



STAY HEALTHY - STAY CONNECTED - AGE WELL

May – June 2023

**SPECIAL THANKS
TO:**

Ellis Rehab and Nursing Center for underwriting our summer BBQ;

District Attorney Michael Morrissey for hosting his Annual Shredding Day here at the Center;

Needham Bank for underwriting our bi-annual Veteran's Breakfast;

Claremont (Residences at the Highland Glen) for underwriting our Ladies Tea;

Mary, Jessie and Marge for their 6 years of service on the COA Board;

Big Y for their discussion on diabetes;

Women's Business Network of Norwood for a program on downsizing;

Dedham Savings for a discussion on Fraud Protection;

And all of our volunteers who continue to help us grow!

Thank you!



A Little Something for Everyone



Spring is here in full bloom and summer is on the horizon, a great time to get out and enjoy New England and all it has to offer! It is also a great time to try something new; the Westwood Senior Center prides itself in offering "a little something" for everyone, so perhaps it is time for you to check us out. For those who already come regularly, we are always happy to see you. And remember your first class is always free.

This spring, we will once again host our **Annual Shredding Day**, sponsored by District Attorney Michael Morrissey's office. Please remember that volunteers will be taking them out of your car, so make sure they are not too heavy and the limit is 3 bags per carload.

We are blessed to have great sponsors for some of our larger programs in May and June. **Claremont** (Residences at Highland Glen) is helping to underwrite our **Ladies Tea** in May; **Ellis Nursing Home and Rehab** is bringing delicious **BBQ** to the Center in June; and once again, **Needham Bank** is underwriting our **Veteran's Breakfast** the Friday before Memorial Day. And to all you Veterans out there ... thank you for your service.

If you are thinking about **traveling this summer**, we have lots of great day trips both near and far. In fact we will be heading to Quebec in July (if interested, Tours of Distinction will be here to present details of this 5 day trip). Of course, if you want to experience local sites, Roberta is giving us a tour of the North End, which will not only be fun, but I am sure delicious! Trish will be taking you on a tour of The Loring Greenough House in June. Finally, we are heading to Tanglewood to hear Yo-Yo Ma, which I am sure will be a memorable experience.

But if you prefer **armchair travel**, we will once again be offering a live tour (yes live!) of parts of Rome, so sign up, sit back and enjoy! Like I said, "a little something for everyone".

Some **other interesting programming** includes Big Y, who will be back with a Lunch and Learn for anyone worried about diabetes; Dedham Savings with a discussion on how to avoid fraud; Women's Business Network will discuss safety in your home and WHS student Greydon will be offering another discussion and screening of a classic movie.

Finally, I want to take a moment to **thank Jessie, Mary and Marge** for their years of service to the Westwood Council on Aging Board; their terms are over and the bylaws say that they need to now rotate off. They have been wonderful partners to the COA and their commitment to Westwood seniors has been nothing less than inspiring. Thank you ladies, I will miss you at our Board meetings (but I know I will still be seeing you at the Center).

And at this time of year when the days are long and warm, why not add the Center as part of your daily routine? We have over 15 regular programs and lots of special events and hopefully you will find "a little something" to entice you to join us!

Happy Spring!
Welcome Summer!
Lina Arena-DeRosa
Director - Westwood Council on Aging





**Notes from Karen's Desk
Outreach Counselor**



May is National Osteoporosis Awareness and Prevention Month

Osteoporosis is a "silent" bone disease because you typically do not have symptoms, and you may not even know you have the disease until you break a bone. A healthy human body breaks down old bone and replaces it with new bone. Osteoporosis develops when more bone is broken down than replaced. Osteoporosis is the major cause of fractures in postmenopausal women and in older men. Fractures can occur in any bone but happen most often in bones of the hip, spine, and wrist. Bones affected by osteoporosis may become so fragile that fractures occur spontaneously or as the result of normal stresses such as bending, lifting, or even coughing.

The **U.S. Preventive Services Task Force** recommends that women over age 65 get tested for osteoporosis. Women younger than 65 who are at greater risk should also get tested. Older men who break a bone easily or who are at risk for osteoporosis should talk with their doctor about testing and treatment. A bone density scan measures how strong bones are and can indicate whether a person has osteoporosis or osteopenia, which is low bone density that's not as severe as osteoporosis. Remember, the same healthy lifestyle choices that help prevent osteoporosis can be used to treat it. These include exercising regularly with weight bearing exercise, such as walking, and eating a healthy diet rich in calcium and Vitamin D. However, lifestyle changes may not be enough if you have lost a lot of bone density. Your doctor may recommend medications that can slow bone loss and help rebuild bone. More information can be found at www.bones.nih.gov and at www.bonehealthandosteoporosis.org. Source: National Institute of Health.



