



STAY HEALTHY - STAY CONNECTED - AGE WELL



July & August 2022



SPECIAL THANKS

TO:

Beth Israel Deaconess Medical Center for underwriting our fresh produce delivery for homebound elders;

Westwood Fire Department for helping seniors stay safe in their homes with their home safety program;

Wegmans for their continual support by providing seniors with goods for us to offer free;

The **Friends of the Westwood Council on Aging** for supporting and underwriting the programs at the Center;

Dedham Savings Bank for continuously supporting the work of the Center;

MA Bar Association for coming and speaking to Westwood Seniors about their legal responsibilities;

Boston's FBI agent who will come and speak to seniors about fraud prevention;

The **Westwood Library** for their partnership and willingness to let us use their space;



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

Thank you!

SUMMER

My Favorite Time of Year

Summer is finally here and I love the long days, sunshine and cookouts ... what is not to love?! Whether in my garden, going to the beach and just enjoying life, to me, summer is just awesome! But if the summer heat is too much for you, please know that you can come into the Center, sit with a book and enjoy our air conditioning; we would love to host you here!



Our programs are growing and we are now “dipping our toes” (yes, it is a great idiom for summer!) into social media. With the help of Westwood Media, we have created a Facebook page for you to keep up with what is happening at the Center. Please “like” our page and let us know what you think about it. All the details are on the back page of this newsletter, so come join us “virtually”!

We will be open throughout the summer with most of our regular programs and some great special programming. In July, Therapy Gardens is back to demonstrate how you can make your own spices; the MA Bar Association will be here to explain your legal responsibilities and Henry Quinlan will be back to discuss Putin and Ukraine. Of course, if you like theater, Trish will be heading to the Reagle Theater to enjoy West Side Story, and Dover's Powisset Farm invites you to an Open House.

We are also trying something very different in July ... a live (yes! live) virtual tour of Florence. This will be new experience for us all, but instead of slides and a discussion, an Italian native will walk us through Florence and explain what we are watching live. We are really psyched about this new adventure and we hope you will join us!

In August, we will head back to Powisset Farm to learn how to prepare squash in a number of different ways; an FBI agent will give a program on how to protect yourself from identity theft; Barry is back with an armchair travel discussion on Bhutan and AARP will be offering their annual driving safety course. Trish will be heading to the Boch Center for a tour and lunch at Sully's.



We are thrilled that many of our day trips are now filled, but we still have room in our two day NYC trip, so if you are interested, please stop by the Center to pick up a flier with all the details.

And please note that some of our regular instructors are taking time off this summer, so make sure you check out the dates and times they will be here (or not).

With sunshine and longer days, there is no excuse not to come by and join us ... we would love to see you!

Happy Summer Everyone!
Lina Arena-DeRosa
Director



NOTES FROM KAREN'S DESK

HOSPITAL "GO BAG"

The last thing on your mind in an emergency is what to pack, and sometimes you have to leave at a moment's notice. With a hospital "Go Bag" that's all ready to go, if a hospital visit comes up, what is often a trying time might be a little less stressful.



Here is a list of what can be helpful to pack in a hospital "Go Bag": current list of medications and supplements - include full drug name, strength and how often you take them; allergies or adverse reactions to any medications ; copies of your ID or driver's license, insurance cards (front and back), and Medicare/MassHealth cards; copies of health care proxy, do-not-resuscitate order (DNR), living will, durable power of attorney; brief medical history – a short list of surgeries, hospitalizations, current health issues, and immunizations (include dates when possible and copy of COVID-19 vaccine card); emergency contacts and doctor/specialist contact information; current height and weight; notepad and pen.

It might also be helpful to bring the following items if you have them: glasses, hearing aid with batteries or charger, walker or cane, and cell phone and charger. It is recommended to leave any other valuables at home. We also recommend that everyone keep a "File of Life" with them in case of emergency. Westwood residents can stop by our Center to request a free "File of Life," underwritten by our Friends Group, both a small wallet-size one and larger one for the refrigerator. So be prepared and enjoy the beautiful summer weather!

