



NEWS

JAN/FEB 2015

Special Thanks to:

- The Westwood Policeman's Association *for sponsoring a delicious meal at the Old Colonial in November. Everyone enjoyed great food and great company!*
- Mary Anne Morse Health and Rehab Center of Natick *for sponsoring our upcoming Valentine's Party!*
- Dedham Savings Bank *who contributed goodies for our Nineties Party, our Halloween Party and our Holiday Party!*
- And to The St. Vincent de Paul Society, the Westwood Lions Club, HESSCO, and Vello's Restaurant *for making sure that all our homebound seniors were delivered home cooked meals for the holidays!*

We are grateful for your commitment to helping us help our senior community!

Letter from the Director

Happy New Year! The New Year brings a new newsletter that we are now *H*ending out to *every* household with an adult *over* 55 years old. Why? Because it is our hope that the Center becomes a place that Westwood adults enjoy, stay connected, find information and continue to age with good health.

We will keep the tried and true programs that are beloved; but like this new newsletter, we will also be adding new programs. We are working on creating a new current events program; a 4 part history program; monthly financial, legal and real estate programs; iPad and iPhone classes, as well as a new quilting course and (if possible), line dancing to name a few.

Westwood is also blessed with a wonderful Recreation Department and town pool; so it is my hope to partner closely with them, as well. Most of these programs will start in March, so stay tuned!

Meanwhile, we have extended the floor in the dining room, have cleaned out the craft room to give everyone more space and have taken out the old computer and replaced it with a new one.

So, come grow with us! We are a warm, inviting and fun staff that would love your ideas, your thoughts and your concerns; moreover, come tell us what *you* would like.

Wishing everyone health and happiness throughout 2015!



Lina Arena-DeRosa



Memorial Service for Patricia Carty-Larkin



Westwood's former Senior Center Director, beloved mentor and friend, Pat Larkin, passed away in December after a long illness. St. Margaret Mary's Church will offer a Memorial Mass on Monday, January 5th at 9 a.m., followed by a reception at the Senior Center. If you need a ride, please call the Center.



Karen's Corner—Outreach Counselor

Fuel Assistance

LIHEAP is the Low Income Home Energy Assistance Program that is commonly referred to as **Fuel Assistance**. It is a government program that provides eligible households with help in paying a portion of winter heating bills. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Annual Income (see chart below for these figures). If you rent, you may receive fuel assistance even if your heat is included in the rent.

The amount you receive depends on your income, your housing status, and your heating costs. You may also be eligible for weatherization services, heating system repairs, discount utility rates, and Citizens Energy heat assistance programs. Once you are found eligible for fuel assistance, your local fuel assistance agency will notify your heating company and pay your benefit directly to them, unless your heat is included in your rent.

First-time applicants must apply for fuel assistance in person. Westwood residents may call the Center to obtain the list of documents needed and to schedule an appointment with Karen to apply. You may apply any time during the heating season, which ends April 30, 2015. Households must apply each year; applications are mailed to households after the first year.



Household of 1 cannot exceed \$32,618
 Household of 2 cannot exceed \$42,654
 Household of 3 cannot exceed \$52,691
 Larger households, please contact COA.



Transportation with Trish



JAN	DESTINATION	FEE	FEB	DESTINATION	FEE
2	Roche Bros.	\$2.00	4	Errands	\$2.00
7	Errands	\$2.00	6	Hannaford's	\$2.00
9	Shaw's/Norwood	\$2.00	11	Trader Joe's/Xmas Tree Foxboro	\$2.00
14	Walmart	\$2.00	13	Roche Bros.	\$2.00
16	Hannaford's	\$2.00	18	Errands	\$2.00
21	Errands	\$2.00	20	Shaw's/Norwood	\$2.00
23	Roche Bros.	\$2.00	25	Walmart	\$2.00
28	Target/South Shore Plaza	\$2.00	27	Hannaford's	\$2.00
30	Shaw's/Norwood	\$2.00			

Shoppers' Bus for Westwood residents is available on most Wednesdays for local shopping sites and on most Fridays for food shopping. Participants are restricted to **4 shopping bags** per person.

