



STAY HEALTHY - STAY CONNECTED - AGE WELL

May/June 2022

SPECIAL THANKS

TO:

Ellis Rehab and Nursing Center of Norwood for sponsoring our Annual BBQ;

Needham Bank for sponsoring our Annual Veterans Breakfast;

BIG Y Supermarkets for offering a Lunch and Learn discussion on allergies;

Hillary and Josepha for six years of continued support on our COA Board (we will miss you both!);

Maria Baler of Samuel, Sawyer & Baler for hosting a legal hour;

WHS and Westwood Library for the strong partnership that continues to grow;

Elaine deReyna for offering a discussion on Westwood's real estate market;

The **talented seniors** in Brenda's art class for their beautiful artwork and display *Sunflowers For Ukraine*;

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

Thank you!

COME GROW WITH US

We are so pleased to see everyone coming back to the Center; we are growing in attendance every day! With this in mind, we are offering lots of special programming throughout May and June, along with our 18 regular weekly programs. Please remember to sign up in advance as many programs fill up quickly.



In May, our special programs will include a Shredding Day (so clean out your desk and stop by to safely dispose of your personal information) and later in the day, our local Sheriff will be speaking during our Community Spotlight program. We are also excited about hosting a "The World of Dolls" discussion as well as an update on today's real estate market with a local realtor. WHS student Greydon will be back with a classic movie and we will host a six-week course on beginners Mah Jongg. At the end of the month, chorus will host a concert and we will honor our *Veterans with our Bi-Annual Veterans' Breakfast sponsored by Needham Bank*.

In June, we are hosting a silk scarf tie-dyeing program, an oral health discussion, a lecture on Putin and the history of Howard Johnson's to be followed by an ice cream social. And the Big Y will be back to offer a Lunch and Learn on spring allergies.

We are grateful for our strong partnership with the Westwood library. A staff member will come to us in May and help you plant your own herb terrarium. Then you can head over to the Library in June to learn basic computer skills from creating your own email address to accessing apps.

Of course, we are back on the road and will be traveling throughout New England with Fox Tours. Our in-house travel includes a tour of Eva's Garden with cook book author Didi and a tour of Chinatown with Chef Roberta. Meanwhile, Trish will be heading to Tower Hill Botanical Gardens where you will be inspired to expand your garden. If you would prefer to travel via your "armchair," Barry Pell is back to give a slide presentation on Antarctica.

However, if you are like me, and cooking is your passion, then join us at Powisset Farm to discover "Mexican Cooking" in May and "How to Grill Vegetables" in June. And we are thrilled to host Roberta here at the Center so she can teach you how to make "Dim Sum."



Finally, we will herald in summer in late June with a *BBQ sponsored by our friends at Ellis Rehabilitation and Nursing Center of Norwood*. Details for all of these events and programs are inside but please remember to sign up in advance because we are growing every day and programs fill up fast.

So, we invite you to grow with us, whether a first timer or a regular participant, our goal is to offer a little something for everyone!

Lina Arena-DeRosa
Director



NOTES FROM KAREN'S DESK

May is Skin Cancer Awareness Month



When it comes to skin cancer, a major risk factor is prolonged exposure to ultraviolet (UV) radiation from the sun. The good news is that the danger posed by UV radiation can be greatly reduced by you!

Despite the risk factors, you can safely, happily enjoy the great outdoors by protecting your skin against UV exposure with broad-spectrum sunscreen and sun-safe clothing, hats and eyewear. Be sure to protect yourself, even when it is cloudy. With summer fast approaching, it is not too soon to start taking these precautions. **The Skin Cancer Foundation recommends that you:** seek the shade, especially between 10am and 4pm; cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses; use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day; for extended outdoor activity, use SPF of 30 or higher; apply 1 oz. (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside; reapply every 2 hours or after swimming or excessive sweating; examine your skin head to toe every month.

And remember to see a dermatologist at least once a year for a professional skin exam.

