



STAY HEALTHY • STAY CONNECTED • AGE WELL

NEWS

SEPTEMBER/OCTOBER 2016

Special Thanks to:

FOX HILL VILLAGE for sponsoring our *Halloween Luncheon* and **White Oaks at Fox Hill** for sponsoring *The Memory Café* monthly luncheon;

Cornerstone of Canton for underwriting our *Healthy Luncheon* in September;

New Pond Village of Walpole for sponsoring *Gary Hylander lectures*; **Blue Hills Bank** for sponsoring a *Consumer Fraud Protection Program*;

Brookdale Quincy Bay for sponsoring a *box lunch discussion* on anxiety and depression;

Hospice Services of MA, Bridges by Epoch of Westwood, Elder Life Directions, Wingate of Needham, Mount Ida College, and the Dedham Law Offices Samuel, Sayward & Baler LLC for offering programs to keep you healthy and connected during our *Healthy Aging Week*;

Westwood Cultural Council for underwriting the music during our *Halloween Party* and the **Westwood Fire Department** for offering a *Fire Safety Breakfast*.

Dedham Savings Bank for offering *treats and surprises* at our large luncheons;

The Westwood Council on Aging Board and the *Friends of the COA* for underwriting the *Nineties Party*;

And all the donors, volunteers and supporters who offer us their time and treasure; we could not continue to grow without you!

Letter from the Director



Autumn is a beautiful time in New England so come join us!

After taking the summer off, our weekly art classes, Zumba class, meditation, iPad class, and monthly clubs are back. Our regular classes that include exercise, mat workouts, tai chi, etc. continue to grow; and we will be adding a second regular yoga class (at 8 a.m.) for those who would like to practice yoga on a mat.

In September, we will be offering a week long program for “Healthy Aging” (Sept 26-30) with special events and programming all week long. The highlights include a **Healthy Luncheon** on September 28 (*sponsored by Cornerstone of Canton*) and a **Fire Safety Breakfast** (*sponsored by the Westwood Fire Department*) on Sept. 30. The week includes **5 Wishes Program** (*Hospices Services of MA*), **Dementia Screening** (*Bridges by Epoch of Westwood*), **Know Your Resources** (*Elder Life Directions*), **Healthy Breakfast** (*Wingate of Needham*), **Dental Screenings** (*Mount Ida College*), **Protecting your Home** (*Dedham Law Firm of Samuel, Sayward & Baler LLC*). In October, we will be offering a *box lunch program* on **Anxiety and Depression** (*Brookdale Quincy Bay*).

A few other fun special programs include lecturer **Gary Hylander** (*sponsored by New Pond Village of Walpole*) to discuss elections of the past and present, **A Consumer Fraud Program** (*sponsored by Blue Hills Bank*), and a **90s party** (*sponsored by the COA Board and the Friends of the COA*).

A new intergenerational program at Powisett Farm (volunteers needed) is being planned and don't forget to join us at Westwood Day!

The **Memory Café** is back and will be holding a monthly luncheon get together for caregivers and the loved ones they care for. This is underwritten by *White Oaks at Fox Hill Village* and we hope that those struggling with memory loss and their caregivers will stop by to join this small but growing group. *Fox Hill Village* will also be sponsoring our **Halloween Party** on October 31 with entertainment underwritten by the *Westwood Cultural Council*.

And don't forget, it is “Open Enrollment” time and our **SHINE** counselor will be here regularly (*but you must sign up for an appointment*). Moreover, both Harvard Pilgrim Health and BCBS are offering programs to help you understand your coverage.

I want to take a moment to say goodbye to our beloved van driver, Al, who has retired to the south shore. We wish him well. And we welcome Hillary Kohler and Josepha Jowdy, our two new COA Board members!

Our mission is to help adults, 60 and older, stay active and educated as they age. So if you have just retired or have been retired for years, we hope we have something of interest for you. Please stop in and join us anytime and remember, your first class is always free!

Happy Autumn Everyone!

Lina Arena-DeRosa

Karen's Corner—Outreach Counselor

AFFORDABLE HOUSING FOR SENIORS IN WESTWOOD

Have you ever wanted to know more about affordable housing for seniors in town? The following is information about Highland Glen and Gables University Station, the two apartment complexes in Westwood that offer affordable housing for seniors:

Highland Glen I (Buildings 1, 2 & 3)

179 subsidized 1 and 2 bedroom apartments
 1 Person: Maximum income: \$51,150
 2 People: Maximum income: \$58,450
 Age 62 or under 62 disabled ~ Rent is 30% of gross annual income, heat and hot water included.

