



# NEWS

JANUARY/FEBRUARY 2016

## Special Thanks to:

- **Blue Hills Charitable Foundation** for their unrestricted grant to help us grow at the Center;
- **Roche Brothers** who provided a delicious home cooked turkey, stuffing and gravy for our Thanksgiving Luncheon and monthly refreshments to the Men's Club;
- **Mary Anne Morse Rehab and Nursing Home** of Natick who is sponsoring our Valentine's Day Luncheon;
- **Westwood High School String Quartet** who came and played beautifully for our senior community;
- **White Oaks Cottage at Fox Hill** for sponsoring a monthly "Memory Café" at the Center;
- **Dedham Savings Bank** who always contributes special "goodies" at our large luncheons.

*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

Who can believe we are already 16 years into the new millennium? The Census Bureau believes that 2016 will be the height of when baby boomers retire. The Westwood Senior Center is bracing for this new group and hope some of our new programs will encourage all aging adults (60 plus ~ this means you!) to join us.

We welcome Eileen Smith, our new low impact exercise instructor. She comes to us with the knowledge of a nurse and the understanding of healthy aging. We also welcome Christine Morrison who will begin teaching Zumba Gold. Zumba Gold is a great way to dance yourself into fitness. And we are excited about starting a new meditation class hosted by Soni Sayana. She is an experienced meditation instructor who left the corporate world to slow her life down and enjoy it more fully. Finally we will have an in-house manicurist come once a month to make sure your hands always look their best! These are just a few new programs that we are excited to offer this winter.

And we have some special programs in January and February that I hope you will consider attending. Our Valentine's Day Party will feature Tony Fenuchi, a former band member of the Platters! This is sponsored by our friends at *Mary Anne Morse Rehab and Nursing Home*. The RMV will be speaking on "Shifting Gears" a wonderful program to help you understand how your driving changes as you age. Elder Attorney Mary Roque will come by to help you get your legal affairs in order and we are working on two intergenerational programs which will begin this spring; we hope you will join us (details inside).

Please check out our regular classes (from A to Z, Art to Zumba); your first class is always free (we are trying to entice you) and I know you will experience a Center that is warm, welcoming and exciting for many ages. So, whether 59 or 95, our goal is to help you stay healthy, informed and connected.

Finally, I want to take a moment to remind everyone that during these cold winter months, many seniors become isolated and lonely. Please make an effort to check in on your neighbors and friends, and if you are concerned, let us know. And if the schools are closed due to inclement weather, the Center is also closed for safety concerns.

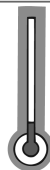
So come join us in 2016, whether just retiring or having been retired for years, we would love to welcome you here at our Center.

Lina Arena-DeRosa



## Karen's Corner—Outreach Counselor

### Outreach Information



During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses. Here are some helpful tips for preventing common winter dangers.

1. **Avoid Slipping on Ice** ~ Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear after a snowstorm.
2. **Dress for Warmth** ~ Going outside can be fun! Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin.
3. **Fight Wintertime Depression** ~ Many seniors have less contact with others during cold months and feel isolated. Seniors who would like an automated call to make sure they're okay can call 1-866-900-7865 to sign up for the free "Are You Okay?" program through the Norfolk County Sheriff's Office. Or come to the Center and enjoy one of our many programs.
4. **Transportation** ~ If you drive, get your car serviced before wintertime hits – if you are not comfortable driving during the winter, the Center offers rides to medical appointments, grocery shopping and to the Center.
5. **Prepare for Power Outages** ~ Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Keep a supply of non-perishable foods that can be eaten cold.
6. **Eat a Varied Diet/Get Some Exercise** ~ Seniors spend more time indoors and may eat a smaller variety of foods, and nutritional deficits -- especially Vitamin D deficiency -- can be a problem. To increase your activity level, join us at the Senior Center for our numerous exercise programs.
7. **Prevent Carbon Monoxide Poisoning** ~ Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you don't drive or don't feel safe driving, you can call the Council on Aging to request transportation. Wintertime certainly poses challenges, but with a bit of planning and awareness, you can keep yourself safe and enjoy the winter months until the joys of spring come again.



