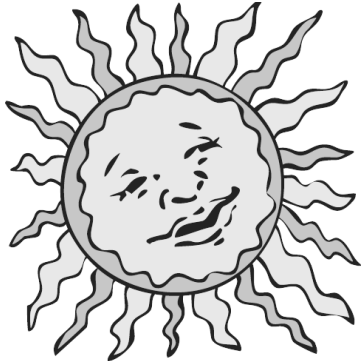




NEWS

JULY/AUGUST 2016



Letter from the Director

Summer is here! And even though spring was chilly and wet, the sun is out, the heat is on and we are open all summer long!

I want to first say **THANK YOU** to everyone who supported the Center during Town Meeting in May. Our budget was passed, our capital request for a new van appropriated and Aid to Elder and Infirm approved. This town is blessed to have a tireless budget director, finance department, town administrator and selectmen's office. Moreover, the Center has a remarkable staff, an exceptional board, as well as wonderful volunteers! Together we are able to continue to improve the lives of Westwood's senior community. Thank you Westwood!

We are so blessed to have sponsors who help us offer fun and informative programs. This summer, we have a Luau in July (*sponsored by the COA and HESSCO*), A Red Sox Cookout in August (*sponsored by Avita Memory Care of Needham*), a lecture on the American Musical (*sponsored by Westwood Cultural Council*), as well as French Bread Pizza and Ice Cream Fridays (*sponsored by HESSCO*) and much more (including a local comedian)! I want to take a moment to thank Wegman's, Roche Brothers and Panera who are always willing to fund smaller events with free food and beverage. Thank you!

This summer, we are highlighting some of the fun programs that the library is offering (see page 5) and we have an Eagle Scout working to create a garden with the hope of offering fresh vegetables to our senior community.

On a more serious side, we are pleased to have Robin Putnam from the Office of Consumer Affairs and Business Regulation to discuss scams and how you can protect yourself. Karen, our Outreach Counselor, has also written a piece in this newsletter to help you recognize cons. It is a growing problem in our society, and you need to stay informed so you don't get victimized.

We have lots of great day trips (see inside for details) and we are trying to see if seniors would be interested in an overnight adventure to Montreal for three days in September. If you need more information on this trip or any of our day trips, please stop by the Center. Please remember to sign up in advance as many of our trips do sell out.

Finally, during July and August, a number of our regular instructors take the summer off but I promise they will be back in September! The instructors who are here all summer are taking vacation days, so please be sure you check our calendar each week to see if there is a change.

And, if it is too hot outside or in your home, please come by to cool off. We are warm and welcoming and we would love to have you join us.

Happy Summer Everyone!

Lina Arena-DeRosa

Special Thanks to:

Avita Memory Care of Needham for sponsoring our Red Sox BBQ in August;

HEESCO Elder Services and **Westwood COA** for sponsoring our Luau in July and French Bread Pizza Fridays;

Westwood Cultural Council for sponsoring a lecture on the American Musical;

Seniors who have contributed to underwrite our newsletter...

And to all our donors and supporters who donate their time, treasure and thoughtfulness. We could not continue to grow without you!



Karen's Corner—Outreach Counselor

SCAMMERS CAN FAKE CALLER ID INFO



Your phone rings. You recognize the number, but when you pick up, it's someone else. Scammers are using fake caller ID information to trick you into thinking they are someone you trust – like a government agency or police department, or your bank or cable provider. **Don't rely on caller ID to verify who's calling.** It can be nearly impossible to tell whether the caller ID information is real. Here are a few tips for handling these calls:

- If you get a strange call from the government, hang up. If you want to check it out, look up the information and contact them yourself. Government employees won't call out of the blue to demand money or account information.
- Don't give out – or confirm – your personal or financial information to someone who calls.
- Don't wire or transfer money using a reloadable card. In fact, never pay someone who calls out of the blue, even if the name or number on the caller ID looks legitimate.
- Feeling pressured to act immediately? Hang up. That's a sure sign of a scam.

If you've received a call from a scammer, with or without fake caller ID information, you can report it to the Federal Trade Commission. Go to www.complaints.donotcall.gov or call 1-888-382-1222.