Source: The Skin Cancer Foundation www.skincancer.org

Notes from Margaret Sullivan - BOH Public Nurse

Margaret is back offering office hours here at the Center. 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

Call in advance to sign up for an appointment (781) 850-5504

Memorial Day, which falls on the last Monday in May, honors the men and women who died while serving in the military. This solemn occasion is a time to reflect on these American patriots who made the ultimate sacrifice while protecting and defending the country they deeply loved. The National Moment of Remembrance asks Americans to pause for a moment of silence for a **minute at 3:00 pm on Memorial Day**. And join us as Westwood honors our Veterans on May 30 ... Details on the Town website.

ANNUAL VETERANS MEMORIAL DAY BREAKFAST

Sponsored by Needham Bank
Friday May 27 at 8:30

No cost, but please sign up in advance



Calling all Westwood Veterans, young and old. We are hosting our free Annual Memorial Day Breakfast and we would love to have you join us! We offer quiche, bagels, fruit and coffee and the speaker U.S. Navy Lt. Commander Joe Cavanaugh will talk about "The Meaning of Memorial Day".



REAL ESTATE UPDATE WITH ELAINE

Monday May 23 at 10am

Please sign up in advance so we know how many to expect

What's going on with Westwood real estate? Thoughtful discussion about what's driving the current market in Westwood and beyond. Local market statistics and other helpful real estate information provided. Bring your questions! Coffee and donuts will be served.



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. 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

Our day trips are filling up fast so if you are interested please call and sign up.. 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. More are being planned so stop by and pick up flyers! Hope you will join us!

NYC Two Day Trip Sept. 20-21 - 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 per person deposit at sign up.

June 21 - Casablanca by the Sea - Maine - Transportation, Island/Harbor tour, lunch and shopping at the Old Port in Portland - \$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 lighthouses - \$122.00pp - \$15 non-refundable deposit at sign up.

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!

TOUR BOSTON'S CHINATOWN

**With Chef Roberta Hing
Tuesday May 17**

\$25 donation

Walking tour of Boston's famous Chinatown with Chef Roberta and learn about its history and foods. Tour includes lunch at a local restaurant. *You must sign up in advance.* Leave the Center at 10:00am.

TOUR EVA'S GARDEN

**With Chef Didi Emmons
Tuesday June 14**

\$20 Donation

Walking tour of Eva's Garden in Dartmouth, a small family owned farm that prides itself in organic farming since the 1970s. Learn techniques of organic gardening and come home with fresh herbs. Please bring your own bag lunch with beverage. We will share a fresh picked salad from the farm. *You must sign up in advance.* Leave Center at 10am.

**Armchair Travel with Barry Pell
Thursday June 9 - 10am
at the Library - A Trip to Antarctica
\$3 donation - please sign up in advance**

Join us as Barry takes us on adventure to the coldest, windiest and driest place on earth. Barry's slide show and discussion will transport you to the world's greatest concentration of wildlife.

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)

Walmart - Wednesday May 18

Christmas Tree Shop and Trader Joe's— Wednesday June 15

Special Trips with Trish

Tower Hill Botanical Gardens, Boylston MA - Monday June 6 - \$20pp - Explore formal gardens, woodlands and priceless collection of inspiring plants. Enjoy farm to table café for lunch (on your own).

WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am No class 5/20,5/27, 5/30,6/3, 6/17, 6/20
- \$3 donation



Need to get back in shape for the summer? This high energy class is exactly what you need. Please wear comfortable clothing and bring a water bottle.



LOW IMPACT EXERCISE

With Alex

- Mondays & Wednesdays
- 1 pm
- No class 5/30, 6/20
- \$3 donation

This low impact class will strengthen your muscles and help you stay flexible as you age. Please wear comfortable clothing and bring a water bottle.

PILATES with Mary

- Tuesday at 10am
- Thursdays at 10:30 am
- No class 6/28
- \$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 June 29
- **BY APPOINTMENT ONLY**

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
- No class 6/28
- Floor Yoga 8am
- Chair Yoga 9:30 am
- \$3 donation



Bonnie is back from her hiatus and would love to have you join her whether on the floor or in a chair. Yoga helps relieve tension, strengthens muscles and balance. So join us!

SHINE With Mitch

- **BY APPOINTMENT ONLY**
- **Wednesdays**
- **May 11 & 25 / June 8 & 22**
- **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
- No class 5/3, 6/28



T'ai Chi and Qi Gong are constant ebbs and flows of motion and controlled breathing that strengthen and stretch the entire body. Those who practice regularly usually feel limber, relaxed and balanced.

