



STAY HEALTHY - STAY CONNECTED - AGE WELL



March/April 2022



### SPECIAL THANKS

#### TO:

State Senator Mike Rush and Representative Paul McMurtry for securing a \$50K unrestricted ARP grant from the state;

AARP Tax Help for helping seniors with their tax filings;

The Westwood Fire Department and Fire Chief Deckers for their continued support in offering boosters, masks and test kits to our senior community;

North Hill Retirement Community of Needham for sponsoring our Annual St. Patrick's Day Luncheon;

Emily, at Youth and Family Services, who partners with us to create intergenerational programs;

Dedham Savings for their continued support and their scam prevention program in April;

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

***Thank you!***

### WELCOME SPRING

*Spring is around the corner and we are gearing up for our "return to normal."*

But before I begin talking about what is happening here at the Center, I need to thank Senator Mike Rush and Representative Paul McMurtry for making sure the Westwood COA received a \$50K unrestricted ARP (American Rescue Plan) grant from the State. Not every COA received this but with the strong leadership of both of these men, Westwood was not forgotten. If you see either the Senator or the Representative, please let them know how much we appreciate them. The money will be used to help us grow.



Here at the Center, we are getting back to normal so that means we will be on the road again! In April, we will travel to NYC to shop, visit the 911 memorial and enjoy the Broadway show "Come from Away." We are also offering a number of other day trips (see inside for details), so stop by the Center to pick up a flyer that has all the details. Trish has scheduled a day trip in March to the Plainridge Casino and in April to the Concord Museum (which if you haven't been, you are in for a treat) with lunch at the Colonial Inn.

Other special programs include: Cooking at Powisset Farm with Thi; AARP Tax Help and a scam alert program with Dedham Savings Bank. And of course, we will be hosting our *Annual St. Patrick's Day Luncheon*, sponsored by North Hill of Needham complete with corned beef and cabbage as well as Irish soda bread.

All of our regular programs are back to normal and offered daily here at the Center (minus yoga as Bonnie is on vacation in March but she is back the first week in April).

So whether you are coming to our regular programs (from art classes to quilting and everything in between), we hope you will join us. Stop in and try us out - your first class is always free. We are warm and welcoming and love meeting new (and not so new) seniors from our community.

*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 HOME SAFETY



The Westwood Fire Department is running a Fire Safety and Fall Prevention program and is offering free home safety inspections to seniors in town. The program was developed by the National Fire Prevention Association in order to help seniors live safely at home for as long as possible.



Westwood Firefighters (adhering to all proper COVID precautions) will do a quick safety check of your home and provide you with tips to keep you safe. They will assist you in replacing old smoke detectors, carbon monoxide detectors or batteries. Detectors and batteries are paid for through charitable donations and are free of charge to you. To take advantage of this great opportunity, please call the Council on Aging at 781-329-8799 to sign up for your free home safety inspection. Someone from the Fire Department will then contact you to schedule your appointment.

### Notes from Margaret Sullivan - BOH Public Nurse

Margaret will once again be offering office hours beginning in March. She will be at the Center every Wednesday from 1-3pm. So stop by and get your blood pressure checked or just have a chat with her.



### West Suburban Veterans' Services District

With Sarada and Nancy  
Mondays 9-3 - No appointments on Monday April 18  
Call in advance to sign up for an appointment  
(781) 850-5504



As we enter warmer weather, it's only fitting we highlight a few important observations in March and April. March is Women's History Month with well over 200,000 women who served or who are currently serving on active duty and the thousands more serving in our reserves and Guard. We salute you ladies and thank you for your continued support and sacrifice. March 25<sup>th</sup> is dedicated to our Medal of Honor recipients. The Medal of Honor is awarded to military members by Congress who have distinguished themselves "conspicuously by gal-



lantry and intrepidity" above and beyond the call of duty. April 5<sup>th</sup>, the nation will observe Gold Star Spouses Day. A Gold Star Spouse is any surviving spouse of any person of the United States Military who died while a member of the armed forces for our country, or who died subsequent to such service as a result of an injury or disability incurred during such service.

