



STAY HEALTHY - STAY CONNECTED - AGE WELL

November–December 2023

WELCOME 2023 HOLIDAY SEASON

There is a saying that goes “the days are long but the years fly by ” ... and for me, 2023 has flown by so quickly that I cannot believe that 2024 is around the corner!



SPECIAL THANKS TO:

Bridges by EPOCH at Westwood for underwriting our Thanksgiving Luncheon;

AVITA of Needham for offering a Brain Healthy Lunch and Learn;

Girl Scouts for offering a free gift wrapping program;

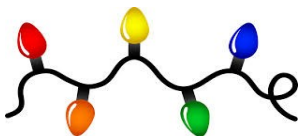
Needham Bank for underwriting our Veterans Breakfast;

BCBS for hosting an update on Medicare Options;

Dedham Savings for offering a program on Scams;

Westwood High School Students All Strings Considered for presenting a concert at the Center;

And all of *Our Sponsors* who continue to help us grow! **Thank you!**



But before we celebrate the new year, I want to take a moment to thank everyone who makes this Center so special...from my outstanding staff, to our exceptional instructors, to my committed board, not to mention our tireless volunteers, as well as town-wide employees and Select board. I say this all the time, the success of the Center is due to the work and dedication of so many people ... including you, our Westwood seniors, who enjoy our programs and inspire me everyday. *Thank you never seems enough, but thank you!*

As you know, we offer 18 regular programs and take a moment to check out some of our special programs this holiday season.

In November, **Bridges by EPOCH at Westwood** will be sponsoring our **Annual Thanksgiving Luncheon** with turkey and all the fixings! We are also offering some exciting special programs including a discussion from BCBS and Dedham Savings, a history lecture on Molasses (and the flood), a free gift wrapping program, a decluttering program as well as a history program on Journey of the Pilgrims. Our partnership with The Norwood Theatre continues to grow with a special program for seniors. And of course, we honor our Veterans with our free bi-annual breakfast.

In December, we will host our **Annual Holiday Celebration**. Due to its popularity, we must insist that *only Westwood seniors are invited to sign up* (this is the fairest way to move forward); however we have lots of other programs for all to enjoy! Our wonderful high school students are back for a holiday concert and Roberta will offer a cooking class with delicious Italian delicacies for you to enjoy and David is back to discuss Festive Spices and Greydon another great film. Finally, we welcome Sheryl back as she presents an historical play on “Eleanor Roosevelt” ... if you have not seen her productions, you must make time for them, because they are outstanding!



During this holidays season, I wish you all great memories and lots of laughter !

Happy Holidays and Welcome 2024

Lina Arena-DeRosa
Director Westwood COA

OUR ANNUAL BASKET FUNDRAISER & RAFFLE

September 11 - December 8

Tickets \$1 or \$10 for 12 tickets

Please help us during our ONE and ONLY Annual Fundraiser! 100% of the proceeds will be used for programs and to support seniors in our community! Each basket generously donated by area businesses. So stop by and help us raise funds to help Westwood seniors!



THANKS TO OUR ANNUAL FUNDRAISER SPONSORS

*Clay Subaru of Westwood
Claremont (Highland Glen Residences)
Samuel, Sayward & Baler, LLC
Roche Bros.
Walpole Co-operative Bank
Beacon Communities (Highland Glen)
Dedham Savings
Rockland Trust*

*Mass General Brigham Hospital
The Trustees at Powisset Farm
Representative Paul McMurtry
Big Y Pharmacy & Grocery Store
Folsom Funeral Services
Wegmans
Benchmark Senior Living*



**Notes from Karen's Desk
Outreach Counselor
Preparing for Winter**



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

For help with winter heating bills, the **Low Income Home Energy Assistance Program** is a government-funded program that can pay a portion of your bill. Eligibility is based on household size and the gross annual income of each household member 18 years of age or older. **Gross annual household income cannot exceed \$ 45,392 for a household of one and \$59,359 for a household of two.** The amount of assistance received depends on your income, housing status, and heating costs. If you rent, you might be eligible to receive fuel assistance even if your heat is included in your rent. Residents may call the Center, visit the town's website, or go to www.selfhelpinc.org to get the list of documents needed. **Applications are processed throughout the heating season, from November 1, 2023 to April 30, 2024.** Households must apply each year, and after the first year applications are mailed directly to your home. Residents are encouraged to apply directly online at <https://www.toapply.org/MassLIHEAP>. Those who are unable to apply online may make an appointment with me at our Center.

