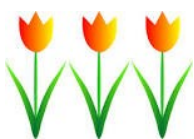
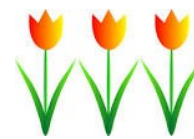




STAY HEALTHY - STAY CONNECTED - AGE WELL



March/April 2020



Director's Report

SPECIAL THANKS TO:

North Hill of Needham for underwriting our Annual St. Patrick's Day Luncheon;

Beacon Communities Highland Glen for underwriting our Arm Chair Travel and Music Legends Programs;

AARP Tax Help for helping seniors with filing their taxes;

Norfolk DA Morrissey for sponsoring our Annual Shredding Day;

Big Y of Walpole for underwriting a lunch and learn on CBD-Fact or Fiction;

HESSO Elder Services for hosting a cooking for one demonstration;

Cornerstone at Canton for underwriting a healthy lunch demonstration;

Maria Baler of Samuel, Sayward and Baler LLC for our bi-monthly legal hour;

Whitney Place Assisted Living and Memory Care of Sharon for sponsoring World of Dolls;

Elaine de Reyna of Coldwell Banker RE for a discussion on Westwood housing;

Blue Cross & Blue Shield of MA for sponsoring our line dancing classes;

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



The Census is coming! The Census is coming! And we need EVERYONE counted! Every ten years, the Federal Government counts all its citizens and this count determines how much money each state will receive as well as how many congressional seats. *So it is imperative that you and those in your household get counted.* The census begins on March 12 when letters will be sent out to every household. Each household will be given a unique ID# that they can either fill out online or call over the phone. And remember the Census is tied to your address, not an individual person.

The Census Bureau will be going door to door in mid-May to anyone who still has not been counted or filled out their census. *PLEASE BE CAREFUL AS THIS IS AN EASY WAY TO BE SCAMMED!* If you are phoned or if someone comes to your door, they should have an ID Badge and carry a bag with Census Bureau letterhead. *They will never ask you for your SS# or any personal information.* If you are concerned about a scam, please call the Police Department and let them know. And you can always call us if you have any questions or concerns, or need help filling out your census.

Tax Season is also in full swing and AARP will once again be at the Center in March and April every Monday helping low and moderate income elders file. Slots fill up fast, so please make sure you call to set up an appointment time. And early spring is a good time to get rid of all the paper that you no longer need in your home. We will be hosting (thanks to DA Morrissey) another Shredding Day here at the Center on Thursday April 16. So clean out those desk drawers and get rid of your personal information safely.

We will once again be hosting our Annual St. Patrick's Day Party on Tuesday March 17th sponsored by our friends at North Hill in Needham. There will be the traditional fare of corned beef and cabbage and of course Irish Soda Bread. Sign up begins on Monday March 2 at 8am.

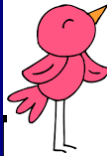
And we have partnered with the library to offer a unique theater program in April. These are just a few of the many programs that we offer here at the Center; information on the many unique and regular programs are inside. We are warm and welcoming so we hope you will join us!

WELCOME SPRING!

*Lina Arena-DeRosa
Director*



TRAVEL WITH THE SENIOR CENTER



KAREN'S CORNER — OUTREACH NEWS

Do You Know About the New MassHealth Buy-In Limits?

On January 1st, there was an increase in the income and asset limits for the Massachusetts Buy-In Programs (QMB, SLMB, and QI-1). The QMB (or Senior Buy-In) Program pays for Medicare beneficiaries Medicare Part A & Part B premiums as well as copays, co-insurance and deductibles at doctors, hospitals, etc. The Senior Buy-In acts like a Medigap Supplement 1. The Buy-In Programs (SLMB and QI-1) pay for Medicare Part B premiums. All Buy-In Programs give beneficiaries Full Extra Help through Social Security which greatly lowers Medicare Part D drug premiums and costs by about \$4,000 per year on average.

	<u>Individual's Income/Assets</u>	<u>Couple's Income/Assets</u>
BUY IN (SLMB, QI-1)	\$1,738/15,720	\$2,346/23,600
SENIOR BUY IN (QMB)	\$1,374/15,720	\$1,852/23,600

Medicare beneficiaries whose gross monthly income (gross income is used, with the exception of income that has expenses such as self-employment and rental income) and assets fall within the categories above can call the COA at 781-329-8799 to schedule an appointment with a SHINE counselor to apply for either Buy-In program.

