



STAY HEALTHY - STAY CONNECTED - AGE WELL

# November & December 2024



## HAPPY HOLIDAYS EVERYONE!

The Holidays are here, *ready or not!* This is a time for celebration, family, friends and remembering how genuinely blessed we all are. It is a bustling time of year but also a good time to reflect on 2024 and look ahead to 2025.

### SPECIAL THANKS TO:

**The Rotary Club of Westwood and Westwood Lions** for underwriting our Thanksgiving Luncheon;

**Needham Bank** for sponsoring our Veterans Breakfast;

**Friends of the Westwood COA** for underwriting our holiday luncheon;

**Senator Mike Rush** for speaking at our Veterans Breakfast;

**Gayle from Mature Caregivers** for a conversation on aging at home;

**Bill from Oasis** to discuss housing options as you age;

**APR Physical Therapy** for offering a falls prevention program;

**WHS All Strings Considered** for a luncheon holiday concert;

**Westwood Girl Scout Troop 66073** for offering to wrap your holiday presents;

*And everyone who is buying tickets to our Holiday Raffle.*

**Thank you!**



I want to take a moment to thank everyone who makes this Center so special. I am humbled by the dedication of our tireless staff, committed COA Board, talented instructors, outstanding SHINE counselors, VSO and MOW drivers and so many other volunteers; all of these committed individuals help us create a Center that is truly extraordinary. *Thank you never seems enough, but thank you!*

A little reflection on 2024 is also necessary this year. We have lost a number of seniors who volunteered here or came to the Center regularly; we are like a family and we miss them every day. And other staff have moved on. Thankfully we now have new wonderful staff members who joined our team, Mary Ellen (Assistant Director), Kristen (Nurse), Rachel (Social Worker), a new instructor, Sharon, (Open Studio instructor) and Joan (PT Driver) so we are back to a full and vibrant staff.

During this season we also reach out to our homebound seniors with special holiday gifts, so if you can help us with gift cards (see inside), we are truly grateful. And in November, we take a moment to thank our Military, both retired and those still serving, with a free breakfast, sponsored by Needham Bank. State Senator Mike Rush will come and speak on the new "hero" legislation that Veterans should know about. We have two big lunches planned, one to celebrate Thanksgiving and one to celebrate the holidays, thanks to our Friends group as well the local Lions and Rotary Clubs, which help underwrite what are always fun and memorable events. And you don't need to travel to Boston to hear live holiday music! Our wonderful high school musicians will be here as well ... you can enjoy a light lunch while listening to great holiday music. And once again, Westwood Girl Scouts will be back to help wrap your gifts.

Finally I want to thank you, our senior community, who keep us motivated and engaged every day.

You inspire us all!

*Lina Arena-DeRosa*  
Director - Westwood COA

## 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  
Folsom Funeral Home  
Benchmark Senior Living at Clapboardtree

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

## WELCOME RACHEL HADDOCK OUR NEW COA SOCIAL WORKER

After interviewing over 10 very qualified candidates, we are pleased to announce that the Council on Aging has hired a new Social Worker, *Rachel Haddock*.

Rachel comes from a very diverse background: Protective Services, Geriatric Mental Health, Adult Case Management as well as helping adults with disabilities. She is just as excited as we are to be joining our team.

She started late October and will be working five days a week. If you need assistance, we ask that you please call for an appointment.



## CAN YOU HELP US HELP OUR SENIOR COMMUNITY?



With the holiday season upon us, we worry about seniors who do not have family nearby and could use some holiday cheer.

So once again, this year we will be delivering gift bags (thanks to donations from our local preschool and middle school) to our homebound seniors. We are now looking for gift cards (\$20, \$25) to local grocery stores (Shaws, Roche Bros, Big Y) and pharmacies (CVS and Walgreens). If you can help those in need, we are truly grateful.

**Thanks so much in advance and  
Happy Holidays!**



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

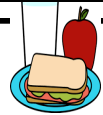
As we age, having crucial health information readily accessible can make a huge difference in an emergency. File of Life cards are essential for ensuring that first responders have immediate access to your medical history, allergies, medications, and emergency contacts when it counts.

*Why are File of Life cards so important?* Three Reasons: 1) Immediate access to critical information 2) Prevents medical errors and speeds up treatment 3) Easy for First Responders to help you get the care you need. We also have a red magnetic holder that makes it visible on your refrigerator door. These cards help prevent delays and give accurate health details to ensure the best care quickly.

