



STAY HEALTHY

STAY CONNECTED

AGE WELL

NEWS

JULY/AUGUST 2015

Special Thanks to:

- **Needham Bank** who underwrote Consumer's Empowered lecture on Fraud Protection;
- **The Westwood Permanent Firefighters Association** for hosting a breakfast and discussion on Fire and Falls Prevention;
- **Westwood Community Chest** who helped struggling seniors all winter long;
- **HESSCO Elder Services** for helping underwrite the Summer BBQ;
- **Senior Living Residence of Canton** who created beautiful baskets for our seniors;
- **Bridges by Epoch** for their lecture on Alzheimer's and dementia;
- **Foundation for Westwood Education** for an Intergenerational Grant to partner with Thurston Middle School; and
- All the **volunteers at the Westwood Senior Center** who help answer phones, serve meals, deliver meals and help at the Food Pantry.

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

Letter from the Director

Spring did not really happen this year, but summer is definitely in full swing! Farmer's markets are full of fresh vegetables, beautiful flowers and after this horrific winter, I think we are all just happy to be outside! The outlook for July and August is hot and dry (with the hope that there is enough rain for farmers and flowers); but remember it will be cool and comfortable here in the Center. So if you are looking for some fun and interesting programs (or just want to stop in for lunch and a movie), come *inside* and check us out!

This summer we are partnering with HESSCO to offer a baseball theme (Red Sox, of course) cookout on July 14th. This will fill up fast, so sign up early! On July 21, Needham Bank has given a grant to Consumers Empowered to speak to you on Scam, Frauds and Identity Theft. This is an important program that everyone who can come, should come! And on Tuesday August 11, The Westwood Permanent Firefighters will host a healthy breakfast to discuss Falls and Fire Prevention, a discussion you should not miss. Finally, we will be adding some new day trips with Fox Tours...one to Nantucket, one to NH and one to Foxwoods; and fun in-house day trips...they will fill up fast, so sign up early.

We will be hosting two Charlie Card information hours, one on July 22 and one on August 3. Dr. Mitry, our podiatrist will be here to keep your toes looking great in those sandals; Bridges by Epoch of Westwood will come and lecture on Alzheimers and dementia, and Charwell House will bring sweets to our bingo game in July. Of course, most of our regular programs will be offered (but please check inside to see which instructors and programs are taking the summer off).

Finally, if you like this newsletter, we are asking for a \$15 annual donation to help cover its cost (please make checks out to the Westwood Council on Aging). Everyone who is able to help, we say thank you! And for those of you on limited income, please do not worry; if you live in Westwood, you will still get this in your mail bi-monthly.

The Center is open all summer long so stop in to cool down, and check us out! We are warm and inviting and we love seeing new faces.

Happy Summer!

Lina Arena-DeRosa



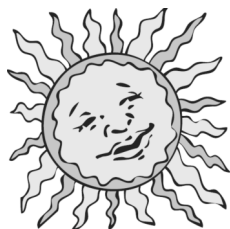
Karen's Corner—Outreach Counselor

STAY SAFE IN THE HEAT

While summer is a great time to enjoy the outdoors, it's smart to take precautions in the heat. Here are some guidelines for keeping safe in hot weather:

Drink Plenty of Liquids

Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.



Wear Appropriate Clothes

When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.

Stay Indoors During Mid-day Hours

During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm. Keeping your shades drawn on windows that receive sun will keep your home cooler.

Take It Easy

Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out. Take cool showers or baths.

Avoid Using the Stove or Oven

It will make you and your home hotter.

Seek Air-conditioned Environments

Do not rely on a fan as your primary cooling device during an extreme heat event. The library, movie theater, or our Senior Center are all popular options.

Know the Warning Signs of Heat-Related Illness

Dizziness, nausea, rapid heartbeat, chest pain, fainting, and breathing problems are all warning signs that help should be sought immediately.



Transportation with Trish



JULY	DESTINATION	Donation	AUG	DESTINATION	Donation
1	Target/Westwood	\$2.00	5	SS Plaza/Target	\$2.00
2	Roche Bros	\$2.00	7	Stop and Shop/Dedham	\$2.00
8	Errands in Westwood/Norwood	\$2.00	12	Errands in Westwood/Needham	\$2.00
10	Stop and Shop/Dedham	\$2.00	14	Roche Bros.	\$2.00
15	Xmas Tree/Trader Joe's	\$2.00	19	Target/Westwood	\$2.00
17	Roche Bros.	\$2.00	21	Shaw's/Norwood	\$2.00
22	Errands in Westwood/Needham	\$2.00	26	Errands in Westwood/Norwood	\$2.00
24	Shaw's/Norwood	\$2.00	28	Hannaford's	\$2.00
29	Errands in Westwood/Norwood	\$2.00			
31	Hannafords				

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 donation for this service is \$2.00. Local residents will be picked up at their homes.

