



STAY HEALTHY - STAY CONNECTED - AGE WELL



**November/December 2022
2022**



SPECIAL THANKS

TO:

Bridges by EPOCH for underwriting our Thanksgiving Luncheon;

Needham Bank for underwriting our Veterans Breakfast;

Hans Hug for his discussion on Long-Term Insurance;

Blue Cross Blue Shield for their program on Medicare;

Roman Dashawetz for his lecture on Ukrainian history;

The **Westwood Integrated Preschool, Hanlon & Deerfield Schools & Thurston Middle School's Sixth Grade Class** for offering holiday gifts for homebound seniors;

Dedham Savings for once again offering fun giveaways at our holiday celebrations;

The **Friends of the Westwood COA** for underwriting our Holiday Party;

The **Norfolk Golf Club** for offering their facility for our annual Holiday Party;

Aaron Buczek for a program on retirement;

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

Thank you!



HAPPY HOLIDAYS!

Winter is coming and no matter how cold or dark the days may be getting, we here at the Center are warm and welcoming and invite you to join us anytime!

As always, we will be hosting our annual Thanksgiving Luncheon sponsored by our friends at Bridges by EPOCH. A traditional fare of turkey, stuffing, and all the fixings will be offered. And of course, once again, we will be heading to the Norfolk Golf Club for the annual Holiday Party in December.

We will be hosting some interesting and important special programs, from a lecture on the Pilgrims, to understanding long-term health insurance, to how to make your money work throughout your retirement. *Plus so many more ...check out this Newsletter and make sure you sign up in advance for any of our special programs or events.* And of course, during the holidays, we will be sponsoring fantastic cooking classes (because it's always about the food) to inspire you to try some new recipes. Once again, I want to thank my amazing staff who work tirelessly everyday to help Westwood's elder community; to my fabulous instructors who inspire seniors everyday with their programs; to Westwood's town officials, COA Board members and fellow managers who support us everyday; to my outstanding volunteers who are simply the Center's lifeline and of course *you*, our senior community. The success of our Senior Center is a total team effort and I am truly humbled by it all.



Wishing you the best throughout this holiday season

Health and Happiness in 2023

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 Senior Living, Westwood Porsche, The Linden at Dedham, Roche Bros, Walpole Cooperative Bank; Brenda Goldman; Wegmans; Beacon Communities; Powisset Farm and Folsom Funeral Home.

THANK YOU!

NOTES FROM KAREN'S DESK

Preparing for Winter



Before we know it, temperatures will be dropping and snow will be falling. If you think you might need help with snow removal or paying your winter heating bills, there are resources available. Although the Center **does not have volunteers for snow removal**, we do have a list of local agencies and individuals who offer **snow shoveling and plowing services**.

For help with winter heating bills, the **Low Income Home Energy Assistance Program** is a government-funded program that can pay a portion of your bill. Eligibility is based on household size and the gross annual income of each household member 18 years of age or older. **Gross annual household income cannot exceed \$42,411 for a household of one and \$55,461 for a household of two.** The amount of assistance received depends on your income, housing status, and heating costs. If you rent, you might be eligible to receive fuel assistance even if your heat is included in your rent. Residents may call the Center, visit the town's website, or go to www.selfhelpinc.org to get the list of documents needed. **Applications are processed throughout the heating season, from November 1, 2022 to April 30, 2023.** Households must apply each year, and after the first year applications are mailed directly to your home. Residents may apply directly online at <https://www.toapply.org/MassLIHEAP> or they may make an appointment at our Center.

Households having financial difficulty who are over-income for government fuel assistance can apply for the **Massachusetts Good Neighbor Energy Fund**. Last year the maximum gross annual income for a household of one was **\$54,601** and **\$71,401** for a household of two (this year's figures should be available soon). For more information about the Good Neighbor Energy Fund, please call the Salvation Army at 1-800-334-3047 or go to www.magoodneighbor.org.



