





May 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
<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 9:00 WONDER WORKOUT 9:00 ERRANDS 9:00 SHINE 9:00 LAW DAY at Superior Court, Dedham 10:00 CRAFTS 10:00 BEREAVEMENT 10:30 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p>2 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 10:00 GARY HYLANDER 10:30 CHINATOWN TOUR 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO</p>	<p>3 8:30 WAXING 9:00 WONDER WORKOUT 9:00 SHAW'S 9:00 BRIDGE</p>
<p>6 8:00 AARP SMART DRIVER COURSE 9:00 ERRANDS 9:30 WONDER WORKOUT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p>	<p>7 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 11:15 MEDITATION 1:00 TAI CHI 1:00 Beg. WATERCOLOR</p>	<p>8 9:00 WONDER WORKOUT 9:00 WALMART 9:00 SHINE 9:30 CURRENT CONVER. 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p>9 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 9:30 BOOK GROUP 11:00 POWISSET FARM 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO</p>	<p>10 9:00 WONDER WORKOUT 9:00 ROCHE BROS. 9:00 BRIDGE</p>
<p>13 9:00 ERRANDS 9:00 SOC. SEC. 101 9:30 WONDER WORKOUT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR 1:00 GUNSLINGERS</p>	<p>14 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 9:30 TAZA CHOCOLATE TRIP 10:00 Inter. WATERCOLOR 11:45 LUNCH & LEARN BRAIN HEALTH 1:00 TAI CHI 1:00 Beg. WATERCOLOR</p>	<p>15 9:00 SHINE 9:00 WONDER WORKOUT 9:00 ERRANDS 10:00 BEREAVEMENT 10:30 CHORUS 11:00 POWISSET FARM 12:00 iPad CLASSES 1:00 KNIT/CROCHET 1:00 WELLNESS FAIR</p>	<p>16 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 WOMAN'S CLUB</p>	<p>17 8:30 MANICURES 9:00 WONDER WORKOUT 9:00 WEGMANS 9:00 BRIDGE</p>
<p>20 9:00 ERRANDS 9:30 WONDER WORKOUT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p>	<p>21 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 11:15 MEDITATION 12:00 LADIES TEA PARTY 1:00 TAI CHI at LIBRARY 1:00 Beg. WATERCOLOR</p>	<p>22 9:00 SHINE 9:00 WONDER WORKOUT 9:00 WALPOLE MALL 9:30 CURRENT CONVER. 11:00 PATRIOTIC CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER. 1:00 HEARING SOLUTIONS 1:00 KNIT/CROCHET</p>	<p>23 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 11:00 PILATES 11:30 GARDEN CLUB 12:30 MAH JONGG 1:00 BINGO</p>	<p>24 8:00 MEN'S CLUB 8:30 VETERANS BRKFST. 9:00 STAR MARKET 9:00 BRIDGE</p> 
<p>27 CENTER CLOSED MEMORIAL Day</p> 	<p>28 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 1:00 TAI CHI 1:00 Beg. WATERCOLOR</p>	<p>29 9:00 WONDER WORKOUT 9:00 ERRANDS 9:00 SHINE 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p>30 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 10:00 GARY HYLANDER 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO</p>	<p>31 8:30 PLANNING FOR MEDICARE 9:00 WONDER WORKOUT 9:00 BIG Y 9:00 BRIDGE 11:00 JOURNALING</p>

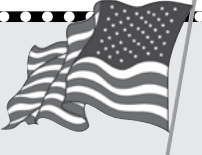
FOURTH ANNUAL LADIES TEA PARTY
Sponsored by the JULIA RUTH House of Westwood



- Tuesday May 21 at noontime
- \$4 donation – Space is limited to 30 participants so you must sign up in advance

Ladies brush off those hats and find those gloves as you join us for our Fourth Annual Tea Party hosted by the Julia Ruth House of Westwood. Tea, scones and sandwiches will be on the menu.