Medical Transportation for Westwood residents age 60 or older, or disabled, within a 10-mile radius is available Monday through Thursday 8:30 a.m.-2:30 p.m. and Fridays 8:30 a.m.-1:30 p.m. *Reservations must be made 48 hours in advance*, and a donation 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.

July/August Day Trips

Plainridge Park Casino in Plainville

- ▶ Thursday, July 16
- ▶ Leave Center at 9:00 a.m.

Come try your luck on the 1,250 slot machines at Massachusetts' newest casino. Enjoy lunch at Flutie's Sports Pub. Lunch is pay on your own. Limit 15. \$5.00 per person. *Must sign up in advance.*

Edward M. Kennedy Institute/Lunch at Sullivan's on Castle Island

- ▶ Tuesday, August 25
- ▶ Leave Center at 9:00 am

Come and learn about the important role of the Senate in our government. Lunch is pay on your own at the always popular Sullivan's on Castle Island. Limit 15. \$15.00 per person. *Must sign up in advance.*

Stay Healthy at the Senior Center

LO-IMPACT EXERCISE with Marilyn

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

Join Marilyn and her fun group as they stretch and tone and enjoy a low-impact exercise that will wake up your body and strengthen your muscles.



FUN FIT EXERCISE with Stephanie

- ▶ Mondays, 10 a.m. | Wednesdays & Fridays, 8:30 a.m.
- ▶ \$3 donation requested

This fun exercise class is a combination of cardio, strength training with light weights/resistance bands and attention to balance/posture. Please bring a set of light weights and wear comfortable clothing and sneakers.

YOGA with Bonnie

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



If you have always wanted to try yoga but felt too intimidated, now is the time! We are transitioning our chair yoga class to a class that incorporates movement done in the chair, standing and on the mat. We incorporate lots of breath work, stretching, strength building and of course, relaxation.

We all come to yoga with a unique body and that body can feel very different from day to day, so everyone is encouraged to move at their own pace and to discover ways in which they can make the Postures feel great for their own body. So bring your mat and c'mon down and see us. Classes are every Tuesday and Thursday from 9:30-10:30. There won't be classes the first week of August (the 4th or the 6th).

TAI CHI TUESDAYS with J. Scott Brumit

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



Falls are one of the most common health problems experienced by older adults and are a common cause of losing functional independence. Given their frequency and consequences, falls are as serious a health problem for older persons as heart attacks and strokes.

New recommendations for interventions focus on multi-factorial interventions which include exercise for balance, gait and strength training, such as Tai Chi. *There will be no T'ai Chi Class on: July 28 and August 4.*

BLOOD PRESSURE CLINIC

with Westwood Board of Health Nurse

- ▶ July 15 & August 19, 8:30-11:30 a.m.
- ▶ FREE



No appointment necessary.

LAUGHING YOGA with Mary

- ▶ July 7 and 28; August 4 and 18; 11:00 a.m
- ▶ \$3 donation requested

Come laugh and relax and have fun!



WAXING with Licensed Aesthetician Lisa

- ▶ Friday, July 10 and August 7, 8:30-11:30

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\$10 *Appointments required.*

SHINE (Serving the Health Needs of Elders)

with Lori

- ▶ Tuesday, July 7, 11:30 a.m.-1:00 p.m.
- ▶ Tuesday, August 4, 11:30 a.m.-1:00 p.m.

Lori will be here to answer your questions regarding your health insurance **BY APPOINTMENT ONLY**. Please call the Center to sign up.

GETTING OUT AND ABOUT WALKING CLASS

with Stephanie

- ▶ Wednesdays and Fridays, 8:00 a.m.
- ▶ \$3 donation



This class will begin with a 30 minute walk around the high school track paying attention to gait, posture and stretching. All levels welcomed-please wear sneakers, dress in layers and bring a mat. This class is weather dependent. Sign in at the Center and then head to the track.

A COMPLIMENTARY HEARING AID SERVICE CLINIC

Sponsored by Hearing Solutions Inc of Norwood and Brookline

- ▶ Wednesday, July 22 and August 26; 2:00-3:00 p.m.