We offer File of Life cards for free at the COA, just ask for one. And if you need help filling out your card, visit me at the COA on Thursdays from 9:30 AM to 12:30 PM, or call to arrange a home visit.

*Your safety is our priority!*

## 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

Special French Bread Pizza Luncheons are on Wednesday Nov. 6 and December 4.

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.



**Annual Veterans  
Appreciation Breakfast  
Friday November 8 at 9:30  
With Special Guest  
Speaker  
State Senator Mike Rush  
SPONSORED BY  
NEEDHAM BANK**



Join us as we honor all who have served our country on Friday, November 8. State Senator Mike Rush will be joining us and speaking on the new "hero" legislation.

Senator Rush is the Majority Whip of the Massachusetts State Senate serving the people of the Norfolk & Suffolk Districts. Prior to being elected to the Senate, Mike served as a member of the Massachusetts House of Representatives where he was Chair of the Boston Delegation. Mike is a former high school history teacher, an Iraq War Veteran and a Commander in the United States Navy Reserves.

*There is no cost for this breakfast but you must sign up in advance, no later than Friday, November 1.*

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



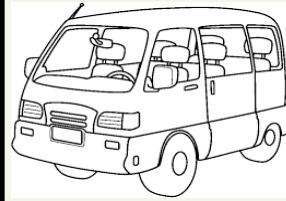
As of this writing, the five town cooperative is interviewing for a new VSO. We are grateful to David Farrell, who has come out of retirement to help us. If you need assistance, schedule an appointment by calling 781-850-5504. David is at the Center on Monday mornings.

**Town Wide Veterans  
Ceremony  
November 11 at 11am  
Veterans Park**



Join the town as it honors its local Veterans on Veterans Day.

Ceremony rain or shine.



**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

**Election Day** : Rides are available for voting on Election Day, November 5, in the am. *You must call the Center no later than Friday November 1 to schedule a ride.*

**Holiday Shopping Trips** (9-12pm) - \$5pp  
November 13th - Walpole Mall (drop off at Kohl's)  
December 11th - Walmart in Walpole  
*Space is limited so you must sign up in advance*

**DAY TRIPS with MARY ELLEN**

**November 6 - Casino Day Trip** - \$12.00 - Plainridge Casino

**November 12 - State House Tour**- \$10pp—Join us for an historical walking tour of the MA State House; lunch at a local restaurant. Sign up begins October 30.

**December 5 - Newport Mansions** - Holiday Decorations - \$20pp - Join us as we head to Newport RI for a self-guided tour of Vanderbilt's Marble House decorated in its holiday finery. Lunch on your own at the Brick Alley Pub. Sign up begins Nov 13.

**Space is limited  
so you must call the Center and sign up in advance.**



**WONDER WORKOUT**

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- \$3 donation
- No class Nov. 11, 20, & 29
- No class Dec. 25



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 Nov. 11, 20, 25 & 27
- No class Dec. 9, 16 & 25

This low impact class will strengthen your muscles and help you stay flexible as you age. Please wear comfortable clothing and bring a water bottle. No time like the present to get strength back into your body! Drop-ins are welcome.

**PILATES** with Mary

- Mondays 10:30 am
- Thursdays at 11:00 am
- \$3 donation
- Class in Conference Room on Nov. 7 & Dec. 9 & 26
- No class Nov. 11 & 28, Dec. 26



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.

**YOGA**

With Mary Beth

- Tuesdays & Thursdays
- 8:00 Mat yoga
- 9:30 Chair yoga
- \$3 donation per class
- No class Nov. 28
- No class Dec. 17, 24, 26 & 31



Feeling stressed during the holidays. Then join us to de-stress!

**Mat Yoga:** Yoga is known to improve flexibility and emotional well-being. Many of the other benefits include: boosting immunity, reducing chronic pain, enhancing brain function, Improving digestion, increasing energy and improving your quality of sleep! Join us at 8:00-9:00am.

**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 at 9:30 am-10:30 am.

Note: Yoga will have a special guest instructor (Bonnie) when Mary Beth is out.

**My Own Way Walkers**

with Susan  
Wednesdays at the WHS Track (weather permitting)  
No cost to this program



With winter approaching, there will be no formal walking groups until April. However, if you find yourself yearning to go for a walk, and the weather is good, feel free to walk the track.

This program will resume in April.

