



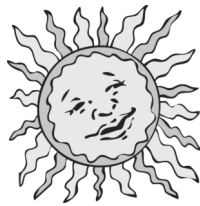
# NEWS

MAY/JUNE 2015

## Special Thanks to:

- The Ellis Rehabilitation and Nursing Center in Norwood *for underwriting our BBQ in June;*
- New Pond Village *for coffee and conversation with a tour of their facility; and underwriting the Gary Highlander Lectures;*
- Julia Ruth House Adult Social Center of Westwood *for underwriting our May Ladies Tea;*
- Folsom's Funeral Home of Dedham, Norwood, Westwood and Roslindale *for donating our monthly magazines;*
- Dedham Savings Bank *for supplying goodie bags for our many special events;*
- Grove Manor Estates *for a delicious lunch and tour of their facility;*
- And to all of our donors and supporters *who donate their time and treasure...we could not grow without you.*

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



## Letter from the Director

At my home, and here at the Center, early perennials are visible in the garden; fields and yards are turning green; and my early morning walks are filled with birds singing. Finally it is SPRING!

We are celebrating spring with new programs and events. Along with our numerous “regular” programs, we are offering some wonderful one-time special events, including a new weekly walking club and a three part series on the Supreme Court sponsored by New Pond Village of Walpole. We would also like to welcome Dr. Michael Mitry as our new in-house podiatrist.

In May, we will be hosting a tea sponsored by the Julia Ruth House Adult Social Center of Westwood, A Veteran's Breakfast, and Social Security 101. In June, The Ellis Rehab Center of Norwood has generously offered to host a summer BBQ; and Everpresent will be here to show you how to organize and digitize your photos.

After the brutal winter of 2015, you may be thinking that your house is getting too big, (or too costly) and you just want to downsize your life. Both Grove Meadow Estates of Braintree and New Pond Village of Walpole invite you to check out their assisted living apartments which offer you the freedom to age well without worrying about shoveling your driveway.

On a completely different note, I want to make note of what is being requested at Town Meeting in May. We are requesting that the COA's Outreach Counselor permanently go from 3 to 4 days a week; a new van be purchased from the capital budget and an increase in the part time van driver's hours. The COA's budget is less than 1/2 of one percent of the entire town budget but with the help of many volunteers, a strong board and the resources of donors and sponsors, we will continue to grow.

So as the days get longer and warmer, there is no excuse not to come and check us out! We are warm and welcoming and invite you to join us for any program or event. But please remember to sign up early, as many of the programs and events sell out fast.

*Happy Spring! Welcome Summer!*

Lina Arena-DeRosa





# Karen's Corner—Outreach Counselor

## FINANCIAL EXPLOITATION?

The financial exploitation of elders is the illegal or improper use of an older adult's funds or property. This exploitation can take on many different forms. If you are a victim or suspect someone may be a victim of financial exploitation, elder abuse or neglect, contact:

- Elder Abuse Hotline: (800) 922-2275
- Executive Office of Elder Affairs (800)-243-4636
- Office of the Attorney General's Elder Hotline (888)-243-5337

### Tips to Prevent Elder Abuse

- Avoid isolation, stay active, and socialize with your family and friends.
- Monitor your financial transactions closely and confide in people you trust.
- Keep important legal and financial documents in a safe place.
- Be aware of telemarketers who pressure you into making an immediate decision.
- Safeguard your personal information and passwords.
- Be careful when responding to any solicitation – If it sounds too good to be true, it most likely is.

- Screen your calls and only answer when you recognize the name/number.
- Check with a trusted source before sending money or giving out any personal information.
- Avoid getting on a mailing list and don't fill out contest entry forms.

Be cautious about any calls you may receive from people claiming to be from Medicare, the government, the IRS, or banks. Many scammers will call elders pretending to be a representative of one of these organizations. Always remember, actual representatives from these organizations will never ask you for personal information over the phone. It is a scam.



## Transportation with Trish



MAY	DESTINATION	Donation	JUN	DESTINATION	Donation
1	Stop and Shop/Dedham	\$2.00	3	Xmas Tree/Trader Joe's	\$2.00
6	Target/University Station	\$2.00	5	Stop and Shop/Dedham	\$2.00
8	Roche Bros.	\$2.00	10	Errands in Westwood/Norwood	\$2.00
13	Errands in Westwood/Dedham	\$2.00	12	Roche Bros.	\$2.00
15	Shaw's/Norwood	\$2.00	17	SS Plaza/Target	\$2.00
20	Walmart	\$2.00	19	Shaw's/Norwood	\$2.00
22	Hannaford's	\$2.00	24	Errands in Westwood/Needham	\$2.00
27	Errands in Westwood/Needham	\$2.00	26	Hannaford's	\$2.00
29	Roche Bros.				

