



STAY HEALTHY - STAY CONNECTED - AGE WELL

September – October 2024

Autumn

New England At Its Best

Once again, summer flew by so quickly for me, but everyone I know loves the fall! The days are warm and sunny and the nights cool and comfortable; truly New England at its best.

And this fall, there are three important dates you need to remember in September: *September 3rd*–State Primary - Voting takes place at Westwood High School, - *September 16th* - A Housing Forum where Amanda, Westwood’s Housing Director, will address affordable housing issues here and across the country. And *September 23*, Big Y Pharmacy will be helping us offer our own in-house Flu Shot Clinic.

This fall we will be hosting two special art classes, underwritten by Westwood’s Cultural Council; walking tours of Harvard Square, the North End and Chinatown with Roberta; Italian Classes with Jen; Powisset Farm Cooking Classes; a Trivia Luncheon as well as a day trip to Vermont. More locally, Mary Ellen will be taking you to the Mount Auburn Cemetery and the Old Manse in Concord. We also have a discussion on the traditions of Halloween with historian Anthony Sammarco. Also with all the scammers out there, we are hosting two different scam prevention programs to keep you safe as well as legal and financial retirement programs.

On another note, what better time than the fall to go for a hike or a walk with our hiking and walking clubs? Of course, autumn also brings Halloween, so join us at our Annual Halloween Luncheon sponsored by our friends at Fox Hill Village.

This October, 23 seniors will be joining me for a ten-day adventure to Italy. We are so excited and we thank our friend Jen (who will be teaching Italian classes in September) for organizing this amazing journey. Finally, we are once again hosting our Annual Holiday Raffle (see below). We thank all of our sponsors and we hope you will help us as we raise funds needed to continue to grow.



With everyone returning from vacation, we will see all of our programs and instructors back in full force. For those of you who say “I am too young to come to the Center” we offer 18 regular programs (from Art to Zumba). Seniors from 55-101 make over 3000 visits to the Center each month.

So stop in and see what is happening at our Center!
Enjoy our beautiful New England autumn
Lina Arena-DeRosa - Director

SPECIAL THANKS

TO:

Karen Segreve for her 11 years of commitment to Westwood seniors;

Fox Hill Village for underwriting our Annual Halloween Luncheon;

Big Y Pharmacy for hosting our first annual flu shot clinic at the Center;

Martha and Tony for sharing all the veggies they grow in our backyard; **Susan** for starting the walking club as well as **Angie** and **Maria** for hosting the hiking club;

MCOA (MA Council on Aging) and **Walpole Co-operative Bank** for a grant to help us provide fresh veggies for our seniors in need;

Westwood Cultural Council for underwriting two art classes;

District Attorney Michael Morrissey for hosting scam prevention program and a free movie;

Mark Annati for hosting a scam prevention program;

Aaron Buczek for hosting a retirement program;

Maria Baler for a legal information hour;

Thank you!

OUR ANNUAL BASKET FUNDRAISER & RAFFLE

September 9 - December 13

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 is generously donated by area businesses. So stop by and help us raise funds to help Westwood seniors!



THANKS TO OUR ANNUAL FUNDRAISER SPONSORS

The Residences at Highland Glen
Rodman Ford
Roche Bros
Comella’s Restaurant
Beacon Communities
Folsoms Funeral Home
Benchmark Senior Living at Clapboardtree

Rockland Trust
Representative Paul McMurtry
Walpole Co-operate Bank
Congressman Stephen Lynch
Samuel, Sayward & Baler LLC Attorneys
Dedham Savings Bank

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



Medicare Open Enrollment
That time of year is approaching again
The Medicare Open Enrollment Period.

Plans change every year so it's important to review your coverage to make sure you have the coverage you need at a cost you can afford. Open Enrollment runs each year from **October 15 to December 7** and allows you to change from your current Medicare coverage to another plan.