The COA will make 2 trips for food shopping at 9:30 and 10:30 a.m. The 9:30 trip will be picked up at 11:00 and the 10:30 trip will be picked up at 12:00 for return trip home.

PLEASE NOTE: All reservations *must be made at least 48 hours in advance*. We will take only two reservations per telephone call. This bus is mainly for seniors who do *not* drive, and reservations are on a first-come, first-served basis. Westwood Glen and Highland Glen residents will be picked up at their building. Suggested fee for this service is \$2.00. Local residents will be picked up at their homes.

Medical Transportation for Westwood residents to medical appointments within a 10-mile radius is available Monday to Friday between 8:30 a.m. and 2:30 p.m. Reservations *must be made 48 hours in advance*, and a fee of \$2.00 is suggested. Call the Senior Center at 781-329-8799.

Westfare Taxi Vouchers are available to *eligible seniors who no longer drive*. A purchase of \$12.00 will buy \$48.00 worth of transportation. For more information, call (781) 329-8799 and ask for Karen.

Day Trips

Market Basket in Waltham

- ▶ Thursday, January 29, 9:30 a.m.-1 p.m..
- ▶ \$5.00

There is a new Market Basket in Waltham and the van will be making a trip there on Thursday, January 29 at 9:30 a.m. Limited to 8. \$5.00. *Must sign up in advance.*

Twin Rivers in Lincoln, RI

- ▶ Thursday, February 26, 8:30 a.m.-4 p.m.
- ▶ \$10.00

Feeling lucky? On Thursday, February 26, the van will be leaving the COA at 8:30 a.m. to go to Twin Rivers in Lincoln, RI. Cost \$10.00. Return will be around 4:00 p.m. *Must sign up in advance.*

Stay Healthy at the Senior Center

LO-IMPACT EXERCISE

with Marilyn



- ▶ Mondays & Wednesdays, 1-2 p.m.
- ▶ \$3 donation requested

Are the winter blues getting you down? Then come out of the cold and join Marilyn and her fun group as they beat the blues by stretching and enjoying a low-impact exercise. All levels welcome! So, come warm up with us!

FUN FIT EXERCISE

with Stephanie

- ▶ Mondays, Wednesdays & Fridays, 9-10 a.m.
- ▶ \$3 donation requested

Senior Fitness is an hour class where we incorporate cardio, strength training, balance and stretching using light weights and resistance tubing. The modifying teaching techniques throughout the class challenges all fitness levels in a fun and invigorating environment. Participants in the class feel their everyday tasks have become easier as they gain strength, stamina and improve their balance. All fitness levels are welcomed!!

YOGA

with Bonnie & Kathleen



- ▶ Tuesdays & Thursdays, 9:30-10:30 a.m.
- ▶ \$3 donation requested

Bonnie's favorite quote that sums up the way she approaches yoga is "Our yoga practice is about self-acceptance not self-improvement." It's about meeting your body where it's at and doing what you are capable of. The class experience concentrates on moving with the breath. We start out in our chairs and eventually come to standing, combining strength and flexibility moves. The class ends with a mindfulness meditation, leaving the mind and body more relaxed and calm. Stop in and learn a new way to stay healthy!

T'AI CHI TUESDAYS

with J. Scott

- ▶ Tuesdays, 1-2 p.m.
- ▶ \$3 donation requested

T'ai Chi is a graceful form of exercise that is often called meditation in motion. T'ai Chi promotes serenity through gentle, flowing movements. T'ai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because T'ai Chi is low impact, it may be especially suitable if you're an older adult who otherwise may not exercise. So come join us!

BLOOD PRESSURE CLINIC

with Westwood's Board of Health Nurse

- ▶ Jan. 21 & Feb. 18, 8:30-11:30 a.m.
- ▶ FREE

No appointment necessary.



WAXING

with Licensed Aesthetician Lisa

- ▶ The first Friday of every month:
- ▶ Jan. 2 and Feb. 6, 8:30-10:30 a.m.

Please call the Senior Center *in advance* to schedule your appointment.

Fees: Brows\$10 Any two services\$15
Lip\$10 All 3 services\$20
Chin\$8

Appointments required.