Highland Glen II (Buildings 4 & 5)

26 of the 102 apartments are affordable
 1 Person: Minimum income: \$43,524*. Maximum income: \$51,150
 2 People: Minimum income: \$50,472*. Maximum income: \$58,450
 Age 55 and older. Must meet income criteria and not own any property. Rent is \$1209 for a 1 bedroom and \$1402 for a 2 bedroom, no utilities included.
 *Minimum income requirement waived for Section 8 voucher holders

For more information or to apply, call the property management office at 781-329-7755.

Gables University Station

69 of the 350 apartments are affordable, no age requirement.
 1 Person - Maximum income: \$48,800; 2 People - Maximum income: \$55,800
 Rent is \$1275 for a 1 bedroom and \$1402 for a 2 bedroom, no utilities included except water & sewer.
 Parking garage and clubhouse area with a pool, lounge, conference room, and fitness center
 For more information or to apply, call the leasing office at 781-326-7200.

The demand for affordable housing is high and waitlists are long, so if you're interested, get your name on waitlists as soon as you can! It's free to apply.



Transportation with Trish



SEPT	DESTINATION	Donation
Sept 2	Shaw's	\$2.00
Sept 7	Trader Joe's	\$2.00
Sept 9	Hannaford's	\$2.00
Sept 14	Errands	\$2.00
Sept 16	Stop & Shop	\$2.00
Sept 21	Walmart	\$2.00
Sept 23	Wegman's	\$2.00
Sept 28	Errands	\$2.00
Sept 30	Shaw's	\$2.00

OCT	DESTINATION	Donation
Oct 5	South Shore Plaza	\$2.00
Oct 7	Roche Bros.	\$2.00
Oct 12	Errands	\$2.00
Oct 14	Shaw's	\$2.00
Oct 19	Wrentham Outlets	\$2.00
Oct 21	Hannaford's	\$2.00
Oct 26	Errands	\$2.00
Oct 28	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.

Please note: There are **NO REFUNDS** on day trips.

Day Trips at the Center

Twin Rivers

September 14 ~ Van leaves center at 9:00 AM. Come try your luck at Rhode Island's largest casino. \$7 per person. Lunch is on your own.



Lunch, Plaza Suite Performance and Cabaret at the Newport Playhouse

September 14 ~ Includes transportation, buffet, and show. The bus will take you down beautiful Ocean Drive followed by a great buffet, a wonderful play and fun filled cabaret performance. \$95 person and you must sign up by September 5.

Commonwealth Museum

October 13 ~ The Commonwealth Museum is the official state history museum. A state of the art exhibit uses technology to bring history alive for visitors, including video exercises and a surround theater experience. Lunch will be pay on your own at Sullivan's at Castle Island. \$7 per person.

Stay Healthy at the Senior Center

LOW IMPACT EXERCISE with Eileen



- ▶ Monday and Wednesdays, 1 p.m.
- ▶ \$3 donation *No class on Sept 5 & 28, Oct 10 & 31.*

Join us for this fun low impact exercise class that you can do in a chair. This class is great for stretching and toning your muscles. Please wear comfortable clothing and bring a water bottle.

CORE WORKOUT with Stephanie

- ▶ Wednesdays & Fridays, 8:30 a.m.
- ▶ \$2 donation *No class on Sept. 28 & 30.*

This 1/2 hour workout will get your back, stomach and abs in shape before the holidays! We are on the floor so please bring a mat and a pillow. It is a great way to start your day (and stay for Fun Fit aerobics).

FUN FIT with Stephanie and Eileen

- ▶ Mondays, Wednesdays & Fridays, 9:00 a.m.
- ▶ \$3 donation *No class on Sept 5, 28 & 30; Oct 10 & 31.*

Our class will get your heart pumping and your body moving! Please wear comfortable clothing, sneakers and bring a water bottle.

YOGA with Bonnie



- ▶ Tuesdays & Thursdays
8-9 a.m.~Mat Yoga; 9:30-10:30 a.m.~Chair Yoga
- ▶ \$3 donation *No class Sept. 8.*

Starting in September, we will be adding mat yoga at 8 a.m. We will focus on lots of stretching and strengthening from lying, seated, and on all fours. All classes will begin with breath work and end with meditation at the end. Chair yoga continues from 9:30-10:30. We breathe, stretch and strengthen our bodies. We do a lot of strengthening in the legs that helps maintain the ability to raise ourselves up from a seated position.

