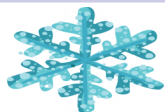
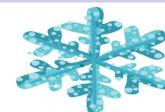




STAY HEALTHY - STAY CONNECTED - AGE WELL



Happy Holidays!



Nov/Dec 2020



SPECIAL THANKS TO:
Foundation for Westwood Education for their grant to help underwrite Books and a Bite;

Westwood's Girl Scouts and Daisies for their beautiful holiday cards and gifts for home-bound seniors;

Seniors who have donated to the Westwood COA to help us continue to help seniors in our community;

47Brand for sports t-shirts, socks and caps for our home-bound seniors;

Samuel, Sayward and Baler for offering a legal conversation on our cable station;

Cornerstone at Canton for a healthy cooking class that will be on cable this December;

Laurel and her friends for a holiday music program on our local cable station;

AND TO EVERYONE IN WESTWOOD WHO IS CHECKING IN ON THEIR ELDER RELATIVES, NEIGHBORS AND FRIENDS;

Thank you!

A DIFFERENT KIND OF HOLIDAY

With the holidays upon us and the pandemic still raging throughout the country, it is going to be a very *different kind of holiday season*. Personally, I have hosted Thanksgiving for years with a large cadre of family, friends and food; obviously that is not happening this year. But my hope is that even if our celebrations are small, we remember to celebrate and be thankful. When you look at everything that is happening around the world, we have so much to be thankful for and should not lose sight of how we are all truly blessed. However, if you know of someone who will be home alone for the holidays, please reach out to them. Even with social distancing, a card or phone call can truly make a difference. And, as always, if you know of someone who is struggling, please let us know; we can confidentially reach out to them.



On a completely different note, we have partnered with the Westwood Police Department to make sure everyone has filled out their 911 information. There is a special insert in this newsletter with all the details. Please know all this information is kept in confidence but it will help the WPD be more efficient during an emergency.

And just so you know, we now offer over 75% of our programs either on cable or on Zoom and we continue to offer new "lunch and learns" (turn on local cable, bring your lunch and learn something new) every Tuesday and Thursday at noontime. And we continue to grow our partnership with the Library. Details inside this newsletter.

Finally, in this time of thanks, I want to send a heartfelt thank you to my outstanding staff, our dedicated COA Board, our caring Friends group, our thoughtful town leadership, and of course, our amazing volunteers! We continue to grow (even remotely!) with new seniors joining us every month. It is only through the work of each of you that we are able to succeed in our mission of "helping seniors stay healthy, connected, and age well." Thank you everyone!

*Please remember to call your family, friends and neighbors
And we send you our best throughout this holiday season!*

Happy Holidays
Lina Arena-DeRosa
Director



PLEASE NOTE : The Westwood Senior Center will continue to stay closed to the public through the end of 2020. Staff is available daily, 8-1, and we now offer limited transportation to medical appointments, grocery shopping and errands. Meals on Wheels and Outreach services continue as always. Details inside this newsletter.

NOTES FROM KAREN'S DESK OUTREACH COUNSELOR



Preparing for Winter

We hope you are all doing okay during this health crisis. If you feel like you're struggling, please know you are welcome to give me a call. Even though our building is closed, we are all still working and here to help. And before we know it, snow will be falling and the temperatures will be dropping. If you think you might need **help with snow removal** or **paying your winter heating bills**, there are resources available. The Center **does not have volunteers for snow removal**, but we do have a list of *local agencies and individuals who offer snow shoveling and plowing services* (These vendors have no affiliation with the Center). Please call the Center if you would like a copy of this list sent to you.