SHINE

(Serving Health Information Needs of Elders)

with Lori

- ▶ Call Center for available times.

Lori Howell, SHINE representative, is available, BY APPOINTMENT, to help you deal with issues or questions you may have regarding your health insurance.

AQUA FITNESS at the Town Pool

The water is clean, clear and about 83°!
So stop by the Recreation Office and pick up a brochure for more information and rates.



Water Exercise programs

Directed exercise to support functional living

- ▶ Tuesdays, Wednesdays & Thursdays, 9:00 to 10:00 a.m.

Senior Swim

Unstructured time to move in water as you see fit

- ▶ Tuesdays & Thursdays, 1:00 to 2:15 p.m.

A Message from Mary

Public Health Nurse

You can help cure a very common disease: loneliness. There are so many ways to build bridges of friendship! Some ideas include: reaching out to an old friend, helping a local charity or enjoying a program at the Center. Being emotionally healthy protects us from physical ailments by boosting our immune function, reducing inflammation, lowering blood pressure, and improving brain function. Social interaction is just as important as adequate rest and good nutrition. Good feelings are contagious so let's spread friendship this winter instead of the flu. May 2015 be a year of good health and happiness for all.

Stay Connected at the Senior Center

WATERCOLOR CLASS

with Joan



- ▶ Mondays, 1-3 p.m.
- ▶ Donation: 8 weeks for \$40

This fun, free-flowing class encourages students to learn about color blending, shapes, values and unity. Each student is encouraged to find and express their own individual style: to play with color and not to be afraid to experiment, to try new ways and learn through mistakes. "Let the inner child out to explore with color and strokes."

MAH JONGG

- ▶ Every Tuesday, 12:30 p.m.

Would you like to exercise your brain and learn a new game that involves skill, strategy and calculation (as well as a bit of luck)? Then come join our small but very friendly Mah Jongg group. Beginners and experienced players are welcome, or if you are just curious, stop in!

BINGO

- ▶ Every Thursday, 1:15 p.m.



Join us at the Center as we play BINGO! This fun group enjoys conversation, laughs and a good game of BINGO.

BRIDGE

- ▶ Every Friday, 11:00 a.m.

Exercise your brain and join us for Bridge every Friday at the Center from 11-3. We break at 1:00 for lunch (bring your own); coffee, tea and water are available. We usually host 6 tables but would love to grow. Everyone is welcome so stop by and join in!

Westwood Woman's Club

- ▶ January 15, 1:30 p.m.

The Westwood Woman's Club is a volunteer, social and charitable organization whose purpose is to promote cultural and civic interests.

Founded in 1948 and Federated until 1988, the club gave outstanding service to the community in the post-war era and beyond. Today projects are smaller and activities more low-key, but the club still has an important role in the community.

The club meets the third Thursday afternoon, October to May. In January, the club will have a panel of three "Women in Government," featuring Alice Moore, Town Moderator; Dottie Powers, Town Clerk; and Nora Loughnane, Town Planner. No meeting in February.

The club welcomes new members. For more information, please call Jean at 781-326-4819 or Barbara at 781-762-7155.

BI-MONTHLY BOOK GROUP

with Bev

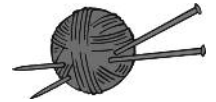


- ▶ January 8, 10:00 a.m.

Do you enjoy reading a good book? Do you wish you had an opportunity to discuss the book when you are finished? Then this is the group for you! In January, Bev and her friends, will be reading *The Founding Mothers* by Cokie Roberts. *Founding Mothers* is an intimate and illuminating look at the fervently patriotic and passionate women whose tireless pursuits on behalf of their families — and their country — proved crucial to the forging of a new nation. So cuddle up on a cold day with a good book and join us for a great discussion.

KNITTING AND CROCHETING

with Louise



- ▶ Tuesdays, 1:00 p.m.
- ▶ \$3 donation requested

There is no better time to enjoy knitting than in the dead of winter. So come join us (experienced and beginners are welcome) on Tuesday afternoons as we knit, crochet, talk, laugh and help each other when we get stuck. Materials are available at the Center if needed.

CRAFTS GROUP

with Lorraine

- ▶ Monday mornings
- ▶ January 12 & February 2, 10:00 a.m.

