



STAY HEALTHY - STAY CONNECTED - AGE WELL



January – February 2023



**SPECIAL THANKS TO:**

Our Sponsors and Everyone who contributed to our **Annual Basket Fundraiser** .. We reached our \$4,000 goal;

**Dedham Savings Bank** who always contributes wonderful give aways for all of our parties;

**Big Y** for their lunch and learn on cough and cold remedies.

**AARP Tax Help** and their volunteer accountants who help our low and moderate income seniors with their taxes;

**The Westwood Fire Department's Emergency Response Team** for their support in helping us keep our seniors safe;

**Chiara Restaurant** who are willing to help us start a "Senior Dining Club";

**Friends of the Westwood COA** for sponsoring our Valentine's Day Party;

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

**Thank you!**



**WINTER IS HERE!**

BRRR ... Winter is here! But don't let that deter you from coming in from the cold and joining us! Isolation is a huge issue for seniors and we don't want you to ever feel isolated!

But let's face it, with inclement weather comes snow, ice and power outages. To keep everyone safe, we have partnered with the Westwood Fire Department's Emergency Response Management Team. In order to help us and the Response Team, we would like to update your information in case of emergency. Inside you will see a form that we ask each senior to fill out (if you need more than one form, please stop in and we will give it to you). And we have free File of Life Cards available (details inside) for any senior. It is imperative that everyone fills both of these out, even if you think you won't need any help ... as the saying goes "better safe than sorry."

If you find that you don't want to venture out, please know that our partnership with the library continues to grow. They will deliver books, movies etc. to any homebound senior, you just need to call them and sign up with Karen Gallagher at the library.

But unless mother nature closes us, the Center is open throughout the winter months. As always, we are offering 18 regular daily programs as well as some really fun special programs. From a discussion on the history of Boston's Baker chocolate to indoor bulb gardening to a silent movie, we try to offer a little something for everyone. We continue to host our popular cooking classes at Powisset Farm and our in-house cooking classes with Roberta. And to get through the winter doldrums, we are starting a dinner club at Chiara's (details inside). And, of course, once again will be hosting a Valentine's Day Party to celebrate friendship, love and all things chocolate.

Finally, please remember that if the schools are closed due to inclement weather, we are closed due to safety reasons.

Stay warm, cozy & safe but do not allow your self to be isolated. Come join us and remember, your first class is always free.



**WELCOME 2023!**  
Lina Arena-DeRosa  
Director  
Westwood Council on Aging

**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.**





## NOTES FROM KAREN'S DESK

### Energy Saving Tips

As energy and heating costs rise, here are some tips to help you save on these costs:



Caulk and weather strip doors and windows that leak air; when home, turn down the heat to 68° F or as low as comfortable; when you are asleep or away from home, turn the thermostat back 7° to 10° for eight hours and save as much as 10% a year on your heating and cooling bills; consider changing to a programmable thermostat; turn down the temperature of your hot water heater to 120°; have your oil-fired heating system serviced annually or your gas-fired heating system serviced every three years; clean or replace furnace filters every other month; keep the fireplace flue damper closed unless a fire is burning; check that warm-air registers, baseboard heaters and radiators are not blocked by furniture or drapes; during the winter heating season, close your curtains and shades at night; open them during the day.

You can also save money on your energy bills through Mass Save; connect with an Energy Specialist to help you find energy-saving opportunities in your home; receive recommended no-cost energy-saving products shipped directly to your door for you to install; access generous Mass Save rebates and incentives to make recommended long-term energy-saving upgrades to your home, including 0% financing and **75% or more off approved insulation**. To schedule a no-cost home energy assessment, call **1-866-527-SAVE (7283)**. Learn more at [www.masssave.com](http://www.masssave.com).

