



STAY HEALTHY - STAY CONNECTED - AGE WELL



July/August 2021



SPECIAL THANKS TO:

Foundation for MetroWest for a grant to underwrite food security options for seniors;

Anna Jean, Tony and Connie for creating beautiful flower and vegetable gardens that we will enjoy all summer long;

Town of Westwood's Selectboard, Town Administrator, Assistant Administrator, Personnel etc. who helped us support our senior community throughout the pandemic;

Westwood Fire Department and Board of Health who helped us vaccinate over 600 seniors here at the Center;

AND TO EVERYONE IN WESTWOOD WHO HAS CHECKED IN ON THEIR ELDER RELATIVES, NEIGHBORS AND FRIENDS THROUGHOUT THE PANDEMIC ... TOGETHER WE MADE IT THROUGH!

Thank you!



WE ARE OPEN!!!

As of Monday July 12th, the Westwood Senior Center will be opened with all its regular programs back!

It has been a very long 15 months without seeing everyone and we are thrilled to invite you all back into our Center!

However, please know that there will be *some restrictions* as we continue to follow all state and federal guidelines. There will be no food or drink in the Center (individual water bottles are fine) through the summer, and there will be no large functions until the fall. We encourage everyone to get vaccinated and, if you have not been vaccinated, please continue to wear your mask in our building.

We will be bringing back our regular programs (at the Center) but will continue to offer exercise, yoga and line dancing on cable, Tai Chi via Zoom, as well as in-house, so if you are not quite ready to come back, you can still stay in shape by joining us remotely.

Powisset Farm in-person cooking classes are back with Chef Ti while Chef Roberta Hing will continue to offer her Zoom cooking classes. Moreover, as we slowly get back to normal, we are traveling around New England with Fox Tours ; Trish will be offering some fun day trips. And remember, these special *programs sell out quickly, so if you are interested, please sign up soon*. See inside for details.

You will also see some new faces. We welcome Nancy Blanchard, Deputy Director of West Suburban Veterans. She will be here every Monday to help any veteran learn about and apply for services. Margaret Sullivan, our Public Health Nurse will begin offering office hours as well; and Mitch is back in house to offer SHINE help for anyone on Medicare. And a new podiatrist opportunity (Dr. Daly and Dr. Daly) is also being added. Details inside.

Most importantly, I need to thank EVERYONE who helped us throughout the pandemic! From our amazing Meals on Wheels volunteers, to volunteer grocery shoppers, to pen pal writers, volunteer phone callers; our instructors who learned Zoom or figured out how to create cable programs; Town Hall who helped us navigate safety rules; and a COA staff and board that was fearless. We were blessed with foundation partnerships who encouraged us to seek grants and a food pantry that was always available to help anyone with food insecurity. Finally a big shout out to Westwood Media who helped us stay in touch with all of you ... too many to thank but thank you! Together we made it through this pandemic!

**Welcome Back Everyone
We cannot wait to see you!**

Lina Arena-DeRosa
Director
Westwood Council on Aging





NOTES FROM KAREN'S DESK Outreach Counselor ALZHEIMER'S AWARENESS



Memory often changes as people grow older. Some people notice changes in themselves before anyone else does. For other people, friends and family are the first to see changes in memory, behavior, or abilities.

Memory loss that disrupts daily life is *not* a typical part of aging.

People with one or more of these 10 warning signs should see a doctor to find the cause. Early diagnosis gives them a chance to seek treatment and plan for the future.

- 1. Memory loss that disrupts daily life**
- 2. Challenges in planning or solving problems**
- 3. Difficulty completing familiar tasks at home, at work, or at leisure**
- 4. Confusion with time or place**
- 5. Trouble understanding visual images and spatial relations**
- 6. New problems with words in speaking or writing**
- 7. Misplacing things and losing the ability to retrace steps**
- 8. Decreased or poor judgment**
- 9. Withdrawal from work or social activities**
- 10. Changes in mood and personality**

For more information, call the Alzheimer's Association's **24/7 Helpline** at **1-800-272-3900**. No question is too big or too small. Or visit www.alz.org/alzheimers-dementia/10_signs or www.alz.org/manh.

Are you feeling lonely or anxious during this health crisis?

