



STAY HEALTHY - STAY CONNECTED - AGE WELL

July-August 2024



~ SUMMER IS HERE ~

Summer is here ... and I *love* summer! Being outside, whether in my garden, hosting a BBQ or at the beach; the days are long and warm ... summer is the best time of the year or at least in my mind!

And once again, I want to remind everyone that anyone 65 or older can purchase a State Park Pass for 20 MA State Parks at a discount. If you go to the [mass.parks@mass.gov](mailto:mass.parks@mass.gov) you can find all the important information needed. There are many other ways to get outside and enjoy nature at a discount; just google where you want to go and find out if there are any senior discounts ... truly worth your time.

While we are open all summer, several of our instructors are taking well-deserved time off, so please *double* check our July/August schedule. We will be adding a new regular class, Zumba Gold every Tuesday at 11am. Your first class is free, so we hope you will join us and try it out! *The Center will be closed on July 29 & 30 due to much needed repairs.*

We welcome Kristen Dooher as our new COA Nurse. She will be here every Thursday from 9:30-12:30 to take your blood pressure and discuss any concerns you may have. Please come by, introduce yourself and meet Kristen.



Our special July programs include aging advisors, 2Sisters, presenting a discussion on "Defining Your Living Arrangements As You Age." Plant expert Suzie delights with tips and tricks on arranging sunflowers. Important to all seniors, the Mass Bar Association offers a program on getting your legal responsibilities in order. Back by popular demand, Historian Anthony Sammarco lectures on the significance of "Boston's Arboretum Cemeteries. (We'll be scheduling a day trip to the Arboretum this fall). Pebble Art with Kerry is back on the calendar as well. In July and August, HEESCO is offering two special French bread pizza lunches. And what would summer be without an ice cream social sponsored by Representative Paul McMurtry?

In August, a cooking class will be offered at Dover's Powisset Farm. Plus a Lunch and Learn program "Can 70 be the new 50?" brought to you by Big Y. We welcome Dr. Peter Krause, a BC Professor, who will offer an important discussion on the Israeli-Palestinian Conflict.

We will be traveling to the Canterbury Shaker Village, with a cruise on Squam Lake in August and in September we will venture to Vermont to enjoy the Simon Pierce Glassblowing tour with a stop at both the King Arthur Flour Company and The Vermont Country Store. Mary Ellen will take you on a Charles River cruise in July and to the New Bedford Whaling Museum in August. Our day trips sell out quickly, so sign up early if you are interested.

Looking ahead, in early September, we partnered with Dedham COA to host a four-part class series "Creating Your Life Transition Binder" here at the Center, details inside this newsletter.

Staff and instructors are taking vacation time, but please remember the Center is open all summer long and we hope you will join us!

Happy Summer Everyone!  
Lina Arena-DeRosa  
Director

## SPECIAL THANKS TO:

**Professor Krause** for offering an important discussion on the Israeli Palestinian Conflict;

**Natick Army Labs** who came and gave our Veterans an update on current special "tools" that the Army is now using;

**BIG Y** for presenting a Lunch and Learn on "Can 70 be the new 50?";

**Representative Paul McMurtry** for offering an ice cream social;

**Stop & Shop** for helping us raise funds through their fundraising opportunity;

**Stephanie Ramales** for six years on our COA Board;

**Westwood Rec Dept** for letting us use their picnic tables for our outdoor events and the DPW for delivering them;

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



**Notes from Karen's Desk**

**Outreach Counselor**

**TIRED OF TELEMARKETING CALLS?**

**REGISTER FOR  
THE NATIONAL DO NOT CALL  
REGISTRY**



The National Do Not Call Registry is managed by the Federal Trade Commission and can help stop telemarketing calls (calls that solicit sales of goods or services). To register for the National Do Not Call Registry, call toll-free **1-888-382-1222** (TTY: 1-866-290-4326) from the phone number you want to register, or register online at [www.donotcall.gov](http://www.donotcall.gov). You can register both your home and mobile phone for free. If you register online, the system will send a confirmation to your email address with a link that you must click within 72 hours of receipt to confirm your registration. After you sign up, your phone number will appear in the registry by the next day. Telemarketers then have up to 31 days to remove your phone number from their call lists.

Your registration will never expire. You can verify if and when your phone number was registered by calling 1-888-382-1222 or online at [www.donotcall.gov](http://www.donotcall.gov).

