



STAY HEALTHY - STAY CONNECTED - AGE WELL



January/February
2022



SPECIAL THANKS TO:

To Dedham Savings for always providing us with great giveaways;

To the Friends of the Westwood Council on Aging for underwriting our programs and sponsoring our Valentine's Day Party;

To AARP for offering low and moderate income seniors help with filing their taxes;

To Attorney Baler of Samuel, Saward and Baler for a legal update;

AARP Tax Help for providing assistance to our seniors with their tax forms;

To everyone who contributed gift cards to help our at risk elders. We were able to distribute over 40 cards which was wonderful;

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

Thank you!



HAPPY NEW YEAR!!!

It has been so wonderful to see everyone venture back to the Center over the last few months ... and this year we hope to continue to grow. The days may be dark and cold, but we are open, so bundle up and come join us!

Here at the Center, we spend January creating new courses while promoting our regular programs. We offer over 15 regular programs. We hope you will stop by and check us out; remember your first class is always free!

In February, we have partnered with the Westwood Recreational Department to host a *Grandparents First Aid Course*. Although we ask for a small donation, our Friends group will underwrite most of this program. We will also head back to *Powisset Farm* for a cooking class that will focus on dumplings. And a WHS student will offer a movie and discussion, which should be fun! *Attorney Baler will be back to explain your legal responsibilities*. Details inside; please note that space is limited so sign up soon. Tax season is back and we are grateful that *AARP Tax Help* will be here to help moderate to low income seniors with their taxes. This begins Monday Feb. 28; sign up soon as appointments fill up fast.

And during this cold month, what better way to feel the warmth, than to join us at our *Annual Valentine's Day Party on Monday February 14th*. Come alone, or join us with your friends, but don't forget to wear red! Details inside.

Finally, thank you to our sponsors and everyone who contributed to our Annual Basket Fundraiser. We made over \$3,000.00 which will be used to help all Westwood Seniors!

So come out of the cold and join us, whether for one of our special programs or our regular programs. We would love to see you!

Happy New Year Everyone!

Lina Arena-DeRosa
Director



WEATHER ALERT
Inclement Weather and Snow Closings



Please remember that if the schools are closed due to inclement weather, then the Center is closed for safety reasons; this includes van rides and programs. If the school opening is delayed, we will open as soon as the roads are clear, but the van and programs may not be available depending on road conditions. Please always use your best discretion whether to come to the Center in stormy weather.



NOTES FROM KAREN'S DESK
 Outreach Counselor
CYBER SECURITY TIPS



There are countless online scams that target seniors, who lost *more than \$966 million* to fraudsters in 2020. The following are four top cyber security tips from the National Council on Aging:

1. Do not click on links sent through email, text, and social media from people you do not know. If a message looks suspicious but appears to be from a business or person you know and trust, check with them before clicking or go directly to their website and contact them that way. It's not rude...it's *smart*. Also, be sure to have strong security software installed on your phone, laptop, or desktop computer.

2. Do not open any attachments unless you know the sender and were expecting them to send it. Attachments can contain malware designed to launch an attack on your device. Be especially careful with attachments that have the extension *.exe* or *.zip*.

3. Ignore unsolicited calls and "robocalls." Treat any unsolicited phone calls with skepticism. Keep in mind that government entities, such as the IRS, will never call you asking for sensitive information. And technology companies will not call you out of the blue to offer you technical support or assistance. Avoid giving money over the phone, especially wire transfers, gift cards, and fines or bail. *The best thing to do, as soon as you hear that recorded voice start, is to say nothing and just hang up.*

4. Do not respond to or click on pop-up windows on your phone or computer. A common pop-up ploy is a malware scam technique that uses pop-up security alerts and other tricks to frighten you into downloading or paying for fake software disguised as real cybersecurity protection. An "urgent" pop-up window appears on your computer or phone, telling you that your device is compromised and needs repairing. When you call the support number for help, the scammer may either ask for remote access to your computer or request a fee to fix it.

Another item on your personal cyber security checklist should be installing trusted antivirus software to protect you and your device. There are a number of reputable options available for free: <https://www.digitaltrends.com/computing/best-free-antivirus-software/>.