MEDITATION with Soni

- ▶ Tuesdays, October 11 & 25; 11:15 a.m.-noontime
- ▶ No cost for this program

Come explore a way to have peace of mind in your life with Meditation. Understand what triggers peacefulness 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. All are welcome.

SHINE

- ▶ Wednesdays, Sept. 7 and October 5
- ▶ 9 a.m. to noon. **BY APPOINTMENT ONLY**

Open Enrollment for Medicare begins on October 15, and everyone should take a moment and make sure that they have the correct prescription drug coverage. If you are concerned or have questions, SHINE can help you. Appointments fill up fast, so schedule yours soon.

BLOOD PRESSURE CLINIC

Sponsored by the Westwood Board of Health

- ▶ Wednesdays, Sept 21 & Oct 19; 10:00 a.m.-noon
- ▶ FREE, No appointment necessary.

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



MEMORY SCREENING WITH ALICIA

Sponsored by Bridges by Epoch of Westwood

- ▶ Monday, September 26; 11:30 a.m.-3:30 p.m.

BY APPOINTMENT ONLY

- ▶ \$2 donation – *You must sign up for an appointment*

Where did I put those keys? Memory Screenings where exams indicate if memory loss should be discussed with a doctor or if your keys are simply misplaced – Alicia Seaver Director of Memory Care for Epoch Senior Living will be available to conduct screenings. Space is limited.

ZUMBA GOLD with Christine



- ▶ Tuesdays, 8:45-9:30 a.m.
- ▶ \$3 donation

“Exercise in disguise” describes Zumba gold! This low impact dance fitness class incorporates a variety of music and rhythms. Zumba Gold is great for the body, mind and soul. It is an exercise program for everyone, regardless of fitness level.

T’AI CHI with Scott



- ▶ Tuesdays, 1 p.m.
- ▶ \$3 donation

When Tai Chi is being practiced, three components are working together: movements, meditation and deep breathing. The movements are a series of gentle postures flowing slowly and smoothly from one to another. Join us to help improve your balance and well-being, all levels welcome

HEALTHY BREAKFAST PROGRAM

Sponsored by Wingate Residences of Needham

- ▶ Thursday, September 29, 8:30 a.m.
- ▶ \$2 donation



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

Come try healthy coconut banana muffins along with some fruit. You will also learn about the wonderful benefits of coconut oil and how to incorporate it into your diet and everyday life!

FIVE WISHES with Nicole

Sponsored by Hospice Services of Massachusetts

- ▶ Monday, September 26, 9 a.m.
- ▶ \$2 donation

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

The Five Wishes is a legal document that allows adults of *all ages* help plan how they want to be cared for in the event of serious illness or injury. Hospice Services of MA will discuss advanced planning and highlight legal requirements for the Five Wishes. Light refreshments will be available.

PODIATRY with Michael Mitry



- ▶ Friday, September 9 & October 14, 8:30-10 a.m.
- ▶ **BY APPOINTMENT ONLY**

Dr. Mitry can help with routine maintenance and nail cutting. This is private pay (\$35) and by appointment only.

HEARING AID SERVICE CLINIC

Sponsored by Hearing Solutions Inc of Norwood

- ▶ Wednesday, September 21 & October 26; 2-3 p.m.
- ▶ **FREE BY APPOINTMENT ONLY**

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

Stay Connected at the Senior Center

WATERCOLOR CLASSES with Joan



- ▶ Beginners: Mondays, 10 a.m.-noon
 - Advanced: Mondays, 1 p.m.-3 p.m.
 - ▶ \$36 donation for 6 sessions. *No class on Sept. 5, Oct. 10 & 31*
- Space is limited to so please sign up in advance.*

Beginners will focus on color: How do you make gray without using white or black? We will focus on only using three primary colors to create all colors!

Advanced will focus on color explorations and using limited color choices to make your painting “pop”!

MAH JONGG with Cynthia

- ▶ Beginners: Thursdays, 11 a.m.-12:30 p.m.
- Advanced: Thursdays, 12:30 p.m.-3 p.m.
- ▶ *No Mah Jongg on Sept. 8*

Cynthia’s beginner’s group is back and anyone interested in learning how to play this mind stimulating game can come learn the basics. The advanced group welcomes those who already know how to play.