Households having financial difficulty who are over-income for government fuel assistance can apply for the **Massachusetts Good Neighbor Energy Fund**. The maximum gross annual income for a household of one is **\$60,523** and **\$79,145** for a household of two. For more information about the Good Neighbor Energy Fund, please call the Salvation Army at 1-800-334-3047 or go to www.magoodneighbor.org.



**Veterans' Breakfast
Friday November 3
At 9:30
Sponsored by Needham Bank
Free but please sign up in advance**

Calling all Veterans and families of Veterans! You are invited to join us at our Bi-annual Free Breakfast here at the Center underwritten by our friends at Needham Bank.

Neil Mansfield, Retired US Navy Chief Petty Officer and Steelworker Navy Seabee, will be our guest speaker.

Please sign up in advance so we know how many to expect.
And thank you all for your service.

**HESSCO NUTRITIONIST AT
THE COA**

*With Nutritionist
Kelsey*

- Thursdays
- Nov. 2 & Dec, 7
- 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
(Veterans Service Officer)
With Sarada and TJ**

Call (781) 489-7509 to make an appointment

The remaining months of the year are here and soon it will be 2024. Please make an appointment with me, your VSO representative, if you have any VA questions, concerns, or recommendations. We are in the Westwood office every Monday and are also able to do home visits for those unable to travel to the COA. Enjoy these final months and finish 2023 on a happy note!

SOCKS FOR VETERANS

Once again we will be collecting socks for our Veterans throughout this holiday season. Please bring in new socks for men and women and there will be a barrel in the hallway for your donation.



Thank you in advance!

VETERANS DAY REMEMBERANCE IN WESTWOOD

**The Town of Westwood will be honoring their Veterans on Saturday
November 11 at 11am at Veteran's Park. The public is welcome.**

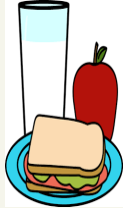


**MEMORIAL GIFTS THAT HELP
THE CENTER GROW**



For those of you who do not know, our non-profit Friends of the Westwood COA can accept monetary gifts of any denomination in the name of a loved one who has passed away. If interested, please make the check out to the Friends of the Westwood COA and send it to us directly. Upon request, a written acknowledgement will be sent to the family or friend of the person being honored and remembered. **Thank you so much!**

**CONGREGATE MEALS
AT THE CENTER**



Join us for a hot meal at the Senior Center for lunch on Mondays, Tuesdays, and Wednesdays at 11:45-12:30.

Lunches are a \$3 donation. Please call Elaine at 781-329-6514 at least 2 business days in advance to reserve your lunch. Menus are available at the Center or the Council on Aging website.

**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**



FLU CLINIC DRAWING

Join us as we encourage all Westwood seniors to get their flu shot. We have partnered with NCOA to offer a chance drawing to anyone who gets their shot in Sept or Oct. Fill out this coupon and bring it to the Center before 11/1 ... you might just win a gift card!

Name:

Phone number:

Date of Shot:

Signed by pharmacist or care provider:



**Notes from BOH Nurse Margaret Sullivan
Wednesdays 1-3**

For an appointment call 781-251-2576.

Fall Vaccine Recommendations for Seniors

Respiratory Syncytial Virus (RSV) : is a serious respiratory illness that causes 60,000-80,000 hospitalizations in children under 5 each year. But RSV also is harmful as we get older- causing over 60,000 hospitalizations and over 6000 deaths each year in adults over 60. The good news is there is now vaccination available to help minimize illness. The CDC advises all adults over the age of 60 years old to discuss with their doctor whether they would benefit from the new RSV vaccine.

