



# NEWS

SEPTEMBER/OCTOBER 2015

## Special Thanks to:

- **Fox Hill Village of Westwood** for underwriting and sponsoring our Halloween Party in October.
- **Cornerstone of Canton** for underwriting and sponsoring our Brain Healthy Luncheon.
- **New Pond Village of Walpole** for underwriting and sponsoring the Gary Hylander Lecture Series.
- **Red Sox Foundation** for give aways at our BBQ.
- **Residence of Wingate in Needham** for sponsoring Superfoods Breakfast.
- **HESSCO Elder Services** for sponsoring a lecture on Delirium.
- **Westwood Cultural Council** for underwriting music during our Halloween party.

*And to all our donors and supporters who donate their time, treasure and thoughtfulness, we could not continue to grow without you!*



## Letter from the Director

As we say goodbye to summer, we welcome autumn. Fall in New England is nothing less than fabulous with warm days and cool nights, and all the color around us, it is our very special season! And a great time to try something new, like the Westwood Senior Center. So many times I hear “I am too young for the Senior Center” or “The Center is for ‘old’ people,” but once you try our Center, you will realize it is a place where adults, 60 and older, come to stay connected, engaged and maintain their health. I always say “I cannot wait until I can take yoga for \$3 or attend a lecture for free”... you should too!

This fall, we are planning lots of special events to complement our regular programs. We will be hosting a delicious BRAIN HEALTHY LUNCH sponsored by our friends at *Cornerstone of Canton*. Cornerstone will show you that eating healthy can be delicious (and easy!). However, if breakfast is your favorite meal, the *Residence at Wingate* will return with a lecture and delicious samples of *Healthy Breakfast Foods*.

We are also pleased to continue our Supreme Court lecture series with Professor Gary Hylander. *New Pond Village of Walpole* has generously underwritten these two lectures that you do not want to miss! In addition, we urge you to attend two free lectures: one on “*Delirium*,” (sponsored by HESSCO Elder Services) and one on “*Driving as you age*.”

On a different note, most people want to “age at home,” but sometimes that is simply not the smartest option; moreover, you should not wait for crisis to hit when deciding on assisted living or memory support care. With this in mind, we are continuing our “lunch and learns.” You can visit Brookdale of Dedham, Fox Hill Village of Westwood and Cornerstone of Canton, where you will take a tour, have an opportunity to ask questions and enjoy a free lunch. I cannot stress enough that each of these facilities (as well as tours offered at New Pond Village and Grove Manor Estates in the past) are wonderful but different and unique, and only YOU will know where you fit in. You may never need them, or want to move, but it is important that you know your options.

Our day trips continue to grow...with opportunities to tour the Isabella Stewart Gardner Museum, the Boston Public Library or a trip to Twin Rivers. If you want to get out of Massachusetts, we offer a trip on the Turkey Train in NH, a day at Foxwoods as well as New York City at Christmastime!

Finally, with fall comes HALLOWEEN and of course, we are blessed to have *Fox Hill Village of Westwood* underwrite what we know will be a fun and delicious lunch catered by Vello's. Tommy Rull (underwritten by Westwood Cultural Council) will entertain you and costumes are welcomed and encouraged.

So with so many choices, from our regular programs (art to yoga!) to our special programs, we strive to offer something for everyone. So come check us out!

Lina Arena-DeRosa



## Karen's Corner—Outreach Counselor Medicare Open Enrollment Period

That time of year is approaching again... **the Medicare Open Enrollment Period.** It runs each year from **October 15 to December 7** and allows you to change from your current Medicare coverage to another plan. Changes made to your coverage are effective January 1 of 2016. During this time, the following changes are allowed: *anyone with Medicare Parts A & B can switch to a Part C (Medicare Advantage) plan; anyone with Medicare Part C can switch back to Parts A & B and enroll in a Part D prescription drug plan; anyone who has or is signing up for Medicare Parts A or B can join, drop or switch a Part D prescription drug plan; anyone with Medicare Part C can switch to a new Part C plan.*