Are you struggling with your hearing aid? Do you wonder if the device you have is working properly or if you might need a hearing aide? *Hearing Solutions* will be on site to provide service to existing hearing aid users. 15 minute appointments at the Center must be scheduled in advance.

CARING FOR YOUR FEET with Podiatrist Dr. Michael Mitry

- ▶ Friday, July 17 and August 21
- ▶ 9-11 a.m. at the Center
- ▶ **Appointments ONLY**



Is it becoming difficult to perform routine foot care? Dr. Michael Mitry, Podiatrist, is here to help. One day a month we will have Dr. Mitry on the premise for routine foot maintenance/nail cutting. The private pay is \$35 per session; checks made out to Dr. Mitry. Put your toes in his hands and get back on your feet fast! Appointments fill up, so sign up early.

Stay Connected at the Senior Center

MAH JONGG

▶ Every Thursday, 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)? Beginners and experienced players are welcome, or if you are just curious, stop in!

BINGO

▶ Every Thursday, 1:00 p.m.

Join us at the Center as we play BINGO! This fun group enjoys conversation, laughs and a good game of BINGO. *Enjoy a special treat on July 9th sponsored by Chalwell House in Norwood.*



BRIDGE

Attention Bridge Players

▶ Every Friday, 10:00 a.m.-2:00 p.m.

Are you looking for somewhere to go on Fridays from 10:00 to 2:00? Well, come to the Westwood Senior Center. Bring a sandwich ~ we will provide coffee or tea. We look forward to seeing you. All are welcome!

BOOK GROUP *with Bev*

▶ Thursday, September 10, 10 a.m.

While at the beach this summer, why not bring a great book to read? The Center's bookgroup will be reading *THE RED TENT* by Anita Diamant. It is a remarkable and thought-provoking inside look at women's lives in biblical times. After enjoying this great book, come join us for a lively discussion!



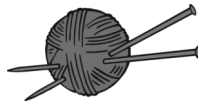
KNITTING AND CROCHETING

with Louise

▶ Tuesdays, 1:00 p.m.

▶ \$3 donation requested

Come enjoy knitting with this fun group (experienced and beginners are welcome) on Tuesday afternoons as we knit, crochet, talk, laugh and help each other when we get stuck.



CRAFTS GROUP

with Lorraine

▶ Wednesday, July 1, August 5, 10:00 a.m.

Join Lorraine this summer as she demonstrates a new craft that you can help create for the Center to sell (or buy one yourself). Limit to 8 participants.

These classes and clubs will be taking the summer off ... but see you in September!

WATERCOLOR CLASSES
WESTWOOD WOMAN'S CLUB
RETIRED MEN'S CLUB
GARDEN CLUB
QUILTING

MEMORY CAFÉ: A SOCIAL GATHERING OFFERED FOR THOSE WITH MEMORY LOSS

Westwood Public Library

▶ Tuesday July 28, 2-3:30 p.m.

The café provides a stress-free and positive social gathering of caregivers and care receivers whose illness tends to isolate them. Staff members of White Oak Cottages will host the café, offering light snacks, refreshments, conversation, connection and activities.

Hosted by White Oak Cottages at Fox Hill Village. There is no cost for this program but for guests requiring personal care assistance, a caregiver must be in attendance.



SCARLET POPPIES ~

PASTEL PAINTING AT THE WESTWOOD LIBRARY

with Greg Maichack

▶ Tuesday, July 28, 1-3 p.m. at the Westwood Library

The Westwood Cultural Council is underwriting "Scarlet Poppies" A Hands-On Pastel Painting Workshop for Adults with artist Greg Maichack. Participants will receive an engaging hands-on experience of basic pastel painting using professional grade materials that will be provided. This program is FREE but YOU MUST sign up in advance as space is limited. Call the Library Reference Staff at 781-320-1046



DAY TRIPS WITH FOX TOURS

Wednesday, Aug. 5th ~ \$84pp ~ Nantucket

Splendor ~ Leave the Center at 7 a.m., and take a coach to Hyannis where you will set sail at 9:30 a.m. to Nantucket. Spend the day exploring the whaling museum, shopping and enjoying the sites on your own. Leave the island at 4 p.m. and home by 7 p.m. Includes transportation and ferry ride. (Please note there is a lot of walking on cobblestone sidewalks).

Wednesday, Sept. 30 ~ \$79pp ~ NH Turkey

Train ~ Depart the Center at 8:30 a.m. and take a coach to the White Mts. where you will board the Scenic RR Dining Car. The train will travel through great foliage while you enjoy a delicious lunch from Hart's Turkey Farm.