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

TICKS

Did you know that the two most common ticks in Massachusetts are Deer Ticks and Dog Ticks? The Westwood Health Department would like to inform residents that deer ticks can carry Lyme Disease. Ticks feed on the blood of their host-humans, birds, reptiles, wild and domestic animals.

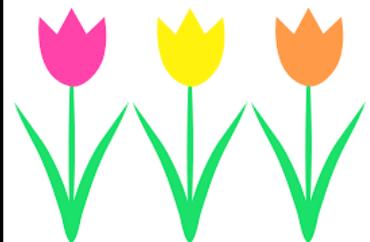
One of the earliest symptoms of Lyme Disease is a rash that is circular with a clear center resulting in a "bull's eye" appearance, which can occur 3 to 30 days after exposure. Call your doctor if you or your child gets a rash or fever after getting bitten by a tick.

The proper way to remove a tick is with a tweezer: • Grab the tick near its head or mouth (the part closest to your skin). • Gently pull the whole tick straight out. Be careful not to crush or twist the tick. • Wash your hands and the bite with soap and water. • Put rubbing alcohol on the bite. • Don't use a hot match to kill and remove a tick. Make it a habit to check everyone in your house, including pets for ticks after spending time outdoors.

For more information visit www.mass.gov/service-details/mosquitoes-and-ticks-theyre-out-in-mass.

**HESSCO
NUTRITIONIST AT
THE COA
*With Nutritionist
Kelsey***

- Thursdays
 - May 4 & June 1
 - 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



The past few months have been very busy learning the duties of a veteran service officer. With that, please continue to spread the word that I am available on Mondays in Westwood to meet with veterans and their families. I am currently working on a few projects – and one is very exciting, as it will allow for my office to communicate directly with specific groups of veterans. My goal is to create a list of veterans who have served during specific eras. Whether that be WWII, Korea, Vietnam and so forth. Additionally, I am looking to build a list of female veterans. My hope is to provide opportunities for speakers to come discuss current topics, or items of interest. Good things are in the works! And I will be speaking at the Veteran's Breakfast so join us!

**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. Please note that Tours of Distinction will be offering a presentation of the weeklong adventure on May 9th at 10am at the COA.

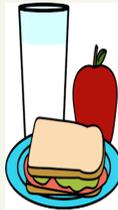
Long Island Lighthouse Cruise - June 28 - \$141pp - roundtrip motor coach, narrated lighthouse cruise, lunch at Andiamo Restaurant, free time in Olde Mistick Village—\$15 non-refundable deposit at sign up (Note change in date — and this is sold out but wait list still available).

Tanglewood - August 13 – \$210 pp -Yo-Yo Ma Cello Matinee Concert—includes transportation, brunch and tickets in the shed. A \$15 nonrefundable deposit is required at sign up.

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.



**TRANSPORTATION
WITH TRISH**

You must sign up
2 business days in advance-
No exceptions.
Masks are optional

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 and Medfield** (Monday, Tuesday and Thursday) - (\$6 donation)
- **Medicals - Monday mornings only to Newton Wellesley Hospital & Faulkner Hospital,** (\$10 donation)

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

Trish's Day Trips

Tuesday, May 2

JOHN F. KENNEDY LIBRARY

\$20 per person and you must sign up in advance

Our spring Museum trip sold out so we are heading back to the Museum again in May. 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. Leave center at 9:30 and return around 2:30 pm.

Wednesday, June 7

LORING GREENOUGH HOUSE

\$12 per person and you must sign up in advance.

Built in 1760 by Commodore Joshua Loring and owned by the Greenough family from 1783 until 1924. The Jamaica Plain Tuesday Club purchased the house in 1924 and has been steward ever since. Lunch at Midway Café in Dedham (pay on your own). Leave center at 9:45, return around 2:30.



WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- \$3 donation
- No class 5/29, 6/9, 6/16, 6/19 & 6/23

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. With so much outdoor activity, this is a great time to get in shape!



LOW IMPACT EXERCISE

With Alex

- Mondays & Wednesdays
- 1 pm
- \$3 donation
- No class 5/29 & 6/19

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 5/25, 5/29, & 6/15 & 6/19
- \$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.



