



STAY HEALTHY - STAY CONNECTED - AGE WELL

July – August 2023

**SPECIAL THANKS
TO:**

Hebrew SeniorLife for a lunch and learn discussion on Memory Health;

District Attorney Michael Morrissey for a Lunch and Learn on Emergency Backpack Discussion;

Mass Bar Association for a discussion on Getting your Legal Responsibilities in Order;

Big Y Pharmacy for offering a Lunch and Learn discussion on Vitamins and Supplements;

Roman Dashawetz for an update program on Ukraine;

Blue Cross and Blue Shield for a discussion on Medicare Options;

Powisset Farm for offering an Open House at their farm;

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

Thank you!



SUMMER AND THE LIVING IS EASY!

Summer! I know most of you enjoy spring and fall, but for me, summer is the bomb! I love being outside, even when it's hot, and I love all the outdoor activities it invites us to enjoy.

Did you know that at 65 you can purchase a State Park pass for 20 State Parks at a discount? If you go to the mass.parks@mass.gov you can find all the important information needed. And there are many other ways to get outside and enjoy the weather at a discount. Just google where you want to go and find out if there are senior discounts. It really is worth your time!

While we are open all summer long; however, several of our instructors are taking well-deserved time off so you will need to note that our summer schedule is a bit light in July and August. But no matter what, we are here, so please join us or stop in for a cup of coffee.

Some other updates:

1. Our beloved yoga instructor, Bonnie, has decided to retire so yoga will be cancelled until we can find a suitable replacement. We will be interviewing prospective instructors over the summer but as of this writing, we do not have a new instructor (stay tuned, and please be patient as we are working on a replacement instructor).
2. We are also working on hiring a dedicated COA elder nurse. We love the BOH nurse, Margaret, (she is great) but she cannot always guarantee time with us, so we have negotiated with the town that our Friends group will pay for this position in FY24 but the town will add this to our town budget FY25. We are interviewing candidates and hope to have someone hired by mid-summer.
3. We are so grateful for the work of Marge, Mary and Jessie over the last 6 years as our COA Board members. They have been truly awesome as our partners and we will miss them. We welcome our new board members, Mike, Mary and Wendy who we know will be amazing.

We still have some wonderful *special* programs this summer which include: an updated lecture on Ukraine; getting your legal responsibilities in order, numerous Lunch and Learn Discussions - Vitamins, getting ready for emergencies; and ways to keep your brain healthy. Other special programs include Health Options with BCBS, a legal discussion, an Open House at Powisset Farm and Suzie is back to show you how to garden with air plants. Finally our summer trips include a casino trip, a trip to Gardner Museum and a day at Tanglewood. In the fall we will be heading to the Cape to learn about the Cranberry Bogs.

We will be working to create new and exciting programs this coming fall and winter. So stop in and check us out. We would love to meet you! We pride ourselves in being warm and welcoming.

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





**Notes from Karen's Desk
Outreach Counselor
WHAT IS HESSCO?**



As the Aging Services Access Point and Area Agency on Aging, HESSCO's mission is to provide older adults, caregivers and individuals living with disability the opportunity to live life with dignity, independence, and self-determination. Since 1977, Health and Social Services Consortium, Inc (HESSCO) has served twelve communities in South Norfolk County, including Westwood, by delivering a comprehensive system of services and supports.

For those who qualify, HESSCO provides in-home services such as assistance with bathing, dressing, housework, meal preparation, and all activities of daily living. HESSCO provides Adult Protective Services to respond to reports of abuse, neglect, and financial exploitation of older adults. Another well-known program of HESSCO's is the Meals on Wheels nutrition program. This program provides a hot, nutritious meal delivered over the noon hour to consumers who otherwise cannot access a meal.

HESSCO's Family Caregiver Support program, Information & Referral program, Options Counseling program, and SHINE program are designed to ensure people receive unbiased, free information as they try to access care and connect to resources. SHINE provides health insurance counseling to understand Medicare and public benefit programs. The Caregiver Specialist also provides caregiver support groups twice a month. To get started with HESSCO services or to find out more, call the HESSCO Information and Referral Department at 781-784-4944 or email info@HESSCO.org.



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

MOSQUITOES – Summer is here! And it is great to be outdoors but it is important to remember mosquitoes can carry disease and remain active until the first hard frost. EEE (Eastern equine encephalitis) is a rare disease with serious life-threatening symptoms. Symptoms are high fever, stiff neck, headache and lack of energy followed by inflammation and swelling of the brain (encephalitis). WNV (West Nile Virus) usually causes mild or no illness in humans.

