



NEWS

MARCH/APRIL 2015

Special Thanks to:

- Clark House Rehabilitation and Skilled Nursing Facility at Fox Hill for underwriting our St. Patrick's Day Party in March;
- Santander Bank for their generous donation to programs at the Center;
- Dedham Savings Bank for supplying us with great "goodie bags" for our special events;
- Unique Home Care for speaking to the Men's Group and explaining Veteran's Benefits;
- Residences at Wingate for sponsoring a healthy eating breakfast;
- Those who contributed in Pat Larkin's memory. The Carty-Larkin Family has been notified of your generosity;
- And finally, to all of our supporters who contributed to the Center as the year ended.

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



Letter from the Director

"March comes in like a LION and goes out like a LAMB," or so we hope! With 53 inches outside my window as I write this, my fingers are crossed (and cold)! But, I have hope for spring!

We have many new programs as the weather improves. To begin with, "iPad and iPhone" classes will help you understand current technology; beginners and intermediate users are all welcome. "Current Conversations" (hosted by a former reporter) will offer you a chance to discuss important topics with your fellow seniors.

If you are thinking about spring cleaning or downsizing, Elaine will help you (in a fun and informative way) de-clutter and get organized. Or if you want to "eat healthy and delicious," The Residences at Wingate will show you how with an enjoyable breakfast.

We are blessed to host an hour of great music with "Westwood Sings"; moreover, Mary is working to coordinate her "intergenerational" connections with the fourth-graders from Deerfield.

For all caregivers in our community, we will host an evening program: "Caring for the Caregiver" and a daytime program called "Taking Care of Yourself and Others." Why? Because we understand that stress and isolation happens when you take care of a loved one. And if you live alone, and would like either a friendly visitor or have the RUOK call you, please let us know (both programs are free). It is our goal to ensure that even if you live by yourself, you are not alone. Finally, if you worry about mail fraud or identity theft, then you must come to our "Mail Fraud" program in March.

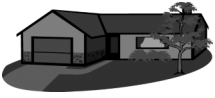
On a lighter note, what would March be without corned beef and cabbage and a St. Patrick's Day Celebration? Clark House at Fox Hill has generously offered to underwrite this meal with have a wonderful Irish Band. Space is limited, so please sign up early.

Please remember we have many regular programs for you to choose from as well: from art class to exercise, from Yoga to Tai Chi (with quilting and 'laughing yoga' returning)! It is our goal to offer a little something for everyone.

Think Spring!

Lina Arena-DeRosa





Karen's Corner—Outreach Counselor

What is the Massachusetts Homestead Act?

This material is intended to provide basic information and is not intended as legal advice.

The Massachusetts Homestead Act is a law that protects MA homeowners from having their homes sold to pay off unsecured debts. The law applies only if the homeowner lives in the home as his/her principal residence. The protection applies to unsecured creditor claims such as credit card debt or lawsuits. The home is not protected from claims secured by the home, such as a mortgage or lien on the property, or certain other types of debts. Homestead protection does not protect your home if you go into a nursing facility paid for by Medicaid.

There are two types of Homestead Declaration. The standard form protects for up to \$500,000 equity for all owners combined. The second form of Homestead Declaration is for elderly (age 62 or older) or disabled people. Each elderly or disabled owner can file for up to \$500,000 protection per owner. A married couple who own a home can get up to \$1,000,000 protection if both spouses qualify as elderly or disabled.

To get the \$500,000 protection for Section 2 or Section 3 Homesteads, Westwood homeowners must file a Declaration of Homestead with the Norfolk County Registry of Deeds.

How to file a Declaration of Homestead: Complete a Declaration of Homestead form; have the form notarized by a notary public; include payment of the \$36 filing fee; send or bring the form to the Norfolk County Registry of Deeds at 649 High St, Dedham, MA 02026;

Questions or need forms? Call the *Registry of Deeds Customer Service Center* at 781-461-6101 or go online at www.norfolkdeeds.org.



Transportation with Trish



MAR	DESTINATION	Donation	APR	DESTINATION	Donation
4	Errands	\$2.00	1	Errands	\$2.00
6	Stop and Shop	\$2.00	3	Stop and Shop	\$2.00
11	South Shore Plaza/Target	\$2.00	8	Target/Westwood	\$2.00
13	Roche Bros.	\$2.00	10	Roche Bros.	\$2.00
18	Errands	\$2.00	15	Errands	\$2.00
20	Shaw's/Norwood	\$2.00	17	Shaw's/Norwood	\$2.00
25	Trader Joe's/Xmas Tree Foxboro	\$2.00	22	Walmart	\$2.00
27	Hannaford's	\$2.00	24	Hannaford's	\$2.00
			29	Errands	\$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 donation 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 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.

