



STAY HEALTHY - STAY CONNECTED - AGE WELL



November-December  
2021



**SPECIAL THANKS TO:**

**Bridges by EPOCH** for sponsoring our Thanksgiving Luncheon;

**Cornerstone at Canton** for sponsoring a lunch and learn on Brain Healthy Cooking;

**Needham Bank** for underwriting our Veteran's Breakfast;

**Girl Scout Troop 62277** for their 60 plus surprise boxes for our Meals on Wheels folks;

**Dedham Savings** for their fun giveaways at all of our special luncheons;

**Pat Gavin** for a discussion on delirium;

The **COA Board, Friends of the COA** and the **Town of Westwood** for their support for our work to help Westwood seniors;

And to all our volunteers and sponsors for their continued support.

*Thank you!*



**HAPPY HOLIDAYS!!**

Thanksgiving, Hanukkah, Christmas, New Year's ... 2021 started off so badly with the pandemic raging; but now with the vaccine readily available, this holiday season seems to be "especially special"! Personally, I am trying to slow down a bit and remember to appreciate the little things that make our lives so amazing.

With this in mind, once again, I want to take a moment to thank everyone who helps make our Center so warm and welcoming. From a thoughtful and forward looking Board of Directors, to a cadre of committed volunteers, and of course, a staff that is dedicated and truly devoted to our senior community. But none of this would be possible without the continued support and resources of so many in this town, the Selectboard, our Friends group, Town Hall employees and *each and every one of you*.

Throughout the year, we have individuals and groups quietly supporting us with their time and treasure; it is a total team effort and I am continually humbled by the generosity of so many. Thank you never seems enough, but thank you!

And of course, I am thankful to our sponsors. Right now, we have ten beautiful baskets, each worth \$250 donated by local businesses (we will be selling raffle tickets throughout November and early December). Bridges by EPOCH will be sponsoring our Thanksgiving Luncheon in November and the Friends of the Westwood Senior Center will be sponsoring our Holiday Party in December. So much to be thankful for ... so this holiday season, try to slow down, and truly enjoy the season! That is my goal.

Wishing you all a safe and memorable holiday season!

Lina Arena-DeRosa  
Director, Westwood COA

**ANNUAL BASKET FUNDRAISER**

Tickets are \$1 each or 12 tickets for \$10 and can be purchased at the receptionist desk. Each basket is worth \$250.

Special thanks to our Basket Sponsors:

National Development (Residences at Highland Glen)

Chiara

Folsoms Funeral Home

Dedham Savings Bank

Westwood Glen

Samuel, Sayward & Baler LLC

Rockland Trust

Ellis Nursing and Rehab Center

Roche Bros

**We could not continue to grow without your continued support!**

**Thank you!**





NOTES FROM KAREN'S DESK  
 Outreach Counselor  
Preparing for Winter



Before we know it, temperatures will be dropping and snow will be falling. If you think you might need **help with snow removal** or **paying your winter heating bills**, there are resources available. Although the Center ***does not have volunteers for snow removal***, we do have a list of local agencies and individuals who offer ***snow shoveling and plowing services***. Please call or stop by the Center if you'd like a copy of this list. 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 annual household income cannot exceed \$40,951 for a household of one and \$53,551 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. 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, 2021 to April 30, 2022.*** 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. Most of the application process can be done by phone. Due to the Pandemic, in-person appointment requirements have been waived until further notice. To help complete the application I can meet with residents in our Center, on our outdoor patio, or in our parking lot where residents can stay in their cars. The Center has a drop-box where residents may drop off their paperwork any time that is convenient for them. Households having financial difficulty who are over-income for government fuel assistance can apply for the **Massachusetts Good Neighbor Energy Fund**. Maximum gross annual income for a household of one is **\$54,601** and **\$71,401** for a household of two. For more information about the Good Neighbor Energy Fund, please call the Salvation Army at 1-800-334-3047.

Notes from Margaret Sullivan - BOH Public Nurse  
**SALMONELLA**

Old habits are hard to break. I love to cook, especially during the holidays and am absolutely in the habit of cleaning chicken before I cook it. Do you do that too? Well we are wrong!