If you are Veteran and need help, please call and set up an appointment. We are here to help.

## FREE MASKS AND TEST KITS NOW AVAILABLE AT THE CENTER



*We have partnered with the WFD and BOH to offer two free N95 masks and one COVID test kit (each box has two tests) per household.*

*You must be a Westwood resident over 60 to receive these supplies and you must sign a register so we can keep track of any household who accepts these supplies.*

*Stop by the Center and ask the receptionists for your two free masks and COVID test kit.*

## DAY TRIPS WITH FOX TOURS

### TRAVEL WITH THE SENIOR CENTER

We are back on the road and it is time to "Get out of Dodge"! Day trips are back and these trips will sell out



fast, so make sure you sign up soon. Here is what we have planned (flyers with all the details are available at the Center). Please note a non-refundable deposit is required when signing up. Vaccination cards must be presented and masks must be worn on the bus.

**April 19-20 - NYC Two Day Trip** - includes luxury bus transportation, an afternoon of shopping, two meals, overnight accommodations, tickets to the 9/11 Museum and tickets to Broadway Show "Come from Away." \$469 pp (single), \$399pp (double), \$389pp (triple). \$20 non-refundable deposit at sign up.

**June 21 - Casablanca by the Sea - Maine** - Transportation, Island/Seal Harbor tour, lunch and shopping at the Old Port in Portland Maine - \$115.00 pp. \$15 non-refundable deposit at sign up.

**July 21 - Nantucket Fast Ferry** - Transportation and ferry ride to Nantucket - \$125.00 pp—\$15 non-refundable deposit at sign up.

**August 16 - Narragansett Lighthouse Tour** - Transportation, lunch and guided boat Tour of Lighthouse - \$122.00pp - \$15 non-refundable deposit at sign up.

**Sept 21 - North Shore Music Hall - Little Shop of Horrors** - Transportation, lunch and theater tickets - \$145pp. \$15 non-refundable deposit at sign up.

More are being planned so stop by and pick up flyers!  
Hope you will join us!

## 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



**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** - (\$5 donation) - **Monday mornings only.**

**GROCERY SHOPPING** (\$3 donation) - Every **Tuesday** and **Wednesday** in the am - 3 bags per person.  
**Special Shopping Trips with the van (\$5 per person)**

March 9 – Walmart

April 13 - Xmas Tree Shop

### Special Day Trips with the van

**Wednesday, March 30 - Plainridge Casino** - \$10 per person - Van leaves Center at 9 am

**Thursday, April 21 - Concord Museum** - \$18 pp - The Concord Museum is the one place where all of Concord's remarkable past is brought to life through an inspiring collection of historical, literary, and decorative art treasures. Lunch at the Colonial Inn. Leave Center at 9:00—trip includes transportation and tickets to the Museum (lunch on your own).

**WONDER WORKOUT**

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- \$3 donation
- No class on 3/4, 3/11 & 3/16, 4/18



Spring is a great time to get back in shape! So come ready to workout (wear comfortable clothing and bring a water bottle).

**LOW IMPACT EXERCISE**

With Alex



- Mondays & Wednesdays
- 1 pm
- No class 3/16, 4/18

\$3 donation  
Alex will get your muscles toned and body ready for summer with this low impact exercise class.

**PILATES with Mary**

- Tuesday at 10am
- Thursdays at 10:30 am
- No class 4/26
- \$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
- No class 4/26
- \$3 donation



It is with mixed emotions, that I report that I will be spending February and March in Bermuda with my husband. I am happy to go, of course, but will definitely miss all of my students while I'm there! So for February and March we will be showing taped classes on the local cable tv station (Comcast channel 8 and 12 - Verizon channel 32 and 42). Tues and Thursdays – 8:00 am for mat class and 9:30 for chair class. I will film some classes from Bermuda so I can take you all along with me! We will be back in person the first week of April.

