



NEWS

NOVEMBER/DECEMBER 2015

Special Thanks to:

- **Blue Hills Bank** for their \$10K grant to help us grow;
- **Neeham Bank** for underwriting our Veteran's Breakfast;
- **Lori Howell** ~ our wonderful SHINE counselor for her endless volunteer hours;
- **Westwood's Police Relief Association** for hosting their annual Luncheon for Westwood's Seniors;
- **Wegman's** for catering our Thanksgiving Luncheon;
- **Senator Rush and Representative McMurtry, Brookdale of Dedham, and An Anonymous Donor** for underwriting our holiday luncheon;

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

Happy Holidays Everyone!

During this time of celebration, I want to take a moment to thank everyone whose continued support helps us grow here at the Westwood Senior Center.

I would like to thank my hard working staff for their personal and professional commitment to elders in town; no matter what is asked of them, they never falter. Thanks to a supportive and caring COA Board, who understand that what we do has a significant impact on the daily lives of so many; to our Friends Group who continue to evolve and grow with us; and to Westwood's Town Manager, Selectmen, HESSCO, Fire, Police and DPW as well as Westwood's State Representatives who hear what we need and do their best to provide us with the resources that allow us to help Westwood's growing elder population. And to the numerous volunteers that never cease to amaze me with their willingness to give us their time and treasure. Thank you never seems enough, but thank you!

Thanks also to the many sponsors who have underwritten the Center's programs and large luncheons throughout 2015. Please know that we could not provide seniors with the wide variety of programming and special events if we did not have their underwriting and support.

And finally, thank you, Westwood Seniors, who come to our Center every day and enjoy this beautiful and active facility. It simply would not be so rewarding to work here, if we did not have your support (and humor!). If you have not tried us, please think about joining us; we are warm, welcoming and fun!

Wishing everyone a Happy and Healthy Holiday Season and the Best in 2016!

Lina Arena-DeRosa

RAFFLE BASKETS AT THE SENIOR CENTER

The Westwood COA is raising funds for health and well-being programs for elders. Tickets for the baskets (which are available for viewing at the Center) are \$1 each or 12 tickets for \$10 and are sold at the Center. Drawing will be held at our December Holiday Party (winners do not have to be present at the drawing). Please help us grow! Thanks!

SPECIAL THANKS TO LOCAL BUSINESSES WHO GENEROUSLY CONTRIBUTED TO OUR BASKETS:

BLUE HILLS BANK CHIARA RESTAURANT DOLBANY JEWELERS ROCHE BROTHERS
ALLGREEN LAWN CARE TARGET SHEAR ILLUSION BI-BI's BAKERY COPPER KETTLE BAKERY
FOLSOM FUNERAL HOME SALLIE AND ROCCO HAIR STUDIO WESTWOOD VETERINARY CLINIC

Karen's Corner—Outreach Counselor Fuel Assistance

LIHEAP is the Low Income Home Energy Assistance Program that is commonly referred to as **Fuel Assistance**. It is a government program that provides eligible households with help in paying a portion of winter heating bills. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Annual Income. If you rent, you may receive fuel assistance even if your heat is included in the rent.

The amount you receive depends on your income, your housing status, and your heating costs. You may also be eligible for free weatherization services, discount heating system repair or replacement, discount utility rates, and Citizens Energy heat assistance programs; list available online.

First-time applicants must apply for fuel assistance in person. Westwood residents may call the Center to obtain the list of documents needed and to schedule an appointment to apply. You may apply any time during the heating season, which ends April 30, 2016. Households must apply each year; applications are mailed to households after the first year.

Households having financial difficulty who are not eligible for government energy assistance may apply for the Salvation Army's **Massachusetts Good Neighbor Energy Fund**. Household income for either the prior twelve months or the past month (times 12 months for a total annual figure) must fall between 60 and 80 percent of the state's median income levels. For more information about eligibility requirements, please call 1-800-334-3047. Residents with any questions about fuel assistance may call the Center to talk with Karen.



Transportation with Trish



NOV	DESTINATION	Donation	DEC	DESTINATION	Donation
4	Walmart	\$2.00	2	Errands (local)	\$2.00
6	Stop & Shop/Walpole	\$2.00	4	Hannaford's	\$2.00
13	Roche Bros.	\$2.00	9	South Shore Plaza	\$2.00
18	Trader Joe's/Xmas Tree	\$2.00	11	Roche Bros.	\$2.00
20	Shaw's	\$2.00	16	Errands (local)	\$2.00
24	(Tuesday) Errands (local)	\$2.00	18	Wegman's	\$2.00
			23	Errands (local)	\$2.00
			30	Trader Joe's/Xmas Tree	\$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-served basis. Westwood residents will be picked up at their homes, Westwood Glen and Highland Glen residents will be picked up at their building. The suggested donation for this service is \$2.00.

