



STAY HEALTHY - STAY CONNECTED - AGE WELL

March - April 2023

**SPECIAL
THANKS
TO:**

North Hill Retirement Community for sponsoring our St. Patrick's Day party;

AARP for helping low and moderate income seniors with their taxes;

Samuel, Sawyer & Baler for their legal update lecture;

Cemetery Helpful Solutions for a discussion on funeral options;

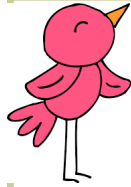
Blue Cross and Blue Shield for their program on preparing for Medicare;

Chris, Molly and Stephanie for offering to host our Community Spotlight in March;

Dedham Savings Bank for offering fun giveaways at our St. Patrick's Day luncheon;

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

Thank you!



**SPRING
A TIME FOR CHANGE**

Spring is here! And like spring, change is afoot. Change can be difficult and confusing, but personally I always try to embrace it and look for opportunities that come with change. I believe one must be flexible and resilient and embrace the change.

But let me begin at the beginning. Over the last few years, the town has hired a new Town Administrator, Human Resources Director, Finance Director, to name a few, (many due to retirements). The COA Director now reports to a newly created position, Director of Health and Human Services.

Furthermore, we have seen a HUGE change/increase in the Center's membership and usage. With over 3,000 seniors swiping in every month, our growth has exploded. The 2020 census confirms that Westwood's senior population continues to grow from 3,438 seniors in 2010 to 4,504 in 2020. And the demand for van rides is over 20% more from previous years. We now employ one full-time driver, one permanent part-time driver and one "as needed" driver.

Some statistics you might find interesting: the COA budget is less than 2% of the entire town municipal budget; and of the 16,213 residents in town, 27% are over 60. Westwood tax dollars are only used for Center staffing, building maintenance, van drivers and repairs as well as office supplies. But not to worry, we are blessed with great fundraising from our Friends group, fabulous sponsors from area businesses, state grants, local grants and donations for each class which help us grow and keep up with the demand. We are also fortunate for a 50K ARPA grant (American Rescue Plan) - thanks to Representative McMurtry and Senator Rush - that was designated to the Center. Originally we were hoping to put in a new patio, but with inflation on the rise, we will use these funds to help underwrite one of our vans (capital budget requests paid for one van and second one is paid partially through capital funds).

However, with all these changes, one thing I can guarantee is that the Center will continue to offer a little something for everyone. Moreover, the COA Board, staff, volunteers and Friends group will continue to stay engaged and help decide the future of the Center.

Finally, as Director, even as the cost of everything rises, I promise to do my best to continue to offer great regular classes and interesting, engaging special programs every month.

*What will never change
is that we will continue to be
warm and welcoming.*

HAPPY SPRING EVERYONE!

Lina Arena-DeRosa - Director





NOTES FROM KAREN'S DESK SHINGLES VACCINE



As of January 2023 out-of-pocket costs for the shingles vaccine, called Shingrix, were eliminated for people with Medicare Part D. You should not owe any copayment, or deductible for this vaccine. (Although you may still have a copay for your visit.) If you've ever had chickenpox, you can get shingles. About 1 out of every 3 people in the U.S. will develop shingles in their lifetime. Shingles is a painful rash consisting of blisters that develop on one side of the body. Before the rash develops, people often have pain, itching, or burning in the area. Other symptoms of shingles can include fever, headache, chills, and upset stomach. Your risk of having shingles and serious complications increases as you get older.

The CDC recommends that adults 50 years and older get the Shingrix vaccine even if you have already had Shingles or have had the Zostavax vaccine (which is no longer available in the U.S.). The Shingrix vaccine is administered in 2 doses, separated by 2-6 months. Shingrix is available at most pharmacies without a prescription or at your doctor's office. Prior to scheduling an appointment, it is advisable to confirm that they will bill your Part D plan directly. To learn more about the vaccines you may need, try the **Adult Vaccine Assessment Tool** at <https://www2.cdc.gov/nip/adultimmsched> to receive a personalized list of recommendations.

