

Westwood Recreation

Brochure & Community Guide

Winter 2020



MARK YOUR CALENDAR

New Year's Eve Fireworks

Sponsored by:

 **Roche Bros.**

March Into Summer

Saturday, March 14



**For 50 years, we've been at the
top of your shopping list.**

**Happy
New Year!**

**We'd like to thank you from the bottom
of our hearts.**

Since Pat and Bud Roche opened the doors to our fourth market in 1970, Roche Bros. has been the Westwood area's choice. You've counted on us as a personable, convenient one-stop shop for everything on your grocery list, delivered with our signature service.

As a proud part of our community, we have participated in a wide variety of local school programs and civic organizations. We are grateful to be your neighbors, at your service. We look forward to continuing to earn your business and be a thriving part of our community.

 **Roche Bros.**



SELECT BOARD

Nancy C. Hyde, Chair

Michael F. Walsh

John M. Hickey

TOWN ADMINISTRATOR

Chris Coleman

RECREATION COMMISSION

Ann Delaney, Chair

Joyce Cannon

Lynn Connors

Mitchell Katzman

Sheila Moylan

Robert Phillips

Paul Tucceri

Elizabeth Phillips, Associate Member

RECREATION STAFF

Nicole Banks

Recreation Director

Susan Perry

Aquatics Manager

Joseph Bertone

Program Manager

Kelley Peterson

Program Manager

Richard Adams

Business Manager

Samantha Packard

Aquatics Assistant Manager

Angela Lassig

Recreation Assistant

Brian Macdonald

Aquatics Specialist

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WESTWOOD RECREATION

240 Nahatan Street

Westwood, MA 02090

(781) 461-0070

EMAIL ADDRESS

recreation@townhall.westwood.ma.us

WEBSITE

www.westwoodrec.com

OFFICE HOURS

Mondays 8:30 AM-4:30 PM

Tuesdays 8:30 AM-7:00 PM

Wednesdays 8:30 AM-4:30 PM

Thursdays 8:30 AM-4:30 PM

Fridays 8:30 AM-1:00 PM

REGISTRATION + POLICY

WHEN TO REGISTER

WINTER REGISTRATION BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE

HOW TO REGISTER

ONLINE: www.westwoodrec.com

Click Register For Programs (below hours banner)> Click Account to log in using your email and password.

-OR- Create an account > Click Create a New Account > Enter email address and enter information as prompted for each family member.

Click Register > choose Programs or Activities (select program category, season, activity/class) or Purchase or Renew a membership (select New or Renew). Credit Cards: MasterCard, Visa or Discover

WALK IN: Public office hours at the Recreation Department.

Checks (*payable to Town of Westwood*), MasterCard, Visa, Discover (*card must be present*) or cash.

MAIL IN: Recreation Department, 240 Nahatan Street, Westwood, MA 02090.

Checks only accepted (*payable to Town of Westwood*) **Do not mail in credit card numbers.**

CONFIRMATION: Online registrations receive a receipt via email. All others please consider the registration accepted and report to your programs **unless** the Recreation Department notifies you.

POLICIES AND PROCEDURES

NON-RESIDENTS: An additional fee of \$10 per program per participant will be charged.

ENROLLMENT: All fees must be paid in advance. A person is registered when his/her payment and registration form have been accepted by the Recreation Department or a person has registered online. The Department reserves the right to cancel a program due to insufficient registration or if there are other reasons to prevent an acceptable presentation of an activity. There is a \$25 fee payable to the Town of Westwood for returned checks.

+ Programs must meet the minimum number of participants seven business days prior to start date or the program will be canceled. To avoid this, register early!

+ When a program meets the maximum number of participants, you are encouraged to sign up for the wait list. Recreation will try to accommodate you if the program allows expansion. Westwood residents are given priority placement off the wait list.

AGE/GRADE REQUIREMENTS: Participants **MUST** meet age/grade requirement by the first day of the program or session. No exceptions will be made.

REFUND/ACCOUNT CREDIT POLICY: When you register for one of our programs we depend on your participation to make it successful. A full refund/account credit will be made only if: programs are canceled, the Recreation Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Program withdrawals must be made at least 7 business days prior to the program start date to receive a refund (minus \$15 Administration Fee) or an account credit for the full program amount. Withdrawals occurring less than 7 days prior to the program start date **will not** receive a refund or account credit.

Refund/Credit Policy

Department cancels program

Department changes prohibit your attendance

Medical problem confirmed by a doctor's note

Withdraw **7 business days prior** to program start date

Withdraw **less than 7 business days prior** to program start date

Refund

Full Amount

Full Amount

Full Amount/Prorated

Full Amount minus \$15

NO REFUND

Account Credit

Full Amount

Full Amount

Full Amount/Prorated

Fee Full Amount

NO CREDIT

WEATHER POLICY

PROGRAMS: When Westwood Public Schools are closed, all recreation programs are canceled for that day and evening. If a storm develops during the day/weekends, or weather is questionable, please either call the Recreation Office 781-461-0070 or go to www.westwoodrec.com.

POOL FACILITY: In the event of inclement weather please check the lap and open swim schedule updates at www.westwoodrec.com, or call the Recreation Office 781-461-0070.

Program and pool facility information will be updated as follows:

- Morning programs after 5 AM • Afternoon programs after 1 PM • Evening programs after 4 PM

Westwood Recreation Department, 240 Nahatan Street, Westwood, MA 02090 (P) 781.461.0070 (F) 781.320.0376 www.westwoodrec.com
PAYMENT TYPES: CHECK (PAYABLE TO TOWN OF WESTWOOD), MASTERCARD, VISA, DISCOVER (CARD MUST BE PRESENT) OR CASH

Head of Household : _____ First Name _____ Last Name _____ D.O.B. ____/____/____
 Address: _____ Town: _____ Zip: _____
 Preferred Number: (____) _____ E-Mail Address: _____
 Emergency Contact: _____ Relationship: _____ Cell/Emergency Phone: (____) _____

RECREATION PROGRAMS

FIRST NAME	LAST NAME	D.O.B.	GENDER	PROGRAM	WEEK OR LEVEL	DATES/DAY	TIME	FEE	OFFICE
		__/__/__	M F						
		__/__/__	M F						
		__/__/__	M F						
		__/__/__	M F						
		__/__/__	M F						
		__/__/__	M F						
		__/__/__	M F						
		__/__/__	M F						

POOL MEMBERSHIP

TYPE	DURATION
_____ SINGLE _____ FAMILY _____ WESTWOOD SENIOR	_____ 1 MONTH _____ 3 MONTH _____ 6 MONTHS _____ 1 YEAR

PARTICIPANT ALLERGIES/RESTRICTIONS

Participant's Name _____ Please list any allergies, medications, physical restrictions or conditions you are willing to share that could affect participation in activities.