**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.

## May/June Day Trips

### JFK Library/Lunch at Sullivan's on Castle Island

- ▶ Tuesday, May 12
  - ▶ Leave Center at 9:00 a.m.
- Experience the life and legacy of President John F. Kennedy. Lunch is pay on your own at the ever popular Sullivan's on Castle Island. Limit 13. \$15.00 per person. *Must sign up in advance.*

### Wrentham Outlets

- ▶ Thursday, May 28
  - ▶ Leave Center at 9:30 a.m.
- Enjoy a day of bargain hunting. Lunch is pay on your own at food court. Limit 7. \$5 per person. *Must sign up in advance.*

### Fairbanks House/Lunch at Chateau

- ▶ Tuesday, June 16
  - ▶ Leave Center at 9:30 a.m.
- The Fairbanks House in Dedham, MA is a historic house built between 1637 and 1641, making it the oldest surviving timber-frame house in North America. Lunch is pay on your own at Chateau in Norwood. Limit 7. \$12 per person.

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

## YOGA

with Bonnie

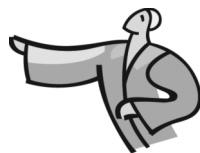


- ▶ Tuesdays & Thursdays, 9:30 a.m.
- ▶ \$3 donation requested

If this winter has taken its toll and has you feeling blah, why not come and join us for a yoga class? Yoga can help with stability, flexibility and balance. Each class ends with guided relaxing breath work to leave you feeling more balanced and renewed. We work both on the floor and in a chair.

## TAI CHI TUESDAYS

with J. Scott



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

Tai chi, a gentle form of martial arts combining deep, diaphragmatic breathing which can be a potent workout for people of many ages. In various recent studies tai chi has been found to improve practitioners balance, leg strength, cardiovascular endurance, pulse rate, muscular flexibility, and sleep habits. So come join us!

## BLOOD PRESSURE CLINIC

with Westwood Board of Health Nurse

- ▶ May 20 & June 17, 8:30-11:30 a.m.
- ▶ FREE

No appointment necessary.



## LAUGHING YOGA

with Mary

- ▶ May 5 and 19; June 2 and 16; 11:00 a.m.
- ▶ \$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, May 5, 11:00 a.m.-1:00 p.m.
- ▶ Tuesday, June 2, 11:00 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.

## GETTING OUT AND ABOUT WALKING CLASS

with Stephanie

- ▶ Wednesday and Fridays at 10:05 a.m.
- ▶ \$3 donation requested



This class will begin with a 30 minute walk around the high school track paying attention to gait, posture and stretching. The second half of the class will focus on core and back exercises. All levels welcomed. Please wear sneakers, dress in layers and bring a mat. This class is weather dependent.

## A COMPLIMENTARY HEARING AID SERVICE CLINIC

Sponsored by Hearing Solutions Inc of Norwood and Brookline

- ▶ Wednesday, May 27 and June 24; 2:00-3:00 p.m.

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

## CARING FOR YOUR FEET

with Podiatrist Dr. Michael Mitry

- ▶ Friday, May 22 and June 19
- ▶ 9-11 a.m. at the Center

▶ **Appointments ONLY**

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



# Stay Connected at the Senior Center

## WATERCOLOR CLASSES

with Joan



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

Spring is a great time for color! So come join us as we experiment with paint and color.

*Beginning Impressionistic Watercolor Class:* A light hand, a careful brush and a beginning of color blending is the first part of knowledge and awareness in the watercolor class.

*Advanced Class:* When there is quiet in the room, students are painting using their right brain hemisphere, the nonverbal, creative side of the brain.

## MAH JONGG

- ▶ Every Thursday, 12:30 p.m.

Would you like to exercise your brain and learn a new game that involves skill, strategy and calculation (as well as a bit of luck)? Beginners and experienced players are welcome, or if you are just curious, stop in!

## BINGO



- ▶ Every Thursday, 1:00 p.m.

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

## BRIDGE

Attention Bridge Players

- ▶ Every Friday, 10:00 a.m.-2:00 p.m.