Monday, Oct. 26 ~ \$77pp ~ Captain Jack's

Lobster Bake and Foxwoods Casino ~ Depart from the Center and enjoy a delicious lunch (lobster or roast beef) at Capt. Jack's and then spend the afternoon at Foxwoods Casino.

Fliers with full details are available at the Center. Tours will fill up fast, so please sign up early!

Age Well at the Senior Center

CURRENT CONVERSATIONS

with Susan Sprecher

A News Program for People Who Want to Stay Engaged and Up-to-Date

- ▶ Wednesdays: July 8 & 22; August 12 & 26
- ▶ 10-12 a.m.
- ▶ \$20 donation for four sessions

Looking to catch up on what's going on in the world? Interested in dynamic, thoughtful and thought-provoking conversation? Join us. The topics are fresh from the daily headlines. Looking ahead at possibilities: Another hot summer in American cities? Will it mean anything that Presidential Candidates Hillary Clinton and Rand Paul have put police/community relations high up on their campaign agendas? And as the USA prepares for Pope Francis' visit, are we prepared to listen to what he has to say: on the American family; on climate change? Plus a review of the Supreme Court's decisions on same-sex marriage, healthcare reform, and the death penalty.

We welcome you to join our new group.



THE BEREAVEMENT GROUP

with Nina Johnston, LICSW

▶ Wednesdays, July 8 & 29; August 12 & 26; 10:00 a.m. The bereavement group meets every other Wednesday at 10:00. We provide an open and welcoming place for anyone to come to share their thoughts and feelings as they cope with the loss of a loved one. We are an open ended group, always interested in welcoming new members. Please feel free to join us in July on the 8th and 29th, and in August on the 12th and 26th from 10-12.

LUNCH & A MOVIE

Join us for lunch and movie

- ▶ Lunch at noon; movie at 1:00 p.m.
- ▶ \$3 for lunch; \$1 for the movie

7/9 The Importance of Being Earnest:
Pizza, Garden Salad

7/23 The Lunch Box: Quiche, Green Salad

8/13 Beyond the Sea: Hot Dog, Green Salad

8/27 Cinderella Man: Ham and Cheese, Green Salad



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.

ALZHEIMER'S 101:

UNDERSTANDING THE BASICS

Sponsored by Bridges by Epoch in Westwood

- ▶ Monday, August 10 at 9:30 a.m.

Alzheimer's is a challenging disease to understand, both for those suffering from it, as well as for friends and family members. Join us to gain a better understanding of the warning signs, some common symptoms and what a diagnosis of Alzheimer's disease really means.



Alicia Seaver, Bridges® by Epoch Director of Memory Care, serves as an educator and trainer for both our families and our staff, as well as an expert resource for all Bridges® by Epoch communities. She is certified in Massachusetts as an Alzheimer's and Related Dementia Trainer.

FALLS AND FIRE PREVENTION BREAKFAST

Sponsored by the Westwood Permanent Firefighter Association

- ▶ Tuesday, August 11 at 8 a.m.

Westwood Permanent Firefighters Association invites you to a healthy breakfast to discuss falls and fire prevention.



Join The Firefighters as they explain simple ways to keep your home safe from falls and fire. Space is limited to please sign up in advance.

SCAMS, FRAUDS, AND IDENTITY THEFT—POWER TIPS TO PROTECT YOURSELF

- ▶ Tuesday, July 21 at 9:30 a.m.

Cindy Matloff of Consumers Empowered, Inc., a nonprofit committed to promoting consumer literacy, will present a program on current scams, frauds and identity theft at the **Westwood Senior Center on July 21 at 9:30 am.**



Discussion will evolve around how to protect yourself from identity theft, data breaches, telephone scams, fraudulent debt collectors and other deceptive business schemes. Understand how to avoid scams and protect your identity as well as recognize the ins and outs on how the crooks operate. Tips will be given on handling fraudulent telemarketers, robo calls, sweepstakes offers and other deals too good to be true. Handouts and light refreshments will be available. *Space is limited, so please call the Senior Center to sign up.* This program is being presented in partnership with Needham Bank.

