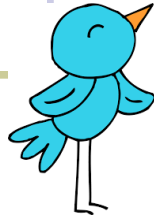




STAY HEALTHY - STAY CONNECTED - AGE WELL

## March – April 2024



### SPRING - A Great Time for Change

Spring has sprung .. so let me count the ways I love spring! Longer warmer days, gardens start to bloom and no more heavy coats and sweaters! I embrace change and spring is a perfect example of how change can be so inspiring! And change is happening here at the Center.

### SPECIAL THANKS TO:

**North Hill Retirement Community** for underwriting our St. Patrick's Day Party;

**Cornerstone at Canton** for providing a lunch and learn on dementia;

**Attorney Maria Baler** for updating on MA laws;

**Big Y** for providing a Lunch and Learn on cholesterol;

**BCBS** for providing a lecture on Medicare;

**District Attorney Michael Morrissey** for underwriting a Shredding Day;

**Dedham Savings** for always providing great giveaways at our popular luncheons;

**Westwood Cultural Council** for underwriting the music for our St. Patrick's Day Party;

**Bill Cleary**, from Oasis for a discussion on Next Chapter Living;

And all of **YOU** who continue to help us grow!

**Thank you!**

Let me start by thanking everyone who is helping to ensure Trish's retirement party will be a huge success. Thank you! It will be a special day with lots of laughs ... we will miss Trish but know that she will be enjoying her retirement by heading to Florida to spend time with her new grandson and we hope when she is in Westwood, she comes to some of our classes. And after an extensive search, we welcome **Mary Ellen** who will have been hired to be our new Assistant Director. She comes with great experience and we look forward to having her join our merry team. Please stop in and say hi to Mary Ellen LaRose.

With change comes many new opportunities. Here at the Center we have a lot happening, aside from our numerous regular programs.

In March, we will host another great "classic" movie with Greydon, a cooking class with Roberta, as well as two Lunch and Learns, one with Big Y to discuss cholesterol and one sponsored by Cornerstone at Canton to discuss dementia. MetroWest Legal will be back to help you update your legal responsibilities, and we will host a new crafting class "Pebble Art". And BCBS will come again to discuss your Medicare options. Of course with spring comes our Annual St. Patrick's Day Luncheon sponsored by North Hill Retirement Community.

Our Annual Shredding Day is on Thursday April 18, so get your confidential information ready to be shredded. Kindly sponsored by District Attorney Michael Morrissey.

In April, we will host Attorney Maria Baler to explain new state laws that will affect us all. Bill Cleary, owner of Oasis, will help you understand your options as you consider moving and downsizing, and we are once again partnering with Westwood Recreational Department to host First Aid for Grandparents. Also in April, we have programs on Fraud Protection and Lifeline.

We are back on the road with a number of great day trips. A short description is inside this newsletter, but stop by for full details at the Center.

And do not forget to vote on Tuesday March 5 (Presidential Election) and Tuesday April 30 (Town Election) ...remember your vote counts! So come join us! We are warm and welcoming and would love to meet you!

**Happy Spring!**

*Lina Arena-DeRosa - Director*



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



Do you enjoy receiving this Newsletter? Would you like to help us with cost of publicizing our programs? The Center could definitely use your support. \$20 will cover the cost for one year. Thank you.

Name \_\_\_\_\_

Address \_\_\_\_\_



**Notes from Karen’s Desk  
Outreach Counselor  
FREE CREDIT REPORTS**

The three national credit reporting agencies — Equifax, Experian, and TransUnion — have permanently extended a program that lets you check your credit report at each of the agencies once a week *for free*. Visit <https://www.annualcreditreport.com> to request free copies of your credit reports. Other sites may charge you or be fraudulent sites set up to steal your personal information. You can also call **1-877-322-8228** or you can print and mail the **Annual Credit Report Request Form** to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

*Why check your credit report?* Your report shows things like how many credit cards and loans you have, whether you pay your bills on time, and whether any debts have been turned over to collections. Creditors, insurers, some employers, and other businesses use it to decide if they want to do business with you — and the terms they’ll offer you. Mistakes, like accounts or bankruptcies that aren’t yours, can hurt your credit, increase how much you’ll have to pay to borrow money, and even derail your chances of getting a loan, insurance, apartment, or a job. Mistakes can result from errors by businesses that report credit information to credit reporting agencies. They also can be a sign of identity theft. The sooner you spot a mistake, the sooner you can dispute the error or — if it results from identity theft — report it at <https://www.identitytheft.gov>.



