



STAY HEALTHY - STAY CONNECTED - AGE WELL



January/February 2021



Looking forward to 2021

SPECIAL THANKS TO:

The Lions Club and HESSCO Elder Services for delivering holiday meals to homebound elders;

Deerfield 5th grade class, Martha Jones PTO, The Integrated Preschool Program, Thurston 6th grade students and Westwood's PTA for contributing scarves mittens, hats, goodies, etc. for our holiday distribution;

St. Margaret Mary's Church for their beautiful contributions of scarves, mittens and goodies;

Westwood's Girl Scout Troop 6227 for creating beautiful "tea wreaths," donating candy and creating stunning holiday cards;

Laurel and her friends for holiday music on cable;

Westwood's Boy Scout Troop #3 and WHS freshmen class for raking leaves for homebound elders;

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

Thank you!

Happy New Year!

As we say goodbye to 2020, for me, it is also good riddance! It was a difficult year and a quiet holiday season but somehow we all managed and now we look to the future with a vaccine on the horizon! Hurray! We will continue to stay closed to the public through the winter months but our goal is to open as soon as it is safe for everyone. As always, please remember that we are still here in the office from 8 a.m.-1 p.m. (just call us) Monday– Friday; we work remotely in the afternoons.

In the midst of this pandemic, what we have learned is that we need to update your emergency contacts. As you know, we keep this completely confidential but in case we need to connect with someone on your behalf, we want to make sure that what we have is accurate. Enclosed is an updated contact information sheet that we hope you will fill out and send back to us. Please do not delay filling this out as winter is upon us and one never knows what that could bring!

On a lighter, happier note, we are now offering more remote Zoom programs. Professor Gary Hylander returns to discuss President Roosevelt and Amendments to the Constitution after the Civil War. We will continue to offer remote cooking classes with Roberta and she will demonstrate how to create delicious soups, creative sandwiches and new comfort foods! We also welcome lecturer Henry Quinlan. He will discuss how to stay safe (and healthy) during a pandemic in January and will lecture on Russian spies in February ... he comes highly recommended from other COAs so make sure you mark your calendar.



Finally, I want to thank everyone who helped us make homebound seniors holidays a little brighter and little less isolated. So many schools, religious and non profit groups donated gifts, special meals and goodies that were distributed throughout the holidays. And thanks to Westwood High School students who also helped with raking leaves in November. I always say, "It takes a village, and Westwood is an amazing village."

Wishing you all Good Health and Happiness in 2021
Lina Arena-DeRosa
Director

PLEASE NOTE : The Westwood Senior Center will continue to stay closed to the public through the winter of 2021. Staff is available daily, 8a.m.-1p.m. Monday through Friday 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
Happy New Year Everyone!



We are all hoping 2021 will be a better year and are looking forward to being able to reopen our Center. In preparation for reopening, we are asking everyone to please update their emergency contact information by filling out the form enclosed with this newsletter. You should mail it back to us at your earliest convenience but please do not forget!

In case of an emergency, we want our files to be as accurate as they can be. Our goal is to make our reopening plans as safe as possible, in as many ways as possible, and having everyone's up-to-date emergency contact information will help in this effort. Thank you for sending in this information to us!

We look forward to when we can see you all in person again, but until then, know that we are all working and available for you. If you have any questions about resources or services in the community, or have needs or concerns you'd like to talk about, you are welcome to give me a call and I'm happy to help.

A NOTE FROM MARGARET'S DESK
Westwood's Public Health Nurse

Hi everyone! My name is Margaret Sullivan and as the new Public Health Nurse for Westwood, I bring over 20 years of community based experience in nursing.

I am eager to get started meeting the residents of Westwood who utilize the COA programs and facilities. I believe that active community engagement can be an important part of health as we age. That said, with COVID-19, I know we are all being challenged in new ways and our lives at the COA have also been disrupted. I am hoping we will have the chance to safely meet in the near future. When life gets closer to normal, I will be present at the COA on Tuesdays from 9:00a.m.-12:00p.m., hopefully starting this summer. Until we can meet, I will keep you in my thoughts and hope everyone stays healthy and safe.