Source: Medicare Rights Center, AARP, Centers for Disease Control and Prevention, Shingrix.com, and NCOA.

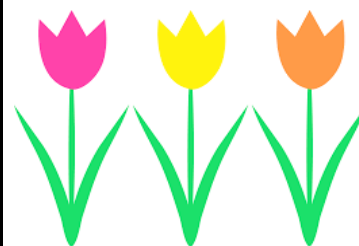


Notes from Margaret Sullivan BOH Public Nurse Office Hours - Wednesdays 1-3 For an appointment call 781-251-2576.

Pap smears for the detection of cervical cancer have been around since the 1940's and have greatly contributed to the decline in US rates of cervical cancer. The general guideline is for women to cease this testing at age 65. A new study reported January 2023 in [Cancer Epidemiology, Biomarkers & Prevention](#), revealed some concerning statistics: "Nearly one in five new cervical cancers diagnosed from 2009-2018 were in women 65 and older. More of these women (71%) presented with late-stage disease than younger women (48%), with the number of late-stage diagnoses increasing up to age 79". Furthermore, the study noted that survival rates were also lower for women over 65. One author of the study noted that perhaps women were not up to date on their cervical cancer screenings prior to this 65 age cut off. Additional reported factors that may contribute to this rise include: many older women may not have been screened for Human Papilloma Virus ("HPV"-a common cause of cervical cancer), which was not in widespread use until 2003; pap smears may not be as accurate at detecting adenocarcinoma as squamous cells cancer- more common in younger women; older women may decline these exams as they age due to discomfort, embarrassment or other personal reasons. Ask your primary care team to keep you up to date on changing guidelines and make sure your health concerns are addressed.

HESSCO NUTRITIONIST AT THE COA *With Nutritionist Kelsey*

- Thursdays
 - March 2 & April 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.



Westwood's VSO (Veteran's Service Officer)

TJ Tedeschi

Mondays 10-3 at the Center

For an appointment call 781-489-7509

Hello my fellow veterans and their families.

My name is TJ Tedeschi and I was recently hired as the Veteran Service Officer (VSO) for the five communities of the West Suburban Veterans District (WSVD). Retiring from the Marine Corps with 21-years of active-duty service has given me a unique perspective, and one I am eager to share with the WSVD. With that, I am looking forward to assisting with the gathering of essential paperwork to support legitimate claims, filing such claims and, if necessary, appeal any denied claims.



**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!**



**DAY AND OVERNIGHT TRIPS
TRAVEL WITH
TOURS OF DISTINCTION**

We are back on the road and are now working with a new travel company ... - so come join us!

5 Day Trip to Quebec - July 17-21 - \$1537pp double/\$2187 pp single. Includes all bus transportation, guided tours, 3 dinners, 1 box lunch and 1 breakfast, whale watch, 4 nights accommodations, travel insurance... deposit of \$150 (non refundable) at time of reservation. Flier with all details available at the Center.

Long Island Lighthouse Cruise - May 31 - \$141pp - roundtrip motor coach, narrated lighthouse cruise, lunch at Andiamo Restaurant, free time in Mystic Village—\$15 non-refundable deposit at sign up.

Tanglewood - August 13 -Yo-Yo Ma Cello Matinee Concert with lunch - Details to come.

Cape Cod Cranberry Bog - September 7 - \$166pp - Transportation, tour of cranberry bog, lunch at Alberto's Restaurant, Hy-Line Cruise of Cape Cod Canal - \$15 non-refundable deposit at sign up.

All tours include luxury motor coach, tour, lunch and gratuities. Fliers with all the details for these trips are available at the Center.

**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.



**COA DAY TRIP TO
CHINATOWN**

Tuesday April 18th

\$30 (includes lunch and tour)

You must sign up in advance (phone only) only if you have not joined us in the past.