July 2015

Lunch served daily through HESSCO at 12:00 p.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
<p align="center">NOTARY SERVICES</p> <p>If you need a legal document notarized, call Lina to schedule a time. No cost for this service.</p>		<p>1</p> <p>8:00 WALKING CLUB 8:30 FUN FIT 9:30 TARGET/Westwood 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE</p>	<p>2 8:50-10:10 a.m. ELDER ATTORNEY, M. ROQUE 9:30 YOGA 9:30 and 10:30 ROCHE BROS. 12:30 MAHJONGG 1:00 BINGO</p>	<p>3 INDEPENDENCE DAY CLOSED</p> 
	<p>6</p> <p>10:00 FUN FIT 1:00 LO-IMPACT EXERCISE</p>	<p>7</p> <p>9:30 YOGA 11:00 LAUGHING YOGA 11:30 SHINE 1:00 TAI CHI 1:00 KNITTING</p>	<p>8 8:00 WALKING CLUB 8:30 FUN FIT 9:30 ERRANDS 10:00 CURRENT CONVERSATIONS 10:00 BEREAVEMENT GROUP 1:00 LO-IMPACT EXERCISE</p>	<p>9</p> <p>9:30 YOGA 12:30 MAHJONGG 1:00 BINGO (<i>Dessert by Charwell House</i>) 12:00 LUNCH & A MOVIE</p>
<p>13</p> <p>10:00 FUN FIT 1:00 LO-IMPACT EXERCISE</p>	<p>14</p> <p>9:30 YOGA 12:00 BBQ SPONSORED BY HESSCO and COA 1:00 TAI CHI 1:00 KNITTING</p>	<p>15 8:00 WALKING CLUB 8:30 FUN FIT 8:30 BLOOD PRESSURE 9:30 TRADER JOE'S 1:00 LO-IMPACT EXERCISE</p>	<p>16 9:00 <i>PLAINRIDGE PARK CASINO IN PLAINVILLE</i> 9:30 YOGA 12:30 MAHJONGG 1:00 BINGO</p>	<p>17 8:00 WALKING CLUB 8:30 FUN FIT 9:00-11:00 PODIATRY CLINIC 9:30 and 10:30 ROCHE BROS. 10:00 BRIDGE</p>
<p>20</p> <p>10:00 FUN FIT 1:00 LO-IMPACT EXERCISE</p>	<p>21</p> <p>9:30 YOGA 9:30 <i>SCAMS, FRAUDS & IDENTITY THEFT</i> 1:00 TAI CHI 1:00 KNITTING</p>	<p>22 8:00 WALKING CLUB 8:30 FUN FIT 9:30 ERRANDS 10:00 CURRENT CONVERSATIONS 1:00 LO-IMPACT EXERCISE 2:00-3:00 HEARING SOLUTIONS</p>	<p>23</p> <p>9:30 YOGA 12:30 MAHJONGG 1:00 BINGO 12:00 LUNCH & A MOVIE</p>	<p>24</p> <p>8:00 WALKING CLUB 8:30 FUN FIT 9:30 and 10:30 SHAW'S/Norwood 10:00 BRIDGE</p>
<p>27</p> <p>10:00 FUN FIT 1:00 LO-IMPACT EXERCISE</p>	<p>28 9:30 YOGA 11:00 LAUGHING YOGA 1:00 KNITTING 1:00 SCARLETT POPPIES PAINTING (<i>at the Library</i>) 2:00 MEMORY CAFE</p>	<p>29 8:00 WALKING CLUB 8:30 FUN FIT 9:30 ERRANDS 10:00 BEREAVEMENT GROUP 1:00 LO-IMPACT EXERCISE</p>	<p>30</p> <p>9:30 YOGA 12:30 MAHJONGG 1:00 BINGO</p>	<p>31</p> <p>8:00 WALKING CLUB 8:30 FUN FIT 9:30 and 10:30 HANNAFORDS 10:00 BRIDGE</p>

NEW FRIENDS ~ A Social Bereavement Group

By Robert Newman

- ▶ Sunday, July 12; August 9
- ▶ 1-4 p.m. at the Senior Center
- ▶ \$5 donation per person requested

New Friends is a self-help social bereavement group that is 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 that is relaxed, safe, and inviting.

CAN YOU HELP US WITH THE COST OF THIS NEWSLETTER?

Do you enjoy receiving this newsletter? Would you like to help us with the cost of publicizing our programs? The Center could definitely use your support! Please print clearly...thanks.

Name _____ Address _____

Town _____ Zip Code _____

We are asking for **\$15 per household** to help cover the cost of publicizing our programs. Please make your check out to the **Westwood Council on Aging** (60 Nahatan Street Westwood).

And thank you!!