Political phone calls, charities, debt collectors, and telephone surveys (if made for the sole purpose of conducting a survey) are not covered by the National Do Not Call Registry. If you are on the National Do Not Call Registry, you can still receive calls from companies that you have an existing business relationship with or that you have previously agreed to receive calls from.

If your number has been on the National Do Not Call Registry for at least 31 days and you receive a call from a telemarketer that you believe is covered by the National Do Not Call Registry, you can file a complaint at <https://www.donotcall.gov/report.html> or by calling 1-888-382-1222 (TTY: 1-866-290-4236). To file a complaint, you must know either the name or telephone number of the company that called you and the date the company called you, and you must provide your registered phone number.



**WELCOME  
KRISTEN  
COA NURSE**

Every Thursday from 9:30-12:30  
Here at the Senior Center  
On vacation 7/25 & 8/22

We are pleased to welcome Kristen Dooher as our new COA Nurse. She comes to us with an enormous amount of experience and is a local resident of Westwood.

She will be in the nurse's office every Thursday and we invite you to stop in to get your blood pressure taken or discuss with you how you are feeling. So stop in to say hi and meet our new staff member. This is funded through our State Annual Formula Grant.

**CONGREGATE MEALS  
AT THE CENTER**



Join us for a hot meal and dessert at the Senior Center on Wednesdays from 11:45-12:30. And throughout the summer, we serve ice cream sundaes after lunch.

We will offer two special French Bread Pizzas lunches ... includes salad on July 17 and August 21. So sign up and make some new friends.

Lunches are a \$3 donation. Menus are available at the Senior Center or on the town website [www.townhall.westwood.ma.us/government/boards-committees/council-on-aging](http://www.townhall.westwood.ma.us/government/boards-committees/council-on-aging).

Please call Elaine at 781-329-6514 at least 2 business days in advance to reserve your lunch.



**FROM KRISTEN'S DESK  
COUNCIL ON AGING NURSE**

Summer is my favorite season, but as we know, New England summers can bring the heat! It is very important to stay hydrated and look out for signs of heat-related conditions.

**HEAT-RELATED CONDITIONS AND SYMPTOMS**

**Dehydration** - Dehydration occurs when a person expends more fluid than they have consumed. In summer, this can happen from excessive sweating. It's a problem because the body cannot function properly when fluid deficient. Symptoms of dehydration include a lack of energy, dizziness when changing positions, dark urine, and urinating less frequently.

**Heat Exhaustion** - Heat exhaustion is the body's response to an excessive loss of water and salt, usually through excessive sweating. Symptoms of heat exhaustion include cool, pale, and clammy skin, headache, dizziness, thirst, heavy sweating, nausea, vomiting, a fast and weak pulse, and body weakness or muscle cramps.

**Heat Stroke** - Heat stroke is a serious medical condition that requires immediate attention in an ER. It occurs when the body is entirely unable to control its internal temperature. Symptoms of heat stroke include a temperature of 104°F or higher, a throbbing headache, altered mental state or unconsciousness, no sweating, red, hot, dry skin, nausea or vomiting, and rapid pulse.

In addition to staying hydrated, Westwood has some great resources for staying cool in the summer. The COA and the library is air-conditioned and welcomes residents to come in to cool off.



**DAY TRIPS  
AROUND NEW  
ENGLAND**

**July 24 - Gloucester Lobster Bake Harbor Cruise - \$189 pp**—Includes transportation, cruise around Gloucester Harbor, and full buffet menu. (Note: *Currently SOLD OUT but there is a wait list*).

**August 15 - On Golden Pond Tour - \$199** - includes transportation, visit to Canterbury Shaker Village in New Hampshire, lunch and cruise on Squam Lake.

**September 26 - Simon Pierce Glassblowing, King Arthur Flour and Vermont Country Store— \$199pp** - transportation, tours, lunch.