Watercolor With Joan

- Mondays
- 10-12am
- 1-3 pm
- Donation: \$35 for 7 classes
- You must sign up in advance
- No class 5/30 & 6/20



The morning class is for experienced artists who enjoy painting with fellow artists. Students continue to advance their knowledge of watercolor basics to push three established forms to find their personal painting styles and temperament. The flow of the class is friendly, positive and encouraging. The teacher will continue to reinforce the basic concepts of painting.

The afternoon class is with students familiar with watercolor painting over the years and have adopted their own painting styles. Each student is unique but there is always something new to learn. Students work independently and also in harmony with Joan. Demonstrations on new techniques and the "modern" style of painting.



" Why do I Always Sneeze in Spring?"

Lunch and Learn discussion on Seasonal Allergies

With **BIG Y PHARMACIST EDDIE MARTUCCI**

Friday MAY 6 11:30am \$4 donation—Please sign up in advance

A talk about Seasonal Allergies, their cause, treatments and the trouble they bring us. A light lunch will be provided.

Dental Discussion with Christine

Monday June 13 at 10am

Free but please sign up in advance



A dental hygienist from HopeHealth Community VNA is coming to talk about how to best care for your teeth or dentures. She will provide a 20 minute presentation on oral health as well as talk with you one-on-one to answer questions and listen to your particular concerns.

Drawing with Brenda

- Tuesdays 10-12pm
- \$40 for 8 classes
- No class 6/28
- You must sign up in advance



Realistic Watercolor Painting with Brenda

- Tuesdays 1-3pm
- \$40 for 8 classes
- No class 6/28
- You must sign up in advance



Beginner Art with Brenda

- Fridays 10-12 pm
- \$35 for 7 classes
- No class 6/17
- You must sign up in advance

All three classes fill up fast, so please, if interested, call the Center to sign up.

BOOK GROUP with Bev

- Thursday
- June 9
- 11am

Come join this fun group of book lovers as Bev discusses *The Personal Librarian* by Marie Benedict and Victoria C. Murray.



COMMUNITY SPOTLIGHT

- Thursday May 5
- 1:30
- Please sign up in advance



Join us to welcome **Sheriff McDermott** as he discusses public safety, his role in the community, and how he can work with our local partners to better serve the community.

QUILTING CLUB

with Helen

- Wednesdays
- May 11 & 25
- June 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!

CHORUS with Carol

- Wednesdays
- 10:30 - 11:30
- \$3 donation

With a song in your heart, join the Center's chorus and embrace the joy of music! **Join us for our CHORUS CONCERT ON WEDNESDAY MAY25 at 1pm at the First Parish Church. Please sign up in advance.**



WESTWOOD WOMAN'S CLUB

With Margaret

- Thursdays at 1:30
- May 19
- June 16

The Woman's Club will be heading out to lunch in May and hosting their annual luncheon in June.



BINGO

- Thursdays
- 1pm

Put down the remote and come join this fun group of BINGO players!



Spring Has Sprung Notes from the WFD

When thinking about your spring cleaning consider these fire safety tips. Working smoke alarms cut the risk of dying in a reported home fire by half. Make sure you have working smoke alarms and test them at least once a month by pushing the test button; replace batteries at least once a year. The leading cause of home dryer fires is failure to clean them. Clean the lint filter after every load of laundry and remove any lint that has collected around the drum. Chimneys should be inspected and cleaned in the spring to get rid of the buildup.

CONGREGATE MEALS AT THE CENTER



Join us for a hot meal at the Senior Center's Friendship Café for lunch on **Mondays, Tuesdays, and Wednesdays** at 11:45 – 12:30. Lunches are a \$3 donation. *Please call Elaine at 781-329-6514 at least 2 business days in advance to reserve your lunch.* Menus are available at the Center or the Town's Council on Aging website.

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. 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. This program will begin in mid-May.



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
No take home food will be allowed
Also we cannot accommodate food allergies or dietary restrictions
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. We will enjoy lunch together and everyone goes home with the recipes .

