



STAY HEALTHY - STAY CONNECTED - AGE WELL



January/February 2020



Director's Report

SPECIAL THANKS TO:

Mary Ann Morse Healthcare Center in Natick for sponsoring our Annual Valentine's Day Luncheon;

Maria Baler, Elder Law Attorney at Samuel, Sayward and Baler for offering a legal hour discussion;

Oasis Senior Advisors for offering a discussion on Surviving Aging;

Michael Morrissey, District Attorney, for offering a lunch and learn on Emergency Planning;

Hans Hug for offering a program on Long Term Health Insurance;

Bridges by EPOCH for offering a lunch and learn on Brain Healthy Living;

Medicare Patrol for offering a discussion on how to avoid fraudulent Medicare costs;

Westwood School Committee and Superintendent for offering a discussion on the building plans for the elementary schools;

Students and Faculty of the Westwood Schools for offering wonderful holiday packages for our homebound seniors;

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



Lina Arena-DeRosa - Director

HAPPY NEW YEAR!

I cannot believe that two decades have already flown by since we celebrated the new millennium and we are now starting a new decade! Welcome 2020s!

To begin with, our annual basket fundraiser was a complete success thanks to everyone who participated. We made over \$6,000 which was more than what we had anticipated. Thank you! Thank you! Thank you! We could not grow without you!

Over the past years, we have worked with many students, teachers and administrators who have participated in numerous intergenerational programs. From an annual six-part series at Deerfield to sponsoring two different Eagle Scouts; one created our beautiful raised box gardens and another created benches and birdhouses. In 2020, we will be hosting our first Girl Scout Gold Award. Laurel, who for the last three years has entertained us with her All Strings Considered quartet, is bringing her music to everyone with a three-part series on music appreciation to be followed by a Youth Orchestra concert at the BSO (details inside) and WHS student, Josh, will present a discussion on Israel and Palestine. We are also so appreciative of the Thurston Middle Schoolers and the Integrated Preschool who put together thoughtful holiday packages that were delivered to over 100 seniors in town. These intergenerational programs make our community stronger and our society kinder. On another note, the Westwood School Department is looking to renovate the town's elementary school buildings and will be coming on January 13 to explain their proposal. If you have any questions or just want to understand it better, come join the conversation (details inside).

Of course, with the winter season comes Valentine's Day and tax season. Once again, we will be hosting AARP Tax Help here at the Center every Monday from February 24 to April 6 (please sign up early as slots do fill up fast). And Mary Ann Morse Healthcare Center will help us celebrate love with a Valentine's Day (Elvis will be in the house) luncheon (details inside).

Finally, please remember, if the schools are closed due to inclement weather, we are closed due to safety concerns. So come check us out ...it may be cold and dark outside but we are warm and welcoming here at the Center!

Happy 2020!!!

TRAVEL WITH THE SENIOR CENTER



KAREN'S CORNER — OUTREACH NEWS

What is the Homestead Act?

Please note: This material is intended to provide basic information and is not intended as legal advice.

The Massachusetts Homestead Act is a law that protects MA homeowners from having their homes sold to pay unsecured debts. The law applies only if the homeowner lives in the home as his/her primary residence. The protection applies to unsecured creditor claims such as credit card debt or lawsuits. The home is not protected from claims secured by the home, such as a mortgage or lien on the property or certain other types of debts. Homestead protection does not protect your home if you go into a nursing facility paid for by Medicaid. For homeowners who do not have a Homestead Declaration filed there is an automatic protection of \$125,000. To increase the amount of Homestead protection, Westwood homeowners must file a Declaration of Homestead with the Norfolk County Registry of Deeds. There are two types of Homestead Declaration. The standard form protects up to \$500,000 in equity for all owners combined. The second form is for people who are elderly (age 62 or older) or disabled. A married couple who own a home may be able to receive additional protection if both spouses qualify as elderly or disabled. **How to file a Declaration of Homestead:** Complete a Declaration of Homestead form; have the form notarized by a notary public; mail or bring the form and payment of \$36 to the Norfolk County Registry of Deeds at 649 High St, Dedham, MA 02026. **To get forms or for more information:** Call the **Registry of Deeds Customer Service Center at 781-461-6101**. email them at registerodonnell@norfolkdeeds.org, or go online at www.norfolkdeeds.org.