Transportation with Trish



JULY	DESTINATION	Donation
July 1	Roche Bros.	\$2.00
July 6	South Shore Plaza	\$2.00
July 8	Shaw's/Norwood	\$2.00
July 13	Errands	\$2.00
July 15	Hannaford's	\$2.00
July 20	Trader Joe's	\$2.00
July 21	Wegman's	\$2.00
July 27	Errands	\$2.00
July 29	Roche Bros.	\$2.00

AUG	DESTINATION	Donation
August 5	Shaw's	\$2.00
August 10	Errands	\$2.00
August 12	Hannaford's	\$2.00
August 17	Walmart	\$2.00
August 19	Wegman's	\$2.00
August 24	Errands	\$2.00
August 26	Roche Bros.	\$2.00
August 31	Errands	\$2.00

Transportation is for Westwood residents age 60 or older, or disabled. All reservations *must be made at least 48 hours in advance* by calling the Senior Center at 781-329-8799. 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-serve basis. Westwood residents will be picked up at their homes. Westwood Glen and Highland Glen residents will be picked up at their building. The suggested donation for this service is \$2.00.

Medical Appointments: Transportation for medical appointments within a 10-mile radius is available Monday through Thursday from 8:30 a.m.-2:30 p.m.; Friday 8:30 a.m.-1:00 p.m.

Shopping: Participants are restricted to **4 shopping bags** per person. Food shopping trips are on most Fridays. The COA will make 2 trips for food shopping at 9:00 and 10:00 a.m. The 9:00 trip will be picked up at 10:30 and the 10:00 trip will be picked up at 11:30 for the return trip home. Local shopping trips and errands within a 5-mile radius are also available on most Wednesdays.

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 at the Center

Charles River Boat Cruise and Lunch

July 14 ~ Join us for a 70-minute narrated Charles River sightseeing tour with lunch after the tour at the Cheesecake Factory. \$40.00 per person, includes lunch.

Casco Bay & Bailey Island Maine Cruise

August 2 ~ Includes transportation, two hour cruise of Casco Bay, lunch at Cook's Lobster House and a visit to Freeport Maine to shop. \$95 per person (the first bus is sold out but we now have a second bus!). Details at the Center.

Twin Rivers

August 16 ~ Leave Center at 9:00 a.m. Come try your luck at Rhode Island's largest casino. \$5.00 per person. Lunch is separate.

Lunch, Plaza Suite Performance and Cabaret at the Newport Playhouse

September 14 ~ Includes transportation, buffet, and show. The bus will take you down beautiful Ocean Drive followed by a great buffet, a wonderful play and fun filled cabaret performance. \$95 person and you must sign up by August 15. Details at the Center.

Montreal Spectacular

September 19-21 ~ Includes bus transportation, two nights hotel, two breakfasts, two dinners; Enjoy a ride through Vermont on your way to Montreal. We will visit Old Montreal, St. Joseph's Oratory, Notre Dame Cathedral and much more. \$364 per person (double) \$454 per person (single). Stop by the Center for all the details but you must sign up by August 15.



Stay Healthy at the Senior Center



LOW IMPACT EXERCISE with Eileen



- ▶ Monday and Wednesdays, 1 p.m.
- ▶ \$3 donation *No class July 20.*

Summer is here! So now is the perfect time to get your body moving! Join us for this fun low impact exercise class that you can do in a chair. This class is great for stretching and toning your muscles. Please wear comfortable clothing and bring a water bottle.

CORE WORKOUT with Stephanie

- ▶ Wednesdays & Fridays, 8:30 a.m.
- ▶ \$2 donation *No class July 20.*

This ½ hour workout will get your back, stomach and abs in shape for the beach! We are on the floor so please bring a mat and a pillow. It is a great way to start your day (and stay for Fun Fit aerobics).

FUN FIT with Stephanie and Eileen

- ▶ Mondays, Wednesdays & Fridays, 9:00 a.m.
- ▶ \$3 donation *No class July 20.*

This is the perfect time to get in shape! Our class will get your heart pumping and your body moving! Please wear comfortable clothing, sneakers and bring a water bottle.

YOGA with Bonnie



- ▶ Tuesdays & Thursdays, 9:30 a.m.
- ▶ \$3 donation *No class August 2, 4 & 18.*

Taking care of your body and mind is important as you age and yoga does both! *Yoga is for everyone, men, women of all ages and levels of fitness.* The class continues to work with our breath while strengthening our bodies; one goal is to maintain the ability to raise ourselves up from a seated position or find the best way to get up off the floor. And for those who would like more challenge, we will be adding an advanced class in the fall, so stay tuned!