VETERAN'S BREAKFAST
Sponsored by Needham Bank







- May 24 at 8:30 am
- No cost to this program but **please sign up in advance** so we know how many to expect

Are you a Veteran? Are you a spouse or grandparent of a Veteran? Then join us for a delicious free breakfast (quiche, fruit, coffee and pastry) and a lecture on the 70th Anniversary of WWII by Historian Gary Hylander.

June 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
3 9:00 ERRANDS 9:30 WONDER WORKOUT 9:30 MEDICAL NUTRI-TION THERAPY 10:00 Inter. WATERCOLOR 10:00 RETIREMENT LEGAL CHECKUP 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR 1:00 GUNSLINGERS	4 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 11:15 MEDITATION 1:00 TAI CHI 1:00 Beg. WATERCOLOR PLYMOUTH GETAWAY	5 9:00 SHINE 9:00 WONDER WORKOUT 9:00 S. SHORE PLAZA 10:00 BEREAVEMENT 10:00 CRAFTS 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	6 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 LUNCH & LEARN HEALTHY EATING 12:30 MAH JONGG 1:00 BINGO	7 8:30 WAXING 9:00 WONDER WORKOUT 9:00 SHAW'S 9:00 BRIDGE 11:00 JOURNALING
10 9:00 ERRANDS 9:30 WONDER WORKOUT 10:00 SHIFTING GEARS 10:00 Inter. WATERCOLOR 10:30 BALANCING ACT 12:00 LUNCH & LEARN ASSISTED LIVING 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	11 SUMMER BBQ NO PROGRAMS 	12 9:00 SHINE 9:00 WONDER WORKOUT 9:00 TRADER JOE'S/ XMAS TREE 9:30 CURRENT CONVER. 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET 9:00 SANDWICH DAY TRIP	13 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 10:30 EVA'S GARDEN TOUR 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 WOMAN'S CLUB	14 9:00 WONDER WORKOUT 9:00 ROCHE BROS. 
17 9:00 ERRANDS 9:30 WONDER WORKOUT 10:00 Inter. WATERCOLOR 10:00 FIRST AID FOR GRANDPARENTS 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	18 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 11:45 LUNCH & LEARN at BRIDGES 1:00 TAI CHI 1:00 Beg. WATERCOLOR	19 9:00 ERRANDS 9:00 SHINE 9:00 WONDER WORKOUT 10:00 BEREAVEMENT 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	20 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 POWISSET FARM 12:30 MAH JONGG 1:00 BINGO	21 9:00 MANICURES 9:00 WONDER WORKOUT 9:00 STOP & SHOP 9:00 BRIDGE
24 9:00 ERRANDS 9:30 WONDER WORKOUT 10:00 FIRST AID FOR GRANDPARENTS 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	25 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 1:00 Beg. WATERCOLOR 1:00 TAI CHI	26 9:00 WONDER WORKOUT 9:00 SHINE 9:00 ERRANDS 9:30 CURRENT CONVER. 10:30 BIG Y TOUR/LUNCH 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	27 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 10:00 GARY HYLANDER 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	28 9:00 WONDER WORKOUT 9:00 BIG Y 9:00 BRIDGE

FIRST AID FOR GRANDPARENTS
 In collaboration with the Westwood Recreational Department
 Underwritten by the Friends of the Westwood COA

- Mondays June 17 & 24
- 10-11:30 am
- \$5 donation – Space is limited to 10 seniors so you must sign up in advance

Do you take care of your grandchildren on a regular basis? Would you like to learn how to deal with injuries, illness, CPR, allergies and EPI-Pens? Then this course is for you! This course costs \$100 per person but we are underwriting it because it is THAT important. Space is limited to 10 seniors so sign up soon.

NOTARY SERVICES
 If you need a legal document notarized, call Lina to schedule a time.
 No cost for this service.

SOCKS FOR VETERANS
 Donate NEW socks to help our Veterans in May and June

This spring we will have a bucket at the front entrance and invite you to donate a new pair of socks for our Veterans both, men and women. As you know, many Veterans struggle when they return home and too many become homeless; donating new socks is something we can all do to help them recover. Thanks in advance for your support.