So please keep healthy, stay warm and I'll see you all in the Spring!

**SHINE With Mitch**

- **BY APPOINTMENT ONLY**
- **Wednesdays**
- **March 2 & 30**
- **April 13 & 27**
- **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.

**Watercolor With Joan**

- Mondays
- 10-12am & 1-3 pm
- Donation: \$40 for 8 classes
- You must sign up in advance
- No class 4/18



Spring arrives and early flowers begin to bloom in their beautiful colors. Color mixing techniques, known as color blending, will be demonstrated. Students will work individually and in a group setting to learn these techniques. Color blending can include using opposite colors of the color wheel to create muted tones and bright hues.. You will learn the difference between translucent as opposed to opaque paints, affecting light with the painting. The end result? A painting you will be proud of!

**Tai Chi**

With Scotty

- Tuesdays at 1pm
- \$3 Donation
- No class 4/26



Scotty is back and we hope you will be back as well!

Tai Chi and QiGong involve movements that focus on positioning the trunk and head in alignment to each other, as well as to the ground and to the visual field. They both coordinate movements to center and stabilize the body, which has been proven to improve balance and coordination.



**Drawing with Brenda**



- Tuesdays 10-12pm
- \$40 for 8 classes
- No class 4/26
- You must sign up in advance

Learn how to draw realistically using photographs and observational techniques. Each week, follow along, step by step with Brenda as she guides you in developing your drawing skills. Receive individual instruction and related demonstrations. Graphite and charcoal pencils will be used in class. Learn about various types of drawing paper, related materials and drawing techniques, grey scale, contrast and composition. Pastel pencil and colored pencil will be discussed. Weekly classes will cover a variety of subjects, including still-life, landscapes, floral and seasonal themes. Create beautiful drawings worthy of framing. Drawing Class supply list available at registration.

**Realistic Watercolor Painting with Brenda**



- Tuesdays 1-3pm
- \$40 for 8 classes
- No class 4/26
- You must sign up in advance

Learn how to paint realistically in watercolor using photographs and observational techniques. Follow along with Brenda as she guides you step by step with your watercolor painting endeavor. Receive individual instruction and related demonstrations. Classes will cover a variety of subjects, including floral, still-life, landscapes and seasonal themes. Learn all about watercolor paint, paper, brushes and related materials, learn various painting techniques, color mixing and composition. Watercolor Class supply list available at registration.

**BOOK GROUP with Bev**

- Thursday
- March 10
- 11am



Come join this fun group of book-lovers as Bev discusses **Sunflower Sisters** by Martha Hall Kelly.

**COMMUNITY SPOTLIGHT**



With Anna Jean

- Thursday
- April 7- Library updates
- 1:30
- Please sign up in advance so we know how many to expect

**A Visit from your Friendly Neighborhood Librarians** - Come hear about all the library has to offer! From Chrome books, apps, programs (virtual and in person) to tech help, homebound delivery and more, the library has something for everyone and always has staff who are available to help and guide you.

**QUILTING CLUB with Helen**



- Wednesdays
- March 9 & 23
- April 13 & 27
- 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!

**Beginner Art with Brenda**

- Fridays 10-12 pm
- \$40 for 8 classes (first class is free)
- No class 4/26
- Sign up in advance so we know how many to expect

*It's Friday ... so join us for something fun!* This beginners art class is for anyone who has ever had an interest in drawing or watercolor painting. Each week, Brenda will bring a new project for participants to try and enjoy. No competition, no stress, just fun with watercolor and drawing. First class is free and supplies will be available.

**WESTWOOD WOMAN'S CLUB**

With Margaret

- Thursdays at 1:30
- March 17 & April 28
- Sign up in advance



*In March, the club will celebrate St. Patty's Day with great catered food and music! In April, Sean from the Audubon Society will present a lecture of spring bird watching. Please sign up in advance so we know how many to expect.*

**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
- No class March 16



This spring, the Next Chapter Chorus is working on a new and exciting programs "Irving Berlin's America" and other American composers from the 40s and 50s.