SHINE ("Serving Health Insurance Needs of Everyone") counseling is a **FREE** service. **SHINE** counselors are volunteers who are certified by the state, and they have no affiliation with insurance companies. Our **SHINE** counselors can help you compare the costs and benefits of Medicare and other health insurance options and, if appropriate, help you enroll in a health insurance program that best fits your needs. *Please call the Center if you'd like to schedule an appointment. Please bring to your appointment all of your medical cards (Medicare, Supplemental Insurance, and Prescription Cards) and medication bottles (or a list of your current medications, dosages, and frequencies). Appointments fill up fast so call to make your appointment soon.*

MEDICARE SAVINGS PROGRAMS - If you are single and your gross monthly income is at or below **\$2,824** or if you are a married couple and your gross monthly income is at or below **\$3,833** you may qualify for help from a Medicare Savings Program. Asset limits have been eliminated. A Medicare Savings Program will pay your monthly Medicare Part B premium, and in certain cases it may pay other costs as well. You can call MassHealth's Customer Service Center at 1-800-841-2900 to request a Medicare Savings Program Application. You can also download the application at www.mass.gov/MSPapp.



**FROM KRISTEN'S DESK
COUNCIL ON AGING NURSE**
Available every Thursday from 9:30-12:30pm

September shines a spotlight on National AFib Awareness Month, urging seniors to grasp the importance of recognizing and managing atrial fibrillation (AFib), a prevalent heart condition among older adults. AFib disrupts the heart's rhythm, potentially leading to complications like stroke if untreated. It's crucial for seniors to be vigilant about identifying AFib symptoms, which include palpitations (irregular heartbeats), shortness of breath, fatigue, dizziness, and chest discomfort. These symptoms can be sporadic, making awareness even more critical.

Seniors should understand their risk factors, such as age, high blood pressure, heart disease, and diabetes, and prioritize regular heart screenings to detect AFib early. Prompt medical attention is essential if symptoms arise, facilitating timely diagnosis and treatment planning. Treatment options range from medications to procedures like cardioversion or ablation, tailored to each individual's condition.

By embracing lifestyle changes—like maintaining a heart-healthy diet, staying physically active under medical guidance, managing stress, and adhering to prescribed medications—seniors can effectively manage AFib and lead fulfilling lives. National AFib Awareness Month encourages seniors to prioritize heart health, empowering them with knowledge and proactive steps toward a healthier future.



**FLU SHOT CLINIC
AT THE CENTER
SPONSORED BY
BIG Y PHARMACY**

Monday September 23
9-12 noon

By Appointment ONLY

It is that time of year again ... time to get your flu shot! And we are making this easier than ever.

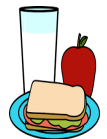


Join us, here at the Center, as we partner with Big Y Pharmacy to host our First Annual Flu Clinic. Shots will be administered by Big Y. We will have snacks for you to enjoy and a raffle (Dunkin Donuts Gift Cards). We anticipate that appointments will fill up fast, so sign up soon! And please remember to bring your insurance card with you. *Sign up by Wednesday Sept. 18.*

And if you need a ride, just call us by Thursday September 19th and we can bring you to the Center and back home.

Hope to see you!

**CONGREGATE
MEALS
AT THE
CENTER**




Join us for a hot meal and dessert at the Senior Center on Wednesdays from 11:45-12:30pm.

Grab and Go – On Tuesdays and Thursdays, we are also offering a grab and go lunch that includes a sandwich, side dish, chips and water. Call Elaine the Friday before to reserve a lunch. Pick up will be between 11:15-12:00

Lunches are a \$3 donation. Menus are available at the Senior Center or on the town website

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



**BOSTON AREA
GUIDED
WALKING TOURS**

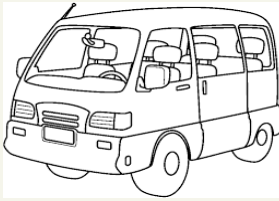
\$35 per person (includes lunch)
Limited space so you must sign up in advance

Sept. 5 - Tour of Harvard Square
(sign up begins August 28)

September 24 - Tour of Chinatown
(sign up begins Sept. 3)

October 1- Tour of North End
(sign up begins Sept. 9)

Come join us on guided *walking* tours of Boston's famous Harvard Square, Chinatown and the North End. Learn about their traditions and enjoy great food at a local restaurant. These tours require vigorous walking. *Food allergies cannot be accommodated as Roberta (our guide) orders food family style. We travel rain or shine.* Please wear comfortable clothing and shoes. *Note: If you have already been on a tour, we ask that you sign up on the wait list so others have an opportunity to enjoy these tours and, if there is room, you can join us again.*



**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*
STATE PRIMARY - Tuesday September 3—Rides to the polls, please sign up by Friday August 30.
Flu Clinic—If you need a ride to our **Flu Shot Clinic on September 23**, please call us *no later than Thursday September 19*

DAY TRIPS with MARY ELLEN

Mt. Auburn Cemetery Tour—*Thursday Sept. 19* - \$20 per person - Join us for a walking tour and learn more about the history, art and horticulture of this historic cemetery. 1.5 miles of walking on varied terrain. Lunch on your own at Frank Pepe Pizzeria.
Sign up begins Sept. 4.

