



STAY HEALTHY - STAY CONNECTED - AGE WELL



September/October 2022



AUTUMN IN NEW ENGLAND

There is nothing like autumn in New England! The sunny warm days and cool brisk nights, as much as I love summer (and it was a hot one!), how can one not enjoy the fall? Here at the Center, we are thrilled that our regular programs are back in full swing and have scheduled lots of special programs for you to enjoy!

In September, we will offer a special live virtual program from Italy highlighting Italian olive oil. Suzie is back to teach you how to create a terrarium, Roberta hosts a walking tour of Chinatown and there will be cooking classes at Dover's Powisset Farm. We will also be offering a legal hour thanks to Attorney Baler and an ice cream social sponsored by Bridges by EPOCH. We look forward to a lunch and theater combo at Norwood Theatre; a Cornerstone at Canton Lunch & Learn and Fox Hill Village's discussion on whether to age at home or not. And, of course, the COA will be at the annual Westwood Day celebration.

In October, we are grateful that the Skin Cancer Screening Van from MGB will return. Roberta teaches an in-house cooking class or you can visit Powisset Farm and learn the many ways to cook wings from their chef. But if cooking is not your interest, the RMV will present a discussion on driving as you age, Anthony will give an historical perspective of Jordan Marsh (complete with blueberry muffins) and we'll be dyeing silk scarves again. Back by popular demand is "First Aid for Grandparents" and "Until Help Arrives" is a new discussion of utmost importance for all, so mark your calendar. We will end the month with a Halloween Luncheon sponsored by our friends at Fox Hill Village.

Some of you may want to "get away" for the day so join Trish at the King Tut Immersive Experience in September or visit the Alcott House in October.

Finally, as we have done over the years, we will, once again, be asking everyone to support us during our *one and only annual Senior Center fundraiser*. Please consider buying raffle tickets for gift baskets worth over \$250. Special thanks to our generous sponsors.

As the days grow shorter and cooler, come join us (and please join our Facebook Page to keep up with everything!). We are warm and welcoming and would love to meet you! If you are new to the Center, please remember that your first class is always free!

Enjoy the Fall Everyone!

Lina Arena-DeRosa - Director



OUR ANNUAL BASKET FUNDRAISER & RAFFLE

September - December

Tickets \$1 or \$10 for 12 tickets

Please help us during our ONE and ONLY Annual fundraiser! 100% of the proceeds will be used for programs and to support seniors in our community! Each basket, generously donated by area businesses (see below) is worth over \$250. So stop by and help us raise funds to help Westwood seniors!

THANKS TO OUR ANNUAL FUNDRAISER SPONSORS

Samuel, Sayward and Baler, Dedham Saving, Benchmark, Porsche Westwood, The Linden at Dedham, Roche Bros, Walpole Cooperative Bank; Wegmans; Beacon Communities; Powisset Farm and Folsom Funeral Home. THANK YOU!

SPECIAL THANKS

TO:

Fox Hill Village for underwriting our Annual Halloween Luncheon and a discussion on Options as You Age;

Our Basket Raffle Sponsors who always help us raise funds;

Westwood Cultural Council for underwriting our Halloween entertainment;

Mass General Brigham (MGB)/ Dana-Faber Cancer Institute for offering their Skin Cancer Screening Van at the Center;

Bridges by EPOCH for underwriting an Ice Cream Social;

Cornerstone at Canton for underwriting a Lunch and Learn;

Dedham Savings for fun give aways at our Annual Halloween Party;

Samuel, Sayward & Baler for a legal update;

District Attorney Morrissey for an important discussion on "Until Help Arrives;"



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

Thank you!

NOTES FROM KAREN'S DESK

Medicare Open Enrollment

That time of year is approaching again...the **Medicare Open Enrollment Period**. It runs each year from **October 15 to December 7** and allows you to change from your current Medicare coverage to another plan. *Plans change every year so it's important to review your coverage to make sure you have the coverage you need at a cost you can afford.* **SHINE** ("Serving Health Insurance Needs of Everyone") counselors are volunteers who are certified by the state, and they have no affiliation with insurance companies. Our **SHINE** counselor, Mitch, can help you compare the costs and benefits of Medicare and other health insurance options and help you enroll in a health insurance program that best fits your needs. Please call the Center if you'd like to schedule an appointment soon as appointments fill up fast. Bring to your appointment all your medical cards (Medicare, Supplemental Insurance, and Prescription Cards) and medication bottles (or a list of your current medications, dosages, and frequencies).