Local Travel with Trish

We do not travel in January and February ...but stay tuned, Trish is making plans for the spring!



FOX TRAVEL

We are working on day trips for the 2020 Season! But due to weather concerns, there will be no day trips through the winter months ... stay tuned, great trips are being planned for next spring, summer & fall!

COLLETTE TOURS

Tour America's Music Cities - Nashville, Memphis and New Orleans

Friday May 22-29 Single \$4149; Double \$3249pp. Triple \$3219pp Tour includes air fare, transfers, taxes hotel etc.

INTERESTED? Information at the Center ... stop by and pick up a brochure.



Transportation with Trish



January 2020

- 3 Shaw's
- 6 Errands
- 8 Xmas Tree Shop
- 10 Roche Bros.
- 13 Errands
- 15 Errands
- 17 Big Y
- 22 Errands
- 24 Wegmans
- 27 Errands
- 29 South Shore Plaza
- 31 Stop & Shop



FEBRAURY

- 3 Errands
- 5 Errands
- 7 Shaw's
- 10 Errands
- 14 Roche Bros.
- 19 Walmart
- 21 Big Y
- 24 Errands
- 26 Errands
- 28 Wegmans



If the schools are closed due to inclement weather, The

Westwood Senior Center will be closed due to safety issues. Please check the school website to see if they (and we) are closed.

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.* The van rides are 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 for local medical (Westwood, Norwood and Dedham); \$3 for errands and grocery shopping and \$5 for Canton, Medfield, Newton-Wellesley and Faulkner Hospitals.

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

Shopping: Participants are restricted to **4 shopping bags per person**. The COA will make 2 trips for food shopping starting at 9:00a.m. Local shopping trips and errands within a *5-mile radius* are also available on most Mondays and Wednesdays. For more information call the Center and ask for Trish.

Westfare Taxi Vouchers are available to *eligible low income seniors who no longer drive*. A purchase of \$12 will buy \$48 worth of transportation. For more information call the Center and ask for Karen.



WONDER WORKOUT

with Christine & Stephanie



- Mondays 9:30-10:15 am
- Wednesdays and Fridays 9-10 am
- \$3 donation
- No class on Jan 1 & 20, Feb. 12 & 17

Winter is here ... put down the clicker and get moving! This high energy aerobics class is just what you need to get your energy back up! Please wear comfortable clothing and bring a water bottle.

LOW IMPACT EXERCISE

with Sherri

- Mondays 1pm / Wednesdays 12:30pm
- \$3 donation
- No class Jan. 1 & 20, Feb. 12 & 17

This is the perfect class for that New Year's resolution to get back in shape. Low impact is done primarily in a chair and will strengthen your muscles as you age. Please wear comfortable clothing and bring a water bottle.

PILATES

with Mary

- Thursdays at 11am
- \$3 donation



If you really want to get those abs and mid section strong (as well as strengthen your back!) then this is the class for you! Please wear comfortable clothing and if you own a mat (we have mats here you can use) bring that along as this class is mostly done on the floor.



Surviving Aging

With Bill
from Oasis Advisors

- Monday January 27 at 10am
- \$2 donation - Please sign up in advance so we know how many will be attending

Surviving Aging is an understanding of the Complexities of Aging and Care, including the emotional, physical, financial and legal complexities.

YOGA

With Bonnie



- Tuesdays and Thursdays 8-9am Floor Yoga
- 9:30-10:30 am Chair Yoga
- \$3 donation

Yoga is good for everyone! Whether you participate on the floor (with a mat) or in a chair, this class will help with you stay strong and steady as you age. No prior experience necessary.

