




July 2019

Lunch served daily through HESSCO at 12:00 p.m. For menu, please stop by the Center.
Must sign up for HESSCO lunches in advance. HESSCO sign up phone number is 781-329-6514.

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 WAXING 9:00 ERRANDS 9:15 WONDER WORKOUT 10:00 NUTRITIONIST 12:00 SUMMER LUNCH 1:00 LOW IMPACT EXER.	2 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:30 YOGA (CHAIR) 1:00 TAI CHI 1:00 Beg. WATERCOLOR	3 9:00 WONDER WORKOUT 10:00 CRAFTS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	4 CENTER CLOSED FOURTH OF JULY 	5 9:00 WONDER WORKOUT 9:00 SHAW'S 9:00 BRIDGE
8 9:00 ERRANDS 9:15 WONDER WORKOUT 12:00 SUMMER LUNCH 1:00 LOW IMPACT EXER.	9 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:30 YOGA (CHAIR) 1:00 TAI CHI 1:00 Beg. WATERCOLOR	10 9:00 WONDER WORKOUT 9:00 ERRANDS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	11 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 9:30 BOOK GROUP 11:00 POWISSET FARM COOKING CLASS 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	12 9:00 WONDER WORKOUT 9:00 ROCHE BROS. 9:00 BRIDGE
15 9:00 NO ERRANDS: DRIVER TRAINING 9:15 WONDER WORKOUT 10:00 WHEN MEMORY CARE IS NEEDED 12:00 SUMMER LUNCH 1:00 LOW IMPACT EXER.	16 9:15 WALKING CLUB 1:00 TAI CHI at LIBRARY BEACH PARTY NO PROGRAMS 	17 9:00 SHINE 9:00 WONDER WORKOUT 9:00 WALMART 10:00 BEREAVEMENT 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	18 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	19 8:30 MANICURES 9:00 WONDER WORKOUT 9:00 WEGMANS 9:00 BRIDGE
22 9:00 ERRANDS 9:15 WONDER WORKOUT 12:00 SUMMER LUNCH 1:00 LOW IMPACT EXER.	23 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:30 YOGA (CHAIR) 1:00 Beg. WATERCOLOR	24 9:00 SHINE 9:00 WONDER WORKOUT 9:00 ERRANDS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	25 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 10:00 GARY HYLANDER 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	26 9:00 WONDER WORKOUT 9:00 BIG Y 9:00 BRIDGE
29 9:00 ERRANDS 9:15 WONDER WORKOUT 12:00 SUMMER LUNCH 12:00 LUNCH & LEARN with BIG Y 1:00 LOW IMPACT EXER.	30 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 1:00 Beg. WATERCOLOR OTIS HOUSE MUSEUM DAY TRIP	31 9:00 WONDER WORKOUT 9:00 TRADER JOE'S 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET 1:00 HEARING AID CLINIC MARTHA'S VINEYARD DAY TRIP		

SANDWICHES AND ICE CREAM FOR LUNCH

Sponsored by HESSCO Elder Services

- Lunchtime in July - Mondays, July 1, 8, 15, 22, 29
- Lunchtime in August - Thursdays, August 1, 8, 15, 22, 29
- \$4 donation **BUT YOU MUST SIGN UP IN ADVANCE**

During these warm summer days, come to the Senior Center and cool off with a delicious sandwich and make your own ice cream sundae. Please sign up in advance so we know how many to expect.



NOTARY SERVICES AVAILABLE

Please call Lina to make an appointment.
No cost for this service.

August 2019

Lunch served daily through HESSCO at 12:00 p.m. For menu, please stop by the Center.
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>NIGHT VISION DRIVING GLASSES \$12 each</p>  <p>Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Driving Glasses may help you (and yes, you can wear them over your glasses). Stop by and see Lorraine for a pair.</p>			<p>1 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	<p>2 8:30 WAXING 9:00 WONDER WORKOUT 9:00 STOP & SHOP 9:00 BRIDGE</p>
<p>5 9:00 ERRANDS 9:15 WONDER WORKOUT 10:00 NUTRITIONIST 1:00 LOW IMPACT EXER.</p>	<p>6 8:00 YOGA (FLOOR) 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 1:00 TAI CHI 1:00 Beg. WATERCOLOR</p>	<p>7 9:00 SHINE 9:00 WONDER WORKOUT 9:00 ERRANDS 10:00 CRAFTS 10:00 BEREAVEMENT 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p>8 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	<p>9 9:00 WONDER WORKOUT 9:00 SHAW'S 9:00 BRIDGE</p>
<p>12 9:00 ERRANDS 9:15 WONDER WORKOUT 1:00 LOW IMPACT EXER.</p>	<p>13 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:30 YOGA (CHAIR) 1:00 TAI CHI 1:00 Beg. WATERCOLOR</p>	<p>14 9:00 SOUTH SHORE PLAZA 9:00 WONDER WORKOUT 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p>15 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	<p>16 8:30 MANICURES 9:00 WONDER WORKOUT 9:00 ROCHE BROS. 9:00 BRIDGE</p>
<p>19 9:00 ERRANDS 9:15 WONDER WORKOUT 1:00 LOW IMPACT EXER.</p>	<p>20 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 1:00 Beg. WATERCOLOR 1:00 TAI CHI PILGRIM HALL DAY TRIP</p>	<p>21 9:00 WONDER WORKOUT 9:00 SHINE 9:00 ERRANDS 10:00 BEREAVEMENT 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p>22 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO MAINE CRUISE</p>	<p>23 9:00 WONDER WORKOUT 9:00 BIG Y 9:00 BRIDGE</p>
<p>26 9:00 ERRANDS 9:15 WONDER WORKOUT 1:00 LOW IMPACT EXER.</p>	<p>27 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:30 YOGA (CHAIR) 1:00 Beg. WATERCOLOR 1:00 TAI CHI</p>	<p>28 9:00 WONDER WORKOUT 9:00 WALMART 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p>29 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	<p>30 9:00 WONDER WORKOUT 9:00 WEGMAN'S 9:00 BRIDGE</p>



CAN YOU HELP US WITH THE COST OF THIS NEWSLETTER?

Do you enjoy receiving this newsletter? Would you like to help us with the cost of publicizing our programs? The Center could definitely use your support! Please print clearly...thanks.

Name _____

Address _____

Town _____ Zip Code _____

Please make your check out to the *Westwood Council on Aging* (60 Nahatan Street, Westwood, MA 02090).

And thank you!!

We are asking for **\$15 per household** to help cover the cost of publicizing our programs.