"Donut Hole" - Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the **"donut hole."** If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. *Prescription Advantage* is a state-sponsored program that supplements your Medicare drug plan to fill the gap. **For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.**



Notes from Margaret Sullivan

BOH Public Nurse
SAFETY TIPS

Autumn is here and we are still enjoying the great outdoors ...
Here a few tips to consider:

1-Pool Safety - Your pool is still calling you on warm autumn day ... and as you know chlorine and other chemicals are added to kill germs. Make sure these chemicals are stored in a safe area (preferably locked) that limits access to children and pets. Pool chemicals are subject to temperature extremes and should be stored carefully. Keep all chemicals stored in the original container and when closing down your pool, store them according to their labels.

2-Food Safety- Autumn invites us all to enjoy the great outdoors. Did you know that one in six Americans get sick each year from eating contaminated foods? Food borne illnesses that cause nausea, vomiting and diarrhea peak during the hot summer months. Check out cdc.gov/food-safety for safe food tips.

3-Insect Protection: Hiking? Stay protected. Use an Environmental Protection Agency (EPA) approved insect repellent. Read the labels as some products are meant for your clothing and not your skin. Ask your local pharmacist for guidance if you are not sure how to use a product. When you return home, check your skin for ticks!

4-Traveling outside the US - Make sure to check with your primary care team before traveling to make sure you have the medications you will need for your stay. Prepare a health kit for your travels with essentials you might need (health insurance card, sanitizer, medical information, sunscreen). If you're really going off the beaten path, check for local health advisories for additional vaccine recommendations.

Office Hours - Wednesdays 1-3 but please call Margaret in advance at 781-251-2576.



**HESSCO
NUTRITION-
IST AT THE
COA**

With Nutritionist Kelsey

- Thursdays
- Sept 1 & Oct. 6
- 1:30-3:30 *by appointment*
- No cost to this program.

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



West Suburban Veterans' Services District

With Veteran Nancy Blanchard
Mondays 9-3

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

September is National Suicide Prevention If a veteran you know is facing a mental health crisis call the ***NEW* Veterans Crisis Line by dialing 988, then press 1** for 24/7 support and services. 9/16: POW/MIA Recognition day. 9/25 (last Sunday in September) is National Gold Star Mother's & Family day, which is a day to recognize and honor the mothers of our fallen service members.

October is Agent Orange Awareness month. In 2021, three conditions (for bladder cancer, hypothyroidism, and parkinsonism) were added to the VA presumptive list for agent orange (herbicides) exposure. If you are a Vietnam era Veteran and have been affected by these conditions and denied treatment, please reach out to our office.

Happy Birthday AIR FORCE (9/18) and NAVY (10/13)!!!

**MEMORIAL GIFTS THAT HELP
THE CENTER GROW**



For those of you who do not know, our non-profit 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)
Wednesday September 21
King Tut -The Immersive
Experience**

Leave Center at 8:30am.—\$35 per person (Includes transportation and tickets to the Event (lunch on your own). Space is limited so you must sign up in advance. Join us as we head into Boston for this unique experience!

TUESDAY - OCTOBER 25—The Alcott House in Concord -Leave Center 10am
\$20 per person . It was the longtime home of Amos Bronson Alcott and his family, including his daughter Louisa May Alcott, who wrote Little Women. Lunch at the Concord Inn (Pay on your own).



**FIRST AID FOR
GRANDPARENTS Ages 60+**

*with Juanita Allen Kingsley, W-EMT
Monday October 31 - 10:00 AM*

**\$15 Westwood Resident/\$100 Non Resident
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. 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. Westwood residents who are 60+ can sign up at the COA for only \$15 (regular cost is \$100 pp).*

UNTIL HELP ARRIVES

**With District Attorney
Michael Morrissey
Friday October 7 at 10am
Please sign up in advance**



District Attorney Michael W. Morrissey invites you to participate in training that will give you the tools and knowledge to provide care and comfort in medical emergencies until first responders arrive. DA Morrissey has partnered with MEMA to offer this vital training program that is recommended for people of all ages. In the important minutes of a medical emergency, you are the help until help arrives, whether treating yourself, a loved one or a stranger. Certificates available after completion of training. Handouts, medical products and refreshments provided.