MEDITATION with Soni

- ▶ *No sessions in July and August but Soni will be back in September.*

SHINE with Lori Howell

- ▶ Wednesdays, July 6 and August 3
- ▶ 9 a.m. to 11 a.m. **BY APPOINTMENT ONLY**

Are you thinking of retiring soon? Are you being inundated with mail from various Medicare healthcare plans? Come in for a one-on-one meeting with a certified SHINE (Serving Health Insurance Needs for Everyone) Counselor to help you navigate through this process to find what options work best for you. Please remember you must sign up for an appointment in advance

BLOOD PRESSURE CLINIC

with Westwood Board of Health

(Mary is out on sick leave, but Tara will be here to help)

- ▶ Wednesdays, July 20 and August 17
- ▶ 8:30-11:30 a.m.; **FREE** No appointment necessary.

Come to the Center and check out if your blood pressure is what it should be on a monthly basis.

ZUMBA GOLD with Christine

- ▶ *Christine is taking the summer off but will be back in September.*

T'AI CHI with Scott



- ▶ Tuesdays, 1 p.m.
- ▶ \$3 donation

One of the goals of T'ai Chi is learn how to "Empty the Mind." With a quiet mind, one can achieve harmony within as well as without and reach a natural meditative state. We are warm and welcoming and would love you to join us!

PODIATRY with Michael Mity



- ▶ Friday, July 8 & August 12, 8:30-10 a.m.
- ▶ **BY APPOINTMENT ONLY**

Being barefoot and outdoors can be tough on your feet. Dr. Mity can help with routine maintenance and nail cutting. This is private pay (\$35) and by appointment only.

HEARING AID SERVICE CLINIC

Sponsored by Hearing Solutions Inc of Norwood

- ▶ Wednesday, July 20 & August 17, 2-3 p.m.
- ▶ **FREE BY APPOINTMENT ONLY**

Are you struggling with your hearing aid? Then make an appointment with our friends at Hearing Solutions and find out how to make your hearing aid work for you. This consultation is free but you must sign up for an appointment.

DENTAL SCREENING

with Dentist Neela



- ▶ Fridays, July 22 and August 26, 11:30-12:30
- ▶ **BY APPOINTMENT ONLY**

Local Dentist Neela will be here to check your teeth and do a quick survey of your gums. This is free consultation but you must sign up for an appointment



Stay Connected at the Senior Center

WATERCOLOR CLASSES with Joan

▶ No classes in July and August.

Watercolor is taking the summer off but will be back in September. Keep painting all summer long!

MAH JONGG with Cynthia

▶ Beginners: No classes through the summer.

▶ Advanced: Thursdays, 12:30-3 p.m.

No program
August 18.

Cynthia's beginners group always welcomes new players! Some of the beginners are now playing with the advanced group which is exciting and fun to see. Come join the fun and exercise your brain.

BINGO

No Bingo
August 18.



▶ Every Thursday at 1:00 p.m.

If you are free on Thursday afternoons, why not join this fun and lively group of BINGO players? There is always lots of laughs and plenty of fun!

BRIDGE

▶ Every Friday, 10 a.m.-2 p.m.

Come stimulate your mind and your concentration. This large group of players is warm and welcoming. Coffee and tea are available and please bring your own bag lunch or sign up for pizza (when available)!

QUILTING

▶ No quilting in July and August.

We are so sad to see Linda Ramrath leave us for Vermont and we wish her the best on her new life up north. Quilting will take the summer off and a new instructor will be here in the fall!

KNITTING AND CROCHETING

with Louise

▶ Tuesdays, 1:00 p.m.

▶ \$3 donation

Come out of the sun and enjoy good company and lots of laugh as we knit and crochet together. This warm and friendly group of knitters help each other not only with knitting projects, but with support and friendship.



CRAFTS with Lorraine

▶ Wednesdays, July 6 and August 3, 10-12 noon

Do you enjoy creating crafts with fellow crafters? Then stop by and help Lorraine create beautiful crafts that are sold at the Center (or you can buy one and take it home yourself!).

WESTWOOD WOMEN'S CLUB, GARDEN CLUB and the MEN'S CLUB

Our wonderful clubs will be taking the summer off to plan amazing programs for next year. See you in September!!

Westwood's Cultural Council Presents: AMERICAN MUSICAL THEATER

with Richard Travers

▶ Friday, July 15, 10:30 a.m.