Notes from Margaret Sullivan

BOH Public Nurse

Office Hours - Wednesdays 1-3 or Margaret at 781-251-2576.

Have you gotten your flu shot yet? The CDC estimates that the influenza viruses will cause about 8% of the US population to become sick each year. (The number of people who actually have the flu and don't know it, is higher). Symptoms start suddenly, and infect the nose, throat and lungs. Symptoms include: fever, chills, cough, sore throat, runny/stuffy nose, muscle aches, and fatigue. Occasionally GI symptoms occur as well, but these are more common in children. The virus spreads in droplet form when someone sneezes or coughs. You can spread the flu one day BEFORE your symptoms start and you are most contagious for the first three to four days. People over the age of 65, those with weakened immune systems, pregnant women, and children under 5 have the greatest risk for severe illness. Testing is required to specifically diagnose the flu, as it shares many common symptoms with other viruses- including Covid-19. Anti-viral medications to minimize severity are available and are best when taken early on in the disease. So if you suspect you have the flu, reach out to your primary care team early on. Preventative measures include- staying away from people you know to be sick, frequent handwashing, and covering coughs and sneezes. The best way to prevent the flu or at least minimize its impact, is to get vaccinated EVERY YEAR. If you have not yet gotten your flu shot, it's not too late! If you are 65 or over, you will need a "high-dose" shot. Most pharmacies still have the vaccine in stock- but most require an appointment. If you are having trouble getting a flu shot, please reach out to the Local Board of Health at 781-251-2576 for assistance. And yes, you CAN get the flu shot at the same time as your Covid-19 booster!

HESSCO NUTRITIONIST AT THE COA

With Nutritionist Kelsey

- Thursdays
- Nov. 3 & Dec. 8
- 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.

SOCKS FOR VETERANS

Once again, we will be collecting **new socks for our Veterans** as warm socks for men and women are truly appreciated. There will be a barrel available at the Center throughout the month of November.

Thank You!



IS IT A COLD OR FLU?

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

#FIGHT FLU



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!



LONG -TERM HEALTH INSURANCE
Filing & Managing
A Long-Term Care Insurance Claim
Specialist Hans Hug

Monday Nov. 14 at 1pm

- \$2 donation requested
- You must sign up in advance

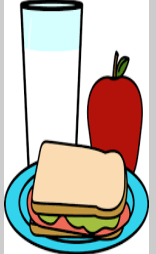
Do you have long-term health insurance and are confused? Then this is the program for you!

Long-term health insurance can be a confusing product. It has been described as having “a lot of moving parts.” In this workshop, we’ll examine how a modern long-term health insurance policy really works and what you need to do to file a claim and start collecting your benefits as soon as possible. You will come away with a step-by-step understanding of how to open the claim, how benefits are paid, when benefits are paid, how your health affects eligibility, regardless of the insurance company involved. Plenty of time will be given to Q&A.

Hans Hug, Jr. is the owner of the LTC Insurance Group, an Exeter, NH insurance brokerage opened in 1999 that specializes in Long-Term Health Insurance and Life Insurance. Licensed in six states, as an independent Broker he represents multiple major long-term health and life Insurers.

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.



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. *No errands November 11& 25 and Dec. 23 & 26.*

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. No appointments 11/24 & 12/26.*

GROCERY SHOPPING (\$3 donation) - Every **Tuesday** and **Wednesday** in the am - 3 bags per person. *Please note : No grocery shopping on Wednesday November 16 & 23, Dec. 14.*



Special Shopping Trips with the van (\$5 per person)

November 9 - Walmart
December 7 - Xmas Tree Shop

Election Day - If you need a ride to the polls on **Election Day, November 8**, please call the Center no later than Thursday November 3 to sign up. Rides will be provided in the am only.



INCLEMENT WEATHER

Please know *that if the SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER, THE CENTER IS CLOSED.*
ALL PROGRAMS AND RIDES WILL BE CANCELLED.

WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- \$3 donation
- No class Nov. 11, 16 & 25 /Dec. 14, 26

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 12/12
- \$3 donation
- No class Nov. 16 & 23/ Dec. 14 & 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 Nov. 24

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
- **BY APPOINTMENT ONLY**
- December 7

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
- No class Nov. 24

We are continuing our 8am mat class and 9:30 chair class every Tues and Thurs through the fall and winter.

Now more than ever, we have been concentrating on using our breath & meditative mind to help our bodies cope with whatever comes our way. In both classes we use props, like blocks and straps, to help us with our stretching and strengthening. The focus in both classes is always on doing what you can within your range of motion, and never demanding more than your body can handle.



We have an amazing group of welcoming students in both classes, so come and join us!

SHINE With Mitch

- **BY APPOINTMENT ONLY**
- **Wednesdays**
- **9-12 noon**
- Nov. 2, 9, 16, 23 & 30
- Dec. 7 & 21

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.



OPTIONS COUNSELING

WITH BRENDA FROM DOVETAIL

- Thursdays 9:30-10:30
 - Dec. 22
 - 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
- No class Dec. 26
- You must sign up in advance



Art as Therapy - Each student is encouraged to find and explore their individual style of painting in watercolors. Classes are advanced with students knowledgeable with the principles of watercolor painting. Positive reinforcement is given to each student by the instructor.

BINGO EVERY THURSDAY AT 1pm

- NO BINGO 11/24



Join us for a friendly game of BINGO every Thursday ... make new friends and maybe win.

Tai Chi

With Scotty

- Tuesdays 1pm
- \$3 donation

Scotty is back and once again, Tai Chi is being offered here at the Center.



Tai Chi will help you with mobility, stability and helps to gently strengthen your muscles. It is a great way to start your journey to get back in shape or continue it with movement and breathing.



**Drawing
with Brenda**



- Tuesdays 10-12pm
- \$45 for 9 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
- \$45 for 9 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
- Nov. 9 & 23
- Dec. 21 & 28

Do you have a quilting project that you would like to start? Or finish for the holidays? 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
- No class Nov. 16 & 23 & December 14

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.



And mark your calendar for their annual holiday concert during the Woman's Club meeting on December 15 at the Center.

**WESTWOOD
WOMAN'S CLUB**



- With Margaret*
- Thursdays Nov. 17 & December 15
 - 1pm in the dining room
 - Please note that November's cooking class requests a \$5 donation and please sign up in advance for both programs

The Woman's Club continues to grow! In November, they will host Chef Roberta Hing as she shows you how to make special holiday appetizers (\$5 donation requested).

In December they will host the chorus for their annual holiday concert followed by light refreshments at 1pm at the Center. So come join the fun where you will probably meet some new and sometimes old friends you have not seen in years!

Please sign up in advance for both programs so we know how many are coming.

**Beginner Art
with Brenda**



- Fridays 10-12 pm
- \$35 for 7 classes
- Sign up in advance
- No class Nov. 11 & 25

It's Friday ... so join us for something fun! This beginner's 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.

November Art Show



Westwood Seniors will be displaying their Artwork at the Westwood Public Library during the month of November. *Please join us for an Artist Reception on Friday, November 18th, from 4-6 pm at the library.*





COOKING CLASSES AT POWISSET FARM

We meet at Powisset Farm at 11am - \$25 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

Please note sign up begins November 1 for both programs



November 10 - Savory Pie Class Fall is just around the corner which means it's time for cozy, hearty, comfort food — for us that means savory dinner pies! Join Chef Thi in the kitchen for a hands-on crash course on all things savory. Start off with a classic beef shepherd's pie and move on to a belly-warming curry chicken pot pie. We'll finish it all off with a roasted vegetable and goat cheese galette. It's a pie line up that'll keep you happy all autumn long.