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

## WESTWOOD WOMAN'S CLUB

- ▶ Thursday, May 14, Noon

Lunch at Conrad's ~ Annual Meeting

- ▶ Thursday, June 11, 1:30 p.m.

Bring a salad or dessert as we enjoy each other's company and wish everyone a happy summer until we meet again in the fall.

Project: Collection of Box Tops for Education.

## THE SUPREME COURT ~

### PAST, PRESENT AND FUTURE



A THREE PART LECTURE with Professor Gary Hylander

- ▶ Thursdays, June 4, 11 & 18 from 11-12 p.m.

- ▶ Sponsored by New Pond Village of Walpole

Join us as Professor and Lecturer Gary Hylander lectures on the US Supreme Court, its past, its present and its future. As you know, the Supreme Court decisions affect our daily lives, but do you really understand how it works? Space is limited, so please sign up in advance.

## QUILTING

with Linda



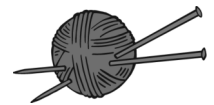
- ▶ May 5: Special Lecture: Confessions of a Catholic Quilter
- ▶ Tuesdays, May 12, 19 & 26, 9:30 a.m.
- ▶ \$4 per class

Welcome to the quilting group! Come and share your "Show and Tell" and learn to sew curves with no pins, no stress and no puckers! It's a fun and easy way to create unique quilted placemats and more! May 5th is a special lecture. Bring your own supplies and Linda will walk you through the steps from cutting to finishing.

No quilting class in June.

## 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, June 3, 10:00 a.m.

Join Lorraine in June as she demonstrates a new craft that you can help create for the Center to sell (or buy one yourself). She will be demonstrating dried flower arranging. Limit to 8 participants.

## A LADIES TRADITIONAL ENGLISH HIGH TEA

Sponsored by The Julia Ruth House  
Adult Social Center of Westwood



- ▶ Thursday May 14, 2 p.m.
- ▶ \$2 donation

Ladies ~ dust off your hats and find those gloves! The Julia Ruth House of Westwood is coming to the Center and catering a Traditional English High Tea! There will be assorted sandwiches, scones, fruit and tea cakes...and of course, TEA! Space is limited, so you must sign up in advance.

## A Message from Mary

Public Health Nurse

**Laugh!** It is good for you and it is infectious. Laughing connects people and it knows no language. Laughter releases the feel good chemical, endorphin and the more endorphins you have the better you feel. Endorphins help reduce pain and stress and make your mood and emotional state better. Humor can help us see difficult situations with a different perspective and can help us work through crisis. *Laugh every day at least three times a day and repeat!*

# Age Well at the Senior Center

## iPAD 201: ADVANCED iPAD TOPICS

with Kim Capobianco



- ▶ Tuesdays, 1:00 p.m.
- ▶ \$20 donation for all 4 classes

This class is for those students who understand the iPad's Basic Settings and Features. During this session, we will review more advanced features of the iPad, such as Photo Organization, use of iCloud, and additional Apps not discussed in iPad 101. Class will be held on Tuesdays: 5/5, 5/12, 5/19, and 5/26. You must sign up in advance; limited to 12 students. Be sure to bring your device and charger cable with you.

## THE BEREAVEMENT GROUP

with Nina Johnston, LICSCSW

- ▶ Wednesdays, May 6 & 20, June 3 & 17, 10:00 a.m.

This bereavement group provides an open and welcoming place for anyone to come to share their thoughts and feelings as they cope with the loss of a loved one. We are an open ended group, always interested in welcoming new members.

## LUNCH & A MOVIE

Join us for lunch and movie



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

5/7 Sherlock Holmes: Pizza, Green Salad  
5/21 Jersey Boys: Quiche, Green Salad  
6/4 Forrest Gump: Hot Dog, Green Salad  
6/18 The Blind Side: Sandwiches, Green Salad

## CURRENT CONVERSATIONS with Susan Sprecher

A Program for People Who Want to Stay Engaged

- ▶ Wednesdays May 27/June 10 & 24
- ▶ 10-12 a.m.
- ▶ \$15 donation for all three sessions

We take our lead from the headlines but some things we know are on the docket this spring. Campaign 2016 heats up and both sides claim the "middleclass angst" issue. Paris 2015 approaches: the USA pledged, along with 196 other countries, to address climate change. We had a stimulating start this spring and we welcome you to join our new group.

## RETIRED MEN'S CLUB

with Bob Russell and Bob Smith

- ▶ Thursday, May 21, 9:00

Put down the remote control and enjoy fellowship, coffee and pastries. On May 21, Pat Ahern, Chairman Westwood Selectmen, will talk about: *Development at University Station*.