*Details and fliers are available at the Senior Center. A \$20 nonrefundable deposit is required at the time of registration and there are no refunds for cancellations. Space is limited so sign up soon!*



**ON THE MOVE  
With Mary Ellen**  
*You must sign up  
Two business days in advance  
No exceptions.*

**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 only)** - (\$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*  
*No rides on July 4, or when we are closed on July 29 or 30.*

**DAY TRIPS with MARY ELLEN**



**Friday, July 26<sup>th</sup> Architecture Tour of Boston by Boat and lunch at the Cheesecake Factory – \$60 per person for boat tour and lunch**  
*You must sign up in advance*

**Sign up begins on July 1 at 8 a.m. by phone only**

*Join us for a 2-hour boat tour with the Charles River Boat Company. The tour offers spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and the Charles River basin narrated by a guide from Boston by Foot. Lunch after the tour at the Cheesecake Factory in the Cambridge Side Mall.*

**Tuesday, August 20<sup>th</sup>  
New Bedford Whaling  
Museum**



**\$30 per person and you must sign up in advance**

**Sign up begin on July 29 at 8 a.m. by phone only**

*Tour the Whaling Museum with a docent and explore the history and culture of New Bedford's Whaling Industry and Maritime Heritage and then view a short 3D film in the Big Blue Pictures theater. Enjoy lunch on your own at The Whale's Tail Clam Shack.*



**Westwood's VSO  
(Veterans Service Officer)  
With TJ Tedeschi**

**(781) 489-7509** *Call to make an appointment*  
**Mondays 10 -3pm**

TJ is a Marine Veteran and can help you apply for your well deserved benefits.

The West Suburban Veterans District is staying current on “everything VA” and would enjoy talking with you anytime you are available. The summer weather is here so please stop by so we can meet – because you never know, maybe this VSO can change your life for the better.

**WONDER WORKOUT**

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- \$3 donation
- No class on Mondays during July
- No class Friday, August 2 & 9



This high energy class will focus on cardio and strength fitness. Please wear comfortable clothing and bring a water bottle. Now is a great time to get in shape! Drop ins welcome.



**LOW IMPACT EXERCISE**

With Eileen & Friends

- Mondays & Wednesdays
- 1 pm
- \$3 donation
- No class 7/3, 7/8, 7/24 and July 29

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! Drop ins are welcome.

**PILATES with Mary**

- Mondays 10:30 am
- Thursdays at 11:00 am
- \$3 donation
- No Class 7/4, 7/30



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.

**LEGAL CLINIC**

Westwood Residents only with Attorney Ochea  
MetroWest Legal Services



- 1:00 pm to 3:30 pm
- September 25 - by appointment only

Schedule private 20 min. free legal consultation.. She can help with topics such as housing, public benefits and social security matters, and durable power of attorney for Westwood Seniors.

**YOGA**

With Mary Beth

- Tuesdays & Thursdays
- 8:00 Mat yoga
- 9:30 Chair yoga
- \$3 per class
- No class 7/4, 7/30, 8/27 & 8/29



**Mat Yoga:** Yoga is known to improve flexibility and emotional well-being. Many of the other benefits include: Boosts immunity, Reduce chronic pain, Enhances brain function, Improves digestion, Increases energy and Improve your quality of sleep! Please come and enjoy yourself with us every Tuesday and Thursday 8:00 am- 9:00 am

**Chair Yoga:** Sit, Stretch and Strengthen. Achieve greater strength, balance and flexibility with Chair Yoga. It's a gentle form of yoga done while sitting. Join us every Tuesday and Thursday 9:30 am-10:30 am.

This is your way to a **Healthier and Happier You!**

**BOOK GROUP**

with Bev  
Thursdays

- July 18
- August 15
- 11am



Do you enjoy reading? After a good read, would you like to discuss your ideas? Well than join this growing group of avid readers.

In July, Bev will be discussing "**The Berry Pickers**" by Amanda Peters and in August "**Summer Island**" by Kristin Hannah.

**T'ai Chi**

With Scotty

- Tuesdays 1pm
- \$3 donation
- No class 7/30



Join us on Tuesdays and experience both Qi Gong and T'ai Chi. We focus on cultivating energy known as qi, and this movement can help you with your balance and energy. This is a gentle low impact form of exercise in which participants focus on deep slow breaths and deliberate flowing motions.

**SHINE With Mitch**

**BY APPOINTMENT ONLY**

- Wednesdays
- 9 - 1pm
- July 17 & 31
- August 14



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.

**ZUMBA GOLD**

With instructor  
Mimi Shin

- Tuesdays
- 11-noontime
- \$4donation
- No class 7/30

**WELCOME MIMI!**



It's a dance party every Tuesday! Come and dance with me.