May 12 - Mexican -Cinco de Mayo is an annual celebration which commemorates the anniversary of Mexico's victory over the French Empire at the Battle of Puebla in 1862. Join us in the Powisset Kitchen as Chef Thi teaches you hands on how to craft delicious Tamales filled with roasted seasonal vegetables covered in a smokey rojo sauce. Accompanied by a Farm Green Salad topped with Roasted Pepitas and a Citrus Dressing and Grilled Shrimp smothered in Mexican Cilantro Pesto and Spiced Crema.

June 2 Outdoor Vegetables - As the temperature starts to rise, there's nothing better than zucchini and summer squash! Join Chef Thi this summer. Learn hands-on how to craft a delicious Pickled Squash Salad, Stuffed Squash with Pork, and Squash Pasta.



HESSCO NUTRITIONIST AT THE COA

With Nutritionist Kelsey

- Tuesdays
- 1:30-3:30 *by appointment only*—No cost to this program.
- May 10 and June 14

Open to discuss are the following topics: healthy eating, recipes, diabetes, heart disease and any nutritional subject you would like to address. Start the spring/summer season by learning how to eat and live a healthier life.



COOKING CLASS WITH CHEF ROBERTA HING

Thursday June 30 at the Center

No take home food will be allowed
Also we cannot accommodate food allergies or dietary restrictions

11:30 am \$20 donation

You must sign up in advance as space is limited



Dim Sum Delights: The Chinese tradition of dim sum dates back to the days of the Silk Road. In this class you will learn to make a few classic dishes from the dim sum menu so you can recreate them at home. We will begin with one of the most popular items on the dim sum cart: Shumai - the mouthwatering steamed pork and shrimp dumpling. Next we will make another favorite--Sticky Rice with Chinese Sausage and Mushrooms. This dish could be a meal in itself. Our finale is the popular Hong Kong Custard Tarts with a creamy filling and flaky crust. At the end of class, everyone will enjoy eating their creations.



THE HISTORY OF HOWARD JOHNSON'S

Historian Anthony Sammarco

June 13th at 1:00 PM

\$4 donation

(includes ice cream social after the lecture)

Please sign up in advance as space is limited



Howard Johnson created an orange-roofed empire of ice cream stands and restaurants that stretched from Maine to Florida, and all the way to the West Coast. With a reputation for good food at affordable prices, hungry customers would regularly return for more. The attractive white Colonial Revival restaurants, with eye-catching porcelain tile roofs, illuminated cupolas and sea blue shutters, were described in "Reader's Digest" in 1949 as the epitome of "eating places that look like New England town meeting houses dressed up for Sunday." Boston historian and author Anthony M. Sammarco recounts how Howard Johnson introduced twenty-eight flavors of ice cream, the "Tendersweet" clam strips, grilled frankfurter and a menu of delicious and traditional foods that families eagerly enjoyed when they traveled.

CURRENT CONVERSATIONS

with Susan

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



- Wednesdays
- May 11 & 25 / June 8 & 22
- 9:00– 10:30 am
- \$5 donation

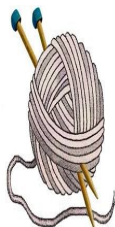
There is so much to discuss— the war in Ukraine, the new Supreme Court Justice, the economy, gas prices. Come join our growing group of interested seniors who want to discuss current events.

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.



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 every Tuesday at 9:15 am. Participants should have sturdy foot wear and a hiking pole and bring water. 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. 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). If interested in learning, check out our new program.

BRIDGE

With Diane

- Fridays
- 9 am
- No Bridge 6/17



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

CRAFTS

With Julie and Lorraine

- 10-noontime
- Wednesdays
- May 18 & June 15
- Space limited so you must sign up in advance



Are you crafty? Then join us as we make crafts for the Center.

WAXING with Lisa

- Friday - 8: 00-noon
- May 6 and June 4
- **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 & \$25 for all 3 services .



COA'S ANNUAL COMMUNITY SHREDDING DAY AT THE CENTER

Thursday May 5 10am to 1pm *Rain or Shine*
Sponsored by the Assistant District Attorney's Office

Please drive into the Center parking lot and let volunteers take your bags of personal information and dispose of them. Staples and paper clips are fine but please NO 3 ring binders. *Limit 3 bags or boxes per car.*

“Vladimir Putin – Corrupt, Competent and Environmentalist?”