Do you enjoy creating different crafts? Would you like to help the Center raise funds for its programs? If you answered yes, then this is the group for you! Join Lorraine each month as she demonstrates a new craft that you can help create for the Center to sell (or buy one yourself). No prior experience necessary. Limit to 8 participants.

GARDEN CLUB



- ▶ Thursday, February 26
- ▶ 1:30-3:30 p.m.

The Westwood Garden Club is a group of ladies from Westwood and surrounding towns who are interested in gardening and horticulture. We meet on the fourth Thursday of the month from September through May, at the COA in Westwood. Our purpose is to promote the exchange of information regarding gardens, horticulture and native wildlife. We encourage a spirit leading to the improvement of the grounds and gardens of our community. New members are always welcome.

Age Well at the Senior Center

MEN'S CLUB

with Richard Cass and Bob Smith

The Men's Club is a fun and active group who welcome new members and friends. The Men's Group will be continuing their series of speakers as follows:

▶ Thursday, January 15, 9:00 a.m.

T.P. Eliot Smith: who will be talking on one of his fascinating subjects. But to find out which one, arrive on time!

▶ Thursday, February 19, 9:00 a.m.

Westwood Chief of Police, Jeffrey Silva will discuss issues concerning the commercial and residential developments at University Station.

Coffee and pastries are offered. See you there!

Keep up to date, visit www.westwoodseniormen.org

NEW FRIENDS

A Social Bereavement Group

▶ \$5 donation per person requested

New Friends is a social bereavement group which will be meeting at the Westwood Senior Center from 1:00 p.m. to 4:00 p.m. on the second Sunday of each month. It will be open to anyone who has suffered the loss of a loved one for any reason. New Friends is an opportunity for people who have suffered a loss to get together in a social setting to do whatever feels comfortable.



BEREAVEMENT GROUP

with Nina Johnston, MSW

▶ January 14 & 28, 10-11 a.m.

▶ February 12 & 25, 10-11 a.m.

Come join this informal group comprised of people who have lost a loved one. The group is flexible and always pleased to have new members. We gather to discuss and remember our losses and support one another regarding the issues that we face.

LUNCH & A MOVIE

▶ Sign up in advance.

▶ Lunch at 12 — Movie begins at 1

▶ \$4 donation includes lunch

1/8 The Italian Job: Pizza/Green Salad

1/22 Walk the Line: Quiche/Green Salad

2/5 Les Misérables: Hot Dog/Green Salad

2/19 The Notebook: Ham and Cheese on Croissant/
Green Salad/Potato Salad



MEMORY CAFÉ

▶ Tuesday, Jan. 27 and Feb. 24

▶ 2:00 to 3:30 p.m.

White Oak Cottages is hosting a monthly memory café for those with memory loss and their caregivers at the Westwood Public Library. For more information, go to: whiteoakcottages.com/services/memory-cafe/

INTERGENERATIONAL PROGRAM— SENIORS NEEDED

Spend three brown bag lunches (11:45 to 1:00) with 4th graders from the Deerfield School. Learn how much fun it can be in fourth-grade and enjoy the interaction with these great kids. Then in June, at the Council on Aging Center, enjoy a swinging pizza party! Seniors are needed to “mentor” due to the outstanding success of the program in the past. Dates are March 18, April 8, May 13, and June 10.

If interested, call coordinator Mary Hunt at 781-329-9361 or email her at hunt4781@comcast.net.

BJ's Members enjoy wholesale club prices.

You'll save big on leading name brands, from groceries to health and beauty to home goods. PLUS, BJ's Services save you money on vacations, home improvements and much more. Senior memberships will be offered at \$20 per person for one year on Wednesday Feb. 11, from 10-12.

Special Monthly Programs

AARP TAX ASSISTANCE

with AARP Tax Aides

Once again, the Westwood Senior Center is proud to be hosting AARP Tax Help. If you are low to moderate income and need help preparing your 2014 Federal and Mass income tax forms, AARP Tax Aides will be on hand every Monday from February 2nd through April 13th, from 9 a.m. to 2 p.m.

Appointments MUST BE MADE IN ADVANCE, so please call to make your appointment.