LEGAL CLINIC

Westwood Residents only with Attorney Ochea -

MetroWest Legal Services

- 1:00 pm to 3:30 pm
- **BY APPOINTMENT ONLY**
- **Wednesday June 28**

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 5/2, 5/4, 6/27

Happy Spring! Mat class 8-9:00: We are continuing to use all the props we have to complement our yoga practice. Whether that be straps/bands to add resistance, blocks to help bring the floor up, or bolsters/blankets to help support the body in more restorative poses. We always focus on breathing, strengthening, stretching and relaxing the body & mind. **Chair class 9:30-10:30:** Similar to the mat class, we also use a variety of props to help us with our strengthening & stretching. The majority of class is done seated in a chair but we do come to standing with the assistance of the chair to practice balance and some standing poses. Focus is on doing what you can and knowing it is highly encouraged to modify anything that doesn't feel right in your body. Come join us for either class, we'd love to see you!



SHINE With Mitch

- **BY APPOINTMENT ONLY**
- Wednesdays
- May 10 & 24 / June 7 & 21
- 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 in May**
- 10- 12 am
- 1-3 pm
- 4 classes in May for \$20
- **In June classes will be held on the afternoon only 1-3**

• \$15 for 4 classes in June (pm only)
 • No class 5/29 & 6/19
 • 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
- No class 6/27
-

QiGong and T'ai Chi are great ways of exercising your 'life energy', which powers all functions of the human body. They help to empty the mind of all intruding thoughts, develop calm and deep breathing, and promote an upright and relaxed posture.



AARP Smart Driver Safety Course

Monday May 15

9:30-3:00



Even the most experienced drivers can benefit from brushing up on their driving skills. This updated AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older.

The fee is \$20 for AARP members and \$25 for non-members. The course will run from 9:30AM to 3:00 PM with a break for lunch. Space is limited to 20 individuals so you must sign up in advance. Checks payable to AARP.

**Drawing
with Brenda**



- Tuesdays 10-12pm
- \$40 for 8 classes
- You must sign up in advance
- No class 6/27

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
- No class 6/27

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.

**QUILTING CLUB
with Helen**



- Wednesdays
- May 10 & 24
- June 14 & 28
- 9-11am
- \$3 donation

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



The Next Chapter Chorus is preparing a Spectacular Concert for May 18 during the Woman's Club meeting!! Please sign up in advance so we know how many to expect.

**WESTWOOD
WOMAN'S CLUB
With Margaret**



- Thursdays
- May 18 & June 22
- 1 pm
- \$3 donation for May Chorus Concert
- You must sign up in advance

Join the Women's Club in May for a light lunch and a wonderful concert by the Center's own chorus.

In June, the Club will venture out for their annual picnic (details to be announced at the May meeting).

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.



**June Art Show
at the Westwood Library**

For the community's enjoyment, seniors who are in Brenda's art classes will present their 2023 Spring Art Show at the Westwood Public Library during the month of June. Stop by and check out their amazing work!

**BINGO
EVERY THURSDAY AT
1pm**



No Bingo 5/25 & 6/15

Join us for a friendly game of BINGO every Thursday. This is a great way to make new friends!

COMMUNITY SPOTLIGHT

Thursday June 29 at 1pm

With Town Clerk Dottie Powers

No cost to this program

but please sign up in advance

Dottie will talk about elections, voter registration, vote by mail, assessable vote by mail for anyone who has challenges marking a ballot, dog registrations, and the importance of annual town census. So come join us and find out how you can get more involved.

CURRENT CONVERSATIONS

with Susan Sprecher

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



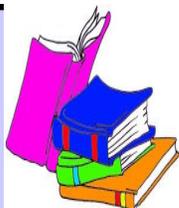
- Wednesdays at 9am
- \$5 Donation
- May 10 & 24; June 14 & 28

Every week we delve into the issues behind the headlines. This Spring – some of the hot topics will surely be the debt ceiling, Supreme Court decisions, and Trump’s legal fate. The conversation is engaging and friendly. Whether you want to explore the issues of the day or simply catch-up on the news, we hope you’ll join us.

BOOK GROUP

with Bev

- 11am
- Thursday 5/18 & 6/8



Come join this fun group of book lovers as Bev discusses. In May, we will be discussing “The Woman of Troublesome Creek” by K. Richardson and in June, we will be discussing “A World of Curiosities” by Louise Penny.

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.



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. Spring/ summer hiking requires appropriate clothing, sturdy walking shoes or boots, poles and a water bottle. 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
- No program on 5/25 & 6/15



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

BRIDGE

With Diana

- 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
- Wednesday
- May 3 (no crafts in June)
- 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**
- May 5 & June 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 .



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*.



