



STAY HEALTHY

• STAY CONNECTED

• AGE WELL

NEWS

MARCH/APRIL 2016

Special Thanks to:

- **Clark House** at Fox Hill Village in Westwood for sponsoring our St. Patrick Day Party;
- **Charlwell House of Norwood** for sponsoring goodies at our large events as well special treats for our BINGO players;
- **Rehab Associates** for underwriting Gary Hylander's Lecture on Lincoln's Election;
- **New Pond Village of Walpole** for underwriting Gary Hylander's Lecture on the Election of 1796;
- **WHS Advanced Ceramics Class and Westwood Seniors** for creating a beautiful ceramic quilt for our front entrance;
- **Westwood Educational Foundation** for underwriting "Bridges Together," a 6 week intergenerational program with Thurston Middle School.

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

Letter from the Director

It is a presidential election year and we are excited to be hosting some very special programs to discuss the many different viewpoints. But before I begin, please remember that on election days (Local and Federal), *the Center is closed for programs but will be opened for limited services.* We will have the *van available in the a.m. for rides to the polls but you must schedule a ride in advance.*

Election years are always full of lively conversations and debates; perhaps that is what makes this country great! With this in mind, Current Conversations will be back with former PBS news reporter, Susan Sprecher. This lively group of news junkies would love some new members (conservative, liberal or independent) to help with the conversation.

Gary Hylander, a wonderful lecturer and professor, will be coming and presenting eight lectures here, four in the spring, four in the fall that will focus on elections past and present. These lectures have been underwritten by sponsors (so you can come for free!) but please sign up in advance so we know how many to expect.

Aside from our cornucopia of regular programs (Art to Zumba), Kim is coming back to us to teach iPad (beginner and advanced) classes starting in late spring. Technology is a great way to stay connected, both personally and politically!

And even with all the political intrigue this year, we will still be celebrating St. Patrick's Day on March 15 with traditional fare of corned beef and cabbage and an Irish Duo to entertain you! This event is *sponsored by The Clark House of Westwood* and it is sure to sell out so sign up early.

Other special programs include a *Senior ID* opportunity sponsored by the Sheriff's Department, *A Day of Beauty* at Blue Hills Vocational School, *A Conversation* with Amada Home Health Care and a *Dental Health Presentation* sponsored by the Community VNA. We will also be hosting a *Long Term Health Insurance* discussion with Hans Hug who is an expert in the field.

And finally, for those of you struggling with mental health or helping someone with mental health issues (from dementia to depression), we will be co-sponsoring (with the Disability Commission), an evening of education and understanding on April 7th at the Library. Please plan on joining us for this very important conversation.

With lots going on, we know there is something here for you! So please stop by and check us out and don't forget to vote on March 1 (Presidential Primary) and April 26 (Town Election).

Happy Spring Everyone!

Lina Arena-DeRosa





Karen's Corner—Outreach Counselor

CIRCUIT BREAKER TAX CREDIT PROGRAM

Did you know that the Circuit Breaker Tax Credit Program can give seniors up to \$1070 back for simply paying rent or property taxes? The Tax Credit is for anyone 65 or older whose property taxes (or 25% of rent) exceed 10% of their annual gross income (rentals 25) and who meet other qualifying criteria.

To obtain the Circuit Tax Breaker Tax Credit you must file for the 2015 tax year, but you do not have to owe taxes to be eligible. You must own or rent in Massachusetts, be 65 as of 12/31/15 and your total income cannot exceed the following: Single \$57K, Married (joint filing) \$85K, Head of Household \$71K, and your assessed real estate value cannot exceed \$693K. You are not eligible if you receive a federal or state rent subsidy.

Also, any low or moderate income senior may call the Center to request AARP Tax Preparation for free help with filing (please bring your water, sewer and property tax bills with you). So stop in and get the help (and assistance) you need before it is too late.



Transportation with Trish



Note: No van transportation on March 1 or April 26 except to the polls in the a.m.