CONSENT AND RELEASE I DO HEREBY CONSENT to my participation, or my minor child, participation in recreation activities and/or use of pool facilities of the Town of Westwood. I am aware of the inherent hazards and the risk of injury of the activity/sport. I certify that I am in good physical condition and am able to safely participate in this activity/sport. I ASSUME all risks and hazards incidental to such participation, including transportation to and from activities. I AGREE to indemnify, hold harmless, and forever release the Town of Westwood, and all their employees, agents, board members, volunteers and any or all individuals and organizations assisting, sponsoring, or participating in recreation activities of the Town of Westwood ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or minor children or property damage resulting from my participation in a Town of Westwood recreation activity. I AUTHORIZE the Westwood Recreation Department to reasonable use of any and all images and statements of/by/about the participant during any part of a Westwood Recreation Department activity for promotional purposes, including on the internet. IN CASE OF EMERGENCY, I hereby give my permission to the staff and medical personnel selected by the Recreation Department, to act as my agent to provide care when necessary, or in the event of a more serious accident, to be transported to an emergency medical facility to receive emergency medical treatment. I AFFIRM that I have read this Consent and Release and that I understand the contents. I understand that my participation is voluntary and that I am free to choose not to participate in said activities. By signing this form, I affirm that I have decided to participate in the Town of Westwood's recreation activities with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer during participation.

SIGNATURE _____ DATE _____

CONTACTS + CONTENTS

COMMUNITY

Boy Scouts Troop 3 Westwood www.troop3westwood.org
Boy Scouts Troop 1 Islington scoutmaster@troop1islington.org
Community Chest www.wcchest.org
Foundation Westwood Education www.foundationforwestwoodeducation.org
Hale Reservation www.halereservation.org
Lions Club of Westwood www.westwoodlions.org
Rotary Club of Westwood www.westwoodrotary.com
The Arc of South Norfolk www.arcsouthnorfolk.org
Town of Westwood www.townhall.westwood.ma.us
Westwood Chinese School www.westwoodcs.org
Westwood Girl Scouts www.girlscoutseasternmass.org
Westwood Historical Society www.westwoodhistoricalsociety.com
Westwood Media Center www.westwoodmediacenter.tv
Westwood Public Schools www.westwood.k12.ma.us
Westwood Walpole League of Women Voters www.lwwestwoodwalpolededham.org
Westwood Young Women's Club www.wywc.org
Westwood Winds Community Band www.westwoodwinds.org

YOUTH + ADULT SPORTS

Over 30 Men's Softball soxpats75@gmail.com
Westwood Boys Youth Lacrosse www.westwoodyouthlacrosse.com
Westwood Girls Youth Lacrosse westwoodgirlslacrosse@gmail.com
Westwood Little League Baseball www.westwoodlittleleague.com
Westwood Track Club www.trackclinic.com
Westwood Youth Basketball www.westwoodbasketball.org
Westwood Youth Hockey www.leagueathletics.com/?org=wyh.org
Westwood Youth Soccer www.westwoodsoccer.org
Westwood Youth Softball www.westwoodyouthsoftball.org
Westwood Youth Football www.dswyouthfootball.org

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AQUATICS SWIM LESSONS



WATER BABIES /PARENT AND CHILD (WB/PC)*

ages 9 months +*

Parent/Caregiver and his/her child will explore the water; entering with permission, exiting safely, submerging eyes, nose and mouth, buoyancy front and back, changing body position, arm strokes and kicks with support. Please register with child's name. Min 4/Max 15

**All children who are not fully toilet-trained must wear a swim diaper, elasticized vinyl pant and swim suit.*

PRESCHOOL (PS345) ages 3-5

The child explores many aspects of the water both on and off the teaching docks including: safety, entry and exit, buoyancy, breath control, submersion, front and back float, rolling over, and arm and leg action. All participants must be fully toilet-trained. Min 4/Max 8

LEVEL 1 (L1) INTRODUCTION TO WATER ages 4+

Participants must be four (4) years of age or older and comfortable with going underwater. At this level, swimmers explore: blowing bubbles, opening eyes underwater, floating on back and front with recovery, alternating arm action and kicking, changing position, treading water, and water safety. Min 4/Max 8

LEVEL 2 (L2) FUNDAMENTAL SKILLS

Participants must have passed Level 1. At this level, swimmers explore: jumping into shallow water, submerging entire head, picking objects off of bottom, breathing rhythmically, gliding front and back, changing position, combining arm and leg action on front and back, and water safety. Min 4/Max 8

LEVEL 3 (L3) STROKE DEVELOPMENT

Participants must have passed Level 2. At this level swimmers explore jumping into deep water from the side, entering head first from the side, rotary breathing, changing direction, treading water, front crawl, elementary backstroke, dolphin kick, scissors kick, and water safety. Min 4/Max 8

LEVEL 4 (L4) STROKE IMPROVEMENT

Participants must have passed Level 3. At this level, swimmers explore: diving from the side, underwater swimming, feet-first surface dive, open turns with streamline position, front crawl, breaststroke, butterfly, back crawl, elementary backstroke, sidestroke, treading water and water safety. Min 4/Max 8

LEVEL 5 (L5) STROKE REFINEMENT

Participants must have passed Level 4. At this level, swimmers will explore: shallow diving from the side, pike and tuck surface dives, flip turns, treading water with different kicks, front crawl, butterfly, breaststroke, back crawl, elementary backstroke, sidestroke, survival swimming, sculling, and water safety. Min 4/Max 8

SWIM LESSON OBSERVATION POLICY

Please join us in the Pool Spectator Area to observe swim lessons. We welcome your enthusiasm and ask you to respectfully abide by the guidelines listed below.

Observation Guidelines:

- Enter and exit the Spectator Area through the Pool Lobby
- Turn off or silence all electronic devices
- Children observing a lesson must be accompanied and actively supervised by an adult
- All spectators must remain seated for the duration of the lesson
- Restrooms are available off the Pool Lobby for spectators
- Westwood Recreation reserves the right to remove anyone who presents a distraction to the class. Thank you for your cooperation!

SESSION C				SWIM LEVELS			
DATES (5 classes)	FEE	WB/PC	PS345	L1	L2	L3	L4/L5
Mon, Jan 6-Feb 10 (NO 1/20)	\$100	9:30-10:10					
Tue, Jan 7-Feb 4	\$100		1:15-1:55				
Short Wed, Jan 8, 22; Feb 5, 26; Mar 11	\$100			1:00-1:40	1:00-1:40	1:50-2:30	1:50-2:30
Thu, Jan 9-Feb 6	\$100			1:15-1:55			
Fri, Jan 10-Feb 7	\$100		10:00-10:40				
Sat, Jan 4-Feb 8 (NO 1/18)	\$100	9:00-9:40	8:15-8:55	9:45-10:25	10:30-11:10		
Sun, Jan 5-Feb 9 (NO 1/19)	\$100			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10
SESSION D				SWIM LEVELS			
DATES (5 classes)	FEE	WB/PC	PS345	L1	L2	L3	L4/L5
Mon, Mar 2-30	\$100	9:30-10:10					
Tue, Mar 10-Apr 7	\$100		1:15-1:55	4:00-4:40	4:45-5:25	5:30-6:10	
Thu, Mar 12-Apr 9	\$100			1:15-1:55	4:00-4:40	4:45-5:25	5:30-6:10
Fri, Mar 6-Apr 3	\$100		10:00-10:40				
Sat, Feb 29-Apr 4 (NO 3/14)	\$100	9:00-9:40	8:15-8:55	9:45-10:25	10:30-11:10		
Sun, Mar 1-29	\$100			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10

AQUATICS PROGRAMS



PRIVATE/SEMI-PRIVATE SWIM LESSONS *ages 4+*

Certified Water Safety Instructors

\$185 Private, 1 swimmer (Five, 30 minute lessons)

\$240 Semi-private, 2 swimmers (Five, 30 minute lessons)

Private lessons are for individuals of all abilities **ages 4 through adult**. American Red Cross Water Safety Instructors provide one-on-one instruction. Semi-private lessons are lessons with two swimmers of similar ability.