**TOUR BOSTON'S
CHINATOWN**



**With Chef Roberta Hing
Tuesday September 13**

\$30 donation - leave the Center at 10am

Join us for a *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 as space is limited— please sign up if you have not joined us in the past.*



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)

Wednesday, SEPTEMBER 14 – WALMART
Wednesday, OCTOBER 19 – XMAS TREE SHOP

WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- No class 9/2, 9/5, 10/10 & 10/26
- 8-9 am
- \$3 donation



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
- \$3 donation
- No class 9/5, 10/10, 10/12 & 10/26

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
- \$3 donation
- No class 9/6, 10/18 & 20



Pilates is done primarily on a mat and will strengthen your core and abs. Please bring a water bottle, floor mat 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 for seniors on housing, public benefits and social security matters, and durable power of attorney.

YOGA

With Bonnie

- Tuesdays and Thursdays
- Floor Yoga 8am
- Chair Yoga 9:30 am
- \$3 donation



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**
- **9-12 noon**
- **9/7, 9/21**
- **10/5, 10/19, 10/26**



Open Enrollment starts in October so if you have questions or concerns about your health plan or prescription drug coverage, please sign up for an appointment early as they fill up fast.

Tai Chi

With Scotty

Scotty is out until later this fall ... but hopefully will be back this winter.



OPTIONS COUNSELING WITH BRENDA FROM DOVETAIL

- Thursdays 9:30-

10:30

- Sept. 22 & Oct. 27
- By appointment only

Brenda will be here to help you with unbiased information about long - term care services, and resources that everyone should know. Please sign up for an appointment (no cost).

Watercolor

With Joan

- Mondays
- 10-12am
- 1-3 pm
- \$35 donation
- You must sign up in advance
- No class 9/5 and 10/10



Art as therapy, classes are fun, free flowing and informative. Subjects covered include color blending, shapes, values and unity. Each student is encouraged to find and express their individual style of painting and to be creative in the process. Positive reinforcement will be given by the instructor.

SO YOU ARE RESEARCHING SENIOR LIVING?



With Sarah Pompeo from Fox Hill Village

Monday September 12 at 10am
Please sign up in advance

Join Sarah Pompeo from Fox Hill Village to learn about researching senior living communities, the different levels of care in senior living and the right questions to ask when visiting a community. Complimentary coffee and donuts.



**Drawing
with Brenda**



- Tuesdays 10-12pm
- \$40 for 8 classes
- 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
- 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.

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

QUILTING CLUB

with Helen

- Wednesdays
- 9-11am
- \$3 donation
- 9/14, 9/28, 10/12 & 10/19



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
- \$3.00 donation
- First Meeting is September 7th



Join Carol and her friends as they bring the joy of music into your heart. If you are interested, please come to the first meeting and speak directly with Carol.

WESTWOOD WOMAN'S CLUB

With Margaret

- Thursday
- Oct. 20 at 1pm

Join us as we begin a new year with Select-board Mike Walsh giving an update on what is happening in Westwood.



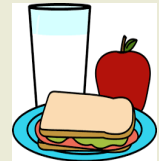
BINGO

- 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. 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 Council on Aging website.



BOOK GROUP with Bev

- Thursday Oct. 13
 - 11am
- Come join this fun group of book lovers as Bev discusses The Next Ship Home by Heather Webb.



**Beginner Art
with Brenda**

- Fridays 10-12 pm
- \$45 for 9 classes
- 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 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.





COOKING CLASSES AT POWISSET FARM

We meet at Powisset Farm at 11am - \$20 per class

No take home food will be allowed

NOTE: we cannot accommodate food allergies or dietary restrictions

You must sign up in advance as space is limited



Homemade Pizza - Thursday Sept. 15 at 11am

Learn step-by-step how to craft Powisset iconic wood-fired pizza. Chef Thi will share her tips and tricks on prepping and rolling the most delicious dough followed by a sauce recipe that will blow away anything you'd get in a jar at the store. Take a trip into the garden and pick fresh herbs and veggies to top your pizza (along with some mouthwatering local meats) and roast to perfection!