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

NOTES FROM MARGARET SULLIVAN Public Health Nurse



Hello COA community! I know we have all been focused on Covid-19- how could we not be? But lets not forget the other things that keep us healthy. **May was skin cancer awareness month.** Now that we are starting to feel a little more heat, let's not forget our sun safety- especially because we are being encouraged to gather when we can. Here are some important facts and recommendations from the CDC: one in five Americans will develop skin cancer in their lifetime; having 5 or more sun-burns doubles your risk for melanoma; anyone can get skin cancer, regardless of skin color.

The American Academy of Dermatology recommends using a sunscreen that is labeled: Broad Spectrum: providing protection from UVA and UVB rays. An SPF of 15 or higher; water resistant; sunscreens should be reapplied every two hours after swimming or sweating; check your sunscreen's expiration date. Sunscreen not labeled should not be used for more than 3 years and this time may be shorter if exposed to high temperatures. (*sunscreen should not be used in children less than 6 months of age; always remember to check the list of ingredients before applying to avoid allergic reactions). *In addition to sunscreen, don't forget the basics:* shade: seek shelter under an umbrella, tree or other shelter. Clothing: wear long sleeved clothing and pants; darker colors absorb more UV light and offer better protection. Hats: wear a hat that has a brim all the way around; canvas provides more protection than straw. Sunglasses: sunglasses sold in the US generally provide both UVA and UVB protection. Wearing sunglasses will also help prevent cataracts.

**And stop by during my office hours (Tuesday 10-12; Thursday 1-3) starting in July (see calendar for details) ...
I would love to meet you!!!**

Enjoy the summer but remember to keep your skin protected and your body hydrated!

TRAVEL WITH THE SENIOR CENTER



DAY TRIPS WITH FOX TOURS

Day Trips are back! *And we hope you will join us as we begin traveling around New England!!*

Tuesday August 17- Lake Winnepesaukee Cruise - \$105*—includes cruise, buffet luncheon, transportation.

Thursday September 9 - Martha's Vineyard Day Trip - \$125 *—Includes ferry, transportation and tour of island, lunch on your own.

Thursday October 7—New Hampshire Turkey Train - \$105*- Includes train ride aboard the Scenic Rail Dining Car, lunch and transportation.

***NOTE :** A \$15 *non-refundable* deposit is required within 10 days of signing up. *Fox Travel requires that everyone show their vaccination card before entering the bus and must wear a mask while on the bus. Fliers are available at the Center or we can mail one to you.*

We are also working on a day trip to the Holiday Pops in December so stay tuned!

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 nonprofit 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.

TRANSPORTATION WITH TRISH

You must sign up 2 business days in advance- No exceptions.
No COVID symptoms and masks are required while on the bus.



ERRAND DAYS ON MONDAYS AND FRIDAYS (\$3 donation) - You may schedule errands within a 5 mile radius of the Senior Center.

MEDICAL APPOINTMENTS (\$2 donation)- **Mondays, Tuesdays and Thursdays**. Doctor's appointments must be **between the hours of 8:30 am - 1:00 pm** (drivers must be back at the Center by 3pm). Newton Wellesley Hospital, Faulkner Hospital and Medfield on Mondays only. (\$5 donation for these trips).

GROCERY SHOPPING (\$3 donation) - continues to run on **Tuesdays and Wednesdays** in the am.

SPECIAL VAN TRIPS

Walmart Shopping Trip - Tuesday, July 27 at 9:00 AM ... \$3 per person Space is limited.

Plainridge Park Casino in Plainville - **Wednesday, August 4** ... Leave the Center at 9am and will bring you back around 1:30. Enjoy a day of gambling and lunch (on your own) at the food court. \$8 per person. Space is limited.



West Suburban Veterans' Services District

WSVD would like to welcome Westwood veterans and their families to our district! On April 1st 2021, the town of Westwood joined the West Suburban Veterans' District (WSVD). The West Suburban Veterans District represents the towns of Needham, Wayland, Wellesley, Weston, and now Westwood. The Veterans' Service District's essential function is to manage and participate in the administration of various benefits available to eligible veterans and their dependents from the Massachusetts Department of Veteran Services and the U.S. Veterans Administration. The Veterans' Service Agent assists veterans in: assessing benefits (VA Healthcare, Disability Compensation & Pension, Burial Allowance, Survivors Benefits, Annuities, Home Loans, Education, Property Tax Exemptions, Welcome Home Bonus, and more..); providing financial assistance through the Commonwealth's Chapter 115 Program; identifying federal, state, and local programs by providing referrals for employment and training, Social Security, housing, and medical care.