**Westwood’s VSO  
(Veterans Service Officer)  
With TJ**

Call (781) 489-7509 to  
Make an appointment

The West Suburban Veterans’ District (WSVD) exists to guarantee that eligible veterans receive their military service entitlements. Likewise, and of equal importance, is the obligation the Veteran Services Officers (VSOs) have to the family members of each veteran. Outreach is vital for an VSO to do the best possible job for their communities; therefore, please stop by to introduce yourself and make an appointment with me. I can be contacted at (781) 489-7509 – and am in the office every Monday starting at 9:00am until 4:00pm at the Center.

The WSVD promises to: Be a resource and bring services to each veteran, wherever and whenever needed; Support veterans and families seeking assistance from the federal, state, and local government; Treat veterans and families with dignity, compassion, and respect, while preserving their privacy; Offer services to veterans and families by using cutting-edge technology; Improve both the quality of life and financial stability of veterans and families through the implementation of innovative economic programs; Demonstrate integrity throughout every aspect of this multifaceted.

**Blood Pressure  
Clinic**

with Marge  
Sponsored by the Friends  
of the  
Westwood COA



Dates:  
Tuesdays 12-3 - 3/12, 4/2, 4/23  
Wednesdays 1-3:30 - 3/6, 3/27, 4/10  
Thursdays 12-3 - 3/21, 4/18

Stop by to get your blood pressure checked and have a chat with Marge. This is an open invitation to anyone who would like to chat with a registered nurse. No appointment necessary.

**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.



**LIFELINE**

Tuesday March 12 at 1pm  
Lifeline Medical Alert Device Information  
\$2 donation— please sign up in advance



*Come learn about Lifeline. It’s easy to use – the button is water resistant and can be pressed at any time for any type of help. The response team will send the help that you request, a neighbor, family or emergency services. There is also optional fall detection technology available that will quickly call for help if a fall is detected, even if you are unable to press the button.*

**DAY TRIPS AT THE CENTER**



We are back on the road and have partnered with Best of Times Travel to offer amazing day trips. Stop by the Center to pick up fliers with all the details. Sign up early as these trips sell out fast.

**Thursday June 20th - Lake Winnepesaukee Cruise and Visit to Castle in the Clouds**—\$210 per person includes meals, transportation and tours.

**Wednesday July 24th - Gloucester Harbor Lobster Bake Cruise**—\$189 per person—includes transportation, cruise, lunch.

Many more are being planned and fliers will be available at the Center. *A \$20 non refundable deposit is required at the time of sign up.*



**TRAVEL TO ITALY WITH THE WESTWOOD COA**

We are heading to Italy in October and we are thrilled that so many have already signed up to join us.


Fliers with all the details are available at the Center.

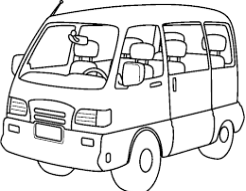
Join us as we travel together to Europe.

**Italy Trip updated itinerary:**  
<https://trips.harttravelpartners.com/trip/6yw9rqrc4a8sqz2akrepf46mfxusc8a>

**Westwood COA's Annual Shredding Day**  
*At the Senior Center Parking Lot*  
 Sponsored by  
 District Attorney Michael Morrissey  
 Thursday April 18 from 10-1pm  
*No cost to this program but please limit 3 bags per carload*

We are pleased to once again partner with the Norfolk District Attorney's Office to offer a free shredding day. Please drive into the COA parking lot and let volunteers take your bags of personal information and they will bring it to the truck to be shredded. Staples and paperclips are fine, but no three ring binders.