MAR	DESTINATION	Donation	APR	DESTINATION	Donation
1	Ride to Polls (9-12 ~ Presidential Primary)	Free	1	Wegman's	\$2.00
2	Errands	\$2.00	6	Trader Joe's/Xmas Tree	\$2.00
4	Stop & Shop	\$2.00	8	Roche Bros.	\$2.00
9	Walmart	\$2.00	13	Errands	\$2.00
11	Roche Bros.	\$2.00	15	Shaw's/Norwood	\$2.00
16	Errands	\$2.00	20	Errands	\$2.00
18	Shaw's/Norwood	\$2.00	22	Hannaford's	\$2.00
23	South Shore Plaza	\$2.00	26	Ride to Polls (9-12 ~ Town wide Election)	Free
25	Hannaford's	\$2.00	27	Errands	\$2.00
30	Errands	\$2.00	29	Stop & Shop	\$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

March 17 ~ Boston Flower Show ~ Depart at 9:30 a.m.

▶ \$25.00/person (lunch separate)

April 5 ~ Louisa May Alcott House, Concord ~ The Alcott family lived at the Orchard House from 1858 to 1877. The house is most noted for being where Little Women was written at a "shelf desk" her father built especially for her. Lunch is pay on your own at the Colonial Inn.

▶ \$15.00/person (lunch separate)

April 27 ~ Foxwoods Casino Luncheon and Show ~ Includes transportation, luncheon buffet and \$10 casino slot play as well as matinee show featuring a musical tribute to Dolly Parton and Kenny Rogers.

▶ \$85 per person

May 10 ~ Statue of Liberty, Ellis Island and 9/11 Memorial ~ Includes transportation, ferry to Statue of Liberty and Ellis Island (lunch and dinner on your own), and a visit to the 9/11 Memorial.

▶ \$95 per person

August 2 ~ Casco Bay & Bailey Island Maine Cruise ~ 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

Please sign up in advance as trips fill up fast. For more information, stop by the Center.

Stay Healthy at the Senior Center

LOW IMPACT EXERCISE *with Eileen*

- ▶ Monday and Wednesdays, 1 p.m.
- ▶ \$3 donation

It is spring and time to get your body moving again! Join this fun low impact exercise class that you can do in a chair. Great for stretching and toning your muscles. Please wear comfortable clothing.

CORE AND MAT WORKOUT *with Stephanie*

- ▶ Wednesdays & Fridays, 8:30 a.m.
- ▶ \$2 donation

This ½ hour workout targets your back, stomach and abs and is done mostly on the floor with a mat (please bring mat, pillow and wear comfortable clothing). Start your morning with this class and stay to workout with the Fun Fit Class.



FUN FIT *with Stephanie*

- ▶ Mondays, 10:00 a.m.; Wednesdays & Fridays, 9:00 a.m.
- ▶ \$3 donation

Start your morning by moving and stretching with Stephanie's aerobics class. This class includes cardio and strength training and is a great way to get back in shape (and stay in shape). Please wear sneakers and comfortable clothes.

YOGA *with Bonnie*

- ▶ Tuesdays & Thursdays, 9:30 a.m.
- No Classes Tuesday March 1, 15; April 26*
- ▶ \$3 donation



Do you feel sluggish and your body aches when you get up in the morning? Do you drag during the day and have no energy? Then you must try Bonnie's yoga class! Yoga will help you move in a way that feels good and helps your body with balance and strengthens your awareness. We work both in a chair and on the floor, whichever you feel most comfortable. Please wear comfortable clothing

MEDITATION *with Soni*

- ▶ Tuesdays, March 8, 22 and April 12, 11:15 a.m.
- ▶ FREE

Come explore a way to have peace of mind in your life with Meditation. Understand what triggers peacelessness in our lives and learn how to harness your inner powers to maintain a stable and unshakable mind in any situation. The session will be done while seated comfortably in a chair as we direct our focus away from the outer material world and into the inner world of the mind. All are welcome.

SHINE (Serving the Health Needs of Elders) *with Lori Howell*

- ▶ Wednesdays, March 2 and April 6
- ▶ 9 a.m. to 12 p.m. by **APPOINTMENT ONLY**

If you feel that your Medicare coverage is not meeting your current needs we may be able to help you. Make an appointment with Westwood's SHINE Medicare Counselor Lori to what options maybe be available to you.

BLOOD PRESSURE CLINIC

with Board of Health Nurse Mary

- ▶ March 16 & April 20, 8:30-11:30 a.m.
- ▶ FREE No appointment necessary.