BINGO



- ▶ Every Thursday at 1:00 p.m.
- ▶ *No Bingo on Sept. 8*

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

BRIDGE

- ▶ Every Friday, 10 a.m.-2 p.m.

Our friendly bridge group continues to grow. If you are interested in playing, come join us and bring a bag lunch (coffee and tea provided).

KNITTING AND CROCHETING with Louise

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

This warm and welcoming group welcomes new members as they knit, chat and help each other. With the holidays around the corner, this group will help motivate you to get started with your holiday gifts!

CRAFTS with Lorraine



- ▶ Wednesdays, September 7 & October 5, 10-12 noon

If you enjoy being “crafty” then this is the program for you! Join Lorraine and her friends as they make special crafts that are sold here at the Center (or you can buy your craft and take it home).

KNOW YOUR RESOURCES

Sponsored by Elder Life Directions

- ▶ Tuesday, September 27, 1 p.m.
- ▶ \$2 donation *Please sign up in advance so we know how many to expect.*

Judy Dove, Elder Care Consultant, will discuss what resources are available as you age. An overview of housing options, financial considerations and other unique resources will be presented as well as information on creating a future plan for yourself or a loved one. Light Refreshments will be available.



NINETIES BIRTHDAY CELEBRATION at The First Baptist Church

Sponsored by the COA Board and the Friends of the COA

- ▶ Thursday, October 20, Noon
- ▶ *No cost but please sign up by October 6, so we know how many to expect*

Are you a Westwood senior 90 plus years young? Then join us for a free lunch at the First Baptist Church and fun entertainment. For questions and to sign up, call the Center and speak to Trish.

WESTWOOD WOMAN’S CLUB by Peg

- ▶ Thursday, October 20, 1:30-3:30 p.m.

The Woman’s Club is back and they are working on their fall schedule.

WESTWOOD GARDEN CLUB by Mary Jo

- ▶ Saturday, Sept. 17, 9 a.m.-2 p.m.: Yardsale Fundraiser, donated treasures and mums welcome.



▶ Thursday, Sept. 29, 9 a.m.: Car-pool (from the Center) to Briggs Nursery for tour and lunch.

▶ Thursday, Oct. 27 (at the Center): Still River Winery will give a presentation about their apple wine.

The Garden Club is growing and would love new members, so stop and see what is happening!

MEN’S CLUB by Bob

- ▶ September 15 & October 20, 9:30-11 a.m.



September 15: Historian and lecturer Gary Hylander will present a program on the re-election of President Lincoln (*sponsored by New Pond Village of Wālpole*)

October 20: Financial Planner Doug Obey will speak on how to be financially secure as you age.

The Men’s Club is growing and would love new members, so stop by and enjoy this fun group.

FREE BI-MONTHLY MOVIES

- ▶ Tuesdays, 1:00 p.m.

▶ September 6: **Black Mass** – recounts the story of notorious Boston gangster Whitey Bulger who eluded authorities for more than 15 years!

▶ September 20: **Brooklyn** – An immigrant from Ireland, Eilis Lacey adapts to the vastly different NYC where she falls for a young Italian; she finds her loyalties divided between two nations – and two men.

▶ October 4: **Concussion** – When Dr. Omalu’s studies conclude that concussions could be the underlying cause of the brain disorders, he encounters resistance from the NFL establishment.

▶ October 18: **The Book Thief** – Young Liesel steals books to teach herself to read, giving her refuge from the horrors of Nazi Germany and her cold foster parents. She forms a bond with the Jewish man her adoptive family is hiding in their home.



MEMORY CAFÉ

Sponsored by White Oaks at Fox Hill Village

- ▶ Tuesday, September 13 & October 11, 11 a.m.-1 p.m.
- ▶ No cost and a light lunch is included



This is a relaxed and fun gathering for those living with memory impairment and their caregivers; moreover it provides a chance to meet others who are caring for someone with memory loss and related issues. The café includes time to socialize and a unique interactive program every month. A light lunch will be served. Come join us, and spread the word to others who might enjoy the café.

Age Well at the Senior Center

ORAL HEALTH PRESENTATION

Sponsored by Mount Ida College



▶ Thursday, Sept. 29, 9:30 a.m.

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

Please join us for a one hour presentation by second year Dental Hygiene students as they provide important oral health information that you can use. A question and answer period will be included.