While Salmonella is in the news now because of an outbreak, the CDC estimates some 40,000 cases of Salmonella are reported in the United States every year. Salmonella bacteria was first discovered in 1885. *The CDC reports that people infected with Salmonella typically experience diarrhea, fever, and stomach cramps that start six hours to six days after infection and can last four to seven days.* While most people recuperate without antibiotics, more serious *Salmonella* strains sometimes cause infection in urine, blood, bones, joints, or the brain, and can cause severe disease. As with so many diseases, the elderly, very young and immunocompromised are more susceptible to severe illness. The Mass Department of Public Health states "The germs must be swallowed to cause disease. Usually this happens when someone eats food that has been contaminated with the germs and has not been properly handled, prepared or cooked. The germs can also spread when people do not wash their hands thoroughly with soap and water."

**Given the prevalence, prevention is key! Here are some helpful guidelines:**

- 1- Handwashing, handwashing, handwashing- both before and after you prepare food.
- 2- Avoid using the same cutting board for preparing your fruits and veggies with meat sources.
- 3- Do not eat raw or cracked eggs, unpasteurized milk, or other unpasteurized dairy products.
- 4- Don't leave perishable foods out of refrigeration for more than 2 hours.
- 5- Use a meat thermometer-cook poultry pieces/patties to an internal temperature of 165 degrees Fahrenheit and 180 degrees for whole chicken.
- 6-Avoid cross-contamination: don't wash poultry prior to use as splashing of bacteria onto surfaces and foods is believed to spread the bacteria.
- 7-Properly clean all counters and surfaces after food preparation.

**My office hours at the Center are Tuesday 10-12noon and Wednesday 1-3pm , so stop by anytime.  
 HAVE A SAFE AND HAPPY HOLIDAY SEASON!!!**

**TRAVEL WITH THE SENIOR CENTER**

**DAY TRIPS WITH FOX TOURS**

Thanks to everyone who joined us this summer and fall as we traveled

throughout New England. We will begin planning for 2022 over the next few months, so stay tuned!



**MEMORIAL GIFTS THAT HELP THE CENTER GROW**



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.

**Thank you so much!**



**TRANSPORTATION WITH TRISH**

You must sign up 2 business days in advance- No exceptions.

**Masks are required while on the bus**

**Please note there is NO transportation on the following days:**

**Nov. 11, 17, 24, 25 & 26 Dec. 15, 24, & 31**



**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 Monday mornings only. (\$5 donation for these trips).

**GROCERY SHOPPING** (\$3 donation) - Every **Tuesday** and **Wednesday** in the am.

**Special Trips in November and December**

**WALMART** – Wednesday, November 10 \$5 per person – leave center at 9:30

**SOUTH SHORE PLAZA** – Wednesday, December 1 \$5 per person – leave center at 9:30

**CHRISTMAS TREE SHOP/TRADER JOE'S** – Wednesday, December 8 \$5 person – leave center at 9:30

***West Suburban Veterans' Services District***

With Sarada and Nancy



Veterans Day is a time for us to pay our respect to those who have served. For one day, we stand united in respect for you, our veterans. This federal holiday pays tribute to the brave women and men of the United States armed forces who risk their lives daily to protect our freedom. This includes everyone who has served in the US Army, Navy, Marine Corps, Air Force and the Coast Guard. November and December are also the highest rates of depression and loneliness for Veterans due to all of the holidays. The Department of Veteran Services has so many programs, funds and access to care to get you through the Holidays and into the New Year. If you are a Veteran, spouse/widow of a veteran and would like to learn more about VA Healthcare, Pension, Aid and Attendance, and Mass State Ch. 115, and any other services, please reach out to Nancy or Sarada 781-850-5504 and come chat with us. We are in Westwood (at the COA) every Monday from 9-3 or join us at the Centers Veteran's Day Breakfast on November 5. Our office at West Suburban Veterans' Services District (WSVD) would like to thank all of our Veterans for their service!

**Happy Veterans Day!**

**WONDER WORKOUT**

with

Stephanie and Priscilla

- Mondays, Wednesdays
- and Fridays
- 8-9 am
- \$3 donation
- No classes on Nov. 5, 17,24,26,
- And no classes Dec.15,24,& 31



Start your morning by getting your heart pumping and your body moving. Please wear comfortable clothing and bring your own water bottle.