ZUMBA GOLD *with Christine*

- ▶ Tuesdays, 8:30-9:30 a.m.
- No Classes Tuesday March 1, 15; April 26*
- ▶ \$3 donation



Do you enjoy music? Are you looking for a fun way to stay healthy? Then Zumba Gold may be just what you are looking for! Zumba Gold incorporates a variety of music and dance rhythms in a low impact exercise program. Zumba Gold has been called "exercise in disguise", a great way to improve cardiovascular health, endurance and even memory. So start your morning with a dance, some laughs and feeling great!

LAUGHING YOGA *with Mary*

- ▶ April 5 & 19, 11 a.m.
- ▶ \$2 donation requested

No crazy poses or worrisome positions, we sit in a chair and do some simple body movements and lots of deep breathing. Wear comfortable clothing, bring water and prepare to relax and laugh!



HEARING AID SERVICE CLINIC

Sponsored by Hearing Solutions Inc of Norwood

- ▶ Wednesday, March 30 and April 27, 2:00-3:00 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

TAI CHI *with Scott*

- ▶ Tuesdays, 1 p.m.
- No Classes Tuesday March 1, 15; April 26*
- ▶ \$3 donation



"By slowing down, we can train the mind to focus completely on the present. Then we will find that we can function well, whatever the difficulties" Eknath Easwaran. Tai Chi can help you slow down! Join us on Tuesdays and learn a new form of exercise for your body and your mind!

PODIATRY *with Michael Mitry*

- ▶ Friday, March 11 and April 8, 8:30-11 a.m.
- ▶ **BY APPOINTMENT ONLY** – \$35 per session



Dr. Mitry, a licensed podiatrist comes to the Center once a month to help keep your feet in good shape. He offers routine foot maintenance and nail cutting. This is private pay at \$35 per session (checks made out to Dr. Mitry).

ELDER DENTAL PROGRAM *with Christine Dugan,*

Elder Dental Program Manager - Community VNA

- ▶ Monday, April 25, 1 p.m.
- ▶ FREE

Good Dental Health is not just about a pretty smile. Poor oral health has been shown to contribute to chronic disease and chronic conditions. Join us to learn more about oral health and how you may be able to access affordable dental care in your community. Please sign up and if you want a personal consultation afterwards, please let us know in advance.

Stay Connected at the Senior Center

WATERCOLOR CLASSES

with Joan



- ▶ Beginners: Mondays, 10:00-12 noon
- ▶ Advanced: Mondays, 1-3 p.m.
- ▶ Donation: \$40 for 8 weeks (March and April)

Beginners work with Joan and the advanced class work individually on their projects. So come join us as we explore our artistic side!

MAH JONGG

- ▶ Thursdays, 12:30 p.m.
- ▶ Beginner Class from 11-12:30 with Cynthia
- ▶ FREE

Mah Jongg is growing (upwards of 10 players!). The “knowledgeable” players start at 12:30, but if you want to learn, beginners come at 11. Come join this fun and welcoming group!

BINGO



- ▶ Every Thursday at 1:00 p.m.

BINGO is fun, fast and always full of laughs. On March 10th and April 7th, *Charlwell House of Norwood* will be bringing special “treats” for everyone to enjoy!

BRIDGE

- ▶ Every Friday, 10-2:00 p.m.

Bridge is a game that stimulates the mind and helps with concentration. This growing group of Bridge Players (over 24 players!) start at 10 and stop for lunch (bring a sandwich) and play until 2. All are welcome to this growing group of players.

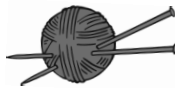
QUILTING with Linda

- ▶ Tuesdays, March 8, 22; April 5, 12, 19, 9:30-11:30 a.m.
- ▶ \$3 donation

Quilting is starting up again with Professional Quilter, Linda Ramrath. She has designed a Block of the Month and will be demonstrating various ways to construct each block. Use your scraps and Linda will provide directions for all participants. So come join this warm and welcoming group of quilters.

KNITTING AND CROCHETING

with Louise



- ▶ Tuesdays, 1:00 p.m.
- ▶ No Classes Tuesday March 1, 15; April 26
- ▶ \$3 donation

Did you start a project this winter and need some help (or inspiration) to finish it? Or would you like to learn to knit and crochet? Then join this fun and creative group of knitters and crocheters any Tuesday ... all levels welcome.

