SUN & MON: CLOSED

Find out what's new at Forbush on

Wowbrary

Sign up now for our NEW weekly newsletter

See the newest books, movies, and more

Learn about special events and programs

CLICK
THE
IMAGE



Earth Day Celebration of the Indigenous Peoples
with Ray Lachance (Nouba Tewk Tomakwa) of the Abenaki/Mi'kmaq tribes
Tues. April 16
10:30-11:30 AM
Activities include:
tree ceremony
songs
games
crafts
flute-playing
Registration required:
or contact the library
This program is sponsored by the Friends of Forbush.

PRO-WRESTLING STORYTIME
SAT. APR. 13TH 11:00 AM
CHILDREN'S GARDEN ALL AGES
CLICK HERE TO REGISTER

GRAB YOUR GLASSES FOR THE SOLAR ECLIPSE AT THE LIBRARY! YOU DO NOT WANT TO VIEW THE ECLIPSE WITHOUT THEM!

Queen Elizabeth the 2nd – LIVE PERFORMANCE!

TUESDAY, APRIL 23 from 6:00–7:00 PM – Eloranta Room

A true icon, inspiring people around the world with her strength, courage, resilience, and dedication. Her reign of 70 years and 214 days was the longest of any British monarch and the longest verified reign of any female head of state in history. **Actress Sheryl Faye performs as Queen Elizabeth II** in the performance followed by a Q&A.

Candidate's Night!

WEDNESDAY, APRIL 24 7PM-8PM – Eloranta Room

Meet the Candidates in the upcoming Town Election! Details are still forthcoming. Please be aware that although the date of April 24th is a lock, there could be a change to the start time. Once we know for sure we will adjust accordingly.

WooSox Massachusetts 24
TWN TKOVR
The Spirit of America

Throughout the season, the WooSox will host different towns in Central and Western Massachusetts at Polar Pak for "Town Takeover" Nights. Tickets purchased for each "Town Takeover" night will benefit a non-profit from that town. At the end of the season, the town with the largest turnout will be rewarded with a trophy and special recognition.

PRINCETON & WESTMINSTER DAY - APRIL 7
[HTTPS://FEVO.ME/PRINCETONWESTMINSTERTT](https://fevo.me/princetonwestminsterTT)
WOOSOX.COM
SCAN THIS QR CODE WITH YOUR PHONE TO BUY YOUR TICKETS NOW!

BUY YOUR TICKETS NOW!

Westminster has chosen 'Neighbors Helping Neighbors' to be the beneficiary for this event!



To reach Parks & Rec, please Contact:
parksandrec@westminster-ma.gov



APRIL VACATION ACTIVITIES

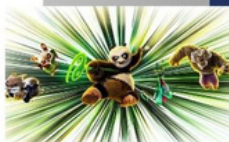
APRIL VACATION IS FROM APRIL 15-19TH
Please consider joining us for these fun events!

1

Movie Day

MONDAY

Join us at **Gardner Cinema** on Monday, April 15th at 10:00 for a showing of **Kung Fu Panda 4**! Admission includes a snack tray for \$9 that includes popcorn, a drink, and candy. No pre-registration needed, just show up and buy your tickets at the door. Children under 12 must be accompanied by an adult.



2

Yoga Days

TUES/THURS

Zen Yoga and Wellness is happy to offer two Kids Yoga and Craft days on Tuesday and Thursday, April 16th and 18th. Stretch, relax and enjoy creating a keepsake craft project to take home. Information on these combo classes, and registration details can be found by visiting: zenyogaandwellness.com/



3

GAME ON Day

FRIDAY

Parks and Recreation has rented **TWO Basketball Courts** at Game on in Fitchburg on Friday, April 19th from 12pm-3pm! Bring your basketballs, soccer balls or volleyballs and let's have some fun! All are welcome and there will be food and drinks available for purchase.



4

Clean-Up Day

SATURDAY

On Saturday, April 20th, pickup your yellow trash bags from the Public Safety Building and hit the streets near where you live to help **clean-up Westminster**! Bags are available from 7am-12pm, but feel free to clean-up all day! Bags can be tied and left in a safe spot on the side of the road for pick-up.