NUTRITIONIST

One on One Consultation

Sponsored by Beth Israel Deaconess Hospital & HESSCO
With Nutritionist Stephanie

- Monday January 6 & February 3
- No cost for this program
- **10 - 12:30 pm by appointment only**

BIDH has given a grant to HESSCO for Medical Nutrition Therapy (MNT). A registered dietitian will offer individual sessions so you must call and sign up in advance.

MEDITATION

with Soni



- Wednesdays
- January 8 & 22,
- February 5 & 26
- 11:15 am
- No cost for this program

Come enjoy a quiet thoughtful half hour of peace and learn how to center yourself.

Notes from Tiffany's Desk

BOH Nurse

STAYING HEALTHY ALL WINTER

Handwashing is one of the best ways to prevent the spread of infection and illness especially during cold and flu season. Handwashing can prevent 1 in 5 respiratory infections. Help prevent the spread of colds, flu, and other infections by washing your hands with soap and water and scrubbing for at least 20 seconds each time. Wash your hands often and at these key times to stay healthy: Before, during, and after preparing food, before eating food, before and after caring for someone who is sick, after blowing your nose, coughing, or sneezing, after using the bathroom, after feeding and playing with pets. Make handwashing a healthy habit.

Tiffany is available at the Center every Tuesday from 9-12, so stop in and say hi!

Tai Chi

With Scott

- Tuesdays at 1pm
- \$3 Donation

Scott is back! And he reminds everyone "Tai Chi will help regulate blood pressure, support weight loss and improve heart and lung function, as well as reduce incidence of cardiovascular disease and other chronic diseases, helping to improve quality of life."

SHINE

With Mitch

- Wednesdays 9-12
- **BY APPOINTMENT ONLY**
- **Wednesday Jan 8 & 22**
- **February 5 & 19**

If you have questions or concerns on your health plan, please sign up for an appointment early as they fill up fast.

NEW INFOMERCIAL

Created by Westwood Media Center

We are thrilled to have partnered with Westwood Media Center to create a new infomercial which is now on cable. To watch it go to: <https://www.youtube.com/watch?v=w6Rksztqi4g>.



Long Term Care Insurance-101

With Hans Hug

- Monday February 3 at 10 am
- \$3 donation - Please sign up in advance

Long Term Care Insurance can be a confusing product. It has been described as having "a lot of moving parts". In this workshop, Hans will explain how a modern Long Term Care Insurance Policy really works. You will come away with an understanding of how benefits are paid, how your health effects eligibility, who the major Insurers are for this in Massachusetts, how to design a plan, and whether or not it is even something you should seriously consider.

Hans Hug, Jr. is the owner of the LTC Insurance Group, an Exeter NH insurance brokerage opened in 1999 that specializes in Long Term Care Insurance and Life Insurance.



WATERCOLOR

with Joan and Brenda

- Mondays 10-12am
- Mondays 1-3 pm
- No class 1/20 & 2/17
- Tuesdays 10-12pm
- Tuesdays 1-3pm



Joan's Monday classes (\$30) will explore shadows and color depth. Brenda's Tuesday classes (\$40) explore color and shades. Classes fill up fast so you must sign up in advance.

CHORUS

with Carol

- Wednesdays 10:30-noontime
- \$3 donation
- No chorus on 2/12



This winter, why not start your day with a song in your heart! If you would like to join the Chorus, please call us and we will let Carol know in advance and she will be in touch. Thanks to First Parish Church who allows the chorus to practice in their sanctuary when there is no room at the Center.



BINGO

- Thursdays at 1pm

Put down the remote and come join this fun group of BINGO players! Bring your quarters and buy as many cards as you can handle!

BRIDGE

- Fridays 9-1pm

Do you enjoy a friendly game of Bridge? Then grab a cup of coffee and come play Bridge with this growing group of enthusiasts.



BOOK GROUP

with Bev

- Thursday January 9 at 9:30am

Come join this growing group of avid readers as Bev leads the discussion on Where the Crawdads Sing.

BJs Discount for Seniors

With Stuart

- Monday January 6 at 10am

Interested in a senior discount from BJ's? Then stop by and Stuart will explain the details.