KNOWING YOUR LEGAL RIGHTS & RESPONSIBILITIES

with Mary Roque

Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors usually on the first Thursday of each month. Appointments are scheduled at 20 minute intervals beginning at 8:50 a.m.

January 2015

Lunch served daily through HESSCO at 11:30 a.m. For menu, please stop by the Center.
Must sign up for HESSCO lunches in advance. HESSCO sign up phone number is 781-329-6514.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 New Years Day CLOSED	2 8:30* WAXING 9:00 FUN FIT 9:30 and 10:30* ROCHE BROS. 11:00 BRIDGE
5 9:00 MEMORIAL MASS for PAT LARKIN 10:00 RECEPTION HONORING PAT LARKIN 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	6 9:30 YOGA 12:30 MAH JONGG 1:00 T'AI CHI 1:00 KNITTING	7 9:00 FUN FIT 9:30* ERRANDS 1:00 LO-IMPACT EXERCISE	8 8:50-10:10 a.m.* ELDER ATTORNEY, M. ROQUE 9:30 YOGA 10:00 BOOK GROUP 1:15 BINGO 12:00-3:00* LUNCH & A MOVIE	9 9:00 FUN FIT 9:30 and 10:30* SHAW'S 11:00 BRIDGE
12 9:00 FUN FIT 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	13 9:30 YOGA 12:30 MAH JONGG 1:00 T'AI CHI 1:00 KNITTING	14 9:00 FUN FIT 9:30* WALMART 10:00 BEREAVEMENT GROUP 1:00 LO-IMPACT EXERCISE	15 9:00 MEN'S GROUP 9:30 YOGA 1:15 BINGO 1:30 WOMAN'S GROUP	16 9:00 FUN FIT 9:30 and 10:30* HANNAFORD'S 11:00 BRIDGE
19 Martin Luther King Holiday CLOSED	20 9:30 YOGA 12:30 MAH JONGG 1:00 T'AI CHI 1:00 KNITTING	21 8:30-11:30 BLOOD PRESSURE 9:00 FUN FIT 9:30* ERRANDS 10:00 GREAT DECISIONS 1:00 LO-IMPACT EXERCISE	22 9:30 YOGA 1:15 BINGO 12:00-3:00* LUNCH & A MOVIE	23 9:00 FUN FIT 9:30 and 10:30* ROCHE BROS. 11:00 BRIDGE
26 9:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	27 9:30 YOGA 12:30 MAH JONGG 1:00 T'AI CHI 1:00 KNITTING	28 9:00 FUN FIT 9:30* TARGET 10:00 BEREAVEMENT GROUP 1:00 LO-IMPACT EXERCISE	29 9:30 YOGA 9:30* MARKET BASKET 1:15 BINGO	30 9:00 FUN FIT 9:30 and 10:30* SHAW'S 11:00 BRIDGE

Sunday, January 11

1-4 p.m. NEW FRIENDS
SOCIAL BEREAVEMENT GROUP

***MUST SIGN UP IN ADVANCE!**
(The calendars are easily removed to put
on your refrigerator!)

GREAT DECISIONS

The International Affairs Committee of the Westwood Woman's Club will begin their 2015 Great Decisions discussion group in January. Topics to be discussed this winter include Privacy in Digital Age, India, Human Trafficking, and Brazil.

For more information about the Westwood Woman's Club and Great Decisions call Kathleen McGill at 781-769-0275 or Virginia Lester at 781-769-1429.