Old Manse Trip - *Thursday October 17* - \$20 per person—Join us for a tour of the Old Manse which overlooks the North Bridge. Former home of Emerson and Hawthorne. Enjoy lunch on your own at the historic Colonial Inn in Historic Concord Center.
Sign up begins Sept. 30.



LOVE TO WRITE LETTERS?
WANT TO CONNECT WITH A HIGH SCHOOL STUDENT?

WESTWOOD WRITES
is the program for you!

An intergenerational program that fosters connections through one-to-one pen pal relationships.
For residents 60+

FOR MORE INFORMATION, CONTACT:
ADINA SWAN, LMHC
YOUTH & FAMILY SERVICES
ASWAN@WESTWOODMA.GOV
781-320-1012


A COLLABORATION OF THE WESTWOOD HUMAN SERVICES DEPARTMENTS:

**Westwood's VSO
(Veterans Service Officer)**

TJ has accepted a new Veterans position and Sarada is on leave. We wish TJ the best in his new opportunity and thank him for his service here at the Center. Stay tuned as the West Suburban Veterans District finds us a new VSO Officer to help our Veteran community.

**THANK YOU
KAREN SEGREVE!!!**



Karen has resigned as our Outreach Coordinator. She has been a wonderful addition to our staff and has helped so many seniors over her 11 years at the Center. At her request, we had a small, staff only, thank you luncheon.

We thank her for all of her hard work and commitment to Westwood Seniors and wish her well.

WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- \$3 donation
- No class Sept. 2, 20, 23, 25 and Oct. 14



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 are welcome.



LOW IMPACT EXERCISE

With Eileen & Friends

- Mondays & Wednesdays
- 1 pm
- \$3 donation
- No class Sept. 2 & 16, Oct. 9, 14 & 21

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 Sept. 2 & 23, Oct. 7, 10 & 14
- 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.



As of this writing, we have no Outreach Counselor, so please be patient with us as we secure a new Social Worker to

assist our senior community.

If you know of anyone interested, please have them go to the Town website where they will find the job description and application.

YOGA

With Mary Beth

- Tuesdays & Thursdays
- 8:00 Mat yoga
- 9:30 Chair yoga
- \$3 donation per class
- No class Oct. 29



Mat Yoga: Yoga is known to improve flexibility and emotional well-being. Many of the other benefits include: Boosting immunity, Reducing chronic pain, Enhances brain function, Improving digestion, Increasing energy and Improving 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.

My Own Way Walkers

with Susan
Wednesdays at the WHS Track
9 am (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!

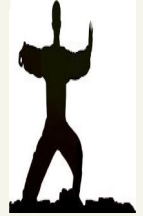
Join Susan's new walking group and walk a lap or two around the WHS track, weather permitting. This is a fun way to make an easy and enjoyable commitment to increase the amount of steps you know you should be taking.

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

T'ai Chi

With Scotty

- Tuesdays 1pm
- \$3 donation
- No class Sept. 17 and Oct. 29



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 & Ina

- **BY APPOINTMENT ONLY**
- Wednesdays
- 9 - 1pm
- Sept 11 & 25
- Oct. 9, 16, 23 & 30



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
- \$4 donation
- No classes on Sept. 17 & Oct. 29



Zumba Gold is a fun 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 lots of fun music. You will leave feeling happier and stronger!

Drawing with Brenda



- Tuesdays 10-12pm
- You must sign up in advance
- No Class October 29
- \$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.

Realistic Watercolor Painting with Brenda

- You must sign up in advance
- Tuesdays 1-3pm
- 7 classes for \$35
- No class Sept. 17 & Oct. 29
- Thursdays 10-12pm
- 9 Classes for \$45
- Fridays 10-12 pm
- 8 classes for \$40
- You must sign up in advance
- No class October 29



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.

QUILTING CLUB with Helen



- Wednesdays
- Sept 11 & 25
- October 9 & 23
- 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!