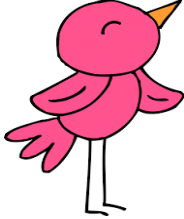


With Lecturer Henry Quinlan

Tuesday June 7th at 1pm

\$3 donation—Please sign up in advance as space is limited




Join us as we take a look at the career of Vladimir Putin as an autocrat who is corrupt, competent and an environmentalist. There are reasons his popularity stays above 60%. We will examine several topics including why the Jewish Region is growing after years of decline, the opening of the Northern Passage and its impact on international trade, the role of China in supporting Russia's goals, the current crisis in Ukraine and more. Henry has been involved with the former Soviet Union and Russia since 1986. Living in Moscow from 1990 to 1995, his last trip to Russia was in 2018.

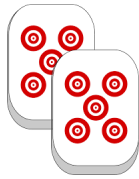
<p>2 8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>3 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor</p>	<p>4 8:00 Wonder Workout 10:30 Chorus 1:00 Knitting 1:00 Low Impact Exercise 1:00 BOH Nurse 1:00 Learn Mah Jongg</p>	<p>5 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg 10-1 SHREDDING DAY 1:30 Community Spotlight</p>	<p>6 8 Wonder Workout 8 Waxing by appointment only 9:00 Bridge 10:00 Beginner Art 11:30 Lunch and Learn "Discussion on Allergies"</p>
<p>9 8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 10:00 World of Dolls 1:00 Watercolor 1:00 Low impact</p>	<p>10 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi 1:30 Nutritionist</p>	<p>11 8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 9:00 SHINE 10:30 Chorus 1:00 BOH Nurse 1:00 Knitting 1:00 Low Impact Exercise 1:00 Learn Mah Jongg</p>	<p>12 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 11:00 Powisset Farm Cooking Class 1:00 BINGO 1:00 Mah Jongg</p>	<p>13 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p> 
<p>16 8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 10:00 First Aid for Grandparents 1:00 Watercolor 1:00 Low impact 1:00 Legal Update with Attorney Maria Baler</p>	<p>17 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 9:30 Chinatown Tour 10:00 Drawing 10:00 Pilates 1:00 Watercolor 1:00 Tai Chi</p>	<p>18 8:00 Wonder Workout 9:00 Walmart van trip 10:30 Chorus 10:00 Crafts 1:00 BOH Nurse 1:00 Knitting 1:00 Low Impact Exercise 1:00 Learn Mah Jong</p>	<p>19 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg 1:30 Woman's Club</p>	<p>20 9:00 Bridge 10:00 Beginner Art</p>
<p>23 8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Real Estate Update and Discussion 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>24 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 10:00 Pilates 1:00 Watercolor 1:00 Tai Chi</p>	<p>25 8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 9:00 SHINE 10:30 Chorus 1:00 BOH Nurse 1:00 Knitting 1:00 Low Impact 1:00 MOVIE 1:00 Chorus Concert</p>	<p>26 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p>27 8:30 Veteran's Breakfast 9:00 Bridge 10:00 Beginner Art</p>
<p>30 CLOSED MEMORIAL DAY</p> 	<p>31 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 10:00 Pilates 1:00 Watercolor 1:00 Tai Chi</p>			<p>NOTARY SERVICES AT THE CENTER</p> <p>Notary Services are available at the Center. Please call in advance to make an appointment with Lina.</p>