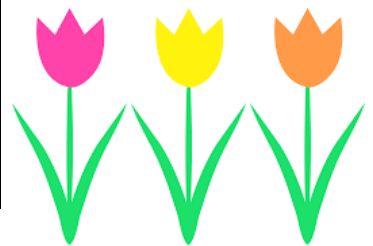
To avoid mosquitoes please consider the following:

- Limit your time outdoors during peak periods of mosquito activity (dusk and dawn) or if you must remain outdoors, wear a long-sleeved shirt, long pants and socks.
- Use a mosquito repellent that contains DEET (the chemical N-N-diethyl-meta-toluamide) and follow the directions on the label.
- Take special care to cover up the arms and legs of children playing outdoors. When you bring a baby outdoors, cover the baby's carriage or playpen with mosquito netting.
- Fix holes in your screens and make sure they are tight-fitting on all doors and windows.
- Remove standing water around your home. Make sure water does not collect and stagnate in ceramic pots, trash cans, recycling containers, old tires, wading pools, birds baths, etc.

For more information, please visit the District's website at www.norfolkcountymosquito.org or call (781) 762- 3681. If you have general questions about mosquito control efforts please visit the Board of Health website at www.townhall.westwood.ma.us.

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

- Thursdays
 - July 6 & August 3
 - 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)
With Sarada and TJ**

Call (781) 489-7509 to make an appointment



The summer is upon us, and your Veteran Service Officers are working hard on many cases. If you haven't heard, Sarada is back from her year-long deployment to Africa – welcome back!

With that, please take a moment to schedule an appointment with Sarada or myself so we can ensure that you are receiving all the benefits you earned. As always, we look forward to meeting with the veterans and family members of the West Suburban Veterans District!

**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. *A check for the total amount is needed at sign up along with a copy of your passport (as well as filling out a hotel reservation form).* Fliers with all details available at the Center. *(This trip is now full).*

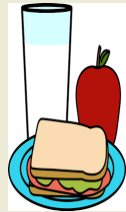
Tanglewood - August 13 - \$210 pp -Yo-Yo Ma Cello Matinee Concert—includes transportation, brunch and tickets in the shed. A \$15 nonrefundable deposit is required at sign up.

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**

Come to the Friendship Café at the Senior Center for a hot meal on Mondays, Tuesdays, Wednesdays at 11:45-12:30 for only a \$3 donation.



During July and August, join us for **Munchie Monday, Tasty Treats Tuesday, and Make Your Own Sundae Wednesday.**

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 of Aging.

**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

July 19 - Plainridge Casino \$10 per person. *Note: Need 10 people for this trip. Leave Center at 9:30.*

August 30 - Isabella Stewart Gardner Museum. This museum houses significant examples of European, Asian and American art. This collection includes painting, sculptures, tapestries and decorative arts. Lunch at Sullivan's Castle Island (pay on your own). Leave Center at 10am - \$25 per person.



WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- No classes on Monday and Wednesday July 3,5,17,24,28 & 31
- No classes on Friday August 4 & 11
- \$3 donation



Need some inspiration to get back in shape? This high energy class is exactly what you need. Please wear comfortable clothing and bring a water bottle. 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 July 3

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
- \$3 donation
- No class on July 3, 24 & 27



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 September 27**

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

YOGA

- NO CLASSES THIS SUMMER as Bonnie has retired.



As you may (or may not) know our beloved Bonnie has decided to retire. We wish her the best and thank her for her many years of teaching yoga here, she will be missed! We are planning a retirement celebration this summer, for her, and will invite all of you who have taken her classes, so stay tuned.

As of this writing we are interviewing for a new instructor that will hopefully start sometime this summer. For those who have taken the class in the past, we will robo call you when this happens; for new members, we will update our Facebook page.

But please keep stretching and use what you learned throughout the summer!

SHINE With Mitch

- **BY APPOINTMENT ONLY**
- Wednesdays
- 9-12 noon
- July 12 & August 16



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- 12 am
- 1-3 pm
- Open Studio so come when you feel like painting and join fellow painters to be inspired
- No cost to the open studio

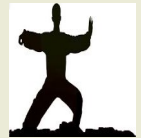


Joan is taking the summer off but the studio will be open to all of her students to paint together, encourage each other and enjoy the air conditioned room. Stop in any Monday with your supplies and continue being creative ... we would love to see you all!