## BOOK GROUP with Bev



- ▶ Thursday, June 11, 10 a.m.

What better way to spend a warm afternoon, than in a deck chair enjoying a good book and then coming to the Center to discuss it? Join Bev and her friends as they read and discuss *All the Light We Cannot See* by Anthony Doerr.

## ABC'S OF PHOTO ORGANIZING

Presented by Lisa Thornton, Consultant, Association of Personal Photo Organizers (APPO) Certified



- ▶ Monday, June 1, 10:00 a.m.
- ▶ \$2 donation requested
- ▶ Please sign up in advance. Space is limited.

Are you enjoying your photos? Are they packed away in old albums, shoeboxes or closets needing organization? Are you thinking about digital? Join Lisa for a some tips on creating a photo archive that's enjoyable.

## LUNCH AND LEARN AT GROVE MANOR ESTATES OF BRAINTREE

An Independent and Assisted Living Community in Braintree

- ▶ Tuesday, May 19

Are you tired of shoveling? If so, you should join the staff (and fellow seniors) for a tour of the Grove Manor Estates in Braintree. The bus will pick you up at the Center at 10:30 a.m. A delicious lunch at the Executive Club followed by a tour of the estates. This unique community is family owned. You must sign up in advance, as space is limited.

## COFFEE AND CONVERSATION AT NEW POND VILLAGE OF WALPOLE

- ▶ Wednesday, June 3

New Pond Village, a Continuing Care Retirement Community in Walpole, invites you for coffee, conversation and a tour. The bus will pick you up at the Center at 9 a.m. You must sign up in advance as space is limited.

## SPECIAL MONTHLY PROGRAMS

### SOCIAL SECURITY 101

with Administrator Delia DeMelo

- ▶ Monday, May 18th at 10 a.m.

Are you thinking of retiring soon? Do you have some questions or concerns about your social security? Would you like to learn more about your benefits? Then join us on for this important discussion. *Space is limited, so please sign up in advance.*

Prior to attending our session, please visit our website and create your own **my Social Security** account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Your **my Social Security** account will provide you with your earnings statement under the Social Security program and benefit estimates. The *How to Create an Online Account* factsheet ([www.socialsecurity.gov/pubs/EN-05-10540.pdf](http://www.socialsecurity.gov/pubs/EN-05-10540.pdf)) can help you to create an account.

### 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.

# May 2015

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>NOTARY SERVICES</b> If you need a legal document notarized, call Lina to schedule a time. No cost for this service.				<b>1</b> 8:30 WAXING 9:00 FUN FIT 9:30 and 10:30 STOP & SHOP 10:05 WALKING 10:00 BRIDGE
<b>4</b> 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR 7:30 TOWN MEETING	<b>5</b> 9:30 YOGA 9:30 QUILTING: DEMO 11:00 LAUGHING YOGA 11:00 SHINE 1:00 TAI CHI 1:00 KNITTING 1:00 iPad 201	<b>6</b> 9:00 FUN FIT 9:30 TARGET/Univ.Sta. 10:00 BEREAVEMENT GROUP 10:05 WALKING CLUB 1:00 LO-IMPACT EXERCISE	<b>7</b> 8:50-10:10 a.m. ELDER ATTORNEY, M. ROQUE 9:30 YOGA 12:30 MAHJONGG 1:00 BINGO 12:00 LUNCH & A MOVIE	<b>8</b> 9:00 FUN FIT 9:30 and 10:30 ROCHE BROS. 10:05 WALKING CLUB 10:00 BRIDGE
<b>11</b> 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	<b>12</b> 9:30 YOGA 9:30 QUILTING 1:00 TAI CHI 1:00 KNITTING 1:00 iPad 201 <b>TRIP TO MUSEUM AND CASTLE ISLAND</b>	<b>13</b> 9:00 FUN FIT 9:30 ERRANDS 10:05 WALKING CLUB 1:00 LO-IMPACT EXERCISE	<b>14</b> 9:30 YOGA 12:00 WOMAN'S CLUB 12:30 MAHJONGG 1:00 BINGO 2:00 LADIES HIGH TEA	<b>15</b> 9:00 FUN FIT 9:30 and 10:30 SHAW'S/Norwood 10:05 WALKING CLUB 10:00 BRIDGE
<b>18</b> 9:30 WATERCOLOR 10:00 SOCIAL SECURITY 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	<b>19</b> 9:30 YOGA 9:30 QUILTING 10:30 LUNCH/TOUR OF GROVE MANOR 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 iPad 201	<b>20</b> 8:30 BLOOD PRESSURE 9:00 FUN FIT 9:30 WALMART 10:05 WALKING CLUB 10:00 BEREAVEMENT GROUP 1:00 LO-IMPACT EXERCISE	<b>21</b> 8:00 VETERAN'S BREAKFAST 9:00 RETIRED MEN'S GROUP 9:30 YOGA 12:30 MAHJONGG 1:00 BINGO 12:00 LUNCH & A MOVIE	<b>22</b> 9:00 FUN FIT 9:00-11:00 PODIATRY CLINIC 9:30 and 10:30 HANNAFORD'S 10:05 WALKING CLUB 10:00 BRIDGE
<b>25</b>  <b>MEMORIAL DAY CLOSED</b>	<b>26</b> 9:30 YOGA 9:30 QUILTING 1:00 TAI CHI 1:00 KNITTING 1:00 iPad 201 2:00-3:00 HEARING SOLUTIONS	<b>27</b> 9:00 FUN FIT 9:30 ERRANDS 10:05 WALKING CLUB 10:00 CURRENT CONVERSATIONS 1:00 LO-IMPACT EXERCISE 2:00 HEARING AID	<b>28</b> 9:30 YOGA 12:30 MAHJONGG 1:00 BINGO <b>WRENTHAM OUTLETS</b>	<b>29</b> 9:00 FUN FIT 9:30 and 10:30 ROCHE BROS. 10:05 WALKING CLUB 10:00 BRIDGE