Also, we are in need of a better piano at the Center. Many times when people are moving or if they need the room for something else, they will donate their piano, (if it is in very **good condition**). We would be most appreciative.

## COOKING CLASSES AT POWISSET FARM

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



Join us at the Farm as Chef Thi introduces us to flavors around the world. We welcome experienced and novice cooks ... and everyone goes home with the recipes and will enjoy lunch together.

**March 24 - Adventures in Greek Cooking** - Greece is home to a world of complex and savory Mediterranean flavors. Learn the history and basics behind some old and new Greek dishes in this hands-on cooking class including the classics roasted lamb gyro on homemade pita bread and honey sweetened baklava. Explore a new way to indulge in Greek flavors with a Mediterranean Napoleon—an elevated take on the seven layer dip utilizing Greek flavors. It's old world meets new world!

**April 14 - Italian Risotto** - Risotto's is one of those dishes that you love to eat but hate to make. Well not anymore! Join Chef Thi for this hands-on class to learn step by step how to cook a delicious seasonal vegetable risotto that's as fun to make as it is to eat. Along the way, you'll also craft a riff on risotto - theme savory sausage arancini balls with a fresh herb filled tomato sauce for dipping. We will finish the class with a sweet risotto rice pudding with cherry compote and toasted almonds.

Please note that Powisset Farm requires all guests at indoor programs to show proof of full vaccination against COVID-19 —please have your vaccination card available when you arrive at the class.

## HESSCO NUTRITIONIST AT THE COA

*With Nutritionist Kelsey*

- Tuesdays
- 1:30-3:30 *by appointment only*—No cost to this program.
- March 8 and April 12

Open to discuss the following topics: overall healthy eating and recipes, diabetes education, heart disease education and any subject you would like to discuss! And any other nutrition topics you would like to discuss! Start your spring by learning how to eat and live a healthy life!



## DEDHAM SAVINGS presents “FRIENDS AGAINST FRAUD”

Monday April 25 at 10am

With Carol Lewis (Compliance Officer) and Laura Hickson (BSA & Security Officer)

*No cost to this program but please sign up in advance so we know how many to expect*

Scammers are getting more and more savvy. Come learn how to protect yourself. This program, will review common scams targeting older adults. Speakers will share best practices and provide valuable resources to help you avoid becoming a victim of fraud. Light refreshments will be available.

### CURRENT CONVERSATIONS

with Susan

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



- Wednesdays
- March 9 & 23
- April 13 & 27
- 9:30-11:00 am
- \$5 donation

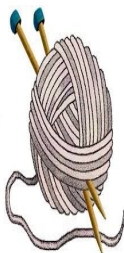
There will be no shortage of news topics this spring. With the Midterm election in November, Republicans move to flip Congress. Democrats are out to prove they are the party that gets things done. And the committee investigating the January 6<sup>th</sup> insurrection promises to present their case to the American public via televised hearings. If you are interested in good and friendly conversation, join us.

### KNITTING AND CROCHETING

With Louise

- Wednesdays
- 1-3 pm
- No program March 16th

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



### Hiking Club

with Maria and Angie

- Tuesdays at 9:15am
- You must sign up in advance
- Angie and Maria will get in touch with you



Senior hikes will continue to be offered in the spring 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
- March 2 & April 6
- Space is limited so you must sign up in advance.

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

### WAXING

with Lisa

- Friday
- 8:00-noon
- March 4 & April 1
- **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 .



### AARP TAX HELP

Every Monday through April 11  
BY Appointment Only  
9-1pm

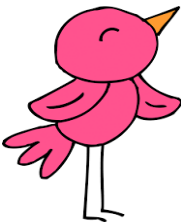




Westwood Senior Center will offer AARP Tax Preparation to any *low or moderate income senior* who will need help preparing their 2021 Federal and Mass income tax forms. AARP Tax Aides will be on hand every Monday starting February 28 through April 11 from 9 a.m. to 1p.m.