**LOW IMPACT EXERCISE**

- Mondays & Wednesdays
- 1 pm

We are working on hiring a new instructor and hopefully this will be back in January ... stay tuned.

**PILATES with Mary**

- Tuesday at 10am
- Thursdays at 10:30 am
- No class Nov.11 & 25
- \$3 donation

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



**LEGAL CLINIC**

Westwood Residents only

with Attorney Ochea -  
MetroWest Legal Services

- 1:00 pm to 3:30 pm.
- BY APPOINTMENT ONLY
- December 8



This private 20 min. free legal consultation to seniors on housing, public benefits and social security matters, durable power of attorney.

**YOGA**

With Bonnie

- Tuesdays and
- Thursdays
- Floor Yoga 8am
- Chair Yoga 9:30 am
- \$3 donation
- No class Nov. 11 &25



If you are hesitating on returning because you have fallen off your yoga practice, please come back. Now that I'm back I realize how isolated I have been and how very much I missed seeing everyone!

In our mat class we are back with all our props working on stretching bodies, working on balance and core and, more importantly, re-learning to relax and let go of stress and anxiety. Come & join us, we'd love to see you!

In our chair class we are back to working with our breath to help us relax, become more meditative and allow us to stretch our bodies more. We work on breath, stretching & strengthening. For those that choose to, we stand using a chair for balance and work on standing sun salutations and balancing poses.

Always ending every class with our most important posture, savasana, where we are still and allow our bodies to rest. It is a wonderful & supportive group, so come on out and join us.

**SHINE With Mitch**

- BY APPOINTMENT ONLY

NOTE: We are completely full through open enrollment. Please call HESSCO directly if you need help at 781-784-4944 x254



**Tai Chi**

With Scotty

- Tuesdays at 1pm
- \$3 Donation



Although Tai Chi is slow and gentle and does not leave you breathless, it will address the key components of fitness — muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning. Practicing Tai Chi is also an effective way to manage stress and anxiety, especially during the holiday season. So join us and help your body and mind de-stress.

**MEDITATION**

with Soni

- Tuesdays at 11 am
- November 9 & 23
- December 7 and 21

During the holiday season it can be especially difficult to settle your mind. So join us as Soni teaches you how to slow your mind and body down and help you focus on the moment, a much healthier way to live.



**LINE DANCING with Paul**

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

This 60-minute beginner line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, and relieve stress. Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! NO need to have a partner and no experience necessary.





**Open Studio with Brenda**



- Fridays at 10 – 12 pm
  - 6 classes for \$30
  - No class Nov 26/Dec. 24 & 31
- Media will include watercolor, graphite, charcoal, pastel and colored pencil. Have fun as Brenda guides you through your creative process. Bring your own art-work project or start a new one each week. Receive individual instruction regarding use of materials, color, composition, and specialized techniques. Some experience is recommended, students will need to bring their own materials to the workshop. Please sign up in advance so we know how many to expect.

**Watercolor with Brenda**



- Tuesdays 1-3pm
  - \$45 for nine classes
  - You must sign up in advance
- Beginner Watercolor Class with Brenda Tuesdays 1-3. Learn how to create your own beautiful watercolor paintings. Each week, paint along, step by step, with your instructor and receive individual instruction during class. We will explore various subject material in weekly lessons and students will learn how to paint from life using observational techniques. Learn about various watercolor materials, techniques, color mixing and composition. Watercolor supply list available at registration.

**Beginner Drawing Class with Brenda**



- Tuesdays 10-12 pm
  - \$45 for nine classes
  - Sign up in advance
- Join our fun interactive drawing class. Learn all about graphite, charcoal, pastel pencils, as well as various related materials, paper and supplies. Each week, draw along, step by step, with your instructor and receive individual instruction during class. We will explore drawing various subject material in weekly lessons and students will learn how to draw from life using observational techniques. Material/supply list available.

**COMMUNITY SPOTLIGHT**



*With Anna Jean*

- Thursday Nov. 4
  - 1:30
  - Please sign up in advance
- Come find out what is happening in town as Chris Coleman, Town Manager, and Pam Dukeman, Assistant Town Manager, give updates.

**QUILTING CLUB**



*with Helen*

- Wednesdays
  - Nov. 10
  - Dec. 8 & 22
  - 9-11am—\$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 us!