## Transportation with Trish



JAN	DESTINATION	Donation	FEB	DESTINATION	Donation
6	Errands	\$2.00	3	Errands	\$2.00
8	Stop & Shop/Walpole	\$2.00	5	Wegman's/Target	\$2.00
13	Walmart	\$2.00	10	Trader Joe's/Xmas Tree	\$2.00
15	Roche Bros.	\$2.00	12	Roche Bros.	\$2.00
20	Errands	\$2.00	17	Errands	\$2.00
22	Shaw's/Medfield	\$2.00	19	Shaw's/Norwood	\$2.00
27	So. Shore Plaza	\$2.00	24	Marshalls/Home Goods/Westwood	\$2.00
29	Hannaford's	\$2.00	26	Hannaford's	\$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.

**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

### Museum of Fine Arts/ Lunch at MFA Cafe

- ▶ **Thursday, January 14**
- ▶ Leave Center at 9:30 a.m.

Class Distinctions: Dutch Painting in the age of Rembrandt and Vermeer. Through 75 carefully selected, beautifully preserved portraits, genre scenes, landscapes and seascapes borrowed from European and American public and private collections including masterpieces never before seen in the United States. Lunch is pay on your own. Limit 15, \$25 pp (includes transportation and tickets). **This trip is weather permitting.**

### Twin Rivers

- ▶ **Tuesday, February 16**
- ▶ Leave Center at 9:00 a.m.

Limit 8. \$5 per person. Lunch is pay on your own. **This trip is weather permitting.**

# Stay Healthy at the Senior Center

## LOW IMPACT EXERCISE with Eileen

- ▶ Monday and Wednesdays, 1 p.m. (begins Wednesday, January 20)
- ▶ \$3 donation

Did the holidays make you feel exhausted and a bit bloated? Well get off the couch and join us as we stretch, move and feel better with a low impact exercise hour that you can do in a chair. Please wear comfortable clothing.



## FUN FIT with Stephanie

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

Is your new year's resolution to get up and moving? Then this is the class for you! If you desire a good indoor workout to start your day, then come join the fun! This class includes a cardio workout as well as strength training using weights. All levels are welcome. Please wear sneakers and bring weights (if you have them).

## YOGA with Bonnie

- ▶ Tuesdays & Thursdays, 9:30 a.m.
- No Yoga Feb. 11*
- ▶ \$3 donation



Yoga is accessible to everyone. If you can breathe and listen to your body, you can do yoga in a safe manner. Yoga is all about self-exploration and figuring out how to move in a way that feels good to your body, whether in a chair or on the floor.

We focus on breathing, core work, balance and strengthening. We use a guided meditation to focus on our breath and awareness. If you've never tried yoga, now is the time. Come and join our wonderfully supportive group!

## MEDITATION with Soni

- ▶ Tuesday, January 12 & 19; February 9 & 23, 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 on a chair as we direct our focus away from the outer material world and into the inner world of the mind. All are welcome!

## TAI CHI TUESDAYS with Scott

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



If you are feeling the winter blues, Tai Chi can help. The ultimate purpose of studying T'ai Chi is that it gives you a very practical, no-nonsense way of feeling good. A feeling so good, that you become a magnet and attract all the things you desire to have in your life. An excellent Zen saying is, "True freedom is not getting what you like, it's liking what you get."



## ZUMBA GOLD with Christine

- ▶ Tuesdays, 8:30-9:30 a.m.
- ▶ \$3 donation

Do you love music? Are you looking for a fun way to stay healthy? Zumba Gold may be just what you are looking for! Zumba incorporates a variety of music and dance rhythms in a low impact exercise program. Zumba has been called "exercise in disguise", and it is a great way to improve cardiovascular health, endurance and even memory. So get out of the cold and come dance with us!!



## BLOOD PRESSURE CLINIC

with Board of Health Nurse Mary

- ▶ January 20 & February 17, 8:30-11:30 a.m.
- ▶ FREE

No appointment necessary.



## A COMPLIMENTARY HEARING AID SERVICE CLINIC

Sponsored by Hearing Solutions Inc of Norwood

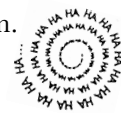
- ▶ Wednesday, January 28 and February 25, 2:00-3:00 p.m.
- ▶ FREE

Are you struggling with your hearing aid? Hearing Solutions will be on site to provide free expert service for all hearing aid users. *15 minute appointments at the Center must be scheduled in advance.*

## LAUGHING YOGA with Mary

- ▶ Tuesdays, January 5 & 19; February 2 & 16, 11 a.m.
- ▶ \$3 donation requested

Come laugh, relax and have fun!