For help with winter heating bills, the **Low Income Home Energy Assistance Program** is a government-funded program that can pay a portion of your bill. Eligibility is based on household size and the gross annual income of each household member 18 years of age or older. **Gross household income cannot exceed \$39,105 for a household of one and \$51,137 for a household of two.** The amount of assistance received depends on your income, housing status, and heating costs. If you rent, you might be eligible to receive fuel assistance even if your heat is included in your rent. *This year most of the application process is being completed remotely and by phone.* Residents may call the Center or visit the town's website to get the list of documents needed. Applications are accepted any time throughout the heating season, from November 1, 2020 to April 30, 2021. Households must apply each year, and after the first year, applications are mailed directly to your home. Residents with questions about fuel assistance are welcome to call the Center to talk with me.

Weekly Meditation with Soni Tuesdays at 11am via Zoom



Hello Everyone! Hope you have all incorporated meditation into your daily routine to help with the stress of this pandemic.

If interested, send the Center your email address and we will connect you with Soni!

BEREAVEMENT With NINA Wednesdays Nov. 4 & 18 Dec. 2 & 16 At 10am via Zoom



The holiday season can be especially difficult when missing a loved one. Nina's caring group invites you to join Bereavement, via Zoom, on the first and third Wednesday of each month at 10am. It may help you to cope with the pandemic and upcoming holidays. Call the Center to sign up with your email and phone number.

SHINE WITH MITCH

9-12 by phone appointment only

SHINE will have appointments Nov. 4, 12, & 18, Dec. 2 & 16



Open enrollment has begun and if you would like some assistance please call and sign up for a phone consultation. Please note appointments fill up fast. At your scheduled appointment time you will need to have with you all your medical cards (Medicare, Supplemental Insurance, and Prescription Cards) and medication bottles (or a list of your current medications, dosages, and frequencies) for Mitch to be able to help you.

Are you feeling lonely or anxious during this health crisis? Are you a Westwood resident looking for mental health services?



These feelings can come on strong and you do not need to deal with them by yourself. Please consider contacting the William James College INTERFACE Referral Service at 888-244-6843 and they can help you find a provider under your current insurance policy. This referral is free to any Westwood resident

What to Expect When You Call: You will speak with a resource and referral counselor about your needs.

Connect : You will receive information about potential matches within 2 weeks.

Care: You will receive a follow-up call to make sure you have made a successful match

Funded by: The Town of Westwood, The Westwood Public Schools, Youth & Family Services, Board of Health, and The Council on Aging

TRAVEL WITH THE SENIOR CENTER



Due to the current pandemic, all 2020 day trips and over-night trips have been cancelled. Hopefully 2021 will allow us to go back on our day trips. Stay Tuned.



ELECTION DAY TRANSPORTATION TUESDAY NOVEMBER 3

Please remember to vote!!! We will be providing rides to the polls on Election Day Nov. 3.

You MUST sign up no later than Friday October 30 at noon.

MEMORIAL GIFTS

THAT HELP THE CENTER GROW



We are so blessed that we continually receive memorial gifts to honor someone who has enjoyed the Senior Center and its work. For those of you who do not know, our non-profit "Friends of the Westwood COA" can accept monetary gifts of any denomination in the name of a loved one who has passed away. If interested, please make the check out to the *Friends of the Westwood COA* and send it to us directly. Upon request, a written acknowledgement will be sent to the family or friend of the person being honored. Please call us with the necessary information.

Thanks so much!

Transportation with Trish

We are slowly and carefully expanding our transportation program. **ERRAND DAYS ON FRIDAYS** - On November 6 we will bring back errand days on Friday mornings. You may schedule errands within a 5 mile radius of the Senior Center.

MEDICAL APPOINTMENTS - **Mondays and Tuesdays** beginning November 10. Doctor's appointments must be **between the hours of 8:30-12:00**. *No Newton Wellesley Hospital, Faulkner Hospital or Medfield appointments at this time.*

GROCERY SHOPPING -continues to run on **Tuesdays and Wednesdays** in the am.

You must sign up 2 business days in advance- No exceptions
Vans are thoroughly sanitized after each trip and evening.
No transportation on Nov. 11, 25, 26 & 27 and Dec. 24, 25 and 31.
No COVID symptoms and masks are required!