Flu Vaccine: Because the viral strain changes each year, the flu shot needs to be updated each year. For those over the age of 65, the recommendation is to receive a high dose vaccine. These vaccines are readily available at your primary care office, urgent care clinics and local pharmacies.

Covid-19 Vaccines: The CDC recently recommended updated Pfizer or Moderna Covid-19 vaccines. It is thought that immunity improves within two weeks of getting vaccinated. As with most of the recent boosters, these newer versions do not provide 100% protection from getting Covid-19, but do significantly reduce the probability of serious illness and hospitalizations.

As with all your health care decisions, please speak with your primary care team to make the best decisions for your personal health needs.

CASINO DAY TRIP

Wednesday November 29

Plainridge Casino- Leave at 9am

\$10 per person

We must have ten seniors on this trip, so please make sure you sign up in advance. Thanks.



DAY TRIPS WITH THE COA

We are working on many new day trips for the 2024 travel season ... so stay tuned and information and details will be in our 2024 winter newsletter.



WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- No class 11/10, 11/15, 11/24, 12/25



\$3 donation Need some inspiration to get back in shape? This high energy class is exactly what you want. Please wear comfortable clothing and bring a water bottle. Don't get lazy during the holidays as this is a great time to get in shape!



LOW IMPACT EXERCISE

With Alex

- Mondays & Wednesdays
- 1 pm
- \$3 donation
- No class 11/15, 11/22, 12/20, 12/25

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 11/23 & 12/25
- \$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**
- Nov. 29

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



YOGA

- Tuesdays
- Thursdays
- 8:00 Floor yoga
- 9:30 Chair yoga
- \$3 per class
- No class 11/23



Yoga Mat Class 8-9

Yoga is a perfect way to ensure overall health and physical fitness. It brings stability to the body and the wavering mind, it increases the lubrication of joints, ligaments and tendons.

Chair Yoga 9:30 – 10:30

Seated stretches and poses you can do to increase flexibility, mobility, balance and strength. Chair yoga has been shown to improve overall health when practiced regularly, and it can be modified to fit your abilities

Come join us every Tuesday and Thursday! We would love to see you!

SHINE With Mitch

BY APPOINTMENT ONLY

- Wednesdays
- 9-12 noon
- November 1,8,15, (9-3pm)
- Nov, 22 & 29
- December 6



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.

Tai Chi

With Scotty

- Tuesdays 1pm
- \$3 donation
- No class 12/5



The purpose of QiGong and T'ai Chi is to add a practice to people's lives that promotes health, mental well-being, community, and increase in self-awareness. It has evolved over the centuries to focus less on self-defense and more on healing, longevity, and applying philosophical ideas to life.

JOURNEY OF THE PILGRIMS

With Historian Rich Nichols

Tuesday November 14 at 1pm

\$3 donation

Please sign up in advance



Historian Rich Nichols has visited London and the Netherlands to discover the "real story" of the pilgrim voyage.

Join us for an engaging discussion of the many topics of the Pilgrims journey to America. Topics include the following: life before the journey; story of the Mayflower; the voyage across the Atlantic, life in Plymouth and the first Thanksgiving.

Drawing with Brenda



- Tuesdays 10-12pm
- You must sign up in advance
- \$40 for 8 classes

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
- You must sign up in advance
- \$40 for 8 classes

Learn how to paint realistically with 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.



in-



SCAM PREVENTION
Sponsored by
Dedham Savings

Monday Nov. 6 at 1pm
\$2 donation

Scammers are becoming more and more sophisticated so come learn ways to avoid being scammed with Mike Murteira, Vice President & Information Security Officer for Dedham Savings. He is a Certified Information Systems Security Professional (CISSP) with over 15 years of experience in banking, specializing in IT and information security.