*Source: MA Department of Housing and Community Development and Mass Save.*



### Notes from Margaret Sullivan BOH Public Nurse Office Hours - Wednesdays 1-3 Margaret at 781-251-2576.

Depression and suicide are major public health problems affecting people of all ages. According to the [National Institute of Mental Health](http://www.nimh.nih.gov), it was the 10th leading cause of death in the U.S. in 2019. While older adults comprise just 12% of the population, they make up approximately 18% of suicides. In 2020, among the nearly 46,000 suicides that took place in the U.S., 9,137 were attributed to people age 65 and up. Depression and suicidal behavior is common in older adults for a number of reasons. Loneliness is perhaps the most common. Many seniors are homebound and live on their own. If their spouse has recently died and there are no family members or friends nearby, they may lack the social connections they need to thrive. Other risk factors include: Medical conditions; Genes – people who have a family history of depression may be at higher risk; caregiver stress; financial troubles; sleep problems; Functional limitations that make engaging in activities of daily living difficult; and Addiction and/or alcoholism. Older adults may display different symptoms, making it more difficult to recognize. Sadness may not be the main symptom. Some symptoms include: Feelings of hopelessness; Irritability, restlessness; Loss of interest in once pleasurable activities; Decreased energy; Difficulty concentrating, remembering, or making decisions; Difficulty sleeping; Physical symptoms, such as aches or pains, headaches; Thoughts of death or suicide, or suicide attempts

But just recognizing the symptoms is not enough. There is help available. In 2020, Congress designated the new 988 dialing code to be operated through the existing National Suicide Prevention Lifeline. This effort is seen as a first step towards transforming the mental crisis care system in America. It is free, confidential and operates 24/7, 365 days a year. Of course, anyone feeling overwhelmed and unsafe, can always use the 911 option! As resident of Westwood, you are also eligible to receive referral assistance thru the William James Interface. Via an intake process, they can assist matching you with a counselor.

For more, confidential information, call 888-244-6843 (toll free); 617-332-3666 (local) Mon – Fri, 9am – 5pm. Anyone feeling depressed should also speak with their primary care provider. If you cannot wait, and you or a loved one are in crisis, dialing or texting 988 may save a life.

### HESSCO NUTRITIONIST AT THE COA

*With Nutritionist  
Kelsey*

- Thursdays
- January 5 & February 2
- 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.



### Cough and Cold Remedies Jan. 30 at noontime Lunch and Learn Sponsored by Big Y Pharmacy Pharmacists Eddie Martucci \$4 donation

*You must sign up in advance*

Join us as Big Y Pharmacist, Eddie Martucci discusses products that relieve certain symptoms, the most common bacterial/ viral culprits and when visiting the MD is warranted. He will explain how some drug interactions are okay and which adverse events he most commonly sees. A light lunch will be served.

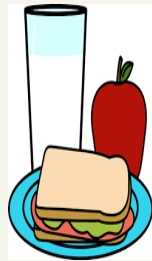
**MEMORIAL GIFTS THAT HELP  
THE CENTER GROW**



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!**

**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.



**HELP  
EMERGENCY**

**FILE OF LIFE CARDS**

The File of Life program provides potentially life-saving information to medical personnel in the event of an emergency. The File of Life is an information card on which people can list their medical conditions, allergies, medications, doctors' contact information, emergency contacts, recent surgeries, and more. The card is kept inside a bright red vinyl sleeve, marked "File of Life," which users post on their refrigerator or another highly visible place. There is also a pocket-size File of Life to keep in one's wallet or purse. In the event of a medical emergency, the File of Life allows paramedics and EMT's to administer the correct treatment quickly.

We encourage everyone to stop in our Center to pick up a File of Life for themselves and their loved ones. They are free and are underwritten by the Friends of the Westwood Council on Aging.