December 8 - Mezze Grazing Boards - Charcuterie Boards are so last year! This special class features hands-on experience and demonstration designed to elevate your holiday entertaining flair. We'll mix it up and teach you how to make holiday mezze grazing boards with dips, vegetables, meats and breads to share with friends at laid-back holiday gatherings. The meze will be accompanied by wine pairing designed to showcase your talents without blowing your holiday budget.



MAKING THE MOST OF YOUR RETIREMENT MONEY

With Financial Advisor Aaron Buczek

November 7th at 1pm

\$2 donation and you must sign up in advance as space is limited



Seniors are living longer and retirement money is just not lasting as long as ones life span. So join us as local financial planner, Aaron Buczek, discusses “tips and tricks to help ensure you sleep easy at night knowing that your funds will be there when you need them.”



HEALTH PLAN OPTIONS

Sponsored by BCBS

Presented by Senior Plan Advisor Susan Flannagan

Monday November 7 at 9am

\$2 donation and you must sign up in advance as space is limited

Medicare Annual OPEN Enrollment is here and lasts until December 7th. So join us for a 45 minute presentation geared towards individuals on Medicare or approaching Medicare ... come with your questions and understand your options. This presentation will focus on the differences between Medigap and Medicare Advantages plans and will explain when enrollees can switch and why. All are invited regardless of your insurance coverage.



THE UKRAINIAN/RUSSIAN CONFLICT

Hosted by Roman Dashawetz

Director Advanced Medical Care for Ukraine 2006-2019. Hrushevsky Humanitarian Medal

Recipient Kyiv 2003, White House President's Award for Chernobyl Victims 1996.

Monday December 5 at 11am

\$3 donation and you must sign up in advance as space is limited

In 1932-1933 an estimated 7-10 million Ukrainians were starved to death in a diabolical man-made famine. As Stalin sought to stoke the USSR's Industrial Revolution, he convinced the Communist Party to clamp down on the free-spirited landed peasantry of agricultural Ukraine. The “Kulaks” or “Clenched Fists” were not cooperating with forced collectivization of their lands and harvests. Stalin's Solution? Simple. Starve the peasants to death, thus eliminating their resistance! Armed Communist gangs were sent to find, and forcibly take all their livestock and harvests. Aiding the peasants, now “Enemies of the People”, could get you killed or sent to Siberian Gulags. The world, in the grip of a widespread “Depression” chose to ignore the sparse reports of mass starvation. Stalin's propaganda was working. Villages that were left empty by death were given to Russian settlers.

*Come learn this history
and the history of why their ancestors
are causing problems in Ukraine to this day.*



CURRENT CONVERSATIONS

with Susan Sprecher

A News Program Designed for People Who Want to Stay Engaged and Up-To-Date

Wednesdays at 9am

- \$5 Donation
- Nov. 9 & 23
- Dec.21 & 28

We will be fresh off the mid-term elections. In MA, that means a new administration – new Governor, new Attorney General. Nationally – who knows? Will the GOP flip the House? And the Senate? Or will the Democrats hang in. Whatever, there will be plenty to talk about. Please join us for some stimulating and friendly conversation.



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 9:15 am. Participants will need to have sturdy foot wear 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.

BRIDGE

With Diane

- Fridays
 - 9 am
 - No Bridge 11/11 & 11/25
- Do you enjoy a friendly game of Bridge? Come play with this growing group of enthusiasts.



CRAFTS

With Julie and Lorraine

- 10-noontime
 - Wednesdays
 - 11/2 & 12/7
 - Space is limited so you must sign up in advance
- Are you crafty? Then join us as we make crafts for the Center.



BOOK GROUP with Bev

- 11am
- Thursday Dec. 8

Come join this fun group of book lovers as Bev discusses "The Other Alcott" by Elise Hooper.



MAH JONGG

with Cynthia

- Thursdays - 1 -3 pm
- No program 11/24



Come join this growing group of Mah Jongg enthusiasts. New players are welcome (but you must know how to play).

WAXING with Lisa

- Friday - 8: 00-noon
- **BY APPOINTMENT ONLY**
- 11/4 & 12/2

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 .