CHORUS with Carol

- Wednesdays
- 10:30-11:30
- \$3.00 donation
- No rehearsal on 11/15, 12/20



We are looking forward to the holidays and our concert at the Woman's Club in December. Happy Holidays Everyone!

Watercolor With Joan

- Mondays
- 1-3 pm
- \$35 for 7 classes
- No class on 12/25
- You must sign up in advance



Art as Therapy! It's true! Being creative, seeing how colors mix, watching shapes form and having fun is good for your brain and soul! Take chances, break some rules, go with the flow. Everyone can be creative! Support, guidance and encouragement is provided by Joan, (artist and therapist).

WESTWOOD WOMAN'S CLUB

With Margaret

- Thursdays at 1:00
- Nov. 16
- Dec. 21
- \$3 donation
- Please sign up in advance



Nov 16 ..Selectboard member Joe Previtera will give an update on what is happening in Westwood.

On December 21, the COA Chorus will bring holiday cheer with their annual concert.

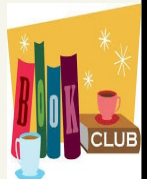
Light refreshments will be provided but please remember to sign up in advance.



BOOK GROUP

with Bev

- 11am
- Thursdays
- Nov. 16 & Dec. 14



Come join this fun group of book lovers as Bev discusses **The First Ladies** by Benedict and Murray in November and **Christmas in London** by Anita Hughes in December.



Do you knit or crochet?

We will be collecting blankets from now through November for Project Sweet Pea, which provides support to NICUs across Southern New England. Please use acrylic yarn. Recommended sizes are 18"x20" and 30"x40". Questions? See Lorraine.

Watercolor Painting with Brenda

- Fridays 10-12 pm—no class 11/10, 11/24
- \$35 for 7 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, as well as learn various painting techniques, color mixing and composition. Watercolor Class supply list available at registration.

SPECIAL PROGRAMS

November-December 2023

THANKSGIVING LUNCHEON

Sponsored by Bridges by EPOCH

Wednesday November 15th at noontime

\$6 donation — sign up begins Wednesday November 1 at 8am

We have so much to be grateful for ... so join us as we celebrate Thanksgiving together!



Sponsored by our friends at Bridges by EPOCH at Westwood, we will offer a traditional meal of turkey, stuffing and all the fixings ... and of course, pie for dessert. Space is limited so you must sign up in advance. *The phones are very busy during the sign up so please do not leave a message. You must speak directly to a staff member to get on the guest list.*

Happy Thanksgiving Everyone!



GIFT WRAPPING WITH THE GIRL SCOUTS

Wednesday November 29th
2-3:30 pm - No cost to this program

Please sign up in advance

Westwood High School's 11th grade Girl Scout troop 66073 would like to help you with your holiday gift wrapping! We will be available at the senior center on Wednesday, November 9th from 2-3:30. Bring any gifts you have for family and friends, and we will wrap them for you! We ask that you please bring your own gift box, but festive wrapping paper and ribbon will be provided.



MOVIE WITH GREYDON

Wednesday December 13 at
1pm

No cost to this program
But please sign up in advance

Westwood High School Senior, Greydon will once again present the background and importance of an old movie. He will be discussing Modern Times with Charlie Chaplin. Light refreshments will be offered.



Molasses: From the Slave Trade to the Great Flood With Historian Anthony Sammarco

Tuesday November 7 - 11am

at the Library

\$4 donation

Please sign up in advance

Molasses is described as a sweet, syrupy byproduct made during the extraction of sugars from sugarcane. Molasses has a rich history in the Caribbean, and Massachusetts, has an integral connection as it was part of the Triangle Trade, and the 18th century world economy. The sugar cane was refined into molasses, which was shipped to New England and often used in the distillation of rum.

This lecture will explore the Isaac Royall Family of Medford and the Lawrence Rum Distillery on Ship Avenue (now Riverside Avenue).

In his lecture on "Molasses," Anthony Sammarco traces it from the 18th century through the tea-totalism and abolitionist causes of the 19th century to the Great Molasses Flood of 1919, which became an integral part of the Boston's North End history.