Local Travel with Trish

Tuesday March 24 - Plainridge Casino—\$10pp - leave COA at 9am

Tuesday, April 21 9:30 - JFK Library and Sullivan's for lunch (on your own) —\$18 pp - Transportation and tickets to Library

FOX TOUR DAY TRIPS 2020



We have our 2020 Trip Schedule and are so excited about all the opportunities for our seniors to travel with us! Please note that a \$15 *non refundable deposit* will be asked at the time of sign up; **details available at the Center.**

Monday May 18 - Sail America 400—\$115pp - Cruise around tall ships and lunch;

Tuesday June 16 - Whale Watch - \$105pp - Narrated cruise and lunch;

Tuesday July 21 - Casablanca by the Sea - \$105pp - Harbor Cruise and lunch

Thursday August 13—Provincetown Fast Ferry— Transportation and Ferry Ride

September 29-Oct 2—Wildwood and Cape May- 3 day trip (prices vary depending on rooms) breakfast, dinner, and tours

Nov. 10-11—NYC Broadway Show — (prices vary) **Come from Away** - Transportation, show, lodging, dinner/breakfast

Transportation with Trish

March

- 2 Errands
- 4 XMAS Tree Shop
- 6 Shaws
- 9 Errands
- 11 Errands
- 13 Roche Bros
- 16 Errands
- 18 Errands
- 20 Big Y
- 23 Errands
- 25 Walmart
- 27 Wegmans
- 30 Errands



April

- 1 Errands
- 3 Stop and Shop
- 6 Errands
- 8 South Shore Plaza
- 10 Shaws
- 13 Errands
- 15 Errands
- 17 Roche Bros
- 22 Walmart
- 24 Big Y
- 27 Errands
- 29 Errands



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.-2:00 p.m.; Friday 8:30 a.m.-1 p.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 April 20

Spring is around the corner and this is the BEST time to get in shape! This high energy exercise class will get your heart pumping and your muscles toned. Please wear comfortable clothing and bring a water bottle

LOW IMPACT EXERCISE

with Sherri

- Mondays 1pm / Wednesdays 12:30pm
- \$3 donation
- No class April 20

Sherri's low impact class can be done standing or sitting in a chair. If you want a workout that will help you as you age, this is the class for you. Please wear comfortable clothing and bring a water bottle.

PILATES

with Mary

- Thursdays at 11am
- \$3 donation
- No class April 9 & 16



Pilates is done primarily on a mat and will strength your core and abs. Please bring a water bottle and wear comfortable clothing.

HEALTHY EATING AND COOKING

A Lunch and Learn
Sponsored by Cornerstone at Canton

- Thursday April 9 at noontime
- \$4 donation requested

Come learn techniques and tricks to healthy cooking and eating as you enjoy a delicious healthy lunch. Space is limited so you must sign up in advance

BEREAVEMENT

with Nina

- 10-11am - No cost for this program
- Wednesdays March 4 & 18; April 1 & 15



Spring is in the air, but you can still feel blue about the loss of a loved one. This is an open-ended, ongoing bereavement group that is warm and welcoming.

YOGA

With Bonnie



- Tuesdays and Thursdays
- 8-9am Floor Yoga
- 9:30-10:30 am Chair Yoga
- \$3 donation
- No class 3/3, 3/17, & 4/28

If you always wondered if yoga is for you, now is the time to try it. The floor yoga will get your body more flexible and in shape and the chair yoga will help you with breathing and stability. All levels welcome.

NUTRITIONIST

One on One Consultation

Sponsored by Beth Israel Deaconess Hospital & HESSCO
With Nutritionist Stephanie

- Mondays March 2 & April 6
- 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.

HEALTHY EATING & COOKING FOR ONE

SPONSORED BY

HESSCO ELDER SERVICES

- Thursday March 5 - 11:45am
- \$5 donation
- Space is limited so you must sign up in advance



Cooking for yourself can be overwhelming and just not that exciting. Most people don't want to go through all the trouble of cooking healthful meals just for themselves. However, it is very important! Stephanie Caljouw RD, LDN with HESSCO will be here for a presentation on easy meals to cook for one and the importance of a balanced diet. Food demo and mini cook book provided!

NOTE: Please arrive at 11:45 for an BWH update with Cindy. This will be a brief, high-level overview of the expansion project Brigham Health is undertaking at our University Station health care center.