CURRENT EVENTS with Susan



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

▶ Wednesdays, Sept. 14 & 28/Oct 12 & 26; 9:30-11:30 a.m.

▶ \$20 for all four sessions

The race is on! In the weeks leading up to one of the most unusual elections ever, we will dive deep into exactly what the candidates envision for America. The choice is stark. The economy, guns, social justice, fighting ISIS...lots to think about, discuss and learn. Join us for some thoughtful conversation about our world and these challenging times.

MANICURES with licensed manicurist Lauren



▶ Fridays, Sept. 16 & Oct. 21, 9 a.m.-noon

▶ **By appointment only** ~ \$10 per session (checks made out to Lauren)

Lauren can make your rough hands feel and look soft and beautiful! Come in for a manicure and hand massage.

WAXING with licensed aesthetician Lisa

▶ Fridays, Sept. 2 & Oct. 7

▶ **BY APPOINTMENT ONLY**, 8:30 a.m.-noon

Brows.....\$10 Lips.....\$10 Chin.....\$10

Any two services.....\$15 All 3 services.....\$20

BOOK GROUP with Bev

▶ Thursday, Oct. 13, 10 a.m.

Come join this small but growing group of avid readers as they read and discuss *The Nightingale* by Kristen Hannah

VOLUNTEERS NEEDED AT THE CENTER

Meals on Wheels Program and Intergenerational Program

▶ *Please note that to volunteer for these programs, you must be mobile and able to drive*

If you are looking for a rewarding volunteer opportunity, the Westwood Senior Center is looking for volunteers for the **Meals on Wheels Program**. If interested, please call 781-329-6514 and speak to Elaine. We are partnering with Early Education to offer an intergenerational program at **Powisset Farm on Sunday Sept. 18 at 11:30 a.m.** Volunteers are needed to help pick produce and cook a light brunch with 7-9 year olds. Call Lina at the Center if you are interested.

iPAD CLASSES with Kim

▶ Wednesdays, Oct. 5-Nov. 9

▶ Beginners, 12-1:30; Advanced, 2 p.m.-3:30 p.m.

▶ \$40 for the six week sessions



Space is limited to 10 students so please sign up in advance Be sure to bring your iPad AND chargers

iPad 101/Beginners: Designed for those iPad users who need a refresher in iPad basics. We will review iPad Settings, and discuss tips and tricks in using your iPad.

iPad 201/Advanced (*previous experience using iPad REQUIRED*): We will cover some of the more advanced features of the iPad, based on user experience and knowledge. Familiarity with Settings and Apps a must! (Firm knowledge of iPad or iPad 101 is a pre-requisite).

BEREAVEMENT GROUP with LICSW Nina

▶ Wednesdays, Sept. 7 & 21, Oct. 5 & 19, 10-11 a.m.

This warm and welcoming bereavement group, meets the first and third Wednesday of each month. Feel free to come at any point to meet with others who are going through the grieving process.

CONSUMER FRAUD PROTECTION

with Julie Beckman Sponsored by Blue Hills Bank

▶ Monday, Sept. 12 at 10am

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

Come find out how to avoid consumer fraud, the common warning signs of various scams and learn about resources on how to protect yourself and where to get help should this happen. Light refreshments and handouts will be available.

GARY HYLANDER LECTURES

Sponsored by New Pond Village of Walpole

▶ *No cost but please sign up in advance so we know how many to expect*

Thursday, Sept. 15 – 10 a.m. **The Re-Election of Abraham Lincoln**—The War is over and the President is now dealing with the problems of bringing the Southern states back into the Union. Although blacks were now free men, and considered citizens by the government, most Americans didn't see them in that way.

Tuesday, October 4 – 10 a.m. **1980 Election: Carter vs. Reagan** With all the problems Jimmy Carter faced in 1980, it was hardly surprising that he was soundly beaten by Republican challenger Ronald Reagan in the presidential election of 1980. What is remarkable is that just a week before Election Day, the contest was a dead heat.

ELDER LAW INFORMATION —

PROTECTING YOUR HOME (and vacation home!)

Sponsored by Dedham Law Firm of Samuel, Sayward & Baler LLC

▶ Friday, Sept. 30, 10 a.m.