Register online to REQUEST private or semi-private lessons. You will be contacted with lesson options based on pool and instructor availability. Every attempt will be made to accommodate you but there is no guarantee. Payment is due when the lesson date and time is confirmed.



LIFEGUARD TRAINING *ages 15+*

Susan Perry, Aquatics Manager

Samantha Packard, Assistant Aquatics Manager

Tue-Fri, Feb 18-21, 8:00 AM-5:00 PM

\$325 (4 days) Min 4/Max 18

Pre-Skills Screening: Mon, Jan 6, 7:15 PM

This course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. CPR and First Aid included.

Full participation is required. Candidates must pass a skills screening prior to registration. Registration is taken on a first-come first-serve basis after successful completion of the pre-skills screening Jan 6, 7:15 PM.

AQUA FITNESS *ages 18+*

Susan Perry, Aquatics Manager

Tue, Wed, Thu, Jan 2-Mar 26 (No 2/18, 2/19, 2/20, 3/25, 3/26)

8:45-9:45 AM

\$80 Punch Pass (10 classes) Min 6/Max 24

This is a water workout for all abilities. Focus is given to posture, major muscle groups, and range of motion. Participants work at their own speed. Varying intensities will be presented. Aqua belts provided for deep water work option.

SENIOR SWIM *ages 60+*

Tue + Thu, Jan 2-Mar 26 (No 2/18, 2/20), 1:00-2:15 PM

\$5 per swim or Current Pool Membership

A relaxed and tranquil atmosphere, the pool offers a perfect opportunity to swim laps, walk or gently stretch in the water. Call a friend and meet at the pool.



AQUATICS PROGRAMS



UNDERWATER HOCKEY *ages 18+*
Greater Boston Underwater Hockey League
Mondays, 8:30-10:30 PM
\$20 per person per night
Contact: Larry Colson 508-344-6747

Dive into the ultimate underwater experience! Looking for a great way to have fun and stay healthy? Anyone who likes swimming, snorkeling, or SCUBA will enjoy this fun, non-contact team sport.

No special equipment is necessary for beginners. Padded gloves (for your stick hand so you don't scrape your hand on the pool bottom) and a stick will be provided to beginners. If you have a mask, snorkel or fins bring them – if not, let us know and we can provide it for you.

Underwater Hockey is a team sport played throughout the world. For a detailed description of Underwater Hockey, go to usauwh.org, or YouTube.com. It is a great way to stay in shape, is an excellent cardiovascular activity and more interesting than swimming laps. Discounts are available for students and multiple family members. There is no charge for first timers. Stop by to see the action!



INTRO TO PADDLE BOARDING *ages 8+*
Brian Macdonald, Aquatics Specialist
\$100 Private (One, 1.5 hour lesson)

Have you ever gone on vacation and wanted to try paddle boarding, but did not know how? This course is for you. You will learn the basics of how to paddle board in a controlled environment under the support and direction of an instructor. Course content includes: safety, set-up, launching, paddling, navigating, and disembarking. Sense of humor is helpful, but not required! (Inflatable paddle boards will be used for instruction) Participants must have Basic Swimming Competency.

Register online to REQUEST private paddle boarding lessons. You will be contacted with lesson options based on pool and instructor availability. Every attempt will be made to accommodate you but there is no guarantee. Payment is due when the lesson date and time is confirmed.

SCUBA DIVING *ages 10+*
South Shore Divers



This scuba diving course consists of a three week session, meeting two days per week, on Tuesday and Thursday evenings.

For greater detail and to register, go to: southshoredivers.com

BOOK A POOL PARTY TODAY!

Pool parties are great for all ages and any occasion!

PARTY

To inquire about booking a pool party, email
sperry@townhall.westwood.ma.us

FEBRUARY VACATION



VACATION ART *grades 2-5*
 Thurston Middle School Cafeteria
 Lisa Walker
 Tue-Thu, Feb 18-20, 9:00 AM-12:00 PM
 \$140 (3 classes) Min 6/Max 12

Calling all artists! If your child has a passion for creating things with their hands, these classes are a must! Students will create individual and group pieces in both 3D and 2D. 3D art explores three dimensions while learning about carving, modeling and sculpture using recycled products, mixed media, clay and more. 2D art explores the mark on a flat surface while learning about graphite, colored pencils, watercolor and more. No prior experience required. All supplies provided. Please provide a snack and a water bottle. Wear clothes that can get dirty.

ADVENTURE DAYS *ages 3-5*
 Islington Community Center
 Recreation Staff
 Min 6/Max 12

It is all about having fun! Enjoy a packed day with crafts, stories, games, dramatic play, songs, outdoor play, and more. Participants should be prepared for outdoor play and need to bring drinks, nut free snacks and lunch. **Participants must be toilet trained.**

Day	Date	Time	Fee
Tue	Feb 18	9:00 AM-1:00 PM	\$45
Wed	Feb 19	9:00 AM-1:00 PM	\$45
Thu	Feb 20	9:00 AM-1:00 PM	\$45

FEBRUARY VACATION CLUB *grades K-6*
 Thurston Middle School Cafeteria / Recreation Pool Lobby
 Recreation Staff
 Tue-Thu, Feb 18-20, 9:00 AM-3:00 PM
 \$175 (3 classes) Min 12/Max 40

It's fast moving fun with a variety of sports and games activities including basketball, soccer, dodgeball, wacky relay races, capture the flag and more. There will be contests and tournaments with fun prizes. Talk it up with your friends; let's have a blast during vacation! Participants need to bring a peanut/nut free snack, water bottle and lunch. Sneakers required. Optional swim period at 1pm. Pack a swim suit and towel.

HALF DAY OPTION
 Don't need a full day of care? 9:00-12:00 and 12:00-3:00 options are also available (\$100 per session.)

FRIDAY FIELD TRIP *grades K-6*
 UNITED SKATES OF AMERICA
 Recreation Staff
 Fri, Feb 21, 9:00 AM-3:00 PM
 \$55 Min 12/Max 26

United Skates of America is a fun destination for roller skating, arcade, laser tag and indoor rock climbing! Come join us for a day of fun!

VIDEO GAME WORKSHOP *grades 6-8*
 Westwood Media Center
 Connor Lynch
 Tue-Thu, Feb 18-20, 9:00 AM-12:00 PM
 \$78 (3 classes) Min 3/ Max 6



Do you love to build in Minecraft? Then this workshop is just for you. You'll be challenged to build a property and make a video to sell to potential buyers. You will get to use your existing building skills and learn editing techniques using Adobe Premiere. Also included is our Mario Kart Challenge where drivers will go head to head while your friends announce commentary and learn the studio switcher. Prior experience using Minecraft is recommended but not mandatory.



PARENT-CHILD + PRE-K



PARENT-CHILD

TERRIFIC TOTS *ages 18-36 months*

Islington Community Center
Jenny Slocum, M.Ed.

Session A: Thu, Jan 16-Mar 12 (No 2/20), 10:30-11:30 AM
\$85 (8 classes) Min 6/ Max 10

Session B: Fri, Jan 17-Mar 13 (No 2/21) 9:30-10:30 AM
\$85 (8 classes) Min 6/ Max 10

Join us for a relaxed class featuring free play, singing, dancing and a craft. It's a great way to socialize and make new friends.