Powisset Wild Wings—Thursday October 13 at 11am

No need to wing it, we've got you covered. Join us at Powisset for a crash course in all things wings. In this hands-on class with Chef Thi you'll learn how to make Sweet Chili Thai Wings, Grilled Tandoori Wings with a Cool Cucumber Yogurt Raita, and Spicy Caribbean Jerk Wings.



COOKING WITH CHEF ROBERTA

Thursday October 6 at 11:30 at the Center

\$10 donation per student - *space is limited so you must sign up in advance*

A Taste of Thai Cooking—Join us as we explore delicious Thai dishes that are popular at restaurants but also simple to replicate at home. We'll begin with Chicken Massaman Curry, a mild coconut curry dish that can be made in one pot. Next we'll make one of the most popular Thai street foods, Thai Larb--the Thai meat salad with fresh herbs and toasted sticky rice. We will finish with a fluffy and moist Coconut Cake.



The Present and Future of Olive Oil

LIVE from Italy

Thursday September 8 at 1pm at the Westwood Library Main Branch

\$3 donation - Please sign up in advance



So...what do you know about olive oil? Just what you see on grocery store shelves? Join us for a live presentation with an Italian olive oil expert. Learn what Italians do with olive oil, how much they use it and how they'd be lost without it. And why are we sold substandard products? When properly done, olive cultivation is one of the most sustainable forms of agriculture there is. Come join us for this fascinating, informative and fun program!



Over-wintering Tender Plants with Donna, Lifetime Master Gardener

Tuesday Sept. 27 at 1p.m.

Space is limited so you must sign up in advance

\$4 donation

Once the nighttime temperatures begin to dip into the 40s, it's time to start bringing plants indoors. Unless you own a greenhouse, space to over-winter plants is usually at a premium, so what's a gardener to do? This program talks about which plants are most appropriate to save, locations in and around your home where you might make space and preparations for successfully over-wintering various species of plants.



Brain Healthy Cooking Lunch and Learn

Thursday September 29 at noontime

Sponsored by Cornerstone at Canton

Space is limited so you must sign up in advance

\$5 donation



Research points to the important role played by diet in the cause, prevention and management of Alzheimer's disease. Senior Living Residences' Award-Winning Brain Healthy Cooking Program is based on the well-researched Mediterranean Diet which provides protective benefits and enhances cognitive function at any age. So join us and learn how you can enjoy delicious healthy meals.

CURRENT CONVERSATIONS

with Susan Sprecher

A News Program Designed for People Who Want to Stay Engaged and up to date Wednesdays at 9am

- September 14th and 28th
- October 12th and 19^h
- \$5 Donation

After a hot summer (politically and weather-wise), a busy fall news season is shaping up. The Supreme Court's major decisions on hot-button issues of guns, abortion and climate ignited actions on both sides. Plus, inflation and the Ukrainian war, new hearings on the January 6th insurrection, and the lead-up to midterm elections. The conversation is stimulating; the people are friendly.



KNITTING AND CROCHETING

With Louise

- Wednesdays
- 1-3 pm
- \$2 Donation
- No class 10/12 & 10/26

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
- Sept .7 & Oct. 5
- 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
- Sept. 2 & Oct. 7
- **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 .



LUNCH AND THEATER COMBO AT THE NORWOOD THEATRE

Thursday September 22—MEMORIES OF ELVIS

Lunch at 11:30/ Performance at 1pm

\$45 per person

This combo package includes a meal and a special performance of Chris MacDonald's "Memories of Elvis." We have a limited amount of tickets so you must sign up and pay in advance.



A LEGAL UPDATE WITH ELDER LAW ATTORNEY MARIA BALER

Monday September 19 at 1pm

Please sign up in advance

\$2 donation

Attorney Baler will come and speak about the changes in the Massachusetts estate tax, the gift tax, and capital gain taxes as they relate to estate and long-term care planning. This is something everyone should know, so join us!





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.