**T'ai Chi**

With Scotty

- Tuesdays 1pm
- \$3 donation
- No class Nov. 5
- No class Dec. 10, 17, 24 & 31



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
- Nov. 6, 13, 20
- Dec. 4, & 18
- 9 - 1pm



Open Enrollment has started and appointments fill up fast. So 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 class on Dec. 17, 24 & 31



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 Nov. 26, Dec. 17, 24 & 31
- Five classes for \$25

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
- Five classes for \$25
- No class Nov. 26, Dec. 17, 24 & 31
- Thursdays 10-12pm
- Six classes for \$30
- No class Nov. 28 & Dec. 26
- Fridays 10-12 pm
- 7 classes for \$35
- No class Nov. 29 & Dec. 27



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
- Nov 13 & 27
- Dec 11 & 18
- 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
- No class Nov. 20, 27
- No class Dec. 25

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



- 11am
- November 21

Join our growing group of avid readers as Bev discusses **Miss Morgan's Book Brigade** by J. S. Charles.

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

### CHORUS

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



### WESTWOOD WOMEN'S CLUB



Thursdays

- 12:30 pm
- November 21
- December 19
- \$3 donation

*In November, the club will enjoy learning how to make small indoor terrariums and bring one home!*

*And in December, a holiday luncheon is being planned with a sing along.*

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

**You must sign up in advance so we know how many are coming.**

### OPEN ART STUDIO with Sharon

Mondays 1-3pm  
No program 11/11  
\$3 per Session



*We are thrilled to offer an open art studio on Monday afternoons with accomplished artist, Sharon, who can help you with your art project, or just inspire you as you paint. New members are always welcome.*

**CURRENT CONVERSATIONS**  
with Susan Sprecher




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

- Wednesdays 9-10:30am
- November 6 & 27
- December 11 & 18
- \$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.

**Hiking Club**  
with Maria and Angie



- Tuesdays at 9:30 am
- You must sign up in advance
- Angie and Maria will get in touch with you

Senior hikes are offered every Tuesday at 9:30 am throughout the winter. Participants 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.

**BRIDGE**  
With Neena



- Fridays
- 9 am
- No Bridge Nov. 29

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

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**CRAFTS**  
With Julie and Lorraine



- 10-noontime
- Wednesdays
- November 6
- December 4
- Space is limited so you must sign up in advance

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

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**WAXING** with Lisa



- Fridays - 8: 30-noon
- Nov 1 and Dec 6
- **BY APPOINTMENT ONLY**
- Appointments fill up fast so call to sign up soon.
- Cash only ... Prices: \$15 for 1 \$20 for 2 & \$25 for all 3 services .


**LEGAL CLINIC**  
Westwood Residents only  
with Attorney Ochea  
MetroWest Legal Services



- 1:00 pm to 3:30 pm
- Dec. 18 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.

**Health Plan Options with BCBS**



Monday Nov.4 at 10am  
With Susan  
\$2 donation  
Please sign up in advance

BCBS of MA will be presenting Medicare Health Plan Options. This is a 45 minute presentation geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plan types. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. All are invited to attend regardless of insurance coverage. Susan Flanagan is a senior consultant for BCBS MA.


**Senior Living Options**  
With Bill Cleary  
Monday November 4 at 1pm  
\$3 donation  
Please sign up in advance



As you age, you might want to consider joining a senior community. Bill will come and discuss the pros and cons of senior living. And of course, how to pay for it. He will also discuss nursing home options and will bust many of the myths.

Bill Cleary, CSA, is the owner of Oasis Senior Advisors of Greater Boston.

**MAH JONGG**  
with Cynthia



- Thursdays
- 12:30 - 2:30 pm
- No cost to this program
- No program 11/28 & 12/26

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 11/28 & 12/26



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



**ANNUAL THANKSGIVING LUNCHEON**

Wednesday November 20 at noontime

\$8 donation

Sponsored by Westwood’s Rotary and Lions Clubs

Join us for a delicious traditional Thanksgiving meal of turkey, stuffing and all the fixings. Sponsored by our friends at the Rotary and Lions Clubs. There will be great music and of course, pie for dessert. Space is limited, sign up starts November 4 at 8am by phone only.