CHINATOWN TOUR - Come experience Boston's Chinatown and learn its history and explore its many secrets. This tour leaves at 9:45 and returns around 3pm. Tour includes lunch at a local restaurant. Sign up begins 3/6.

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 - Monday mornings only to Newton Wellesley Hospital, Faulkner Hospital and Medfield - . (\$10 donation)

GROCERY SHOPPING (\$4 donation) - Every Tuesday and Wednesday in the am - Shaws and Roche Bros. **Note: 3 bags per person only**

Plainridge Casino - April 12 \$10 per person. Leave center at 9:00 am - sign up in advance (Must have 10 people signed up for this trip)



RIDES TO THE POLLS - Tuesday April 25 in the am. Town Election is on Tuesday April 25 at the High School. If you need a ride to the polls, please call the Center **BEFORE Friday April 21.**



**COA DAY TRIP TO
JFK LIBRARY**

Thursday April 27
\$20 per person
(transportation and tour of library - lunch on your own)
You must sign up in advance



JFK Museum - Come enjoy the JFK Museum which utilizes high definition, large-screen projections, interactive displays, re-mastered films and original artifacts from the life and times of JFK.

Lunch on your own at Sullivan's on Castle Island. This tour leaves the Center at 9:30 and returns at around 2:30pm.

WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- \$3 donation
- No class 3/10, 3/15, 3/17 & 4/17



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. Spring is a great time to get back in shape.



LOW IMPACT EXERCISE

With Alex

- Mondays & Wednesdays
- 1 pm
- \$3 donation
- No class 3/15& 4/17

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

- Mondays 10:30
- Thursdays at 11:00 am
- No class 4/17
- \$3 donation



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. **PLEASE NOTE CHANGE IN TIME AND DAY.**

LEGAL CLINIC

Westwood Residents only with Attorney Ochea -

MetroWest Legal Services

- 1:00 pm to 3:30 pm
- **BY APPOINTMENT ONLY**
- **March 15**



This private 20 min. free legal consultation for seniors on housing, public benefits and social security matters, and durable power of

YOGA

With Bonnie

- Tuesdays and Thursdays
- Floor Yoga 8am
- Chair Yoga 9:30 am
- \$3 donation
- No class 3/2, 3/7, 3/9, 3/21 & 3/23



Yoga is good for balance, toning muscles and staying focused in life. We offer both chair and floor yoga, so stop by and try this out.,

Please note: Bonnie will be back from vacation on Tuesday March 14 and Thursday March 16 and then out again the week of March 20-24. Please call the Center to find out if she will be back teaching on Tuesday March 28 and throughout April.

SHINE With Mitch

- **BY APPOINTMENT ONLY**
- Wednesdays
- March 1, 15 & 29
- April 12 & 26
- 9-12 noon

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.



Watercolor

With Joan

- Mondays
- 10:30 - 12:30
- 1-3 pm
- 7 classes for \$35
- No class 4/17
- You must sign up in advance



Art as therapy- Advance Art 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. Make our paintings "pop" by limiting your color palette.

Tai Chi

With Scotty

- Tuesdays 1pm
- \$3 donation



T'ai Chi is a version of Qi Gong and one of the most popular iterations around the world. A non-aggressive martial art, it focuses on specific movements that are strung together in a set routine. Qi Gong is the simpler and more adaptive of the two, focusing more on cultivating energy.

PLANNING FOR MEDICARE COUNTDOWN TO 65

With Susan Flanagan – from Blue Cross and Blue Shield

Wednesday April 5 at 1pm - \$2 donation

Please sign up in advance

so we know how many to expect



If you're getting close to Medicare eligibility, this seminar is for you! Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions. This seminar is a presentation and discussion led by Susan, a knowledgeable Blue Cross Blue Shield of MA representative. She will answer your specific questions, in addition to covering these topics: • Explanation of Medicare Parts A, B, and C • Medicare enrollment timeline • Medigap plans that help supplement Medicare coverage • Medicare Advantage plans, such as HMOs and PPOs • Medicare Part D prescription drug plans • Plans and programs available to early retirees, such as COBRA.