CRAFTS with Lorraine

- ▶ Wednesday, March 2 and April 6
- ▶ 10 a.m.-12 noon

Join Lorraine and her friendly group of crafters as they create inspiring pieces of art that are sold to raise funds for the Center (and you just might want to buy one yourself).

WESTWOOD'S WOMEN'S CLUB with Peg



- ▶ Thursday, March 31, 1 p.m.
Spring Flowers in Art – Art display by Westwood residents
- ▶ Thursday, April 21 at 1 p.m.
Maintaining a healthy life (Wegman's Market organic food dept)

WESTWOOD'S GARDEN CLUB with Mary Jo



- ▶ Thursday, March 10, 1 p.m.
Interior Designer, Charles Spada, will show a slide presentation of the before and after photos of the restoration of his home in Normandy France (The Manor of Berthouville, built in 1652).
- ▶ Thursday, April 28, 1 p.m.
Designer Debra Kraft will demonstrate woodland materials in unique floral arrangements.

MEN'S CLUB with Bob



Refreshments generously provided by Roche Bros of Westwood
The Men's Club is growing and any guy over 60 is welcome! So come join us and learn something new and interesting (and meet some really interesting and fun men!)

▶ Thursday, March 17, 9:30 a.m. ~ **Escape from Belgium 1940** – Francis de Marneffe was 16 when the German troops were advancing and invading Belgium. Dr. Marneffe will tell his tale of escape and survival with words and slides and his harrowing experience to reach England.

▶ Thursday, April 21, 9:30 a.m. ~ **WCVB's Meteorologist Harvey Leonard** will speak on the realities of forecasting weather in New England. His experience (and humor) will entertain and enlighten you.

FREE BI-MONTHLY MOVIES at the Center



- ▶ 1:00 p.m.
- ▶ Tuesday, March 8 ~ *Mr. Holmes* ~ 93 year old Sherlock Holmes is retired but is haunted by an unsolved case that caused him to call it quits.
- ▶ Tuesday, March 22 ~ *The Pursuit of Happiness* ~ Smart and talented Chris Gardner is barely making it. Facing desperate times, Chris accepts an unpaid internship.
- ▶ Tuesday, April 5 ~ *The Soloist* ~ Poignant true tale of newspaper reporter discovering brilliant homeless musician on the streets of LA.
- ▶ Tuesday, April 19 ~ *McFarland USA* ~ Track Coach establishes bonds of trust and remarkable achievements with a low income group of high school students.

SENIOR ID PHOTO PROGRAM

Presented by Norfolk County's Sheriff's Office



- ▶ Wednesday, March 30, 10 a.m.
- The Senior Photo Identification Card will supply seniors with a secondary form of identification, free of charge, from the Sheriff's Office in conjunction with the Westwood COA. Seniors interested in this program should bring with them: a valid MA Driver's License or valid passport or valid MA RMV photo ID. Please sign up in advance so we know how many to expect.

Age Well at the Senior Center

iPAD CLASSES with Kim

- ▶ **Beginners** ~ 4/20, 4/27, 5/4, 5/11, 5/18, 5/25
- ▶ Wednesdays, 12-1:30 p.m.
- ▶ \$35 for all six sessions
- ▶ *Please bring your own device and charger.*



This course is for those who are new to the iPad or need a refresher in the iPad basics. We will review iPad settings, and discuss basic tips and tricks to using your iPad.

- ▶ **Advanced** (*Previous experience with iPad REQUIRED*) ~ 4/20, 4/27, 5/4, 5/11, 5/18, 5/25
- ▶ Wednesdays, 2-3:30 p.m.
- ▶ \$35 for all six sessions
- ▶ *Please bring your own device and charger.*

This course will cover some of the more advanced features of the iPad, topics to be determined based on user experience and knowledge. *Familiarity with settings and apps is a must.*

CURRENT CONVERSATIONS with Susan Sprecher

- ▶ Wednesdays, March 9, 23; April 13, 27, 9:30-11:30 a.m.
- ▶ \$20 donation for all four sessions

Come join us as we dissect the events of the day and welcome anyone looking for good and stimulating conversation. The current headlines dictate the topics but in addition to that our first March meeting comes just one week after SUPER TUESDAY! The parties will have their candidates and the race is on! At Current Conversations, we go beyond personalities and mudslinging to learn what the candidates really think. We will select key campaign issues and dig deep! So come join the conversation.