If you think you've been the victim of an online scam or cyber attack, you're not alone – and there's no reason to be embarrassed about what happened. Contact your local police and your financial institution if money has been taken from your account. You can also report the scam to the Federal Trade Commission at <https://reportfraud.ftc.gov>.

Notes from Margaret Sullivan - BOH Public Nurse

Have you gotten your flu shot yet? The CDC estimates that the influenza viruses will cause about 8% of the US population to become sick each year. (The number of people who actually have the flu and don't know it, is higher). Symptoms start suddenly, and infect the nose, throat and lungs. Symptoms include: fever, chills, cough, sore throat, runny/stuffy nose, muscle aches, and fatigue. Occasionally GI symptoms occur as well, but these are more common in children. The virus spreads in droplet form when someone sneezes or coughs. *You can spread the flu one day BEFORE your symptoms start and you are most contagious for the first three to four days.* People over the age of 65, those with weakened immune systems, pregnant women, and children under 5 have the greatest risk for severe illness. Testing is required to specifically diagnose the flu, as it shares many common symptoms with other viruses- including Covid-19. Anti-viral medications to minimize severity are available and are best when taken early on in the disease.



IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

So if you suspect you have the flu, reach out to your primary care team early on. *Preventative measures include- staying away from people you know to be sick, frequent handwashing, and covering coughs and sneezes. The best way to prevent the flu or at least minimize its impact, is to get vaccinated EVERY YEAR.* If you

have not yet gotten your flu shot, it's not too late! Most pharmacies still have the vaccine in stock- but most require an appointment. If you are having trouble getting a flu shot, please reach out to the Local Board of Health at 781-251-2576 for assistance.

TRAVEL WITH THE SENIOR



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

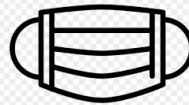


For those of you who do not know, our nonprofit Friends of the Westwood COA can accept monetary gifts of any denomination in the name of a loved one who has passed away. If interested, please make the check out to the Friends of the Westwood COA and send it to us directly. Upon request, a written acknowledgment will be sent to the family or friend of the person being honored and remembered.

Thank you so much!

MASK MANDATE

THE COA BOARD HAS VOTED TO INSTITUTE A MASK MANDATE FOR EVERY PROGRAM AT THE CENTER AND ON THE VAN.



WE HAVE MASKS AVAILABE IF YOU NEED ONE.
THANK YOU.

TRANSPORTATION WITH TRISH

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

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

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

SPECIAL LOCAL TRIPS

- Wednesday, January 5 -- Walmart - \$5 per person
- Wednesday, January 19 – Kohl's in Walpole - \$5 per person
- Wednesday, February 9 – Christmas Tree Shop- \$5 per person
- Wednesday, January 26 Plainridge Casino (snow date February 2)- \$10 per person



West Suburban Veterans' Services District

With Sarada and Nancy

Mondays 9-3—Call in advance to sign up for an appointment

Happy New Year! Veterans receiving VA disability compensation are set to see their monthly VA pay increase by **5.9% in 2022**. To put that in dollars, for every \$1,000 a veteran currently receives in benefits payments, they will see an additional \$59 in 2022. Starting this January, veterans will get the same cost of living increase in their benefits payouts that Social Security recipients get. That's thanks to passage of the Veterans' Compensation Cost-of-Living Adjustment Act, a rare bipartisan success story. The 2022 compensation bump is no doubt driven by inflation, but it's more than just a rate adjustment tied to inflation. It represents a quality of life guarantee for Veterans who served honorably and are now dealing with service-connected disabilities that make it hard to work and provide. If you are not utilizing your VA Benefits and would like to know what you and your family may be eligible for, please contact Sarada or Nancy. 781-850-5504.



Who can get a COVID-19 vaccine at VA

We offer COVID-19 vaccines to these groups: Not all VA health facilities have all 3 vaccines right now. And facilities may offer different vaccines at different times. Confirm that the facility has the vaccine you want before you come in to get your vaccine.

All Veterans (including Veterans who live or travel outside of the U.S. and are eligible for the [VA Foreign Medical Program](#))

★ Spouses and surviving spouses of Veterans; Caregivers of Veterans (including family members or friends who provide care to a Veteran); Recipients of Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) benefit.