**VAN TRANSPORTATION At the Center**  
*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

*Plainridge Casino Trip with John*— *Wednesday March 20 - \$12 per person - Join John as he takes you for a day at the Plainville Casino; leaves the Center at 9 and returns late afternoon.*

*Election Day Rides to the Polls in the am* —*Tuesday March 5 (Presidential Election) and Tuesday April 30 (Town Election).*



### Drawing with Brenda

- Tuesdays 10-12pm
- You must sign up in advance
- \$45 for 9 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
- \$45 for 9 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.

### CHORUS with Carol

- Wednesdays
- 10:30-11:30
- \$3.00 donation
- No chorus 3/13



If you are interested in joining the Chorus, please call the Center so Carol can be in touch with you directly.

### Watercolor Painting with Brenda

- Fridays 10-12 pm
- \$40 for 8 classes
- No class on 3/1
- 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.

### WESTWOOD WOMAN'S CLUB



- Thursday at 1:00
- \$3 donation
- Please sign up in advance
- March 21 and April 18

In **March** we will host a **WHS** student who will demonstrate "kitchen gardens" and give everyone a small plant to go home with.

In **April** the Audubon Society will be back with a program called "Spring in Massachusetts".

The Executive Committee will also be discussing a 2024-2025 calendar during these meetings.

### BOOK GROUP

with Bev

- 11am
- Thursdays
- March 21
- April 18



In March we will discuss small great things by Jodi Picoult and In April we read All the Light We Cannot See by Anthony Doerr.

We are a warm and welcoming group of readers so come join us!

### Art Lecture at Fox Hill Village Thursday April 4 1:30-4pm

\$2 donation and you must sign up in advance



We have partnered with Fox Hill Village to offer a unique opportunity. Park at the Center and our van will take you over to Fox Hill Village to hear Jane Oneail. Jane is the founder of Culturally Curious, an arts education consulting firm specializing in art appreciation programs. She will be lecturing on women Impressionists. Light refreshments will be offered after the lecture and our van will bring you back to the Center.



### OPEN STUDIO Mondays 10-12 1-3pm \$3 per session No session 4/15

With Joan out for the next few months, we are opening the Craft Room on Mondays for anyone who would like to bring their watercolors or other art supplies to enjoy an Open Studio. No acrylics or oils please.

Come enjoy the space with other artists.

## SPECIAL PROGRAMS

March - April 2024

### Legal Updates with Attorney Maria Baler

Monday April 22 at 1pm

\$3 donation

Please sign up in advance



Massachusetts recently passed tax relief legislation which was signed into law by Governor Healey on October 4, 2023. Significantly, this legislation changed the \$1 million Massachusetts estate tax threshold to a \$2 million exemption. Attorney Maria Baler will discuss the nuances of this new law, including the elimination of the "cliff" effect, when the new law takes effect, what estates need to file an estate tax return, how the new estate tax is computed, and whether your estate plan needs to change if it included estate tax planning under the old law.

### CLASSIC MOVIES WITH GREYDON

Wednesday March 6 at 1pm

No cost to this program

Please sign up in advance.



Join us as Greydon presents the *PASSION OF JOAN OF ARC*, a true classic movie! This is Greydon's last time coming to the Center, so we will also celebrate his going to college!

### Understanding Medicare and Its Coverage

With Susan Flanagan from BCBS

Tuesday March 26<sup>th</sup> at 1pm

\$2 donation and please sign up in advance

**Medicare Supplement Plans  
or Medicare Advantage Plans**

**Which Coverage is Best for Me?** (45 min)



For those new to Medicare, this is the #1 question most people have when seeking additional insurance. However, even if you are already on a plan, it's always a good idea to evaluate your choices each year. Circumstances change, and so can your health plan. While we won't delve into Blue Cross plan details, you will leave with a clear understanding of which type of plan best fits your needs. What we'll Cover: What's Original Medicare, Differences between Medicare Supplement and Medicare Advantage Plans, Do I need Prescription Drug Coverage? Real-life case studies, Resources to help you in the decision process.