KNITTING AND CROCHETING

With Louise

- Wednesdays 1-3 pm
- \$2 Donation

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

BOOK GROUP

with Bev
Thursdays



- September 19
- October 17
- 11am

Join our growing group of avid readers as Bev discusses these books:

September 19th - "The Dictionary of Lost Words" by Pip Williams.

October 17th - "Shelterwood" by Lisa Wingate.

No sign up ... just come and enjoy the company of other readers! No cost to this program.

WESTWOOD WOMAN'S CLUB



Thursdays

- 12:30 pm
- October 17
- \$3 donation

The Woman's Club is back and we hope you will join us.

In October we will host a light luncheon and it will be our annual business meeting. We will discuss future programming etc.

If you are interested, please join us as we love to see new members.

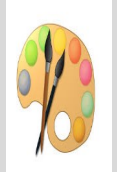


CHORUS

A special thanks to Carol Abel for her many years of dedicated service as our Chorus Director. We are so appreciative and have enjoyed all the wonderful chorus concerts through the years. Thank you! Job well done!

We will be looking for a new Director and hopefully start a new chorus group in the spring.

OPEN STUDIO Mondays 1-3pm \$3 per Session



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.

No open Studio 9/2 and 10/14.



Drawing and Watercolor Painting from Nature

With Brenda Goldman, BFA

Thanks to the generous support of the Westwood Cultural Council and the Mass Cultural Council, a series of drawing and watercolor painting of nature classes will be offered at the Westwood Council on Aging. This mini-series will include a drawing and a watercolor class held this upcoming fall at the Westwood COA. Pre-registration is required by phone (781 329 8799) is limited to 10. Class supply list available at registration.

Drawing from Nature: Wednesday September 4 10-12pm;
Watercolor Painting from Nature: Wednesday September 18 10-12pm

Brenda's method of teaching utilizes 'live video' as she draws or paints. Combined with her narrative and print-outs of the subject, participants can easily follow along with their own artwork.

Students will be guided through the process to create a finished piece. *This class is supported by a generous grant from the Westwood Cultural Council and Mass Cultural Council.*

CURRENT CONVERSATIONS

with Susan Sprecher



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

- Wednesdays 9-10:30am
- September 11 & 25
- October 9 & 23
- \$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.



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.*



Estate Planning with Attorney Maria Baler

Monday September 9 at 10am
 \$2 donation
 You must sign up in advance

Estate planning for you (or for you and your spouse) is essential to protecting your assets especially during times of illness. Whether creating the necessary documents or updating those documents, having everything in proper order will relieve stress, bring peace of mind and provide loved ones with guidance during difficult times. Discussion will include testamentary trusts.

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.

Retirement Planning with Aaron Buczek

Wednesday
 September 18 at 1pm
 \$2 donation
 Please sign up in advance



Do you have questions about your retirement? Most of us do, and

most of us aren't able to get access to the resources we need to get those questions answered. Join us for a conversation about all things retirement and try to get some answers to the questions that might be keeping you up at night. Aaron Buczek, a local Edward Jones representative located right here in Islington, will be joining us and has offered to field any questions you may have about retirement, social security, health care, or estate planning.

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
 - Sept 4
 - Oct 2
 - Space is limited so you must sign up in advance
- Are you crafty? Then join us as we make crafts for the Center.

WAXING with Lisa

- Fridays - 8: 30-noon
- Sept 6 and Oct 4
- **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 .



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).

BINGO EVERY THURSDAY AT 1pm



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



SPECIAL PROGRAMS

September — October 2024



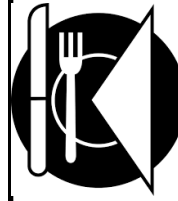
Halloween Traditions in Boston with

**Historian Anthony Sammarco
Monday October 28 at 10am
\$4 donation**

Please sign up in advance

Anthony Sammarco will discuss the history of the Salem Witchcraft Trials which caused such tremendous anxiety, fear and the deaths of many innocent people in Massachusetts Bay Colony in 1692.

He will explore the history of decorating Beacon Hill as a veritable neighborhood with whimsy, macabre skulls, bones and cobwebs to pumpkins and lighted jack o'lanterns. Costumes, parties and treats will also be discussed.