**Please note all appointments are now filled ... please call AARP at 1-888-227-7669 for tax aide.**

# MARCH CALENDAR





March - April 2022

<p><b>NOTARY SERVICES AT THE CENTER</b></p> <p>Notary Services are available at the Center. Please call in advance to make an appointment with Lina.</p>	<p><b>1</b></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><b>MARCH YOGA IS ON CABLE THROUGHOUT THIS MONTH</b></p>	<p><b>2</b></p> <p>8:00 Wonder Workout            9:00 SHINE  <i>10:00 Crafts</i>            10:30 Chorus            1:00 Knitting            1:00 Low Impact Exercise            1:00 Movie            1:00 BOH Nurse</p>	<p><b>3</b></p> <p>8:00 Floor Yoga            9:30 Chair Yoga            10:30 Pilates            1:00 BINGO            1:00 Mah Jongg</p> <p><b>MARCH YOGA IS ON CABLE THROUGHOUT THIS MONTH</b>  <b>Comcast 8 &amp; 12</b>  <b>Verizon 32 &amp; 42</b></p>	<p><b>4</b></p> <p>8 Waxing by appointment only            9:00 Bridge            10:00 Beginner Art</p>
<p><b>7</b></p> <p>8:00 Wonder Workout            9:00 Veteran's Assistance  <i>9:00 AARP Tax Help</i>            10:00 Watercolor            1:00 Watercolor            1:00 Low impact</p>	<p><b>8</b></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  <i>1:30 Nutritionist</i></p>	<p><b>9</b></p> <p>8:00 Wonder Workout            9:30 Current Conversation            9:00 Quilting  <i>9:00 Walmart</i>            10:30 Chorus            1:00 BOH Nurse            1:00 Knitting            1:00 Low Impact Exercise</p>	<p><b>10</b></p> <p>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><b>11</b></p> <p>9:00 Bridge            10:00 Beginner Art</p> 
<p><b>14</b></p> <p>8:00 Wonder Workout            9:00 Veteran's Assistance  <i>9:00 AARP Tax Help</i>            10:00 Watercolor            1:00 Watercolor            1:00 Low impact</p>	<p><b>15</b></p> <p>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><b>16</b></p> <p><b>St. Patrick's Day Luncheon</b></p> 	<p><b>17</b></p> <p>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><b>18</b></p> <p>8:00 Wonder Workout            9:00 Bridge            10:00 Beginner Art</p>
<p><b>21</b></p> <p>8:00 Wonder Workout            9:00 Veteran's Assistance  <i>9:00 AARP Tax Help</i>            10:00 Watercolor            1:00 Watercolor            1:00 Low impact</p>	<p><b>22</b></p> <p>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><b>23</b></p> <p>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  <i>1:00 Legal AClinci</i></p>	<p><b>24</b></p> <p>8:00 Floor Yoga            9:30 Chair Yoga            10:30 Pilates  <i>11:00 Powisset Farm cooking class</i>            1:00 BINGO            1:00 Mah Jongg</p>	<p><b>25</b></p> <p>8:00 Wonder Workout            9:00 Bridge            10:00 Beginner Art</p>
<p><b>28</b></p> <p>8:00 Wonder Workout            9:00 Veteran's Assistance  <i>9:00 AARP Tax Help</i>            10:00 Watercolor            1:00 Watercolor            1:00 Low impact</p>	<p><b>29</b></p> <p>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><b>30</b></p> <p>8:00 Wonder Workout            9:00 SHINE  <i>9:00 Casino Day Trip</i>            10:30 Chorus            1:00 BOH Nurse            1:00 Knitting            1:00 Low Impact Exercise</p>	<p><b>31</b></p> <p>8:00 Floor Yoga            9:30 Chair Yoga            10:30 Pilates            1:00 BINGO            1:00 Mah Jongg</p>	