**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.

**BINGO
EVERY THURSDAY AT
1pm**



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

**QUILTING CLUB
with Helen**



- Wednesdays
- 9-11am
- \$3 donation
- March 8 & 22
- April 12 & 26

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
- No class 3/15

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
- March 23
- April 20
- \$3 donation
- You must sign up in advance so we know how many to expect



All are welcome to this growing and fun group of women (men are also welcome) ...each month they host a different speaker.

In **March**, Barbara Berber will discuss **Woman and Children during the American Revolutionary War** and the important roles they played.

In **April**, Jodi from Oasis will come and discuss **"Busting myths and getting savvy about senior living options."**

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 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.

**INTERGENERATIONAL
PROGRAM**

Wednesday April 26 at noontime
Hosting by the
Friends of the COA
and WHS Sophomore Class
You must sign up in advance



The Friends of the COA and the Westwood's Sophomore High School Class invite you to join them for a light lunch and then an hour of either knitting, playing board games or low impact exercise. This is a great way to connect with some high school students. There is NO cost to this program but you must sign up in advance.



MAKE YOUR OWN SPRING GARDEN

With David from Therapy Gardens
 Friday March 17 at 10 am \$25 per person
 (This includes lecture and cost of supplies)

You must sign up in advance as space is limited

Learn how to grow herbs and flowers inside and outside. Topics include growing and drying herbs — herbs for medicinal and cooking flavors — as well as fun flowers to grow. Discussion will center around how to preserve your herbs and flowers at the end of each season. Each participant will leave with a seasonally available herb/flower plant or seed for their own personal herb garden. So welcome spring with learning new ways to create and enjoy your garden!

**Managing Incapacity:
 Powers of Attorney,
 Health Care Proxies,
 Guardianship &
 Conservatorship**



*With Attorney Maria Baler
 Tuesday April 4 at 1pm
 \$3 donation*

If you become incompetent during your lifetime, another person will need to make financial and health care decisions for you. You can control who that person will be by creating a Power of Attorney and a Health Care Proxy before you become incompetent. In some cases, a Court may need to appoint a guardian and/or a conservator for an incompetent or disabled adult. What is a guardian and a conservator? When do they need to be appointed? Learn more about these different roles, when they each come into play, and what you can do to make sure you choose the right person to make financial and health care decisions for you if necessary.



COOKING WITH ROBERTA at the Center

April 6 at 11am
\$25 per person—limited to 12 people
You must sign up in advance
Sign up begins on March 8
(phone calls only—no walk-in sign ups)

The bakeries in Chinatown are filled with the mouth-watering aromas of freshly baked buns and pastries. In this demonstration class we recreate three Chinatown bakery favorites. We'll start by making Coconut Buns, addictively tender yeasty buns filled with sweet coconut paste. Next, we'll make fluffy Pineapple Buns with a special crispy topping. We'll also recreate a star of dim sum tables, airy Steamed Barbecue Pork Buns or Bao. At the end of class, everyone will enjoy eating their creations together.



**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
 (phone call only— no walk-in sign up please)*

March 9 - Phenominal Pho - Create flavorful, beautiful, satisfying chicken Pho (pronounced "fuh"), a favorite Vietnamese soup of slow cooked savory Five Spice Broth, banh pho noodles, and chicken, served with bean sprouts and other fresh herbs. And we won't stop there. Our Pho will be accompanied by Goi Cuon, vegetable fresh rolls with peanut sauce and Goi, a crisp and bracing carrot and cabbage salad with chili lime vinaigrette. **Sign up begins 2/27.**