FOOD SECURITY WE CAN HELP



If you are feeling food insecure, please call HESSCO Elder Services and let them deliver a daily meal to you. Their number is 781-784-4944.



The Food Pantry (a private independent nonprofit) may also be able to help, their number is 781-269-2008. And if you would like a volunteer to grocery shop for you, please contact the Senior Center directly as we have volunteers who are willing to do your food shopping.

UPDATE ON OUR TRANSPORTATION INITIATIVE

*We are implementing a strict safety protocol
for everyone's protection*



Everyone must adhere to the following:

1. Passengers must **sign up two days in advance** as space is VERY limited –*NO exceptions*.
2. Passengers must be ready at the time you are given for pick up from your home as well as for your return trip.
3. All passengers must wear a mask.
4. Passengers must have no signs of fever, cough or trouble breathing.
5. Passengers must have not had “close contact” with any individual who has been sick or close contact with anyone diagnosed with COVID19 in the last 14 days.
6. Passengers must not have been asked to self-isolate or quarantine by your doctor or local health official.
7. *Passengers can not require physical assistance entering or exiting the vehicle.*
8. Passengers are expected to be able to properly restrain themselves without assistance from the driver.
9. The number of passengers will be limited to *two seniors per ride*.
10. Passengers will sit in the same assigned seat going and coming back from the grocery store, medical appointment or errands.
11. Passengers can make ride appointments Monday through Thursday 9-12pm, only; no voice messages will be processed.

MEDICAL APPOINTMENTS:

1. Medical Appointments are on Monday and Tuesdays only 8:30-12.
2. Transportation will be provided to Westwood, Norwood, Walpole, Dedham and Needham only. No transportation to B&W Faulkner or Newton Wellesley.
3. No transportation for sick visits.

GROCERY SHOPPING (Shaw's or Roche Bros)/ Errands (5 mile radius of the Center)

1. Grocery shopping is on Tuesday and Wednesday and Errands are on Friday.
2. When grocery or errand shopping, passengers will be limited four bags per person and must be able to handle their own bags.

Thanks you so much for your patience and understanding.

Together we will get through this and stay safe.



**YOGA WITH BONNIE
ON CABLE
EVERY TUESDAY AND
THURSDAY**

**Floor Yoga—8:00am
Chair Yoga—9:30am**

Bonnie writes: I just don't know where the time has gone and I cannot believe it has been six months since we've held a class in the Senior Center. If you're like me, you're spending way too much time watching the news and/or just sitting in general. Not only does this hurt our physical body, but the mental wear and tear of the news in general and the upcoming election are definitely wearing on the mind and our wellness. I miss seeing everyone's faces and hearing about your lives, but the good news is that you can now do yoga in your home.

We continue to focus on movement and stretching but we also spend some time on breathing exercises and meditation to help us deal with all the stress and tension going on during this pandemic.

Personally, I really found myself dealing with anxiety quite a bit at the beginning of Covid 19 and using meditation and breathing helped me tremendously. So turn off the news and do something good for yourself by tuning onto a class!

Join us virtually every on Tuesday and Thursday mornings and start your day feeling good!

**HESSCO NEEDS YOU
ZOOM LISTENING
SESSION**

NOVEMBER 9 at 11:00



HESSCO is conducting a community needs assessment and will host a Zoom listening session with Westwood seniors .

HESSCO is the Area Agency on Aging and Aging Services Access Point for Westwood and 11 other communities. Every four years HESSCO develops an Area Plan that outlines how HESSCO will respond to the needs of older adults living in the HESSCO communities.

This listening session will provide Westwood residents the opportunity to share their ideas about the needs of older adults. You must sign up at the Center to receive the Zoom log in information.

A phone-in option will also be available for those who cannot participate by Zoom. For the phone-in information, call 781-784-4944 ext. 241 to RSVP. If you cannot attend the program, Westwood residents can also participate in an online survey: <https://www.surveymonkey.com/r/hessco>.