Notes from Margaret Sullivan - BOH Public Nurse



APHASIA - When 67-year-old actor Bruce Willis announced he was retiring from acting; it was stated a medical condition, "aphasia", was the cause of this decision. *Aphasia is an impairment of comprehension or formulation of language, caused by damage to the language components of the brain. Aphasia is most often the result of a stroke, but can also result from dementia, brain injury, tumor or infection.* About one-third of these are the result of a stroke, with equal incidence between men and women.

Treatment for aphasia is related to the specific cause, with the primary goal of maximizing a person's independence. Because the causes are multiple and complex treatment requires multiple specialists: neurologists, speech pathologists, psychiatrists. Since having a stroke is the most common cause of aphasia, it is important to remember that hypertension is the primary cause of stroke. Now would be a great time to reach out to your primary care team to make sure your blood pressure is under control! We may not know what is causing Bruce Willis' aphasia, but we can try to modify our own risk factors.

Margaret has 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 Veteran Nancy Blanchard
Mondays 9-3

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

As we come together to celebrate our nation's birthday and Independence Day with loved ones, food and fireworks; let's also remember those who served to maintain our country's freedom.



On **July 27th** we honor our **Korean War Veterans** and **August 4th** marks the **U.S. Coast Guard's 232nd Birthday!** **National Purple Heart Day is August 7th.** The **Purple Heart**, our nation's oldest military medal, is presented to service members who have been wounded or killed as a result of enemy action while serving in the U.S. military. *Early fall of 2021, Westwood was designated as a Purple Heart Town. Every year on **Aug 7**, Westwood will join other Purple Heart communities and display the Purple Heart Flag to recognize and honor our Purple Heart recipients.* If you're a PH recipient and would like to participate in this event, or want more information on PH benefits (VA healthcare, Base/Post Commissary & Recreation, license plates, property tax exemptions, etc.) please contact our office (781)489-7509.

DAY TRIPS WITH FOX TOURS

TRAVEL WITH THE SENIOR CENTER

Our summer day trips are now filled but our fall NYC trip still has a few openings. 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 trips are being planned so stop by and pick up fliers for all the details. 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.

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!

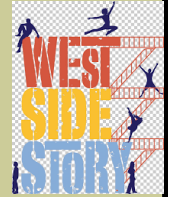
Travel with Trish (and van driver Paul)

Masks and proof of vaccination required and you must sign up in advance.

West Side Story at Reagle Theatre (in Waltham)

Wednesday, July 13

Lunch at local restaurant (TBD) is pay on your own. Ticket and transportation \$30 per person. *Leave center at 11:15.*



Tour the Boch Center Wang Theatre in Boston

Wednesday, August 24.

Tour of Boch Center and Transportation. Lunch at Sully's in South Boston is pay on your own. \$20 per person. *Leave Center at 8:45.*

Armchair Travel with Barry Pell August 25 at 10am At the Main Library \$3 donation requested

"Bhutan - The Land of the Thunder Dragon"



The small and predominantly Buddhist kingdom of Bhutan, squeezed between China and India, is tucked within the rugged Himalayan mountains and mostly covered with thick forest. Monasteries, often massive and commanding, with crimson-robed monks performing centuries-old rituals. The country has no traffic lights, smoking is illegal, and employees must wear traditional clothing during work hours. Years ago, Gross National Happiness was identified by the nation as being more important than Gross National Product. Barry Pell recently traveled through the country, meeting its people and learning about their history and culture. Accompanied by his photography, he will discuss insights into a fascinating way of life that has only just begun to change after centuries of isolation.

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** . Doctors 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, July 6

Christmas Tree Shop and Trader Joe's – Wednesday, August 17

WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- \$3 donation
- No class July 4, 22 & 29



Need some inspiration to get back in shape? 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 July 4
- \$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 July 5& 7
- \$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 **Sept. 28**
- **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
- Floor Yoga 8am
- Chair Yoga 9:30 am
- \$3 donation
- No class August 16 & 18



Whether in a chair or on the floor, yoga will help you relieve tension, strengthens muscles and balance. So join us!