Tai Chi

With Scott



- Tuesdays at 1pm
 - \$3 Donation
 - No class 3/3, 3/17, 4/21, 4/28,
- The slow motions of Tai Chi can help you both in body and mind. All levels welcome.

SHINE

With Mitch and Lisa

- Wednesdays 9-12
- **BY APPOINTMENT ONLY**
- **March 4, 11, 18 & 25 April 1, 8, 15, 22 & 29**

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

MEDITATION

with Soni

- Wednesdays
 - 11:15 am
 - March 4, 18/ April 1 & 15
 - No cost for this program
- Come enjoy a quiet thoughtful half hour of peace and learn how to center yourself.



LEGAL CLINIC

with Attorney Veranira Ochea from Metrowest Legal Services



- Wednesday, March 25th from 1:00 pm to 3:30 pm. **BY APPOINTMENT ONLY**
- Schedule a private 20 min. free legal consultation to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer and bankruptcy.

LUNCH AND LEARN WITH ELAINE

Coldwell Banker RE

Tuesday April 7 at noontime

Please sign up in advance

Interested in what's going on in the Westwood real estate market or how a real estate transaction works? Join us for a discussion about current market trends in Westwood real estate basics. Topics for discussion include, but not limited to: real estate processes, market trends, accessory apartments, decluttering and related topics.





WATERCOLOR

with Joan and Brenda

- Mondays 10-12am
- Mondays 1-3 pm
- No Monday class 4/20
- Tuesdays 10-12pm
- Tuesdays 1-3pm
- No Tuesday class 3/3, 3/17 and 4/28
- \$40 for Mondays classes/\$30 for Tuesday classes



Studying the signs of spring with color images, we will look at the anatomy of flowers blooming. Please sign up in advance.

CHORUS

with Carol

- Wednesdays 10:30-noon
- \$3 donation



The Chorus is working on their spring concert ... if you are interested, please contact us in advance so we can let Carol know.

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
 - No Bridge on Friday April 10
- 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 March 12 at 9:30am



Come join this growing group of avid readers as Bev leads the discussion on The Alice Network by Kate Quinn.

WESTWOOD WOMAN'S CLUB

With Margaret

- Thursdays at 1:30 pm
- March 19 & April 16

In March, the chorus will help us with an Irish Sing-a-long and in April the Woman's Club will celebrate 100th Anniversary of Woman's Right to vote!



COMMUNITY SPOTLIGHT

With Anna Jean, Mary and Karen

- March 5 (at the library) & April 2
 - Please sign up in advance so we know how many to expect
- Thursday, March 5, 7pm at the Westwood Public Library - A special presentation on the topic will be given by Suzanne Mahler, an avid Gardener, Photographer, and Lecturer. On Thursday, April 2, at 1:30 p.m. at the COA. Abby McCabe the Town Planner will be reporting on the long-range goals for Westwood over the next decade.

QUILTING CLUB

with Helen

- Thursdays 9-11am
- March 5 & 19; April 2 & 16
- \$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

With Louise

- Wednesdays at 1pm
- No class on April 29



Need motivation to finish or start a project? Then come join this fun and friendly group!

LINE DANCING

with Paul



Sponsored by Blue Cross/Blue Shield

- Mondays at 10:30 am
- No class 4/20
- \$3 donation

Line dancing is a wonderful way to get exercise and have fun!

COOKING CLASSES AT POWISSET FARM



- Thursdays March 26 & April 23
- 11am—\$15 donation per class

Join us at Powisset Farm as we learn new and unique cooking techniques and recipes. In March we will work on breakfast foods and in April we will learn about Dumplings from Around the World. Space is limited so you must sign up in advance.

MEN'S CLUB

With Bob



- Thursdays at 9:30
- March 19 & April 16

In March, Richard Howell be here to talk about the Federal Reserve and in April meet at the DPW for a tour.

SHREDDING DAY at the Senior Center

Sponsored by District Attorney

Michael Morrissey

Thursday April 16 10-1pm



No cost for this program but please bring your material in easy to lift (not too heavy) paper bags. You are invited to quickly and safely dispose of sensitive and personal documents to further protect yourself from identity theft and fraud. Shred tax, financial, legal and other confidential documents for free and on site. Please remove 3 ring binders and large binder clips. It is not necessary to remove paper clips, staples and/or elastics.