BOPPIN' BABIES *ages 0-18 months*

Islington Community Center
Jenny Slocum, M.Ed.

Wed, Jan 15-Mar 11 (No 2/19), 9:30-10:15 AM
\$85 (8 classes) Min 6/ Max 10

Sing! Dance! Play! Get your bodies moving in a class just for little ones!

ANIMAL ADVENTURERS *ages 2-5*

Islington Community Center
Jenny Slocum, M. Ed.

Thu, Jan 16-Mar 12 (No 2/20) 9:30-10:15 AM
\$85 (8 classes) Min 6 / Max 10

Explore the amazing animal world through hands-on activities, songs, crafts and fun.

SUPER SCIENTISTS *ages 2.5-5*

Islington Community Center
Jenny Slocum, M.Ed.

Wed, Jan 15 – Mar 11 (No 2/19), 10:30-11:15 AM
\$127 (8 classes) Min 6/Max 10

Can you make a bubbling fizzing eruption? How do you make an egg float? This science class builds on children's natural desire to explore, build, and question. Children will engage in hands-on activities that support the development of early critical thinking and reasoning skills. Children will also have an opportunity to engage in gross motor activity and games.

PRE-K

PRESCHOOL PROGRAM PARTICIPANTS MUST BE TOILET TRAINED

ADVENTURE DAYS *ages 3-5*

Islington Community Center
Jenny Slocum, M.Ed. + Recreation Staff

\$45 (1 class) Min 6/Max 15

It is all about having fun! Enjoy a packed day with crafts, stories, games, dramatic play, songs, outdoor play and more. Participants should be prepared for outdoor play. Participants need to bring nut free snacks and lunch.

Day	Week 1	Week 2	Time
Mon	Dec 9	Dec 16	9:00 AM-1:00 PM
Tue	Dec 10	Dec 17	9:00 AM-1:00 PM
Wed	Dec 11	Dec 18	9:00 AM-1:00 PM
Thu	Dec 12	Dec 19	9:00 AM-1:00 PM
Fri	Dec 13	Dec 20	9:00 AM-1:00 PM

FEBRUARY VACATION ADVENTURE DAYS ON PAGE 9

JUNIOR SCIENTISTS: PHYSICS AND THE PHYSICAL WORLD *ages 3-5*

Islington Community Center
Jenny Slocum, M. Ed.

Fri, Feb 7-Mar 20 (No 2/21), 11:00 AM-12:00 PM
\$120 (6 classes) Min 6 / Max 8

Can bubbles be different shapes? How can you keep ice from melting quickly? This science class builds on children's natural desire to explore, build, and question. Children will engage in hands-on activities that support the development of early critical thinking and reasoning skills.

ARTS

MUSIC LESSONS *ages 5+*

The Band Gig School of Music and Performance
66 Eastern Ave, Dedham
The Band Gig School Staff
January-March Session
\$148 (Five, 30 min lessons)

Ever thought about playing a musical instrument? Now is your chance to get started! Band Gig School of Music offers introductory private music instruction to Westwood Recreation participants at discounted pricing. Lessons are offered to anyone who has an interest in learning an instrument or getting back into playing one. Instruments offered: Voice, Piano, Guitar, Bass, Drums, Ukulele, Strings, Saxophone, Violin and many more! *Register online under Music Lessons. Choose preferred day of the week and instrument. Band Gig School Staff will contact you to schedule your lessons.*

“TROLLS” MUSICAL THEATRE *ages 5-13*

Islington Community Center Hall
Aly Pereira
Tue, Jan 28-Mar 24 (No 2/18), 3:45-4:45 PM
\$120 (8 classes) Min 5/Max 25

Join in the fun; take part in a musical theatre performance. Children will learn the basics of putting together a production. Participants will audition for a role in the musical “Poppy’s Medley Excerpts.” This play has been rewritten along the theme of the original “Trolls.” Children will sing, dance, and act their way into a world of excitement. Everyone receives a speaking part of some kind. No experience required. Costumes are encouraged, but not necessary.



THURSTON ART SERIES *grades 6-8*

Thurston Middle School
Lisa Walker
Mon, Jan 27, Feb 24, Mar 30 2:30-4:00 PM
\$60 (3 classes) or \$25 (per class) Min 6 / Max 8



Come join us the last Monday of the month to explore these modern art styles.

POP! Art
Mandala Art
Sneaker Art

Comic book-style art that emerged in London
Spiritual art made from geometric designs
Design your own unique sneaker style



HIP HOP *ages 5-13*

Islington Community Center Hall
Aly Pereira
Fri, Jan 17-Mar 13 (No 2/21), 5:00-6:00 PM
\$120 (8 classes) Min 5/Max 20

Come join in on the fun of learning the latest dance moves to the most popular music out right now! Students will learn various dances to popular songs. The class incorporates choreography and different forms of freestyle movement. New dances are taught every session! At the end of the 8 week session, the children will have a short performance showcasing their hard work.



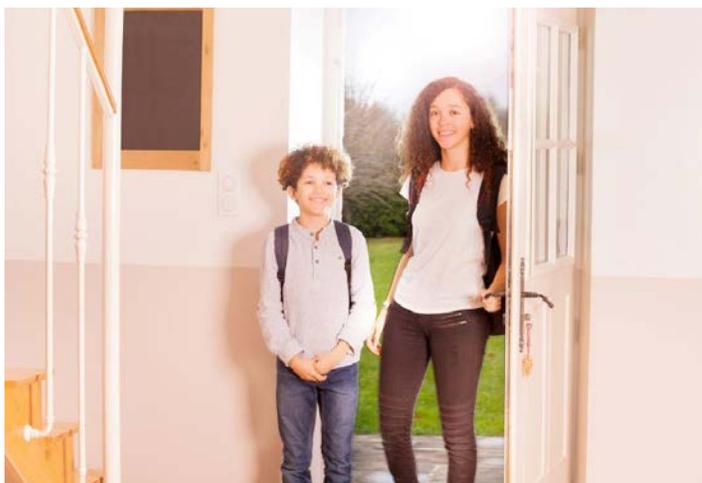
SINGERS ANONYMOUS *ages 16+*

Custom Art Framing, 45 Central Street, Norwood
Halley Elwell
Thu, Jan 9-Mar 12, 6:30-8:00 PM
\$135 (10 classes) Min 5/Max 12

Would you like to sing but you’re not sure where to get started? In this class you will explore the voice in a friendly and supportive environment as you unlearn everything you thought you knew about singing! Have fun, get to know your unique voice better, and come away with more confidence as you learn how to gain control of your voice through exercises, ear training and group and solo singing.

If you have any questions about this course, please contact Nick Vecchio at nick@band-gig.com or call 781-686-1526.

YOUTH



HOME ALONE SAFETY *ages 8-11*

Islington Community Center
Juanita Allen Kingsley, W-EMT
Wed, Feb 5, 1:00-3:30 PM
\$55 (1 class) Min 6/Max 15

Learn the basics of being safe when home alone for short periods of time. We'll talk about how to answer the telephone and door, internet safety, first aid techniques, accident prevention, and fire protection. Participants will watch a short video and be involved in role-play.