SHINE With Mitch

- **BY APPOINTMENT ONLY**
- **Wednesdays**
- July 13 & August 10
- **9-12 noon**



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 July 19 & 26



Studies show that participants who practiced Tai Chi and QiGong have increased levels of certain immune cells, which is important for protecting against viruses and other diseases. In addition, they are beneficial for osteoarthritis, Parkinson's disease, rehabilitation for chronic obstructive pulmonary disease, preventing falls and improving cognitive capacity in older adults. No experience necessary.

Watercolor

With Joan

- Mondays through August 15
- July 11
- 10-12am
- 1-3 pm
- Donation: \$30 for 6 classes
- You must sign up in advance



Small Works

Summer Class

Join Joan as she creates an explorative watercolor class using Japanese rice paper and gesso. We will paint small studies of realistic and abstracted art, some "out of the box". Students are asked to bring their watercolors, palette and a good brush, and a small fee will be asked for supplies. The class will be fun with positive reinforcement from Joan.

Some watercolor experience is recommended. Interested but want more info? Call Joan at 781-762-2672.

Wine, Cheese & Shopping at the New Powisset Farm Store
July 13 4:30-6pm



Join us for wine, cheese, mid-summer cheer and 10% off shopping for COA members. The new Powisset Farm Store features gorgeous fresh food from Powisset and other Trustees Farms, as well as local farms. Specialty foods, home goods, toys and so much more are locally sourced, sustainable, or created by women. This is a great opportunity to shop for yourself or find unique gifts for others in your life.



Drawing with Brenda



- Tuesdays 10-12pm
- No classes in July
- August 2-30
- You must sign up in advance
- \$25 for 5 classes

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. Pastel pencil and colored pencil will be discussed. Weekly classes will cover a variety of subjects, including still-life, landscapes, floral and seasonal themes. Drawing Class supply list available at registration.

Realistic Watercolor Painting with Brenda



- Tuesdays 1-3pm
- \$25 for 5 classes
- No Classes in July
- August 2-30
- 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.

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. Supply list available at registration.

Beginner Watercolor with Brenda



- Fridays 10-12 pm
- \$20 for 4 classes
- No classes in July
- August 5-26
- You must sign up in advance

It's Friday ... so join us for something fun! This beginners art class is for anyone who has ever had an interest in 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.

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

COMMUNITY SPOTLIGHT



Community Spotlight will be taking the summer off but plans are being made for the fall so stay tuned!

QUILTING CLUB with Helen

- Wednesdays
- July 13 & 27
- August 10 & 24
- 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



Carol and her singers will be taking the summer off!

They will be back in September!

Happy Summer everyone!

BOOK GROUP with Bev

- Thursday
- August 11
- 11am



Come join this fun group of book lovers as Bev discusses *Wish You Were Here* by Jodi Picoult.

WESTWOOD WOMAN'S CLUB

With Margaret



The Woman's Club is taking the summer off but stay tuned as plans are being made for the fall.

BINGO

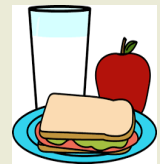
- Thursdays
- 1pm

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



CONGREGATE MEALS AT THE CENTER

Join us for a hot meal at the Senior Center for lunch on Mondays, Tuesdays, and Wednesdays at 11:45 - 12:30. In July on Wednesdays, we will be having "Make your own Sundaes" for a cool treat. In August on Wednesdays, we will have French bread pizza. Lunches are a \$3 donation. Please call Elaine at 781-329-6514 at least 2 business days in advance to reserve. Menus are available at the Center or the town's Council on Aging website.



SCAM PREVENTION With

SPECIAL FBI AGENT SHEILA MAGOON
Monday August 22 at 1pm

\$2 donation *Please sign up in advance so we know how many to expect.*

This FBI's Elder Fraud presentation covers current fraud trends impacting the senior community including romance scams, lottery scams, tech support scams, investment scams and imposter scams. Attendees will receive tips and tools to protect themselves and their loved ones.