WESTWOOD WOMAN'S CLUB

With Margaret

- Thursdays at 1:30 pm
- January 16

January: Thursday, 1/16 @ 1:00pm at the Westwood Library. Great Decisions Introduction. No meeting in February.

COMMUNITY SPOTLIGHT

With Anna Jean, Mary and Joyce

- Tuesday February 11
- (Avon Recycling Center)
- Meet at the Center at 9:30
- \$5 donation (for transportation)
- Space is limited
- sign up in advance



Paper or plastic? The answer might surprise you. Come learn what's new in recycling and what we, as consumers, can do at this presentation. We will do a deep dive into impacts of some everyday consumer products.

QUILTING CLUB

with Helen

- Thursdays 9-11am
- January 2 & 16; February 6 & 20
- \$3 donation

Do you have a quilting project that you would like to start? Or finish? Then stop in and join this fun group of quilters!

KNITTING AND CROCHETING

- Wednesdays at 1pm
- No class 2/12

Winter is a great time to get those knitting projects going? Need some help or company? Then come join this fun and friendly group!



LINE DANCING

with Paul

Sponsored by Silver Sneakers

- Mondays at 10:30 am
- \$3 donation
- No class on Jan. 20 or Feb. 17

Line dancing is a wonderful way to get exercise and have fun! No experience necessary.



MEN'S CLUB

With Bob



- Thursdays at 9:30am
- Jan. 16 & Feb. 20

In January, Select board member Mike Walsh will give an update on everything Westwood; and in February, Historian John Kelly will discuss Westwood's involvement in the Civil War.

Lunch and Learn

An Emergency Backpack

It Can Make a Difference in an Emergency

- With Gayle (from DA Morrissey's office)
- Friday January 24
- Lunch at noon/ program begins at 12:30pm
- \$5 donation
- YOU MUST SIGN UP IN ADVANCE as space is limited to 25 participants

Norfolk District Attorney Michael W. Morrissey invites you to attend a presentation by the Massachusetts Emergency Preparedness Coordinator to learn about the necessary survival items for an emergency.

From hurricanes to floods to blizzards and power outages, emergencies can strike at any time. It is important to be prepared. Come learn the best way to be prepared in an emergency.

WESTWOOD PUBLIC SCHOOLS DISCUSSION ON ELEMENTARY SCHOOL BUILDINGS

With Emily (Superintendent) and Maya (School Committee)



- Monday January 13 at 1pm
- Please sign up in advance so we know how many to expect

The Westwood School District is excited to announce that it has begun a review of three elementary schools - Hanlon, Deerfield, and Sheehan - with the purpose of renovating or constructing a new school to address major concerns with the schools. The District has hired a project manager and an architect for the School Building Project and is currently reaching out to the Westwood community for feedback, questions, and concerns. To learn more about this exciting project and provide your feedback, please join Emily Parks, Superintendent of Schools, and Maya Plotkin, Chair of the School Building Committee, for a presentation and Q&A session on the School Building Project. You can also find more information on the School Building Project's website found here: <http://www.westwood.k12.ma.us/district/superintendents-office/elementary-building->



CURRENT CONVERSATIONS

with Susan

A news program for people who want to stay engaged and up-to-date



- Wednesdays
- January 8 & 22; February 12 (at the library) & 26
- 9:30-11:30 am
- \$5 donation

Yes, people can still talk politics. Our group – which meets twice monthly – is proving just that. If this interests you - whether you are looking to catch up on the news or for some thoughtful and civil conversation – join us. With Election 2020, the impeachment inquiry and a whole roster of issues – we know we won't run out of topics.

BEREAVEMENT

with Nina

- 10-11am No cost for this program
- Jan. 15 & 29; Feb. 5 & 19

Winter blues hits us all but it is especially rough when a loved one has passed. This is an open-ended, ongoing bereavement group that is warm and welcoming.

MANICURES with Lauren

- Fridays Jan. 17 & Feb. 21
- - \$10 payable to Lauren
- 8:30-12 pm
- **BY APPOINTMENT ONLY**



Come get a hand massage and your nails painted for holidays! So sign up to look and feel good!