BEREAVEMENT With NINA
Wednesdays At 10am via Zoom

Wednesday January 6th and 20th
and February 3rd and 17th



The winter and this pandemic 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 10 am. It may help you to cope with the pandemic. Call the Center to sign up with your email and phone number.



SHINE WITH MITCH
9a.m.-12 p.m. by phone appointment only
January 6 & 20/ February 3 & 17th

If you are retiring soon, and if you would like some assistance with your prescription drug coverage, 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**



We hope 2021 will allow us to go back on our day trips. Nothing has been planned yet, but stay tuned ... hopefully we will be back on the road in the summer of 2021.

**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 and remembered. Please call us with the necessary information.

Thank you so much!

TRANSPORTATION WITH TRISH



We continue to carefully expand our transportation program.

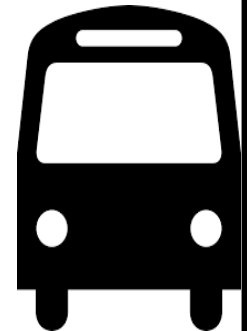
ERRAND DAYS ON FRIDAYS - You may schedule errands within a 5 mile radius of the Senior Center.

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

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

You must sign up 2 business days in advance- No exceptions.
Vans are thoroughly sanitized after each trip and every evening.
No transportation on January 1&18 and February 15.

No COVID symptoms.
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. 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 have implemented 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 COVID - 19 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 9a.m.-12p.m., only; no voice messages will be processed.

MEDICAL APPOINTMENTS:

1. Medical Appointments are on Monday, Tuesdays, and Thursdays only 8:30a.m.-12p.m.
2. Transportation will be provided to Westwood, Norwood, Walpole, Dedham and Needham only. No transportation to B&W Faulkner Hospital, Medfield or Newton Wellesley Hospital.
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**

Happy New Year Everyone!

Like most of you, I had a very small holiday celebration but everyone stayed safe, which was most important. For me, all this uncertainty is definitely taking its toll. As someone who has never experienced anxiety before now, I'm doing my best to cope with it. I am finding my meditation practice so valuable to my health; even if it just means sitting or lying down and watching my breath to calm myself.

Consider any kind of meditation and/or yoga an act of self-care at this point in time and do it for yourself. It is so important given the fact that we seem to be bombarded by more and more bad news these days.

We continue to offer yoga every Tuesday and Thursday (8a.m. for mat, 9:30a.m. for chair) and I try to add at least two new classes each month so you don't get bored.

So if you are feeling stressed or isolated, pull up a chair or mat and join me in taking care of yourself.

And hopefully we will be together again soon.

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

**TWO NEW LECTURES
BY AUTHOR HENRY QUINLIN**

We are pleased to introduce a new speaker, Henry Quinlan, who comes highly recommended. Henry owns his own publishing company and has a very varied 40+ year career.



**Tuesday January 12 at 10 am
Creating Your Psychological First Aid Kit
for Surviving the Coronavirus at Home**

In the coming months, there will be more stay-at-home time because of the winter and surging coronavirus. It is more important than ever to be prepared. Psychological first aid is designed to mitigate the effects of stress and anxiety that can be brought on by a coronavirus lockdown.

**Tuesday February 9 at 1 pm
USSR- Russia**

Myths, Mysteries and Spying

A one-hour presentation based on Henry's 30 years' involvement with the former Soviet Union and Russia including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. The presentation will entertain and educate you. Accompanying power-point with 62 panels.

*Please call the Center to sign up
and we will send you the Zoom link.*



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 9:30 am 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 and please remember *winter hiking requires appropriate warm clothing, traction devices, and maybe snowshoes.*

EXERCISE WITH STEPHANIE

EVERY MONDAY, WEDNESDAY AND FRIDAY

9a.m. 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 9 am. 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!





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 household 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 Mornings

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

Tuesday Mornings

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

Wednesday Mornings

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

Thursday Mornings

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

Friday Mornings

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

**ALL PROGRAMS CAN BE FOUND ON
WESTWOOD'S LOCAL CABLE**

Comcast 8 & 12, and Verizon 32 & 42.