## NEW FRIENDS ~ A Social Bereavement Group

By Robert

- ▶ Sunday, May 10/June 14
- ▶ 1-4 p.m. at the Senior Center
- ▶ \$5 donation per person requested

New Friends is a 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 and inviting.

## MEMORIAL DAY EVENTS 2015

### Breakfast ~ Thursday May 21 at 8am

Calling all Veteran's of any age! Join us for a healthy breakfast on Thursday, May 21 to kick off Memorial Day. *Please sign up in advance* so we know how many to expect.

### Flowers and Flags ~ May 22 and May 23

On Friday, May 22nd, volunteers are needed at Westwood Cemetery at 8:30 a.m. to replace flags and on Saturday, May 23rd, volunteers are needed at the Westwood Cemetery to plant geraniums at all veterans' graves. Please call Paula Scoble if interested in helping.

### Parade ~ Monday May 25

Mark your calendars for the annual Memorial Day Parade! The parade will step off promptly at 10:00 a.m. from the rear of Town Hall and proceed down High Street to the Old Westwood Cemetery on Nahatan Street where the Memorial Day services will commence.

# June 2015

**Sunday, June 14**  
1-4 p.m. NEW FRIENDS  
SOCIAL BEREAVEMENT GROUP

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30 WATERCOLOR 10:00 FUN FIT 10:00 DIGITIZING PHOTOS 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	<b>2</b> 9:30 YOGA 11:00 LAUGHING YOGA 11:00 SHINE 1:00 TAI CHI 1:00 KNITTING	<b>3</b> 9:00 a.m. VISIT TO NEW POND VILLAGE 9:00 FUN FIT 9:30 ERRANDS 10:00 BEREAVEMENT GROUP 10:00 CRAFTS 10:05 WALKING CLUB 1:00 LO-IMPACT EXERCISE	<b>4</b> 8:50-10:10 a.m. ELDER ATTORNEY, M. ROQUE 9:30 YOGA 11:00 SUPREME COURT LECTURE 12:00* LUNCH & A MOVIE 12:30 MAH JONGG 1:00 BINGO	<b>5</b> 8:30 WAXING 9:00 FUN FIT 9:30 and 10:30 STOP & SHOP 10:05 WALKING CLUB 10:00 BRIDGE
<b>8</b> 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	<b>9</b> 9:30 YOGA 12:00 <b>BBQ SPONSORED BY ELLIS REHAB</b> 1:00 TAI CHI 1:00 KNITTING	<b>10</b> 9:00 FUN FIT 9:30 TARGET/Westwood 10:05 WALKING CLUB 10:00 CURRENT CONVERSATIONS 1:00 LO-IMPACT EXERCISE	<b>11</b> 9:30 YOGA 10:00 BOOK CLUB 11:00 SUPREME COURT LECTURE 12:30 MAH JONGG 1:00 BINGO 1:30 WOMAN'S CLUB	<b>12</b> 9:00 FUN FIT 9:30 and 10:30 ROCHE BROS. 10:05 WALKING CLUB 10:00 BRIDGE
<b>15</b> 9:30 WATERCOLOR 10:00 FUN FIT 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	<b>16</b> 9:30 YOGA 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING <b>FAIRBANKS HOUSE AND LUNCH AT CHATEAU</b>	<b>17</b> 8:30 BLOOD PRESSURE 9:00 FUN FIT 9:30 ERRANDS 10:00 BEREAVEMENT GROUP 10:05 WALKING CLUB 1:00 LO-IMPACT EXERCISE	<b>18</b> 9:30 YOGA 11:00 SUPREME COURT LECTURE 12:00 LUNCH & A MOVIE 12:30 MAH JONGG 1:00 BINGO	<b>19</b> 9:00 FUN FIT 9:00-11:00 PODIATRY CLINIC 9:30 and 10:30 SHAW'S/Norwood 10:05 WALKING CLUB 10:00 BRIDGE