**KNITTING AND CROCHETING**



*With Louise*

- Wednesdays
  - 1-3 pm
  - No class Nov. 17, 24 Dec. 15
- Want to learn to knit? Need motivation to finish or start a project? Then come join this fun and friendly group.

**BOOK GROUP with Bev**



*On Nov. 18 At 11am*

Join Bev and her friends as they read *Nature of Fragile Things* by Susan Meissner. Call the Center to sign up.

**WESTWOOD WOMAN'S CLUB**

*With Margaret*

- Thursdays at 1:30
  - Nov. 18 & Dec. 16
- In November we will host a sing along to get us into the holiday spirit and in December we will host a holiday luncheon with joyful music from our chorus. Please sign up in advance so we know how many to expect.



**BINGO**



- Thursdays
  - 1pm
  - No BINGO on Nov. 11, 25
- Put down the remote and come join this fun group of BINGO players!

**CHORUS with Carol**

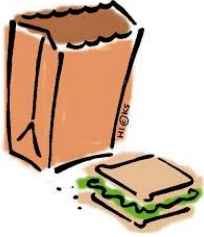


- Wednesdays
  - 10:30-noontime
  - \$3 donation
  - No class on Nov. 17, 24 and Dec. 15
- If you are looking for a wonderful group of ladies who are having fun, working together, relieving any stress, and singing super music...then the chorus "Next Chapter" at the COA is the one you want.!!! Call me if you would like further information before signing up. Carol @ 781-254-9029

**BEREAVEMENT with Nina**



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 meet with others who have also experienced this, and a place of support to navigate a new path. We will be meeting at the senior center on the first Wednesday of the month and continue on Zoom on the third Wednesday of the month. Call the Center for the Zoom link. The dates are as follows: *November 3 - COA, 9:30am; November 17 - ZOOM, 9:30am; December 1 - COA, 9:30am; December 15 - ZOOM, 9:30am.* Call the Center for the Zoom Link.



## Lunch and Learns at the Center Starts at Noontime - \$4 donation Please sign up in advance as space is limited

**November 8 - Cornerstone at Canton presents "Healthy Eating for a Healthy Brain"** - *Through this 1 hour Brain Healthy Cooking demonstration, Senior Living Residences' chefs will show you how to prepare multiple tasty dishes out of a short list of healthful staples, helping you cut the waste and stretch your shopping budget when cooking for one! Research points to the important role played by diet in the cause, prevention and management of Alzheimer's disease. Senior Living Residences' Award-Winning Brain Healthy Cooking Program is based on the well-researched Mediterranean Diet which provides protective benefits and enhances cognitive function at any age.*

**December 6 - Bridges by EPOCH presents "Seven Stages of Dementia and Alzheimer's"** *Many seniors and their families aren't sure what to expect when it comes to memory loss. Join us and Bridges By EPOCH at Westwood as we discuss the signs and symptoms of dementia, as well as how early detection and support can benefit seniors.*

### COOKING CLASS AT POWISSET FARM

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.*



**November 9 - Holiday Sides** - Vegan Wild Rice Dressing; Roasted Brussels Sprouts with cranberries and shallots Asian inspired side dish.

**December 9 - Edible Gifts** - Bacon Jam, Chocolate Covered Strawberries, Antipasto Pail. Come learn how to make edible gifts followed by a light lunch.

### NOTES FROM THE WESTWOOD FIRE DEPARTMENT

#### Neighbors Helping Neighbors



Did you know that the Westwood Fire Department offers free programs to help seniors safely stay in their own homes? The Department is scheduling inspections to help you identify any fire and life safety hazards that might be in your house. A firefighter will come out and make suggestions for staying safe at home. They will also be happy to inspect your smoke and carbon monoxide detectors and even replace the batteries for you. If you don't have detectors, members of our S.A.F.E team can help you with placement and in some instances, can help you find low cost solutions. We are also working with the Council on Aging and the Public Health Nurse to schedule free blood pressure clinics. If you would like to schedule an inspection or receive additional information, please contact Fire Prevention at [fireprevention@townhall.westwood.ma.us](mailto:fireprevention@townhall.westwood.ma.us)