BLAST-BABYSITTING SAFETY *ages 11-15*

Islington Community Center
Juanita Allen Kingsley, W-EMT
Wed, Feb 5, 3:30-6:00 PM
\$65 (1 class) Min 6/Max 12

This course covers the basics of infant and childcare safety. Learn how to react responsibly to medical emergencies/injuries and perform first aid. Learn how to set up and run your own babysitting business. Participants receive a book and a sitter checklist. Please bring nut free snack & drink.

SHORT WEDNESDAY CREATIVE CRAFTS! *grades K-5*

Downey School Art Room
Lisa Walker + Recreation Staff
Short Wed, Jan 8, 22; Feb 5, 26; Mar 11, 25, 11:50 AM-3:00 PM
\$150 (6 classes) Min 10/Max 25

Join us on short Wednesdays for crafts such as holiday crafts, jewelry making, board games and more! Program promotes imagination and creativity! Participants will eat their lunch before activities. **Please bring peanut/nut free snacks, lunch, water bottle and drinks.**

Staff will be at Downey for 11:50 AM dismissal to supervise participants attending this program. The actual program begins at 12:30 PM.

LEGO® STEM CHALLENGE *ages 5-12*

Downey School
PlayWell Staff
Mon, Jan 13-Mar 16 (No 1/20, 2/17), 3:15-4:45 PM
\$185 (8 classes) Min 11/Max 16



Level up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects. This winter's theme is cars, rail racers and forklifts. Design and build as never before and explore your craziest ideas.

GUINNESS WORLD RECORD CHALLENGE *grades 6-8*

Thurston Middle School Gym and Cafeteria
Recreation Staff
Thu, Jan 23-Feb 13, 2:30-3:30 PM
\$25 (4 classes) Min 5/Max 12



Do you have what it takes to be a world record holder? Compete with friends at crazy challenges such as most M&Ms eaten in a minute using chopsticks, most spoons balanced on face in one minute, fastest 50 meter dash on hands and feet, etc.!

SATURDAY STEAM *ages 5-10*

Islington Community Center
Recreation Staff
Sat, Jan 11, 25; Feb 8, 29; Mar 7, 9:00-10:30 AM
\$150 (5 classes) Min 5/Max 12



Through fun experiments and hands-on activities, participants will discover how Science, Technology, Engineering, the Arts and Mathematics relate to each other in the real-world. Each week of the course will be based around each of the STEAM subjects, and give children the opportunity to build, create, problem-solve and play!

LEARN TO COOK WITH MISS JEANNINE *grades 4-8*

Thurston Middle School
Chef Jeannine, Head Chef at Downey Elementary
Long Wednesdays – Jan 15, 29; Feb 12; Mar 4, 18, 3:30-5:00 PM
\$150 (5 classes) Min 6/ Max 12



Studies show that encouraging kids to be involved in meal preparation is an effective health promotion strategy for both kids and parents. And that eating home cooked food is associated with better quality diets. Start now and encourage a love of cooking in your child. Miss Jeannine will show kids how to prepare simple, easy meals that the whole family can enjoy. We will also learn new cooking skills every week like knife skills and food safety.

FITNESS



ADULT HATHA YOGA *ages 16+*

Westwood Public Library Conference Room
Linda Margosian, Certified Hatha Yoga Instructor
Thu, Jan 9-Mar 19 (No 2/20), 6:45-8:15 PM
\$170 (10 classes) Min 5/Max 12

Embark on a journey that unites body, mind, and spirit. The practice of yoga creates strength, balance, focus, coordination, and flexibility. At the same time it brings a sense of inner calm and well-being. All abilities welcome. Please bring a yoga mat and blanket.

BOOT CAMP *ages 18+*

Westwood High School Gym
Core Asset Staff

Session A: Tue & Thu, Jan 7-Feb 27 (No 2/18, 2/20), 6:00-7:00 AM
Session B: Tue & Thu, Mar 10-Apr 30 (No 4/21, 4/23), 6:00-7:00 AM
\$175 (14 classes) Min 8/Max 35

Boot Camp is a varied workout that includes resistance and bodyweight training, high intensity intervals and cardio. It is appropriate for men and women of varied fitness levels, and modifications are available to accommodate for past injuries or perceived strengths and weaknesses. It is an ideal cross training addition to a current workout regime. Participants need a mat, light weights and water. Class will be held in WHS Gym.

YOGA FOR EVERYONE *ages 16+*

Westwood Public Library Conference Room
Linda Margosian, Certified Yoga Instructor
Sun, Jan 12-Mar 15, 2:30-4:00 PM
\$170 (10 classes) Min 5/Max 12



Gain health and happiness. Participants will relax their body and mind through modifiable yoga poses. All abilities welcome. Please bring a yoga mat and a blanket.



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ADULT + TEEN

ARTFUL STRUMMERS *ages 16+*

The Band Gig School of Music and Performance
66 Eastern Ave., Dedham
The Band Gig School Staff
Tue, Jan 7-Mar 10, 6:30-8:00 PM
\$135 (10 classes) Min 5/Max 12

This course is designed to teach a beginner, with no prior musical training, how to play and understand the ukulele. Players will learn positions for open and foundational chords, as well as short scales that will allow them to play and jam along to countless folk and contemporary pop songs. Bring your own Soprano or Alto/ Concert ukulele and music stand. An electronic tuning device such as a Snark Tuner is also recommended.

If you have any questions about this course, please contact Nick Vecchio at nick@band-gig.com or call 781-686-1526.

BOXWOOD DECORATING *ages 18+*

Westwood Gardens Flower Shop, 934 High Street
Westwood Gardens Staff
Thu, Dec 12, 7:00-9:00 PM
\$65 (1 class) Min 6/Max 12

Grab a friend and join us at Westwood Gardens Flower Shop on December 12. Fill your heart with the holiday spirit while you decorate a beautiful boxwood tree. This is a wonderful opportunity to gather with friends and take home a beautiful boxwood tree to share with family and friends.

FIRST AID & CPR/AED *ages 15+*

Islington Community Center
Juanita Allen Kingsley, W-EMT
Wed, Feb 5, 6:00-9:00 PM
\$90 (1 class) Min 5/Max 10

With focus on children, this course will cover: CPR, AED, First Aid, Medical/Injury Emergencies, Allergies, Epipens, and Asthma. Participants will receive a 2 year certification in Pediatric First Aid and in Adult and Pediatric CPR/AED.

FIRST AID FOR GRANDPARENTS

Islington Community Center
Juanita Allen Kingsley, W-EMT
Wed, Mar 4 + 11, 10:00-11:30 AM
Must attend both days
\$90 (2 classes) Min 6/Max 10

If you're a grandparent caring for kids, you want to know how to respond in case of a first-aid emergency. Much has changed since you may have used first aid with your own children. In two sessions, you'll learn to handle injuries and manage illness for the first few minutes until help arrives. We'll cover first aid basics: medical, injury, and environmental emergencies; and CPR for all ages and how to use an AED. We'll learn about allergies and epipens too. You will receive an American Safety and Health Institute certification in Pediatric First Aid, CPR and AED use upon successful completion of this course.



DOG TRAINING PROGRAMS *owners of all ages – 12 and younger must be accompanied by an adult*

Islington Community Center Hall
Susan Lowell, Pet Providers

When registering please register your dog with their ages. Copies of shots must be provided at the first class.