MANICURES with Lauren

- ▶ Friday, March 18 and April 15, 9 a.m.-1 p.m.
 - ▶ **By appointment only** ~ \$10 per session (*checks made out to Lauren*)
- Spring is coming and with all the weddings and parties, you want your hands to look their best. So come and get a relaxing massage and your nails painted with our licensed manicurist.



ELECTION YEAR LECTURES with Gary Hylander

We are pleased to have Professor Gary Hylander join us for eight free lectures focusing on elections passed and present. *Please sign up in advance.*

- ▶ Thursday, April 7, 10 a.m. ~ **The Election of 1796** *sponsored by our friends at New Pond Village of Walpole.* Washington is not running for President but who will be next and how will the nation make sure that the process of electing a president is fair?
- ▶ Thursday, April 14, 10 a.m. ~ **Lincoln's First Election and the beginning of the Civil War** *sponsored by our friends at Rehab Associates.* Lincoln has won the election but the South is talking about revolution; is Civil War on the horizon?

BEREAVEMENT GROUP with LICSW Nina

- ▶ Wednesdays, March 2, 16; April 6, 20, 10-11 a.m.
- This ongoing, open ended, warm and welcoming bereavement group meets two times a month to support and discuss the loss of loved ones. Feel free to join us at any point and meet with others who are going through the grieving process.

LONG TERM HEALTH INSURANCE ~ A Discussion with Hans Hug

- ▶ Thursday, April 28, 10 a.m.
- ▶ Light refreshments will be served
- ▶ Free, but please sign up in advance

Independent Insurance broker and expert, Hans Hug will present a free one hour workshop on the fundamentals of Long Term Health Insurance. Mr. Hug will explain how to design coverage, discuss the range of care policies, and how to file a claim. He will provide detailed handouts as well. *Please sign up in advance so we know how many to expect.*

A DAY OF BEAUTY at the Blue Hills Vocational School



- ▶ Tuesday, April 12
- ▶ Leave Center at 8 a.m. ~ Return around 1:30 p.m.
- ▶ \$35 per person (includes van ride and all services at Blue Hills)
- ▶ *Space is limited so sign up in advance*

Blue Hills Vocational School invites you to join them for a "Day of Beauty"! You will leave Westwood COA at 8 a.m. and arrive in Canton by 9 a.m. to enjoy morning refreshments (coffee and baked goods). From there your morning will include: a manicure, facial, scalp treatment as well as a wash and dry. By noontime, you will be ready for a delicious lunch at the school's restaurant. The van will then pick you up at 1 p.m. and get you back to the COA by 2 p.m. *Space is limited to 10 seniors and you MUST sign up in advance.*

MEMORY CAFÉ at the Senior Center

- ▶ Tuesday, March 22 and April 19, 2:15-3:45 p.m.
- ▶ FREE

We have partnered with White Oak Cottage at Fox Hill to offer a monthly social gathering for those living with memory impairment and their caregivers. This is a relaxed and fun gathering that provides everyone with a chance to mix up their routine and get to know others dealing with similar issues. Each meeting includes time to socialize, refreshments and activities sure to entertain. Come join us and find the support and caring that all caregivers need and deserve.

WAXING with Licensed Aesthetician Lisa

- ▶ Friday, March 4 and April 1
 - ▶ **BY APPOINTMENT ONLY**, 8:30 a.m.-12:00 noon
- | | | |
|--|--------------|---------------|
| Brows.....\$10 | Lip.....\$10 | Chin.....\$10 |
| Any two services.....\$15 All 3 services.....\$20 | | |



HOW TO STAY HEALTHY AND HAPPY AT HOME

Melissa Norman ~ Amada Senior Care

- ▶ Monday, April 25, 10 a.m.
- Learn about new technologies and resources for staying well at home as you age with Amada Senior Care. This session will highlight:
- The latest trends in wellness technology to help stay healthier at home with supervision from loved ones.
 - Seeking additional care services at home, and finding the right community if home is no longer the safest place to live.
 - How to pay for additional care through long term insurance, Veteran's benefits and more.