**A Briefcase Breakfast  
Preparing for Successful  
Aging**

Info session for older adults and their family members

Sponsored by *Mature Caregivers*

Monday, November 18

8:00am

\$2 donation- you must sign up in advance

Do you want to make changes to your or your loved one’s home so they can more easily and safely age in their own home? Are you or your loved one having difficulty with everyday tasks and/or mobility? Are you curious about having caregivers help you or your aging parents at home? These are just some of the things people think about as they age - there are many things to consider as you think about what you need and want as you grow older.

Join us for a “Briefcase Breakfast” with Gayle Thieme, LSW, who will share information and resources, field your questions, and help you prepare for living your best life as you plan for your future! Gayle has worked in elder services for 28 years in a variety of settings and is currently, Senior Director, Client Care at Mature Caregivers (Waltham, MA) - provider of in-home personal and companionship elder care.



**FALL  
PREVENTION**

*It’s All About Balance*

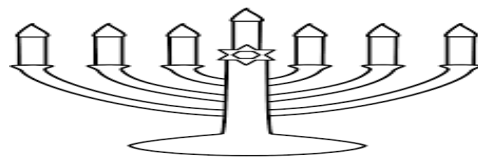
Presented by  
Accelerated Performance  
Rehab

Monday 11/18 at 10am

\$2 donation

Please join us for a presentation by APR Physical Therapy on balance! You will learn what affects your balance and how you can improve it to prevent falls. Refreshments will be provided.

*Please sign up in advance so we know how many are attending.*



**THE STORY OF THE CHRISTMAS TREE SHOPS**

With Historian Anthony Sammarco

Monday December 2 at 1pm

\$4 donation—you must sign up in advance







Join us as local Historian Anthony Sammarco discusses *The Christmas Tree Shops*, an icon of New England, with stores that offered a diverse assortment of merchandise from seasonal decorations, home decor, housewares, food and giftware and just about everything else. Founded in 1970 by Chuck and Doreen Bilezikian, they opened their first shop on Route 6A in Yarmouth Port . Over the next three decades, 23 stores were opened and it became a destination which offered items you never thought you needed before stepping through the door.

In 2003, the chain was sold to Bed Bath & Beyond, which included 23 stores in 6 states. As Chuck and Doreen once said, “Together we grew a successful company and created many memories.” Indeed, there are many who fondly recall the thrill while shopping of finding not just a bargain but also of having become a part of the history of these iconic stores.

# NOVEMBER CALENDAR








November—December 2024

<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>				<p><b>1</b> 8:30 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>4</b> 8:00 Wonder Workout 10:00 Options Discussion on Insurance 10:30 Pilates 1:00 B. Cleary—Options for Housing as you age 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p><b>5</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold 1:00 Watercolor</p> <p><b>PRESIDENTIAL ELECTION VOTE!</b></p>	<p><b>6</b> 8:00 Wonder Workout 9:00 SHINE 9:00 Casino Day Trip 9:00 Current Conversation 12:00 French Bread Pizza at lunch 10:00 Crafts 1:00 Low Impact Exercise 1:00 Knitting</p>	<p><b>7</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates (in the conference room) 11:30 R. Hing cooking class- Roman Holiday 12:30 Mah Jongg 1:00 BINGO</p>	<p><b>8</b> 8:00 Wonder Workout 9:00 Bridge 9:30 VETERANS BREAKFAST with Senator Rush speaking 10:00 Watercolor</p>
<p><b>11</b> <b>CLOSED VETERANS DAY</b></p> 	<p><b>12</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 9:30 State House Trip 10:00 Drawing 11:00 Zumba Gold 1:00 T'ai Chi 1:00 Watercolor</p>	<p><b>13</b> 8:00 Wonder Workout 9:00 SHINE 9:00 Quilting 9:00 Holiday Shopping with COA van 12:00 Norwood Theatre lunch and theatre program 1:00 Low Impact Exercise 1:00 Knitting</p>	<p><b>14</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates 11:00 Powissett Farm 12:30 Mah Jongg 1:00 BINGO</p>	<p><b>15</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor 10:00 Edible Gifts with David</p>
<p><b>18</b> 8:00 Briefcase Breakfast with Gayle 8:00 Wonder Workout 10:00 APR—falls prevention 10:30 Pilates (in conference room) 1:00 Open Studio 1:00 Low Impact Exercise</p>	<p><b>19</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold 1:00 T'ai Chi 1:00 Watercolor</p>	<p><b>20</b> 9:00 SHINE <b>THANKSGIVING LUNCHEON</b></p> 	<p><b>21</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates 11:00 Book Group 12:30 Mah Jongg 1:00 BINGO 1:00 Woman's Club</p>	<p><b>22</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>25</b> 8:00 Wonder Workout 10:30 Pilates 1:00 Open Studio</p>	<p><b>26</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 11:00 Zumba Gold 1:00 T'ai Chi</p>	<p><b>27</b> 8:00 Wonder Workout 9:00 Quilting 9:00 Current Conversations</p> <p><b>CLOSE AT NOONTIME</b> No van rides</p>	<p><b>28</b> <b>CLOSED FOR THANKSGIVING HOLIDAY</b></p> 	<p><b>29</b> <b>CLOSED FOR THANKSGIVING HOLIDAY</b></p>