February 2015

Lunch served daily through HESSCO at 11:30 a.m. For menu, please stop by the Center.
Must sign up for HESSCO lunches in advance. HESSCO sign up phone number is 781-329-6514.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00* AARP TAX ASSISTANCE 9:00 FUN FIT 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	3 9:30 YOGA 12:30 MAH JONGG 1:00 T'AI CHI 1:00 KNITTING	4 9:00 FUN FIT 9:30* ERRANDS 10:00 GREAT DECISIONS 1:00 LO-IMPACT EXERCISE	5 8:50-10:10 a.m.* ELDER ATTORNEY, M. ROQUE 9:30 YOGA 12:00-3:00* LUNCH & A MOVIE 1:15 BINGO	6 8:30* WAXING 9:00 FUN FIT 9:30 and 10:30* HANNAFORD'S 11:00 BRIDGE
9 9:00* AARP TAX ASSISTANCE 9:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	10 9:30 YOGA 10:00 CONFESSIONS/CATHOLIC QUILTER 12:30 MAH JONGG 1:00 T'AI CHI 1:00 KNITTING	11 9:00 FUN FIT 9:30* TRADER JOE'S 10:00 B.J.'s SIGN UP 1:00 LO-IMPACT EXERCISE	12 9:30 YOGA 1:15 BINGO 10:00 BEREAVEMENT GROUP 12:00 VALENTINE'S DAY PARTY	13 9:00 FUN FIT 9:30 and 10:30* ROCHE BROS. 11:00 BRIDGE
16 President's Day CLOSED	17 9:30 YOGA 12:30 MAH JONGG 1:00 T'AI CHI 1:00 KNITTING	18 8:30-11:30 BLOOD PRESSURE 9:00 FUN FIT 9:30* ERRANDS 10:00 GREAT DECISIONS 1:00 LO-IMPACT EXERCISE	19 9:00 MEN'S GROUP 9:30 YOGA 12:00-3:00* LUNCH & A MOVIE 1:15 BINGO	20 9:00 FUN FIT 9:30 and 10:30* SHAW'S 11:00 BRIDGE
23 9:00* AARP TAX ASSISTANCE 9:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	24 9:30 YOGA 12:30 MAH JONGG 1:00 T'AI CHI 1:00 KNITTING	25 9:00 FUN FIT 9:30* WALMART 10:00 BEREAVEMENT GROUP 1:00 LO-IMPACT EXERCISE	26 8:30* TWIN RIVERS 9:30 YOGA 1:15 BINGO 1:30 GARDEN CLUB 1:30 GREAT DECISIONS	27 9:00 FUN FIT 9:30 and 10:30* HANNAFORD'S 11:00 BRIDGE

Sunday, February 8

1-4 p.m. NEW FRIENDS
SOCIAL BEREAVEMENT GROUP

CONFESSIONS OF A CATHOLIC QUILTER

by Linda Ramrath

- ▶ February 10, 10:00 a.m.
- ▶ \$4 donation requested

Come to the Westwood Senior Center to see 30+ amazing quilts designed by Linda Ramrath as she explores breaking a few Commandments and other quilting rules. This talk is humorous and inspiring. Linda is an award winning quilter who has taught and lectured on quilting for over ten years. So join us for this fun and humorous lecture.

NOTARY SERVICES

If you need a legal document notarized, call Lina to schedule a time. No cost for this service.

***MUST SIGN UP IN ADVANCE!**

(The calendars are easily removed to put on your refrigerator!)



Westwood Council on Aging
60 Nahatan Street
Westwood, MA 02090

PRSRT Non-Profit
US Postage
PAID
Framingham, MA
Permit #179

Westwood Council on Aging

**60 Nahatan Street
Westwood, MA 02090
Telephone: 781-329-8799
Fax: 781-329-5949**

Hours:

Monday–Thursday: 8:00 a.m. to 4:00 p.m.
Friday: 8:00 a.m. to 3:00 p.m.

Staff and Contact Info

Lina Arena-DeRosa, Director
Trish Tucke, Program Director
Karen Segreve, Outreach Counselor
Lorraine Cavanaugh, Administrative Assistant
John Trigilio, Van Driver
Albert Mahegan, Van Driver
Paul Kelly, Van Driver



Council on Aging Board Members

Betty Connors	Mary Gens
Margaret Dullea	Irene MacEachern
Cheryl Fay	Bill Sebet
Robert Folsom	James M. Sullivan

Valentine's Day Party

Thursday, February 12 — Noontime

Sponsored by Mary Anne Morse Health and
Rehab Center of Natick.

Come celebrate Valentine's Day with us as Mary Anne Morse Health and Rehab Center sponsors a delicious Valentine's Day Lunch. There will be great entertainment and chocolate cake for dessert! Space is limited, so please sign up in advance. \$3.00 donation is requested.