Zumba Gold is a fun dance cardio exercise with low impact movements. Each class is just like a dance party with easy to follow steps.

Get ready to sweat and move your body to various fun music. You will leave each class feeling happier and stronger!

**Drawing  
with Brenda**

- Tuesdays 10-12pm
- You must sign up in advance
- No classes in July
- \$20 for 4 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
- No classes in July
- \$20 for 4 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**

*CONGRATULATIONS  
ON A WONDERFUL  
CONCERT IN JUNE ...*



*CHORUS WILL BE TAKING THE  
SUMMER OFF BUT WILL BACK  
IN THE FALL!*

**Watercolor**

**Painting with Brenda**

- Fridays 10-12 pm
- No classes in July
- \$20 for 4 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.

**WESTWOOD  
WOMAN'S CLUB**

- *CONGRATULATIONS ON ANOTHER SUCCESSFUL YEAR*



*....  
WOMAN'S CLUB  
WILL BE TAKING  
THE SUMMER OFF  
BUT WILL BE BACK  
IN THE FALL!*

**OPEN  
STUDIO  
Mondays  
10-12  
1-3pm  
\$3 per  
Session**



Instructor Joan has retired. We are opening the Craft Room on Mondays for anyone who would like to bring their watercolors (no acrylics or oils please) or other art supplies to enjoy an Open Studio.

Come enjoy the space with other artists.



**Defining Your Living Arrangements As You Age**

*With 2Sisters Senior Living Advisors*

*Monday July 15<sup>th</sup> at 10am*

*\$2 donation*

*Please sign up in advance so we know how many to expect*

Trying to figure out where to live as you age? Then come join us in the important program as 2Sisters Senior Living Advisors discuss the types of goals that people have about how they wish to age.

Options include: Staying at home, never going to a nursing home, or staying together with a spouse are among the most common aging goals. They will review the types of options for receiving care and the costs associated. The objective of this discussion is to identify how to determine your budget based on your aging goals.



**CURRENT CONVERSATIONS**

with Susan Sprecher



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

- Wednesdays 9-10:30am
- July 10 & 24/ August 14 & 28
- \$5 per program

You are invited to join our friendly group as we review the events of the week, share ideas, opinions, and maybe get just a bit smarter by listening to one another. So join us for conversation and walk away with a new perspective.

**QUILTING CLUB** with Helen



- Wednesdays
- July 10 & 24 / August 14 & 28
- 9-11am
- \$3 donation

Need inspiration on starting or finishing a quilt? Come join our group of quilting enthusiasts. All levels welcome. Stop in and join us!

**MAH JONGG**

with Cynthia



- Thursdays
- 1-3 pm
- No cost to this program
- No Mah Jongg 7/4

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

**BINGO EVERY THURSDAY AT 1pm**

No BINGO July 4



Join us for a friendly game of BINGO. This is a great way to make new friends! No cost to this program.

**Hiking Club**

with Maria and Angie



- Tuesdays at 9:15 am
- 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. Hikers will need to have sturdy footwear 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 class on July 3

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

**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
- No crafts in July
- August 7
- 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
- July 5 & August 2
- **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 .



**My Own Way Walkers**

with Susan

Wednesdays at the WHS Track  
10am (weather permitting)  
No cost to this program,  
And meet us at the track



Do you want to walk more but are hesitant? No one to walk with? Limited endurance? Get your weekly dose of vitamin D and increase your walking stamina!

Join Susan's new walking group and walk a lap or two around the WHS track, weather permitting. This is a fun way to make an easy and enjoyable commitment to increase the amount of steps you know you should be taking.

Bring a hat, sunscreen, sunglasses, water bottle and wear comfortable shoes.

***Arboretum Cemeteries: Mount Auburn and Forest Hills***

**Historian Anthony Sammarco**

**Tuesday July 16<sup>th</sup> at 1pm**

**\$4 donation**

**Please sign up in advance**



Join us as Anthony discusses Arboretum Cemeteries. In the mid-20th century rural cemeteries began to fade out of popularity and were replaced by the lawn cemetery. These two cemeteries are in a park like setting with works of art and sculptures.