### UNDERSTANDING DEMENTIA - LUNCH AND LEARN

Sponsored by Cornerstone at Canton

Thursday March 28 at noontime

\$5 donation

Space is limited so you must sign up in advance

Join us as Cornerstone at Canton presents an overview of Dementia. They will explain what it is and focus on ways to notice and help someone who may be struggling with this disease. A light *lunch will include sandwiches, fresh vegetables and a sweet treat!*

### Decluttering 101

With Jen

Thursday April 25

10am

Donation - \$3



Spring is a great time to go through your closets and papers.

But if you are feeling overwhelmed by the clutter in your home and don't know where to start then join Jen Barsamian, Westwood resident and realtor®, to help unlock the fear of starting to simplify your life.

She will also offer resources to help you get the things you no longer need or want out of your homes.



### Fraud Protection

With Homeland Security  
Officer

Sean Garvey

Monday April 29 at 10am


\$2 donation

sign up in advance

Join us as Special Agent Garvey, with Homeland Security Investigations, discusses how they are working to disrupt and dismantle transnational criminal organizations engaged in financial crimes and money laundering.

He will explain ways and give tips on how to keep you and your private information safe.

**CURRENT CONVERSATIONS**  
 with Susan Sprecher  
 A News Program  
 Designed for People Who Want to Stay Engaged and Up to Date



- Wednesdays 9- 10:30
- March 6 & 27
- April 10 & 24
- \$5 per program


Election 2024 is full throttle. Both candidates say the stakes have never been higher. At the same time, world events appear to just keep heating up. And yes, there is also good news: fears of recession recede and the economic picture brightens. New innovations offer up solutions to tackle disease and climate change. Join our friendly group as we sort out our fears and hopes and try to make sense of all the daily headlines.

**BINGO EVERY THURSDAY AT 1pm**



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

**QUILTING CLUB**  
 with Helen



- Wednesdays 9-11am
- \$3 donation
- March 6 & 27
- April 10 & 24

Do you want to start a new quilting project or finish one? Then stop in and join us! All levels welcome.

**MAH JONGG**  
 with Cynthia



- Thursdays 1-3 pm
- No cost to this program

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

**Hiking Club**  
 with Maria and Angie



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

Senior hikes are offered every Tuesday at 9:15 am. Participants will need to have sturdy foot wear and a hiking pole. Leaders will send the information about the next hike to the distribution list the week before. If you are interested in joining the group, please contact the Center. Angie or Maria will then contact you. Hikes take place in Westwood and surrounding towns and are from 3 to 4 miles in length.

**KNITTING AND CROCHETING**  
 With Louise



- Wednesdays 1-3 pm
- \$2 Donation
- No knitting 3/13

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

**Italian Culture and Conversation**  
 With Jen



Tuesday April 16-May 21 (6 sessions) at 10am  
 \$30 donation  
 You must sign up in advance

Have you always wanted to learn the language of “il Bel Paese” and Andrea Bocelli? Join Italian teacher and Westwood resident Jen Barsamian for a 6-week session to learn how to have short conversations in Italian and learn about Italian culture of today. Whether you have no experience with Italian or have already taken some classes, this class will be appropriate for all beginner levels. Learning a language is great for brain health. Get ready to learn, laugh and make new friends. *A presto!*

**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
- March 6 & April 3
- Space is limited so you must sign up in advance



Are you creative? Then join us as we make crafts for the Center.

**WAXING** with Lisa



- Fridays - 8: 00-noon
- March 1
- April - Lisa is on vacation
- **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 .