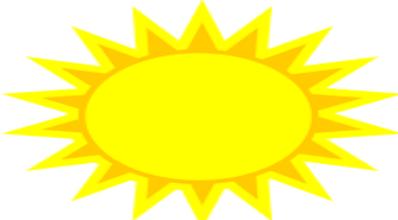
May Calendar

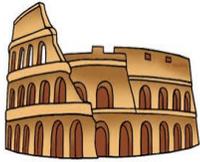
May— June 2023

<p>1 8:00 Wonder Workout 10:00 Watercolor 10:30 Pilates 1:00 Watercolor 1:00 Low impact <i>PM - TOWN MEETING</i></p>	<p>2 <i>9:15 Hiking Club</i> <i>9:30 JKF Tour</i> 10:00 Drawing <i>10:00 First Aide for Grandparents</i> 1:00 Watercolor 1:00 Tai Chi</p>	<p>3 8:00 Wonder Workout 10:00 Crafts 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>4 <i>10:00 SHREDDING DAY IN THE PARKING LOT</i> 10:30 Pilates 1:00 BINGO 1:00 Mah Jongg <i>1:30 Nutritionist</i></p>	<p>5 8 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art</p>
<p>8 8:00 Wonder Workout 10:00 Watercolor 10:30 Pilates <i>12:00 Lunch and Learn—Diabetes Discussion</i> 1:00 Watercolor 1:00 Low impact</p>	<p>9 8:00 Floor Yoga <i>9:15 Hiking Club</i> 9:30 Chair Yoga <i>10:00 Quebec Trip Discussion</i> 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi <i>1:00 Live Tour of Rome at the Library</i></p>	<p>10 8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 9:00 SHINE 10:30 Chorus 1:00 Low Impact 1:00 Knitting 1:00 BOH Nurse</p>	<p>11 8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates <i>11:00 Powisset Farm</i> 1:00 BINGO 1:00 Mah Jongg</p>	<p>12 8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art</p>
<p>15 8:00 Wonder Workout <i>9:30 AARP Driver Course</i> 10:00 Watercolor 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>16 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>17 8:00 Wonder Workout 10:30 Chorus 1:00 Low Impact 1:00 Knitting 1:00 BOH Nurse</p>	<p>18 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 Woman's Club (sign up for concert)</i></p>	<p>19 8:00 Wonder Workout 9:00 Bridge 10: 00 Beginner Art</p>
<p>22 8:00 Wonder Workout 10:00 Watercolor 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>23 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>24 8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 9:00 SHINE 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>25 8:00 Floor Yoga 9:30 Chair Yoga <i>12:00 Ladies Tea At the Center</i> <i>(Note: Pilates and afternoon programs -both Mah Jongg and BINGO - are cancelled today)</i></p>	<p>26 8:00 Wonder Workout 9:00 Bridge <i>9:30 Veteran's Memorial Day Breakfast</i> 10: 00 Beginner Art</p>
<p>29 <i>CLOSED</i> <i>Memorial Day</i> <i>Memorial Day</i> </p>	<p>30 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>31 8:00 Wonder Workout 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>NOTARY SERVICES AT THE CENTER Notary Services are available at the Center. Please call in advance to make an appointment with Lina.</p>	

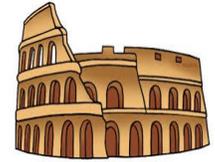
JUNE CALENDAR

May - June 2023

<p>NIGHT VISION GLASSES</p> <p>\$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</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO 1:30 Nutritionist</p>	<p>2</p> <p>8:00 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>
<p>5</p> <p>8:00 Wonder Workout 10:30 Pilates 1:00 Watercolor 1:00 Low impact 1:00 Discussion on Downsizing</p>	<p>6</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>7</p> <p>8:00 Wonder Workout 9:00 SHINE 9:30 JP House Tour 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>8</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 11:00 Book Group 11:00 Powisset Farm Cooking Class 1:00 Mah Jongg 1:00 BINGO</p>	<p>9</p> <p>9:00 Bridge 10:00 Beginner Art</p>	
<p>12</p> <p>8:00 Wonder Workout 10:00 Fraud Protection 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>13</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 9:30 North End Tour 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>14</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>15</p> <p>8:00 Floor Yoga 9:30 Chair Yoga (WHS Jterm in the dining room and the conference room - Pilates and afternoon programs are cancelled)</p>	<p>16</p> <p>9:00 Bridge 10:00 Beginner Art</p>	
<p>19 CLOSED</p> <p>Juneteenth</p> 	<p>20</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p>21</p> <p>8:00 Wonder Workout 9:00 SHINE 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse 1:00 Movie with Greydon PM - Dinner Club</p>	<p>22</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO 1:00 Woman's Club</p>	<p>23</p> <p>9:00 Bridge 10:00 Beginner Art</p>	
<p>26</p> <p>8:00 Wonder Workout 10:30 Pilates 1:00 Watercolor 1:00 Low impact</p>	<p>27</p> <p>SUMMER COOKOUT</p> 	<p>28</p> <p>8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 8:30 Long Island Lighthouse Tour 10:30 Chorus 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p>	<p>29</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO 1:00 Community Spotlight</p>	<p>30</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p>	