We now offer COVID-19 booster shots to people who are eligible based on CDC recommendations. We offer additional vaccine doses only to certain groups of people with weakened immune systems.

WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays
- and Fridays
- 8-9 am No class 1/17, 2/14 & 2/21
- \$3 donation



It may be dark outside but we are opened and what better way to start your morning than by getting your heart pumping and your body moving. Please wear comfortable clothing and bring your own water bottle.

LOW IMPACT EXERCISE

With Alex



- Mondays & Wednesdays
- 1 pm
- No class 1/17, 2/14 & 2/21

• \$3 donation

Welcome Alex! We are pleased to bring back afternoon low impact exercise with our new instructor Alex ...so no excuses not to get back in shape! Please wear comfortable clothing and bring your own water bottle.

PILATES with Mary

- Tuesday at 10am
- Thursdays at 10:30 am
- \$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**
- **March 23, 2022**



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



8:00- 9:00 am – mat class: This mat class has recently moved from the conference room into the cafeteria to give everyone a bit more room to not only socially distance but also to allow for more room for movement. The class focuses on breathing, stretching and building strength in the body and of course, for some relaxation/meditation at the end of class. If you are willing and able to come down to the floor, please think about joining us.

9:30 – 10:30 am – This chair class is almost back to our pre-COVID size, which is awesome. Regular students have returned and we also welcome new students. In chair class, Bonnie works on breathing, stretching and strengthening. Then offers the option to stand using the chair for sun salutations and balancing. Standing is optional; there is no pressure to stand if a student is not comfortable doing so. Class always ends with some kind of meditation or relaxation exercise, which we all need these days. Both classes are very supportive and welcoming, so please come and join us!

SHINE With Mitch

- **BY APPOINTMENT ONLY**
- **Wednesdays**
- **January 5 & 19, February 16**
- **9-12noon**

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



Tai Chi

With Scotty

- Tuesdays at 1pm
- \$3 Donation



Regular practice of T'ai Chi and QiGong exercises can increase flexibility, stamina, reduce stress, improve balance and re-energize you both physically, mentally and emotionally. These are two of the only forms of exercise that become easier the longer they are studied. Skill and proficiency can continue to improve as one matures. Come join us and be introduced to a new way to stay fit. No experience is needed - beginners and intermediates are welcome!

MEDITATION

with Soni

- Tuesdays at 11 am
- **Jan 11th and Jan 25th Feb 8th**

Soni will keep you focused and calm throughout the cold winter days. *She will be leaving us in February but we are truly grateful for her years of service to the seniors in our community and wish her the best in her future endeavors.*



Getting your Legal Documents Updated and in order in 2022

With Attorney Maria Baler Attorney at SAMUEL, SAYWARD & BALER LLC

- Jan 10 at 1pm
- \$3 donation
- Please sign up in advance

This is the year to get your legal documents in order. Come learn what documents everyone should have and how to keep them updated. Space is limited so please sign up in advance.



Open Studio with Brenda



- Fridays at 10 – 12 pm
 - \$40 for 8 classes
 - You must sign up in advance
- The class will include watercolor or drawing with graphite, charcoal, pastel, or colored pencil. Have fun as Brenda guides you through your individual project or create a new project. This all while you receive individual instruction regarding use of materials, color, composition, etc. Students will need to bring their own art materials for the workshop.

Watercolor with Brenda



- Tuesdays 1-3pm
- \$40 for eight classes
- You must sign up in advance

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. Explore various subject material from floral still life to landscapes in weekly lessons. Students will paint with an emphasis on using observational techniques. Learn about various watercolor materials, techniques, color mixing and composition. A limited color palette is recommended and available in the class 'Watercolor Supply list'.

Beginner Drawing Class with Brenda

- Tuesdays 10-12 pm
- \$40 for eight 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 and critique. We will explore drawing various subject material in weekly lessons ranging from still life to landscapes. Students will learn to draw using observational techniques. Class 'Drawing Material and Supply' list available at registration.