WSVD will be at Westwood Council on Aging every Monday from 9 am - 3 pm and can be reached at (781)320-1008. WSVD staff led by Director Sarada Kalpee (Master Sergeant, US Army) - *currently deployed until August 2021*; Deputy Director, Nancy Blanchard (Sergeant First Class, USAR) and Sally Rose, Finance Administrator. For more information or to schedule an appointment, please call our main office at (781) 489-7509 or email at nblanchard@westsuburbanveterans.com.

Thank you to our military community, both past and present, for the sacrifices you've made for all of us!

WONDER WORKOUT

with
Stephanie



- Mondays, Wednesdays
- 8-9 am
- \$3 donation
- No class July 26

It is time to get back 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 Sara



- Mondays & Wednesdays
- 1p.m.
- \$3 donation

Welcome Sara! 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
- 10:30 am
- \$3 donation

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

LEGAL CLINIC

with Attorney Veranira
Ochea

from Metrowest Legal
Services



Wednesday August 18th

- 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.

YOGA

With Bonnie



- Tuesdays and Thursdays
- Yoga on Cable ONLY

Bonnie will continue to offer Yoga classes on cable and will be back in person this fall.

SHINE

With Mitch

- Wednesdays 9-12
- July 21 & August 18
- **BY APPOINTMENT ONLY**

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

BEREAVEMENT

with Nina (via Zoom)

- 9:30-10:30
- No cost for this program
- Wednesdays July 7 & 21
- August 4 & 18

The loss of a loved one is life altering. A bereavement group is offered on the 1st and 3rd Wed of every month, providing a place to come and be with others who have also experienced this, and a place of support to navigate a new path.

The bereavement group, which is facilitated by Nina Johnston, will meet on Zoom during the summer months. If you would like to join us please give your email address to the WCOA so that a link can be forwarded to you!



Tai Chi

With Scotty



- Tuesdays at 1pm
- \$3 Donation
- **At the Center beginning July 27**

T'ai Chi and QiGong have an advantage that many other workouts do not provide. They can help reduce stress, increase flexibility, improve balance and endurance. Falling due to loss of balance is a common cause of injury in the mature population. Studies prove that there was a significant reduction in falls when T'ai Chi and QiGong were practiced regularly.

In addition, attend Scotty's Zoom classes on Mon/Thu from 10:00-10:30am. Call the Center to sign up and get the Zoom link

Beginning Tuesday July 27, Scotty will be in person at the Center from 1:00-2:00pm for his classes.

MEDITATION

with Soni

- Wednesdays in the fall
- No cost for this program

We are excited that SONI will be back in the fall ... stay tuned.





DRAWING With Brenda

- Tuesdays 10-12 am
- Fridays 10-12pm
- \$40 for 8 week class
- \$35 for 7 week class

• Space is limited, so you must sign up in advance

Learn how to draw! Join our fun, interactive, drawing classes. Learn all about graphite, charcoal and pastel pencils, as well as related materials, paper and supplies. Draw along, step by step, with your instructor Brenda and learn through live demonstrations. Let's get started, all you need is some sketch paper, pencils and an eraser!

Watercolor with Brenda

- Tuesdays 1-3pm
- \$40 for 8 week class

Watercolor painting with Brenda

Whether you're a beginner or someone who wants to 'brush up' on their skills,

this class is for you. Have fun each week as Brenda guides you through your creative painting process. Learn all about materials through demonstrations and individual instruction.



CHORUS with Carol

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

"The Next Chapter Chorus " will resume our Wednesday morning rehearsals on July 14!! A warm welcome back . A special shout out to my former

chorus members! Please bring the music we were working on when you come, and I will be passing out new numbers.....(just think, we don't have to try singing with masks on)! And any new members, please first call the Center so we can connect you directly with Carol before the first rehearsal in July.



COMMUNITY SPOTLIGHT

With Anna Jean

- Coming this fall



Anna Jean and her friends are putting together an interesting Thursday afternoon program that will keep you informed about all things Westwood ... stay tuned for more information and first meeting coming in October.