Mount Auburn and Forest Hills Cemeteries have been designed with romantic vision, based upon English landscape gardening. Nature, in contrast to an increasingly urban setting, was idealized and sought out; cemeteries, located close to the city, were consciously designed to provide sanctuary, solitude, quiet, adornment, and beauty. It was common, especially on Sundays, for full families to picnic in cemeteries “taking long walks in the peaceful setting, thinking about the past and the future, and keeping a little bit of history alive for themselves.”

Today we look at places such as Mount Auburn and Forest Hills not just as places to bury the dead, but a place of interest with horticulture and funerary art commingling to create an open-air museum.

*P.S. We will be planning a day trip in September to the Mount Auburn Cemetery so come learn about its history!*

**AGING HEALTHY – Can 70 Be The New 50?**

*A Lunch and Learn With BIG Y Pharmacist, Eddie Martucci*

**Monday August 12 -at noontime**

**\$4 donation includes a light lunch**

**You must sign in advance**



Do you feel young at heart? Do you want learn tricks on how to age “gracefully”? Then join us as Pharmacist Eddie Martucci discusses how to age in a healthy way, physically, mentally and spirituality. A light lunch will be provided.

**GETTING YOUR LEGAL RESPONSIBILITIES IN ORDER**

**With Elder Attorney John Donahue, Esq.**

**Monday July 22 at 10 am**

**\$3 donation and you must sign up in advance**



Annually the Mass Bar Association offers COAs a comprehensive overview for seniors to understand their legal responsibilities. If you are curious about what you need to legally understand as you age, then join us as Attorney John Donahue gives an overview of your legal obligations. Included will be a booklet that will help you understand all your responsibilities.

# July Calendar



July - August 2024

<p><b>1</b> 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1-3 Open Studio</p>	<p><b>2</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 11:00 Zumba Gold 1:00 T'ai Chi</p>	<p><b>3</b> 8:00 Wonder Workout 10:00 Walking Club  <b>CLOSE AT NOONTIME</b></p>	<p><b>4</b> <b>CLOSED</b> <b>4th of JULY</b> </p>	<p><b>5</b> <i>8:00 Waxing by appointment only</i> 8:00 Wonder Workout 9:00 Bridge</p>
<p><b>8</b> 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates 1-3 Open Studio</p>	<p><b>9</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 11:00 Zumba Gold 1:00 T'ai Chi</p>	<p><b>10</b> 8:00 Wonder Workout 9:00 Quilting 9 :00 Current Conversations 10:00 Walking Club 1:00 Low Impact Exercise 1:00 Knitting</p>	<p><b>11</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 11:00 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p><b>12</b> 8:00 Wonder Workout 9:00 Bridge</p>
<p><b>15</b> 10-3 Veterans Assistance <i>10:00 Two Sisters Lecture</i> 10-12 Open Studio 10:30 Pilates 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p><b>16</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 11:00 Zumba Gold <i>1:00 Arboretum Lecture</i> 1:00 T'ai Chi</p>	<p><b>17</b> 8:00 Wonder Workout 9:00 SHINE 10:00 Walking Club <i>11:45 French Bread HESSCO Lunch</i> <i>1:00 Ice Cream Social</i> 1:00 Low Impact Exercise 1:00 Knitting</p>	<p><b>18</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 11:00 Pilates 11:00 Bookgroup 1:00 BINGO 1:00 Mah Jongg</p>	<p><b>19</b> 8:00 Wonder Workout 9:00 Bridge</p>
<p><b>22</b> 10 - 3Veterans Assistance 10-12 Open Studio <i>10:00 Legal Responsibilities Discussion</i> 10:30 Pilates 1:00 Open Studio 1:00 Low Impact Exercise</p>	<p><b>23</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga <i>10:00 Pebble Art</i> 11:00 Zumba Gold 1:00 T'ai Chi</p>	<p><b>24</b> <i>Trip to Gloucester</i> 8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 10:00 Walking Club 1:00 Knitting</p>	<p><b>25</b> 8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p><b>26</b> 8:00 Wonder Workout 9:00 Bridge <i>9:00 Boston Boat Tour</i> <i>10:00 Sunflowers with Suzie</i></p>
<p><b>29</b> <b>CLOSED DUE TO CENTER REPAIRS</b> </p>	<p><b>30</b> <b>CLOSED DUE TO CENTER REPAIRS</b></p>	<p><b>31</b> 8:00 Wonder Workout 9:00 SHINE 10:00 Walking Club 10:30 Chorus 1:00 Low Impact Exercise 1:00 Knitting</p>	<p><b>Remember to pick up flowers at the Dedham Stop and Shop and help us raise funds in July.</b> </p>	<p><b>NOTARY SERVICES AT THE CENTER</b> Notary Services are available at the Center. Please call in advance to make an appointment with Lina.</p>