Tai Chi

With Scotty

- Tuesdays 1pm
- \$3 donation
- No class on July 18 & 25



QiGong and T'ai Chi Chuan can be something that you just try out or do for a while, but they are way more than that. They are "practices" in the greatest sense of the word, meaning that you are adding something to your life that can be done as long as you live. How many activities can say that? They are prescriptions that you can return to when you are injured, have low energy, or if life gets out of hand.



**Drawing
with Brenda**



- NO CLASSES IN JULY
- Tuesdays 10-12pm
- \$25 for 5 classes in August
- 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**



- NO CLASSES IN JULY
- Tuesdays 1-3pm
- \$25 for 5 classes in August
- 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 is a great way to make new friends!



**QUILTING CLUB
with Helen**



- Wednesdays
- July 12 & 26
- August 9 & 23
- 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

- NO CHORUS IN JULY AND AUGUST
- Wednesdays 10:30-11:30
- \$3.00 donation



Carol loves to spend her summers in Chatham and is taking the summer off. We hope to see you all back in the fall.

**WESTWOOD
WOMAN'S CLUB
With Margaret**

After a wonderful year with great speakers and lots of laughs, the Woman's Club is taking the summer off!



We'll be working on next year's calendar so stay tuned!



Beginner Art with Brenda

- NO CLASSES IN JULY
- Fridays 10-12 pm
- \$20.00 for 4 classes in August
- 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.



Memory Health Lunch and Learn

Sponsored by Hebrew Senior Life
Monday August 7 at noontime
\$5 donation is requested (includes a light lunch)

Space is limited so you must sign up in advance

Join us as Dr. Maggie Syme, a licensed psychologist at the Deanna and Sidney Wolk Center for Memory Health, will present a program on whole-person healthy aging, and what each of us can do to keep our bodies and brains living healthier, longer. *You must sign up in advance and a light lunch will be provided.*



**An Emergency Backpack
It Can Make A Difference**

Lunch and Learn

With Gayle from District Attorney Michael Morrissey's Office

Thursday August 3 at noontime

\$4 donation (includes lunch and backpack)

You must sign up in advance as space is limited to 25 participants

Norfolk District Attorney Michael W. Morrissey invites you to attend a presentation by the Massachusetts Emergency Preparedness Coordinator to learn about the necessary survival items for an emergency.



Getting Your Legal Responsibilities in Order

Sponsored by the Massachusetts Bar Association
Hosted by Attorney Shani Rae Collymore

Senior Associate with Cody, Cody and McCarthy
Monday July 10 at 10am—\$3 donation

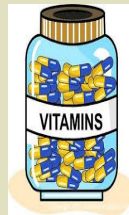
Overwhelmed with the idea of getting your legal responsibilities in order? Unsure what that even means? Come learn about estate planning documents you should have in place as you age. We'll discuss planning techniques and what documents you shouldn't live without!

Lunch and Learn

**Vitamins and Supplements:
Which are Necessary for Me?**

With Big Y Pharmacy Manager, Eddie Martucci
Monday July 31 at noontime
\$4 Donation

Space is limited so you must sign up in advance



Pharmacist Martucci will come and speak about vitamins and supplements: their definitions, interactions, differences and those set by the FDA. He will also discuss healthy eating and how vitamins and supplements are important but not necessarily vital.

AIR PLANTS

Gardening with
Suzie Canale

Friday July 28 at 10am
\$5 donation



Join Suzie for a 45 minute session where participants will learn all about these fascinating species as well as engage with a hands-on activity. You will bring home your own air plant.

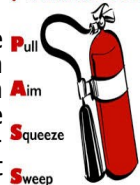
Space is limited so you must sign up in advance.

FIRE SAFETY

With the Westwood Fire Department

The Westwood Fire Department is partnering with the COA to run a Fire Safety and Fall Prevention program which offers free home safety inspections to seniors in town. The program was developed by the National Fire Prevention Association and the Centers for Disease Control and Prevention in order to help seniors live safely at home for as long as possible.

Remember!



Westwood Firefighters will do a quick safety check of your home and provide you with tips to keep you safe. They will even assist you in replacing old smoke detectors, carbon monoxide detectors or batteries. Detectors and batteries are paid for through charitable donations and are free of charge to you. Please call the Center to sign up for this important program.