**STAY SAFE AND TOGETHER WE WILL GET
THROUGH THIS HEALTH CRISIS**

Zoom Classes

- Current Conversations and Book Group*
- Pilates with Susan*
- Tai Chi with Scott*
- Cooking Classes with Roberta*
- Drawing Classes with Brenda*
- Bereavement with Nina*
- History Lectures with Professor Gary Hylander and author Henry Quinlan*

Please call us to sign up with your email address

**Special Cable Programming
VIRTUAL LUNCH AND LEARNS**

We have partnered with Big Y and Pharmacist Eddie to offer a special cable program to discuss "COVID - 19 is there a cure? And what to know about the Vaccine." This special program will run on Tuesdays and Thursdays at noontime. We are also working with the Audubon Society (for winter bird watching) and Attorney Maria Baler (getting your legal responsibilities and information updated) and hopefully these will be available by mid-January.

So make yourself a sandwich and tune in .. you might learn something new and important!



COOKING CLASSES WITH ROBERTA

Via Zoom
Classes begin at 1pm

January 11 - Soups and Creative Sandwiches - Winter Warmup Cooking Class - Join us as we make some winter soups to warm you up as the days get colder. Broccoli Cheddar Soup and Mushroom Bisque will be on the menu. We also will make a couple of different panini-warm grilled sandwiches.

February 8 - Comfort Foods for the cold winter months - This pasta dish has it all - Greens, Beans and Sausage Pasta - then we will make Tourtiere - a French Canadian Meat Pie (perfect dinner for a cold night) and of course a delicious Carmel Walnut Tart for dessert!

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



FROM THE MASS STATE HOUSE

Do you have an issue that you can't seem to resolve? Is this something we can help you with? If so, drop us a line or send us an email and we will try to help you out. Please remember that as the pandemic continues to surge to wear your mask, social distance and wash your hands.

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 10-12 a.m. 1-3 p.m. Via Zoom

Feeling artistic? Learn how to draw!! Join our interactive drawing classes, all skill levels welcome. All you need to get started is a sketch pad, a pencil and an eraser. Learn about drawing with graphite, charcoals, colored pencils and soft pastels. Various drawing material such as paper and supplies will be discussed. Easy step by step, draw along with instructor, learn through demonstrations. Get ready and expand your creativity. Come meet new friends and have fun drawing! *Call the Center with your email address to sign up.*



PILATES WITH MARY

Thursdays at 10a.m. 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*



T'AI CHI with Scotty Monday and Thursdays 10a.m. via Zoom

Please join Scotty Brumit

online via Zoom on Mondays and Thursdays at 10:00. T'ai Chi improves balance and coordination. As it involves movements that focus on positioning the trunk and head in alignment to each other, to the ground and to the visual field, as well as coordinating movements to center and stabilize the body. Call the Center to sign up.

BOOK GROUP with Bev Via Zoom

The Orphan Sisters Thursday January 14 at 1 p.m.

What better way to spend a cold dark day than with a good book? Bev will continue to host her bi-monthly Book Group on Thursday January 14 at 1pm. The discussion will center around *The Orphan Sisters* by Shirley Dickson ... *call the Center to sign up and give us your email address.*



LEGAL CLINIC with Attorney Veranira Ochea - MetroWest Legal Services Wednesday March 24 from 1-3p.m.

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.*



Here is something fun to do while staying safe at home,



At the Grocery Store

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

- aisle
- bag
- bakery
- barcode
- basket
- beverages
- buy
- canned goods
- cart
- cashier
- change
- check-out
- coins
- cosmetics
- coupon
- credit card
- customer
- dairy products
- debit card
- delicatessen
- delivery
- department
- discount
- electronics
- express lane
- fish
- freezer
- fresh flowers
- frozen food
- guarantee
- household goods
- manager
- meat
- mini-market

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

- on sale
- packaging
- pet supplies
- pharmacy
- price
- produce
- purchase
- rack
- receipt

- refund
- return policy
- sales tax
- scales
- sell
- shelf
- shop
- supermarket
- supervisor