Medical Appointments: Transportation for medical appointments within a 10-mile radius is available Monday through Thursday from 8:30 a.m.-2:30 p.m.; Friday 8:30 a.m.-1:00 p.m.

Shopping: Participants are restricted to **4 shopping bags** per person. Food shopping trips are on most Fridays. The COA will make 2 trips for food shopping at 9:00 and 10:00 a.m. The 9:00 trip will be picked up at 10:30 and the 10:00 trip will be picked up at 11:30 for the return trip home. Local shopping trips and errands within a 5-mile radius are also available on most Wednesdays.

Westfare Taxi Vouchers are available to *eligible seniors who no longer drive*. A purchase of \$12.00 will buy \$48.00 worth of transportation. For more information, call (781) 329-8799 and ask for Karen.

Day Trips at the Center

DAY TRIPS WITH TRISH

- ▶ **The Concord Museum/ Lunch in Concord**
- ▶ **Tuesday, December 1**
- ▶ Leave Center at 9:30 a.m.

As a gateway to historic Concord, MA, with one of the Paul Revere lanterns from 1775, Ralph Waldo Emerson's study and so much more, the Concord Museum is a great place to explore Concord's revolutionary and literary past. Lunch will be pay on your own at restaurant TBD in Concord. Limit 15, \$15 per person (includes transportation and tour). Lunch is pay on your own.

DAY TRIPS WITH FOX TOURS

- ▶ **NY Radio City Music Hall**
- ▶ **Tuesday, Dec. 8 ~ \$125pp**

Depart from Center at 7 a.m. and enjoy a luxury coach ride to the Big Apple. Enjoy the morning and lunch on your own; at 2 p.m. meet at Radio City Music Hall for their Christmas Spectacular. Arrive back around 10 p.m. Fliers with full details are available at the Center. Final sign up will be Nov. 20th, so please sign up soon. **Note:** *Lots of walking.*

Stay Healthy at the Senior Center

LO-IMPACT EXERCISE

Our beloved Marilyn has retired and we wish her health and happiness in her retirement! We will be looking for a new instructor and will offer low impact exercise again in the spring. Best wishes to Marilyn always!

CORE/BACK MAT WORKOUT *with Stephanie*

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

If you are looking for something a bit more challenging (or combine this with fun-fit at 9:00) then this is the class for you! Come join us for a 30 minute workout targeting muscles in our core and back. We will get on the floor and use a combination of exercises to strengthen our abdominals for a leaner, stronger core. Please bring a mat and small pillow and we will meet in the conference room.



FUN FIT EXERCISE *with Stephanie*

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

As winter arrives, we all tend to slow down and gain weight, but that does not have to happen if you stay active! This fun exercise class is a combination of cardio, strength training with light weights/resistance band and a special attention to balance and posture. Please wear comfortable clothing and sneakers.

YOGA *with Bonnie*

- ▶ Tuesdays & Thursdays, 9:30-10:30 a.m.
- ▶ \$3 donation requested

During the holiday season, nothing is worse than the stress that comes with it, so why not de-stress with YOGA? The motto in our class is always to do what you can and move in a way that feels good to you.

We start out with breath work and gentle movements seated in the chair and then some strengthening and balancing movements standing. Students have the option to come down to the mat or stay on the chair. Each class ends with some kind of guided meditation or relaxing breath work to leave you feeling more balanced and ready for holidays!



TAI CHI TUESDAYS *with J. Scott Brumit*

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

Does standing in line while shopping for the holidays tire your legs? Practicing T'ai Chi on a regular basis will improve balance and strengthen your muscles. Through Tai Chi's gentle movements you will begin to feel more energy and better circulation, so stop by and check us out!



LAUGHING YOGA *with BOH Nurse Mary*

- ▶ Nov. 3 & 17/ Dec. 1 & 15 at 11 am
- ▶ \$3 donation requested

Nothing beats the craziness of the holiday season like laughter! So join Mary and her merry group as they laugh and breathe together twice a month. It is good for your health and your spirit!