### MEDICARE OPEN ENROLLMENT

#### All our local appointments are full through December

It is that time of the year ...the **Medicare Open Enrollment Period**. It runs each year from **October 15 to December 7** and allows you to change from your current Medicare coverage to another plan. Plans change every year so it's important to review your coverage to make sure you have the coverage you need at a cost you can afford. **SHINE** ("Serving Health Insurance Needs of Everyone") counseling is a **FREE** service. **SHINE** counselors are volunteers who are certified by the state, and they have no affiliation with insurance companies. Our **SHINE** counselor Mitch can help you compare the costs and benefits of Medicare and other health insurance options and help you enroll in a health insurance program that best fits your needs. *Please call HESSCO Elder Services as **we are booked*** through the end of enrollment. You will need all your medical cards (Medicare, Supplemental Insurance, and Prescription Cards) and medication bottles (or a list of your current medications, dosages, and frequencies).



**CURRENT CONVERSATIONS**  
with Susan




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

- Wednesdays
- Nov 10; Dec 8 & 22
- 9:30-11:00 am
- \$5 donation

Congress is back at work on a number of issues that will impact our lives: infrastructure, climate change, voting rights, tax code, national budget. What do we need to know? How will we pay for it? And how will the COVID pandemic continue to affect our lives? All are welcome to join our bi-weekly conversations, as we follow the latest political developments and news headlines, in a safe and welcoming atmosphere.

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**Watercolor With Joan**



- Mondays
- 10-12am
- 1-3 pm
- Donation: \$45 for nine classes

Joan will focus on bringing cheer and goodwill to families and friends. With the soft glowing snow and twinkling stars to set off the holidays. Classes will catch the magic with bright colors and shapes painting rag dolls, holly berry trees and enchanted castles.

**Hiking Club**  
with Maria and Angie

- Tuesdays at 9:30 am
- You must sign up in advance

Senior hikes will continue to be offered in November and December every Tuesday at 9:30 am. Leaders will send the information about the hike to their distribution list the week before the hike. 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.




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**MAH JONGG**  
with Cynthia



- Thursdays
- 1-3 pm
- No games on Nov. 11 & 25

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



**BRIDGE**  
With Diane



- Fridays
- 9 am
- No Bridge Nov. 26, Dec. 24 and Dec. 31

Do you enjoy a friendly game of Bridge? Come play Bridge with this growing group of enthusiasts.

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**CRAFTS**  
With Julie and Lorraine



- 10-noontime
- Wednesday
- Dec. 1

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.

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**WAXING**  
with Lisa

- Friday
- Nov. 5 & Dec. 3
- 8:00-noon
- **BY APPOINTMENT ONLY**




Appointments fill up fast so call to sign up soon. Checks made out directly to Lisa. Please note price increase ... \$15 for 1 \$20 for 2 and \$25 for all 3 .

**SENOIRS HELPING SENIORS**



We will be collecting gift cards from local pharmacies and grocery stores to give to our at risk seniors during this holiday season. If you are able, please purchase a gift card and drop it off at the Center (any denomination is helpful but please make sure the gift card has a receipt attached).



**THANK YOU and HAPPY HOLIDAYS!!!**

**Helping Local Animal Shelter**








We will be collecting *gently used towels and blankets* throughout the next few months to help out our local animal shelters. Please make sure that they are *clean and usable* and drop them off at the Center during our regular business hours ... **THANK YOU!!!**