PUPPY KINDGARTEN *puppies <20 months*

Session A: Thu, Jan 9-Feb 13, 6:30-7:30 PM
Session B: Thu, Feb 27-Apr 2, 6:30-7:30 PM
\$150 (6 classes)

The AKC S.T.A.R. Puppy (Kindergarten) is an exciting program designed to get dog owners and their puppies off to a good start. Help your puppy become a well behaved member of your family and the community. This is the first step for dogs moving on to Canine Good Citizen.

OLDER PUPPY *20 months-2 years*

Session A: Thu, Jan 9-Feb 13, 7:30-8:30 PM
Session B: Thu, Feb 27-Apr 2, 7:30-8:30 PM
\$150 (6 classes)

Your dogs will accompany you to all six classes and they will learn commands such as, go to your place, train with distractions, attention and much more.

SINGERS ANONIMOUS *ages 16 +*

Custom Art Framing, 45 Central Street, Norwood
Halley Elwell
Thu, Jan 9-Mar 12, 6:30-8:00 PM
\$135 (10 Classes) Min 5/ Max 10

Would you like to sing but you're not sure where to get started? In this class we will explore the voice in a friendly and supportive environment as you unlearn everything you thought you knew about singing! Have fun, get to know your unique voice better, and come away with more confidence as you learn how to gain control of your voice through exercises, ear training, and group and solo singing.

If you have any questions about this course contact Nick Vecchio at nick@band-gig.com or call 781-686-1526.

ADULT + TEEN

ORGANIZATION CLASSES *ages 18+*

Westwood Public Library
Patricia Nelson, Owner, Finely Functional Home Organization

LET'S GET ORGANIZED! - A TOOL KIT FOR REGULAR FOLKS

Wed, Jan 22, 6:30-8:30 PM
\$30 (1 class) Min 10/Max 20

Are you looking to become more organized? This class will help you get motivated to start the process. We will discuss organizational strategies, tips and tricks for everyday living and all of those pain points in your home. Learn how to get started, how to utilize the space in your home and how to create realistic workflows.

DE-CLUTTERING

Wed, Feb 12 + Mar 4, 6:30-8:30 PM
\$65 (2 classes) Min 10/Max 15

Part 1 – Where and how to begin.

Do you want to de-clutter your home but just can't seem to get started? Come Join Us! This class will provide strategies, support and resources for donation and disposal. We will work on a personal action plan and give tips for staying motivated. We will also challenge our thinking around our stuff, address the practical and emotional roadblocks to de-cluttering and discuss the possibilities that open up when we make room for the NOW while still honoring the past.

Part 2 – After De-cluttering – Now what?

Creating zones, workflows and systems that work for you in your space. Participants can bring pictures of their target spaces and we will troubleshoot and recommend organizational systems. We'll discuss storage products in various price points. Instructor will be available in-between classes for consultation via email and phone.

LIFE CHANGING STRATEGIES *ages 16+*

Westwood Public Library Conference Room
Linda Margosian, Certified Yoga Instructor
Fri, Jan 10-March 6 (No 2/21), 12:00-1:00 PM
\$135 (8 classes) Min 5/Max 12



Stress takes a toll on our health. In this class, we will discuss some helpful ways to handle stress and live healthy, vibrant lives through life style changes including the importance of good quality sleep, healthy eating habits, exercise and meditation. We will practice gentle yoga and breathing techniques for relaxation and meditation. The class will end resting on our mats with a guided relaxation and a short inspirational reading. Please bring a yoga mat.



DRIVER EDUCATION CLASSES *ages 15 and 9 months+*

Westwood High School
Teachers Driving Academy
\$119 (1 session) Min 10/Max 25

Registration Procedure:

1. Go directly to TDA's website www.teachersdrivingacademy.com
2. Click on register for classes, scroll down the page and click on Westwood.

Program fee includes the MASS RMV teens driver's education certificate fee which TDA will pay the RMV on your behalf upon completion. Less hassle for you!

**Required Parent & Student Class: see schedules below*

At least one parent/guardian must attend Parent Class. Parents who already attended a class within the past 5 years are exempt. **Students must be 15 years and 9 months old to attend;** bring a copy of your birth certificate, a notebook and a pen. Questions: 774-203-3245

DECEMBER 2019 SCHEDULE

*Tue, Dec 10, 3:00 PM-5:00 PM
Tue, Dec 17, 3:00 PM-7:15 PM
Mon, Dec 23, 8:00 AM-2:30 PM
Thu, Dec 26, 8:00 AM-2:30 PM
Fri, Dec 27, 8:00 AM-2:30 PM
Mon, Dec 30, 8:00 AM-2:30 PM

**Required parent + student class*

FEBRUARY VACATION 2020 SCHEDULE

*Tue, Feb 11, 3:00 PM-5:00 PM
Thu, Feb 13, 3:00 PM-7:15 PM
Tue, Feb 18, 8:00 AM-2:30 PM
Wed, Feb 19, 8:00 AM-2:30 PM
Thu, Feb 20, 8:00 AM-2:30 PM
Fri, Feb 21, 8:00 AM-2:30 PM

**Required parent + student class*

SPORTS

DODGEBALL *grades k-5*

Downey School Gym

Recreation Staff

Mon, Jan 27-Mar 9 (No 2/17), 3:15-4:30 PM

\$95 (6 classes) Min 10/Max 20

There are oodles of creative and competitive dodgeball games to play. Participants will work together, strategize and exercise without even knowing it! Using their creativity, teams will create their own Dodgeball game. Bring a water bottle.

BASKETBALL *grades K-3*

Downey School Gym

F.A.S.T. Athletics

Thu, Jan 30-Mar 19 (No 2/20), 3:30-4:30 PM

\$105 (7 classes) Min 10/Max 24

3.....2.....1.....bzzzz. Our basketball program will help increase the student's confidence in passing, shooting, and dribbling skills so when it's time to make that game winning shot they are ready! They will also learn the proper techniques of playing defense, rebounding and boxing out. Besides playing scrimmages, the students will also play games such as knock out, dribbling relay races, and hot hands.

PRE-K BASKETBALL *ages 3-6*

Downey School Gym

F.A.S.T. Athletics

Thu, Jan 30-Mar 19 (No 2/20), 4:30-5:15 PM

\$105 (7 classes) Min 10/Max 24

Minihoops, miniballs and a ton of fun! This class is created for 3-6 year olds and will work on having fun while learning some fundamentals of basketball. There will be lots of team games, as well as parental participation to encourage the children! Dribbling, passing, and shooting will be the three main fundamental focuses throughout this program.

THURSTON AFTER SCHOOL SPORTS *grades 6-8*

Thurston Middle School Gym

Recreation Staff

Thu, 2:30-3:30 PM



Intramural sports give students the opportunity to engage in physical activity in a fun and relaxed environment. The cold winter months make it difficult to get outside and get moving, but these exciting indoor games will provide a place for students to be active with friends. Dodgeball: Multiple versions including a tournament. Matball: Fast-paced team game similar to kickball. Basketball: Pickup games and 3 on 3 tournament.

DODGEBALL:

Thu, Jan 16, 23 + 30

\$10 (3 classes) Min 6/Max 30

MATBALL:

Thu, Feb 6, 13 + 27, (No 2/20)

\$10 (3 classes) Min 6/Max 30

BASKETBALL:

Thu, Mar 5, 12 + 19

\$10 (3 classes) Min 6/Max 30

MINISPORTS *ages 3-6*

Downey School Gym

F.A.S.T. Athletics

Wed, Jan 15-Mar 4 (No 2/19), 3:30-4:15 PM

\$105 (7 classes) Min 10/Max 24

This program is a combination of warm-up games and sports such as soccer, kickball, and tball. It will ease children into learning the basics of all these great games as well as teaching them the importance of team work! Each class F.A.S.T. Athletics will have new and exciting games planned for the students.