Day Trips

Market Basket in Waltham

- ▶ Thursday, March 26,
Leaves the Center at 9:30 a.m.
 - ▶ \$5.00 pp
- There is a new Market Basket in Waltham and the van will be making a trip there on Thursday, March 26 at 9:30 a.m. Limited to 8. \$5.00 per person. *Must sign up in advance.*

Out to Lunch at Bubbling Brook

- ▶ Thursday, April 16,
Leaves the Center at 11 a.m.
 - ▶ \$3.00 pp
- A sure sign of better weather.**
On Thursday, April 16, the van will be leaving the COA at 11:00 a.m. to go to Bubbling Brook. Limited to 8. \$3.00 per person. *Must sign up in advance.* Lunch is on your own.

Stay Healthy at the Senior Center

LO-IMPACT EXERCISE

with Marilyn

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

Get ready for spring! 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, 9 a.m.
- ▶ \$3 donation requested

This class will get you ready for Spring! Steph incorporates cardio, strength training, as well as resistance and light weight workouts. All levels are welcome!

YOGA

with Bonnie & Kathleen

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

Start your day focused and balanced! Breathing and relaxation techniques that yoga employs can be instrumental to change. These exercises help to develop mental focus and improve brain and body emotion. So, why not try a class and see if this can help you improve your focus, your balance and your strength?



TAI CHI TUESDAYS

with J. Scott

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

Tai Chi is effective in improving both static and dynamic balance which is important to prevent falls. Falls can cause fractures, decrease mobility and can result in social isolation and dependence. So join us and help yourself maintain balance and mobility!



BLOOD PRESSURE CLINIC

with Westwood's Board of Health Nurse

- ▶ March 18 & April 15, 8:30-11:30 a.m.
- ▶ FREE

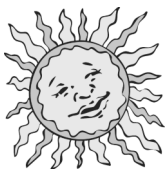
No appointment necessary.



LAUGHING YOGA

with Mary

- ▶ Tuesdays, 11:00 a.m.
 - ▶ March 3, 17; April 7, 21
 - ▶ \$3 donation requested
- Come laugh and relax and have fun!



WAXING

with Licensed Aesthetician Lisa

▶ The first Friday of every month, 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 Information Needs of Elders)

with Lori

▶ Tuesday, March 3, 11:30 a.m.-1:00 p.m.
▶ Tuesday, April 7, 11:30 a.m.-1:00 p.m.
Lori will be here to help you with issues regarding your health insurance by APPOINTMENT ONLY. Please call the Center to sign up.

IDENTITY THEFT AND MAIL FRAUD

Learn how to protect yourself

▶ Thursday, March 26, 11 a.m. ▶ \$2 donation requested
Do you worry about identity theft or being a victim of postal fraud? Would you like more information on how to protect yourself? Then join us as the Norfolk County Sheriff's Office and the US Postal Inspector provide you with tools and steps to avoid being victimized. Please sign up in advance as space is limited.



TOP 10 SUPERFOODS MADE SIMPLE

Sponsored by The Residences at Wingate

▶ Tuesday, March 31, 9:30 a.m. ▶ \$2 donation requested
Are you thinking about eating healthy? Join Meagen Springer, MPT, from **The Residences at Wingate**, to learn about the leading superfoods for increased wellness, how to protect yourself against disease and ways to easily incorporate good foods into your everyday diet. Space is limited, so you must sign up in advance and come hungry!



A Message from Mary

Public Health Nurse

**New
Pneumonia
News!**

Many adults are at risk for pneumonia. The CDC recommends two different pneumonia vaccines; the PCV13 and the PPSV23 for all adults 65 and older. Combined these two different vaccines protect against a total of 36 different strains of the pneumococcus bacteria. The way to prevent pneumonia is by getting vaccinated.

Pneumonia can cause severe infections of the lungs (pneumonia) bloodstream (bacteremia) and lining of the brain and spinal cord (meningitis). Check with your doctor to make sure you are up-to-date on these important vaccines.

Stay Connected at the Senior Center

WATERCOLOR CLASS

with Joan

- ▶ Beginners: Mondays, 9:30-11 a.m.
- ▶ Advanced: Mondays, 1-3 p.m.
- ▶ Donation: \$40 for 6 week class



The *beginner watercolor class* is full of new students eager to put paints to the paper. There is excitement, daring and adventure! Patience is the answer!

In the *advanced watercolor class*, students are encouraged to bring in their own ideas and images and we'll discuss the possibilities. Please bring your own supplies.