AARP TAX HELP for

Low and Moderate Income Seniors

Mondays 9 am-2 pm March 2- April 6

BY APPOINTMENT ONLY



There is no cost to this program but appointments fill up fast so please sign up early

The Westwood Senior Center will host AARP Tax Preparation to any low or moderate income seniors who will need help preparing their Federal and Mass income tax forms. AARP Tax Aides will be on hand every Monday from 9 a.m. to 2 p.m. APPOINTMENTS FILL UP FAST, so please call the Center and schedule your appointment soon. Please bring your current taxes, Social Security card and all other necessary information with you.

LUNCH AND LEARN WITH EDDIE

Sponsored by BIG Y Pharmacy

- Tuesday March 31 noon
- \$3 donation but you must sign up in advance as space is limited



"CBD, Fact and Myth". What is CBD and the difference between THC. What is the 2018 Hemp Farming Act? What questions to ask when pondering purchases, and what meds will interact with CBD. Come with your questions and concerns and learn the facts.



CURRENT CONVERSATIONS

with Susan

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



- Wednesdays March 11 & 25/ April 8 & 22
- 9:30-11:30 am
- \$5 donation

The headlines dictate the conversations but, with the impeachment behind us, count on Election 2020 being a big topic. So many questions: Will a clear Democratic front-runner finally emerge after Super Tuesday? President Trump will be the first-ever impeached presidential candidate. If you are looking for a friendly group to discuss world events – or just want to catch-up on the news – join us.

DRAWING 101

With Brenda



- Thursdays
- March 12 & 26/ April 9 & 23
- 10am - \$5 per class
- Sign up in advance

Learn basic drawing techniques & composition. Explore new materials while creating your own artwork. At the first class, Brenda will bring necessary materials and then will give everyone a list of what they will need.

WAXING with Lisa

- Fridays - March 6 & April 3
- 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
- 10-noontime
- March 4 & April 1

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



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. Please check your email in case of inclement weather.

March 10—Rocky Woods, Hartford St. Medfield

March 24 - Powisset Pond and Strawberry Hill Trail, Hale Reservation on Carby St.

April 7 Oak Hill and Powisset Farm—294 Powisset Road in Dover

April 21—Broadmoor Audubon Sanctuary, 80 Eliot Street in Natick

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).

ARMCHAIR TRAVEL

With Barry Pell

Sponsored by Beacon

Communities

Highland Glen



- Tuesdays at 10:30
- Hosted at the Westwood Library
- Please sign up in advance

Barry Pell is back with his stories and photographs.

March 24 - Travels to Argentina and Ecuador;

April 7 - Incredible Beauty of Switzerland;

May 5—Finland—Helsinki & Lapland

MEET JULIA CHILD

With the Delvaney Theater Company



- Tuesday April 14 at 11am

- Hosted at the Westwood Public Library

This live, fun and amusing performance will introduce you the “real” Julia Child, her life and her work on The French Chef. *There is no cost to this program but please sign up in advance so we know how many to expect.*

LEGAL HOUR

with Attorney Maria Baler



- \$3 donation
- April 13 at 10am
- Please sign up in advance

Everything You Need to Know about the SECURE Act. Did you know that the SECURE (Setting Every Community Up for Retirement Enhancement) Act took effect on January 1, 2020, and is the most significant legislation affecting retirement accounts in decades? This new law may impact the distributions you are required to take from your IRAs etc. Come learn more about this new law as it applies to you and your retirement accounts.

MUSIC MATTERS

With WHS Student and Gold Award Candidate Laurel



Mar. date TBA 12:30-2 pm

Wed. Apr. 29th 12:30-2 pm Lecture on Beethoven

Thur. May 14th 6-9:30pm Youth Symphony concert

Lunch will be served preceding each lecture but you must sign up in advance No cost for this series

Music Matters will continue this spring with 2 lectures. TBA of the March lecture. The April lecture will feature Steven Karidoyanes, a conductor of both professional and youth orchestra! He will lecture on the life and music of Beethoven.

On Thursday, May 14th, Westwood COA vans will bring seniors from the Senior Center into Boston to see New England Conservatory's Youth Symphony play Beethoven's 5th symphony, among other repertoire at Jordan Hall. Vans will leave at 6pm for a 7:30 concert, and participants can expect to return to Westwood by 9:30. *Like the lectures, space is limited, so you must sign up in advance.*

THE WORLD OF DOLLS

A Lunch and Learn With Jennie

Sponsored by Whitney Place in Sharon



- April 13 Noontime - \$4 donation
- Sign up in advance-space is limited

Do you have a collection of dolls? Would you like to learn about the different types, materials and how to identify a doll and look for markings? Then join us and bring your old doll to find out more about it!