**TRANSPORTATION WITH TRISH**

You must sign up 2 business days in advance- No exceptions.  
Masks are required while on the bus

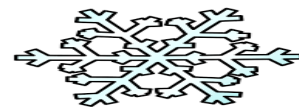
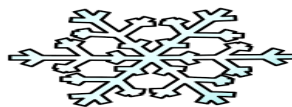


- LOCAL ERRAND DAYS ON MONDAYS AND FRIDAYS** (\$4 donation) - You may schedule errands within a 5 mile radius of the Senior Center. *Medfield errands on Mondays only (\$6 donation)*
- LOCAL MEDICAL APPOINTMENTS** (\$4 donation)- **Mondays, Tuesdays and Thursdays** . Doctors appointments must be **between the hours of 8:30 am - 1:00 pm** (drivers must be back at the Center by 3pm).
- **Medicals to West Roxbury (Monday, Tuesday and Thursday)** - (\$6 donation)
  - **Medicals to appointments - Monday mornings only**  
*Newton Wellesley Hospital, Faulkner Hospital and Medfield - . (\$10 donation) - Monday mornings medical to Medfield (Mondays only - \$6 donation)*
- GROCERY SHOPPING** (\$4 donation) - Every **Tuesday** and **Wednesday** in the am - Shaws and Roche Bros.  
Note: 3 bags per person only

**SPECIAL SHOPPING TRIPS (\$5 per person)**

- Christmas Tree Shop** - Wednesday January 18
- Walmart** - Wednesday February 15
- Plainridge Casino** - February 8 (snow date February 22) - \$10 per person

**NOTE TO ALL RIDERS:**  
Due to increase in gas prices,  
we have increased our ride donations.  
Thank you for understanding.



**WONDER WORKOUT**

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- \$3 donation
- No class Jan. 2, 16 & Feb. 20



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. 2023 is the year to get back in shape.



**LOW IMPACT EXERCISE**

With Alex

- Mondays & Wednesdays
- 1 pm -
- No class Jan. 2, 9, 11, 16, & 18 / Feb. 20
- \$3 donation
- No class

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. No time like the present to get strength back into your body!

**PILATES** with Mary

- Tuesday at 10am
- Thursdays at 10:30 am
- \$3 donation
- No class February 14

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**
- **March 22**

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 2/14



With the holidays in our rear-view mirror, we start to think about the upcoming winter.

In our 8am class, we try a mix of stretching, strengthening, balance and breath work standing and on the floor.

In the 9:30 chair class, you will receive the same benefits of stretching, strengthening and breath work but be seated with the option to stand for sun salutations and balance.

We change props from class to class and experiment with resistant bands/straps, light weights and blocks. The goal is to challenge our muscles and increase everyone's balance.

In both classes, everyone works at their own pace and within their own individual range of motion.

So come join us and give it a try!

**Watercolor**

With Joan

- Mondays
- 10:30 - 12:30
- 1-3 pm
- \$25 donation for 5 classes
- No class 1/2, 1/9, 1/16 & 2/20
- You must sign up in advance



Art as therapy- Advance Art Classes

Each student is encouraged to find and express their own individual style of painting. It is a creative process with positive reinforcement from the instructor, an art therapist.

**Tai Chi**

With Scotty

- Tuesdays 1pm
- \$3 donation
- No class February 14

The purpose of Qi Gong & T'ai Chi is to add practices to people's every day lives that promote health, mental well-being and an increase in self-awareness. It has evolved over the centuries to focus less on self-defense and more on healing.



**SHINE** With Mitch

- **BY APPOINTMENT ONLY**
- **Wednesdays**
- **9-12 noon**
- **January 4 & 18**
- **February 1 & 15**

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.



**BINGO EVERY THURSDAY AT 1pm**

Join us for a friendly game of BINGO every Thursday. This a great way to make new friends and may be win.





**Drawing  
with Brenda**



- Tuesdays 10-12pm
- \$40 for 8 classes
- No class February 14
- You must sign up in advance

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

**Realistic Watercolor Painting  
with Brenda**



- Tuesdays 1-3pm
- \$40 for 8 classes
- No class February 14
- 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.

**QUILTING CLUB  
with Helen**



- Wednesdays
- 9-11am
- \$3 donation
- January 11 & 25
- February 8 & 22

Now that the weather is cold and dreary why not start a new quilting project or finish one that you started? All levels welcome. Stop in and join us!