This is a unique opportunity to have your voice heard but you must sign up in advance to participate.



WALKING CLUB WITH ANGIE AND MARIA

You must sign up in advance

Participation is limited to 4 seniors per walk

Senior hikes will be held every Tuesday at 9:30am and are limited to 3-4 participants and one leader. The leaders will send out the information the week before the hike. Participants can register at the Center a week before; Maria or Angie will then call or email you with all the details. All hikes will be rescheduled during inclement weather.

EXERCISE WITH STEPHANIE

EVERY MONDAY, WEDNESDAY AND FRIDAY

9am on your local cable station channels



Winter is coming and, if it is too cold to get outside for a walk, you can still stay in shape by joining Stephanie every Monday, Wednesday and Friday at 9am. Her exercise class will get you moving and start your day with energy! So grab your sneakers, turn on the TV and stay in shape!

CAN YOU HELP US AT THE SENIOR CENTER ?

Happy Holidays!



HELP KEEP OUR PROGRAMS GROWING

During this pandemic, we have been able to stay connected due to Westwood Media Center and Zoom classes (special thanks to our instructors and Westwood Media Center who helped make this happen). We are grateful that the Friends of the Westwood COA continue to underwrite and support our virtual programs, but we still pay our instructors for their time, as that is only the fair way to proceed. If you are able to help us, any donation will be greatly appreciated (*checks made out to the Friends of the Westwood COA - 60 Nahatan Street*). But most importantly, we are requesting **EVERYONE'S EMAIL ADDRESS** so please send that to us as soon as possible and join us!! **And thank you to everyone who has already contributed!!!!**

Cost of Newsletter	\$15 per year
Cost of programs for cable programs this winter	\$25 per senior / per winter class sessions
Cost of virtual programs for this winter	\$25 per senior / per winter class sessions
General donation to help us continue to grow	Any donation amount is appreciated

Please send us the following information:

NAME
ADDRESS
PHONE NUMBER
EMAIL ADDRESS

Which class do you enjoy the most? What class would you like us to create? Let us know and thank you!!!



STAYING ACTIVE IS VERY IMPORTANT DURING THIS PANDEMIC
... WITH THIS IN MIND, THE WESTWOOD COA IS HOSTING

FREE DAILY CABLE AND ZOOM PROGRAMS



CABLE CLASSES

Monday

9:00-9:45 - Cardio Strength & Stretch
10:00-10:45 - Line Dancing

Tuesday

8:00-9:00 Floor Yoga
9:30-10:30 - Chair Yoga
12:00-1:00 Lunch and Learn

Wednesday

9:00-9:45 - Sit and Get Fit
10:00-10:45 - Line Dancing

Thursday

8:00-9:00 Floor Yoga
9:30-10:30 - Chair Yoga
12:00-1:00 Lunch and Learn

Friday

9:00-9:45 - Cardio Strength and Balance
10:00-10:45 - Line Dancing

THEY CAN BE FOUND ON LOCAL CABLE

Comcast 8 & 12, and Verizon 32 & 42.

Zoom Classes

Current Conversations and Book Group
Pilates
Mediation and Tai Chi
Cooking Classes and Drawing Classes
Bereavement
More being added this winter

Please call us to sign up with your email address

Special Cable Programming

We will be offering special remote "lunch and learns" (bring your own lunch) all winter long. Discussions will feature "Birdwatching, Legal Responsibilities and Healthy Cooking" with more being taped! They will be televised on ***Tuesdays and Thursdays at noontime*** on your local cable station in November. And in December, WHS student Laurel and her friends will serenade you with music that will soothe your soul. So grab a sandwich, tune in and learn something new!

