






November 2018

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
THANKSGIVING DINNER <i>Sponsored by Bridges of Epoch</i> <ul style="list-style-type: none"> Thursday, November 15 at 12:00 o'clock \$5 donation Space is limited so you must sign up in advance (sign up begins Nov. 1) <p>Thanksgiving is time to be grateful and joyful. So join us for turkey, stuffing and all the fixings as Bridges by Epoch caters a delicious meal with pie for dessert of course. There will be plenty of laughs and great entertainment. This is a great way to enjoy the beginning of the holidays with your friends and community!</p> 			1 8:00 FLOOR YOGA 9:30 CHAIR YOGA 9:30 BOOK GROUP 11:00 PILATES 11:30 TOUR WHITNEY PLACE 12:30 MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB	2 8:30 WAXING 9:00 FUN FIT 9:00 BRIDGE 9:00 & 10:00 SHAWS 10:30 SHOULDER PAIN WORKSHOP
5 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 10:00 REAL ESTATE BASICS 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	6 ELECTION DAY CENTER CLOSED 	7 9:00 SHINE 9:00 FUN FIT 9:00 WALMART 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 11:00 UNDERSTANDING REAL ESTATE & GIFT TAXES 12:00 iPad ONE ON ONE SUPPORT 12:30 LOW IMPACT EXER.	8 8:00 FLOOR YOGA 9:00 QUILTING 9:30 CHAIR YOGA 10:00 MEN'S CLUB 10:30 GARY HYLANDER 11:00 PILATES 11:30 POWISSET FARM COOKING CLASS 12:30 MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	9 8:00 VETERAN'S BREAKFAST 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE
12 CENTER CLOSED 	13 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 11:30 PAYING FOR ASSISTED LIVING 1:00 TAI CHI 1:00 KNITTING	14 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 10:00 CURRENT CONVERS. 11:00 CHORUS 12:00 iPad ONE ON ONE SUPPORT 12:30 LOW IMPACT EXER.	15 12:00 THANKSGIVING DINNER 	16 9:00 FUN FIT 9:00 MANICURES 9:00 & 10:00 STOP & SHOP 9:00 BRIDGE
19 9:00 ERRANDS 9:30 FUN FIT 9:30 PRESCRIPTION DRUG PROGRAM 10:00 Inter. WATERCOLOR 1:00 COPING with HOLIDAYS AFTER LOSS 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	20 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	21 No Programs NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service.	22 CENTER CLOSED THANKSGIVING DAY 	23 CENTER CLOSED
26 9:00 ERRANDS 9:30 FUN FIT 10:00 YELLOW DOT SAFETY PROGRAM 10:00 Inter. WATERCOLOR 11:30 ASK ME ANYTHING 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	27 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 10:30 ARMCHAIR TRAVEL (at Library) 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING	28 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 10:00 CURRENT CONVERS. 11:00 CHORUS 12:00 iPad ONE ON ONE SUPPORT 12:30 LOW IMPACT EXER. 1:00 HEARING SOLUTIONS	29 8:00 FLOOR YOGA 9:00 QUILTING 9:30 CHAIR YOGA 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	30 9:00 FUN FIT 9:00 & 10:00 BIG Y 9:00 BRIDGE

VETERAN'S BREAKFAST






Sponsored by Needham Bank









- Friday, November 9, 8:00 am
- No cost to this program but you must sign up in advance

If you are Veteran, Spouse or Grandparent of a Veteran, then join us for breakfast and conversation. Gary Hylander will discuss "Addressing the Gettysburg Address." It is our simple way of saying thank you!

December 2018

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 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR 00:00 HOLIDAY SCAM PROTECT SELF	4 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 10:30 ARMCHAIR TRAVEL (at Library) 11:15 MEDITATION 11:30 BOOSTING IMMUNITY & HEALTH 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	5 9:00 FUN FIT 9:00 SHINE 9:00 XMAS TREE SHOPS 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 12:00 iPad ONE ON ONE SUPPORT 12:30 LOW IMPACT EXER.	6 8:00 FLOOR YOGA 9:30 CHAIR YOGA 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB	7 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 WEGMANS 9:00 BRIDGE
10 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	11 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 11:00 HOLIDAY TEA 1:00 TAI CHI 1:00 KNITTING	12 9:00 FUN FIT 9:00 SOUTH SHORE PLAZA 9:00 SHINE 10:00 CURRENT CONVERS. 11:00 CHORUS 12:00 iPad ONE ON ONE SUPPORT 12:30 LOW IMPACT EXER. 1:00 LEGAL CLINIC	13 8:00 FLOOR YOGA 9:00 QUILTING 9:30 CHAIR YOGA 10:00 HOLIDAY CONCERT AT WHS 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	14 9:00 FUN FIT 9:00 & 10:00 SHAWS 9:00 BRIDGE
17 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	18 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	19 9:00 SHINE No Programs 12:00 HOLIDAY LUNCHEON (at Norfolk Golf Club)	20 8:00 FLOOR YOGA 9:30 CHAIR YOGA 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	21 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE
24 No Programs 	25 CENTER CLOSED HOLIDAY 	26 No Programs 	27 8:00 FLOOR YOGA 9:00 QUILTING 9:30 CHAIR YOGA 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	28 9:00 FUN FIT 9:00 & 10:00 BIG Y 9:00 BRIDGE
31 No Programs 	<div> HOLIDAY TEA <i>Sponsored and hosted by First Parish Church of Westwood</i> <ul style="list-style-type: none"> December 11 at 11am You are cordially invited to attend a Senior Christmas Tea at First Parish of Westwood, UCC. This festive gathering will begin at 11AM with music, stories and carol singing. A luncheon will follow with sandwiches, sweet treats, coffee and of course, TEA. First Parish looks forward to sharing some Christmas cheer with you. Please sign up with the Council on Aging by December 3. </div> 			

   	<p>WESTWOOD POLICE ASSOCIATION ANNUAL LUNCHEON</p> <p><i>At the Old Colonial in Norwood for WESTWOOD SENIORS ONLY</i></p> <ul style="list-style-type: none"> Saturday December 8 at noontime No cost to this program but you must sign up no later than Friday Nov. 30. <p>We are pleased and thankful that once again the Westwood Police Association is hosting their annual Holiday Luncheon for Westwood Seniors ONLY.</p>	   
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------