CURRENT CONVERSATIONS

with Susan Sprecher



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

- Wednesdays 9- 10:30
- July 12th & 26th
- August 23rd (Only 1 program due to vacation)
- \$5 per program

Ready or not – this summer will be the ramp-up to Election 2024.

Along with the politics, we delve into social issues: What's behind our Surgeon General's campaign to combat an epidemic of loneliness?

What is AI? Is it a huge step forward for humankind or a serious threat?

If this kind of conversation (with friendly people) sounds interesting – please join us.

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. 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

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
- Wednesdays
- July 5 & August 2
- 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



- Fridays - 8: 00-noon
- **BY APPOINTMENT ONLY**
- July 7 & August 4

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 .

BOOK GROUP

with Bev






- 11am
- Thursdays
- July 20
- August 17

Come join this fun group of book lovers as Bev discusses **The Bookwoman's Daughter** by Kim Michele Richardson in July and **The Lost Children** by Shirley Dickson in August.




July Calendar

July—August 2023

| | | | | |
|--|---|--|---|--|
| <p>3 10-3 Veterans Assistance 10-12 Open Studio 1-3 Open Studio</p> | <p>4 CLOSED <i>Independence Day</i></p>  | <p>5 10:00 Crafts 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p> | <p>6 11:00 Pilates 1:00 BINGO 1:00 Mah Jongg 1:30 Nutritionist</p> | <p>7 8 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge</p> |
| <p>10 8:00 Wonder Workout 10:00 <i>Getting your Legal Responsibilities in Order with MA Bar Association</i> 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1:00 Low impact 1:00 Open Studio</p> | <p>11 9:15 <i>Hiking Club</i> 11:00 <i>Ukraine Update at the Library</i> 1:00 Tai Chi</p> | <p>12 8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 9:00 SHINE 1:00 Low Impact 1:00 Knitting 1:00 BOH Nurse 4:00 <i>Open House at Powisset Farm</i></p> | <p>13 11:00 Pilates 1:00 BINGO 1:00 Mah Jongg</p> | <p>14 8:00 Wonder Workout 9:00 Bridge</p> |
| <p>17 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1-3 Open Studio 1:00 Low impact <i>(Leave for QUEBEC TRIP)</i></p> | <p>18 9:15 <i>Hiking Club</i></p> | <p>19 8:00 Wonder Workout 9:00 <i>Casino Trip</i> 1:00 Low Impact 1:00 Knitting 1:00 BOH Nurse</p> | <p>20 11:00 Pilates 11:00 Book Group 1:00 BINGO 1:00 Mah Jongg</p> | <p>21 8:00 Wonder Workout 9:00 Bridge</p> |
| <p>24 10-3 Veterans Assistance 10-12 Open Studio 1:00 Low impact 1-3 Open Studio</p> | <p>25 9:15 <i>Hiking Club</i></p> | <p>26 8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p> | <p>27 1:00 BINGO 1:00 Mah Jongg</p> | <p>28 9:00 Bridge 10:00 <i>Air Plants with Suzie</i></p> |
| <p>31 10-3 Veterans Assistance 10-12 Open Studio 12:00—<i>Lunch and Learn with Big Y—Vitamins and Supplements</i> 10:30 Pilates 1-3 Open Studio 1:00 Low impact</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> |  |