FLOOR HOCKEY *grades 2-5*

Downey School Gym

Recreation Staff

Tue, Jan 14-Feb 25 (No 2/18), 3:15-4:30 PM

\$95 (6 classes) Min 10/Max 20



Each class will begin with a brief warm up practicing core hockey skills such as dribbling, passing and shooting. The class will then transition into game play where participants will be coached through game situations with a focus on teamwork and sportsmanship.

SHORT WEDNESDAY SPORTS & GAMES *grades K-5*

Downey School Gym and Field

Recreation Staff

Wed, Jan 8, 22; Feb 5, 26; Mar 11, 25, 11:50 AM-3:00 PM

\$150 (6 classes) Min 10/Max 25

Activities include: capture the flag, dynamite, dodgeball, flag football, soccer and a variety of different sports. Program promotes good sportsmanship and teamwork. Participants will eat their lunch and then play. **Please bring peanut/nut free snacks, lunch, water bottle and drinks.**

Staff will be at Downey for 11:50 AM dismissal to supervise participants attending this program. The actual program begins at 12:30 PM.

SPECIAL EVENTS

New Year's Eve Fireworks



Tuesday, December 31

7:00 PM

Westwood High School

Special thanks to our sponsor



Atlas PyroVision Entertainment Group

Westwood Fire Department

Westwood Police Department

Westwood Department of Public Works

SAVE *the* DATE

MARCH INTO SUMMER

Saturday, March 14

Recreation Department

ALL AGES WELCOME - FREE

10% Discount will be applied for qualifying summer registrations paid in full

- Summer program preview
- Activities
- & MORE!

FULL DETAILS THIS FEBRUARY!





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YOUTH + FAMILY SERVICES

What We Do:

Westwood Youth & Family Services has been supporting and advocating for the children and families in our community since 1986. We are a municipally funded agency providing clinical and supportive services designed to foster the healthy growth of children ages 4-18.

Westwood Youth & Family Services works in close collaboration with town agencies, the Westwood Public Schools, and other community based non-profit groups. Parents and children often contact us because of school-related behavior or academic issues, peer and social problems, child and parent conflict, or other behavioral problems associated with typical child and family development.

For more information on any of our services including counseling, mentor programs, community programming and other resources please contact us at youth@townhall.westwood.ma.us or (781) 320-1006.



Staff

Danielle Sutton, LICSW – Director
Sarah Baroud, LICSW – Clinical Coordinator
Emily Greco, LCSW – Clinician
Breann Whitelaw, MSW – Interim Clinician
Mary Ellen LaRose, M.Ed. – Administrative Asst.
Hope Dragelin – Graduate Intern



LIMITED SPOTS AVAILABLE FOR STRUCTURED PLAY GROUP!

Kindergarten/1st Grade

- Thursdays, Dec 5-Feb 6th at the Islington Community Center

4th/5th Grade

- Tuesdays, Jan 7 – March 3rd at Sheehan Elementary

These 8-week groups are designed to emphasize the development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. All groups take place 4:00 – 5:00 PM and are free of charge to Westwood residents!

<http://www.townhall.westwood.ma.us/yfs/default.htm>

More Groups will be available for Spring 2020!
Check the WY&FS website this Winter!

Contact: Emily Greco, LCSW 781-320-1006
Or EGreco@townhall.westwood.ma.us.





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EARLY CHILDHOOD

Westwood Early Childhood

The Westwood Early Childhood Office is home of the Coordinated Family and Community Engagement Program. Our goal is to support parents as their child's first teacher. We provide free programs for families of children age birth-8 that are inclusive and supportive to all Westwood children and families. Please see below for our regular monthly activities, as well as some special programs coming this spring! Registration is required for all programs. Please visit our website to register and learn more.

<http://www.westwood.k12.ma.us/early-childhood-council/>

Baby Kneads (Birth- 6 months)

What: Join Sheryl White of "Baby Kneads" along with other parents of infants for this welcoming group! Topics include infant development, baby sign language, infant massage and more!

Where: Westwood Main Library Meeting Room

When: Mondays- January 27, February 10, 24, March 9, 23, 30, April 6, 13, 27 @ 10:30am

STEM Investigations (3 - 5 years)

What: Bubbles, building structures, numbers, counting and more! Join Janet Lucey to explore hands-on parent/child activities related to Science, Technology, Engineering, and Math. Observe, investigate, experiment!

Where: Westwood Main Library Children's Activity Room

When: Thursdays- January 9, 16, 23, 30 @ 1:30 pm

Run & Fun (12 months and up)

What: Join Tarynne Steenkamp, SLP, for an interactive hour filled with gross motor activities and enriching games. Parents assist their child with motor, language, and social development. Enjoy obstacle courses, bean bags, parachute play, and more. Join circle time for movement games that stimulate language and social skills.

Where: Westwood Main Library Meeting Room

When: Fridays- January 10, 17, 24, 31 February 7, 14 @ 10:30 am

Fine Motor Fun (3-5 years)

What: Children with parent/caregiver will join Janet Lucey in fun activities to develop & strengthen the small muscles of the fingers and hands.

Where: Temple Beth David

When: Thursdays- November 21, December 12, February 13, March 12, April 2, May 14 @ 1:30

Saturday Gym Play (3 - 4 years)

What: Gym teacher Pat Foley organizes fun, non-traditional games and activities. Children and their parent/caregiver participate in group games using balls, hoops and parachutes. Join him for the famous Cat and Mouse game!

Where: Deerfield School Gym

When: Saturdays- November 9, December 14, January 11, February 8, March 21 @ 10:00 am & 11:00 am

Little Yogis (3 - 7 years)

What: Children and their parents will learn simple yoga poses as they act out animals or characters from familiar stories. Erin Mann is a certified yoga instructor.

Where: Westwood Main Library Children's Activity Rm

When: Saturdays- November 2, January 4, February 1, March 7, April 4 @ 10:30 am

Special Events

Family Concert "Seasons of Light Celebrations around the World"

Friday December 6th; 4:00-5:00 pm;

Westwood Main Library featuring Ms. Tina Stone

StoryWalk at Hale

December 6th-8th; "Going On A Bear Hunt"

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COUNCIL ON AGING



Winter can be cold and lonely, but not if you get out of your home (in good weather) and join us! We have classes and programs from A-Y (art to yoga) and try to offer a little something for everyone. And if you are interested in trying a new class or program, your first time is always free! We also offer lots of services (from helping with fuel assistance to transportation opportunities) that can keep you healthy and connected.

The Westwood Council on Aging's mission is to serve the needs of its growing aging population. The Center and staff sustain a robust program schedule for anyone looking to stay healthy, stay connected and age well. Check out our bi-monthly newsletter (on the town website-copies and also available at the Center) for further information on all of our regular and special programs. Or just stop by and check us out ... we are warm, welcoming and would love to meet you!