**CHORUS with Carol**

- Wednesdays 10:30-11:30
- \$3.00 donation

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

- Thursdays
- 1pm in the dining room
- January 19
- No program in February
- \$3 donation and we request that you call the Center to sign up so we know how many to expect



Come join this growing and fun group of women ...each month they host a different speaker. No club meeting in February.

In January, Audubon Naturalist Sean Kent will speak on:

**The Secret Life of Birds in Winter**  
Learn about the marvelous adaptations and secret life of birds in and around Westwood. Learn how they survive and thrive in our winter world. Find out how chickadees and other birds find and store food, survive in the cold, and other fascinating insights into their lives.



**Beginner Art  
with Brenda**

- Fridays 10-12 pm
- \$40 for 8 classes
- Sign up in advance



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.



**CAN YOU HELP US WITH THE COST OF OUR NEWSLETTER?**

Do you enjoy receiving this Newsletter? Would you like to help us with cost of publicizing our programs? The Center could definitely use your support. \$15 will cover the cost for one year.

Name \_\_\_\_\_

Address \_\_\_\_\_ TOWN \_\_\_\_\_ Zip Code \_\_\_\_\_

Please make your check out to the Westwood Council on Aging (60 Nahatan Street Westwood MA 02090). **And thank you!**



**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*



**WINGS - January 12**—No need to “wing it”, we’ve got you covered. Join us for a crash course *in all things wings*. Chef Thi will teach how to make Pork Stuffed Thai wings with a Chili Glaze, Grilled Tandoori Wings with a Cool Cucumber Yogurt Raita, and Spicy Caribbean Jerk wings. Now you’re flying! *Sign begins 12/28 at 8am.*

**SOUPS - February 9** - Nothing says winter like a beautiful soup simmering on the stove. Chef Thai will show you how to make a hearty season roasted vegetable stew, combining farm ingredients and winter favorites. Also this class will show you how to make a classic Italian Pasta e Fagioli, chock full of herbs and flavor. And a quick focaccia bread to accompany the soups so you can sop up every last bit of liquid ... so comforting! *Sign up begins 2/25 at 8am.*



**COOKING WITH ROBERTA**

Thursday, February 23 at 11:30 at the Center

\$6 donation— you must sign up in advance (*sign up begins January 31 at 8am*)

**A Winter’s Lunch Cooking Class.**

Come in from the cold and join us for a winter warm-up cooking class demonstration. Our menu will be simple but delicious. Chef Roberta will start with a creamy corn chowder and pair it with panini—crispy, gooey, grilled sandwiches. She will finish off with a simple but irresistible dessert—brown butter blondies!



**INDOOR GARDENING WITH SUZIE  
PAPERWHITES**

Friday, January 20 at 10am

\$4 donation (includes all materials)

Space is limited and you must sign up in advance



Creating a beautiful bulb terrarium is the perfect way to ring in the New Year! Join Suzie for an entertaining and educational hands-on crafting session to design your very own paperwhite miniature garden. These fragrant blooms are a symbol of "Hope" and "Faith" which are fantastic themes to begin 2023. Keep for yourself or gift to a friend- these pretty flowers will keep you smiling through the wintery months of winter. Registration is required and all materials are included with program.



**ALL THINGS CHOCOLATE**

February 7, 2023 at 10:00 AM at the Library

With Historian Anthony Sammarco

**The Baker Chocolate Company: A Sweet History**

\$4 donation - You must sign up in advance



In 1765, Dr. James Baker of Dorchester stumbled upon Irishman John Hannon crying on the banks of the mighty Neponset River. Hannon, though penniless, possessed the rare skills required to create chocolate, a delicacy exclusive to Europe, and Baker, with pockets bursting, wished to make a name for himself. Using a mill powered by the same river upon which they met, the duo built America’s oldest and most beloved manufacturer of this rich treat. Local historian Anthony Sammarco details the delicious saga of Massachusetts’s Baker Chocolate Company, from Hannon’s mysterious disappearance and the famed La Belle Chocolatiere advertising campaign to cacao bean smuggling sparked by Revolutionary War blockades. Both bitter and sweet, this tale is sure to tickle your taste buds and of course, we will have chocolate for everyone to enjoy!