FOR QUESTIONS ABOUT THE ABOVE EVENTS, PLEASE EMAIL
parksandrec@westminster-ma.gov

NOW HIRING

KIDS Summer



REC PROGRAM COUNSELORS

4 WEEKS!

July 8-12
July 22-26

July 15-19
July 29-August 2

Training & CPR/First Aid Certification will take place the 3rd week in June after school gets out.

Also seeking select hired Summer Rec Program counselors to work the last week in June and later into August for a number of Field Trips & Events.

POSITIONS AVAILABLE:

Program Director | Program Coordinator | Counselors
Counselors-in-Training | Field Maintenance Worker

APPLY NOW!

WWW.WESTMINSTER-MA.GOV/HUMAN-RESOURCES/PAGES/CURRENT-JOB-OPENINGS

Or pick-up an application from the Town Hall Human Resources Office.

WHAT WE OFFER?

ARTS & CRAFTS
SPORTS & GAMES
THEME WEEKS
MUCH MUCH MORE!



Contact Audra Kirtland, Community Services Director with questions:
akirtland@westminster-ma.gov

Enrollment for the Summer Rec Program & Additional Activities will follow in the coming months.

THANK YOU TO EVERYONE WHO JOINED US FOR OUR EASTER EGG HUNT AND CELEBRATION!



WE ARE LOOKING FOR VOLUNTEERS!

Our Parks & Rec. Dept is very active in the community. But pulling off events takes a lot of hard work and help from people just like you! If you are interested in helping at upcoming events, or getting more involved and working on projects, creating events or attending meetings, we would love to hear from you! Please email parksandrec@westminster-ma.gov.

SAVE THE DATES

ANNUAL TOWN ELECTION – TUESDAY, APRIL 30, 2024

9AM TO 7 PM

WESTMINSTER SENIOR/COMMUNITY CENTER
69 West Main Street

- Please note the change in voting hours at the polls for this election.
- The Last day for voter registration is Friday, April 19th. Town Hall will be closed, but forms will be available at our Police Department Dispatch Center up until 5PM, or you may vote online at www.sec.state.ma.us/OVR up until 11:59PM
- Once again, we will have Vote by Mail for our Annual Town Election. If you checked off All Elections on the State Post Card, you do not have to request a vote by mail ballot. We will automatically mail a local election ballot once we receive them.
- [CLICK HERE](#) for a Vote by Mail Application form. Return it to our office, and we will then mail you a ballot. The last day to request a Vote by Mail Ballot is Tuesday, April 23rd, 2024.
- [CLICK HERE](#) for Absentee Ballot information for those of you who will not be in town or unable to make it to the polls on election day.

ANNUAL TOWN MEETING – SATURDAY, MAY 4TH, 2024

BEGINNING AT 10AM

WESTMINSTER ELEMENTARY SCHOOL
9 Academy Hill Road

- Please also note the new beginning time of our Annual Town Meeting.
- Any questions should be directed to our Town Administrator/Select Board at 978-874-7408.
- The last day for New Voter registration for the Annual Town Meeting is Wednesday, April 24, 2024, up until 5PM in the Town Clerk's Office, and then online at www.sec.state.ma.us/OVR until 11:59PM
- Any questions, please call the Town Clerk's Office at 978-874-7406 or email esheehan@westminster-ma.gov



Be sure to vote! We had a 31% Voter Turnout for the Presidential Primary.

LOCAL SCHOOL NEWS



Kindergarten Registration for the 2024-25 School Year is Open!

Children who turn five years old on or before August 31, 2024 are eligible to register for kindergarten. You can find the registration link at www.awrsd.org or by clicking the QR code below.

If you have questions or require assistance to register, please reach out to Margaret Cooley in the Central Office at 978-827-1434 or enrollment@awrsd.org.

Kindergarten screenings will take place May 21-23, 2024 during the school day (9:00 AM - 2:00 PM). Once your child is **fully registered** for kindergarten, you will receive a link to sign up for a screening slot. An orientation to the Kindergarten program (including classroom visits and a bus ride) will be scheduled in late August prior to the first day of kindergarten.