# NOVEMBER CALENDAR

November—December 2021

<p>1 8:00 Wonder Workout 9:00 – 3pm Veteran’s Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Watercolor</p>	<p>2 8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 10:00 BOH Nurse 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>3 8:00 Wonder Workout 9:30 Bereavement 10:30 Chorus 1:00 Knitting 1:00 BOH Nurse <i>NORWOOD THEATER LUNCH AND SHOW</i></p>	<p>4 8:00 Yoga 9:30 Floor Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg 1:30 Community Spotlight</p>	<p>5 8 –12 Waxing by appointment only—call to sign up. <b>8:30 VETERAN’S BREAKFAST</b> 9:00 Bridge 10:00 Open Studio</p>
<p>8 8:00 Wonder Workout 9:00 – 3pm Veteran’s Assistance 10:00 Watercolor 10:00 Line Dancing 12: Healthy Eating 1:00 Watercolor</p>	<p>9 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 BOH Nurse 10:00 Pilates 10:00 Drawing 11:00 Powisset Farm 11:00 Meditation 1:00 Watercolor 1:00 Tai Chi 1:30 Nutritionist</p>	<p>10 8:00 Wonder Workout 9:30 Current Conversation 9:30 Walmart 9:00 Quilting 10:30 Chorus 1:00 BOH Nurse 1:00 Knitting 1:00 Journey of Pilgrims</p>	<p>11 <b>CLOSED VETERAN’S DAY</b> </p>	<p>12 8:00 Wonder Workout 9:00 Bridge 10:00 Open Studio</p>
<p>15 8:00 Wonder Workout 9:00 – 3pm Veteran’s Assistance 10:00 Dementia/Delirium 10:00 Watercolor 10:00 Line Dancing 1:00 Watercolor</p>	<p>16 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 BOH Nurse 10:00 Drawing 10:00 Pilates 1:00 Watercolor 1:00 Tai Chi</p>	<p>17 <b>THANKSGIVING LUNCHEON</b> (no transportation) </p>	<p>18 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 11:00 Bookgroup 1:00 BINGO 1:00 Mah Jongg 1:30 Woman’s Club</p>	<p>19 8:00 Wonder Workout 9:00 Bridge 10:00 Open Studio</p>
<p>22 8:00 Wonder Workout 9:00 – 3pm Veteran’s Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Watercolor</p>	<p>23 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 BOH Nurse 10:00 Drawing 10:00 Pilates 11:00 Meditation 1:00 Watercolor 1:00 Tai Chi</p>	<p>24 <b>CLOSED AT NOONTIME</b> </p>	<p>25 <b>CLOSED THANKSGIVING HOLIDAY</b></p>	<p>26 <b>CLOSED THANKSGIVING HOLIDAY</b> </p>
<p>29 8:00 Wonder Workout 9:00 – 3pm Veteran’s Assistance 10:00 Watercolor 10:00 Line Dancing 1:00 Watercolor</p>	<p>30 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 BOH Nurse 10:00 Drawing 10:00 Pilates 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>NOTARY SERVICES AVAILABLE AT THE CENTER</b> Notary Services are available at the Center. Please call in advance to make an appointment with Lina. No cost to this program.</p>		