▶ Please sign up in advance so we know how many to expect

We are pleased to have Westwood's Cultural Council underwrite a lecture by Richard Travers. He will begin by discussing the development of American Musical Theatre and then take you through the years including Minstrel Shows, Ragtime, Vaudeville, George White's Scandals, operettas, the Golden Age, Disney, Juke Box and contemporary musicals.

The great composers (a partial list includes Gershwin, Kern, Porter, Rodgers, Sondheim, Lloyd-Webber etc) will be discussed as well as the famous librettists (Hart, Hammerstein, Sondheim etc).

So come to this fascinating program and then sign up to stay for French Bread Pizza and Ice Cream for lunch!

SCAMS with Robin Putnam –

Office of Consumer Affairs and Business Regulation

▶ Tuesday, July 26, 11:00 a.m.

▶ Please sign up in advance so we know how many to expect

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will present Consumer University with a focus on the internet & phone scams. The presentation will include information about the Office and what they do. It will also cover how to spot and avoid scams, and how to prevent identity theft as it pertains to scams.

FREE BI-MONTHLY MOVIES

▶ Tuesdays, 1:00 p.m.

▶ July 5 – **Spotlight** – A team of Boston Globe reporters exposes the Catholic Archdiocese's history of keeping reports about child molestation under wraps. Cast: Mark Ruffalo, Michael Keaton, Rachel McAdams.

▶ July 19 – **The Intern** – Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern – who ends up bringing his special brand of business savvy to her fashion enterprise. Cast: Robert DeNiro, Anne Hathaway, Rene Russo.

▶ August 9 – **The Martian** – Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment, despite having only 29 days of supplies left. Cast: Matt Damon, Jessica Chastain.

▶ August 23 – **The Woman in Gold** – Six decades after World War II, Jewish octogenarian Maria Altman begins a quest to reclaim the artwork confiscated from her family by the Nazis.



Age Well at the Senior Center

IPAD CLASSES with Kim

Kim is taking the summer off but will be back in September. See you in the Fall!

CURRENT EVENTS with Susan

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



▶ Wednesdays, July 13 & 27; August 10 & 24; 9:30-11:30 a.m.
With the election now in full swing between the Democratic Nominee and Republican Nominee (and perhaps an Independent run?), there is a lot to discuss. But that is not the only newsworthy conversation. Every meeting, we discuss the headlines of the week and what is going on in this country and around the world. Liberal, Conservative or just someone interested in what is going on, we invite you to join in on the conversation. Susan is a former PBS journalist and facilitates this lively and informative program.

MANICURES with licensed manicurist Lauren



▶ Fridays, July 15 & August 19, 9-11 a.m.
▶ **By appointment only** ~ \$10 per session (checks made out to Lauren)
Summertime can be rough on your hands and nails, but Lauren can make them feel soft and beautiful again. Come in for a manicure and hand massage.

MEMORY CAFÉ

The Memory Café is taking the summer off but will be back in the fall.

WAXING with Licensed Aesthetician Lisa

▶ Fridays, July 1 and August 5
▶ **BY APPOINTMENT ONLY**, 8:30 a.m.-12:00 noon
Brows.....\$10 Lips.....\$10 Chin.....\$10
Any two services.....\$15 All 3 services.....\$20

BEREAVEMENT GROUP with LICSW Nina

▶ Wednesdays, July 20 & August 17, 10-11 a.m.
We are only meeting once a month through the summer. But no matter what the time of year, saying goodbye to a loved one is difficult. Please consider joining the COA bereavement group on July 6th and August 17th. You will find the group to be welcoming, supportive, and helpful. Meeting with others who have had similar experiences can be essential.

ICE CREAM SOCIAL



Sponsored by REPRESENTATIVE PAUL McMURTRY

▶ Thursday, July 28, 12:30 p.m.
No cost, but please sign up in advance.

Join us and cool off with delicious ice cream and all the toppings! This annual event is sponsored by Representative Paul McMurtry with the help of his wonderful summer interns. Please sign up in advance.

FUN SUMMER EVENTS AT THE WESTWOOD LIBRARY

These programs are FREE at the Westwood Public Library
These events are part of "Live Simple, Live Better- A Year of Wellness at Westwood Library" program series.

Healthy Apps – Evaluating the Fitness Apps

▶ Wednesday, June 22; 7 p.m.,
Tuesday, July 12; 10:30 a.m.

Fitness Apps are a dime a dozen—it's nearly impossible to figure out which app is best for you! Bring your device and come to this workshop to learn about popular Android & IOS apps for running, yoga and personal training, and how to judge what app is right for you! No registration is required and all are welcome!