WAXING with Lisa

- Fridays Jan. 3 & Feb. 7
 - 8:30-noon
 - **BY APPOINTMENT ONLY**
- Brows \$10, Lips \$10, Chin \$10, Any two services \$15, All three services \$20.

CRAFTS With Julie and Lorraine

- Wednesdays at 10am
- Jan. 8 & Feb. 5
- 10-noon



Are you crafty? Then join us as we make new crafts to sell at the Center. Sign up in advance as space is limited.

WALKING CLUB

with Maria and Angie



- Tuesdays at 9:30 am
- Meet at 9:30 at the trail head (or at 9:10 at the Senior Center for carpooling). Winter hiking requires water proof boots, micro spikes or other traction devices, possibly snow shoes, hiking poles for extra balance and traction, gaiters and/or waterproof pants. Dress in layers ,bring water and a snack.

Jan.14: Hale Reservation, Cat Rock parking lot, Carby Street, Westwood

Jan. 28: Noanet Woodlands, Powisett Street, Dover

Feb: 11: Adams Farm, 999 North Street, Walpole

Feb: 25: Whitcomb Woods, Wilson Mountain Reservation, Route 135, Dedham
As winter weather is unpredictable, please check your email before each scheduled hike, or call the Center for information.

MAH JONG

with Cynthia

- Thursdays 12:30-3 pm

Come join this growing group of Mah Jong enthusiasts. New Players welcome (but you must know how to play).

An Israeli/Palestine Conversation With WHS Student Josh



- Monday February 3 at 1pm
- No cost to this program but please sign up in advance so we know how many to expect

Join Westwood High School student Josh as he presents a history of the modern state of Israel explaining both the Israeli and the Palestinian perspective with time for questions at the end.

KEEPING YOUR BRAIN HEALTHY



Sponsored by Bridges of Epoch

- Monday Feb. 24 at noon-time (light lunch included)
- \$4 donation - Please sign up in advance as space is limited.

Come learn tricks and ways to keep your brain healthy.

LEGAL HOUR

with Attorney Maria Baler



- Monday Feb. 10 at 10am
- \$3 donation
- Please sign up in advance

Ten Steps to Peace of Mind. What are the most important things you can do to make it easy on those you love when you are no longer around? We will review 10 steps you can take now to give you peace of mind.

MUSIC MATTERS

With WHS Student

and Gold Award Candidate Laurel



- Wednesdays Feb. 26 (more dates to be announced in March/April Newsletter as well details on the trip to hear the Youth Orchestra in May)
- 12:30-2pm (lunch at 12:30/ lecture at 1pm)
- **No cost to this program but please sign up in advance as space is limited to 15**

Come learn about the many physical and cognitive benefits music can have on aging, hear monthly lectures and enjoy lunch! This three part series, hosted by Laurel—a Girl Scout Gold Award Candidate,- will culminate with a trip in May to hear the New England Conservatory's Youth Orchestra perform Beethoven's Fifth Symphony!

In February, Laurel invites renowned music lecturer Richard Travers to discuss the life and music of John Williams.

SENIOR MEDICARE PATROL

- Monday January 27 at 1pm
- No cost to this program but please sign up in advance

Senior Medicare Patrol program explains how to avoid becoming a victim of health care errors, fraud, and abuse.





January 2020

Lunch served daily through HESSCO at 12p.m. For menu, please stop by the Center.
Please sign up for HESSCO lunches in advance by calling 781-329-6514