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
 Thursday August 11
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



SQUASH!!!

Nothing says summer like squash from the farmer's market, grocery store or your own garden. Join Chef Thi in the kitchen and learn how to prepare this warm-weather staple. Learn how to craft a roasted squash boat, pickled squash ribbon salad, and lemony summer squash pasta with ricotta.

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 .

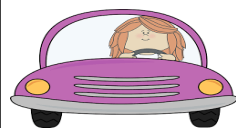
HESSCO NUTRITIONIST AT THE COA

With Nutritionist Kelsey



- Thursdays July 7th and August 4th
- 1:30-3:30 *by appointment only*—No cost to this program.

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



AARP DRIVER EDUCATION PROGRAM

Monday August 29 at 9:30



This updated AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the new AARP Smart Driver Course, attendees will be taught the current rules of the road; how to understand new traffic control devices on our ever-changing roadways; defensive driving techniques; some of the new *technical* features in vehicles like *lane departure warnings*, *blind spot indicators* and *adaptive cruise control* and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no road tests to pass. Registration disclosure/disclaimer for Covid is required. *The fee is \$20 for AARP members and \$25 for non-members paid directly to the instructor.* The course will run from 9:30AM to 3PM with a break for lunch (on your own). *You must sign up in advance as space is limited.*



CREATE YOUR OWN SPICES

With David from Therapy Gardens

Monday July 18 at 10am

\$12 per person for one bottle or

\$18 per person for two bottles

(Let us know how many bottles when you sign up)

Space is limited so you must sign up in advance



Looking to spice up your life? From savory to spicy, come make your own mixed seasoning packets using our fresh spices. Participants will sample and create their own custom seasoning mixes to take home.

CURRENT CONVERSATIONS

with Susan

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



- Wednesdays
- July 13 & 27
- August 10 & 24
- 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 are offered every Tuesday at 9:30 am. Participants will need to have sturdy footwear and a hiking pole. 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).



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-noontime
- Wednesdays
- July 6 & August 3
- 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
- July 1 and August 5
- **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 .



MASS BAR ASSOCIATION'S 2022 ELDER LAW PROGRAM

Monday July 25 at 11am

With Attorney John W. Donahue, Esq., LL.M.

Free but you must sign up in advance



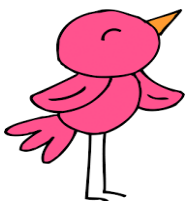



This important program will discuss how to protect your home and assets, power of attorney and health care proxies, Life Estates, and many other legal issues that every senior should know.








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.

<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>				<p>1</p> <p>8 Wonder Workout 8 Waxing by appointment only 9:00 Bridge</p>
<p>4</p> <p>CLOSED 4TH OF JULY</p> 	<p>5</p> <p>8:00 Floor Yoga 9:15 <i>Hiking Club</i> 9:30 Chair Yoga 1:00 Tai Chi</p>	<p>6</p> <p>8:00 Wonder Workout 10:00 Crafts 9:30 Walmart 1:00 Knitting 1:00 Low Impact Exercise 1:00 BOH Nurse</p>	<p>7</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 1:00 BINGO 1:00 Mah Jongg 1:30 <i>Nutritionist</i></p>	<p>8</p> <p>8:00 Wonder Workout 9:00 Bridge</p> 
<p>11</p> <p>8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>12</p> <p>8:00 Floor Yoga 9:15 <i>Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 1:00 Tai Chi</p>	<p>13</p> <p>8:00 Wonder Workout 9:00 <i>SHINE</i> 9:00 Current Conversation 9:00 Quilting 11:15 West Side Story Day Trip 1:00 Knitting 1:00 Low Impact Exercise 1:00 BOH Nurse 4:30 <i>Wine and Cheese at Powissett Farm</i></p>	<p>14</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p>15</p> <p>8:00 Wonder Workout 9:00 Bridge</p>
<p>18</p> <p>8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 10:00 <i>Create your own spices</i> 1:00 Watercolor 1:00 Low impact</p>	<p>19</p> <p>8:00 Floor Yoga 9:15 <i>Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 1pm <i>Virtual Tour of Florence at the library</i></p>	<p>20</p> <p>8:00 Wonder Workout 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>21</p> <p>Day Trip to Nantucket 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p>22</p> <p>9:00 Bridge</p> 
<p>25</p> <p>8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 11:00 <i>Legal Hour</i> 1:00 Watercolor 1:00 Low impact 1:00 <i>Ukraine Lecture</i></p>	<p>26</p> <p>8:00 Floor Yoga 9:15 <i>Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates</p>	<p>27</p> <p>8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 1:00 Knitting 1:00 Low Impact Exercise 1:00 BOH Nurse</p>	<p>28</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p>29</p> <p>9:00 Bridge 10</p>