QUILTING CLUB

with Helen

- Wednesdays
- 9-11am
- July 21/ August 11 & 25
- \$3 donation

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



KNITTING AND CROCHETING

With Louise

- Wednesdays
- 1-3 pm
- \$2 donation

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



LINE DANCING

with Paul

- Mondays
- 10:00 am
- \$3 donation

Dancing is the perfect combination of physical activity, social interaction and mental stimulation. It's a full body workout for the mind, body and spirit. Dance to popular songs with ballroom and Latin steps with no partner needed

So come join the fun!



SHREDDING DAY

Sponsored by District Attorney Michael Morrissey

SAVE THE DATE

Tuesday September 14



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.

WESTWOOD WOMAN'S CLUB

With Margaret

- 3rd Thursday of each month
 - Starting in September
- The Woman's Club is back and will be offering fun and interesting programs starting in October ... stay tuned.



BINGO

- Thursdays
- 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!



**STAYING ACTIVE IS VERY IMPORTANT ...
WITH THIS IN MIND, THE WESTWOOD COA
WILL CONTINUE TO HOST FREE DAILY CABLE
IN CASE YOU ARE NOT READY TO JOIN US AT THE CENTER**

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

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

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.



**COOKING CLASS
AT POWISSET FARM AND VIA ZOOM**



COOKING AT POWISSET FARM (in-person)

Come join the fun at beautiful Powisset Farm in Dover and learn some new cooking techniques. We meet at Powisset Farm at 11am. \$20 per class which includes lunch. (Note: No take home food will be allowed). *You must sign up in advance as space is limited*

July 14 - Be a WOK STAR! Do you enjoy wok cooking? Would you like to learn some basic techniques to improve your skills? Then join us as we learn from Chef Ti how to use and cook with your wok.

August 11—TOMATOES! If your garden is overflowing with tomatoes and you are looking for some new ways to use them, then this is the class you want to join!

COOKING WITH ROBERTA (via ZOOM)

Chef Roberta Hing is fun and her cooking class inspiring! You can cook along with her in your kitchen or just learn and use the recipes later. \$5 donation requested per class. Please call in advance so we can send you the recipes and the Zoom link.

July 26 at 1pm. Summer Salads with an Asian Twist: These refreshing salads will keep you cool with very little time over a stove. We start with a Kale Slaw with a Peanut Ginger Dressing. Next we'll make a refreshing Thai Chicken Salad and an addictive Asian Broccoli Salad. We will finish off with a bit of decadence--Chocolate Orange Chip Ice Cream.

August 19 at 1pm Roman Holiday Cooking Class: This menu is the perfect pairing with the classic movie. Our meal will begin with Mushroom and Gorgonzola Crostini--an appetizer that could also serve as a light lunch.. For our secondi piatto, we will make Chicken Piccata--tender chicken with a lemon caper sauce. And our meal ends with a dolce--Ricotta Orange Pound Cake with Strawberries.

CURRENT CONVERSATIONS

with Susan

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



- Wednesdays
- July 14 & 28
- August 11 & 25
- 9:00-11:00 am
- \$5 donation

America is back on the move. In our bi-weekly conversations, we follow the latest political developments and news headlines, but also delve into the social trends of the day. A big question: How has the pandemic changed us? As vaccines rates go up and Covid cases go on, exactly what will our new normal look like? Join us as we share information and ideas in a safe and welcoming atmosphere.

Watercolor

With Joan



- Mondays 10-12
- Donation:
- 8 weeks for \$40

This watercolor workshop will be fun and experimental, meaning “going out of the box and beyond the lines.” We will cover color, harmony and mixing of primary colors. We will also work with Japanese rice paper and gesso for texture. Supplies will be available to purchase at the beginning of the class which includes specific watercolor paper. Limited to 7 participants so you must sign up in advance.

Hiking Club

with Maria and Angie

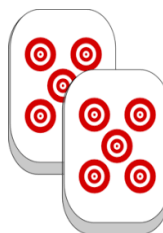
- Tuesdays at 9:15 am
- You must sign up in advance

Senior hikes during the summer months will be offered every Tuesday at 9:15 am unless both leaders are on vacation. The leaders will send out the information the week before the hike to their distribution list. If you are interested in joining the group, please contact the Center; Angie or Maria will then contact you. Our hikes take place in Westwood and surrounding towns and are from 2 to 3.5 miles in length.