Dinner Club at Conrad's In Norwood

**Wednesday
September 18
5pm**

**\$65 per person
You must sign up in advance**

Menu:

Choice of soup or salad
Choice of steak tips or grilled chicken
with baked potato & vegetables or
farfalle primavera (vegetarian option)
House red or house white wine or any
beer

Coffee & tea included

Choice of key lime pie or
chocolate lava cake for dessert

Lunch and Trivia with Stephanie & Wendy

**Thursday September 19
11:30-1:30pm
\$5 donation**

**Includes light lunch
and prizes for the winners**



Come join us for a fun game of Team Trivia! Questions will come from a range of categories including general knowledge, history, science, sports, literature, art, entertainment, and more! Bring your friends or make some new ones! A light lunch will be provided and we will have prizes for the winners. Space is limited so you must sign up in advance.



**THELMA
AT DEDHAM
COMMUNITY
THEATER
SPONSORED BY
D.A. MICHAEL
MORRISSEY**

THURSDAY September 26 at 10am
(please arrive 15 minutes early)

No cost to this program
SPACE IS LIMITED
so you must sign up in advance

DA Morrissey invites you to enjoy the fabulous and funny movie THELMA about an elderly woman who is scammed and decides to take revenge on the perpetrators. Refreshments will be provided.

AFFORDABLE HOUSING IN WESTWOOD

Monday September 16 at 1pm

Forum on Housing for Seniors & Persons with Disabilities

September 16, 2024 @ 1-2 PM



Let your voice be heard as the Housing Partnership/Fair Housing Committee embarks on the important process of updating the 2025 Town of Westwood Housing Production Plan (HPP). Westwood's Housing and Land Use Planner Amanda Wolfe will lead an open discussion on the unique housing needs, desires, and experiences of seniors and persons with disabilities of any age. We invite seniors and persons with disabilities, along with their friends, family, advocates, and caretakers to share at this forum. Public input provided at this event will be used to identify relevant goals and implementation actions for the 2025 HPP. We hope to see you there!

To learn more and stay up to date with the 2025 HPP, visit bit.ly/hpp2025 or contact Amanda Wolfe at awolfe@westwoodma.gov or 781-251-2598.







SEPTEMBER CALENDER

September—October 2024

<p>2</p> <p>CLOSED LABOR DAY</p>  <p>LABOR DAY</p>	<p>3</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Italian Class 10:00 Drawing 11:00 Zumba Gold 1:00 T'ai Chi 1:00 Watercolor</p> <p>STATE PRIMARY (VOTE AT WHS)</p>	<p>4</p> <p>8:00 Wonder Workout 9:00 Walking Club 10:00 Cultural Council Art Class 10:00 Crafts 1:00 Low Impact Exercise 1:00 Knitting</p>	<p>5</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse Harvard Square Tour 10:00 Watercolor 11:00 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p>6</p> <p>8:30 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p>9</p> <p>8:00 Wonder Workout 10-12 Open Studio 10:00 Estate Planning 10:30 Pilates 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p>10</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Italian Class 10:00 Drawing 11:00 Zumba Gold 1:00 T'ai Chi 1:00 Watercolor</p>	<p>11</p> <p>8:00 Wonder Workout 9:00 Quilting 9:00 Current Conversations 9:00 SHINE 9:00 Walking Club 1:00 Low Impact Exercise 1:00 Knitting</p>	<p>12</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates 11:00 Powisset Farm 1:00 BINGO 1:00 Mah Jongg</p>	<p>13</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor 10:00 Life Binder Course</p>
<p>16</p> <p>8:00 Wonder Workout 10-12 Open Studio 10:30 Pilates 1:00 Affordable Housing Discussion 1-3 Open Studio</p>	<p>17</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 10:00 Italian Class</p> <p>NOTE: NO ZUMBA, WATERCOLOR or TAI CHI</p> <p>WE CLOSE AT 11:30 SO STAFF CAN ATTEND OUR VOLUNTEER LUNCHEON</p>	<p>18</p> <p>8:00 Wonder Workout 10:00 Cultural Council Art Class 10:00 Fraud Protection 9:00 Walking Club 1:00 Low Impact Exercise 1:00 Knitting 1:00 Retirement Planning</p> <p><i>PM—Dinner Club at Conrad's in Norwood</i></p>	<p>19</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 9:30 Mt. Auburn Tour 10:00 Watercolor 11:00 Pilates (in conference room) 11:30-1 Trivia Luncheon 11:00 Book Group 1:00 BINGO 1:00 Mah Jongg</p>	<p>20</p> <p>9:00 Bridge 10:00 Watercolor 10:00 Life Binder Course</p>
<p>23</p> <p>9-12 am FLU SHOT CLINIC</p> <p>NOTE: No exercise or Pilates due to clinic</p> <p>10-12 Open Studio 1:00 Open Studio 1:00 Low Impact Exercise</p>	<p>24</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chinatown Day Trip 9:30 Chair Yoga 10:00 Drawing 10:00 Italian Class 11:00 Zumba Gold 1:00 T'ai Chi 1:00 Watercolor</p>	<p>25</p> <p>9:00 Current Conversation 9:00 Quilting 9:00 SHINE 9:00 Walking Club 11:00 Scam BINGO 1:00 Knitting 1:00 Low Impact Exercise 1:00 Legal Clinic</p>	<p>26</p> <p><i>Simon Pierce Day Trip</i></p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Movie in Dedham 10:00 Watercolor 11:00 Pilates 1:00 BINGO 1:00 Mah Jongg</p>	<p>27</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor 10:00 Life Binder Course</p>
<p>30</p> <p>8:00 Wonder Workout 10-12 Open Studio 10:30 Pilates 1:00 Open Studio 1:00 Low Impact Exercise</p>				<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>