August CALENDAR

July-August 2022

<p>1 8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>2 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</p>	<p>3 8:00 Wonder Workout 10:00 Crafts 1:00 Knitting 1:00 Low Impact 1:00 BOH nurse</p>	<p>4 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 Mah Jongg 1:00 BINGO 1:30 Nutritionist</p>	<p>5 8:00 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Watercolor</p>
<p>8 8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>9 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</p>	<p>10 8:00 Wonder Workout 8:00 SHINE 9:00 Quilting 9:00 Current Conversation 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>11 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 11:00 Cooking Class at Powisset Farm 11:00 Bookgroup 1:00 Mah Jongg 1:00 BINGO</p>	<p>12 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Watercolor</p> 
<p>15 8:00 Wonder Workout 9:00 Veteran's Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>16 Lighthouse Tour Day Trip 9:15 Hiking Club 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>17 8:00 Wonder Workout 9:30 Christmas Tree Shop 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p> 	<p>18 10:30 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p>19 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Watercolor</p>
<p>22 8:00 Wonder Workout 9:00 Veteran's Assistance 1:00 Low impact 1:00 Scam Prevention</p>	<p>23 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</p>	<p>24 8:00 Wonder Workout 8:30 Tour of Boch Center 9:00 Quilting 9:00 Current Conversation 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>25 8:00 Floor Yoga 9:30 Chair Yoga 10:00 Armchair Travel 10:30 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p>26 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Watercolor</p> 
<p>29 8:00 Wonder Workout 9:00 Veteran's Assistance 9:30 AARP Driver Ed Course 1:00 Low impact</p>	<p>30 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</p>	<p>31 8:00 Wonder Workout 1:00 Knitting 1:00 Low Impact</p>		<p>NIGHT VISION GLASSES \$12 - Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Glasses may help you.</p> 

SPECIAL PROGRAMS IN PARTNERSHIP WITH THE LIBRARY



Henry Quinlan Presents
The Ukraine War and Vladimir Putin
 Monday July 25 at 1pm at Westwood Main Library
 \$3 donation requested—*Please sign up in advance*
 (Call the Center to sign up)



Join us on this important presentation about the Ukraine War. This unique program will examine the origins of the conflict as well as the status of the war today; moreover how the consequences of the war were both expected and unintended. Henry will also suggest options for ending the combat.

The program will examine: What is the enigma that is Vladimir Putin and his popularity? Is America fighting a proxy war? Is there a new world order emerging after the war? Is Putin using fertilizer and food as a weapon? Will Putin take advantage of global warming? What is the Russia and China's relationship in the future?

Henry Quinlan has 35 years of experience in dealing with the former Soviet Union and Russia including living in Moscow for five years and has made more than 60 trips back and forth to Russia since 1986.



A LIVE VIRTUAL TOUR OF FLORENCE

Tuesday July 19 at 1pm
 At the Westwood Main Library
 \$5 donation—You must sign up in advance



Have you ever wanted to travel to Florence and experience it through the eyes of a native? Well ... on July 19th we will try something that will bring you there *live!* A native of Florence will *live stream a tour of Florence* for you to enjoy. We have never tried this before, but with a new partnership (Casa Mia Tours—who have done this many times before), we will be offering this unique and fun program. The tour will let you visit this beautiful city while sitting comfortably in a chair. To complete the experience of traveling to Florence, we will be serving gelato at the end of the tour! So join us in Italy and never have to leave Westwood!