**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
- Wednesdays 2<sup>nd</sup> and 4<sup>th</sup> of each month:
- January 11<sup>th</sup> & 25<sup>th</sup>
- February 8<sup>th</sup> and 22<sup>nd</sup>

It's a new year. 2022 was anxious and chaotic - marked with a contentious Midterm election, rising inflation rates, and a COVID hangover. Will 2023 be different? Americans voted for moderation and stability this fall. Did the new Congress get the message? Has inflation peaked as some believe? 2023 is the year when lower drug prices, climate change action and infrastructure projects all kick in. Will 2023 be a fresh start? Join us for smart and friendly conversation on all of the above and more.

**BOOK GROUP with Bev**

- 11am
- Thursday February 16

Come join this fun group of book lovers as Bev discusses "A Fall of Marigolds" by Susan Meissner.



**KNITTING AND CROCHETING**

With Louise

- Wednesdays 1-3 pm
- \$2 Donation



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

**OPTIONS COUNSELING WITH BRENDA FROM DOVETAIL**

- Thursdays 9:30-10:30
- January 26 & February 23
- 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).

**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.

**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
- 1/4 & 2/1
- Space is 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
- **BY APPOINTMENT ONLY**
- January 8 & February 3



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 .



**MOVIE WITH GREYDON**

Wednesday February 8 at 1pm  
**CITY LIGHTS by CHARLIE CHAPLIN**

No cost for this program,

but please sign up in advance so we know how many to expect.






Join Greydon Gavin, a junior at Westwood High school, as he discusses and presents this month's movie **City Lights, by Charlie Chaplin.**

This movie is often considered Chaplin's best, while also being regarded as one or if not the greatest silent movie of all time.

Popcorn, candy and water will be provided.

# JANUARY CALENDAR




January –February 2023

<p><b>2</b></p> <p><b>CLOSED</b> <b>HAPPY NEW YEAR</b> <b>AND</b> <b>WELCOME 2023</b></p> 	<p><b>3</b></p> <p>8:00 Floor Yoga 9:15 <i>Hiking Club</i> 9:30 Chair Yoga 10:00 Drawing 10:00 Pilates 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>4</b></p> <p>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><b>5</b></p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jong 1:30 <i>Nutritionist</i></p>	<p><b>6</b></p> <p>8 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art</p>
<p><b>9</b></p> <p>8:00 Wonder Workout</p>	<p><b>10</b></p> <p>8:00 Floor Yoga 9:15 <i>Hiking Club</i> 9:30 Chair Yoga 10:00 Drawing 10:00 Pilates 11:00 Watercolor 1:00 Tai Chi</p>	<p><b>11</b></p> <p>8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 10:30 Chorus 1:00 Knitting 1:00 BOH Nurse</p>	<p><b>12</b></p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 11:00 <i>Powisett Farm</i> <i>Cooking Class</i> 1:00 BINGO 1:00 Mah Jongg</p>	<p><b>13</b></p> <p>8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art</p>
<p><b>16</b></p> <p><b>CLOSED</b> <b>MARTIN LUTHER</b> <b>KING</b> <b>DAY</b></p> 	<p><b>17</b></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 1:00 Tai Chi</p>	<p><b>18</b></p> <p>8:00 Wonder Workout 9:00 SHINE 9:30 <i>Christmas Tree Shop</i> 10:30 Chorus 1:00 Knitting 1:00 BOH Nurse</p>	<p><b>19</b></p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg 1:00 <i>Woman's Club</i></p>	<p><b>20</b></p> <p>8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art 10:00 <i>Indoor Gardening</i></p>
<p><b>23</b></p> <p>8:00 Wonder Workout 10:30 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p><b>24</b></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 1:00 Tai Chi</p>	<p><b>25</b></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 BOH Nurse</p>	<p><b>26</b></p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 <i>Options Counseling</i> 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p><b>27</b></p> <p>8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art</p>
<p><b>30</b></p> <p>8:00 Wonder Workout 10:30 Watercolor 12:00 <i>Lunch and Learn</i> <i>with Big Y</i> 1:00 Watercolor 1:00 Low impact</p>	<p><b>31</b></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 1:00 Tai Chi</p>			<p><b>NOTARY</b> <b>SERVICES</b> <b>AT THE CENTER</b></p> <p>Notary Services are available at the Center. Please call in advance to make an appointment with Lina.</p>