## WAXING with Licensed Aesthetician Lisa

- ▶ Friday, January 8; Wednesday, February 10 (*please note change of dates*); 8:30 a.m.-12:00 noon

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

Brows.....\$10      Lip.....\$10      Chin.....\$10  
Any two services.....\$15      All 3 services.....\$20

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

- ▶ Tuesday, January 5 & February 9, 9 a.m. to 1 p.m. (free)

If after January 1, 2016 you feel that your Medicare HMO or PPO plan is no longer meeting your needs, you have the opportunity to change to Original Medicare. This change has to be done before February 14, 2016. Make an appointment with SHINE to see what options are available to you.

## CORE/MAT WORKOUT with Stephanie

- ▶ Wednesdays and Fridays, 8:30-9:00 a.m.
- ▶ \$2 donation

Did the holidays make your waist line expand? Was your New Year's Resolution to get back in shape but you are stressed for time? Then this 1/2 hour core workout is for you! This 30 minute workout targets muscles in your back, stomach and abdomen. You will look (and feel) stronger and leaner. Please bring a mat, pillow and wear comfortable clothing (this is not just for woman, men are welcome as well!). For those of you who want more, come to this class and then join in at the 9 a.m. Fun Fit Class for an aerobic workout!

# Stay Connected at the Senior Center

## WATERCOLOR CLASSES

with Joan



- ▶ Beginners: Mondays, 10:00-12 p.m.
- ▶ Advanced: Mondays, 1-3 p.m.
- ▶ Donation: \$40 for 8 week class

The beginner class begins with teacher demonstration and then student enjoyment of painting. The advanced class has each student working individually on their paintings. If you are unsure of what to bring or which class to attend, come by on Monday January 4th and speak to Joan (either at 10 or 1).

## MAH JONGG

- ▶ Every Thursday at 12:30 p.m.  
*No Mah Jongg on Feb. 11*
- ▶ Beginner Class from 11-12:30

Mah Jongg is a game of skill and luck. This growing group of avid players always welcomes new members. *If you don't know how to play*, a beginner group will be held from 11-12:30 with Cynthia teaching the basics of how to play (and also for those who need a refresher course). So come join the fun and exercise your brain!

## BINGO

- ▶ Every Thursday at 1:00 p.m.  
*No Bingo on Feb. 11*

If it is Thursday afternoon and you have no plans, why not join us for a fun game of BINGO? This fun group enjoys light snacks, conversation and lots of laughs.

## BRIDGE

Attention Bridge Players

- ▶ Every Friday, 10-2:00 p.m.

What better way to kick off the weekend than enjoying a good game of Bridge with other seniors from around Westwood? Bring a sandwich (we break for lunch) and coffee will be available. All are welcome!

## INTERGENERATIONAL PROGRAMS

*FUN at the Deerfield School*

Mary Hunt is looking for volunteers to share an hour once a month (3/16, 4/13, 5/11 at 11:45) at the Deerfield School. This fun program gives fourth graders a chance to meet seniors in town and enjoy a bagged lunch for the first three meetings and a pizza party at the Center on June 8. If you are interested call the Center, leave your name and Mary will be in touch.

## BRIDGES TOGETHER

at Thurston Middle School



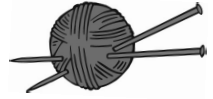
The Center is beginning a program with the Thurston Middle School (through a grant from the Westwood Education Foundation) that brings together 7th graders and seniors. Training for this program is on January 14th and we are looking for seniors who would commit to two hours a week for six weeks starting in April. If interested, please call the Center and leave your name.

## QUILTING with Linda

The Quilting Community is not meeting during the snowy months of January and February. Keep quilting at home and in the Spring bring a friend or two to this inclusive community to learn new techniques and share some laughs and quilting projects. Quilting will resume in March on Tuesday mornings from 9:30-11:30 a.m.

## KNITTING AND CROCHETING

with Louise



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

What could be better during the cold months of January and February than knitting a warm blanket, scarf or mittens for you or a loved one? This fun and welcoming group knit together, help each other and solve all the problems that arise. Beginners and Advanced knitters welcome.

## CRAFTS with Lorraine

- ▶ Wednesday, January 6 and February 3
- ▶ 10 a.m.-12 p.m.