# March 2024 Calendar

<p><b>4</b> 8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p><b>5</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi <i>NOTE: Presidential Primary - Rides to polls</i></p>	<p><b>6</b> 8:00 Wonder Workout 9:00 Current Conversation 10:00 Quilting 10:00 Crafts 10:30 Chorus 1:00 Blood Pressure Clinic <i>12:30 Int'gntl Program</i> 1:00 Low Impact 1:00 Knitting <i>1:00 Movie with Greydon</i></p>	<p><b>7</b> 8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates (<b>in conference room</b>) <i>11:30 Cooking with Roberta</i> 1:00 BINGO 1:00 Mah Jongg</p>	<p><b>8</b> 9:00 Bridge 10:00 Watercolor</p>
<p><b>11</b> 8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio <i>12:00 Lunch and Learn with Big Y</i> 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p><b>12</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 10:00 Drawing 12:00 Blood Pressure Clinic 1:00 Watercolor 1:00 Tai Chi <i>1:00 Lifeline Discussion</i></p>	<p><b>13</b> 9-1 <b>SHINE</b> <b><i>St. Patrick Day Luncheon</i></b></p> 	<p><b>14</b> 8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p><b>15</b> 9:00 Bridge 10:00 Watercolor</p>
<p><b>18</b> 8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1-3 Open Studio 1:00 Low Impact</p>	<p><b>19</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 10:00 Drawing <i>11:00 Powisset Farm</i> 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>20</b> 8:00 Wonder Workout <i>9:00 Casino Day Trip</i> 10:30 Chorus <i>10:00 Pebble Art Class</i> 1:00 Low Impact 1:00 Knitting <i>1:00 Legal Help</i></p>	<p><b>21</b> 8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 12:00 Blood Pressure Clinic <i>11:00 Bookgroup</i> 1:00 BINGO 1:00 Mah Jongg <i>1:00 Woman's Club</i></p>	<p><b>22</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>25</b> 8:00 Wonder Workout 10 - 3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1:00 Open Studio 1:00 Low Impact</p>	<p><b>26</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi <i>1:00 Medicare update</i></p>	<p><b>27</b> 8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 9:00 SHINE 10:30 Chorus 1:00 Blood Pressure Clinic 1:00 Low Impact 1:00 Knitting</p>	<p><b>28</b> 8:00 Floor Yoga 9:30 Chair Yoga <i>11:00 Pilates (in conference room)</i> <i>11:00 Bookgroup</i> <i>12:00 Lunch and Learn with Cornerstone</i> 1:00 BINGO 1:00 Mah Jongg</p>	<p><b>29</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p style="text-align: center;"><b>MARCH 1 - NO PROGRAMS OR VAN RIDES 10-12pm OPEN HOUSE TO CELEBRATE TRISH'S RETIREMENT (Waxing available)</b></p>				<p style="text-align: center;"><b>NOTARY SERVICES AT THE CENTER</b></p> <p>Notary Services are available at the Center. Please call in advance to make an appointment with Lina.</p>