August 2015

Lunch served daily through HESSCO at 12:00 p.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
3 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE	4 9:30 YOGA 11:00 LAUGHING YOGA 11:30 SHINE 1:00 KNITTING	5 7:00 <i>NANTUCKET DAY TRIP</i> 8:00 WALKING CLUB 8:30 FUN FIT 9:30 SS PLAZA/TARGET 10:00 BEREAVEMENT GROUP 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE	6 8:50-10:10 a.m. ELDER ATTORNEY, M. ROQUE 9:30 YOGA 11:00 SUPREME COURT LECTURE 12:30 MAH JONGG 1:00 BINGO	7 8:00 WALKING CLUB 8:30 WAXING 8:30 FUN FIT 9:30 and 10:30 STOP & SHOP 10:00 BRIDGE
10 9:30 <i>ALZHEIMER'S 101</i> 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE	11 8:00 <i>FALLS & FIRE PREVENTION BREAKFAST</i> 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING	12 8:00 WALKING CLUB 8:30 FUN FIT 9:30 ERRANDS 10:00 BEREAVEMENT GROUP 10:00 CURRENT CONVERSATIONS 1:00 LO-IMPACT EXERCISE	13 9:30 YOGA 10:00 BOOK CLUB 12:00 LUNCH & A MOVIE 12:30 MAH JONGG 1:00 BINGO	14 8:00 WALKING CLUB 8:30 FUN FIT 9:30 and 10:30 ROCHE BROS. 10:00 BRIDGE
17 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE	18 9:30 YOGA 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING	19 8:30 BLOOD PRESSURE 8:00 WALKING CLUB 8:30 FUN FIT 9:30 TARGET/Westwood 1:00 LO-IMPACT EXERCISE	20 9:30 YOGA 12:30 MAH JONGG 1:00 BINGO	21 8:00 WALKING CLUB 8:30 FUN FIT 9:00-11:00 PODIATRY CLINIC 9:30 and 10:30 SHAW'S/Norwood 10:00 BRIDGE
24 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE	25 9:00 <i>KENNEDY INSTITUTE LUNCH TOUR</i> 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING	26 8:00 WALKING CLUB 8:30 FUN FIT 9:30 ERRANDS 10:00 BEREAVEMENT GROUP 10:00 CURRENT CONVERSATIONS 1:00 LO-IMPACT EXERCISE 2:00 HEARING SOLUTIONS	27 9:30 YOGA 12:00 LUNCH & A MOVIE 12:30 MAH JONGG 1:00 BINGO	28 8:00 WALKING CLUB 8:30 FUN FIT 9:30 and 10:30 HANNAFORD'S 10:00 BRIDGE

31
10:00 FUN FIT
1:00 LO-IMPACT EXERCISE



A Message from Mary *Public Health Nurse*

Please be aware about tick borne diseases! Ticks live on animals and can be found on the grass, brush, and leaves and can be brought into your home by pets. Deer ticks are very small so it can be hard to see them at all. Personal protection is the best defense against tick borne diseases. When going outside, use bug spray with up to 30% DEET, apply on your skin from your head to your feet. If hiking or doing outdoor work, long pants and sleeves help. Spray your clothes with a product called Permethrin but do not apply to your skin. Twenty minutes of dryer time will kill ticks. After being outside, always perform a skin check looking and feeling for the ticks. If you find a tick, use tweezers to pull it out and wash the area well. If you get a round red rash or begin to feel sick, call your doctor and tell them about the tick. Even if you don't recall a tick bite or notice a rash, if you develop symptoms of headache, fatigue, muscle pain, chills, fever, or joint pain, contact your doctor as these can be symptoms of tick borne disease. Early treatment with antibiotics is recommended. Personal protection is your best defense!





Westwood Council on Aging
 60 Nahatan Street
 Westwood, MA 02090
 Return Service Requested

PRSRT Non-Profit
 US Postage
PAID
 Norwood, MA
 Permit #81

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 2:00 p.m.

Staff and Contact Info

Lina Arena-DeRosa, Director
 Trish Tucke, Assistant 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

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

AN ALL STAR BASEBALL BBQ

Tuesday July 14 ~ Noontime

Hosted by HESSCO ELDER SERVICES AND THE WESTWOOD COA
 \$5 donation

Join HESSCO and the Westwood COA for a summertime BBQ! HESSCO will provide Hamburgers, Hot Dogs, Potato Salad and Corn on the Cob and the COA will add watermelon, popcorn and lots of laughs! Come dressed in your favorite Red Sox T-shirt! Rain or shine. *Space is limited so sign up early.*