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, 1:15 p.m.

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



BRIDGE

Attention Bridge Players

- ▶ Every Friday, 11:00 a.m.-3:00 p.m.

Are you looking for somewhere to go on Fridays from 11:00 to 3:00? 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!

WESTWOOD WOMAN'S CLUB

- ▶ Thursday, March 19, 1:30 p.m.

Wegman's Market will be here to discuss their new store.

- ▶ Thursday, April 16, 1:30 p.m.

"Great American Song Book," by Richard Travers. Co-Sponsored by the **Westwood Cultural Council**. Guests are welcome and invited.

Project: Collection of Box Tops for Education.

BOOK GROUP

with Bev

- ▶ Monthly at 10 a.m. in the Conference Room

Join Bev and her friends as they read and discuss the following books:

- ▶ Thursday March 12 ~ *Founding Mothers* by Cokie Roberts. A story about female Patriots of the American Revolution.
- ▶ Thursday April 9 ~ *The Boston Girl* by Anita Diamant. A young Jewish woman growing up in Boston.



QUILTING

with Linda

- ▶ Tuesdays, March 3, 17, 24 & 31, 9:30 a.m.
- ▶ Tuesdays, April 7, 14 & 21, 9:30 a.m.
- ▶ \$15 donation for each session.

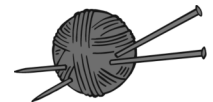


Do you enjoy quilting? Would you like to learn or improve on your technique? Then join us! In March learn to make flying geese without pins! In April, you will learn "No Hoop Embroidery," (it's fast and fun). Linda has kits available for \$10 or a supply list is available at the front desk. Please sign up in advance. Limited to 10 quilters.

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, March 4 & April 1, 10:00 a.m.

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.

WESTWOOD SINGS

Come join us as we get ready for spring

- ▶ Tuesday, March 17, 10:00 a.m.

Enjoy a musical performance from talented WHS students that is sure to entertain! This program is free and is in collaboration with Westwood Early Childhood and the Westwood Public Schools.



GARDEN CLUB

Come join us as we get ready for spring

- ▶ Thursday, March 26, 1:30 p.m.

"HERBS IN THE KITCHEN" ~ Kim Cook (Briggs Nursery) will demonstrate the use of herbs in cooking, so bring your appetite!

- ▶ Thursday, April 23, 1:30 p.m.

"WESTWOOD WILD" ~ A field trip to Hale Reservation (weather permitting) with naturalist Jay Walsh. (We will carpool from the Center at 12:30 ~ bring a bag lunch and beverage).



Age Well at the Senior Center



IPHONE AND IPAD CLASSES

with Kim Capobianco

Join us in March and April for beginner classes on the iPhone and the iPad! This is an opportunity for you to learn hands-on in a comfortable environment.

iPad 101/Introduction to the iPad: This class is for those students who own an iPad and want to learn its basic functions and features. We will review settings in detail, along with Apps. Class will be held from 1:00 to 2:30 on Tuesdays: March 17, 24, 31; April 7, 14, 21. A \$40 donation is requested and you must sign up in advance; limited to 12 students.

iPhone 101/Introduction to the iPhone: This class is for those students who wish to learn more about the features of the iPhone. We will discuss basic functions/settings/apps. Class will be held from 2:30-4:00 on Tuesdays: March 24, 31; April 7. A \$30 donation is requested and you must sign up in advance; limited to 12 students

Be sure to bring your device and charger cable with you.

BEREAVEMENT GROUP

with Nina Johnston, LICSW

- ▶ Wednesdays, March 11 & 25, 10:00
- ▶ Wednesdays April 8 & 22, 10:00

Spring is coming so get out and come join us! We provide an opportunity in an informal, friendly atmosphere to share our thoughts and feelings as they relate to our losses. So, if you are feeling sad over the loss of a loved one, stop in and have a chat with us!



LUNCH & A MOVIE

Join us for lunch and movie

- ▶ Please sign up in advance.
- ▶ 12 noon
- ▶ \$4 donation includes lunch

3/5 Still Mine: Pizza, Green Salad
3/12 I am Sam: Quiche, Green Salad
4/2 The Secret Life of Bees: Hot Dog, Green Salad
4/30 The Lunchbox: Ham and Cheese, Green Salad, Potato Salad



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. Dates are March 18, April 8, May 13 and June 10.

If interested, email coordinator Mary Hunt at hunt4781@comcast.net.

MEN'S CLUB

with Richard and Bob



Get off the couch and come join us! We are an active and fun group that welcomes new members.