# DECEMBER SCHEDULE

November-December 2021

<p><b>NIGHT VISION GLASSES AVAILABLE</b></p> <p>\$12 - Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Glasses may help you.</p> 		<p><b>1</b></p> <p>8:00 Wonder Workout            9:30 <i>South Shore Plaza</i>            9:30 <i>Bereavement</i>            10:00 Crafts            10:30 Chorus            1:00 Knitting            1:00 BOH Nurse</p>	<p><b>2</b></p> <p>8:00 Floor Yoga            9:30 Chair Yoga            10:30 Pilates            1:00 Mah Jongg            1:00 BINGO</p>	<p><b>3</b></p> <p>8:00 Wonder Workout            8:00 Waxing            9:00 Bridge            10:00 Open Studio            12:00 <i>Holiday Musical Luncheon</i></p>
<p><b>6</b></p> <p>8:00 Wonder Workout            9:00 - 3pm Veteran's Assistance            10:00 Watercolor            10:00 Line Dancing            12:00 <i>7 Stages of Dementia</i>            1:00 Watercolor</p>	<p><b>7</b></p> <p>8:00 Floor Yoga            9:15 <i>Hiking Club</i>            9:30 Chair Yoga            10:00 BOH Nurse            10:00 Pilates            11:00 Meditation            10:00 Drawing            1:00 Watercolor            1:00 Tai Chi</p>	<p><b>8</b></p> <p>9:30 <i>Xmas Tree Shop</i>            8:00 Wonder Workout            9:00 Quilting            9:30 Current Conversat.            10:30 Chorus            1:00 Knitting            1:00 BOH Nurse            1:00 Legal Hour</p>	<p><b>9</b></p> <p>8:00 Floor Yoga            9:30 Chair Yoga            10:30 Pilates            11:00 <i>Powisset Farm</i>            1:00 Mah Jongg            1:00 BINGO</p>	<p><b>10</b></p> <p>8:00 Wonder Workout            9:00 Bridge            10:00 Open Studio</p>
<p><b>13</b></p> <p>8:00 Wonder Workout            9:00 - 3pm Veteran's Assistance            10:00 Watercolor            10:00 Line Dancing            1:00 Watercolor</p>	<p><b>14</b></p> <p>8:00 Floor Yoga            9:15 <i>Hiking Club</i>            9:30 Chair Yoga            10:00 BOH Nurse            10:00 Pilates            10:00 Drawing            1:00 Watercolor            1:00 Tai Chi            1:30 Nutritionist</p>	<p><b>15</b></p> <p><b>HOLIDAY PARTY</b></p> 	<p><b>16</b></p> <p>8:00 Floor Yoga            9:30 Chair Yoga            10:30 Pilates            1:00 Mah Jongg            1:00 BINGO            1:30 <i>Woman's Club</i></p>	<p><b>17</b></p> <p>8:00 Wonder Workout            9:00 Bridge            10:00 Open Studio</p>
<p><b>20</b></p> <p>8:00 Wonder Workout            9:00 - 3 pm Veteran's Assistance            10:00 Watercolor            10:00 Line Dancing            1:00 Watercolor</p>	<p><b>21</b></p> <p>8:00 Floor Yoga            9:15 <i>Hiking Club</i>            9:30 Chair Yoga            10:00 Pilates            10:00 BOH Nurse            10:00 Drawing            11:00 Meditation            1:00 Watercolor            1:00 Tai Chi</p>	<p><b>22</b></p> <p>8:00 Wonder Workout            9:00 Quilting            9:30 Current Conversat.            10:30 Chorus            1:00 Knitting            1:00 BOH Nurse</p>	<p><b>23</b></p> <p>8:00 Floor Yoga            9:30 Chair Yoga            10:30 Pilates            1:00 Mah Jongg            1:00 BINGO</p>	<p><b>24</b></p> <p><b>CLOSE AT NOONTIME FOR HOLIDAY</b></p> 
<p><b>27</b></p> <p>8:00 Wonder Workout            9:00 - 3pm Veteran's Assistance            10:00 Watercolor            10:00 Line Dancing            1:00 Watercolor</p>	<p><b>28</b></p> <p>8:00 Floor Yoga            9:15 <i>Hiking Club</i>            9:30 Chair Yoga            10:00 Pilates            10:00 BOH Nurse            10:00 Drawing            1:00 Watercolor            1:00 Tai Chi</p>	<p><b>29</b></p> <p>8:00 Wonder Workout            10:30 Chorus            1:00 Knitting            1:00 BOH Nurse</p>	<p><b>30</b></p> <p>8:00 Floor Yoga            9:30 Chair Yoga            10:30 Pilates            1:00 Mah Jongg            1:00 BINGO</p>	<p><b>31</b> <b>CLOSE AT NOONTIME FOR NEW YEAR'S</b></p> 



**ANNUAL THANKSGIVING LUNCHEON**  
Wednesday November 17th at noontime  
\$ 5 Donation

Sponsored by Bridges by EPOCH  
**No transportation available for this luncheon**



Come enjoy a feast of turkey, stuffing and all the fixings! Violinist will help you enjoy the meal! There will be plenty of laughs, good tidings and great food! You must sign up in advance. Space is limited. *Sign up begins Monday November 1 at 8am.*

**SPECIAL PROGRAMING  
AT THE SENIOR CENTER**  
**YOU MUST SIGN UP IN ADVANCE AS SPACE IS LIMITED**  
\$3 donation



**Wednesday November 10 at 1pm - Journey of the Pilgrims** - Join us as Richard Nichols discusses the migration of the Pilgrims. He will share his knowledge while providing answers to the many topics involved. This program will cover the journey, story and voyage of the Mayflower, life in Plymouth and how everyone survived and celebrated the first Thanksgiving.

**Monday - November 15 at 10am - Delirium and Dementia with Pat Gavin** -Delirium affects 50% of all hospitalized seniors and its effects may last for months after discharge. This presentation will explain the differences and similarities between delirium and dementia. Learn how to implement the "Ten Simple Tips to Avoid Confusion in the Hospital." An understanding of delirium may prevent you or a loved one from developing this confusion when hospitalized. Remember, "Knowledge is power."



**ANNUAL VETERAN'S DAY  
BREAKFAST**

FRIDAY November 5 at 8:30am  
Sponsored by Needham Bank

No cost to this program but please sign up in advance.