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	<i>Appointments required.</i>	

CARING FOR YOUR FEET—PODIATRIST CLINIC

with Podiatrist Dr. Michael Mity



- ▶ Friday, November 13 & December 11
- ▶ 9-11 a.m. BY APPOINTMENT ONLY

Dr. Mity comes to the Center to help you “stay on your feet”! He provides routine foot maintenance and nail cutting. Each session is private pay (\$35) and checks are made out to Dr. Mity.

A COMPLIMENTARY HEARING AID SERVICE CLINIC

Sponsored by Hearing Solutions Inc of Norwood and Brookline

- ▶ Wednesday, November 18 and December 16
- ▶ 2:00-3:00 p.m. BY APPOINTMENT ONLY

During the holiday season, nothing is more annoying than not being able to hear conversations around you. If you are struggling with your hearing aid or wonder if it is working properly, then you need to stop by and have Hearing Solutions help you out. There is no cost for this program but it is by appointment only so call the Center.

SHINE COUNSELING ~ Open Enrollment Time

with SHINE Counselor Lori Howell

- ▶ November 3, 4, 10, 13, 16, 18, 23, 24 from 9-1

YOU MUST SIGN UP FOR AN APPOINTMENT

That time of year is approaching again...the Medicare Open Enrollment Period. It runs each year from October 15 to December 7 and allows you to change from your current Medicare coverage to another plan. Changes made to your coverage will be effective January 1 of 2016.

It's a good idea to review your current plan because premiums, deductibles, and formularies can change every year. Even if you are satisfied with your current plan, it is still wise to check if there are other plans in your area that offer better health and/or drug coverage at a more affordable price.

A SHINE counselor can help you compare the costs and benefits of Medicare and other health insurance options and help you enroll in a health insurance program that best fits your needs. SHINE (Serving Health Insurance Needs of Everyone) Counseling is a FREE service; the counselors are volunteers who have no affiliations to insurance companies. Lori will review your coverage and determine if there are ways to save you money.

BLOOD PRESSURE CLINIC *with BOH Nurse Mary*

- ▶ November 18 & December 16, 8:30-11:30 a.m.
- ▶ FREE

No appointment necessary.



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 eight weeks

Winter is a great time to try something new...why not try watercolor?

Students in the beginner's class are now integrating the concepts necessary for a good painting; shape, value and color. New students are always welcome! Students in the advanced class do one painting at a time with small changes in composition or hue to create a series of paintings related to the new one. Please bring your own supplies (and if this is your first class, Joan will explain to you what you should buy).

MAH JONGG

- ▶ Every Thursday at 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 at 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 and tea. All are welcome!

WESTWOOD POLICE RELIEF ASSOCIATION'S LUNCHEON

- ▶ Colonial Restaurant in Norwood
- ▶ Saturday, December 5 at noontime

We are pleased to invite *any Westwood Senior* to the annual Westwood's Police Relief Associations' Luncheon at the Colonial Restaurant in Norwood on Saturday December 5th at noontime. This fun luncheon and great meal is free to Westwood's seniors only but *you must sign up in advance as space is limited*. Please call the Center and special thanks to Westwood's Police Department.

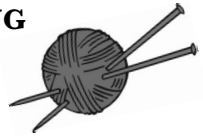
QUILTING with Linda

- ▶ Tuesdays, 9:30-11:30 a.m.
- ▶ November 3 & 10 | December 1 & 8
- ▶ \$4 donation requested

Quilting is back and the class is definitely growing! We shared some of our summer quilting efforts earlier this fall and are working on many new projects. We continue to finish our UFOs with the guidance of Linda Ramrath, professional quilt teacher. Beginners and advanced quilters are always welcomed. We will meet November 3rd and 10th and December 1st and 8th...stop in and check us out!

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

with Lorraine

- ▶ Wednesday, November 4 & December 2 at 10 a.m.
- ▶ Craft Room

Do you enjoy making crafts? Would you like to help the Center raise funds for its programs? Then join Lorraine and her friends as they create beautiful crafts that are sold at the Center (or you can buy one yourself and take it home!).

WESTWOOD'S GARDEN CLUB

by Mary Jo Hood

- ▶ Thursday, November 12 at 1 p.m.
- ~ GREENS WORKSHOP



Kim Cook from Briggs Nursery will conduct a "GREENS WORKSHOP." She will provide most of the greens and containers but members please bring your own clippers and scissors and if you have greens or holly in garden, bring them in to share with the group.