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.

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@minilib.net. Technology Help Hours are available at the Islington Branch on Tuesdays and Thursdays from 2 to 5 pm. Email wwdmail2@minilib.net or call 781-326-5914 to sign up.



**SATURDAY
SEPTEMBER 17, 2022**

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

CONTACTS:

- SPONSORSHIP:** Richard Adams:
radams@townhall.westwood.ma.us
- VENDOR VILLAGE:** Brian Macdonald:
bmacdonald@townhall.westwood.ma.us
- FOOD COURT:** Holly Coots:
hcoots@townhall.westwood.ma.us
- ENTERTAINMENT:** Joe Bertone:
jbertone@townhall.westwood.ma.us
- ACTIVITIES:** Kerrie Francis:
kfrancis@townhall.westwood.ma.us
- VOLUNTEERS:** Angela Lassig:
alassig@townhall.westwood.ma.us
- LOGISTICS:** Sue Perry:
sperry@townhall.westwood.ma.us

NEWS FROM THE TOWN CLERKS OFFICE

Dorothy A. Powers, Town Clerk

I would like to take this opportunity to thank the voters, staff and volunteers of Westwood for participating in our Annual Town Election. The efforts you made to go out and vote at our new consolidated polling location in the Gymnasium at Westwood High School were greatly appreciated. The consolidation provided residents the opportunity to vote in a centrally located public facility and also gave neighbors and friends a means to reunite. Voting is our greatest privilege and we want the experience for voters in Westwood to be a positive one.

Upcoming Election Information – Mark your calendar

State Primary: Tuesday, September 6, 2022

Voter Registration Deadline: August 17, 2022

Vote by Mail Application Deadline: August 30, 2022

Early Voting in Person: Dates & Times to be determined

On Ballot: Representative in Congress, Governor, Lieutenant Governor, Attorney General, Secretary of State, State Treasurer, State Auditor, Governor's Council, State Senator, State Representative, District Attorney, Sheriff, County Commissioner (only in certain counties).

State Election: Tuesday, November 8, 2022

Voter Registration Deadline: October 19, 2022

Vote by Mail Application Deadline: November 2, 2022

On Ballot: Representative in Congress, Governor, Lieutenant Governor, Attorney General, Secretary of State, State Treasurer, State Auditor, Governor's Council, State Senator, State Representative, District Attorney, Sheriff, County Commissioner (only in certain counties), statewide ballot questions.

Early Voting in Person: Dates, times and location to be determined. At the present time, the legislature has not approved early voting by mail therefore if you qualify and wish to vote absentee by mail please contact the Town Clerk's office and we will mail you an application. In order to vote in any upcoming elections, you must be a registered voter in Westwood. If you are new to Town **welcome** and please be sure to re-register at your new address. If you have moved within Westwood please contact the Town Clerk's office so we can update your voting records. Please contact Town Clerk, Dottie Powers at town-clerk@townhall.westwood.ma.us or 781-326-3964 with any questions. Notary services and Marriage Intentions are available by appointment only.



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

Anthony Antonellis
Marge Eramo
Robert Folsom
James O'Sullivan
Mary Masiello
Bob Murray
Stephanie Ramales
Louis Rizoli
Jessie Turbayne

WE ARE GOING DIGITAL AND WE WOULD LOVE TO HAVE YOU FOLLOW US!!!

The Westwood Senior Center is now on Facebook. Keep up to date with what is happening here at the Center.



Click on this link
<https://www.facebook.com/WestwoodCOA>
and **LIKE** or **FOLLOW** our new page!

We are still learning the best way to keep you all up to date, so any ideas, just let us know.

Join us as we grow and keep in touch with everyone!&

But no worries, we will continue to send you our bi-monthly newsletter!