- ▶ Thursday, March 19, 9:00

Jerry Cronin will speak on "The Quabbin Reservoir: Four towns disincorporated."

- ▶ Thursday, April 16, 9:00

Rebecca Garabedian, Certified Senior Care Manager from Unique Home Care Services. She will speak about Veteran's Benefits.

TAKING CARE OF YOURSELF AND OTHERS

Sponsored by Samaritans

- ▶ Tuesday, March 10, 11:00

What helps you keep a positive outlook? How do you take care of your health? Do you know the signs for depression? During this one hour workshop, we will discuss how aging brings unexpected challenges and how we can overcome the many obstacles in our lives. Please sign up in advance.

CARING FOR THE CAREGIVER

Sponsored by Westwood's Commission on Disability

- ▶ Thursday, April 16, 7-9 p.m.



Do you have compassion fatigue? This is identified as bottled-up emotions, isolation, and apathy. Caring too much can hurt when caregivers focus on others without practicing self-care.

Join us for the **5th Annual Caring for the Caregiver Forum** as we welcome Dr. Donna White, MSN, and Kristin Heuwold from HESSCO. The evening will provide camaraderie, practical information and support. Please call the Center to sign up or call Anne Berry Goodfellow at 781-326-2007 for more information.

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 now 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.

March 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 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	3 9:30 YOGA 9:30 QUILTING 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING	4 9:00 FUN FIT 9:30* ERRANDS 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE	5 8:50-10:10 a.m.* ELDER ATTORNEY, M. ROQUE 9:30 YOGA 12:30 MAHJONGG 1:15 BINGO 12:00* LUNCH & A MOVIE	6 8:30* WAXING 9:00 FUN FIT 9:30 and 10:30* STOP & SHOP 11:00 BRIDGE
9 9:00* AARP TAX ASSISTANCE 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	10 9:30 YOGA 11:00 TAKING CARE/YOURSELF/OTHERS 1:00 TAI CHI 1:00 KNITTING	11 9:00 FUN FIT 9:30* SS PLAZA/TARGET 10:00 BEREAVEMENT GROUP 10:00 CURRENT CONVERSATIONS 1:00 LO-IMPACT EXERCISE	12 9:30 YOGA 10:00 BOOK GROUP 12:30 MAHJONGG 1:15 BINGO 12:00* LUNCH & A MOVIE	13 9:00 FUN FIT 9:30 and 10:30* ROCHE BROS. 11:00 BRIDGE
16 9:00* AARP TAX ASSISTANCE 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	17 9:30 YOGA 9:30 QUILTING 10:00 WESTWOOD SINGS 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 iPad INTRO	18 8:30 BLOOD PRESSURE 9:00 FUN FIT 9:30* ERRANDS 12:00 ST. PATRICK'S DAY PARTY 1:00 LO-IMPACT EXERCISE	19 9:00 MEN'S CLUB 9:30 YOGA 12:30 MAHJONGG 1:15 BINGO 1:30 WOMAN'S GROUP	20 9:00 FUN FIT 9:30 and 10:30* SHAW'S/Norwood 11:00 BRIDGE
23 9:00* AARP TAX ASSISTANCE 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	24 9:30 YOGA 9:30 QUILTING 1:00 TAI CHI 1:00 KNITTING 1:00 iPad INTRO 2:30 iPhone INTRO	25 9:00 FUN FIT 9:30* TRADER JOE'S 10:00 BEREAVEMENT GROUP 10:00 CURRENT CONVERSATIONS 1:00 LO-IMPACT EXERCISE	26 9:30 YOGA 9:30* MARKET BASKET 11:00 IDENTITY THEFT 12:30 MAHJONGG 1:15 BINGO 1:30 GARDEN CLUB	27 9:00 FUN FIT 9:30 and 10:30* HANNAFORD'S 11:00 BRIDGE
30 9:00* AARP TAX ASSISTANCE 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	31 9:30 YOGA 9:30 SUPER FOODS 9:30 QUILTING 1:00 TAI CHI 1:00 KNITTING 1:00 iPad INTRO 2:30 iPhone INTRO	CURRENT CONVERSATIONS <i>with Susan Sprecher</i> ▶ Wednesdays March 11 & 25/ April 8 & 22 ▶ 10-12 a.m. ▶ \$20 donation for four sessions This is a news program designed for people who want to stay engaged and up-to-date. 2014 was a game changer: we began important national conversations which continue now in 2015. ISIS emerged and the threat of terrorism feels closer to home. The economy rebounded yet 47% of American families report living paycheck-to-paycheck. (Pew Research) We are exploring new frontiers...into deep space, discovering new planets; and trying to get an answer to Alzheimer's. We are also living longer and this historic demographic shift may be the biggest story of all. Newshounds or anyone simply trying to make sense of this fast changing world, please join us for a dynamic discussion that is new every week. We start with the headlines along with news analysis; then move onto topical issues and current social trends. A broadcast journalist for over three decades and an avowed news junkie, we are pleased to have Susan join our team.		