MAH JONG

with Cynthia



- Thursdays
- 1-3 pm

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

WAXING

with Lisa

- Fridays
- July 9 & August 6
- 8:00-noon
- **BY APPOINTMENT ONLY**

Lisa is back but you must sign up in advance as these appointments fill up fast!
Brows \$10, Lips \$10, Chin \$10, Any two services \$15, All three services \$20

BRIDGE

With Diane

- 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.

CRAFTS

With Julie and Lorraine



- 10-noontime
- Wednesday
- August 4

Are you crafty? Then join us as we make new crafts to sell at the Center. Space is limited so please call in advance to sign up.

BOOK GROUP

with Bev

- Thursday July 8
- 1pm via Zoom

Join Bev and her friends as they read and discuss **FIREFLY LANE** by Kristin Hannah. Call to sign up and get the Zoom link.







REAL ID ENFORCEMENT EXTENDED



The Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from October 1, 2021 to May 3, 2023, due to the ongoing COVID 19 pandemic. Beginning May 3, 2023, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities.

STAY CONNECTED AT THE SENIOR

July –August 2021

| | | | | |
|---|---|--|--|--|
| <p>PROGRAMS BEGIN ON MONDAY JULY 12</p> | <p>JULY 2021</p>  | <p>IF YOU ARE NOT VACCINATED, CDC SUGGESTS THAT MASKS SHOULD BE WORN.</p> | <p>8 1:00 Book group with Bev via Zoom. Call to sign up.</p> | <p>9 8:00 Podiatry—By appointment only 8 –12 Waxing by appointment only—call to sign up.</p> |
| <p>12 8:00 Wonder Workout 9:00 – 3pm Veteran’s Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Low Impact Exercise</p> | <p>13 <i>9:15 Hiking Club</i> 10:00 BOH Nurse 10:00 Drawing 1:00 Watercolor</p> | <p>14 8:00 Wonder Workout 9:00 Current Conversation 11:00 Powissett Farm Cooking Class 10:30 Chorus 1:00 Low Impact Exercise 1:00 Knitting</p> | <p>15 10:30 Pilates 1:00 BOH Nurse 1:00 BINGO 1:00 Mah Jong</p> | <p>16 9:00 Bridge 10:00 Drawing</p> |
| <p>19 8:00 Wonder Workout 9:00 -3pm Veteran’s Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Low Impact Exercise</p> | <p>20 <i>9:15 Hiking Club</i> 10:00 BOH Nurse 10:00 Drawing 1:00 Watercolor</p> | <p>21 8:00 Wonder Workout 9:00 SHINE 9:30 Bereavement (Zoom) 9:00 Quilting 10:30 Chorus 1:00 Low Impact Exercise 1:00 Knitting</p> | <p>22 10:30 Pilates 1:00 BOH Nurse 1:00 BINGO 1:00 Mah Jong</p> | <p>23 9:00 Bridge 10:00 Drawing</p> |
| <p>26 9:00 – 3pm Veteran’s Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Cooking with Chef Hing via Zoom 1:00 Low Impact Exercise</p> | <p>27 Walmart van trip <i>9:15 Hiking Club</i> 10:00 BOH Nurse 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | <p>28 8:00 Wonder Workout 9:00 Current Conversation 10:30 Chorus 1:00 Low Impact Exercise 1:00 Knitting</p> | <p>29 10:30 Pilates 1:00 BOH Nurse 1:00 BINGO 1:00 Mah Jong</p> | <p>30 9:00 Bridge 10:00 Drawing</p> |
| <p>NIGHT VISION GLASSES AVAILABLE \$12 - Do you have problems driving at night? Do the glare of other cars bother you? Then Night Vision Glasses may help you.</p>  | |  | | <p>NOTARY SERVICES AVAILABLE AT THE CENTER Notary Services are available at the Center. Please call in advance to make an appointment with Lina. No cost to this program.</p>  |