SEPTEMBER

September-October 2022

<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>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jong 1:00 Nutritionist</p>	<p>2</p> <p>8 Waxing by appointment only 9:00 Bridge 10:00 Beginner Art</p>
<p>5</p> <p>CLOSED LABOR DAY</p>  <p>Labor Day</p>	<p>6</p> <p>8:00 Floor Yoga 9:15 <i>Hiking Club</i> 9:30 Chair Yoga 10:00 Drawing 11:00 Watercolor</p> <p>STATE PRIMARY— DON'T FORGET TO VOTE</p>	<p>7</p> <p>8:00 Wonder Workout 10:00 Crafts 9:00 SHINE 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>8</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jong 1:00 <i>Olive Oil Discussion</i></p>	<p>9</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 <i>Create a Terrarium</i> 10:00 Beginner Art</p>	
<p>12</p> <p>8:00 Wonder Workout 9:00 Veterans Assistance 10:00 Watercolor 10:00 <i>Fox Hill Lecture</i> 1:00 Watercolor 1:00 Low impact</p>	<p>13</p> <p>8:00 Floor Yoga 9:15 <i>Hiking Club</i> 9:30 Chair Yoga 10:00 <i>Chinatown Day Trip</i> 10:00 Pilates 10:00 Drawing 1:00 Watercolor</p>	<p>14</p> <p>8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 9:30 <i>Walmart</i> 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>15</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 11:00 <i>Cooking Class at Powisset Farm</i> 1:00 BINGO 1:00 Mah Jong</p>	<p>16</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p> <p>NOTE: WESTWOOD DAY IS SATURDAY SEPTEMBER 17</p>	
<p>19</p> <p>8:00 Wonder Workout 9:00 Veterans Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact 1:00 <i>Legal update with Elder Attorney Baler</i> 2:00 <i>Ice Cream Social</i></p>	<p>20</p> <p>8:00 Floor Yoga 9:15 <i>Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor</p>	<p>21</p> <p>8:00 Wonder Workout 8:30 <i>King Tut Day Trip</i> 9:00 SHINE 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>22</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 <i>Options Counseling</i> 10:30 Pilates 11:30 <i>Lunch and Theater Combo in Norwood</i> 1:00 BINGO 1:00 Mah Jong</p>	<p>23</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>	
<p>26</p> <p>8:00 Wonder Workout 9:00 Veterans Assistance 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>27</p> <p>8:00 Floor Yoga 9:15 <i>Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 <i>Over-wintering Tender Plants with Donna</i> 1:00 Watercolor</p>	<p>28</p> <p>8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 <i>Legal Clinic</i> 1:00 BOH Nurse</p>	<p>29</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 12:00 <i>Lunch and Learn with Cornerstone of Canton</i> 1:00 BINGO 1:00 Mah Jong</p>	<p>30</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>	

OCTOBER CALENDAR

September-October 2022



<p>3 8:00 Wonder Workout 9:00 Veterans Assistance <i>9:00 MGB Skin Cancer Screening Van</i> 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>4 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor <i>1:00 RMV Discussion</i></p>	<p>5 8:00 Wonder Workout 9:00 SHINE 10:00 Crafts 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>6 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates <i>11:30 Cooking Class with Roberta</i> 1:00 Mah Jong 1:00 BINGO 1:30 Nutritionist</p>	<p>7 <i>8:00 Waxing by appointment only</i> 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art <i>10:00 Until Help Arrives</i></p>
<p>10 CLOSED Columbus Day</p> 	<p>11 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor <i>1:00 Jordan Marsh Discussion</i></p>	<p>12 8:00 Wonder Workout 9:00 Quilting 9:00 Current Conversation 10:30 Chorus No Afternoon Programs</p>	<p>13 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates <i>11:00 Cooking Class at Powisset Farm</i> <i>11:00 Bookgroup</i> 1:00 Mah Jong 1:00 BINGO</p>	<p>14 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>17 8:00 Wonder Workout 9:00 Veterans Assistance 10:00 Watercolor 1:00 Low impact 1:00 Watercolor</p>	<p>18 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Drawing 1:00 Watercolor</p>	<p>19 8:00 Wonder Workout 9:00 Quilting 9:00 Current Conversation <i>9:30 Xmas Tree Shop</i> 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>20 8:00 Floor Yoga 9:30 Chair Yoga 1:00 Mah Jong 1:00 BINGO <i>1:00 Woman's Club</i></p>	<p>21 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>24 8:00 Wonder Workout 9:00 Veterans Assistance 10:00 Watercolor <i>10:00 Make your own Silk Scarf</i> 1:00 Low impact 1:00 Watercolor</p>	<p>25 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga <i>9:00 Alcott House Trip</i> 10:00 Pilates 10:00 Drawing 1:00 Watercolor</p>	<p>26 9:00 SHINE HALLOWEEN LUNCHEON</p> 	<p>27 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates <i>9:30 Options Counseling</i> 1:00 Mah Jong 1:00 BINGO</p>	<p>28 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>31 8:00 Wonder Workout 9:00 Veterans Assistance 10:00 Watercolor 1:00 Low impact <i>10:00 First Aide For Grandparents</i> 1:00 Low Impact 1:00 Watercolor</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 AT THE CENTER