April 13 - Homage to Julia Child - Celebrate Women's History Month with culinary legend, Julia Child. We will focus on three key techniques Julia taught to students. You'll start with the perfect roast chicken. Next, learn how to master from scratch hollandaise. Finally bake a perfect, buttery classic tarte tatin. By the end of this class, you'll be well on your way to mastering the art of French cooking. **Sign up begins 4/3.**



**"CHOICES"
 A Consumer Guide to
 Cemetery &
 Funeral Services**

With Thomas Daly, CCE
With Cemetery Helpful Solutions
Wednesday March 29th at 9:30am
\$2 Donation

You must sign up in advance

This educational program will present a general overview & understanding of the options and decisions facing you and your family before or at the time of the loss of a loved one. We will discuss MA General Laws that govern funeral & cemetery services, explain the different burial dispositions, the rights of heirs, veterans options, regulations, and the importance of planning. The number of decisions may seem endless; however, this presentation will provide an opportunity to ask questions, and learn about the many options you have.

Tom has over 50 years experience within the death care profession.

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 at 9am
- March 8 & 22
- April 12 & 26



2023 is off to a rock ‘n’ rolling, chaotic start. As we head into the spring – we will follow the news: Will the economy continue to rebound? Where will the promised GOP investigations lead us? Will we continue progress on infrastructure and climate change? Or find any answers to the immigration crisis?

Join us for a good and friendly conversation.

BOOK GROUP

with Bev

- 11am
- Thursday
- March 16 and April 20
- At 11am



Come join this fun group of book lovers as Bev discusses **Welcome to the World, Baby Girl!** by Fannie Flagg in March and **The Lost Orphan** by Stacey Halls in April.

KNITTING AND CROCHETING

With Louise

- Wednesdays 1-3 pm
- \$2 Donation
- No class 3/15



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. Winter hiking requires that participants have insulated and waterproof boots, microspikes or similar traction devices, poles, and warm winter clothing. 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. The 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
- March 1 and April 5
- 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**
- March 3 and April 7



Appointments fill up fast so call to sign up soon. Checks made out directly to Lisa. Prices: \$15 for 1 \$20 for 2 & \$25 for all 3 services .



COA'S ANNUAL COMMUNITY SHREDDING DAY

At the Senior Center's parking lot
Sponsored by District Attorney

Michael Morrissey



Thursday May 4 10-1 pm - Rain or Shine



We are pleased once again to partner with the Norfolk District Attorney's Office to offer a free shredding day. Please drive into the Center parking lot and let volunteers take your bags of personal information and they will bring it over to the truck to shred. Staples and paper clips are fine, but please *no three ring binders*. And please *limit your shredding to three bags that can be easily lifted by volunteers*.



March Calendar

March - April 2023

<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 Wonder Workout 9:00 SHINE 10:00 Crafts 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>2</p> <p>10:30 Pilates 1:00 BINGO 1:00 Mah Jongg <i>1:30 Nutritionist</i></p>	<p>3</p> <p>8 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art</p>
<p>6</p> <p>8:00 Wonder Workout <i>9:00 AARP Tax Help</i> 10:30 Watercolor 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>7</p> <p><i>9:15 Hiking Club</i> 10:00 Drawing <i>10:00 Illusionist at the Library</i> 1:00 Watercolor 1:00 Tai Chi</p>	<p>8</p> <p>8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 10:30 Chorus 1:00 Low Impact 1:00 Knitting 1:00 BOH Nurse</p>	<p>9</p> <p>11:00 Pilates <i>11:00 Powisett Farm Cooking Class</i> 1:00 BINGO 1:00 Mah Jongg</p>	<p>10</p> <p>9:00 Bridge 10: 00 Beginner Art</p>
<p>13</p> <p>8:00 Wonder Workout <i>9:00 AARP Tax Help</i> 10:30 Watercolor 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>14</p> <p>8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>15</p> <p>St. Patrick's Day Luncheon</p> 	<p>16</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 11:00 Book Group 1:00 BINGO 1:00 Mah Jongg <i>1:00 Community Spotlight</i></p>	<p>17</p> <p>9:00 Bridge 10: 00 Beginner Art <i>10:00 Make your own spring garden</i></p>
<p>20</p> <p>8:00 Wonder Workout <i>9:00 AARP Tax Help</i> 10:30 Watercolor 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>21</p> <p><i>9:15 Hiking Club</i> 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>22</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>23</p> <p>11:00 Pilates 1:00 BINGO 1:00 Mah Jongg <i>1:00 Woman's Club</i></p>	<p>24</p> <p>8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art</p>
<p>27</p> <p>8:00 Wonder Workout <i>9:00 AARP Tax Help</i> 10:30 Watercolor 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>28</p> <p>8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>29</p> <p>8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 9:00 SHINE <i>9:30 Burial Options</i> 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>30</p> <p>8:00 Floor yoga 9:30 Chair yoga 11:00 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p>31</p> <p>8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art</p>