Westminster Elementary School had a Google Meet with children's book author: Peter H. Reynolds. It was amazing! Fifth graders joined from the cafeteria, while others gathered online from their classrooms. Peter drew with the kids, read aloud the book: The Word Collector, and took a question from a student in each grade level. A parent-student activity night was also held in follow-up to this event. These events were sponsored by the MHS/WES PTO and the Westminster Cultural Council.

3rd Grade Colonial Day is coming up soon!
Mark your calendars for May 17th. Always a fun Town tradition involving local establishments!



OFFICE OF THE TOWN CLERK

2024 **Census Forms** are Due
back to the Town Hall

2024 **Dog Licenses** are due
by April 15th (\$15 late fee)

TOWN CLERK CLOSED APRIL
15TH for Patriot's Day

REMINDER:

FY24 Real Estate Tax and
Personal Property Tax Bills
for Quarters 3 & 4 were
mailed back in January.
Payment for Quarter 4
Coupons are due by May
1st, 2024.

Town Calendar

March						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23

See our job
OPENINGS!

Never miss another Town
meeting! Click the calendar
to bring you to our Town
Calendar page or visit:
([https://www.westminster-
ma.gov/calendar/month](https://www.westminster-ma.gov/calendar/month))

We have multiple open
positions available. Please
click the image above to to
see our current openings.



BOARD OF HEALTH UPDATES

The Board of Health voted to approve 2 new regulations at
the meeting on February 7, 2024:

- The Westminster Board of Health Regulations for Body Art Establishments
- The Westminster Board of Health Regulations for Lodgings (Short Term Rentals, Hotels, Motels, and Bed & Breakfast

**These will be effective April 1, 2024. Please reach out to the
office for copies of the regulations or with any questions!**



SHARE YOUR **STORY**

Please share your news by reaching out to
our Community Service Director, Audra
Kirtland: akirtland@westminster-ma.gov.
Please understand the Town reserves the
right to choose what to publish.



Evacuation notices, bio-terrorism alerts,
boil water notices, missing child reports,
and any other crucial alerts. **"Code Red!"**



Stay up to date on Town news, alerts and
more: **'Town News & Announcements.'**



Meetings, concerts, games & more! You
can see it all by visiting **Ash-West
Community Media.**



**THE TOWN HALL WILL BE CLOSED ON
MONDAY, APRIL 15TH IN OBSERVANCE OF
PATRIOT'S DAY**

TOWN HALL HOURS

Monday: 7:00am-7:00pm
Tue-Thur: 7:30am-4:30pm
Friday: CLOSED



TOWN HALL

11 SOUTH STREET
WESTMINSTER, MA 01473
[EMAIL US](#)

www.westminster-ma.gov





Council on Aging Newsletter

"Wrinkles should merely indicate where smiles have been."
– Mark Twain

JOIN US FOR A MOVIE ON
THE BIG SCREEN!



PLEASE NOTE THAT THE SENIOR CENTER WILL BE CLOSED FOR ALL ACTIVITIES
ON **APRIL 15TH** FOR PATRIOT'S DAY AND ON **APRIL 29 & 30** FOR THE TOWN
ELECTION. *THANK YOU FOR YOUR UNDERSTANDING!*

Edward Jones[®]
MAKING SENSE OF INVESTING

Sign-up by April 16th

FRIDAY, APRIL 19TH @ 11:00

Join the Edward Jones team for
pizza and a discussion around
'investing in an election year.'

IT'S
SHOWTIME!



**THURSDAY, APRIL 25TH
12:00-2:00PM**

80 For Brady is inspired by the
true story of 4 best friends living
life to the fullest when they take a
wild trip to the 2017 Super Bowl to
see their hero Tom Brady play.
Popcorn and drinks are provided!

*Happy
Birthday*

To all our seniors
and their families
celebrating in
April!



Next COA Board
Meeting
Tuesday, April 9th
@12 noon

In Memory Of...

GLENN FORSYTH

Glenn was a valued driver of the
Westminster Schools and Council on
Aging Van for 24 years before retiring
in 2013. He will be remembered by
many in the community with fond
memories and many laughs.

**SHARE YOUR
STORY**

If you have a story or update you think
would be informative or enjoyed by our
community, please reach out to Audra
Kirtland, Community Services Director:
akirtland@westminster-ma.gov
and share your thoughts.