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

 <p>Notary Services available at the Center. Please call in advance to make an appointment with Lina. No cost to this program.</p>	 <p>NIGHT VISION GLASSES \$12 Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Driving Glasses may help you. See Lorraine for a pair.</p>	<p>1 CLOSED NEW YEAR'S DAY</p> 	<p>2 8:00 Yoga (floor) 9:30 Yoga (chair) 9:00 <i>Quilting</i> 11:00 Pilates 12:30 Mah Jong 1:00 BINGO</p>	<p>3 8:30 <i>Waxing</i> 9:00 Shaws 9:00 Wonder Workout 9:00 Bridge</p>
<p>6 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:00 <i>Nutritionist</i> 10:00 <i>BJs Discount</i> 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 Watercolor</p>	<p>7 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Yoga (chair) 10:00 Watercolor 1:00 Watercolor 1:00 Tai Chi</p>	<p>8 9:00 Wonder Workout 9:00 Xmas Tree Shop 9:00 SHINE 9:30 Current Conversation 10:00 Crafts 10:30 Chorus 11:15 Meditation 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>9 8:00 Yoga (floor) 9:30 Yoga (chair) 9:30 <i>Bookgroup</i> 11:00 Pilates 12:30 Mah Jong 1:00 BINGO</p>	<p>10 9:00 Wonder Workout 9:00 Roche Bros 9:00 Bridge</p>
<p>13 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 Watercolor 1:00 <i>Discussion on Schools</i></p>	<p>14 8:00 Yoga (floor) 9-12 BOH Nurs 9:30 <i>Walking Club</i> 9:30 Yoga (chair) 10:00 Watercolor 1:00 Watercolor 1:00 Tai Chi</p>	<p>15 9:00 Wonder Workout 9:00 Errands 10:00 Bereavement 10:30 Chorus 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>16 8:00 Yoga (floor) 9:30 Yoga (chair) 9:30 <i>Men's Club</i> 9:00 Quilting 11:00 Pilates 12:30 Mah Jong 1:00 BINGO 1:30 <i>Woman's Club (at the library)</i></p>	<p>17 8:30 <i>Manicures</i> 9:00 Wonder Workout 9:00 Bridge 9:00 Big Y</p>
<p>20 CLOSED – MLK HOLIDAY</p> 	<p>21 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Yoga (chair) 10:00 Watercolor 1:00 Watercolor 1:00 Tai Chi</p>	<p>22 9:00 Wonder Workout 9:00 Errands 9:00 SHINE 9:30 Current Conversation 10:30 Chorus 11:15 Meditation 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>23 8:00 Yoga (floor) 9:30 Yoga (chair) 11:00 Pilates 12:30 Mah Jong 1:00 BINGO</p>	<p>24 9:00 Wonder Workout 9:00 Bridge 9:00 Wegmans 12:30 - <i>Lunch and Learn</i> <i>Emergency Planning</i></p>
<p>27 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:00 <i>Surviving Aging</i> 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 Watercolor 1:00 <i>Medicare Patrol</i></p>	<p>28 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Yoga (chair) 9:30 <i>Walking Club</i> 10:00 Watercolor 1:00 Watercolor 1:00 Tai Chi</p>	<p>29 9:00 Wonder Workout 9:00 South Shore Plaza 10:00 Bereavement 10:30 Chorus 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>30 8:00 Yoga (floor) 9:30 Yoga (chair) 11:00 Pilates 12:30 Mah Jong 1:00 BINGO</p>	<p>31 9:00 Wonder Workout 9:00 Bridge 9:00 Stop and Shop</p>



Come and join us for salad, pizza and dessert at the Senior Center on Mondays in January.
Please sign up in advance so we know how many to expect. \$3 donation.







February 2020

Lunch served daily through HESSCO at 12p.m. For menu, please stop by the Center.
Please sign up for HESSCO lunches in advance by calling 781-329-6514