# APRIL

April 2024

<p><b>1</b> 8:00 Wonder Workout 10-3 Veterans Assistance <i>10:00 First Aide for Grandparents</i> 10-12 Open Studio 10:30 Pilates 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p><b>2</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 12:00 Blood Pressure Clinic 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>3</b> 8:00 Wonder Workout 10:00 Crafts 10:30 Chorus 1:00 Knitting 1:00 Low Impact</p>	<p><b>4</b> 8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates <i>11:00 Powisset Farm</i> 1:00 Mah Jongg 1:00 BINGO <i>1:30 Fox Hill Lecture</i></p>	<p><b>5</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>8</b> 8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio <i>10:00 Moving does not need to be scary with B. Cleary</i> 10:30 Pilates 1-3 Open Studio</p>	<p><b>9</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>10</b> 8:00 Wonder Workout 9:00 Current Conversations 9-1 SHINE 10:00 Quilting 10:30 Chorus 1:00 Blood Pressure Clinic <i>12:30 Intgn'l Program</i> 1:00 Knitting 1:00 Low Impact</p>	<p><b>11</b> 8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p><b>12</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>15</b> <b>CLOSED</b> <b>PATRIOTS DAY</b></p> 	<p><b>16</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Italian Class 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>17</b> 8:00 Wonder Workout 10:30 Chorus 1:00 Knitting 1:00 Low Impact</p> <p><i>5:00 pm Dinner Club</i></p>	<p><b>18</b> 8:00 Floor Yoga 9:30 Chair Yoga <i>10-1 SHREDDING DAY IN PARKING LOT</i> 11:00 Pilates <i>11:00 Bookgroup</i> 12:00 Blood Pressure Clinic 1:00 Mah Jongg 1:00 BINGO <i>1:00 Woman's Club</i></p>	<p><b>19</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>22</b> 8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1-3 Open Studio 1:00 Low Impact <i>1:00 Legal Hour with Attorney Maria Baler</i></p>	<p><b>23</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Italian Class 10:00 Drawing <i>11:30 Men's Club</i> 12:00 Blood Pressure Clinic 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>24</b> 8:00 Wonder Workout 9:00 Current Conversations 9:00 Quilting 9-1 SHINE 10:30 Chorus 1:00 Knitting 1:00 Low Impact</p>	<p><b>25</b> 8:00 Floor Yoga 9:30 Chair Yoga 10:00 Decluttering 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p><b>26</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>29</b> 8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio <i>10:00 Avoiding Fraud</i> 10:30 Pilates 1:00 Low impact 1-3 Open Studio</p>	<p><b>30</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Italian Class 10:00 Drawing 1:00 Watercolor 1:00 Tai Chi TOWN ELECTION Rides available</p>			



**WONDER WORKOUT**

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- No class March 1, 8, & 15
- No class April 15
- \$3 donation



Jump start your day with this energizing class! You'll exercise your whole body at this low impact class that has something for nearly everybody: aerobics, weights, bands, balls and balance. All you need to do is wear comfortable clothes and bring water and a smile.



**LOW IMPACT EXERCISE**

With Eileen

- Mondays & Wednesdays
- 1 pm
- \$3 donation
- No class 3/13, 4/15

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 3/11, 4/15
- \$3 donation



Pilates helps strengthen your core, your back and abs. This class is done primarily on a mat. Please bring a water bottle, floor mat and wear comfortable clothing. **(Note: Pilates is in the conference room on 4/1).**

**YOGA**

With Mary Beth

- Tuesdays
- Thursdays
- 8:00 Floor yoga
- 9:30 Chair yoga
- \$3 per class



**Yoga mat class 8-9am**

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

**Chair Yoga 9:30-10:30am**

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

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

**LEGAL CLINIC**

Westwood Residents only

with Attorney Ochea MetroWest

**Legal Services**

- 1:00 to 3:30 pm
- Wednesday
- March 20



This private 20 min. free legal consultation for seniors on housing, public benefits, social security matters, and durable power of attorney. You must sign up in advance.

**Tai Chi**

With Scotty

- Tuesdays 1pm
- \$3 donation



T'ai Chi and QiGong can harmonize, strengthen, and have a healing effect on the functioning of all the internal organs and bodily systems. They increase the supply and flow of energy throughout the body, can have a variety of rejuvenating effects and are believed to increase longevity, and induce calm mental and emotional states.

**SHINE** With Mitch

- **BY APPOINTMENT ONLY**

- Wednesdays
- 9 - 1pm
- March 13 & 27
- April 10 & 24



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.

**INTER-GENERATIONAL PROGRAM**

Join us in March and April to meet with fourth graders at the new Pine Hill School! For four Wednesdays from 12:30-1:30,



we will participate together in fun activities and programs. Last year we met 14 students on the Wednesday early release days to play games, learn about service dogs, and have an ice cream social. We had lots of interesting discussions and learned about each other and how much we had in common! If you are interested to join in on the fun, please contact Mary Joyce at [mjoyce46@gmail.com](mailto:mjoyce46@gmail.com).