# APRIL CALENDAR

March - April 2022

<p><b>NIGHT VISION GLASSES</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  <i>8:00 Waxing by appointment only</i>            9:00 Bridge            10:00 Beginner Art</p>
<p><b>4</b></p> <p>8:00 Wonder Workout            9:00 Veteran's Assistance  <i>9:00 AARP Tax Help</i>            10:00 Watercolor            1:00 Watercolor            1:00 Low impact</p>	<p><b>5</b></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><b>6</b></p> <p>8:00 Wonder Workout            9:00 Crafts            10:30 Chorus            1:00 Knitting            1:00 Low Impact Exercise            1:00 BOH Nurse</p>	<p><b>7</b></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><b>8</b></p> <p>8:00 Wonder Workout            9:00 Bridge            10:00 Beginner Art</p>
<p><b>11</b></p> <p>8:00 Wonder Workout            9:00 Veteran's Assistance  <i>9:00 AARP Tax Help</i>            10:00 Watercolor            1:00 Watercolor            1:00 Low impact</p>	<p><b>12</b></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  <i>1:30 Nutritionist</i></p>	<p><b>13</b></p> <p>8:00 Wonder Workout            9:00 Quilting            9:00 SHINE  <i>9:30 Current Conversation</i>  <i>9:00 Xmas Tree Shop</i>            10:30 Chorus            1:00 Knitting            1:00 Low Impact Exercise            1:00 BOH Nurse</p>	<p><b>14</b></p> <p>8:00 Floor Yoga            9:30 Chair Yoga            10:30 Pilates  <i>11:00 Powisset Farm Cooking Class</i>            1:00 Mah Jongg            1:00 BINGO</p>	<p><b>15</b></p> <p>8:00 Wonder Workout            9:00 Bridge            10:00 Beginner Art</p>
<p><b>18</b></p> <p><b>CLOSED PATRIOTS DAY</b></p> 	<p><b>19</b></p> <p><i>7:00 Travel to NYC</i>            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><b>20</b></p> <p>8:00 Wonder Workout            10:30 Chorus            1:00 Knitting            1:00 Low Impact Exercise            1:00 BOH Nurse</p>	<p><b>21</b></p> <p>8:00 Floor Yoga  <i>9:00 Concord Museum</i>            9:30 Chair Yoga            10:30 Pilates            1:00 Mah Jongg            1:00 BINGO</p>	<p><b>22</b></p> <p>8:00 Wonder Workout            9:00 Bridge            10:00 Beginner Art</p>
<p><b>25</b></p> <p>8:00 Wonder Workout            9:00 Veteran's Assistance  <i>10:00 Avoiding Scams</i>            10:00 Watercolor            1:00 Watercolor            1:00 Low impact</p>	<p><b>26</b></p> <p><b>Election Day Center is closed</b></p> 	<p><b>27</b></p> <p>8:00 Wonder Workout            9:00 Quilting            9:00 SHINE  <i>9:30 Current Conversation</i>            10:30 Chorus            1:00 Knitting            1:00 Low Impact Exercise</p>	<p><b>28</b></p> <p>8:00 Floor Yoga            9:30 Chair Yoga            10:30 Pilates            1:00 Mah Jongg            1:00 BINGO  <i>1:30 Woman's Club</i></p>	<p><b>29</b></p> <p>8:00 Wonder Workout            9:00 Bridge            10:00 Beginner Art</p>

**NEWS FROM THE TOWN CLERKS OFFICE**

**Dorothy A. Powers, Town Clerk**

**781-326-3964**

**[townclerk@townhall.westwood.ma.us](mailto:townclerk@townhall.westwood.ma.us)**

**DOG LICENSING**

- ✦ Dog licensing began on January 1, 2022 and will continue through March 31, 2022.
- ✦ 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. 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 Town Clerks office if you no longer have a dog(s) so we can update our records.