FREE SKIN CANCER SCREENINGS

Sponsored by Brigham and Woman's Health Center - Westwood and Dana- Farber Cancer Institute

Monday October 3rd 10-2pm at the Westwood Senior Center

You must sign up in advance for an appointment

YOUR SKIN IS IN! This fall our local Mass General Brigham/Brigham and Women's health care center (located here in Westwood) is teaming up with Dana-Farber Cancer Institute to provide a free skin cancer screening to any Westwood resident. There will be educational materials available and free sunscreen give-aways. Screenings will be held under an air circulating tent with four privacy walls, please come dressed in clothes that are easy to show your areas of concerns. *No fee but please call in advance to sign up for an appointment.*



THE HISTORY OF JORDAN MARSH

with Author and Historian Anthony Sammarco

Tuesday October 11 at 1pm
\$3 donation

Please sign up in advance as space is limited

Jordan Marsh opened its first store in 1851 on Milk Street in Boston selling assorted dry goods. Following the Civil War, the store moved and attracted shoppers offering strong customer service, easy credit, etc. Come learn about this New England icon's history. And of course, we will offer blueberry muffins for everyone to enjoy!



Succulent Terrarium

Friday September 9
10am

\$5 donation

Includes all materials

Please sign up in advance as space is limited



Come join us for a fun and educational program to create your own DIY Succulent Terrarium! Suzie will take you step-by-step through the process of building a miniature home garden using real plants and layering filament while providing guests with tips and tricks on horticultural care. This interactive instructional session will leave participants with new knowledge on the fine characteristics of succulent plants as well as a beautiful take-home craft to enjoy long after the program has ended.



SILK SCARF DYEING

With Connie Jo

Monday October 24 at 10am

\$10 donation (includes all materials)

Space is limited so you must sign up in advance

The holidays are around the corner so 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.



SHIFTING GEARS

With Michelle Ellicks of the RMV
Tuesday October 4 at 1pm

No cost

Please sign up in advance

The Registry of Motor Vehicles (RMV) offers free workshops on issues facing older drivers, their families, and caregivers. *Shifting Gears* is a course that reviews the rules of the road, defensive driving, and safe driving tips. *Please sign up in advance so we know how many to expect.*

ICE CREAM SOCIAL

Sponsored by Bridges by EPOCH

Monday September 19 at 2p.m.

\$2 donation - *you must sign up in advance*



As we say good-bye to summer, Bridges by EPOCH invites you to an ice cream social here at the Center. Please sign up in advance so we know how many to expect.





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



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.

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



**WE WOULD LOVE TO HAVE
YOU
FOLLOW US
ON FACEBOOK!!**

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.**



Flags for Heroes



The Rotary Club of Westwood, in partnership with the Council on Aging, will honor *the heroes in your life* by flying flags with their name attached to the flag for two weeks, from 9/3 to 9/18, 2022. The flags will be displayed around the COA gazebo and the building, located at 60 Nahatan St., Westwood. Honor *your hero* by completing a form with the name of your hero (ex: John Smith, Army; First Responders; or Westwood Fire Dept) and submit your check in the amount of \$50.00 payable to *The Rotary Club of Westwood*. Forms and payment can be picked up and dropped off at the Westwood Council of Aging, the Westwood Branch of Dedham Savings, or Westwood Town Clerk. Your donations will not only honor your hero but will assist the Rotary Club of Westwood with funding for various community programs.



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



HALLOWEEN LUNCHEON
AT THE CENTER
WEDNESDAY OCTOBER 26
at NOONTIME
SPONSORED BY FOX HILL VILLAGE
Music underwritten by Westwood Cultural Council
\$5 donation

Join us as we celebrate HALLOWEEN sponsored by our friends at Fox Hill Village!! There will be lots of spooky decorations, great music (thanks to a Cultural Council Grant), delicious food and fun giveaways. Come in costume and you may win a prize but either way, we promise you lots of laughs and a good time!

Sign up begins on Monday September 26 at 8am.