March 2016

WINTER CLOSING: Please remember, *if the schools are closed due to weather, the Center is closed,* which includes cancellation of all programs and transportation. ~Thanks

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service.</p>	<p>1 NO PROGRAMS at the CENTER <u>PRESIDENTIAL PRIMARY</u> Van available for a ride to the polls from 9:00-12:00</p> 	<p>2 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 10:00 CRAFTS 10:00 BEREAVEMENT GROUP 1:00 LOW IMPACT EXERCISE</p>	<p>3 9:00 ELDER ATTORNEY 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO</p>	<p>4 8:30 MAT WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 STOP AND SHOP 10:00 BRIDGE</p>
<p>7 9:00 AARP TAX PREP 10:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p>8 8:30 ZUMBA GOLD 9:30 YOGA 9:30 QUILTING 11:15 MEDITATION 1:00 TAI CHI 1:00 MOVIE 1:00 KNITTING and CROCHETING</p>	<p>9 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 WALMART 9:30 CURRENT CONVERSATIONS 1:00 LOW IMPACT EXERCISE</p>	<p>10 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO 1:00 GARDEN CLUB</p>	<p>11 8:30 MAT WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE</p>
<p>14 9:00 AARP TAX PREP 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p>15 12:00 NOON ST. PATRICK'S DAY LUNCHEON</p> 	<p>16 8:30 MAT WORKOUT 8:30 BLOOD PRESSURE CLINIC 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT GROUP 1:00 LOW IMPACT EXERCISE</p>	<p>17 9:30 MEN'S CLUB 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO ▶ Day Trip to Boston Flower Show</p>	<p>18 8:30 MAT WORKOUT 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE</p>
<p>21 9:00 AARP TAX PREP 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p>22 8:30 ZUMBA GOLD 9:30 YOGA 9:30 QUILTING 11:15 MEDITATION 1:00 MOVIE 1:00 TAI CHI 1:00 KNITTING and CROCHETING 2:15 MEMORY CAFE</p>	<p>23 8:30 MAT WORKOUT 9:00 SO. SHORE PLAZA 9:00 FUN FIT 9:30 CURRENT CONVERSATIONS 1:00 LOW IMPACT EXERCISE</p>	<p>24 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO</p>	<p>25 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 & 10:00 HANNAFORD'S 10:00 BRIDGE</p>
<p>28 9:00 AARP TAX PREP 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p>29 8:30 ZUMBA GOLD 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING and CROCHETING</p>	<p>30 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 ERRANDS 10:00 ID PHOTO PROG. 1:00 LOW IMPACT EXERCISE 2:00 HEARING CLINIC</p>	<p>31 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO 1:00 WOMEN'S CLUB</p>	

NEW FRIENDS ~ A Social Bereavement Group

By Robert Newman

- ▶ Sunday, March 13 and April 10
- ▶ 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.

Community Support Forum on Mental and Physical Health and Awareness



▶ Thursday April 7 ~ Westwood Public Library, 7 p.m.

The Commission on Disabilities, in partnership with the COA and Youth and Family Services as well as the IAMSTRONG Foundation, will hold a special evening of support, care and resources focused on reducing the stigma of getting help for and supporting people with mental health concerns.

There will be a formal presentation followed by a panel discussion on mental health issues across all age groups and resource tables featuring providers and information. All are welcome to attend this important forum.