JUNE CALENDAR

May - June 2022

<p>NIGHT VISION GLASSES</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>1</p> <p>8:00 Wonder Workout 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse 1:00 Learn Mah Jongg</p>	<p>2</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 11:00 Powisett Farm 1:00 Mah Jongg 1:00 BINGO</p>	<p>3</p> <p>8:00 Waxing by appointment only 9:00 Bridge 10:00 Beginner Art</p>
<p>6</p> <p>8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Silk Scarf Tie Dye 10:00 Tower Hill Botanical Gardens Day Trip 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>7</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi 1:00 Putin Lecture</p>	<p>8</p> <p>8:00 Wonder Workout 8:00 SHINE 9:00 Quilting 9:00 Current Conversation 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse 1:00 Learn Mah Jongg</p>	<p>9</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:00 Arm Chair Travel at the Library 10:30 Pilates 11:00 Book Group 1:00 Mah Jongg 1:00 BINGO</p>	<p>10</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>13</p> <p>8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 10:00 Dental Discussion 11:30 Dim Sum Cooking 1:00 Watercolor 1:00 Low impact 1:00 Howard Johnson Lecture and Ice Cream Social</p>	<p>14</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Eva's Garden Day Trip 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi 1:30 Nutritionist</p>	<p>15</p> <p>8:00 Wonder Workout 9:00 Xmas Tree Shop Van Trip 10:30 Chorus 10:00 Crafts 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse 1:00 Learn Mah Jongg</p>	<p>16</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 Mah Jongg 1:00 BINGO 1:30 Woman's Club</p>	<p>17</p> <p>No Programs ... WHS J Term at the Senior Center</p> 
<p>20</p> <p>CLOSED JUNETEENTH</p> 	<p>21</p> <p>8:00 Floor Yoga 8:00 Maine Day Trip 9:15 Hiking Club 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>22</p> <p>8:00 Wonder Workout 9:00 SHINE 9:00 Quilting 9:00 Current Conversation 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse 1:00 Learn Mah Jongg</p>	<p>23</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p>24</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>27</p> <p>8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 10:00 Container Gardening 1:00 Watercolor 1:00 Low impact</p>	<p>28</p> <p>ANNUAL SUMMER BBQ</p> 	<p>29</p> <p>8:00 Wonder Workout 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse 1:00 MetroWest Legal Assistance 1:00 Learn Mah Jongg</p>	<p>30</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 11:30 Cooking with Roberta 1:00 Mah Jongg 1:00 BINGO</p>	

**MORE SPECIAL PROGRAMS
AT THE CENTER**



Mah Jongg for Beginners With Sharon Katz

Wednesdays May 4– June 29th (no class May 25)

1-2:30 pm \$15 for 7 week course—*You must sign up in advance*

One Bam! Three Dot! Nine Crack! Calling all beginners who want to learn how to play mah jongg! Join the ranks of mah jongg enthusiasts who are reaping the social and intellectual benefits of playing this challenging tile game. Players will learn the basics: *identifying tiles and rules, choosing a hand by interpreting the mah jongg card, passing tiles, and playing a round.* Students **will be provided with the 2022 Mah Jongg card (\$9 small or \$10 large not included in donation. Please pay at first class) for use during class.**



SILK SCARF TIE – DYEING With Connie Jo

Monday June 6 at 10am

\$15 donation (includes all materials)

Space is limited so you must sign up in advance

Tap into your inner artist and make a wonderful gift for yourself or some else by designing your own silk scarf. Even if you have limited artistic talent, this time will be filled with relaxed fun and you will bring home a beautiful piece of wearable art.



FIRST AID FOR GRANDPARENTS ages 60+ with Juanita Allen Kingsley, W-EMT

Monday May 16 - 10:00 AM

\$10 donation—*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 used first aid with your own children. You'll 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. You will receive an American Safety and Health Institute certification in Pediatric First Aid, CPR and AED use upon successful completion. This class is underwritten by the Westwood Council on Aging. Residents who are 60+ can sign up at the COA for only \$10 (regular cost is \$100 pp).

JENNY'S WORLD OF DOLLS

Monday May 9 at 10am

\$3 donation—*Please sign up in advance as space is limited*

Join us as Janice displays and discusses over 50 antique and vintage dolls (that will be on display) from Shirley Temple to Patty Play Pal. Janice McIntyre is the owner of Jenny Baby's Doll Hospital in Hopkinton. She repairs all dolls from antique/vintage and modern day. Her web site is Jennybabysdollhospital.com. Feel free to bring a doll to the program if you would like to share it with the crowd and tell us about it.



HERB CONTAINER GARDENING WITH SUZIE

In partnership with the Westwood Library

Monday June 27 at 10am

Donation \$6– includes cost of all materials

Please sign up in advance as space is limited

Spring is here and herbs are in season! So join us as Suzie brings her amazing gardening talents and helps you create your own indoor herb garden. All supplies are included.