**MEN'S GROUP**

**MEN'S CLUB**  
**Tuesday April 23**  
**11:30am**

**A light lunch will be provided**

We are reviving our Men's Club with an Open House and light lunch. – Bring your collectibles (please limit it to coins, stamps and sports cards) to show others and bring ideas for future meetings.

*NOTE: No cost to this program but please sign up in advance so we know how to many to expect.*



## 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**

**Tuesday March 19 French for the Home Cook** - This hands-on class with Chef Thi will introduce you to some classic french dishes . We'll make Coq au Vin, Dauphinoise Potatoes, and Classic Vinaigrette with frisée. Bon Appetit! *Sign up begins 3/4.*

**Thursday April 4 Fantastic Flatbreads** - Don't call it a pizza - flatbreads can be so much more than that. In this hands-on cooking class, Chef Thi will introduce you to a variety of versatile flatbreads to create at home. We'll make Piadina with roasted vegetables and pesto, Beef Scallion Pancakes, and Mauritian Roti with stewed lentils. *Sign up begins 3/25.*

Included in this class: Cooking demonstration and hands-on learning experience; Instruction from an experienced, top-notch instructor and recipes to take home. *Note: we cannot accommodate any food allergies. No take home food.*

### Cooking with Roberta

**Thursday March 7 at 11:30**

**\$6 donation and sign up begins 2/29**

#### A Taste of Thai Cooking



Thai cuisine is filled with aromatic herbs and spices that contribute to unique and delicious flavors. Join Chef Roberta Hing to explore fresh interpretations of traditional Thai recipes that you can replicate at home! In this hands-on class, students will make a full Thai meal, starting with a warming and colorful Thai Coconut Soup. You'll learn more about unique Thai flavors as you create authentic Pad Thai, and will finish by preparing a simple and refreshing no-churn Mango Ice.Cream. **NOTE :** *We cannot accommodate any food allergies and there is no take home food. Thanks.*



CHOLESTEROL

### LUNCH AND LEARN

With Big Y Pharmacist Eddie

#### FISH OR FISH OIL—A Cholesterol Story

**Monday March 11 at noontime**

\$4 donation - please sign up in advance - includes a light lunch

Join us as Pharmacist Eddie discusses the lipid panel numbers—the why and how medications and therapies can decrease cholesterol levels and the effects of a high cholesterol. *This is an important conversation for anyone who struggles with their cholesterol levels.*



CHOLESTEROL



### Moving Does Not Need to Be Scary

*Taking the Next Step and Understanding Your Housing Options*

With Bill Cleary of Oasis

April 8 at 10am

\$2 donation – please sign up in advance

Everyone should understand their housing choices as they age. Bill will explain the differences and what to look for in 55 plus, Assisted Living and Memory Care options. Even if this is years away, everyone needs a plan because **Moving DOES NOT need to be scary.** So join us and start thinking about the next step in your housing possibilities.

### Pebble Art

**Wednesday March 20 at 10am**

**\$20 per person includes all materials**

*Sign up in advance as space is limited*



Have you ever wanted to learn how to create a picture using materials found directly off the beach? Come join local guest artist Kerry Consentino- Vilorio to create beautiful custom pebble art and sea glass designs. During this two-hour class, you will use various styles of beach stones, driftwood and shells hand picked off local New England beaches with each design being glued on cardstock and enclosed in a rustic gray frame. *This class is truly a wonderful opportunity to create a sentimental piece for yourself or gift someone special.*



**A Dinner Club for Seniors**  
**ENJOY GREAT FOOD & MAKE NEW FRIENDS**  
*April 17 at 5pm at Neroli Ristorante*  
\$65 per person (must be paid in advance to Westwood COA)