OCTOBER CALENDAR

September—October 2024

<p>NIGHT VISION GLASSES</p> <p>\$12 - Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Glasses may help you.</p> 	<p>1</p> <p>8:00 Floor Yoga 9:30 <i>North End Trip</i> 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 10:00 Italian Class 11:00 Zumba Gold 1:00 Watercolor 1:00 Tai Chi</p>	<p>2</p> <p>8:00 Wonder Workout 9:00 Walking Club 9:00 Crafts 1:00 Knitting 1:00 Low Impact Exercise</p>	<p>3</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p>4</p> <p>8:30 <i>Waxing by appointment only</i> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor 10:00 <i>Life Binder Course</i></p>
<p>7</p> <p>8:00 Wonder Workout 10-12 Open Studio 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p>8</p> <p>8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold 1:00 Tai Chi 1:00 Watercolor</p>	<p>9</p> <p>8:00 Wonder Workout 9:00 Walking Club 9:00 Current Conversations 9:00 Quilting 9:00 SHINE 1:00 Knitting</p>	<p>10</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 <i>Powisset Farm</i> 1:00 Mah Jongg 1:00 BINGO</p>	<p>11</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p>14</p> <p>CLOSED COLUMBUS DAY</p> 	<p>15</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>16</p> <p>8:00 Wonder Workout 9:00 SHINE 9:00 Walking Club 1:00 Knitting 1:00 Low Impact Exercise</p>	<p>17</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 9:30 <i>Old Manse Tour</i> 10:00 Watercolor 11:00 Book Group 11:00 Pilates 12:30 <i>Woman's Club</i> 1:00 Mah Jongg 1:00 BINGO</p>	<p>18</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor 10:00 <i>Wreaths with Suzie</i></p>
<p>21</p> <p>8:00 Wonder Workout 10-12 Open Studio 10:30 Pilates 1-3 Open Studio</p>	<p>22</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>23</p> <p>8:00 Wonder Workout 9:00 Walking Club 9:00 Current Conversations 9:00 Quilting 9:00 SHINE 1:00 Knitting 1:00 Low Impact Exercise</p>	<p>24</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	<p>25</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p>28</p> <p>8:00 Wonder Workout 10-12 Open Studio 10:00 <i>Halloween Traditions</i> 10:30 Pilates 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p>29</p> <p>HALLOWEEN PARTY</p> 	<p>30</p> <p>8:00 Wonder Workout 9:00 SHINE 9:00 Walking Club 1:00 Knitting 1:00 Low Impact Exercise</p>	<p>31</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates 1:00 Mah Jongg 1:00 BINGO</p>	

COOKING CLASSES AT DOVER'S POWISSET FARM



We meet at Powisset Farm at 11am
With Chef Thi -\$25 per class
September 12 & October 10
**Sign up by phone only
(no in-person sign up)**

Thursday September 12 - Phenomenal Pho- At this hands-on class with Chef Thi, we'll make warm, flavorful, beautiful, satisfying Pho (pronounced "fuh"), a Vietnamese culinary favorite. Typically made with broth, noodles, herbs, and a protein. This class will focus on creating classic Chicken Pho. In addition to Pho, you'll learn to make Vegetable Fresh Rolls with a Peanut Dipping Sauce. Sign up begins August 30.