COMMUNITY SPOTLIGHT



With Anna Jean

- Thursday
 - February 10
 - 1:30
 - Please sign up in advance
- Select Board Chair, Mike Walsh, will come and give everyone an update on what is happening in town.

QUILTING CLUB

with Helen

- Wednesdays
- Jan. 12 & 26
- Feb. 9 & 23
- 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



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

BOOK GROUP with Bev

- Thursday
- January 13
- 11am



Winter is the BEST time to read a good book. So join Bev as she discusses **Sunflower Sisters** by Martha Hall Kelly.

WESTWOOD WOMAN'S CLUB

With Margaret

- Thursdays at 1:30
- January 20

Come listen to lecturer Henry Quinlan as he discusses "USSR/RUSSIA—Myths, Mysteries and spying."



BINGO

- Thursdays
 - 1pm
- Put down the remote and come join this fun group of BINGO players!



CHORUS with Carol

- Wednesdays
 - 10:30-noontime
 - \$3 donation
- If you are looking for a wonderful group of seniors 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 Anna Rose

- Wednesdays Jan. 5 & 19/ Feb. 2 & 16
- 9:30 at the Center

Welcome Anna Rose ... we are so pleased to introduce our new Bereavement social worker. Winter can be a tough time to deal with the loss of a loved one. Break the isolation grief can impose by joining Anna Rose and others who have experienced significant loss to discuss your feelings and best ways to manage your sorrow.





FIRST AID FOR GRANDPARENTS
Ages 60+

Westwood SENIORS ONLY
Juanita Allen Kingsley, W-EMT
Mon, Feb 7, 10:00 AM-12:30 PM



\$10 Donation for Westwood Residents only

You must sign up in advance as space is limited

If you're a grandparent caring for kids, you want to know how to respond in case of a first-aid emergency. Much has changed since you have used first aid with your own children. Learn to handle injuries and manage illness for the first few minutes until help arrives. We'll cover first aid basics: medical, injury, and environmental emergencies; and CPR for all ages and how to use an AED. Also learn about allergies and epens too. You will receive an American Safety and Health Institute certification in Pediatric First Aid, CPR and AED use upon successful completion of this course.

COOKING CLASS AT POWISSET FARM

Come join the fun at beautiful Powisset Farm in Dover
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.



Thursday February 17 - Dumplings!! Come learn traditional (and not so traditional) ways to make dumplings. Chef Thi will also teach you some new cooking techniques and hand out recipes at the end of the class.



Westwood Community Chest Annual Gala
And Welcomes Applications for Financial Assistance

WCC is a community based, non-profit organization that supports residents in financial difficulty with confidential, short-term financial support in the form of grants. A WCC grant may be applied to medical expenses, utility bills, housing, clothing, and transportation. Grant recipients may be awarded up to \$1200 per year. WCC is currently accepting online applications for assistance at westwoodcommunitychest.org. Applications are accepted throughout the year for financial assistance. WCC maintains strict confidentiality in its review and award process. Westwood residents who need assistance are encouraged to apply. If you need help, call Karen at the Center and she can send you the forms.

To fund its grant-giving activity, WCC will hold the ***Gala of Giving, its annual fundraiser, on March 6, 2022.*** The Gala is a chance for the community to enjoy a night of fun and entertainment at Chiara Bistro while supporting neighbors in need. WCC's Gala is known for a fun wine pull, unique Silent Auction offerings, and a raffle of the latest trendsetting items. The Gala's Premier Sponsor, Roche Bros., presents inspired wine pairings to go with delicious food tastings from Chef LaCount. Community members who are interested in attending the Gala or supporting WCC can obtain tickets or make a donation at westwoodcommunitychest.org.

CAN YOU HELP US WITH THE COST OF OUR NEWSLETTER?



Do you enjoy receiving this Newsletter? Would you like to help us with cost of publicizing our programs? The Center could definitely use your support. \$12 will cover the cost for one year.

Name _____
Address _____
TOWN _____ Zip Code _____

Please make your check out to the Westwood Council on Aging (60 Nahatan Street Westwood MA 02090). And thank you!