- ▶ Thursday, Dec. 10 at 1 p.m.

~ *Wonders of Christmas Through the Eyes of a Child*

There will be a presentation of 19th and 20th Century Antique toys and members are invited to share an antique toy of their own. Sid Trantenberg will provide Christmas music as usual and gratefully! Please bring a \$5 donation for Toys for Tots.

Note: No Meeting in January

WESTWOOD'S WOMEN'S CLUB

with President Mary Jo Hood

- ▶ Thursday, November 19 at 1 p.m.

Mass Board of Public Health Presentation by Epidemiologist Malena Hood. Toy donations requested for children at The Home for Little Wanderers.

- ▶ Thursday, December 17 at 1 p.m.

Christmas Sing-A-Long with music by Peg Loughnane.

Acknowledging Woman's Club 70th Anniversary. History presented by former President Virginia Lester. Donations requested for the Westwood Community Chest

MEN'S CLUB

- ▶ Tuesday, November 10th at 9 a.m.

Join us at the Veteran's Breakfast! Come hear our speaker and enjoy a free breakfast sponsored by Needham Bank.

In December, we will be meeting at the high school to enjoy the Westwood Singers rehearsal (date to be announced).

Age Well at the Senior Center



HONORING OUR VETERANS

A Veteran's Breakfast

Sponsored by Needham Bank

▶ Tuesday, November 10th at 9 a.m.

Join us for a delicious breakfast as we celebrate our Veterans. The Men's Club is cordially invited to this event as well as any Veterans or family member of a Veteran. Special thanks to Joe and Lorraine who helped coordinate this event.

BEREAVEMENT GROUP

with Nina Johnson, LICSW

▶ Wednesdays | Nov. 4 and 18; Dec. 2, 16 and 30

▶ 10 a.m. in the conference room

This can be a challenging time of year and we are here to provide a positive and supportive place to help you navigate the holidays. This is an ongoing, open ended bereavement group meeting; we welcome all who have had a loss and feel they would benefit from meeting with others who have experienced something similar.

FREE MOVIES AT THE CENTER

▶ Tuesdays at 1:00 p.m.

11/3 *Second Best Exotic Marigold Hotel* ~ Sonny prepares to expand his motel while planning his impending wedding in this sequel.

11/10 *Still Alice* ~ An accomplished college professor disappears in front of family and friends and Alzheimer's slowly destroys her memory.

12/1 *Big Eyes* ~ Outrageous true story of history's most epic art fraud.

12/8 *Hundred Foot Journey* ~ An Indian Family moves to France and opens a restaurant across the street from a Michelin-starred French Bistro



FREE CAPTIONED TELEPHONE

▶ Monday, November 2 at 1 p.m.

Come see a 20 minute demonstration of a free captioned telephone that's being offered by Clear Captions, a federally funded national telecommunications company. The phone displays text of conversations in near real-time on a large color touchscreen so you can see and hear what callers are saying. All that is needed are these three qualifiers: (1) **hard of hearing**, (2) **a home phone**, (3) and **home internet**. If all three are met, then you can qualify for the FREE phone which includes FREE installation. Please sign up in advance so we know how many to expect.

DIABETES TYPE 2 ~ THE SIGNS AND SYMPTOMS

Sponsored by Mary Anne Morse

Rehabilitation and Nursing Home of Natick

▶ Wednesday, December 2 at 1 p.m.

Do you worry about Diabetes? Did you know that diabetes is a leading cause of death in elders? Dr. Semenov will offer a discussion on what Diabetic Neuropathy is, its signs and symptoms, as well as some suggestions on treatment and pain relief. If you have questions, concerns about your own Type 2 Diabetes or that of a loved one, this is the program for you! Dr. Emilia Semenov, has been in practice for more than 30 years and specializes in Physical Medicine and Rehabilitation. She currently sees patients at Mary Ann Morse Healthcare Center in Natick, MA. Please sign up in advance so we know how many will be attending.



MEMORY CAFÉ

▶ Tuesday, Nov. 24 | Tuesday, Dec. 22 at 2:15 p.m.

The Westwood Senior Center is partnering with Fox Hill Village to offer a memory café to those who are struggling with memory issues and their caregivers. This free hour long program gives caregivers an opportunity to bring their loved ones to a non-threatening program where they will be with others who have memory issues. Caregivers will also be able to meet others who are dealing with Alzheimer's and dementia. There is no cost to this program but we hope you will stop and join us!