Thursday October 10 - Wings No need to wing it, we've got you covered. Join us at Powisset for a crash course in all thing wings. In this hands-on class with Chef Thi you'll learn how to make deboned pork stuffed Turkey Wings with a Thai glaze, flavorful Tandoori wings with a cool cucumber yogurt sauce, and Spicy Jerk Mustard Wings. Sign up begins September 20.

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**
- **Due to popularity, please sign up for only one cooking class**

**Be Fraud-Free!
Protecting
Yourself from
Modern Tech
Scams**



With Cyber Security Expert
Mark Annati
Wednesday September 18 at 10am
\$2 donation
You must sign up in advance

Join us for an insightful session with Mark Annati, a seasoned cyber security and IT expert, who will equip you with essential tools to protect yourself from modern tech scams. With over 20 years of experience, Mark will share practical advice, technical insights, and compelling stories to help you spot scam red flags, act, and stay protected. As a Certified Information Systems Security Professional (CISSP), Systems Security Certified Practitioner (SSCP), Mark brings a wealth of knowledge to ensure you can confidently navigate the digital landscape.

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.

Italian Culture and Conversation with Jen Tuesdays September 3 – October 1 10-11 am

Donation \$25 for 5 classes- you must sign up in advance



Always wanted to learn the language of "il Bel Paese" and Andrea Bocelli? Join Italian teacher and Westwood resident Jen Barsamian for a 5-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 the brain health. Get ready to learn, laugh and make new friends. A presto!



AUTUMN WREATHS WITH SUZIE

Friday October 18
10am

\$10 per person

You must sign up in advance as space is limited

Come learn to make a beautiful fall wreath that you will bring home for your Thanksgiving Holiday. Suzie will bring frames, dried flowers, branches etc. She will also give a short lecture on the history of wreaths and their symbolism.

SCAM BINGO with Gayle

Sponsored by
District Attorney
Michael Morrissey's Office
Wednesday September 25
at 11am

\$4 donation
includes a light lunch
Space is limited so you must
sign up in advance

Come join the fun and find out what you know (and don't know) in this interactive BINGO game as we talk about SCAMS that affect us all. Gayle will bring all the equipment to play and a light lunch will follow the games. Prizes will also be given out to the winners!



FLAGS FOR HEROES

Westwood Rotary Club



The Rotary Club of Westwood is again holding its Annual Flags for Heroes fund raiser. Participants purchase a medallion honoring a person important to them, be it a veteran, first responder, teacher, parent, etc. The medallion is then displayed on a flag from September 9th - September 22nd at the Senior Center. After the display period, the participant can then present the medallion to the honoree. The Rotary Club is hoping to have a ceremony commemorating 9/11. Further details to follow. Proceeds help fund scholarships, leadership programs, and other programs locally and internationally. Orders can be placed at westwoodflags.com or by completing an order form at the Senior Center, Dedham Savings (Westwood Branch), Edward Jones Office (Islington) or at Town Hall (Dottie Powers). Purchase price is \$50.00.



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. **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@minlib.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@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)

Hours of Operation

*Monday— Thursday
8 am-4pm
Friday 8-1pm*

STAFF CONTACT INFO

Lina Arena-DeRosa - Director
Mary Ellen LaRose - Assistant
Director
Lorraine Cavanaugh -
Administrative Assistant
John Trigilio - Van Driver (FT)
John Demling III - Van Driver (PT)
Paul Kelly - Van Driver (PT)
Elaine Haddad - HESSCO Meals
on Wheels Coordinator

**COA BOARD OF
DIRECTORS**

Anthony Antonellis
Marge Eramo
Robert Folsom
Mary Joyce
James O’Sullivan
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Jessie Turbayne
Mike Walsh
Wendy Wilhelm

**HALLOWEEN LUNCHEON
TUESDAY OCTOBER 29
Noontime—\$8 donation
SPONSORED BY FOX HILL VILLAGE**



It is that time of year! Time to carve your pumpkins, rake your leaves and enjoy the beauty of New England’s autumn weather!

And what better way to celebrate than to join us at our Annual Halloween Luncheon *sponsored by our friends at Fox Hill Village* here at the Center. There will be great food, fun decorations, lots of laughter and of course chocolate! Come in costume (or not) but be prepared to sing along with Tommy Rull!



Space is limited and sign up begins October 4.