Sunday, March 8

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

NOTARY SERVICES

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

April 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
Sunday, April 12 1-4 p.m. NEW FRIENDS SOCIAL BEREAVEMENT GROUP		1 9:00 FUN FIT 9:30* ERRANDS 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE	2 8:50-10:10 a.m.* ELDER ATTORNEY, M. ROQUE 9:30 YOGA 12:30 MAHJONGG 12:00* LUNCH & A MOVIE 1:15 BINGO	3 8:30* WAXING 9:00 FUN FIT 9:30 and 10:30* STOP & SHOP CLOSED AT NOONTIME
6 9:00* AARP TAX ASSISTANCE 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	7 9:30 YOGA 9:30 QUILTING 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 iPad INTRO 2:30 iPhone INTRO	8 9:00 FUN FIT 9:30* TARGET/Westwood 10:00 BEREAVEMENT GROUP 10:00 CURRENT CONVERSATIONS 1:00 LO-IMPACT EXERCISE	9 9:30 YOGA 10:00 BOOK GROUP 10:00 BEREAVEMENT GROUP 12:30 MAHJONGG 1:15 BINGO 1:00 R.E. DISCUSSION	10 9:00 FUN FIT 9:30 and 10:30* ROCHE BROS. 11:00 BRIDGE
13 9:00* AARP TAX ASSISTANCE 9:30 WATERCOLOR 10:00 FUN FIT 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	14 9:30 YOGA 9:30 QUILTING 1:00 TAI CHI 1:00 KNITTING 1:00 iPad INTRO	15 8:30 BLOOD PRESSURE 9:00 FUN FIT 9:30* ERRANDS 1:00 LO-IMPACT EXERCISE	16 9:00 MEN'S CLUB 9:30 YOGA 11:00* BUBBLING BROOK 12:30 MAHJONGG 1:15 BINGO 1:30 WOMAN'S GROUP 1:00 R.E. DISCUSSION 7:00 CARING FOR CAREGIVER	17 9:00 FUN FIT 9:30 and 10:30* SHAW'S/Norwood 11:00 BRIDGE
20 PATRIOT'S DAY CLOSED 	21 9:30 YOGA 9:30 QUILTING 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 iPad INTRO	22 9:00 FUN FIT 9:30* WALMART 10:00 BEREAVEMENT GROUP 10:00 CURRENT CONVERSATIONS 1:00 LO-IMPACT EXERCISE	23 9:30 YOGA 12:30 MAHJONGG 1:15 BINGO 1:30 GARDEN CLUB 1:00 R.E. DISCUSSION	24 9:00 FUN FIT 9:30 and 10:30* HANNAFORD'S 11:00 BRIDGE
27 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	28 Vote! TOWN ELECTIONS 	29 9:00 FUN FIT 9:30* ERRANDS 1:00 LO-IMPACT EXERCISE	30 9:30 YOGA 12:30 MAHJONGG 12:00* LUNCH & A MOVIE 1:15 BINGO	

DON'T FORGET TO VOTE!

Town Elections are on **Tuesday, April 28th** and Town Meeting will be on **Tuesday, May 4th**. *The Center will be closed on April 28th.* If you need a ride to the polls, our van will be available (9-11) but you must call and sign up in advance.

A DISCUSSION OF REAL ESTATE OPTIONS for the 50+ COMMUNITY

Presented by Elaine de Reyna, Realtor[®], SRS, Senior Real Estate Specialist[®]
 ▶ Thursdays, April 9, 16, and 23, 1:00 p.m. ▶ \$3 donation requested
 Informative and fun, this three-course series explores simplifying your life through de-cluttering, downsizing, or retiring to your current home. How can you adapt your home to make it livable as you age-in-place? What are your options for downsizing? Resources, information, answers and fun will be provided! Please sign up in advance. Space is limited.



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

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. O’Sullivan

St. Patrick’s Day Luncheon

Wednesday March 18th at noon

Hosted by Clark House at Fox Hill

\$3 donation requested

Join us on March 18th and enjoy a traditional Irish meal of Corned Beef and Cabbage. There will be great Irish music and of course, delicious Irish Soda Bread! Special thanks to Clark House at Fox Hill for underwriting the meal catered by Carrib Pub. *Space is limited, so you must sign up in advance.*