▶ \$2 donation - *Please sign up in advance so we know how many to expect*



Do you worry about what would happen to your home if you need long-term care? Do you wonder if you should have an irrevocable trust? This is a vital presentation on Protecting your Home from loss to long-term care costs. Learn the rules and hear about planning options. Light refreshments will be offered.

BCBS HEALTH OPTIONS FOR SENIORS with Susan

▶ Wednesday, Oct. 12, 8:30 a.m.

▶ *No cost but please sign up in advance so we know how many to expect*

The presentation is geared towards individuals on Medicare who may have questions about their health plan or other available plan types. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. Light refreshments will be offered.

HARVARD PILGRIM HEALTH CARE with Caitlin

▶ Monday, Oct. 24, 9 a.m.

▶ *No cost to this program but please sign up in advance so we know how many to expect*

To learn more about Harvard Pilgrim Health Care's Medicare options, please come to the educational seminar. Light Refreshments will be offered.

LEGAL CLINIC with Attorney Veranira Ochea from Metrowest Legal Services

▶ Wednesday, September 21, 1:30-3:30 p.m.




▶ **BY APPOINTMENT ONLY**




Schedule a private 20 min. free legal consultation. Metrowest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; medicaid, nursing home issues, limited domestic relations; consumer rights and bankruptcy.

September 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
FIRE SAFETY AND FALLS PREVENTION BREAKFAST ▶ Friday, September 30 ▶ 8:30 a.m. ▶ <i>Please sign up in advance so we know how many to expect</i>		 The Westwood Fire Department once again will offer a one hour discussion on Fire Safety and Falls Prevention. This important program will include ways to keep you safe at home. There will be an opportunity to sign up for home inspections as well fire alarm replacement. A light breakfast will be offered as well.	1 8:00 MAT YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	2 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE
5 LABOR DAY CENTER CLOSED 	6 8:00 MAT YOGA 8:45 ZUMBA GOLD 9:30 CHAIR YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	7 8:30 CORE WORKOUT 9:00 SHINE 9:00 FUN FIT 9:00 TRADER JOE'S 10:00 BEREAVEMENT GROUP 10:00 CRAFTS 1:00 LOW IMPACT EXER.	8 Notes from the Clerk's Office with Dottie The <i>State Primary</i> will take place on Thursday, September 8, 2016. Polls will be open from 7am-8pm  Call the Center <i>in advance</i> if you need a ride to the polls	9 8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 HANNAFORD'S 10:00 BRIDGE
12 9:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 10:00 CONSUMER FRAUD PROTECT. 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	13 8:00 MAT YOGA 8:45 ZUMBA GOLD 9:30 CHAIR YOGA 11:00 MEMORY CAFE 1:00 TAI CHI 1:00 KNITTING	14 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 1:00 LOW IMPACT EXER. ▶ Day Trip /Twin Rivers ▶ Day Trip /Lunch, Performance at Newport	15 8:00 MAT YOGA 9:30 CHAIR YOGA 9:30 MEN'S CLUB 10:00 GARY HYLANDER 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	16 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 MANICURES 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE
19 9:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	20 8:00 MAT YOGA 8:45 ZUMBA GOLD 9:30 CHAIR YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	21 8:30 CORE WORKOUT 8:30 BLOOD PRESSURE CLINIC 9:00 FUN FIT 9:00 WALMART 10:00 BEREAVEMENT GROUP 1:00 LOW IMPACT EXER. 1:30 LEGAL CLINIC 2:00 HEARING CLINIC	22 8:00 MAT YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	23 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE
26 9:00 FIVE WISHES 9:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 11:30 MEMORY SCREENING 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	27 8:00 MAT YOGA 8:45 ZUMBA GOLD 9:30 CHAIR YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 KNOW RESOURCES	28 9:00 ERRANDS 9:30 CURRENT EVENTS 12:00 HEALTHY LUNCHEON	29 8:00 MAT YOGA 8:30 HEALTHY BRKFST. 9:00 GARDEN CLUB TRIP 9:30 CHAIR YOGA 9:30 ORAL HEALTH 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	30 8:30 FIRE/FALL SAFETY BRKFST. 9:00 & 10:00 SHAW'S 10:00 BRIDGE 10:00 ELDER LAW INFO



HEALTHY LUNCHEON

Sponsored by Cornerstone of Canton



▶ Wednesday, Sept. 28
 ▶ \$6 donation – space is limited so you must sign up in advance (no refunds)

Cornerstone of Canton is once again offering a brain healthy luncheon and program that will stimulate your brain and your body. You will learn what is the best ingredients to cook and will bring home wonderful recipes that are easy and delicious. Last year, this program was a big hit, so if you are interested, please sign up early.