Are you a Veteran? Spouse, Parent or Grandparent of a Veteran? Then join us for this free breakfast. Natick Labs will come by with their latest gear and, of course, their sweet comfort dog. Please sign up in advance so we know how many to expect.

**HESSCO NUTRITIONIST  
AT THE COA**

*Come meet with the Nutritionist, Kelsey, for her monthly*

*office hours at the Center.*

- Tuesdays Nov. 9 & Dec. 14
- 1:30-3:30 by appointment only
- No cost to this program.

Open to discuss the following topics: overall healthy eating and recipes; diabetes education; heart disease education and anything else you would like to discuss!



**WESTWOOD WRITES —  
An Intergenerational  
Program**

Once again, we are partnering with Youth and Family Services to offer a unique opportunity for seniors to connect with Westwood High School students through a letter writing initiative. We have 15 plus students who are interested in connecting with seniors from November through May. If you enjoy letter writing please contact Lina for further information.

**A HOLIDAY MUSICAL  
LUNCHEON**

Friday December 3 at  
Noontime

**\$4.00 donation requested**



Join Angela and her high school musical quartet as they serenade you with holiday music as you enjoy a light lunch of sandwiches and salad. Space is limited so you must sign up in advance.

**PODIATRY CLINIC**  
**For Westwood Seniors Only**  
**At Dr. Daly's Office**  
**Fridays 8-10am**



We are pleased to partner with Drs Jack and Albert Daly to offer special senior hours at his 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](mailto:Paul.McMurtry@MAhouse.gov) or contact my office at (617) 722-2015.  
 Senator Mike Rush  
[mike.rush@masenate.gov](mailto:mike.rush@masenate.gov)  
 617-722-1348

**Get Connected to a Therapist with the INTERFACE Referral Service**



The William James College **INTERFACE Referral Service** is free for Westwood residents at any time, and they are able to connect you with therapists who can conduct sessions either in-person, over the phone or over the computer to address anxiety, depression, grief and loss or any other mental health concerns.

When you call the INTERFACE Referral Service, a representative will ask you about your specific needs and insurance. After the initial phone call you will receive a follow-up call from INTERFACE with contact information for a mental health professional who meets all your needs and is available to begin meeting with you over the phone or computer or in-person.

To use the INTERFACE Referral Service, simply call 1-888-244-6843 between 9:00AM-5:00PM, Monday through Friday, or go online to <http://interface.williamjames.edu/>.



**NORWOOD THEATER**  
**Lunch and Theater Combo**



**Wednesday November 3**  
**Lunch at Byblos (11:30) - Show at Norwood Theater (1pm)**  
**\$42 per person**

Call your friends and enjoy a delicious lunch at Byblos and then a fun show, "We Will Rock You" at the Norwood Theater. This show features more than 20 Queen hits. We only have 30 tickets reserved so you must sign up in advance as space is limited.

**Homebound Delivery for Westwood Seniors**



Westwood Public Library 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 unable to travel to the library. For additional information, please contact Karen Gallagher at 781-320-1081 or Claire Connors, at 781-326-5914.





Westwood COA  
60 Nahatan Street  
Westwood MA  
02090

PRST Non Profit  
US POSTAGE  
**PAID**  
Norwood MA  
Permit #81

*Return Service Requested*

### **WESTWOOD COA**

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

### **Hours of Operation**

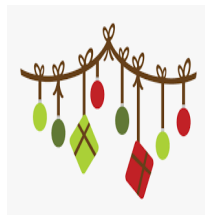
*Monday— Thursday*  
*8 am-4pm*  
*Friday 8-1*

### **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

### **COA BOARD OF DIRECTORS**

Marge Eramo  
Robert Folsom  
Joseph Jowdy  
Hillary Kohler  
Mary Masiello  
Bob Murray  
Stephanie Ramales  
Louis Rizoli  
Jessie Turbayne



*Annual Holiday Party*  
*At the Norfolk Golf Club*  
*Wednesday December 15*  
*at noontime*  
*\$5 donation*



*Come celebrate the Holiday Season with us! There will be harp music, a delicious lunch and fun giveaways. We will also draw the winning tickets for the gift baskets. Space is limited so you must sign up in advance. Sign up begins on Tuesday November 30 at 8am.*

*Happy Holidays Everyone!*