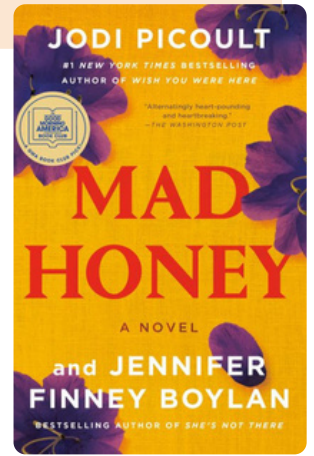


MONTHLY BOOK CLUB

Spend an hour discussing a great current book with a great group of readers! The Senior Center Book Club typically meets on the 1st Monday of the month at 10:30am!

April 1st: *Mad Honey*, Jodi Picoult & Jennifer Finney Boylan

Read ahead! The Club will be discussing *Mad Honey*. This is a soul-stirring novel about what we choose to keep from our past, and what we choose to leave behind. Olivia McAfee knows what it feels like to start over. Her picture-perfect life—living in Boston, married to a brilliant cardiothoracic surgeon, raising a beautiful son, Asher—was upended when her husband revealed a darker side. She never imagined she would end up back in her sleepy New Hampshire hometown, living in the house she grew up in, and taking over her father's beekeeping business.



Friendship CLUB

APRIL 3RD

Meet at 1:00PM

!! AUCTION !!

BRING A 1 LB AUCTION ITEM IN A BAG... PAT FEELEY WILL BE THE AUCTIONEER!

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



**TUESDAY, APRIL 9TH
MEET 10-11:30AM**

Join area veterans for conversation and refreshments. We ask that only veterans attend this event in order to respect their time in sharing experiences. Feel free to bring pictures, badges, questions and more. **We appreciate all who have or are serving.** Thank you for your service and dedication to our country!

UKULELE JAM SESSION



This group meets every **Friday from 1:00PM-2:30PM**. Join the fun! Open to both new to ukulele and experienced players! Singers are also welcome to join in for the fun! *Beginner-specific/focused sessions will take place on April 12th and 26th.*

CARD BINGO! THURSDAY, APRIL 11TH | 1:00-3:00PM

Invite friends, enjoy coffee and refreshments and win prizes! A lot of fun to be had by all! No Sign-up needed! If you are attending, please **BRING \$5 in QUARTERS!**



COFFEE WITH THE CHIEFS!

THURSDAY, APRIL 11TH | 10:00-11:00AM

**Acting Police Chief Jason Tamulen
& Fire Chief Kyle Butterfield**

All are welcome to stop in to the Senior Center to meet with our Chiefs in a relaxed setting. Feel free to ask questions, voice concerns and share new ideas.



Brenda | LAER REALTY PARTNERS
the **Albert Team**
REALTORS
Exceptional Service Before, During & After the Sale

Join Brenda Albert, Realtor, LAER Realty Partners, on the last Friday of each month from 12-12:30PM. Brenda provides honesty, integrity, and enthusiasm. Specialties include buyers' & listing agent, relocation, consulting, property management, and senior transitions. All are welcome for a Q & A session with Brenda. No Sign-up.

NEED A RIDE?



Consider our Van Services with Drivers Danny B. and Dan N.!

Operating Tuesday-Friday 8:00AM-4:00PM

Small Fee: \$3.00 out-of-town | \$2.00 in-town

Call to set up a ride: 978-874-7402. A 24-hour notice is required.

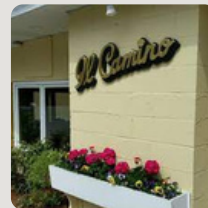
SOCIAL TRIPS!



Join fellow Senior Center friends for lunch or an experience! This month we will be heading out to eat as the weather warms!

Transportation is provided from the Center, leaving at 11:45AM. There is limited seating on the bus for these trips, so sign-up early!

Wednesday, April 17th



Il Camino Leominster

BONNIE of Baldwinville Skilled Nursing & Rehab Center will be providing Bingo Treats on the First Friday of every month! **Thank you Bonnie for your support!**



PATTI of Gables Assisted Living will be providing Dessert at Bingo on the Second Friday of every month! **Thank you Patti for your generosity!**

Do you know anyone who may be interested in displaying their artwork (photography, paintings, etc.) in the Little Gallery? If so, please reach out to Audra: 978-874-7461, or search 'Little Gallery' on the Town website.