STAY CONNECTED AT THE SENIOR

July– August 2021

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|--|--|--|--|--|
| <p>AUGUST 2 8:00 Wonder Workout 9:00 - 3pm Veteran's Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Low Impact Exercise</p> | <p>3 9: 15 <i>Hiking Club</i> 10:00 BOH Nurse 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | <p>4 8:00 Wonder Workout 9:00 Crafts 9:30 Bereavement (Zoom) 9: 00 Casino Trip 10:30 Chorus 1:00 Low Impact Exercise 1:00 Knitting</p> | <p>5 10:30 Pilates 1:00 BOH Nurse 1:00 Mah Jong 1:00 BINGO</p> | <p>6 8-12 Waxing 8-10 Podiatry Clinic 9:00 Bridge 10:00 Drawing</p> |
| <p>9 8:00 Wonder Workout 9:00 - 3pm Veteran's Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Low Impact Exercise</p> | <p>10 9:15 <i>Hiking Club</i> 10:00 BOH Nurse 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | <p>11 8:00 Wonder Workout 9:00 Quilting 9:00 Current Conversation 10:30 Chorus 11:00 Cooking class at Powisset Farm 1:00 Low Impact Exercise 1:00 Knitting</p> | <p>12 10:30 Pilates 1:00 BOH Nurse 1:00 Mah Jong 1:00 BINGO</p> | <p>13 9:00 Bridge 10:00 Drawing</p> |
| <p>16 8:00 Wonder Workout 9:00 - 3pm Veteran's Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Low Impact Exercise</p> | <p>17 Fox Tours Lake Winnepausekee Day Trip 9:15 <i>Hiking Club</i> 10:00 BOH Nurse 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | <p>18 8:00 Wonder Workout 9:00 SHINE 9:30 Bereavement (Zoom) 10:30 Chorus 1:00 Legal Clinic 1:00 Low Impact Exercise 1:00 Knitting</p> | <p>19 10:30 Pilates 1:00 Cooking Class with Chef Hing via Zoom 1:00 BOH Nurse 1:00 Mah Jong 1:00 BINGO</p> | <p>20 9:00 Bridge 10:00 Drawing</p> |
| <p>23 8:00 Wonder Workout 9:00 - 3 pm Veteran's Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Low Impact Exercise</p> | <p>24 9:15 <i>Hiking Club</i> 10:00 BOH Nurse 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | <p>25 8:00 Wonder Workout 9:00 Quilting 9:00 Current Conversation 10:30 Chorus 1:00 Low Impact Exercise 1:00 Knitting</p> | <p>26 10:30 Pilates 1:00 BOH Nurse 1:00 Mah Jong 1:00 BINGO</p> | <p>27 9:00 Bridge 10:00 Drawing</p> |
| <p>30 8:00 Wonder Workout 9:00 - 3pm Veteran's Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Low Impact Exercise</p> | <p>31 9:15 <i>Hiking Club</i> 10:00 BOH Nurse 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | |  | |



The library is open! When visiting the library, we encourage you to stay safe by wearing a mask if you have NOT been vaccinated, per Governor Baker's order.

Summer Schedule starting June 1st

| | |
|-----------------|-------------------|
| Monday-Thursday | 10:00 AM- 8:00 PM |
| Friday | 10:00 AM- 6:00 PM |
| Saturday | 10 AM-4:00 PM |

July and August

| | |
|----------|----------|
| Saturday | 10AM-1PM |
|----------|----------|

Curbside Holds Pick Ups: Curbside pickups are still available for library materials. Call 781-320-1081 to schedule a pickup.
Homebound Delivery and Outreach 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

Library Programs - NOTE: All Programs 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.

SPECIAL CULINARY PROGRAMS AT THE LIBRARY

Summer Sweet Treat: Key Lime Pie - Wednesday, July 7th @ 6:45PM via Zoom

Join Food Explorers to make Key Lime Pie! This tart and delicious pie is easier than you think, and you'll need the following ingredients: graham crackers, sugar, butter, 2 cans sweetened condensed milk, sour cream, lime juice or 5-6 limes (Key Limes if you can find them!), heavy cream and powdered sugar. You will also need a pie dish. **Mix it Up: Make Your Own Cocktail!** Thursday, July 15th at 7PM via Zoom .

Summer Cocktails - The only thing better than a glass of bubbly is a cocktail made with bubbly! Sparkling wine doesn't need to be reserved for a special occasion - opening a bottle makes the occasion special all on its own. But if you're looking for an excuse, Tammy Tastings has got you covered! Sample drinks include: French 75; Champagne Cocktail; Seelbach; Aperol Spritz Tammy's Tastings online cocktail classes are a great way to bring friends and family together for an activity when you can't be in the same room. Tammy Coxen is a professional cocktail enthusiast and the Chief Tasting Officer of Tammy's Tastings.