THE LIFE AND TIMES OF ELEANOR ROOSEVELT



With Sheryl Faye

Tuesday December 12th

at the Library - 11am

\$5 donation

Please sign up in advance

Join us as we welcome Sheryl Faye back! She will be performing "Eleanor Roosevelt- First Lady of the World." Come learn about the life and times of Mrs. Roosevelt and how her influence is still being applauded today! Learn what causes were so dear to her heart and how she was able to use her position as First Lady to truly make a difference.

Sheryl Faye brings to life an important historical woman and her one-woman show immerses the audience in a multi-media experience that captivates viewers.

CURRENT CONVERSATIONS

with Susan Sprecher



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

- Wednesdays 9- 10:30
- \$5 per program
- Nov. 8 & 22 Dec. 13 & 27

Not all news is bad. Some say we are transforming our world! And, we may be in the midst of the most innovative period of human history! Two Wednesdays a month, we discuss it all: the politics, the chaos, but also... what people are doing to move us into the 21st Century.

Join us for some lively and friendly conversation.

Hiking Club

with Maria and Angie



- Tuesdays at 9:15am
- You must sign up in advance
- Angie and Maria will get in touch with you

Senior hikes are offered every Tuesday at 9:30 am. Participants will need to have sturdy foot wear and a hiking pole. Leaders will send the information about the next hike to the distribution list the week before. If you are interested in joining the group, please contact the Center. Angie or Maria will then contact you. Hikes take place in Westwood and surrounding towns and are from 3 to 4 miles in length.

BRIDGE

With Diana



- Fridays
- 9 am
- No program 11/10, 11/24

Do you enjoy a friendly game of Bridge? Come play with this growing group of enthusiasts.

CRAFTS

With Julie and Lorraine



- 10-noontime
- Wednesdays
- Nov. 1 & Dec. 6
- 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
- Nov. 3 & Dec. 1
- **BY APPOINTMENT ONLY**
- 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 .



BINGO EVERY THURSDAY AT 1pm

Join us for a friendly game of BINGO. This is a great way to make new friends! No BINGO 11/23.



KNITTING AND CROCHETING

With Louise



- Wednesdays 1-3 pm
- \$2 Donation
- No class 11/15, 12/20

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

QUILTING CLUB with

Helen

- Wednesdays
- 9-11am
- \$3 donation
- Nov. 8 & 22
- Dec. 13 & 27



Why not start a new quilting project or finish one that you started? All levels welcome. Stop in and join us!

MAH JONGG

with Cynthia



- Thursdays
- 1 -3 pm
- No cost to this program
- No program on 11/23

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

MAKE YOUR OWN FESTIVE SPICE MIX



With David from Therapy Gardens

Monday December 4 at 10am
\$4 donation - sign up in advance (includes sample spice packet)

Come enjoy the spices of the season! Spices have a special power to evoke cherished memories.

Learn how to make pumpkin spice, mulling spices for wine or cider and other holiday blends. Participants will leave with their own blend of holiday spice mixture, along with recipes for other mixtures.

Decluttering 101

With Jen Barsamian
Monday Nov. 13 at 10am
\$3 donation



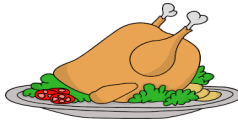




Please sign up in advance

Are you looking around your house and wondering how to get rid of years of stuff? Fall is a great time to start! In this program you will learn how to clean out your home, and tricks to start the work of living in a calm and clutter-free home!