The Center sells crafts made by seniors and 100% of the profits go to health and wellness programs for elders. If you enjoy "crafting", then join Lorraine and her gang as they make beautiful handmade items to be sold (or you can buy one and take it home!).

## WOMEN'S CLUB with Peg



- ▶ Thursday, January 21 at 1 p.m.

Travel memories with show and tell. Come join this fun group as they discuss their travel memories. Light refreshments served.

**Note: No Meeting in February**

## WESTWOOD'S GARDEN CLUB

by Mary Jo



**Note: No Meeting in January**

- ▶ Thursday, February 25 at 1 p.m.

Fragrance is the focus in February with paper-white demonstrations along with member's participation in a show and tell program. Bring paper products or coffee to donate to the Food Pantry. Light refreshments served.

## MEN'S CLUB with Bob

- ▶ Thursday, January 21 and February 18 at 9:30 a.m.

*Calling all retired men ... get off the couch (and it is too cold for golf!) and join the Westwood Men's Club.*

In *January*, Representative Paul Mc Murtry will be speaking and updating everyone on what is happening in the State Legislation. In *February*, Glenn Field from the National Weather Service will speak on how the Taunton office is in charge of the SKYWARN and how they issue warnings for life threatening weather. Light Refreshments will be served sponsored by Roche Brothers.





# Age Well at the Senior Center

## MANICURES with Lauren

- ▶ Friday, January 22 and February 19 from 9 a.m.-1 p.m.
- By appointment only** ~ \$10 per session (checks made out to Lauren)

Winter can be so hard on your hands. So give them a relaxing massage and get your nails painted by our licensed manicurist. *You must make an appointment so please call the Center in advance.*

## BEREAVEMENT GROUP with LICSW Nina

- ▶ Wednesdays, January 6 & 20 | February 3 & 17
- ▶ 10 a.m.

If you are finding it difficult to accept the loss of your loved one, please join us in the bereavement group. We are an open ended group meeting two times a month. We welcome anyone who would like to come and share their feelings or simply would like to come and listen. The group is a support for all.

## MOVIES at the Center

- ▶ First and Third Tuesday of the month
- ▶ 1:00 p.m.



1/5 *Across the Universe* ~ 2007 Rated PG 133 mins ~ In this musical mix of live action and animation featuring songs by the Beatles, Liverpool dock worker Jude falls for Lucy on an excursion to America in the 1960s. But when Lucy's brother is drafted, Jude and Lucy take a stand as anti-war activists.

1/19 *The Second Best Exotic Marigold Hotel* ~ 2015 Rated PG 123 mins ~ In a sequel to the Golden Globe-nominated film, hotel owner Sonny is overwhelmed with the task of finding a second property to accommodate the influx of new residents.

2/2 *Unbroken* ~ 2014 Rated PG-13 137 mins ~ This inspiring tale of survival is based on the real-life experiences of Louis Zamperini, an American pilot held by the Japanese during World War II.

2/16 *The Phantom of the Opera: Special Edition* ~ 2004 Rated PG-13 141 mins ~ This big-screen version of the legendary musical stars Gerard Butler as the disfigured, reclusive Phantom who roams beneath the Paris Opera and takes budding star Christine under his wing. But as he falls for her, she finds love with handsome Raoul.

## SHIFTING GEARS with Michele Ellicks

### Community Outreach sponsored by the RMV

- ▶ Tuesday, January 12 at 10 a.m.

Join Michele as she discusses issues facing senior drivers, recent changes that have taken place as well as a discussion of the warning signs of unsafe driving. She will also explain the requirements to apply for a handicap placard or plate, as well as a Mass ID Card. Please sign up in advance so we know how many to expect.

## CARING FOR YOUR FEET

with Podiatrist Dr. Michael Mistry



- ▶ Friday, January 15 and February 12
- ▶ 9-11 a.m. BY APPOINTMENT ONLY

Do your feet hurt? Do you need someone to help you with your routine foot maintenance/nail cutting? Then call us and sign up for a session with Dr. Mistry. This is private pay at \$35 per session and checks should be made out to Dr. Mistry.

## FROM THE TOWN CLERK'S OFFICE

By Town Clerk Dottie Powers

**This is a Presidential Election Year so please save the following dates:**

- Tuesday, March 1, 2016  
Presidential Primary
- Tuesday, April 26, 2016  
Westwood Annual Town Election
- Thursday, September 8, 2016  
State Primary
- Tuesday, November 8, 2016  
State Election (Presidential)



If you are not sure you are registered to vote, stop by the Clerk's Office at Town Hall. If you would like to fill out an absentee ballot, they will be available after January 1.