March 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>2 9:00 AARP Tax Help 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:00 Nutritionist 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 Watercolor</p>	<p>3 CENTER CLOSED PRESIDENTIAL PRIMARY </p>	<p>4 9:00 Wonder Workout 9:00 Xmas Tree Shop 9:00 SHINE 10:00 Bereavement 10:00 Crafts 10:30 Chorus 11:15 Meditation 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>5 8:00 Yoga (floor) 9:30 Yoga (chair) 9:00 Quilting 11:00 Pilates 11:45 BWH Update 12 Cooking for One 12:30 Mah Jong 1:00 BINGO 7pm Community Spotlight at the library</p>	<p>6 9:00 Wonder Workout 8:30 Waxing 9:00 Shaws 9:00 Bridge</p>
<p>9 9:00 AARP Tax Help 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 Watercolor</p>	<p>10 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Walking Club 9:30 Yoga (chair) 10:00 Watercolor 1:00 Watercolor 1:00 Tai Chi 1:00 Legends in Music</p>	<p>11 9:00 Wonder Workout 9:00 Errands 9:00 SHINE 9:30 Current Conversation 10:30 Chorus 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>12 8:00 Yoga (floor) 9:30 Yoga (chair) 9:30 Bookgroup 10:00 Drawing 101 11:00 Pilates 12:30 Mah Jong 1:00 BINGO</p>	<p>13 9:00 Wonder Workout 9:00 Roche Bros 9:00 Bridge</p>
<p>16 9:00 AARP Tax Help 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 Watercolor</p>	<p>17 St. PATRICK'S DAY LUNCHEON  No Programs at the Center</p>	<p>18 9:00 Wonder Workout 9:00 Errands 9:00 SHINE 10:00 Bereavement 10:30 Chorus 11:15 Meditation 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>19 8:00 Yoga (floor) 9:30 Yoga (chair) 9:30 Men's Club 9:00 Quilting 11:00 Pilates 12:30 Mah Jong 1:00 BINGO 1:30 Woman's Club</p>	<p>20 9:00 Wonder Workout 9:00 Bridge 9:00 Big Y</p>
<p>23 9:00 AARP Tax Help 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 Watercolor</p>	<p>24 8:00 Yoga (floor) 9:00 Plainridge Trip 9-12 BOH Nurse 9:30 Walking Club 9:30 Yoga (chair) 10:00 Watercolor 10:30 Armchair Travel 1:00 Watercolor 1:00 Tai Chi</p>	<p>25 9:00 Wonder Workout 9:00 Walmart 9:00 SHINE 9:30 Current Conversation 10:30 Chorus 1:00 Legal Clinic 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>26 8:00 Yoga (floor) 9:30 Yoga (chair) 10:00 Drawing 101 11:00 Pilates 11:00 Cooking Class at Powisset Farm 12:30 Mah Jong 1:00 BINGO</p>	<p>27 9:00 Wonder Workout 9:00 Bridge 9:00 Wegmans</p>
<p>30 9:00 Errands 9:00 AARP Tax Help 9:30 Wonder Workout 10:00 Watercolor 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 Watercolor</p>	<p>31 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Yoga (chair) 10:00 Watercolor 12:00 BIGYLunch&Learn 1:00 Watercolor 1:00 Tai Chi</p>		<p>Come join us for Soup and Sandwich on March 9, 16, 23, 30 And Pizza and Salad on April 3, 10, 17 and 24 Please sign up in advance so we know how many to expect.—\$3 Donation</p>	

LEGENDS IN MUSIC With Bruce Hambro
Sponsored by Beacon Communities Highland Glen at 1pm—\$3 donation requested
March 10 - Cole Porter and Irving Berlin
April 21—Rogers and Hammerstein / Rogers and Hart