Brain Games

▶ June 28, July 26 & August 23 at 11 a.m.

Come alone or bring a friend as once a month as we highlight games that keeps the mind moving, such as Bananagrams, Left Right Center, Rummikub etc.! Registration is required; please call 781-320-1045 to sign-up!

An Intergenerational Day Sponsored by NORFOLK COUNTY SHERIFF MICHAEL G. BELLOTTI

▶ Thursday, July 28, 10:30 a.m.-2:00 p.m.

There is no cost to this program but is limited to twelve seniors so please sign up in advance.

Sheriff Michael Bellotti invites you to connect with area youth on July 28 at the Youth Leadership Academy located in Braintree. This academy features a ropes course that helps young people develop good decision making leadership skills which you will be able to watch and enjoy. Afterwards you will be given a tour of the Norfolk County Sheriff's Public Safety Complex followed by lunch (please note that this program involves a fair amount of walking). Lunch and transportation to and from the Westwood COA will be provided by the Norfolk County Sheriff's office.



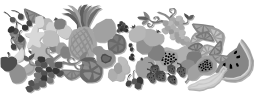
COMEDY HOUR with David Sykes

▶ Friday, August 12, 11 a.m.
▶ No cost but please sign up in advance so we know how many to expect

Come into the cool comfort of the Senior Center and enjoy an hour of great humor by NH humorist David Sykes. David is a regular at many senior centers and we are thrilled to have him join us during the lazy days of summer. There is no cost to this program but we ask you to sign up in advance so we know how many to expect (and sign up for lunch afterwards...and ice cream!)

July 2016

Lunch served daily through HESSCO at 12:00 p.m. For menu, please stop by the Center or check out our website. Must sign up for HESSCO lunches in advance. HESSCO sign up phone number is 781-329-6514.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FRENCH BREAD PIZZA and ICE CREAM</p> <p>► Fridays, July 1 & 15; August 5 & 26 ► Noontime ► \$4.00 donation ► <i>You must sign up in advance so we know how many are coming</i></p>  <p>This summer cool off at the Senior Center and join new and old friends for lunch. We will be serving French Bread Pizza, Salad and make your own ice cream sundae! You must sign up at least one week in advanced so we know how many to expect.</p>				<p>1 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE 12:00 PIZZA SOCIAL</p>
<p>4 INDEPENDENCE DAY CENTER IS CLOSED.</p> 	<p>5 9:30 YOGA 1:00 T'AI CHI 1:00 MOVIE 1:00 KNITTING</p>	<p>6 8:30 CORE WORKOUT 9:00 SHINE 9:00 FUN FIT 9:00 SO. SHORE PLAZA 10:00 CRAFTS 1:00 LOW IMPACT EXER.</p>	<p>7 9:30 YOGA 12:30 Adv. MAH JONGG 1:00 BINGO</p>	<p>8 8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 SHAW'S/NORWOOD 10:00 BRIDGE</p>
<p>11 9:00 FUN FIT 1:00 LOW IMPACT EXERCISE</p>	<p>12 9:30 YOGA 1:00 T'AI CHI 1:00 KNITTING</p>	<p>13 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 1:00 LOW IMPACT EXER.</p>	<p>14 9:30 YOGA 12:30 Adv. MAH JONGG 1:00 BINGO ► Charles River Day Trip</p>	<p>15 8:30 CORE WORKOUT 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 HANNAFORD'S 10:00 BRIDGE 10:30 Musical Theatre LECTURE 12:00 PIZZA SOCIAL</p>
<p>18 9:00 FUN FIT 1:00 LOW IMPACT EXER.</p>	<p>19 9:30 YOGA 1:00 MOVIE 1:00 T'AI CHI 1:00 KNITTING</p>	<p>20 8:30 BLOOD PRESSURE CLINIC 9:00 TRADER JOE'S 10:00 BEREAVEMENT GROUP 12:00 LUAU</p> 	<p>21 9:00 & 10:00 WEGMAN'S 9:30 YOGA 12:30 Adv. MAH JONGG 1:00 BINGO</p>	<p>22 8:30 CORE WORKOUT 9:00 FUN FIT 10:00 BRIDGE 11:30 DENTAL SCREENING</p>
<p>25 9:00 FUN FIT 1:00 LOW IMPACT EXERCISE</p>	<p>26 9:30 YOGA 11:00 SCAMS LECTURE 1:00 T'AI CHI 1:00 KNITTING</p>	<p>27 8:30 CORE WORKOUT 9:00 ERRANDS 9:30 CURRENT EVENTS 9:00 LOW IMPACT EXER. 1:00 LOW IMPACT EXER.</p>	<p>28 9:30 YOGA 10:30 SHERIFF'S INTERGENERATIONAL PROGRAM 12:30 Adv. MAH JONGG 12:30 ICE CREAM SOCIAL 1:00 BINGO</p>	<p>29 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE</p>