# DECEMBER CALENDAR

November & December 2024

<p><b>2</b> 8:00 Wonder Workout 10:30 Pilates 1-3 Open Studio 1:00 Low Impact Exercise 1:00 Anthony Sammarco— <i>Christmas Tree Shop History</i></p>	<p><b>3</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold 1:00 Watercolor 1:00 Tai Chi</p>	<p><b>4</b> 8:00 Wonder Workout 9:00 SHINE 10:00 Crafts 12:00 French Bread Pizza for lunch 1:00 Knitting 1:00 Low Impact Exercise</p>	<p><b>5</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 9:30 Newport RI day trip 10:00 Watercolor 11:00 Pilates 12:30 Mah Jongg 1:00 BINGO</p>	<p><b>6</b> 8:30 Waxing by appointment only 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p> 
<p><b>9</b> 8:00 Wonder Workout 10:30 Pilates (in conference room) 12:00 Holiday Luncheon with concert— WHS All Strings Considered 1-3 Open Studio</p>	<p><b>10</b> 8:00 Floor Yoga 9:15 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold 1:00 Watercolor</p>	<p><b>11</b> 8:00 Wonder Workout 9:00 Holiday Shopping with COA Van 9:00 Current Conversations 9:00 Quilting 1:00 Knitting 1:00 Low Impact Exercise 2:30 Gift Wrapping with Girl Scouts</p>	<p><b>12</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates 11:00 Powisset Farm Holiday Cookies 12:30 Mah Jongg 1:00 BINGO</p>	<p><b>13</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>16</b> 8:00 Wonder Workout 10:30 Pilates 1-3 Open Studio</p>	<p><b>17</b> <b>HOLIDAY PARTY AT NORFOLK GOLF CLUB</b></p> 	<p><b>18</b> 8:00 Wonder Workout 9:00 SHINE 9:00 Quilting 9:00 Current Conversations 1:00 Knitting 1:00 Low Impact Exercise 1:00 Legal Help with Vera</p>	<p><b>19</b> 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates 12:30 Woman's Club Holiday Sing Along 12:30 Mah Jongg 1:00 BINGO</p>	<p><b>20</b> 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p><b>23</b> 8:00 Wonder Workout 10-12 Open Studio 10:30 Pilates 1:00 Low Impact Exercise</p>	<p><b>24</b> <b>CENTER CLOSES AT NOONTIME NO PROGRAMS or VAN RIDES</b></p> 	<p><b>25</b> <b>CENTER IS CLOSED MERRY CHRISTMAS</b></p> 	<p><b>26</b> <b>Center is open No Programs or Rides</b></p> 	<p><b>27</b> 8:00 Wonder Workout 9:00 Bridge</p>
<p><b>30</b> 8:00 Wonder Workout 10-12 Open Studio 10:30 Pilates 1:00 Low Impact Exercise</p>	<p><b>31</b> <b>CLOSE AT NOONTIME NO PROGRAMS OR VAN RIDES</b></p>			<p><b>NIGHT VISION GLASSES</b> \$12 - Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Glasses may help you.</p> 



## COOKING CLASSES AT DOVER'S POWISSET FARM

We meet at Powisset Farm at 11am  
 With Chef Thi -\$25 per class  
 November 14 & December 12  
**Sign up by phone only**  
**(no in-person sign up)**

**November 14**—*The pies the limit!* Join us in the Powisset Kitchen for Sweet and Savory Farm Pies. These hands-on cooking classes with our own Chef Thi will show you how to make an Apple Pecan, Chicken Curry Pot Pie, and a Vegetable Galette, the perfect way to prepare for upcoming holiday gatherings. Sign up begins November 5 at 8am (phone only).