November Calendar

November - December 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 Low Impact 1:00 Knitting 1:00 BOH Nurse</p>	<p>2</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 1:00 BINGO 1:00 Mah Jongg 1:30 Nutritionist</p>	<p>3</p> <p>8:00 Waxing by appointment only 9:00 Bridge 10:00 Watercolor 9:30 Veterans Breakfast</p>
<p>6</p> <p>8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio 10 Blue Cross Blue Shield Discussion on Medicare 10:30 Pilates 1-3 Watercolor 1:00 Low impact 1:00 Scams with Dedham Savings</p>	<p>7</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 10:00 Drawing 11:00 Molasses History and Boston Flood Lecture at Library 1:00 Watercolor 1:00 Tai Chi</p>	<p>8</p> <p>8:00 Wonder Workout 9:00 Quilting 9:00 SHINE 10:00 Crafts 10:00 Current Conversations 10:30 Chorus 12:00 Norwood Lunch and Theatre Program 1:00 Low Impact 1:00 Knitting 1:00 BOH Nurse</p>	<p>9</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 11:00 Powisset Farm 1:00 BINGO 1:00 Mah Jongg</p>	<p>10</p> <p>CLOSED VETERANS DAY</p>  <p>Veterans Day</p>
<p>13</p> <p>8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio 10:00 DeCluttering 10:30 Pilates 1-3 Watercolor 1:00 Low impact</p>	<p>14</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 10:00 Drawing 10:00 Italian Lessons 1:00 Watercolor 1:00 Tai Chi 1:00 Journey of the Pilgrims</p>	<p>15</p> <p>THANKSGIVING LUNCHEON</p> 	<p>16</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 11:00 Bookgroup 1:00 BINGO 1:00 Mah Jongg 1:00 Woman's Club</p>	<p>17</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p>20</p> <p>8:00 Wonder Workout 10 - 3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1:00 Low impact 1-3 Watercolor</p>	<p>21</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 10:00 Italian Lessons 1:00 Watercolor 1:00 Tai Chi</p>	<p>22</p> <p>8:00 Wonder Workout 9:00 SHINE 9:00 Current Conversation 9:00 Quilting 10:30 Chorus</p> <p>CLOSE AT NOONTIME</p>	<p>23</p> <p>CLOSED THANKSGIVING HOLIDAY</p> 	<p>24</p> <p>CLOSED THANKSGIVING HOLIDAY</p>
<p>27</p> <p>8:00 Wonder Workout 10- 3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1:00 Watercolor 1:00 Low Impact</p>	<p>28</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 10:00 Italian Lessons 1:00 Watercolor 1:00 Tai Chi</p>	<p>29</p> <p>8:00 Wonder Workout 9:00 SHINE 9:00 Casino Trip 10:30 Chorus 1:00 Low Impact 1:00 Knitting 1:00 BOH Nurse 1:00 Legal Help 1:00 Gift Wrapping</p>	<p>30</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 12:00 Lunch and Learn with Avita 1:00 BINGO 1:00 Mah Jongg</p>	

DECEMBER CALENDAR

November-December 2023



Happy Holidays

1
 8:00 Waxing by appointment only
 8:00 Wonder Workout
 9:00 Bridge
 10:00 Watercolor

4
 8:00 Wonder Workout
 10-3 Veterans Assistance
 10-12 Open Studio
 10:00 Festive Spices
 10:30 Pilates
 1:00 Low impact
 1-3 Watercolor

5
 8:00 Floor Yoga
 9:15 Hiking Club
 9:30 Chair Yoga
 10:00 Drawing
 10:00 Italian Lessons
 11:30 Cooking with Roberta
 1:00 Watercolor

6
 8:00 Wonder Workout
 9:00 SHINE
 10:00 Crafts
 10:30 Chorus
 1:00 Knitting
 1:00 Low Impact
 1:00 BOH Nurse
 5:30 Dinner Club

7
 8:00 Floor Yoga
 9:30 Chair Yoga
 11:00 Pilates
 12:00 All Strings Considered
 1:00 Mah Jongg
 1:00 BINGO
 1:30 Nutritionist

8
 8:00 Wonder Workout
 9:00 Bridge
 10:00 Watercolor

11
 8:00 Wonder Workout
 10-3 Veterans Assistance
 10-12 Open Studio
 10:30 Pilates
 1:00 Low impact
 1-3 Watercolor