August CALENDAR

August 2023

| | | | | |
|--|---|---|--|--|
| <p>NIGHT VISION GLASSES \$12 - Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Glasses may help you.</p> | <p>1 9:15 <i>Hiking Club</i> 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | <p>2 8:00 Wonder Workout 10:00 Crafts 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p> | <p>3 11:00 Pilates 12:00 <i>Emergency Backpack Lunch and Learn</i> 1:00 Mah Jongg 1:00 BINGO 1:30 <i>Nutritionist</i></p> | <p>4 8:30 <i>Waxing by appointment only</i> 9:00 Bridge 10:00 Beginner Art</p> |
| <p>7 8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 12:00 <i>Lunch and Learn on Memory Health</i> 1:00 Low impact 1-3 Open Studio</p> | <p>8 9:15 <i>Hiking Club</i> 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | <p>9 8:00 Wonder Workout 9:00 Quilting 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p> | <p>10 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p> | <p>11 9:00 Bridge 10:00 Beginner Art (NOTE: Sunday August 13 Trip to Tanglewood)</p> |
| <p>14 8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1:00 Low impact 1-3 Open Studio</p> | <p>15 9:15 <i>Hiking Club</i> 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | <p>16 8:00 Wonder Workout 9:00 SHINE 10:00 <i>Understanding Medicare Health Options</i> 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p> | <p>17 11:00 Pilates 11:00 <i>Powisett Farm Cooking Class</i> 11:00 Book Club 1:00 Mah Jongg 1:00 BINGO</p> | <p>18 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p> |
| <p>21 8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1:00 Low impact 1-3 Open Studio</p> | <p>22 9:15 <i>Hiking Club</i> 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | <p>23 8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p> | <p>24 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p> | <p>25 8:00 Wonder Workout 9:00 Bridge 10:00 Beginner Art</p> |
| <p>28 8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1:00 Low impact 1-3 Open Studio</p> | <p>29 9:15 <i>Hiking Club</i> 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p> | <p>30 8:00 Wonder Workout 9:30 <i>Trip to Isabella Gardner Museum</i> 1:00 Knitting 1:00 Low Impact 1:00 BOH Nurse</p> | <p>31 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</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



UKRAINE—An up date by Roman Dashawetz— Medical Advisory for Ukraine
Tuesday July 11 at 11am.

After 18 months of war, Ukraine with a population of 43 million is fighting against a country of 143 million and huge military power. Moreover, Russian war crimes increase as do their losses increase. Ukrainian children, 8000 or more, have been kidnapped and there has been massive destruction of civilian buildings and infrastructure that will require decades of reconstruction. Peace will only be realized with the return of all stolen Ukrainian lands and Russia retreats. Victory is important not only to the West, but the world.



UNDERSTANDING YOUR HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

Sponsored by Blue Cross Blue Shield

Wednesday August 16th at 10am

Please sign up in advance (\$2 donation) so we know how many to expect

Are you already enrolled in Medicare and worried about Open Enrollment this fall? This presentation is similar to the Planning for Medicare presentation, but geared more towards existing Medicare enrollees. It will have less emphasis on understanding the basics of Medicare and focus more on the differences between Medigap and Medicare Advantage plans, as well as understanding when you can switch plans. It also explains how Medicare Part D plans work.

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

Wednesday July 12th from 4-6 - OPEN HOUSE - We invite you to join us for wine and cheese at our Second Annual Open House at Powisset Farm. Come learn about their organic vegetables, walk around the farm and visit their market. There will be discounts for everyone to enjoy. No cost to this program but please sign up in advance so we know how many to expect.

Thursday—August 17th—French Cooking - Ever wonder how to transport that French bistro magic to your home kitchen? Then this hands-on class is for you! Chef Thi will teach you how to make a perfect farm fresh Green Salad with Crispy Chevre and Classic Dijon Vinaigrette, Steak Au Poivre, perfect Pommes Puree, and Mousse au Chocolate. Voila! A little taste of Paris for you and your family. Included in this class: Cooking demonstration and hands-on learning experience and recipes as well as tasting (lunch) following the class. Space for this class is limited and sign up begins Monday July 17.





A Dinner Club for Seniors
ENJOY GREAT FOOD & MAKE NEW FRIENDS
\$60 per person



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

The Dinner Club will be taking the summer off, but will be back in the fall... so stay tuned!



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 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

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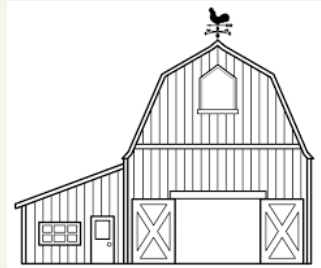
Permit #81

OPEN HOUSE AT POWISSET FARM

Wednesday July 12

4-6

No cost but please sign up in advance



Have you ever been to Powisset Farm? If not, this is a unique opportunity to discover a hidden gem in Dover, 5 minutes off of Rte. 109.

Powisset Farm is an organic farm that hosts a CSA, and has goats, pigs and the best local produce that you can imagine. They also have an amazing kitchen, host kids and adult cooking classes not to mention a great little store that truly has some unique and fun items for all ages.

So come and join us for some wine, cheese and learn about the opportunities at the Farm and meet some new friends - a great way to spend a summer evening!

Please sign up in advance (no cost to this program) so we know how many to expect.