*Please note that the Senior Center is a polling station and will be closed on these days.*

## DAY TRIPS WITH FOX TOURS

*We are planning lots of fun and exciting day trips in the spring. They were not scheduled in time for this newsletter, but the information about them will be available at the Center by mid-January, so stop in and check out where we are heading this spring!*

## GETTING YOUR LEGAL AFFAIRS IN ORDER AS YOU AGE with Elder Attorney Mary Roque

- ▶ Wednesday, January 27, 9 a.m.-1 p.m.
- ▶ 1/2 hour appointments **By Appointment ONLY**
- ▶ \$100 (Checks made out to Mary J. Roque)



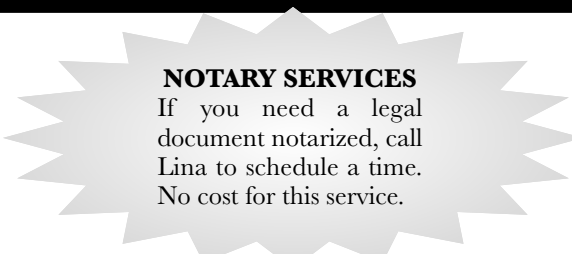


Of the many documents a person may need as they age, the most important is the Durable Power of Attorney. This document which one signs before a notary will provide a trusted person with substitute decision making power. This document gives power to conduct financial business on behalf of the signer, to admit him/her to a facility if needed, do estate planning or hire care givers.

Everyone needs a Durable Power of Attorney because gradual memory loss or a major occurrence such as stroke may leave one without capacity. Each participant will receive a notarized copy of their Durable Power of Attorney and an explanation of their rights and obligations and those of their "attorney in fact". Please bring TWO (2) names and addresses of trusted friends or relatives who will be appointed; one name will be the first choice, the second name is if the first is not available.

Mary Roque is an elder law and estate planning attorney with offices in Medfield and Boston. She has provided a monthly free legal clinic at the Center for over 8 years.

# January 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><b>NOTARY SERVICES</b> If you need a legal document notarized, call Lina to schedule a time. No cost for this service.</p>				<p><b>1</b> HAPPY NEW YEAR! CENTER IS CLOSED.</p> 
<p><b>4</b> 10:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR</p>	<p><b>5</b> 8:30 ZUMBA GOLD 9:00 SHINE 9:30 YOGA 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 MOVIE 1:00 KNITTING and CROCHETING</p>	<p><b>6</b> 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 ERRANDS 10:00 CRAFTS 10:00 BEREAVEMENT GROUP</p>	<p><b>7</b> 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO</p>	<p><b>8</b> 8:30 MAT WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 &amp; 10:00 STOP AND SHOP. 10:00 BRIDGE</p>
<p><b>11</b> 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR</p>	<p><b>12</b> 8:30 ZUMBA GOLD 9:30 YOGA 10:00 SHIFTING GEARS 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING and CROCHETING</p>	<p><b>13</b> 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 WALMART.</p>	<p><b>14</b> 9:30 DAY TRIP: MFA 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO</p>	<p><b>15</b> 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 PODIATRIST 9:00 &amp; 10:00 ROCHE BROS. 10:00 BRIDGE</p>
<p><b>18</b> MARTIN LUTHER KING DAY CENTER IS CLOSED.</p> 	<p><b>19</b> 8:30 ZUMBA GOLD 9:30 YOGA 11:00 LAUGHING YOGA 11:15 MEDITATION 1:00 MOVIE 1:00 TAI CHI 1:00 KNITTING and CROCHETING</p>	<p><b>20</b> 8:30 MAT WORKOUT 8:30 BLOOD PRESSURE CLINIC 9:00 ERRANDS. 9:00 FUN FIT 10:00 BEREAVEMENT GROUP 1:00 LOW IMPACT EXERCISE</p>	<p><b>21</b> 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><b>22</b> 8:30 MAT WORKOUT 9:00 MANICURES 9:00 FUN FIT 9:00 &amp; 10:00 SHAW'S 10:00 BRIDGE</p>
<p><b>25</b> 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p><b>26</b> 8:30 ZUMBA GOLD 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING and CROCHETING 2:15 MEMORY CAFE</p>	<p><b>27</b> 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 ELDER ATTORNEY 9:00 SO. SHORE PLAZA. 1:00 LOW IMPACT EXERCISE</p>	<p><b>28</b> 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO 2:00 HEARING CLINIC</p>	<p><b>29</b> 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 &amp; 10:00 HANNAFORD'S 10:00 BRIDGE</p>

## NEW FRIENDS ~ A Social Bereavement Group

By Robert Newman

- ▶ Sunday, Jan. 10 and Feb. 14
- ▶ 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.