12
 8:00 Floor Yoga
 9:15 Hiking Club
 9:30 Chair Yoga
 10:00 Drawing
 10:00 Eleanor Roosevelt at the Library
 10:00 Italian Lessons
 1:00 Watercolor
 1:00 Tai Chi

13
 8:00 Wonder Workout
 9:00 Quilting
 9:00 Current Conversations
 10:30 Chorus
 1:00 Knitting
 1:00 Movie with Greydon
 1:00 Low Impact
 1:00 BOH Nurse

14
 8:00 Floor Yoga
 9:30 Chair Yoga
 11:00 Pilates
 11:00 Bookgroup
 11:00 Powisset Farm
 1:00 Mah Jongg
 1:00 BINGO

15
 8:00 Wonder Workout
 9:00 Bridge
 10:00 Watercolor

18
 8:00 Wonder Workout
 10-3 Veterans Assistance
 10-12 Open Studio
 10:30 Pilates
 1:00 Low impact
 1-3 Watercolor

19
 8:00 Floor Yoga
 9:15 Hiking Club
 9:30 Chair Yoga
 10:00 Drawing
 10:00 Italian Lessons
 1:00 Watercolor
 1:00 Tai Chi

20
HOLIDAY LUNCHEON AT THE NORFOLK GOLF CLUB



21
 8:00 Floor Yoga
 9:30 Chair Yoga
 11:00 Pilates
 1:00 Mah Jongg
 1:00 BINGO
 1:00 Woman's Club

22
 8:00 Wonder Workout
 9:00 Bridge
 10:00 Watercolor
CLOSE AT NOONTIME

25
CLOSED CHRISTMAS HOLIDAY



26
 8:00 Floor Yoga
 9:15 Hiking Club
 9:30 Chair Yoga
 10:00 Drawing
 1:00 Watercolor
 1:00 Tai Chi

27
 8:00 Wonder Workout
 9:00 Quilting
 9:00 Current Conversations
 10:30 Chorus
 1:00 Knitting
 1:00 Low Impact
 1:00 BOH Nurse

28
 8:00 Floor Yoga
 9:30 Chair Yoga
 11:00 Pilates
 1:00 Mah Jongg
 1:00 BINGO

29
 8:00 Wonder Workout
 9:00 Bridge
 10:00 Watercolor
CLOSE AT NOONTME





**ALL STRINGS CONSIDERED
HOLIDAY CONCERT AND LIGHT LUNCH**
Thursday December 7th at noontime
\$5 donation and sign up begins 11/20

We are once again pleased to host the beloved Westwood High School String Quartet, *All Stings Considered*, here with a holiday concert and a light lunch. These students are very talented and their music will bring the holiday spirit into your souls.

Join us as we welcome the winter holiday season with a concert and light lunch. Space is limited so you must sign up in advance.

**NORWOOD THEATRE LUNCH
AND THEATRE PROGRAM**



Wednesday November 8th
(lunch at noontime, show at 1:30)
\$50 per person—limited to 30 seniors
So you must sign up in advance

Join us as we once again partner with the Norwood Theatre as they present the musical **Jekyll & Hyde**. This program includes lunch at noontime (Lewis' Restaurant) and tickets to the performance. Space is limited to 30 seniors so you must sign up in advance.

Italian!

With Jen

\$30 for six-week course

Tuesdays

Nov. 11 - Dec. 19

10am

You must sign up in advance as space is limited to ten students.

Italian 102

Did you love Italian 101?

Then here is Italian 102

where we'll build on our

foundation of greetings, alphabet, numbers and other basic language! We will continue to learn more about Italian culture through authentic materials and listen to music from today and the past!

This class requires Italian 101 or a basic knowledge of Italian. Come laugh and learn with us! Talk to Jen about if this class makes sense for you.