APRIL CALENDAR

March - April 2023

<p>3 8:00 Wonder Workout 9:00 AARP Tax Help 10:30 Watercolor 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>4 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 10:00 RBG Program at the Library 1:00 Watercolor 1:00 Tai Chi 1:00 Legal Discussion</p>	<p>5 8:00 Wonder Workout 10:00 Crafts 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse 1:00 Planning for Medicare at 65</p>	<p>6 8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 11:00 Cooking with Roberta 1:00 Mah Jongg 1:00 BINGO 1:30 Nutritionist</p>	<p>7 8:00 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>10 8:00 Wonder Workout 9:00 AARP Tax Help 10:30 Watercolor 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>11 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi 1:00 Paul Revere's Ride</p>	<p>12 8:00 Wonder Workout 9:00 Current Conversation 9:00 SHINE 9:00 Quilting 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>13 8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 11:00 Powisset Farm Cooking Class 1:00 Mah Jongg 1:00 BINGO</p>	<p>14 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>17 CLOSED PATRIOTS DAY </p>	<p>18 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 9:30 Chinatown Tour 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>19 8:00 Wonder Workout 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 11:00 Pilates 11:00 Book Group 1:00 Mah Jongg 1:00 BINGO 1:00 Woman's Club</p>	<p>21 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>24 8:00 Wonder Workout 10:30 Watercolor 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>25 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 10:00 History Discussion at the Library 1:00 Watercolor 1:00 Tai Chi TOWN ELECTION DAY</p>	<p>26 8:00 Wonder Workout 9:00 SHINE 9:00 Current Conversation 9:00 Quilting 10:30 Chorus 12:00 Intergenerational Program 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>27 8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p>28 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</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 COA LECTURES

At The Westwood Public Library at 10am
\$5 per program (includes light refreshments)

You must sign up in advance

NOTE: PLEASE PARK ACROSS THE STREET AT THE MASON'S PARKING LOT

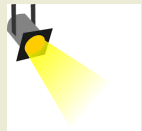
Tuesday March 7 - Illusionist Lyn Dillies - From the grand stages of NY City's Lincoln Center, Lyn Dillies will captivate you with her spellbinding powers of illusion. She is one of the top female magicians in America and her show is filled with eye-defying illusions, audience participation, and the most magical and enchanting performance. She comes highly recommended from other Senior Centers so join us and put a little "magic" in your day!



Tuesday April 4 - RBG - Ruth Bader Ginsburg - "I Dissent" This live performance has been a hit in New England and we are now bringing it to Westwood! RBG (as she was known) was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020. A champion of fairness and equality, she objected to different expectations for men and women and prejudice against minority groups. Come hear her in "her own words" as you learn how she helped shape American history.