# FEBRUARY CALENDAR

January-February 2023

<p><b>NIGHT VISION GLASSES</b> \$12 - Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Glasses may help you.</p>		<p><b>1</b> 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><b>2</b> 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates 1:00 Mah Jongg 1:00 BINGO <i>1:30 Nutritionist</i></p>	<p><b>3</b> <i>8:00 Waxing by appointment only</i> 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p><b>6</b> 8:00 Wonder Workout 10:30 Watercolor 1:00 Watercolor 1:00 Low impact</p>	<p><b>7</b> 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 <i>Chocolate Program at the library</i> 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>8</b> 8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting <i>9:30 Plainridge Casino</i> 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse <i>1:00 Movie</i> <i>5:00 Dinner Club</i></p>	<p><b>9</b> 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates <i>11:00 Powissett Farm Cooking Class</i> 1:00 Mah Jongg 1:00 BINGO</p>	<p><b>10</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p><b>13</b> 8:00 Wonder Workout 10:30 Watercolor 1:00 Watercolor 1:00 Low Impact</p>	<p><b>14</b> <b>VALENTINE'S DAY PARTY</b> </p>	<p><b>15</b> 8:00 Wonder Workout 9:00 SHINE 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p><b>16</b> 8:00 Floor Yoga 9:30 Chair Yoga 10:30 Pilates <i>11:00 Book Group</i> 1:00 Mah Jongg 1:00 BINGO</p>	<p><b>17</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p><b>20</b> <b>CLOSED PRESIDENTS DAY</b> </p>	<p><b>21</b> 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Pilates 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>22</b> 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><b>23</b> 8:00 Floor Yoga 9:30 Chair Yoga <i>9:30 Options Counseling</i> 10:30 Pilates <i>11:30 Cooking with Roberta</i> 1:00 Mah Jongg 1:00 BINGO</p>	<p><b>24</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p><b>27</b> 8:00 Wonder Workout <i>9:00 AARP Tax Help</i> 10:30 Watercolor 1:00 Watercolor 1:00 Low Impact</p>	<p><b>28</b> 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>			





The Westwood COA is starting a new club  
*A Dinner Club for seniors at Chiara Restaurant*  
**DINNER AT CHIARA**



**569 High Street in Westwood**  
**ENJOY GREAT FOOD &**  
**MAKE NEW FRIENDS**

Wednesday February 8 at 5pm

Sign up begins on January 3

Payment must be made no later than February 1

\$60 per person includes meal, tax and gratuity

The dinner will include: Soup (Roasted Tomato & Fennel Bisque with a Basil Drizzle), pan roasted free range chicken picatta with white wine, lemon and capers, artichoke and parmesan risotto, garlicky french green beans and a dessert trio of mini crème brulee, dark chocolate peppermint truffle, white chocolate macadamia nut cookie. The price includes a choice of beer or glass of Pinot Grigio, Sauvignon Blanc, Chardonnay, Tuscan Red Blend, Pinot Noir or Malbec.

Space is limited so **YOU MUST SIGN UP** (with payment) no later than Wednesday, February 1.

So grab your spouse, a friend or just come alone with the intention of meeting new and interesting seniors!



**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](mailto: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](mailto: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!