KNITTING AND CROCHETING

With Louise

- Wednesdays 1-3 pm
- \$2 Donation
- No class 11/16&23 and 12/14

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



ALL STRINGS CONSIDERED

A Holiday Concert and light lunch with WHS musicians

Friday December 9 at noontime
\$6 donation

You must sign up in advance as space is limited
Get into the holiday spirit and join us for a light lunch and holiday concert by Westwood's talented high school musicians.

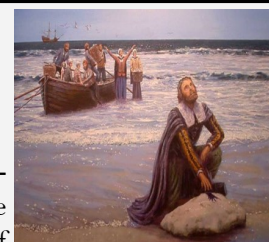


JOURNEY OF THE PILGRIMS

With Historian Richard Nichols
Monday November 14 at 10am





\$3 donation and you must sign up in advance

We are pleased to have Richard Nichols return to discuss the migration of the first settlers to America. He has a keen understanding of their journey, the story of the Mayflower, the voyage across the ocean, the landing, and life in Plymouth. He will end his lecture with a discussion on the first Thanksgiving with Native Americans. So before you roast your turkey and mash your potatoes, come find out the true meaning of our Thanksgiving holiday.



NOVEMBER

November-December 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 <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Drawing 10:00 Pilates 1:00 Watercolor 1:00 Tai Chi</p>	<p>2</p> <p>8:00 Wonder Workout 9:00 SHINE 10:00 Crafts 10:30 Chorus 1:00 Knitting <i>1:00 MOVIE</i> 1:00 Low Impact 1:00 BOH Nurse</p>	<p>3</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jong <i>1:30 Nutritionist</i></p>	<p>4</p> <p>8 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge <i>9:30 Veteran's Breakfast</i> 10: 00 Beginner Art</p>
<p>7</p> <p>8:00 Wonder Workout <i>9:00 BCBS /Medicare</i> 10:00 Watercolor 1:00 Watercolor 1:00 Low impact <i>1:00 Making the most of your Retirement Money</i></p>	<p>8</p> <p>8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Drawing 10:00 Pilates 11:00 Watercolor 1:00 Tai Chi</p> <p>ELECTION DAY VOTE</p>	<p>9</p> <p>8:00 Wonder Workout 9:00 Walmart 9:00 SHINE 9:00 Current Conversation 9:00 Quilting 10:30 Chorus <i>12:00 Norwood Theatre</i> 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>10</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates <i>11:00 Powissett Farm Cooking Class</i> 1:00 BINGO 1:00 Mah Jong</p>	<p>11</p> <p>CLOSED VETERAN'S DAY</p> 
<p>14</p> <p>8:00 Wonder Workout <i>10:00 Journey of the Pilgrims</i> 10:00 Watercolor 1:00 Watercolor 1:00 Low impact <i>1:00 Long Term Health Insurance Update</i></p>	<p>15</p> <p>8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>16</p> <p>9:00 SHINE</p> <p>THANKSGIVING LUNCHEON AT THE CENTER</p> 	<p>17</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jong <i>1:00 Woman's Club</i></p>	<p>18</p> <p>8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art <i>10:00 Chowder Cooking Class</i></p>
<p>21</p> <p>8:00 Wonder Workout 10:00 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p>22</p> <p>8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>23</p> <p>8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 9:00 SHINE</p> <p>CLOSE AT NOONTIME</p>	<p>24</p> <p>CLOSED HAPPY THANKSGIVING</p> 	<p>25</p> <p>CLOSED THANKSGIVING HOLIDAY</p>
<p>28</p> <p>8:00 Wonder Workout 10:00 Watercolor <i>10:00 Computer App</i> 1:00 Watercolor 1:00 Low impact</p>	<p>29</p> <p>8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>30</p> <p>8:00 Wonder Workout 9:00 SHINE 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>		