## MEMORY CAFÉ at the Senior Center



(Sponsored by White Oaks Cottage at Fox Hill)

- ▶ Tuesday, January 26 and February 23, 2:00-3:45

We have partnered with White Oak Cottages at Fox Hill to offer a monthly social gathering with caregivers and their loved ones who are living with memory impairment. This gathering is relaxed and fun and is an opportunity to meet others who have similar challenges. Each meeting includes a time for socializing, refreshments and a different interactive activity, sure to entertain. So get out of the house and join us!

# February 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
<b>1</b> 9:00 AARP TAX PREP 10:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE	<b>2</b> 8:30 ZUMBA GOLD 9:30 YOGA 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 MOVIE 1:00 KNITTING and CROCHETING	<b>3</b> 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 ERRANDS. 10:00 CRAFTS 10:00 BEREAVEMENT GROUP 1:00 LOW IMPACT EXERCISE	<b>4</b> 9:00 ELDER ATTORNEY 9:30 YOGA 11:00 BEGINNER MAHJONGG 12:30 MAHJONGG 1:00 BINGO	<b>5</b> 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE
<b>8</b> 9:00 AARP TAX PREP 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE	<b>9</b> 8:30 ZUMBA GOLD 9:00 SHINE 9:30 YOGA 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING and CROCHETING	<b>10</b> 8:30 WAXING 8:30 MAT WORKOUT 9:00 TRADER JOE'S 9:00 FUN FIT 1:00 LOW IMPACT EXERCISE	<b>11</b> NOON VALENTINE'S LUNCHEON 	<b>12</b> 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 PODIATRIST 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE
<b>15</b> PRESIDENT'S DAY CENTER IS CLOSED. 	<b>16</b> 8:30 ZUMBA GOLD 9:00 TWIN RIVER DAY TRIP 9:30 YOGA 11:00 LAUGHING YOGA 1:00 MOVIE 1:00 TAI CHI 1:00 KNIT & CROCHET	<b>17</b> 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	<b>18</b> 9:30 MEN'S CLUB 9:30 YOGA 11:00 BEGINNER MAHJONGG 12:30 MAHJONGG 1:00 BINGO	<b>19</b> 8:30 MAT WORKOUT 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE
<b>22</b> 9:00 AARP TAX PREP 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE	<b>23</b> 8:30 ZUMBA GOLD 9:30 YOGA 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING and CROCHETING 2:15 MEMORY CAFE	<b>24</b> 8:30 MAT WORKOUT 9:00 MARSHALL'S HOME GOODS 9:00 FUN FIT 1:00 LOW IMPACT EXERCISE	<b>25</b> 9:30 YOGA 11:00 BEGINNER MAHJONGG 12:30 MAHJONGG 1:00 BINGO 1:00 GARDEN CLUB 2:00 HEARING CLINIC	<b>26</b> 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 & 10:00 HANNAFORD'S 10:00 BRIDGE
<b>29</b> 9:00 AARP TAX PREP 10:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE	<b>KNOWING YOUR LEGAL RIGHTS &amp; RESPONSIBILITIES</b> <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 February 4.			

## AARP TAX PREPARATION

*With AARP Tax Aides by appointment ONLY*

► Mondays, Feb. 1-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 starting February 1 through April 11th from 9 to 2. **APPOINTMENTS FILL UP FAST**, so please call the Center and schedule your appointment soon.

## 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  
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 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	

# Valentine’s Day Luncheon

at the Westwood Senior Center

**Thursday February 11, 2016 ~ Noontime**

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

\$5 donation requested

Come celebrate Valentine’s Day with us as Mary Anne Morse Health and Rehab Center sponsors a delicious Valentine’s Day Lunch. There will be great entertainment and lots of chocolate (of course!). *Space is limited, so please sign up in advance.*