SUMMER READING AT THE LIBRARY

Islington Branch Book Club Join us via Zoom as we discuss:

July 14th @ 6:30 PM : *Brunch and Other Obligations* by Suzanne Nugent

August 11th @ 6:30 PM : *The Four Winds* by Kristin Hannah

Email cconnors@minlib.net with any questions.

Historical Fiction Book Group

July 6th @ 10 AM : *Aria* by Nazanine Hozar

August 3rd @ 10 AM : *Burial Rites* by Hannah Kent

Email cconnors@minlib.net with any questions.

BOOK SHARE: Join a friendly group to chat about what books everyone is reading.

3rd Wednesday of the month July 21st, August 18th @ 6:30 PM

Email cconnors@minlib.net with any questions.

FRIDAY MORNING BOOK CLUB : Join Karen for a lively discussion group! Fridays @ 10:30 AM

LEARN SOMETHING NEW AT THE LIBRARY

GREAT DECISIONS: Great Decisions is America's largest discussion program on world affairs. The topics will be discussed via Zoom. Join the meeting at 6:30pm to be able to watch the video, discussion starts at 7:00pm. Questions? Email Tina McCusker, Reference Librarian & Great Decisions Facilitator at tmccusker@minlib.net

FINTASTIC FINS AND SHARKS - Thursday, August 12 @ 7pm via Zoom.

Sharks and rays are ancient and amazing animals. How large were the teeth of the prehistoric megalodon shark? How does a shark find its food? Do sharks always need to keep swimming? What important roles do they play in our oceans? These animals are often portrayed negatively in the media, but what is it really like to be under water diving with them?. Joy is a lifetime ocean lover and avid scuba diver who is a naturalist and education coordinator at the Massachusetts Audubon Society. She is an experienced guide, wildlife photographer, and photography teacher.

AUTHOR VISIT : **Lisa Wingate**, author of *The Sea Keeper's Daughters* and *The Book of Lost Friends* will visit the library via Zoom on Thursday, August 19th @ 6:30 PM.

PODIATRY CLINIC
For Westwood Seniors Only
At Dr. Daly's Office
Fridays 8-10am
July 9 and August 6



We are pleased to partner with Drs Jack and Albert Daly to offer special senior hours at their office on High Street in Westwood. Please call their office directly at 781-329-7716 to make an appointment and if you need a ride, please give us a call and we will give you a van ride to your appointment.

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.

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



SEPTEMBER 25, 2021

- **5K 9:00 and Fun Run 10:00**
- **Activities 10:00-3:00**
- **Vendor Village 10:00-3:00**
- **Food Court 10:00-3:00**



www.WestwoodDay.org

CONTACTS

- SPONSORSHIP:** Richard Adams:
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FLAGS FOR HEROES
WESTWOOD ROTARY CLUB

Coming this fall, the Rotary Club of Westwood, together with the Westwood Council on Aging, will sponsor a "**Flags for Heroes**" program, with American Flags displayed adjacent to the Council's offices.

Westwood residents, and others, will have the opportunity to *honor one or more of their heroes from every walk of life*, by donating a flag in their heroes' name. Keep an eye out for additional information for how to purchase your sponsorship or contact a member of the Rotary Club or email Mike at mike@razzalaw.com.



Westwood COA
60 Nahatan Street
Westwood MA
02090

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Return Service Requested

WESTWOOD COA

60 Nahatan Street
Westwood MA 02090
781-329-8799 (telephone)
781-329-5949 (fax)

Hours of Operation

Monday— Thursday
8 am-4pm
Friday 8-1

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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COMING THE WEEK OF SEPTEMBER 13 A SPECIAL WEEK TO CELEBRATE THE CENTER AND YOU!

**Sign up will begin on Tuesday August 31 (*details in Sept/Oct
newsletter).**

As we prepare to welcome back our regular programs in July, we cannot forget how horrible, no good, very bad these last 18 months have been. And how so many of you stayed safe, helped us keep others safe (sane) and kept in touch with your loved ones remotely.

With this in mind, we will be working on a **GRAND RE-OPENING the Week of September 13th**. Monday will be a day filled with many special events (music, food, entertainment, giveaways), Tuesday the shredding truck will be back (to get rid of all the paper you have gone through while at home), and we hope to have BWH Cancer Screening Van available for everyone, to name a few things we are planning ... so mark your calendars and stay tuned!

Welcome Back Westwood Seniors!