Join us on Wednesday April 17th as we enjoy a great dinner at Neroli’s restaurant. Dinner will be choice of salad (Caesar or Arugula); Main Meal Choice (Chicken Parm with Pasta; Salmon with corn risotto or Pasta Primavera,) followed by either Mini Cannoli or Gelato for dessert. Dinner includes choice of beer or house wine, coffee or tea as well as all taxes and gratuities.  
*So come with friends or meet new ones. Space is limited. You must sign up and pay in advance.*



**FIRST AID FOR WESTWOOD GRANDPARENTS ages 60+**

Monday April 1  
10:00 AM-12:00 PM

\$25 for Westwood seniors/ \$95 for out of towners (1 class) Min 5/Max 10



If you’re a grandparent caring for kids, you want to know how to respond in case of a first-aid emergency. Much has changed since you may have used first aid with your own children. You’ll learn to handle injuries and manage illness for the first few minutes until help arrives. We’ll cover first aid basics: medical, injury, and environmental emergencies; and CPR for all ages and how to use an AED. We’ll learn about allergies and Epi-Pens too. You will receive an American Safety and Health Institute certification in Pediatric First Aid, CPR and AED use upon successful completion of this course.

Westwood COA Discount: This class is underwritten by the Westwood Council on Aging. Westwood Residents who are 60+ can sign up at the COA for only \$25; out of town seniors \$95. *Space is limited so you must call in advance to sign up.*

 **Westwood Public Library**

**Homebound Delivery and Outreach to Seniors:**

Westwood Public Library, in partnership with the Friends of the Westwood Public Library and the Westwood Council on Aging, offers a delivery option to provide library materials for Westwood residents who are confined to their homes by an illness or injury, either temporary or long term, and are therefore unable to travel to the library. For additional information, please contact Karen Gallagher, Head of Circulation Services at 781-320-1081 or Claire Connors, Head of Branch Services at 781-326-5914.

**Technology Help**

Reference librarians are available to help with general troubleshooting with phones, tablets and laptop computers, and also with library apps and websites. Drop-in technology help is available at the Main Library on Mondays from 12 to 2 pm — ask at the Reference Desk to get started. Drop-in sessions are limited to a maximum of 30 minutes per person. If you have a question, please call 781-320-1045 or email [askwestwood@minlib.net](mailto:askwestwood@minlib.net). Technology Help Hours are available at the Islington Branch on Tuesdays and Thursdays from 2 to 5 pm. Email [wwdmail2@minlib.net](mailto:wwdmail2@minlib.net) or call 781-326-5914 to sign up. **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 TOWN CLERK’S OFFICE**  
**DOTTIE POWERS**



**It is a Presidential Election Year and we want everyone who is eligible to vote!**



You can register to vote in Massachusetts if you are: A U.S. citizen; A resident of Massachusetts; 18 years or older; not currently incarcerated by reason of a felony conviction. You can register to vote online, by mail, or in person at the Clerk’s Office. **Election Dates are Tuesday March 5** (Presidential Primary) and **Tuesday April 30** (Town Election). Polls are located at the Westwood High School and are open from 7am to 8pm. *Rides are available by calling the COA two business days before each election.*



Westwood  
COA  
60 Nahatan Street  
Westwood MA  
02090

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**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  
Mary Ellen LaRose -  
Assistant Director  
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



**ST. PATRICK'SDAY LUNCHEON**  
**Sponsored by North Hill Retirement  
Community**

**WEDNESDAY MARCH 13**

**NOONTIME**

**\$8 DONATION**

**Music sponsored by Westwood Cultural Council**

This March, we celebrate everything green! Whether you are Irish or not, come and enjoy great Irish Music and delicious Irish fare (corned beef, cabbage, Irish soda bread and carrot cake for dessert). As winter wanes, this is a great way to kick off spring and sunshine so come join us!! SIGN UP BEGINS Tuesday March 5 by *phone only!*

*Wear your green and come join the fun!*