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:00 <i>Nutritionist</i> 10:00 <i>Long Term Health Insurance Discussion</i> 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 <i>Israel/Palestine Discussion</i> 1:00 Watercolor	4 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Yoga (chair) 10:00 Watercolor 1:00 Watercolor 1:00 Tai Chi	5 9:00 Errands 9:00 Wonder Workout 9:00 SHINE 10:00 Bereavement 10:00 Crafts 10:30 Chorus 11:15 Meditation 12:30 Low Impact Exercise 1:00 Knitting	6 8:00 Yoga (floor) 9:30 Yoga (chair) 9:00 Quilting 11:00 Pilates 12:30 Mah Jong 1:00 BINGO	7 8:30 <i>Waxing</i> 9:00 Shaw's 9:00 Wonder Workout 9:00 Bridge
10 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:00 Legal Hour 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 Watercolor	11 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Yoga (chair) 9:30 <i>Community Spotlight</i> 9:30 Walking Club 10:00 Watercolor 1:00 Watercolor 1:00 Tai Chi	12 Note: Current Conversation is at the Library NO PROGRAMS VALENTINE'S DAY PARTY 	13 8:00 Yoga (floor) 9:30 Yoga (chair) 11:00 Pilates 12:30 Mah Jong 1:00 BINGO	14 9:00 Wonder Workout 9:00 Bridge 9:00 Roche Bros.
17 CLOSED PRESIDENT'S DAY 	18 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Yoga (chair) 10:00 Watercolor 1:00 Watercolor 1:00 Tai Chi	19 9:00 Wonder Workout 9:00 SHINE 9:00 Walmart 10:00 Bereavement 10:30 Chorus 12:30 Low Impact Exercise 1:00 Knitting	20 8:00 Yoga (floor) 9:00 Quilting 9:30 Yoga (chair) 9:30 <i>Men's Club</i> 11:00 Pilates 12:30 Mah Jong 1:00 BINGO	21 8:30 <i>Manicures</i> 9:00 Wonder Workout 9:00 Bridge 9:00 Big Y
24 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:30 Line Dancing 12:00 <i>Lunch & Learn – Brain Healthy</i> 1:00 Low Impact Exercise 1:00 Watercolor	25 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Yoga (chair) 9:30 Walking Club 10:00 Watercolor 1:00 Watercolor 1:00 <i>Nat King Cole and Dinah Shore</i> 1:00 Tai Chi	26 9:00 Wonder Workout 9:00 Errands 9:30 Current Conversations 10:30 Chorus 11:15 Meditation 12:30 Low Impact Exercise 1:00 Knitting 1:00 <i>Music Matters</i>	27 8:00 Yoga (floor) 9:30 Yoga (chair) 11:00 Pilates 12:30 Mah Jong 1:00 BINGO	28 9:00 Wonder Workout 9:00 Wegmans 9:00 Bridge



NAT KING COLE AND DINAH SHORE *With Bruce Hambro*
 Tuesday February 25 at 1pm \$3 donation—Please sign up in advance
 Come hear the music and stories of legendary Nat King Cole
 and Dinah Shore!







Westwood COA
60 Nahatan Street
Westwood MA
02090

PRST Non Profit
US POSTAGE
PAID
Norwood MA
Permit #81

Return Service Requested

WESTWOOD COA
60 Nahatan Street
Westwood MA 02090
781-329-8799 (telephone)
781-329-5949 (fax)
Hours of Operation
Monday—Thursday
8am – 4pm
Friday
8am - 2pm
STAFF CONTACT INFO
Lina Arena-DeRosa - Director
Trish Tucke - Operations Manager
Karen Segreve - Outreach
Counselor
Lorraine Cavanaugh -
Administrative Assistant
John Trigilio - Van Driver (FT)
John Demling III - Van Driver (PT)
Paul Kelly - Van Driver (PT)
Elaine Haddad - HESSCO Meals
on Wheels Coordinator
**COA BOARD OF
DIRECTORS**
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Mary Masiello
Stephanie Rames
Bill Sebet
James O'Sullivan
Jessie Turbayne



**ANNUAL
VALENTINE'S
DAY
LUNCHEON**

*Sponsored by Mary Ann Morse Healthcare Center in Natick
Wednesday February 12th at noontime
\$5 donation
Sign up begins Monday February 3 at 8am*

*Come join the fun and celebrate love and all things chocolate!
Sponsored by our friends at Mary Ann Morse of Natick, we will enjoy a
delicious lunch and lots of laughs. And Elvis will be in the house!
Space is limited and sign up begins on Monday February 3.*

Happy Valentine's Day Everyone!