DECEMBER CALENDAR

November –December 2022

<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>			<p>1 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 Mah Jong 1:00 BINGO</p>	<p>2 <i>8:00 Waxing by appointment only</i> 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>5 8:00 Wonder Workout 10:00 Watercolor <i>11:00 Ukrainian Lecture</i> 1:00 Watercolor 1:00 Low impact</p>	<p>6 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>7 8:00 Wonder Workout 9:00 SHINE <i>9:00 Xmas Tree</i> 10:00 Crafts 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse <i>1:00 Legal Clinic</i></p>	<p>8 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 11:00 Book Group <i>11:00 Powissett Farm Cooking Class</i> 1:00 Mah Jong <i>1:30 Nutritionist</i> 1:00 BINGO</p>	<p>9 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art 12:00 <i>All Strings Considered Luncheon</i></p>
<p>12 8:00 Wonder Workout 10:00 Watercolor 1:00 Watercolor 1:00 <i>Ted Reinstein Program at the Library</i></p>	<p>13 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Drawing 10:00 Pilates 1:00 Watercolor 1:00 Tai Chi</p>	<p>14 HOLIDAY PARTY AT THE NORFOLK GOLF CLUB </p>	<p>15 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 Mah Jong 1:00 BINGO <i>1:00 Woman's Club</i></p>	<p>16 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>19 8:00 Wonder Workout 10:00 Watercolor 1:00 Low impact 1:00 Watercolor</p>	<p>20 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>21 8:00 Wonder Workout 9:00 SHINE 9:00 Current Conversation 9:00 Quilting 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>22 8:00 Floor Yoga 9:30 Chair Yoga <i>9:30 Options Counseling</i> 10:30 Pilates 1:00 Mah Jong 1:00 BINGO</p>	<p>23 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art CLOSE AT NOON </p>
<p>26 CLOSED HAPPY HOLIDAYS </p>	<p>27 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>28 8:00 Wonder Workout 9:00 Quilting 9:00 Current Conversation 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>29 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 Mah Jong 1:00 BINGO</p>	<p>30 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art CLOSE AT NOON </p>

SPECIAL PROGRAMS AT THE CENTER



**THANKSGIVING
LUNCHEON**
SPONSORED BY
BRIDGES BY EPOCH
Wednesday November 16
at noontime
\$6 donation

Come join us as we celebrate all that we truly have to be thankful for. Sponsored by our friends at Bridges by EPOCH, we will enjoy traditional fare of turkey, stuffing and all the fixings here at the Center. And once again, we will be serenaded by great classical music and Dedham Savings will have great giveaways for everyone to enjoy.

Sign up begins Tuesday November 1 at 8am.



Veterans Breakfast
Sponsored by Needham Bank
Friday November 4 at 9:30am

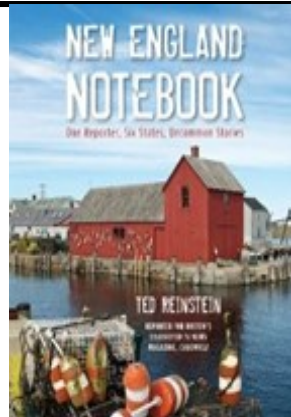
Free to all Veterans and their families but you must sign up in advance so we know how many are coming.

Once again, we will be honoring and celebrating our Veterans with a full breakfast and lecture by Lt. Commander Joe Cavanaugh. So please join us as we thank you for your service.

**CHOWDER COOKING
CLASS**

Friday November 18 at
10am
With David
from Therapy Gardens
\$6 donation

You must sign up in advance
Winter is here and it is the best time for soups. Chowders and bisques are the most popular New England soups. Come sample some chowder and learn how to make your own.



TED REINSTEIN
presents
**A NEW ENGLAND
NOTEBOOK**
One Reporter, Six States,
Uncommon Stories
Monday December 12 at 1pm
Hosted at the
Westwood Library
\$5 donation
Please sign up in advance

We are pleased to welcome Ted Reinstein, longtime award-winning reporter for Chronicle as he discusses his book "A NEW ENGLAND NOTEBOOK".