<b>22</b> 9:30 WATERCOLOR 10:00 FUN FIT 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	<b>23</b> 8:30 COFFEE/NEW POND 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING	<b>24</b> 9:00 FUN FIT 9:30 WALMART 10:05 WALKING CLUB 10:00 CURRENT CONVERSATIONS 1:00 LO-IMPACT EXERCISE 2:00 HEARING SOLUTIONS	<b>25</b> 9:30 YOGA 12:30 MAH JONGG 1:00 BINGO	<b>26</b> 9:00 FUN FIT 9:30 and 10:30 HANNAFORD'S 10:05 WALKING CLUB 10:00 BRIDGE
<b>29</b> 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE 1:00 WATERCOLOR	<b>30</b> 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING	<div style="border: 2px solid black; padding: 10px;"> <p style="text-align: center;"><b>Interested in volunteering for a Town Board, Committee or Commission?</b></p> <p>Are you interested in serving your community? The Town of Westwood is looking for residents to volunteer to serve on many of its local Boards, Committees or Commissions. You can choose your area to better serve your community. Please mail a brief description as to why you think your area of expertise would greatly benefit the committee and a copy of your resume to: Selectmen's Office Town Hall, 580 High Street, Westwood, MA 02090. Or stop by the Selectman's office and speak to someone.</p> </div>		
<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>NEWS FROM THE TOWN CLERK'S OFFICE:</b></p> <p style="text-align: center;">Monday, May 4, 2015 Annual Town Meeting, Westwood High School Auditorium Check in begins at 7:00 p.m. Meeting starts promptly at 7:30 p.m.</p> </div>				



Westwood Council on Aging  
 60 Nahatan Street  
 Westwood, MA 02090  
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## Westwood Council on Aging

60 Nahatan Street  
 Westwood, MA 02090  
 Telephone: 781-329-8799  
 Fax: 781-329-5949

### Hours:

Monday–Thursday: 8:00 a.m. to 4:00 p.m.  
 Friday: 8:00 a.m. to 2:00 p.m.

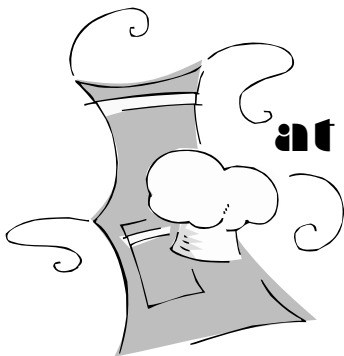
### Staff and Contact Info

Lina Arena-DeRosa, Director  
 Trish Tucke, Assistant Director  
 Karen Segreve, Outreach Counselor  
 Lorraine Cavanaugh, Administrative Assistant  
 John Trigilio, Van Driver  
 Albert Mahegan, Van Driver  
 Paul Kelly, Van Driver



### Council on Aging Board Members

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



# SUMMER BBQ

## at the Westwood Senior Center

### Tuesday, June 9 at noon

Sponsored by  
 The Ellis Rehab and Skilled Nursing Center of Norwood  
 \$3 donation requested



Join us on Tuesday, June 9th at noontime as we kickoff summer with a delicious and fun filled BBQ sponsored by our friends at The Ellis Rehab Center and Skilled Nursing Center of Norwood. They will be serving the traditional fare of chicken, hotdogs, burgers, salad, watermelon and corn on the cob! A steel drummer will be here to entertain you! *Space is limited so please sign up in advance.*