**December 12** - Tired of just plain sugar cookies? Step up your holiday cookie game with this hands-on cooking class in Powisset's Kitchen. Chef Thi will show students how to make Neapolitan Cookies and Perfect Chocolate Chip Cookies with sea salt that are sure to bring cheer this holiday season. Sign up begins December 2 at 8am (phone only)

Due to popularity, we ask that you only sign up for one class. Thank you.

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**



## HOLIDAY LUNCHEON AND CONCERT WITH WHS ALL STRINGS CONSIDERED

Monday December 9  
 Noontime  
 \$6 donation

Space is limited so you must sign up in advance

Join us for our annual light lunch (soup and sandwich) and holiday music program.

This is a great way to get in the holiday spirit as musicians from the WHS entertain you.

Space is limited and sign up begins on November 15 at 8am.

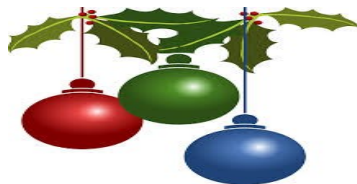


## Gift Wrapping with Girl Scouts

Wednesday  
 December 11 at 2:30pm  
 No cost for this program but please sign up in advance so we know how many to expect



Holiday wrapping to do? The 12th graders of Ambassador Girl Scout troop #66073 are here to help! Bring your gifts to the Senior Center on Wednesday, December 11th at 2:30. The Scouts will be ready with paper, ribbons and gift tags to wrap your gifts for you. Wrapping is compliments of the Ambassador Scouts, in appreciation for our wonderful and supportive senior community in Westwood! Please limit gifts to 5 per person. The Scouts will wrap more if time and materials permit.



## NORWOOD THEATRE LUNCH AND THEATRE PROGRAM

Wednesday November 13  
 Lunch at noontime  
 Theatre program begins at 1:30  
 \$60 per person  
**(includes lunch and performance)**

Once again we have partnered with the Norwood Theatre to offer you a lunch and theatre program.

Lunch will be at Lewis' Bar and Grill in downtown Norwood and this year's performance will be Rodgers and Hammerstein's Cinderella.

We have limited ticket availability so please sign up soon!





### COOKING WITH CHEF ROBERTA HING ROMAN HOLIDAY COOKING CLASS

Thursday November 7th at 11:30am  
at the Center  
\$15 per person

Space is limited so you must sign up in advance

Do you remember the movie Roman Holiday? Well this menu is the perfect pairing with the classic movie. Our meal will begin with Mushroom and Gorgonzola Crostini--an appetizer that could also serve as a light lunch.. For our secondo piatto, we will make Chicken Piccata-tender chicken with a lemon-butter caper sauce. And our meal ends with a dolce--Ricotta Orange Pound Cake with Strawberries. All that is missing is a bottle of wine and your ticket to Rome! Sign up begins on November 1 at 8am (phone only).

### Edible Gifts

With David from Therapy Gardens

Friday November 15 at 10am

\$4 donation—you must sign up in advance



Want to give your friends something unique and special this year? And what's more thoughtful than making a gift for someone else? From homemade seasonings and sauces to pickles, cookies, and more, come learn to make easy, thoughtful, and affordable edible gifts. Get tons of ideas, recipes, and materials! A few samples will also be available.



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 the library.

#### 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](mailto: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](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>.



Westwood  
COA  
60 Nahatan Street  
Westwood MA  
02090

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**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
- Rachel Haddock - Social Worker
- Lorraine Cavanaugh - Administrative Assistant
- Kristen Dooher - COA Nurse
- John Trigilio - Van Driver (FT)
- John Demling III - Van Driver (PT)
- Paul Kelly - Van Driver (PT)
- Joan Courtney Murray - 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
- Bob Murray
- Jessie Turbayne
- Mike Walsh
- Wendy Wilhelm

**ANNUAL HOLIDAY PARTY**  
*at the Norfolk Golf Club*  
*Sponsored by Friends of the Westwood COA*

*Tuesday December 17 at noontime*  
*\$12 per person*  
*For Westwood residents only*



*Come join us as we celebrate the season with our Annual Holiday Party at the Norfolk Golf Club. We will have great food and live harp music. There will be great give aways and we will be picking the winning tickets from our raffle.*



*Space is limited so you must sign up in advance. Sign up begins on Friday November 22 at 8am (phone only- Westwood seniors only)*

*Happy Holidays Everyone!*