**COOKING CLASSES AT
DOVER'S POWISSET FARM**

We meet at Powisset Farm at 11am

With Chef Thi -\$25 per class

Sign up by phone only (no in person sign up)

Note : Due to high interest, you may only sign up for one of these classes



Thursday November 9—Puff Pastry in a Pinch

Stash a box of puff pastry in your freezer, and your halfway to creating a quick and easy dish. We will be making Blue Cheese, Balsamic & Onion Tart Tatin, Spiced Beef Empanadas, and a Sweet Napoleon Dessert. You will be inspired by all the possibilities! *Sign up begins 11/2.*

Thursday December 14 — Get into the holiday spirit and learn to host the perfect holiday gathering

This special class with Chef Thi features both hands-on experiences and demonstrations designed to elevate your holiday entertaining flair. You'll learn how to make innovative and delicious appetizers and how to artfully arrange them for maximum aesthetic appeal. We will be making a festive assorted cheeseball wreath and an easy semi-homemade Mezze board display. A light lunch will be provided. *Sign up begins 11/28.*

Included in this class:

- Cooking demonstration and hands-on learning experience.
- Instruction from an experienced, top-notch instructor.
- Recipes to take home.
- We cannot accommodate food allergies*
- No take homes allowed





A Dinner Club for Seniors
ENJOY GREAT FOOD & MAKE NEW FRIENDS
NOT YOUR AVERAGE JOE'S

70 University Avenue Westwood
 Wednesday December 6 at 5:30
 \$60 per person



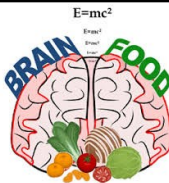
Come join us with your friends or come by yourself and meet new people at Not Your Average Joes. Dinner includes a over 3 choices of an appetizer, a main meal, and a dessert (menu available at the Center's reception desk). A glass of wine or beer, tax and tip included.

So jump start the holiday season with a night out and join us at dinnertime!



Roberta's Cooking Class
Tuesday December 5 at
11:30-1:30
\$5 donation
Space is limited
Sign up begins 11/21

Arancini and Fresh Ricotta—Italian Favorites! Join us for a hands-on Italian culinary experience that starts with learning to make fresh ricotta –you'll never go back to store-bought! We'll also make a sweet and savory onion jam for a mouthwatering crostini. Next we will make creamy risotto and turn it into an Italian favorite -arancini. Arancini are crispy fried risotto balls and ours will be stuffed with melted mozzarella!



BRAIN HEALTHY LUNCHEON
Sponsored by AVITA of Needham
Thursday November 30 at noontime
\$5 donation

The MIND and Mediterranean diets are associated with fewer signs of Alzheimer's disease in the brains of older adults. It's never too late to adopt brain healthy lifestyle interventions to stave off Alzheimer's disease and other forms of dementia. Join us for a lunch and learn with Doug Gauthier, Culinary Director at Avita of Needham, where you will learn how to feed you body and your brain. Avita will be serving a delicious seasonal brain healthy lunch and you will have great ideas and recipes to take away with you. Doug Gauthier is a trained chef working in the hospitality industry for over 20 years. He lives in Westwood with his wife and two children.

Space is limited, so you must sign up in advance starting 11/6.

 **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>.



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
Robert Folsom
Mary Joyce
James O’Sullivan
Bob Murray
Stephanie Ramales
Louis Rizoli
Mike Walsh
Wendy Wilhelm



**ANNUAL HOLIDAY
LUNCHEON
AT
NORFOLK GOLF CLUB**



Wednesday December 20 at noontime
\$10 donation
Limited to Westwood seniors only
Sign up begins 12/4 at 8am

Join us as we celebrate this holiday season at our Annual Holiday Party hosted by The Friends of the Westwood Council on Aging. There will be lots of great food, great giveaways and we will pick the winning tickets for our Annual Fundraiser. And once again, music will be provided by Gilded Harps.

NOTE : Please note that sign up begins on 11/29 by phone only and for Westwood seniors only. The phones are very busy during the sign up so please do not leave a message ... you must speak directly to a staff member to get on the guest list.



Happy Holidays Everyone!