Tuesday April 25- Historian Paolo DiGregorio discusses Post-War America: Prosperity, Paranoia and Transformation (1945-1970) In the decades following the end of the Second World War, the US was in a position of unprecedented global power and domestic prosperity. Yet that period was also marked by Cold War fear and growing calls for social change. This program will look at the transformative era from 1945-1970. Remember to understand what is happening today, you must first understand what has happened in history.



COMMUNITY SPOTLIGHT

With Chris Coleman (Town Administrator),
Stephanie McManus (Finance Director) and Molly Kean (Human Services Director)

Thursday March 16 at the Center

1pm

Come join us as Town Administrator, Chris Coleman, Finance Director Stephanie McManus and Human Services Director, Molly Fitzpatrick Kean give general updates on what is happening in Town. This is a unique opportunity to understand Town business. Bring questions and concerns. Light refreshments will be available.



First Aid for Grandparents

With Juanita Allen Kingsley, W-EMT

(in partnership with Westwood Recreational Department)

\$15 for Westwood Seniors/ \$100 for others

May 1- 9:30 am

Underwritten with a grant from the Friends of the Westwood COA

If you are a grandparent caring for kids, you will want to know how to respond in case of a first aid emergency. Much has changed since you used first aid with your own kids. You will learn how to handle injuries and manage illnesses for the first few minutes before help arrives. We will cover first aid basics: medical, injury and environmental emergencies; CPR for everyone 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 completion. This class is underwritten by the Friends of the Westwood COA for 60+ who can sign up for \$15; the cost to others is \$100pp.





A Dinner Club for Seniors
ENJOY GREAT FOOD & MAKE NEW FRIENDS
 at



Neroli Mercato & Deli
 274 Washington Street Westwood

On April 19th at 5pm

Payment must be made no later than March 31
 \$60 per person includes meal, tax and gratuity

Dinner includes choice of Pasta Fagioli or Caesar Salad, Choice of Burrata Ravioli in Neroli Pomodoro Sauce, Herbed Crusted Cod served with Garlic Mashed Potatoes and Grilled Asparagus, Chicken Parmigiana with Penne Pasta and Neroli Pomodoro Sauce or Eggplant Parmigiana with Penne Pasta and Neroli Sauce. Choice of dessert is mini cannoli or gelato. Space is limited so **YOU MUST SIGN UP IN ADVANCE** (with payment) no later than March 31.

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. 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.

Newsletter: Sign up for the library's Newsletter! Get a list of upcoming events in your inbox every month. Sign up at <https://www.westwoodlibrary.org/newsletter>.



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!



If you have an emergency, always
CALL 9-1-1

FROM THE WESTWOOD FIRE DEPARTMENT
When to call 911

1. **A fire breaks out. Any fire** — even a tiny grease fire in your kitchen — merits a 911 call. A fire can grow and spread rapidly, so call right away even if you think you can put out the flames on your own.
2. **A medical emergency happens.** Call 911 immediately for any life-threatening medical problem. These include chest pain, choking, difficulty speaking, drowning, numbness, poisoning, sudden intense pain, severe burns, a suicide threat and other serious medical problems, according to the American College of Emergency Physicians.
3. **You witness a crime or possible crime.** If you see an assault, a burglary or even a suspicious person lurking, call 911. Go with your gut feeling.
4. **If you're in or you see a car crash.** Call 911, especially if someone is hurt or feels dizzy or unwell. For a fender bender where you're 100 percent sure everyone is OK, you can call the police directly.



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



St. PATRICK'S DAY LUNCHEON

Sponsored by
North Hill

**Retirement Community
Wednesday March 15**

At noontime - \$7 donation

Sign up begins on March 1 at 8am
(by phone only— no walk-in sign up please)



Whether you are Irish or not, come join us as we celebrate everything green! The luncheon, catered by Conrad's, will include traditional fare of corned beef & cabbage, Irish soda bread and carrot cake for dessert. Enjoy live Irish guitar music by Roger Tinkel and perhaps a special guest will serenade you!

You must sign up in advance (by phone only please) as space is limited.