SUMMER HAWAIIAN LUAU

Sponsored by HESSCO Elder Services and The Westwood Council on Aging

- Wednesday, July 20
- Noontime
- \$6.00 donation
- *You must sign up in advance as space is limited*
- RAIN or SHINE



Join us for our First Annual Summer Hawaiian Luau!!! We will HAVE chicken with sweet and sour sauce, white rice with roasted veggies, and leis to enjoy! Wear your favorite Hawaiian Shirt and come ready to enjoy a steel drummer! This fun filled luncheon will fill up fast, so sign up early.

August 2016

Lunch served daily through HESSCO at 12:00 p.m. For menu, please stop by the Center or check out our website. Must sign up for HESSCO lunches in advance. HESSCO sign up phone number is 781-329-6514.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 FUN FIT 1:00 LOW IMPACT EXERCISE	2 1:00 T'AI CHI 1:00 KNITTING ▶ Day Trip to Casco Bay	3 8:30 CORE WORKOUT 9:00 SHINE 9:00 FUN FIT 10:00 CRAFTS 1:00 LOW IMPACT EXER	4 12:30 Adv. MAH JONGG 1:00 BINGO	5 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE 12:00 PIZZA SOCIAL
8 9:00 FUN FIT 1:00 LOW IMPACT EXERCISE	9 9:30 YOGA 1:00 T'AI CHI 1:00 KNITTING 1:00 MOVIE	10 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 1:00 LOW IMPACT EXER.	11 9:30 YOGA 12:30 Adv. MAH JONGG 1:00 BINGO	12 8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 HANNAFORD'S 10:00 BRIDGE 11:00 COMEDY HOUR
15 9:00 FUN FIT 1:00 LOW IMPACT EXERCISE	16 ▶ 9:00: Twin Rivers Day Trip 9:30 YOGA 1:00 T'AI CHI 1:00 KNITTING	17 8:30 CORE WORKOUT 8:30 BLOOD PRESSURE CLINIC 9:00 WALMART 9:00 FUN FIT 10:00 BEREAVEMENT GROUP 1:00 LOW IMPACT EXER. 2:00 HEARING CLINIC	18 12:00 COOKOUT 	19 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 MANICURES 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE
22 9:00 FUN FIT 1:00 LOW IMPACT EXERCISE	23 9:30 YOGA 1:00 MOVIE 1:00 T'AI CHI 1:00 KNITTING	24 8:30 CORE WORKOUT 9:00 ERRANDS 9:00 FUN FIT 9:30 CURRENT EVENTS 1:00 LOW IMPACT EXER.	25 9:30 YOGA 12:30 Adv. MAH JONGG 1:00 BINGO	26 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE 11:30 DENTAL SCREENING 12:00 PIZZA SOCIAL
29 9:00 FUN FIT 1:00 LOW IMPACT EXERCISE	30 9:30 YOGA 1:00 T'AI CHI 1:00 KNITTING	31 8:30 CORE WORKOUT 9:00 ERRANDS 9:00 FUN FIT 1:00 LOW IMPACT EXER.	 <p>NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service.</p>	

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!!**



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

PRSR 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, Operations Manager
 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	Irene MacEachern
Cheryl Fay	Colleen Messing
Robert Folsom	Bill Sebet
Mary Gens	James M. O’Sullivan

Summer Red Sox BBQ

(rain or shine)
 at the Westwood Senior Center

Thursday, August 18, 2016 ~ Noontime

Sponsored by: Avita of Needham

\$5 donation – You must sign up in advance as space is limited

Join us for our Second Annual Red Sox BBQ sponsored by our friends at Avita of Needham. We will be serving hot dogs and burgers (popcorn and pretzels!) and the Red Sox vs. Detroit Tigers will be on the TV. Red Sox themed prizes will be given out as well. This is sure to sell out, so sign up early.