**ANNUAL TOWN CENSUS**

**What is the purpose of the annual town census/street list?**

Massachusetts General Laws require that cities and towns conduct an annual census of its residents as of January 1 of each year. The local census is used to maintain voting and jury lists as well as aid in school enrollment projections, public safety, and senior citizens' needs and for certain privileges such as veterans' benefits and proof of residency for state colleges and universities. The census information does not register anyone to vote, but failure to answer the census may result in a voter's name being removed from the voter's list. A census form will be sent to each household in February. It is extremely important that you fill out the census form and return it immediately. You may also scan and email it to [census@townhall.westwood.ma.us](mailto:census@townhall.westwood.ma.us) provided you have filled it out and signed it. Failure to return the Census may cause a voter to be designated as inactive on the voting list (M.G.L., Ch.51, § 4). Also please note that you may not register to vote or change parties via a census form.

**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; have a disability that keeps you from 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.

# Westwood Poets Writing Group



*Join our biweekly writing workshop  
facilitated by poet, Lynne Viti.*

*Open to novice and experienced  
poets alike.*

*Read and critique one another's  
work in a supportive atmosphere.*

*For further information, contact  
Lynne Viti: [lviti@wellesley.edu](mailto:lviti@wellesley.edu)*

**Tuesdays 7:00-8:30PM**

**Bi-Weekly Sessions starting January 11 - May 31**

**Conference Room**

**Limited to 12 participants. Registration required**



**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 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](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 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/>.



**Westwood Public Library**

**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 or Claire Connors, Head of Branch Services at 781-326-5914.

**Library Programs:** Registration is required for all programs, both in person and on Zoom. Please visit [www.westwoodlibrary.org](http://www.westwoodlibrary.org), or email [wwdmail1@minlib.net](mailto: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.

**Author Zoom Visits:** **March 9th @ 6:30 on Zoom, Lauren Wolk** will join us to discuss her two novels Echo Mountain and Beyond the Bright Sea. Registration is required on the library website or email [cconnors@minlib.net](mailto:cconnors@minlib.net) with questions. **April 6th @ 6:30 on Zoom, Robert Dugoni** will join us to discuss his novel The Extraordinary Life of Sam Hell. Registration is required on the library website of email [cconnors@Minlib.net](mailto:cconnors@Minlib.net) with questions.

**Drop-In Tech Help:** Library staff can help you figure out the technology in your life. Up to 30 minutes per drop-in session. Mondays 12-2pm. Questions? Call the Reference Desk: 781-320-1045.

**Bloom Zoom:** Bloom Zoom is a floral and gardening programming series created to support interest, encourage continuing education and entertain patrons with hands-on horticultural learning. *2022 information coming soon. See website for details.*

**Westwood Quilters:** Join a friendly group to sit, sew, and share quilting ideas. All skill levels are welcome. 4th Monday night of the month @ 6:00 PM.



**Ukulele Strum-Along:** Need some music in your life? Grab your ukulele and strum along to easy songs led by musician Julie Stepanek! To join in each Monday, visit the Ukulele Strum-Along Zoom Links page on our website. Please note that there is a different link for the 1st, 2nd, 3rd, and 4th Mondays of the month. Attendees will provide their own ukulele. No registration required.



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



**ST. PATRICK'S DAY LUNCHEON**  
**WEDNESDAY MARCH 16 at noontime**  
***Sponsored by North Hill Retirement***  
***Community in Needham***  
\$5 donation  
Sign up begins Tuesday March 1

Whether Irish or not, join us as we celebrate everything spring and green at our Annual St. Patrick's Day Celebration. A traditional fare of corned beef and cabbage will be offered with Irish soda bread and cake for dessert. Irish ballads will have you singing with our musician.

Sign up begins Tuesday March 1 at 8am (Note: *You must wear a mask - except when consuming food - and show your vaccination card upon arriving. And please remember you must speak to a staff member when signing up, do NOT leave a message. Thanks).*)



*Happy  
St. Patrick's  
Day*