OFFICE OF THE TOWN CLERK

2024 **Dog Licenses** are due by April 15th (\$15 fee applies if late)

Mark your calendar for our Annual Town Election on Tuesday, April 30th & Annual Town Meeting on Sat., May 4th @ 10:00am at the Senior Center.

There's still time to return your census information!

REAL ESTATE EXEMPTION APPLICATION ARE DUE TO THE ASSESSOR'S BY APRIL 1ST



SHINE (SERVING THE HEALTH INSURANCE NEEDS OF EVERYONE)

SHINE will be at the Westminster Senior Center every FIRST and THIRD Wednesday of the 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 Westminster Senior Center at 978-874-7402. SHINE is here to help ease the burden of healthcare!

FREE 'FILE OF LIFE' FOLDERS ARE AVAILABLE AT THE SR CENTER

These folders are designed to be kept on your refrigerator as an alert to medical personnel during an emergency situation. They contain your medical information, emergency contacts, medications and dosages, and much more. During times of stress, it can be difficult to remember this information. **These files could save your life, or the life of a loved one!** Pick yours up today!



ONGOING ACTIVITIES...

LET'S GET OUR *Game On!*

JOIN US FOR A VARIETY OF BOARD/CARD GAMES

CANASTA	WEDNESDAYS	9-11 AM
PITCH	WEDNESDAYS	1-3 PM
CRIBBAGE	THURSDAYS	9-11 AM
SCRABBLE	THURSDAYS	1-3 PM
MAH JONG	MONDAYS	1-4 PM
BINGO	TUES/FRIDAYS	1-3 PM
BRIDGE	WEDNESDAYS	12-3:30 PM



WALKERS OF WESTMINSTER

Do you like to go for walks? Would you like to expand where you walk or who you walk with? Consider joining the Walkers of Westminster! **The group meets at the Senior Center every Thursday at 9AM, All YEAR ROUND! All are welcome!**



Woodcarvers Group

THURSDAYS
9AM-12PM



Art Group (Painting, etc)

TUE & WED 9-11AM
FRIDAYS 9-11:30AM



Crafters Group (Knitting, etc)

THURSDAYS 1-4PM



FITNESS CLASSES

DUST OFF THOSE BOOTS FOR LINE DANCING CLASS WITH ANNE GILMARTIN

Thursdays 9:30-11:30AM | Sign-up not required
Beginners \$3 (1st hour only) | Improvers \$5 (2 hours)

RELAX AND REJUVINATE AT YOGA WITH PAULA MAGEE

Mondays 9:30-10:15AM | Sign-up not required
Join Paula to add physical and emotional strength, flexibility, and balance to your daily activity. This 45-minute class is designed for ALL. No floor work as we will be working standing or seated.

FIND YOUR HAPPY PLACE DURING YOGA WITH LORI PUCKO

Fridays from 9:30-10:15AM | Sign-up not required

CARDIO STRENGTH FOR SENIORS

Wednesdays 9:30-10:15AM | Sign-up not required
Join Paula Magee in this fun, 45-minute class that includes cardiovascular endurance, muscular strength, and balance. Bands & balls provided, but participants should bring their own 1-5lb weights. Sneakers are required and water is encouraged!



Chair & Stand

FITNESS AT
FORBUSH
LIBRARY

Wednesdays 10:30-11:30AM

Stretch, Strength & Balance
Thursdays 10:30-11:30AM

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

APRIL	BUDS	NATURE	RAIN
SUN	INSECTS	GALOSHES	SPRING
BIRDS	CHEER	PICNIC	SMELL
HARMONY	TREE	NEST	GRASS



PRINCETON & WESTMINSTER DAY - APRIL 7

[HTTPS://FEVO.ME/PRINCETONWESTMINSTERTT](https://fevo.me/princetonwestminstertt)



Throughout the season, the WooSox will host different towns in Central and Western MA at Polar Park for "Town Takeover" Nights. Tickets purchased for each "Town Takeover" night will benefit a non-profit from that town.