APRIL 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 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</p>	<p>2 8:00 Yoga (floor) 9:30 Yoga (chair) 9:00 Quilting 11:00 Pilates 12:30 Mah Jong 1:00 BINGO <i>1:30 Community Spotlight</i></p>	<p>3 8:30 <i>Waxing</i> 9:00 Stop and Shop 9:00 Wonder Workout 9:00 Bridge</p>
<p>6 9:00 <i>AARP Tax Help</i> 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:00 <i>Nutritionist</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) <i>9:30 Walking Club</i> 10:00 Watercolor <i>10:30 Armchair Travel</i> <i>12:00 Real Estate Lunch and Learn</i> 1:00 Watercolor 1:00 Tai Chi</p>	<p>8 9:00 South Shore Plaza 9:00 Wonder Workout 9:00 SHINE 9:30 Current Conversation 10:30 Chorus 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>9 8:00 Yoga (floor) 9:30 Yoga (chair) 10:00 Drawing 101 <i>12:00 Healthy Cooking and Eating Luncheon</i> 12:30 Mah Jong 1:00 BINGO</p>	<p>10 9:00 Wonder Workout 9:00 Shaws</p> <p style="text-align: center;">CLOSE AT NOONTIME</p>
<p>13 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor <i>10:00 Legal Hour</i> 10:30 Line Dancing <i>12:00 World Of Dolls Lunch and Learn</i> 1:00 Low Impact Exercise 1:00 Watercolor</p>	<p>14 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Yoga (chair) 10:00 Watercolor <i>11:00 Meet Julia Child Theater Program</i> 1:00 Watercolor 1:00 Tai Chi</p>	<p>15 9:00 Wonder Workout 9:00 SHINE 9:00 Errands 10:00 Bereavement 10:30 Chorus 11:15 Meditation 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>16 8:00 Yoga (floor) 9:00 Quilting 9:30 Yoga (chair) <i>9:30 Men's Club at DPW</i> 10:00 Quilting <i>10:00-1pm SHREDDING DAY</i> 12:30 Mah Jong 1:00 BINGO 1:30 Woman's Club</p>	<p>17 9:00 Wonder Workout 9:00 Bridge 9:00 Roche Bros</p>
<p>20</p> <p style="text-align: center;">CENTER CLOSED PATRIOT'S DAY</p> 	<p>21 8:00 Yoga (floor) 9-12 BOH Nurse 9:30 Yoga (chair) 9:30 JFK Library Day Trip <i>9:30 Walking Club</i> 10:00 Watercolor 1:00 Watercolor <i>1:00 Legends in Music</i></p>	<p>22 9:00 Wonder Workout 9:00 Walmart 9:00 SHINE 9:30 Current Conversations 10:30 Chorus 12:30 Low Impact Exercise 1:00 Knitting</p>	<p>23 8:00 Yoga (floor) 9:30 Yoga (chair) 10:00 Drawing 101 11:00 Pilates <i>11:00 Cooking Class at Powisset Farm</i> 12:30 Mah Jong 1:00 BINGO</p>	<p>24 9:00 Wonder Workout 9:00 Big Y 9:00 Bridge</p>
<p>27 9:00 Errands 9:30 Wonder Workout 10:00 Watercolor 10:30 Line Dancing 1:00 Low Impact Exercise 1:00 Watercolor</p>	<p>28</p> <p style="text-align: center;">CENTER CLOSED ANNUAL TOWN ELECTION</p> 	<p>29 9:00 Wonder Workout 9:00 Errands 9:00 SHINE 10:30 Chorus <i>12:30 Music Matters</i> 12:30 Low Impact Exercise</p>	<p>30 8:00 Yoga (floor) 9:30 Yoga (chair) 11:00 Pilates 12:30 Mah Jong 1:00 BINGO</p>	



Westwood COA
60 Nahatan Street
Westwood MA
02090

PRST Non Profit
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Return Service Requested

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8am—2pm
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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
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**ST. PATRICK'S DAY
LUNCHEON
SPONSORED BY
NORTH HILL IN NEEDHAM
TUESDAY MARCH 17
\$5 DONATION**

Everyone is Irish on St. Patty's Day, so wear your green and come join the fun. Lunch is catered by Conrad's with traditional fare of corned beef, cabbage and all the fixings (including Irish Soda Bread!). Sponsored by our friends at North Hill in Needham, we will be entertained by a local guitarist who will get everyone singing Irish ballads. Sign up begins on Monday March 2. And don't forget to wear you green!!!

A cartoon illustration of a leprechaun wearing a green hat with a gold buckle, a green jacket, and green pants, holding a pipe.