April 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>KNOWING YOUR LEGAL RIGHTS & RESPONSIBILITIES <i>with Mary Roque</i> Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors. Appointments are scheduled at 20 minute intervals beginning at 9:00 a.m. Call the center to schedule appointments for March 3 or April 7.</p>				<p>1 8:30 MAT WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE</p>
<p>4 9:00 AARP TAX PREP 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p>5 8:30 ZUMBA GOLD 9:30 YOGA 9:30 QUILTING 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 MOVIE 1:00 KNITTING and CROCHETING ▶ Day Trip to Alcott House</p>	<p>6 8:30 MAT WORKOUT 9:00 SHINE 9:00 TRADER JOE'S 9:00 FUN FIT 10:00 BEREAVEMENT GROUP 10:00 CRAFTS 1:00 LOW IMPACT EXERCISE</p>	<p>7 9:00 ELDER ATTORNEY 9:30 YOGA 10:00 GARY HYLANDER 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO</p>	<p>8 8:30 MAT WORKOUT 9:00 FUN FIT 8:30 PODIATRY 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE</p>
<p>11 9:00 AARP TAX PREP 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p>12 8:00 DAY OF BEAUTY 8:30 ZUMBA GOLD 9:30 YOGA 9:30 QUILTING 11:15 MEDITATION 1:00 TAI CHI 1:00 KNIT & CROCHET</p>	<p>13 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT CONVERSATIONS 1:00 LOW IMPACT EXERCISE</p>	<p>14 9:30 YOGA 10:00 GARY HYLANDER 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO</p>	<p>15 8:30 MAT WORKOUT 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE</p>
<p>18 PATRIOT'S DAY CENTER CLOSED</p> 	<p>19 8:30 ZUMBA GOLD 9:30 YOGA 9:30 QUILTING 11:00 LAUGHING YOGA 1:00 MOVIE 1:00 TAI CHI 1:00 KNITTING and CROCHETING 2:15 MEMORY CAFE</p>	<p>20 8:30 MAT WORKOUT 8:30 BLOOD PRESSURE CLINIC 9:00 ERRANDS 9:00 FUN FIT 10:00 BEREAVEMENT GROUP 12:00 BEG. iPad CLASS 1:00 LOW IMPACT EXERCISE 2:00 ADV. iPad CLASS</p>	<p>21 9:30 YOGA 9:30 MEN'S CLUB 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO 1:00 WOMEN'S CLUB</p>	<p>22 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 & 10:00 HANNAFORD'S 10:00 BRIDGE</p>
<p>25 10:00 HOW TO STAY AT HOME 10:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE 1:00 DENTAL PROGRAM</p>	<p>26 NO PROGRAMS at the COA TOWN ELECTIONS Van available for a ride to the polls from 9:00-12:00</p> 	<p>27 8:30 MAT WORKOUT 9:00 ERRANDS 9:00 FUN FIT 9:30 CURRENT CONVERSATIONS 12:00 BEG. iPad CLASS 1:00 LOW IMPACT EXERCISE 2:00 ADV. iPad CLASS 2:00 HEARING CLINIC ▶ Day Trip to Foxwoods</p>	<p>28 9:30 YOGA 10:00 LONG TERM HEALTH INSURANCE DISCUSSION 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO 1:00 GARDEN CLUB</p>	<p>29 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE</p>

AARP TAX PREPARATION

With AARP Tax Aides by appointment ONLY

▶ Mondays through April 11, 9-2 p.m.

The Westwood Senior Center will host AARP Tax Preparation to any low or moderate income senior who will need help preparing for their 2015 Federal and Mass income tax forms. AARP Tax Aides will be on hand every Monday through April 11th from 9 a.m. to 2 p.m. APPOINTMENTS FILL UP FAST, so please call the Center and schedule your appointment soon.



Election Time ~ SAVE THESE DATES!

No Programs at the Center ~ if you need a ride to the polls, please call us.

▶ Tuesday, March 1 ~ Presidential Primary

▶ Tuesday, April 26 ~ Westwood Annual Election

And if you want more information on the town's budget, come to the following meetings:

Finance and Warrant Commission Meeting

Monday, March 7, 7:30 p.m., Westwood Public Library

Tuesday, March 8, 7:30 p.m., Westwood Public Library

Public Hearing ~ Annual Town Meeting Warrant Article Summaries

Monday, March 28, 7:30 p.m., Westwood Public Library

Tuesday, March 29, 7:30 p.m., Westwood Public Library



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

St. Patrick's Day Luncheon

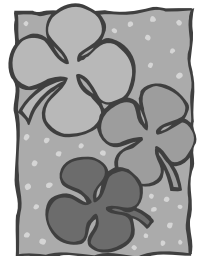
at the Westwood Senior Center



Tuesday, March 15, 2016 ~ Noontime

Sponsored by: Clark House at Fox Hill Village in Westwood

\$5 donation and you must sign up in advance



Wear your green and come celebrate St. Patrick's Day with a traditional fare of corned beef and cabbage, carrots, Irish soda bread and lots of laughs! Dooling, an Irish duo, will be here to entertain you. *You must sign up in advance as space is limited.*