Name of Participant: _____ D.O.B. ____/____/____
First Name Last Name

Address: _____

Town: _____ Zip: _____

Preferred Number: (____) _____ Cell Phone Number(____) _____

E-Mail Address: _____

If you have a My Senior Center Tag from the Town that you live in, please enter that number: _____

Primary Contact : _____ Relationship: _____

Cell/Emergency Phone: (- _____) _____

2nd Contact: _____ Relationship: _____

Cell/Emergency Phone(____) _____

PARTICIPANT ALLERGIES/RESTRICTIONS

CONSENT AND RELEASE

I DO HEREBY CONSENT to my participation of activities sponsored by the Council on Aging in the Town of Westwood. I am aware of the inherent hazards and the risk of injury of the activity/sport/program. I certify that I am in good physical condition and am able to safely participate in this activity/sport/program. 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 Releases") 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 property damage resulting from my participation in a Town of Westwood Council on Aging activity.

I AUTHORIZE the Westwood Council on Aging to reasonable use of any and all images and statements of/by/about the participant during any part of a Westwood Council on Aging activity for promotional purposes, including on the internet.

IN CASE OF EMERGENCY or CRITICAL SITUATION, I hereby give my permission to the staff and medical personnel selected by the Council on Aging, to act as my agent to provide care when necessary, or in the event of an emergency, to be transported to an emergency medical facility to receive emergency medical treatment and/or to contact those listing on this form. 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 Council on Aging activities and programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage that I may suffer during participation.

SIGNATURE _____ **DATE** _____



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 a.m.– 6 p.m. (Closed 1p.m.– 3 p.m. for cleaning)

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

Saturday: 11am to 3pm

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

Tuesday and Thursday mornings from 9 a.m. – 10 a.m.

You must wear a mask and have no COVID –19 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 a.m. – 7 p.m. with late pickup available outside until 8 p.m.

Friday: 10 a.m. - 5 p.m. with late pick up outside until 6p.m.

Saturday: 10:00 a.m. – 4:00 p.m.

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 the Books and a Bite program! On Thursday afternoons, Library staff members Claire Connors (Head of Branch Services) and Karen Gallagher (Head of Circulation) 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 Karen 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

a.m.

January 13 & 27

February 10 & 24



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

America is in the midst of an historical moment. With a new president and breakthrough vaccine, the country heads off into a whole new direction in 2021. President-elect Joe Biden promises us “Help is on the way.” Can he deliver? Will Congress end the gridlock and assist? Join us as we share information ... as well as our hopes and fears.

*Each week we explore a wide range
of topics – breaking news and cur-
rent social trends; political issues
and social trends. Welcome to any-
one looking for respectful and stimu-
lating 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.

Historian Gary Hylander Zoom Lectures

Gary is back!!! If you have heard his lectures before, you know he brings history alive, if you have not heard him and enjoy history, you must sign up to listen to his stories. And with Zoom, you can do this at home, with a cup of coffee, on your couch!

President Theodore Roosevelt And his times

Tuesdays January 5 & 19 at 10 a.m.



President Roosevelt was a man of his times - Elected after the Spanish American War, he wrote " Americans voted for me because I get things done". This two part series will explore his presidency, his accomplishments and his disappointments.

The Civil War Amendments

Tuesday February 16 at 10a.m.

The Civil War is over and reconstruction has begun. Gary will discuss how Amendments 13, 14, and 15 played into the rebuilding of America.

Please call the Center with your email address to sign up and we will send you the Zoom Link.



AARP TAX HELP

for

Low and Moderate Income Seniors

Mondays 9 a.m. -2 p.m.

February 8 – April 12

BY APPOINTMENT ONLY

Strict COVID spacing and cleaning protocols will be followed

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 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 tax returns from last year, any current tax documents, your driver license and/or Social Security card and all other necessary information with you.



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 a.m.-1p.m.
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

COA BOARD OF DIRECTORS
 Marge Eramo
 Robert Folsom
 Josepha Jowdy
 Hillary Kohler
 Mary Masiello
 Stephanie Ramales
 Bill Sebet
 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 and continue to add more over the winter.

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