CURRENT CONVERSATIONS

with Susan



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

- Wednesdays
- Jan. 12 & 26; Feb. 9 & 23
- 9:30-11:00 am
- \$5 donation

For the last two years, Americans have been on quite a ride. So...what's ahead in 2022? Will we finally manage Covid? Is this the year the world tackles climate change? Does America get back on track with the new infrastructure funding? And then the Midterms: Can Republicans flip Congress or do the Democrats hang on. If you are looking for a friendly group to make sense of all the world events – or just want to catch-up on the news – then come join us!

Watercolor With Joan



- Mondays
- 10-12am & 1– 3 pm
- Donation: \$30 for six classes
- You must sign up in advance

- No class 1/17, 2/14 & 2/21

The class will focus on atmosphere, mood and light when painting watercolor landscapes. Light is the most important factor in all paintings. It effects light and shade, color and values for example. We will explore these techniques in mixing colors and reflections in clouds and sky.

Hiking Club

with Maria and Angie



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

Senior hikes will continue to be offered in the winter every Tuesday at 9:30 am. Participants will need to have insulated and waterproof boots, microspikes or similar traction devices, and poles. Leaders will send the information about the next hike to the distribution list the week before. 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 JONGG

with Cynthia



- Thursdays
- 1 -3 pm

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

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

CRAFTS

With Julie and Lorraine



- 10-noon
- Wednesdays
- Jan. 5 & Feb. 2

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

Please call in advance to sign up.

WAXING

with Lisa



- Friday
- January 7
- February 4
- 8: 00-noon
- **BY APPOINTMENT ONLY**

Appointments fill up fast so call to sign up soon. Checks made out directly to Lisa.

Prices : \$15 for 1 \$20 for 2 and \$25 for all 3 services .

HESSCO NUTRITIONIST AT THE COA

With Nutritionist Kelsey



- Tuesdays Jan. 11 & Feb. 8
- 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 any subject you would like to discuss!



AARP TAX HELP

Mondays 9-1pm February 28 - April 11

BY Appointment Only



Westwood Senior Center will host AARP Tax Preparation to any low or moderate income seniors who will need help preparing for their 2021 Federal and Mass income tax forms. AARP Tax Aides will be on hand every Monday starting February 28 through April 11 from 9 a.m. to 1p.m. **APPOINTMENTS FILL UP FAST** - please call the Center and schedule your appointment soon. Please bring your 2020 and 2021 taxes, Social Security card and all other necessary information with you. An Intake/Interview sheet must be completed prior to your appointment. Please stop by the Center or we can mail it out to you. Your appointment cannot begin without this information.





JANUARY CALENDAR

January-February 2022

<p>3 8:00 Wonder Workout 9:00 – 3pm Veteran’s Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>4 8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>5 8:00 Wonder Workout 9:00 SHINE 9:30 Bereavement <i>9:30 Walmart Trip</i> <i>10:00 Crafts</i> 10:30 Chorus 1:00 Knitting 1:00 BOH Nurse 1:00 Low impact 1:00 Movie</p>	<p>6 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p>7 8 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge 10:00 Open Studio</p>
<p>10 8:00 Wonder Workout 9:00 – 3pm Veteran’s Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact <i>1:00 Legal Documents Updated</i></p>	<p>11 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 11:00 Meditation 1:00 Watercolor 1:00 Tai Chi <i>1:30 Nutritionist</i></p>	<p>12 8:00 Wonder Workout 9:30 Current Conversation 9:00 Quilting 10:30 Chorus 1:00 BOH Nurse 1:00 Knitting 1:00 Low Impact Exercise</p>	<p>13 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates <i>11:00 Bookgroup</i> 1:00 BINGO 1:00 Mah Jongg</p>	<p>14 8:00 Wonder Workout 9:00 Bridge 10:00 Open Studio</p>
<p>17 CLOSED Martin Luther King Holiday </p>	<p>18 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Drawing 10:00 Pilates 1:00 Watercolor 1:00 Tai Chi</p>	<p>19 <i>9:00 SHINE</i> 8:00 Wonder Workout 9:30 Bereavement <i>9:30 Kohl’s in Walpole</i> 10:30 Chorus 1:00 BOH Nurse 1:00 Knitting 1:00 Low Impact Exercise</p>	<p>20 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg <i>1:30 Woman’s Club</i></p>	<p>21 8:00 Wonder Workout 9:00 Bridge 10:00 Open Studio</p>
<p>24 8:00 Wonder Workout 9:00 – 3pm Veteran’s Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>25 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga <i>9:30 Plainridge Casino</i> 10:00 Drawing 10:00 Pilates 11:00 Meditation 1:00 Watercolor 1:00 Tai Chi</p>	<p>26 8:00 Wonder Workout <i>9:00 Plainridge Casino</i> 9:30 Current Conversation 9:00 Quilting 10:30 Chorus 1:00 BOH Nurse 1:00 Knitting 1:00 Low impact Ex/</p>	<p>27 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p>28 8:00 Wonder Workout 9:00 Bridge 10:00 Open Studio</p>
<p>31 8:00 Wonder Workout 9:00 – 3pm Veteran’s Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>		<p>NOTARY SERVICES AT THE CENTER Notary Services are available at the Center. Please call in advance to make an appointment with Lina.</p>		