FALLS PREVENTION

Sponsored by the Norfolk Sheriff's Office

▶ Monday, Nov. 9 at 10 a.m.

Did you know that 1 in 3 seniors fall and need medical attention due to their falls? Join Norfolk Sheriff's Officer Cheryl Bambery as she presents this important program "Falls Prevention—Ways to make your home more secure for you and your loved one." She will have handouts and light refreshments will be served. Please sign up in advance so we know how many to expect.

BLUE CROSS/BLUE SHIELD

with Susan Flannagan

▶ Tuesday, November 24 at 10 a.m.

Susan will be presenting a brief overview of how Medigap and Medicare Advantage plans work with Medicare. The presentation will help attendees understand the weights and balances between the plans. You will have an opportunity to ask questions regarding changes for 2016. All are welcome regardless of your insurance coverage. Please sign up in advance so we know how many to expect.

BJ'S DISCOUNTED SENIOR MEMBERSHIP

with Diane

▶ Tuesday, November 17 at 10 a.m. in the craft room

Diane, from BJs, will be here to help you sign up for a discounted senior BJs card to help you with your holiday shopping. If your card has not expired, she will be back in the spring to renew it for you.



November 2015

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
2 10:00 FUN FIT 10:00 WATERCOLOR 1:00 WATERCOLOR 1:00 CAPTION PHONE	3 9:00 SHINE 9:30 YOGA 9:30 QUILTING 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	4 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 SHINE 9:30 WALMART 10:00 CRAFTS 10:00 BEREAVE. GROUP	5 9:30 YOGA 12:30 MAH JONGG 1:00 BINGO	6 8:30 MAT WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 and 10:00 STOP & SHOP 10:00 BRIDGE
9 10:00 FUN FIT 10:00 WATERCOLOR 10:00 FALL PREVENTION 1:00 WATERCOLOR	10 9:00 SHINE 9:00 VETERAN'S BKFST 9:00 MEN'S CLUB 9:30 YOGA 9:30 QUILTING 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	11 CLOSED VETERAN'S DAY 	12 9:30 YOGA 12:30 MAH JONGG 1:00 BINGO 1:00 GARDEN CLUB	13 8:30 MAT WORKOUT 9:00 SHINE 9:00 FUN FIT 9:00 PODIATRY CLINIC 9:00 and 10:00 ROCHE BROS. 10:00 BRIDGE
16 9:00 SHINE 10:00 WATERCOLOR 10:00 FUN FIT 1:00 WATERCOLOR	17 9:30 YOGA 10:00 BJs SIGN UP 11:00 LAUGHING YOGA 12:00 THANKSGIVING LUNCHEON 1:00 KNITTING 1:00 TAI CHI	18 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 SHINE 8:30 BLOOD PRESSURE 9:30 TRADER JOE'S 10:00 BEREAVE. GROUP 2:00 HEARING AID	19 9:00 a.m. ELDER ATTORNEY 9:30 YOGA 12:30 MAH JONGG 1:00 BINGO 1:00 WOMEN'S CLUB	20 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 and 10:00 SHAW'S 10:00 BRIDGE
23 9:00 SHINE 10:00 WATERCOLOR 10:00 FUN FIT 1:00 WATERCOLOR	24 9:00 SHINE 9:30 YOGA 9:30 ERRANDS 10:00 BCBS 1:00 TAI CHI 1:00 KNITTING 2:00 MEMORY CAFE	25 8:30 MAT WORKOUT 9:00 FUN FIT CLOSED AT NOONTIME (no HESCO lunch; Meals on Wheels will be delivered)	26 CLOSED THANKSGIVING HOLIDAY 	27 CLOSED THANKSGIVING HOLIDAY
30 10:00 WATERCOLOR 10:00 FUN FIT 1:00 WATERCOLOR	KNOWING YOUR LEGAL RIGHTS & RESPONSIBILITIES <i>with Mary Roque</i> Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors. Appointments are scheduled at 20 minute intervals beginning at 9:00 a.m. Call the center to schedule appointments for 11/19 and 12/3.			

NEW FRIENDS ~ A Social Bereavement Group

By Robert Newman

- ▶ Sunday, November 29; December 27
- ▶ 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.