STAY SAFE AND TOGETHER WE WILL GET THROUGH THIS HEALTH CRISIS



COOKING CLASSES WITH ROBERTA

November 16th 3-5 pm. MEXICAN

Join this Zoom class to learn some authentic Mexican dishes that are simple, yet delicious and are certain to warm up your kitchen. We will start with Carne Asada Burritos with tender and juicy beef, next Chicken Enchilada Casserole with Tomatillo Salsa. Of course, we will make some Guacamole to accompany both dishes. We'll finish off with a childhood favorite: Sopapillas - a Mexican fried flatbread traditionally drizzled with honey.

December 7th, 1-3 pm. HOLIDAY BAKING

Let's celebrate the holidays together in a Zoom cooking class. We'll start with a warming (and healthy!) Carrot Ginger Soup. To go with the soup we'll make a pillowy Braided Egg Bread—referred to as "Cloud Bread" in my house. And what are the holidays without dessert? Ours will be a little different --a Chocolate Raspberry Pavlova—light, yet decadent - a real show stopper!

Call in advance to sign up and Lorraine will send you the recipes!



FROM THE MASS STATE HOUSE

As the holidays approach, our thoughts and appreciation turn to those who make our service possible - the citizens of Westwood. Wishing you and your loved ones a Happy, Healthy Holiday Season and a New Year filled with Comfort and Joy. Please know we are here to serve you, especially during these challenging times.

Representative Paul McMurtry
Paul.McMurtry@MAhouse.gov or contact my office at (617) 722-2015.
 Senator Mike Rush
mike.rush@masenate.gov
 617-722-1348



Drawing with Brenda

Tuesdays 10-12pm 1-3pm Via Zoom

Have fun with art on Zoom! All skill levels are welcome. All you need to get started is some sketch paper, pencil and eraser! Learn basic techniques and explore different media. **Let's make art!** Please call the Center to sign up with your email address...space is limited.

PILATES WITH MARY

Thursdays at 10am VIA Zoom



Pilates is a collection of deliberate movements and controlled stretches designed to improve flexibility and strengthen your core. This class is practiced on a yoga mat, on the floor and the pace is moderate so even those new to Pilates can easily follow. Some of the benefits of regular Pilates participation include improved balance and posture, increased joint mobility, and stronger back and abdominal muscles. *Please call the Center to sign up with your email address.* No class on November 26 or December 24.



**T'AI CHI with Scotty
 Monday and Thursdays
 10am via Zoom**

Please join Scotty Brumit online via Zoom on Mondays and Thursdays at 10:00. - T'ai Chi is essentially meditation in motion, it promotes serenity through gentle, flowing movements. Not only will the physical exercise boost your happy hormones and endorphins, but the calming motions and deep breaths greatly reduce anxiety. Call the Center to sign up.

**BOOK GROUP with Bev
 Thursday November 12 at 1pm
 Via Zoom**



Bev will continue to host her bi-monthly Book Group on November 12 at 1pm. The discussion will center around **A Gentleman in Moscow by Amor Towles**. If interested, please call the Center to sign up with your email address.

**LEGAL CLINIC with Attorney Veranira Ochea - MetroWest Legal Services
 BY PHONE APPOINTMENT ONLY.**

Wednesday December 16 -- 1 - 3:30pm

Schedule a private 20 minute free legal **PHONE** consultation. MetroWest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations and bankruptcy. Sign up with the Center and Attorney Ochea will call you at your appointment time. Due to limited availability, *this is for Westwood residents only.*



WINTER WORD SEARCH



E T C G B W T B X E S S Y H I
 T N A H Q L W I K Q E N T O J
 A Y E H I I I A U V F O S L T
 L W C Z N L L Z O S W W O I S
 O I W T O F L L Z I W G R D E
 C I E M W R G Y P A H O F A W
 O R D O W T F W I B R F N Y O
 H S N E E R T E N I P D J S S
 C S C T M I T T E N S Y A N N
 T E P A E L C I C I F K O A G
 O J E K R H B O O T S W M C I
 H Y U S E F D N I W B W O V V
 F I R E P L A C E A O L E E I
 A V U C R U G U L N D D C E N
 C P Y I J U U L S U Q S I Y G