CASABLANCA MOVIE at THE CENTER

Wednesday May 25 at 1pm

Please sign up in advance so we know how many to expect

Greydon Gavin, a 10th grader at Westwood High school, is once again hosting the movie Casablanca, an incredibly influential film that explores the powerful themes of love and sacrifice. In addition to being a compelling romantic tale, audiences also viewed this film as being a political allegory about World War II. Casablanca's screenplay is often considered one of the greatest of all time, and this movie continues to hold a revered spot in film history.



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 or contact my office at (617) 722-2015.
 Senator Mike Rush
mike.rush@masenate.gov
 617-722-1348



Annual Town Election & Town Meeting Information

The Annual Town Election is on Tuesday, April 26, 2022

Annual Town Meeting is Monday, May 2, 2022.



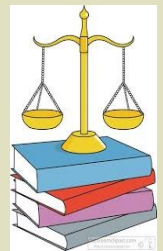
The Annual Town Meeting will be held in person, Westwood High School Auditorium. Check-in will begin at 5:30PM, awards and recognitions at 6:00PM and the business portion of the meeting will start at 6:30PM. *The last day to register to vote is Wednesday, April 6, 2022.* This may be done by in person, [online](#) or by [mail](#). If you require a voter registration form, please contact the Town Clerks office at 781-326-3964 or email town-clerk@townhall.westwood.ma.us and we will mail you one. *Please note there is a change in Westwood's voting locations; all registered voters will now be voting at one location, the Westwood High School Gymnasium, 200 Nahatan Street.* Entrance will be through door 28, between the Recreation and Preschool areas. When school is in session, designated parking will be in the Recreation/Preschool parking lot. When you arrive to vote, the Gymnasium will be set up into five Precincts. There will be Greeters available to will direct you to your precinct.

ELDER LEGAL HOUR

WITH ELDER ATTORNEY MARIA BALER

Monday May 16 1pm

It's that time of year to update all your legal responsibilities. So join us as Attorney Baler discusses Wills, Powers of Attorney, health care documents (proxies, HIPPA and the MOLST), Trusts and other things you should do to get your legal house in order. No cost to this program but please sign up in advance.



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.

2022 Summer Reading at the Westwood Public Library

Welcome to the 7th Annual Westwood Public Library Adult Summer Reading Program! Adults 18+ can track the number of hours they read and log books to earn badges and raffle tickets for grand prize baskets. All challenges will be tracked using Beanstack. The Beanstack app is free and available for iOS and Android. With Beanstack you can log all the titles you have read to earn raffle tickets. You can create your account and track your progress in the app or on the Beanstack website: <https://westwoodlibrary.beanstack.org/reader365>. **Seniors, please join us at the Library on Wednesday June 15th at 11:00 AM in the Community Room for an introduction to creating an email account and downloading apps specifically for using this summer's reading program app, Beanstack.** Summer Reading Programs are free thanks to the generosity of the Friends of Westwood Library.

Technology Help

Reference librarians are available to help with general troubleshooting with phones, tablets and laptop computers, and also with library apps and websites. Drop-in technology help is available at the Main Library on Mondays from 12 to 2 pm — ask at the Reference Desk to get started. Drop-in sessions are limited to a maximum of 30 minutes per person. If you have a question, please call 781-320-1045 or email askwestwood@minlib.net.



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 Rames
Louis Rizoli
Jessie Turbayne



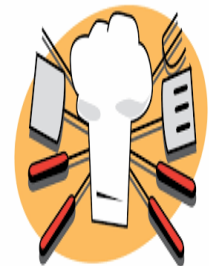
ANNUAL SUMMER BBQ

Tuesday June 28 at noontime
Rain or Shine

*Sponsored by Ellis Rehabilitation
and Nursing Center of Norwood*
\$5 donation

Space is limited so you must sign up in advance

*It is time to fire up the grill and enjoy the season!
So come celebrate the summer of 2022 by joining
us at our Annual BBQ! We will be serving
traditional summer fare of hot dogs, hamburgers
and all the fixings. Guitar music will help you get
into the spirit!*



Sign up begins on Tuesday June 7 at 8am.