February Calendar

January-February 2022

<p style="text-align: center;">NIGHT VISION GLASSES AVAILABLE</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> <div style="text-align: center;"></div>	<p style="text-align: center;">1</p> <p>8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p style="text-align: center;">2</p> <p>8:00 Wonder Workout <i>9:30 Bereavement</i> <i>10:00 Crafts</i> 10:30 Chorus 1:00 Knitting 1:00 Low Impact Exercise <i>1:00 MOVIE</i></p>	<p style="text-align: center;">3</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p style="text-align: center;">4</p> <p>8:00 Wonder Workout <i>8:00 Waxing by ap- pointment only</i> 9:00 Bridge 10:00 Open Studio</p>
<p style="text-align: center;">7</p> <p>8:00 Wonder Workout 9:00 - 3pm Veteran's Assistance 10:00 Watercolor <i>10:00 First Aide for Grandparents</i> 1:00 Watercolor 1:00 Low impact</p>	<p style="text-align: center;">8</p> <p>8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 11:00 Meditation 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi <i>1:30 Nutritionist</i></p>	<p style="text-align: center;">9</p> <p>8:00 Wonder Workout 9:00 Quilting <i>9:30 Christmas Tree Shop</i> 9:30 Current Conversation 10:30 Chorus 1:00 Knitting 1:00 Low Impact Exercise 1:00 Legal Hour</p>	<p style="text-align: center;">10</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 Mah Jongg 1:00 BINGO <i>1:30 Community Spotlight</i></p>	<p style="text-align: center;">11</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Open Studio</p>
<p style="text-align: center;">14</p> <p style="text-align: center;">VALENTINE'S DAY LUNCHEON</p> <div style="text-align: center;"></div>	<p style="text-align: center;">15</p> <p>8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi 1:30 Nutritionist</p>	<p style="text-align: center;">16</p> <p>8:00 Wonder Workout 9:00 Quilting <i>9:30 Bereavement</i> 10:30 Chorus 1:00 Knitting 1:00 Low Impact Exercise 1:00 Legal Hour</p>	<p style="text-align: center;">17</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates <i>11:00 Powisset Farm</i> 1:00 Mah Jongg 1:00 BINGO <i>1:30 Woman's Club</i></p>	<p style="text-align: center;">18</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Open Studio</p>
<p style="text-align: center;">21</p> <p style="text-align: center;">CLOSED PRESIDENT'S DAY</p> <div style="text-align: center;"></div>	<p style="text-align: center;">22</p> <p>8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 11:00 Meditation 1:00 Watercolor 1:00 Tai Chi</p>	<p style="text-align: center;">23</p> <p>8:00 Wonder Workout 9:00 Quilting 9:30 Current Conversation 10:30 Chorus 1:00 Knitting 1:00 Low Impact Exercise</p>	<p style="text-align: center;">24</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p style="text-align: center;">25</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Open Studio</p>
<p style="text-align: center;">28</p> <p>8:00 Wonder Workout 9:00 - 3pm Veteran's Assistance <i>9:00 AARP TAX HELP</i> 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>				

NEWS FROM THE TOWN CLERKS OFFICE

Dorothy A. Powers, Town Clerk

781-326-3964

townclerk@townhall.westwood.ma.us

Dog Licensing Information

- ✦ Dog licensing will begin January 1, 2022 through March 31, 2022
- ✦ You may license your dog online, in person, or, by mail, provided you include a copy of a current rabies certificate.
- ✦ Any resident 70 or older please contact the Town Clerks office so we can send you a 2022 license at no charge for one dog per household. If you are licensing your dog for the first time, proof of spay or neutering is also required.
- ✦ Licenses will be valid from January 1, 2022 until December 31, 2022.