WORDS TO FIND:

BLIZZARD	BOOTS	CHILLY
COLD	FIREPLACE	FROSTY
FROZEN	GIVING	GLOVES
HAT	HOLIDAYS	HOTCHOCOLATE
ICE	ICESKATE	ICICLE
MITTENS	PINETREE	SCARF
SNOW	SNOWBALL	SNOWFLAKE
SNOWMAN	SNOWSUIT	WIND
WINTER		

Amy Mascott of teachmama.com for Scholastic

Here is something fun to do
while staying safe at home . . .
Enjoy!



ALERT Westwood Signup Sheet



NAME: _____

ADDRESS: _____

HOME PHONE: _____

CELL PHONE: _____

CELL PHONE PROVIDER (AT&T, VERIZON, TMOBILE, SPRINT): _____

EMAIL: _____

Write YES in the box corresponding to the alert type, and how you would like to be notified. More than one notification method can be chosen (You can get a phone call, email, and text if you would like.). If you have questions, please call Brian at 781-320-1095 or email alertwestwood@townhall.westwood.ma.us.

**Please mail this form to:
Westwood Police Department
Attn: Brian Kamp
588 High Street
Westwood MA 02090**

ALERT TYPE	PHONE CALL	EMAIL	TEXT
EMERGENCY ALERTS			
NON-EMERGENCY ALERTS			
Second Water Meter* <i>Only applies to residents who have a 2nd water meter, for lawn sprinkler systems.</i>			



WESTWOOD LIBRARY UPDATES

Limited Express Browsing by appointment is now available, with expanded curbside pick up hours

Limited Express Browsing by Appointment

As a first step towards a phased re-opening, we are happy to welcome you back into the Library with “Limited Express Browsing” in our Community Room and Gallery by appointment.

Monday – Thursday: 10 AM – 6PM (Closed 1 PM – 3 PM for cleaning)

Friday: 10 AM - 5 PM (Closed 1 PM – 3 PM for cleaning)

Saturday: 10:30 AM – 12:30 PM

**Dedicated Browsing Hours for Seniors
And Immune-compromised Individuals**

**Tuesday and Thursday mornings from 9 am – 10 am
You must wear a mask and no COVID19 symptoms**

To register to browse give us a call at 781-320-1081 and our staff will be happy to assist with making your reservation.

Expanded Curbside Pick Up Hours

Monday – Thursday: 10 AM – 7 PM with late pickup available outside until 8 pm.

Friday: 10 AM - 5 PM with late pick up outside until 6pm.

Saturday: 10:30 AM – 12:30 PM with late pick-up outside until 1 pm.

Place your items on HOLD through the Minuteman Library Catalog or call us. You’ll be notified when your items are available for pickup. Pick up your items curbside!

Questions? Please contact Tricia Perry, Library Director at 781-320-1041 or email her at tperry@townhall.westwood.ma.us.

HOMEBOUND DELIVERY TO SENIORS:

Westwood Public Library, in partnership with the Friends of the Westwood Public Library and the Westwood Council on Aging, offers a delivery option to provide library materials for Westwood residents who are confined to their homes by an illness or injury, either temporary or long term, and are therefore unable to travel to the library. For additional information, please contact Karen Gallagher, Head of Circulation Services at 781-320-1081.