THANKSGIVING HOLIDAY LUNCHEON

Sponsored by Wegman's of Westwood

- ▶ Tuesday, November 17th at noontime
- ▶ \$5 donation requested



Come join us for a delicious Thanksgiving fare catered and sponsored by Wegman's of Westwood! We will offer delicious home cooked Turkey, stuffing, all the fixings and of course, pie for dessert. Entertainment will be provided by Westwood's own high school musicians! So start the holiday season with a great meal and lots of great music. Please sign up in advance as space is limited.

December 2015

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
	1 9:00 CONCORD MUSEUM TRIP 9:00 SHINE 9:30 YOGA 9:30 QUILTING 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	2 8:30 MAT WORKOUT 9:00 FUN FIT 9:30 ERRANDS 10:00 BEREAVE. GROUP 10:00 CRAFTS 10:00 BEREAVE. GROUP 1:00 DIABETES TYPE 2	3 9:00 a.m. ELDER ATTORNEY 9:30 YOGA 12:30 MAH JONGG 1:00 BINGO	4 8:30 MAT WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 and 10:00 HANNAFORD'S 10:00 BRIDGE
7 10:00 WATERCOLOR 10:00 FUN FIT 11:00 LAUGHING YOGA 1:00 WATERCOLOR	8 7:00 NYC DAY TRIP 9:00 SHINE 9:30 YOGA 9:30 QUILTING 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	9 8:30 MAT WORKOUT 9:00 FUN FIT 9:30 S.S. PLAZA 10:00 BEREAVE. GROUP	10 9:30 YOGA 10:00 BOOK CLUB 12:30 MAH JONGG 1:00 BINGO 1:00 GARDEN CLUB	11 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 PODIATRY CLINIC 9:00 and 10:00 ROCHE BROS. 10:00 BRIDGE
14 10:00 FUN FIT 10:00 WATERCOLOR 1:00 WATERCOLOR	15 9:30 YOGA 11:00 LAUGHING YOGA 12:00 HOLIDAY LUNCHEON 1:00 KNITTING 1:00 TAI CHI	16 8:30 MAT WORKOUT 8:30 BLOOD PRESSURE 9:00 FUN FIT 9:30 ERRANDS 10:00 BEREAVE. GROUP 2:00 HEARING AID	17 9:30 YOGA 12:30 MAH JONGG 1:00 BINGO 1:00 WOMEN'S CLUB	18 8:30 MAT WORKOUT 9:00 FUN FIT 9:00 and 10:00 WEGMAN'S 10:00 BRIDGE
21 10:00 WATERCOLOR 10:00 FUN FIT 1:00 WATERCOLOR	22 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING 2:15 MEMORY CAFE	23 8:30 MAT WORKOUT 9:00 FUN FIT 9:30 ERRANDS 10:00 BEREAVE. GROUP	24 9:30 YOGA CLOSED AT NOONTIME (no HESSCO lunch; Meals on Wheels will be delivered)	25 CLOSED CHRISTMAS HOLIDAY 
28 10:00 FUN FIT 10:00 WATERCOLOR 1:00 WATERCOLOR	29 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING	30 8:30 MAT WORKOUT 9:00 FUN FIT 9:30 TRADER JOE'S 10:00 BEREAVE. GROUP	31 CLOSED AT NOONTIME (no HESSCO lunch; Meals on Wheels will be delivered)  HAPPY NEW YEAR!	NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service.



A MESSAGE FROM YOUR STATE REPRESENTATIVE

Paul McMurtry

With autumn behind us, I'd like to thank the Seniors of Westwood for making my service possible. Please know that I am available to help with any concern or problem you may be experiencing. With heartfelt gratitude, I wish you and all your loved ones a happy and healthy holiday season.

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
Return Service Requested

PRSRT Non-Profit
US Postage
PAID
Norwood, MA
Permit #81

Westwood Council on Aging

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

Hours:

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

Staff and Contact Info

Lina Arena-DeRosa, Director
Trish Tucke, 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	Colleen Messing
Robert Folsom	Bill Sebet
James M. O'Sullivan	

Holiday Luncheon at the Westwood Senior Center

Tuesday, December 15 ~ Noontime

Sponsored by: Brookdale of Dedham, an Anonymous Donor,
State Senator Mike Rush and Rep. Paul McMurtry

\$5 donation requested

Don't let the holidays get you down...instead join us for laughs and great food catered by the Midway Restaurant of Dedham. There will be plenty of good food and lots of great company and a sing along during dessert. So come out of the cold and join us! Please sign up in advance as space is limited.