Golf'n Gamblesm

CASINO TRIP IN THE WORKS!
SUNDAY, MAY 5TH! More details to follow...

Welcome to WESTMINSTER

Join us for a community gathering to talk about life in our Town!

THURSDAY, APRIL 4, 2024

TIME: 6:30PM - 7:30PM

**FORBUSH MEMORIAL LIBRARY
118 MAIN STREET**

At this informative event, you'll have the opportunity to:

- Meet Town Leadership
- Identify Youth & Senior Activities & Services
- Hear about upcoming Events & Places to Explore:
 - Farmers' Market, Yard Sales
 - Hiking & Walking Trails
 - Fairs, Festivals & Concerts
 - And Much Much More!

Visit the following for more information:
forbushlibrary.org | westminster-ma.gov



ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*Turkey & Gravy</i> 1</p> <p>9:30-10:15 Yoga 10:30-11:30 Book Club w/Barbara Friedman 11:30 Lunch 1-4 Mah Jong</p> 	<p><i>*Stuffed Shells</i> 2</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Steak, Onions & Peppers</i> 3</p> <p>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</p>	<p><i>*Chicken Cordon Bleu</i> 4</p> <p>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 2-4 GGAA</p>	<p><i>*Lentil Veg. Stew</i> 5</p> <p>9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-2:30 Ukulele Jam 1-3 Bingo</p>
<p><i>*Chicken & Veg Stir Fry</i> 8</p> <p>9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong</p>	<p><i>*Hot Dog</i> 9</p> <p>9-11:30 Art 10-11:30 Veteran Coffee 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo</p>	<p><i>*B-Day Beef Burgundy</i> 10</p> <p>9-11 Canasta 9-11:30 Art 9:30-10:15 Cardio Strength 10:00 Social Trip (Private) 11:30 Lunch 12-3:30 Bridge 1-3 Pitch</p>	<p><i>*Egg Salad</i> 11</p> <p>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 Card Bingo 1-3 Scrabble 1-4 Crafts</p>	<p><i>*Mediterranean Cod</i> 12</p> <p>9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 1-2:30 Ukulele Jam -Beginners 1-3 Bingo</p>
<p>CLOSED 15</p>  <p>PATRIOT'S DAY</p>	<p><i>*Broccoli Bake</i> 16</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Chicken Parmesan</i> 17</p> <p>9-11 Canasta 9-11:30 Art 9-3 SHINE (by Appt) 9:30-10:15 Cardio Strength 11:30 Lunch 11:45 Social Trip (Il Camino) 12-3:30 Bridge 1-3 Pitch</p>	<p><i>*Meatloaf</i> 18</p> <p>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</p>	<p><i>*Roast Pork</i> 19</p> <p>9-11:30 Art 9:30-10:15 Yoga 11:00 Pizza Lunch w/Edward Jones 11:30 Lunch 1-2:30 Ukulele Jam 1-3 Bingo</p>
<p><i>*Shepherd's Pie</i> 22</p> <p>9:30-10:15 Yoga 11:30 Lunch 1-4 Mah Jong</p> 	<p><i>*Balsamic Chicken</i> 23</p> <p>9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Cold: Turkey & Swiss</i> 24</p> <p>9-11 Canasta 9-11:30 Art 9:30-10:15 Cardio Strength 9:30 Social Trip (Private) 11:30 Lunch 12-3:30 Bridge 1-3 Pitch</p>	<p><i>*BBQ Pulled Pork</i> 25</p> <p>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</p>	<p><i>*Tuscan Salmon</i> 26</p> <p>9-11:30 Art 9:30-10:15 Yoga 11:30 Lunch 12:00 LAER Realty 1-2:30 Ukulele Jam -Beginners 1-3 Bingo</p>
<p>ELECTION SET-UP 29</p> <p>Senior Center CLOSED for All Activities</p>	<p>TOWN ELECTION 30</p> <p>Senior Center CLOSED for All Activities</p>		<p>JOIN US FOR CONGREGATE MEALS! Served Monday thru Friday @ 11:30 AM At the Westminster Senior Center SUGGESTED DONATION \$3 Reservations by 10AM on the prior business day! Call To Reserve Your Space: 978-874-7402</p>	