BOOKS AND A BITE:

The Westwood Council on Aging and Westwood Public Library are excited to partner together for Books and a Bite program! On Thursday afternoons, Islington Branch Staff, Claire Connors and Caitlyn Moore, are connecting seniors with library materials and a simple lunch (which includes a sandwich, chips, salad and a drink) provided by HESSCO Elder Services. If you are interested in participating, please give Claire or Caitlyn a call at 781-320-1081 and sign up for “Books and a Bite” which will be delivered to your home on Thursdays. This program is open to all Westwood seniors. *Special thanks to the Foundation for Westwood Education for their grant to help underwrite this program.*



CURRENT EVENTS

with Susan Sprecher Via ZOOM

Wednesdays

9:30 - 11:30

Nov. 11 & 25

Dec. 9 & 23



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

Our first Current Events in November will be just one week after Election Day 2020. We will know then who will lead our nation – maybe. Regardless of the outcome, we will be facing momentous times as the year 2020 has presented challenges like few others. Our get together provides a safe and friendly place to try to better understand all that is going on in the world around us.

Each week we explore a wide range of topics – breaking news and current social trends; political issues and social trends. Welcome to anyone looking for respectful and stimulating conversation. Please call the Center to sign up.

FRIENDLY CALLS FROM THE COA BOARD OF DIRECTORS



Are you feeling a bit lonely or out of touch? Is this pandemic making you feel isolated? Would you like to “meet” someone new (via phone)? If you answered “yes” to any of these questions, then let us know and we will connect you with a COA Board member who will call you weekly just to chat and check in.

Please leave your name and phone number with either Karen or Lina.





SPECIAL LIBRARY PROGRAMS



NOTE: All Program will be held virtually, if possible, via Zoom. Please visit www.westwoodlibrary.org, or email wwdmail1@minlib.net, for information or to register for any of the below programs. Please indicate the name of the program you are interested in attending. For book titles & up to date information please check the website or give us call.

Islington Branch Book Club

November 9th @ 7PM: The Lions of Fifth Avenue by Fiona Davis

December 9th @ 6PM: The Latecomers by Helen Klein Ross

Historical Fiction Book Group

November 3 @ 10AM Cry, the Beloved Country by Alan Paton

December 1 @10AM Sarah, Plain and Tall by Patricia MacLachlan

Book Share: Join a friendly group to chat about what books everyone is reading.

3rd Wednesday of the month @ 6 PM, December 16th @ 6PM

Non-Fiction Book Club: Join Molly for a lively discussion group! Check our website for titles & meeting format. First Wednesday of the month @ 7 PM: Nov. 4 & Dec. 2

Friday Morning Book Club: Join Molly for a lively discussion group! Check our website for titles & meeting format. Fridays @ 10:30 AM: Nov. 20: Year of Wonder by Geraldine Brooks

Nature Watching from Home: Discover new ways to enjoy nature from the comfort of your home! 4th Monday of the month @ 7 PM: Nov. 23

Tracing Your Family History: The Westwood Historical Society – in collaboration with the Westwood Public Library – will be hosting a special genealogy presentation with Joy Marzolf, via Zoom.

In this presentation, she'll talk about her "virtual adventure through the past." Joy began by following what she thought was her mother's early family history through Nova Scotia and England. In pursuing one very "famous" ancestral line, Joy also found another line, previously unknown, that links her to the earliest days of Massachusetts and one of the early family lines living in the Dedham/Westwood/Medfield/Natick area. (Join us to see who she's linked to!) Joy will also talk about her continuing adventures in genealogy, her methodology and the resources she used in her search. Tuesday, November 10th @ 7:30PM via Zoom.





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
CLOSED TO THE PUBLIC
Monday— Friday
8-1pm by phone contact only

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

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 James O'Sullivan
 Jessie Turbayne



STAY IN TOUCH WITH US

We need your email address!

We want to be able to stay in touch with you throughout this pandemic and we believe email is best. If you are interested in a specific zoom class please note we need your email address so we can add you to the list. As of this writing we have a number of Zoom classes ... cooking with Roberta, Current Conversations, Bereavement, T'ai Chi and Meditation. We will be adding even more this winter.

Interested? Then please send your email address and program interest to:
[Lorraine at lcavanaugh@townhall.westwood.ma.us](mailto:Lorraine@lcavanaugh@townhall.westwood.ma.us)