You must license your dog on an annual basis.

If you own more than 4 dogs this is considered a "Personal Kennel" per MGL c. 140 §136A.

You must go through a special permit application process through the Zoning Board of Appeals to license a kennel.

Failure to license your dog on or before March 31, 2022 may result in a fine of \$25.00, per town bylaws §184-10, B. (1).

Please contact the Clerk's office if you no longer have a dog (s) so we can update our records.

Dogs not Neutered or Spayed: \$15.00

Dogs Neutered or Spayed: \$10.00

Residents ages 70 or older the fee is waived- one dog per household

Postage (if licensing by mail): \$1.00

Kennel fees-please contact the Town Clerk's office



ABSENTEE VOTING

You must file a new application annually which is good for a calendar year.

To qualify for an **absentee ballot**, you must:

Be away from your city/town on Election Day; or

Have a disability that keeps you from voting at your polling place; or have a disability that keeps you voting at your polling place; or have a religious belief that prevents you from voting at your polling place on Election Day . Please contact the

Town Clerks office if you would like an application mailed to you.

BETH ISREAL DEACONESS HOSPITAL

**WOULD LIKE TO
HEAR FROM YOU!**

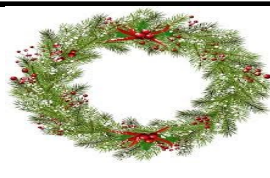
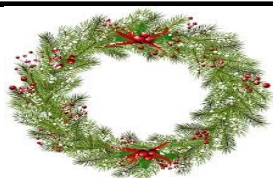


Beth Israel Deaconess Hospital-Needham is conducting a Community Health Needs Assessment to better understand the most pressing health-related issues impacting the people living and working in Dedham, Needham, Norwood and Westwood.

Please join us at a *virtual* Community Listening Session to hear key themes from our assessment, share your perspective, and discuss potential solutions. Each participant will be eligible for one \$100 Visa Gift Card drawing. Please register for one of the sessions at the link below:

Feb 2nd from 9:30-11: <https://jsi.zoom.us/meeting/register/tJrDemurT0rE9U6q1zHEflagBhT-zMe2kLG>

Feb 8th from 3:30-5: <https://jsi.zoom.us/meeting/register/tJAqd-mrrzlpHdHtPa7DxwiYoc-sPcX2tmek>



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 or contact my office at (617) 722-2015.
 Senator Mike Rush
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/>.

MOVIES ARE BACK AT THE CENTER!
Wednesday February 2 - 1pm



\$2 donation—sign up in advance so we know how many to expect

Greydon Gavin is a sophomore at Westwood High School who developed a passion for movies during the quarantine. He wants to share his newfound joy with others, and will be hosting movie showings at the Senior Center starting in February. He will provide brief historical/cultural background before each movie, and offer a question/answer session after the film. The first showing will be the classic "*Citizen Kane*," considered one of the greatest movies ever made. Light refreshments will be served.

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

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**VALENTINE'S DAY
LUNCHEON**
Monday February 14, 2022
*Sponsored by the Friends of the
Westwood COA*
\$5 donation
Sign up begins on Tuesday February 1 at 8am

Come join us as we celebrate love, friendship and everything dear to your heart! We will be offering delicious pizza, salad with lots of fixings and, of course, chocolate cake for dessert. We will have great music to entertain you and we promise lots of chocolate for you to enjoy (no calorie counting today!) Space is limited. You must sign up in advance. (Please note when signing up, do NOT leave a message, you must speak to someone at the Center to get on the list - thanks).

Happy Valentine's Day Everyone!