# August

July - August 2024

<p><b>NIGHT VISION GLASSES</b></p> <p>\$12 - Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Glasses may help you.</p> 			<p><b>1</b></p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p><b>2</b></p> <p>8:00 <i>Waxing by appointment only</i> 9:00 Bridge 10:00 Watercolor</p>
<p><b>5</b></p> <p>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>6</b></p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:15 Hiking Club 10:00 Drawing 11:00 Zumba Gold 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>7</b></p> <p>8:00 Wonder Workout 10:00 Walking Club 10:00 Crafts 1:00 Knitting 1:00 Low Impact Exercise</p>	<p><b>8</b></p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 11:00 Pilates <i>11:00 Powisset Farm</i> 1:00 Mah Jongg 1:00 BINGO</p>	<p><b>9</b></p> <p>9:00 Bridge 10:00 Watercolor</p>
<p><b>12</b></p> <p>8:00 Wonder Workout 10-3 Veterans Assistance 10-12 Open Studio 10:30 Pilates <i>12:00 Big Y Lunch and Learn</i> 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p><b>13</b></p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold 1:00 Watercolor 1:00 T'ai Chi</p>	<p><b>14</b></p> <p>8:00 Wonder Workout 9:00 Current Conversation 9:00 Quilting 9:00 SHINE 10:00 Walking Club 1:00 Knitting 1:00 Low Impact Exercise</p>	<p><b>15</b></p> <p><i>On Golden Pond</i> 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 11:00 Bookgroup 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p><b>16</b></p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>19</b></p> <p>8:00 Wonder Workout 10-3 Veterans Assistance <i>10:00 Israel/Palestine Conflict Lecture</i> 10-12 Open Studio 10:30 Pilates 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p><b>20</b></p> <p>8:00 Floor Yoga <i>9:00 Bedford Whaling Museum</i> 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold 1:00 Watercolor 1:00 T'ai Chi</p>	<p><b>21</b></p> <p>8:00 Wonder Workout 10:00 Walking Club <i>11:45 HESSCO French Bread Lunch</i> 1:00 Knitting 1:00 Low Impact Exercise</p>	<p><b>22</b></p> <p>8:00 Floor Yoga 9:30 Chair Yoga 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p><b>23</b></p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>26</b></p> <p>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>27</b></p> <p>9:15 Hiking Club 10:00 Drawing 11:00 Zumba Gold 1:00 Watercolor 1:00 T'ai Chi</p>	<p><b>28</b></p> <p>8:00 Wonder Workout 9:00 Quilting 9:00 Current Conversation 10:00 Walking Club 1:00 Knitting 1:00 Low Impact Exercise</p>	<p><b>29</b></p> <p>9:30 COA Nurse 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p><b>30</b></p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>

## COOKING CLASSES AT DOVER'S POWISSET FARM



We meet at Powisset Farm at 11am  
 With Chef Thi -\$25 per class  
 Thursday August 8  
**Sign up by phone only**  
**Sign up starts on August 1**  
**(no in person sign up)**

No July Class - Thi on vacation

**Thursday August 8—Fragrant, delicious Bao (Steamed Buns)** are popular street food in many countries in east and southeast Asia, especially in China. In this hands-on class with chef Thi, you'll learn to make dough from scratch to create two styles of buns: Char Sui Cauliflower Buns and BBQ Pork Buns.

*Included in this class:*

- Cooking demonstration and hands-on learning experience.
- Lunch included (eat what you just learned to cook).
- Instruction from an experienced, top-notch instructor.
- Recipes to take home
- We cannot accommodate food allergies**
- No take home food will be allowed**

## State Representative Paul McMurry's Annual Ice Cream Social



Date: Wednesday  
 July 17<sup>th</sup> at 1pm  
 No cost to this program,  
 but you must sign up in advance

Come join us as State Representative Paul McMurry introduces you to his interns at his annual ice cream social. Come hear how they are working to involve young people in public service and civic engagement.