**AARP TAX HELP**  
**Mondays 9-1pm February 27 - April 10**  
**BY Appointment Only**  
**For Low or Moderate Income Seniors**



Westwood Senior Center will host AARP Tax Preparation for *low or moderate income seniors* who will need help preparing for their 2022 Federal and Mass income tax forms. AARP Tax Aides will be on hand every Monday starting February 28 through April 11 from 9 a.m. to 1p.m. **APPOINTMENTS FILL UP FAST** - please call the Center and schedule your appointment soon. Please bring your 2020 and 2021 taxes, Social Security card and all other necessary information with you.

An Intake/Interview sheet must be completed prior to your appointment. Please drop by the Center and pick one up or we can mail one to you, if time permits. Your appointment cannot begin until it is filled out.



Westwood  
COA  
60 Nahatan Street  
Westwood MA  
02090

PRST Non Profit  
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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**

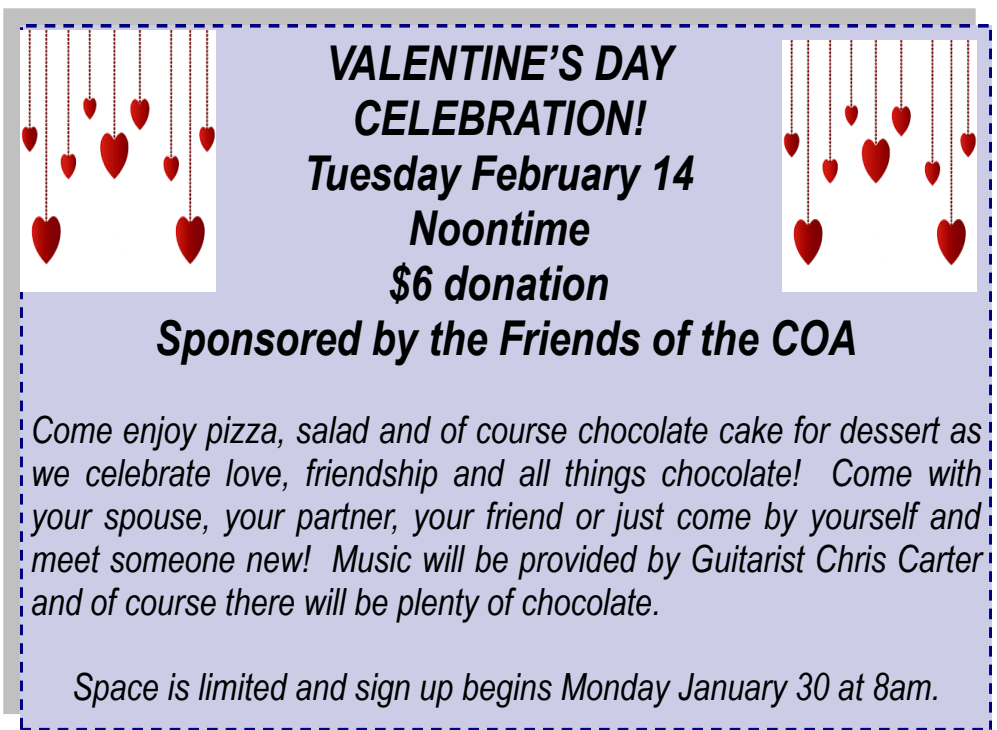
*Monday— Thursday  
8 am-4pm  
Friday 8-1*

**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



**VALENTINE'S DAY  
CELEBRATION!**  
**Tuesday February 14**  
**Noontime**  
**\$6 donation**  
**Sponsored by the Friends of the COA**

*Come enjoy pizza, salad and of course chocolate cake for dessert as we celebrate love, friendship and all things chocolate! Come with your spouse, your partner, your friend or just come by yourself and meet someone new! Music will be provided by Guitarist Chris Carter and of course there will be plenty of chocolate.*

*Space is limited and sign up begins Monday January 30 at 8am.*