Transportation Services

- Medical Appointments (10 mile radius)
- Weekly Trips to Area Malls and Supermarkets
- Local Errands (5 mile radius)
- Lift-Equipped van available

Programs at the Center

- Aerobic and Pilates Exercise Classes
- Low Impact Exercise
- Tai Chi and Meditation
- Yoga – both chair and floor
- iPad Classes (all levels)
- Current Events Discussions
- Special monthly lectures and luncheons (see newsletter for details)

Westwood Council on Aging

60 Nahatan Street

Westwood, MA 02090

Monday-Thursday 8:00 am – 4:00 pm

Friday 8:00 am – 2 pm

Phone (781) 329-8799

Fax (781) 329-5949

Social Services

- LSW Social Worker
- Bereavement Support Group
- Home & Office Consultations
- Friendly Visitor Program
- Fuel Assistance/Legal Assistance
- Housing & SNAP information
- Blood Pressure, and Public Nurse Hours (every Tuesday 9-12noon)
- SHINE Counselor/Meals on Wheels

Activities

- Special Monthly Lectures, Lunches & Programming
- Day & Overnight Trips
- Beginning & Advanced Watercolor
- Bridge & Mah Jongg
- BINGO & Book Group
- Knitting, Quilting & Crafts
- Monthly Health Programs
- Men's Club, Women's Club,
- Intergenerational Programs
- Waxing and Manicurist
- Spotlight on Community Club
- Chorus & Line Dancing

WESTWOOD'S 32ND ANNUAL

Holiday Tree Lighting

Sunday December 8th,
3-5pm

Westwood Town Hall

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PUBLIC LIBRARY



Westwood Public Library

Library Programs are made possible by the generosity of the Friends of the Westwood Public Library.

All Library Programs are Free. Check www.westwoodlibrary.org for up to date schedule.

Main Library Children's & Teen Programs

Storytimes:

- Wiggle & Giggle: Tuesdays, 10:30 AM
Jan 7th- Feb. 11th & March 3rd-April 7th
- Wondrous Wednesdays: Wednesdays, 10:30 AM
Jan.8-Feb 12 & March 4-April 8th
- Baby Rhyme Time: For babies 0-24 months and a caregiver.
Fridays, 10:30 AM Jan 10th-Feb 14th & March 6th- April 10th
- Saturday Storytime: Select Saturdays, 10:30AM

Dads and Donuts: Families with young children are invited to join us to read stories, play games, and have coffee and donuts and meet other families.

Saturdays: Jan. 18th, Feb. 22, March 21st @10:30 AM

Read to a Dog: Children in grades K-4 can sign up for a 15-minute "appointment" to read aloud to a certified therapy dog. Sign up starting two weeks before the program, at the children's desk or on the phone. ***Registration Required**

Select Saturdays, Jan. 25, Feb 8th, March 28th from 10:30-11:30am

Mother-Daughter Book Club: For kids in grades 3-5 and a female adult. Share your enthusiasm for reading with other book lovers and join us for a lively discussion, a game of Pictionary, snacks, and fun! Email Lizzy at ehmcgovern@minlib.net to register or for more info.
Wednesdays, Jan 15th, Feb 12, March 18, April 15 @ 6:30 PM

Harry Potter Book Night: Mark your calendars! Fans of Harry Potter and the gang will enjoy a night of activities themed around the Triward Tournament! Details to follow. Thursday Feb. 6th @ 6:30 PM

YABOI: Youth Advisory Board of Improvement

Calling all teens in grades 6-12! Join YABOI to get involved with the library. Share what you want to see in the library, earn service hours, and eat pizza! First Thursday of the month, at 6:30PM. Email Teen Librarian Felicia O'Keefe at Fokeefe@minlib.net if you are interested in coming.

Main Library Adult Programs

Mah Jongg for Beginners: Join the ranks of Mah Jongg enthusiasts nationwide who are reaping the social and intellectual benefits of playing this challenging tile game. No experience needed. By the end of the six-week session, players will have mastered the basics: setting up the tiles and racks, dealing and passing tiles, choosing a hand by interpreting the Mah Jongg card, and playing a round. Space is limited and registration is required. To sign-up, stop by the 2nd Floor Information Desk at the Main Library, visit our website, or call 781-320-1045. Fridays @ 10 AM: 1/10, 1/17, 1/31, 2/7, 2/14, 2/21 *no class 1/24 **snow date 2/28.

Bicycling Alone Across the U.S. at Age 70: Join John Springfield as he takes you on a 2900-mile bicycle trip from the Atlantic Ocean in Georgia to the Pacific Ocean in California in early 2019. We will dodge tornadoes in Alabama, endure temperatures from 32 to 99 degrees, climb mountains, and ford streams. Learn about the 900-mile desert in the southwest where food and water is lacking. Run into cowboys in a small West Texas Café. All this and more, alone, at a young age of 70. John, a retired computer programmer and former instructor at Boston College's Evening School, has been bicycle touring since 1964, cycling in all 48 lower states and several Canadian provinces. Come hear his amazing story! Wednesday, Jan. 22 @ 7:00 PM

Friday AM and *new* Thursday PM Book Club: Due to the popularity of the Friday AM Book Club, we are adding a second session on Thursday evenings! The groups will read the same titles. Email Molly at mriportella@minlib.net to join either group. Titles TBD on Friday, December 13th Yankee Book Swap.
Thursdays @ 7:00 PM: 1/23, 2/27, 3/19, 4/16
Fridays @ 10:30 AM: 1/24, 2/28, 3/20, 4/17

Book Buzz Panel: Join us for refreshments and hear from Westwood Librarians about some great titles to be added to your TBR pile. Thursday, Jan. 30th @ 7:00 AM

Islington Branch Library

Islington Branch hours, programs and locations are TBD. Please check the Library's website for updated information.



Westwood Public Library
660 High Street
Westwood, MA 02090
Phone: (781) 326-7562



Islington Branch Library
280 Washington Street
Westwood, MA 02090
Phone: (781) 326-5914



WESTWOOD DAY

09.21.2019

Thank you to the Westwood Community and everyone that made Westwood Day 2019 a tremendous success!



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Westwood Recreation Department
 240 Nahatan Street
 Westwood, MA 02090

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**WINTER 2020
 POOL SCHEDULE**

January 1 – March 31, 2020

Closed: January 1, 20; February 17; March 14, 2020

MON	TUE	WED	THUR	FRI	SAT	SUN
5:30-7:30 AM Lap Swim	6:30-8:00 AM Lap Swim					
11:30-1:00 PM Lap Swim						
1:00-2:15 PM Open/Lap Swim	1:00-2:15 PM Senior Swim	1:00-2:15 PM Open/Lap Swim	1:00-2:15 PM Senior Swim	1:00-2:15 PM Open/Lap Swim	1:00-2:15 PM Open/Lap Swim	1:00-2:15 PM Open/Lap Swim
7:15-8:30 PM Open/Lap Swim	7:15-8:30 PM Open/Lap Swim	7:15-8:30 PM Open/Lap Swim	7:15-8:30 PM Open/Lap Swim			

MEMBERSHIPS

	1 Month	3 Months	6 Months	1 Year	1 Daily
Single	\$30	\$75	\$135	\$235	\$7
Family	\$45	\$115	\$210	\$370	
Westwood Senior	\$15	\$45	\$90	\$180	\$5

Westwood Senior Memberships are available to residents 60 years or older for \$15 per month. Membership Forms are available at the Pool, Recreation Department, and online at www.westwoodrec.com

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