**Note:** *If you are also joining us for the HESSCO Lunch of French Bread Pizza (which is sponsored by HESSCO and is a \$3 donation) please call Elaine in advance so she knows how many to expect for lunch 781-329-6514.*

## Creating Your Life Transition Binder A Four Part Series

With Sandra Bartra  
 Fridays September 13, 20, 27 and October 4  
 10 – 11:30am  
 \$30 donation (includes cost of binder)  
 Space is limited so you must sign up in advance



Could your family easily step in and help you manage your affairs if you need assistance? Are all your important details organized in one place so it's easily accessible by your family if you were incapacitated?

*In this four-class series* Sandra will guide you in creating your customized "Life Transition Binder" to incorporate all your important life details, including personal data, property, financial, retirement/investment, insurance, medical and service provider information. In addition to the information listed in the binder, she will also introduce many other important topics that impact seniors.

This *Life Transition Binder* will serve as an incredible resource for you, while also providing your family with the details they will need to assist you in the event of an emergency. This binder will give you and your loved ones peace of mind and provide them with direction and guidance. As part of this class you will receive the physical binder and all the worksheets.

## STOP & SHOP'S BLOOMIN'4 GOOD BOUQUET

In the month of July  
 at their 160 Providence Highway Store in Dedham



Want to help us raise money and enjoy summer flowers? While you are shopping for your groceries, pick up a bouquet of flowers (\$10.99 or more) at the Dedham Stop & Shop and \$1 will be donated to the Senior Center. Thanks!

## Sunflowers with Suzie

Friday July 26 at 10am

\$5 per person

Please sign up in advance as space is limited



Summertime is the perfect opportunity for budding gardeners to design simple cut flower arrangements from some of the season's most beautiful bloomers! Come learn a few facts and tips about New England's most popular sunflower varieties while being instructed on how to make your own take-home mason jar bouquet. Directions will be given on basic floral design as well as the opportunity to chat with others about their interest in flowers!

## Pebble Art Class

With artist Kerry Vilorio

Tuesday July 23 at 10am

*Please sign up in advance as space is limited*

*If you missed this the first time, or were waitlisted, Kerry is back!*



Have you ever wanted to learn how to create a picture using materials found directly off the beach? Come join local guest artist Kerry, owner of The Orange Jellyfish, who creates beautiful custom pebble art and sea glass designs. During this two-hour class, we will each create our own custom pebble art family picture using various styles of beach stones, driftwood and shells directly hand picked off local New England beaches. Each design can contain stones representing two to six people while being glued on cardstock and enclosed in a rustic gray frame. This class will allow for a great deal of autonomy, as various styles of stones, driftwood, and scallop shells will be available for the choosing. The stones and driftwood come in various shapes, sizes, and colors which allows for both adults and children to be represented within the picture. While the frame color for all will be light rustic gray, the cardstock colors available for selection will be white, light crème, or light blue.

This class is truly a wonderful opportunity to create a sentimental piece for yourself or a gift for someone special.



### 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. **Main Library:** To set up library apps or get help with a quick tech issue (less than 10 minutes), drop by the Reference Desk during the library's open hours. For help with more in-depth questions, email [askwestwood@minilib.net](mailto:askwestwood@minilib.net), or call 781-320-1045.

### **Library One-on-One Tech Help: Technology help is available!**

**Main Library:** Mondays 4 pm to 6 pm and Wednesdays 11 am to 1 pm.

**Islington Branch:** Tuesdays and Thursdays from 2 to 5 pm. Email [wwdmail2@minilib.net](mailto:wwdmail2@minilib.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  
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  
Mike Walsh  
Wendy Wilhelm

**MIDDLE EAST LECTURE**  
**The Israeli-Palestinian Conflict Before and After October 7**  
Monday August 19 at 10am  
With Professor Peter Krause  
Associate Professor, Department of Political Science at Boston College  
*\$4 donation – you must sign up in advance*  
*Funded by an anonymous donor*



Do you want to understand the facts of the Israeli-Palestinian conflict? Then join us as Professor Krause provides an historical and political context to help you understand the ongoing conflict in and around Gaza. Topics to be discussed include the history of the Zionist and Palestinian national movements, the strategy of Hamas and Israel leading up to and during the current conflict, and the role of the United States and other regional actors in the push for a ceasefire and a lasting peace.