This book is a collection of Ted's most memorable and favorite stories drawn from over fifteen years of reporting from every corner of New England.

The talk is highlighted with photos and at the conclusion there will time for questions. Ted's book will also be available and he is happy to sign copies (great holiday gift!).

Please sign up in advance as space is limited.

**MOVIES AT THE
CENTER**

TWELVE ANGRY MEN

Wednesday Nov. 2 at 1pm
Hosted by Greydon Gavin
WHS Junior

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

Twelve Angry Men is considered to be one of the best courtroom dramas of all time, and also one of the best movies of all time. Greydon will host this showing and give background information on this historic time-honored movie. Refreshments (popcorn and candy of course!) will be served.





Beta Test a New Application November 28 from 10-1pm Please sign up in advance

Senior at WHS Ali Tariq is running a beta testing for a memory game app!
Come to the senior center on November 28th at 10:00 a.m. to strengthen and revitalize your mind.
Hope to see you!

Massachusetts State Election-Tuesday, November 8, 2022 Deadline to register to vote is Saturday, October 29, 2022.



On Election Day, polls will be open from 7:00AM-8:00PM and all voting will take place in the Gymnasium at Westwood High School.

The deadline to request a mail in ballot is 5:00 PM-Tuesday, November 1, 2022. The Secretary of State has sent applications out to all registered voters, if you did not receive one please contact the Town Clerk at 781-326-3964 or townclerk@townhall.westwood.ma.us. You may also request a ballot by going to the following online link: <https://www.sec.state.ma.us/ele/eabsentee/absidx.htm> All mail in ballots must be received in the office of the Town Clerk no later than the close of polls (8:00PM) on Election Day November 8, 2022. If mailing, postmark has to be on or before November 8, 2022.

Early voting in person will be available in the Jaillet Meeting Room, Westwood Police Station, 588 High Street starting on October 22, dates and times are available on the Town website. If you need a ride to the polls on November 8, please call the Westwood Senior Center at 781-329-8799 and let them know.

Westwood Public Library

Homebound Delivery and Outreach to Seniors: Westwood Public Library, in partnership with the Friends of the Westwood Public Library and the Westwood Council on Aging, offers a delivery option to provide library materials for Westwood residents who are confined to their homes by an illness or injury, either temporary or long term, and are therefore unable to travel to the library. For additional information, please contact Karen Gallagher, Head of Circulation Services at 781-320-1081 or Claire Connors, Head of Branch Services at 781-326-5914.

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.**

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



Lunch and Theatre Program

Wednesday November 9
Lunch at 12 at Lewis'

Norwood Theatre

performance of

Beauty and the Beast begins at 1:30

\$48 per person

(includes lunch and tickets to show)

No transportation is available for this program

Limited tickets are available so you must sign up in advance



Join us for lunch at Lewis' and then Disney's Beauty & the Beast at the Norwood Theatre on Wednesday, November 9th, 2022, with lunch from 12pm-1pm and the performance beginning around 1:15pm. The show will last approximately 2 hours.



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

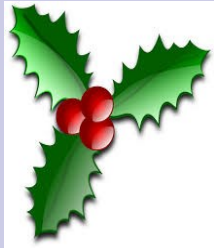
*Monday— Thursday
8 am-4pm
Friday 8-1*

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 Rames
Louis Rizoli
Jessie Turbayne



**ANNUAL HOLIDAY PARTY
AT THE NORFOLK GOLF CLUB**
*Wednesday December 14 at noontime
\$10 donation*

Space is limited so you must sign up in advance

*Join us as we celebrate this holiday season at our
Annual Holiday Party hosted by the Friends of the Westwood COA.
There will be lots of great food, giveaways and
we will pick the winners of our Annual Holiday
Raffle. And once again, music will be provided
by Gilded Harps.*

Sign up begins on Monday December 5 at 8am.