SPECIAL COA LECTURE
At The Westwood Public Library at 1pm
\$5 per program (includes light refreshments)



You must sign up in advance
NOTE: PLEASE PARK ACROSS THE STREET
AT THE MASONS' PARKING LOT

Fountains, Piazzas and more

A live streaming tour

Tuesday May 9 at 1pm

Join us as we "visit" what all visitors to Rome want to see: the stunning Spanish Steps, the Trevi Fountain and so much more! We'll enjoy a live-streamed walk with commentary through the city with its over 2000 years of history, monuments, fountains and churches. You will leave feeling like you just spent the afternoon in Rome without ever having to search for you passport. Please sign up in advance so we know how many to expect.



LADIES (and Gents)
ANNUAL HIGH TEA

Thursday May 25 at noontime
Sponsored by Claremont
(Residences at Highland Glen)

\$4 donation

Sign up begins 5/3 by phone only

Space is limited—sign up begins Monday May 3rd at 8am (phone only)

You are cordially invited to join us for tempting teas and dainty treats as we recreate a high tea worthy of the bygone era of Downton Abbey. Our treats will include tea sandwiches, scones, financiers, tea cakes and more. We will savor tea and enjoy the company of old and new friends. Feel free to dress in the theme of the occasion if you wish. Sign up begins on Wednesday May 3 at 8am by phone only.



COOKING CLASSES AT DOVER'S 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

Due to popularity, we need to limit only one class per newsletter - thank you!



Delightful Desserts

Thursday May 11 (sign up begins Monday May 1)

Sweet endings should be a part of every meal. In this class Chef Thi will teach you to make her signature desserts of pear croissant bread pudding and carrot cake with cream cheese frosting. These recipes will soon be one of your favorites as well (and a light lunch will also be provided).

Vegetarian and Gluten Free

Thursday June 8 (sign up begins Monday May 22)

We all need to eat more veggies; this class will show you how satisfying they can be, and you won't be asking where's the meat? Chef Thi will be making smashed cucumber salsa, eggplant steak with miso glaze, vegetable rice paper dumplings.



(phone calls only— no walk-in registration please)



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



at
ONE BISTRO RESTAURANT

*1125 Providence Turnpike Norwood
 (Inside the Four Points Sheraton)*

Wednesday June 21 at 5pm

\$60 per person and payment needed by June 1

You must sign up in advance as there is limited space for this dinner club

Join us at our Senior Dinner Club, this month at One Bistro in Norwood on Wednesday June 21. One Bistro will be offering a choice of marinated steak tips with whipped potatoes & grilled asparagus or sweet soy salmon with Jasmine rice and grilled asparagus or chicken cutlets with whipped potatoes and spinach in a caper tomato sauce; chocolate cake for dessert with either tea or coffee. Dinner includes a glass of house wine or domestic beer, all taxes and gratuities. You must sign up in advance as space is limited.

So come with a friend or come alone and make new friends!



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>.

From Dottie's Desk
Town Clerk
Annual Town Meeting
Monday, May 1, 2023

Westwood High School Auditorium
*Checkin-5:30PM,
 Resolutions & Swearing in of newly elected officials-6:00PM,
 Business portion of Meeting: 6:30PM
 Please make every attempt to attend the Annual Town Meeting so that you can be a part of decisions that are made that effect our community. You must be a registered voter in Westwood to vote on Town Meeting Articles. Last day to register to vote is Friday, April 14, 2023.*



**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

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

PRST Non Profit

US POSTAGE

PAID

Norwood MA

Permit #81



Annual Summer BBQ

Sponsored by

Ellis Rehab and Nursing Center

Tuesday June 27 at noontime

\$6 donation

Sign up begins Tuesday May 30 at 8am

No walk in registrations—phone calls only

What better way to welcome summer than a traditional fare of BBQ burgers, dogs and all the fixings? Sponsored by Ellis Nursing and Rehab Center with music by guitarist Chris Carter, this fun event is always highly anticipated and lots of fun!

Please remember that sign up begins on Tuesday May 30 at 8am and there are no walk in registrations.

WELCOME SUMMER!!!