October 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
3 9:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 11:00 ANXIETY & DEPRESSION BOX LUNCH 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	4 8:00 MAT YOGA 8:45 ZUMBA GOLD 9:30 CHAIR YOGA 10:30 GARY HYLANDER 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	5 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 SHINE 9:00 SO. SHORE PLAZA 10:00 CRAFTS 10:00 BEREAVEMENT GR. 12:00 iPad CLASS (Beg.) 1:00 LOW IMPACT EXER. 2:00 iPad CLASS (Adv.)	6 8:00 MAT YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	7 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE
10 COLUMBUS DAY CENTER CLOSED 	11 8:00 MAT YOGA 8:45 ZUMBA GOLD 9:30 CHAIR YOGA 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING 1:00 MEMORY CAFE	12 8:30 CORE WORKOUT 8:30 BCBS HEALTH OPT. 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 12:00 iPad CLASS (Beg.) 1:00 LOW IMPACT EXER. 2:00 iPad CLASS (Adv.)	13 8:00 MAT YOGA 9:30 CHAIR YOGA 10:00 BOOK GROUP 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO ▶ Day Trip /Museum	14 8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 SHAWS 10:00 BRIDGE
17 9:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	18 8:00 MAT YOGA 8:45 ZUMBA GOLD 9:30 CHAIR YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	19 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 WRENTHAM OUTLETS 10:00 BEREAVEMENT GR. 10:00 BLOOD PRESSURE CLINIC 12:00 iPad CLASS (Beg.) 1:00 LOW IMPACT EXER. 2:00 iPad CLASS (Adv.)	20 8:00 MAT YOGA 9:30 CHAIR YOGA 9:30 MEN'S CLUB 11:00 BEGINNER MAH JONGG 12:00 90s BIRTHDAYS 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 WOMEN'S CLUB	21 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 HANNAFORD'S 9:00 MANICURES 10:00 BRIDGE
24 9:00 FUN FIT 9:00 HARVARD PILGRIM HEALTH OPT. 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	25 8:00 MAT YOGA 8:45 ZUMBA GOLD 9:30 CHAIR YOGA 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING	26 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 12:00 iPad CLASS (Beg.) 1:00 LOW IMPACT EXER. 2:00 HEARING CLINIC 2:00 iPad CLASS (Adv.)	27 8:00 MAT YOGA 9:00 GARDEN CLUB WINE 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	28 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE
31 HALLOWEEN LUNCHEON (No Classes) 			NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service.	

ANXIETY AND DEPRESSION – THE SIGNS AND SYMPTOMS – A Box Lunch and Learn Program

Sponsored by Brookdale Quincy Bay
 with Clare Donovan & Jennifer Nosalek

▶ Monday, October 3, 11 a.m.

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

Join Clare and Jennifer for a box lunch and learn the difference between anxiety and depression that affects over 40 million adults. This discussion will teach you how to recognize the signs as well as techniques on how to cope.

WESTWOOD BOARD OF HEALTH ANNUAL FAMILY FLU CLINIC

▶ Saturday, October 15, 9-12

▶ Westwood High School Gym

It is that time of year again ... time to get your flu shot! There is no cost to residents for the vaccine but we do ask that you bring your insurance or Medicare card with you. For further information please call the BOH at 781-320-1026.



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, Operations Manager
 Karen Segreve, Outreach Counselor
 Lorraine Cavanaugh, Administrative Assistant
 John Trigilio, Van Driver
 Paul Kelly, Van Driver



Council on Aging Board Members

Cheryl Fay	Hillary Kohler
Robert Folsom	Irene MacEachern
Mary Gens	Colleen Messing
Joseph Jowdy	Bill Sebet
James M. O’Sullivan	

HALLOWEEN PARTY

Sponsored by Fox Hill Village of Westwood
 Entertainment provided by Westwood Cultural Council



Monday, October 31 ~ Noontime

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

Halloween is such a hoot. So join us on Monday Oct. 31 to start your Halloween Day! We will offer great food and entertainment; costumes are not required BUT are encouraged. Westwood Cultural Council will underwrite music by Tommy Rull and of course, there will be plenty of candy to enjoy! Special thanks to Fox Hill Village for partnering with us.