Our SHINE counselor (Serving Health Insurance Needs of Everyone), Lori Howell, can help you compare the costs and benefits of Medicare and other health insurance options and help you enroll in a health insurance program that best fits your needs. Counseling is a **FREE** service and Lori has no affiliations to any insurance company. **Please bring all your medical cards (Medicare, Supplemental Insurance, and Prescription Cards) to the meeting along with the list of your current prescriptions.**

To schedule an appointment with a SHINE counselor, Lori Howell, please call the Westwood Council on Aging at 781-329-8799.



### Transportation with Trish



SEPT	DESTINATION	Donation	OCT	DESTINATION	Donation
2	Trader Joe's/Xmas Tree	\$2.00	2	Stop & Shop	\$2.00
4	Stop & Shop	\$2.00	7	Mansfield Crossing	\$2.00
9	Errands in Westwood/Dedham	\$2.00	9	Roche Bros.	\$2.00
11	Roche Bros.	\$2.00	14	Errands in Westwood/Norwood	\$2.00
16	Walmart	\$2.00	16	Wegman's	\$2.00
18	Shaw's	\$2.00	21	Marshall's/Home Goods Westwood	\$2.00
23	Errands in Westwood/Norwood	\$2.00	23	Shaw's	\$2.00
25	Hannaford's	\$2.00	28	Errands in Westwood/Dedham	\$2.00
30	Errands in Westwood/Dedham	\$2.00	30	Hannaford's	\$2.00

**Transportation** is for Westwood residents age 60 or older, or disabled. All reservations *must be made at least 48 hours in advance* by calling the Senior Center at 781-329-8799. We will take only two reservations per telephone call. This bus is mainly for seniors who do *not* drive, and reservations are on a first-come, first-served basis. Westwood residents will be picked up at their homes, Westwood Glen and Highland Glen residents will be picked up at their building. The suggested donation for this service is \$2.00.

**Medical Appointments:** Transportation for medical appointments within a 10-mile radius is available Monday through Thursday from 8:30 a.m.-2:30 p.m.

**Shopping:** Participants are restricted to **4 shopping bags** per person. Food shopping trips are on most Fridays. The COA will make 2 trips for food shopping at 9:30 and 10:30 a.m. The 9:30 trip will be picked up at 11:00 and the 10:30 trip will be picked up at 12:00 for the return trip home. Local shopping trips and errands within a 5-mile radius are also available on most Wednesdays.

**Westfare Taxi Vouchers** are available to *eligible seniors who no longer drive*. A purchase of \$12.00 will buy \$48.00 worth of transportation. For more information, call (781) 329-8799 and ask for Karen.

## Day Trips at the Center

### Isabella Stewart Gardner/ Lunch at Bertucci's

▶ **Monday, September 14**  
▶ Leave Center at 10:00 a.m.  
Come take a tour of the Isabella Stewart Gardner Museum. You will be impressed by the visual splendor of the courtyard garden and surrounding galleries—a feast for the senses. The Museum was designed as a work of art in totality. **Limit 15, \$20 per person (includes transportation and tour). Lunch is pay on your own.**

### Twin Rivers Trip

▶ **Tuesday, September 22**  
▶ Leave Center at 9:00 am  
**Limit to 8. \$5.00 per person. Lunch is pay on your own.**

### Tour of Boston Public Library/ Lunch at Bertucci's

▶ Tuesday, October 20  
▶ Leave Center at 9:30 am  
Come take a tour of the Boston Public Library highlighting the architecture of its famed Central Library buildings by Charles Follen McKim and Philip Johnson as well as the art treasures within, including works by Daniel Chester French and John Singer Sargent. **Limit 15, \$15 per person (includes transportation and tour). Lunch is pay on your own.**

# Stay Healthy at the Senior Center

## LO-IMPACT EXERCISE with Marilyn

- ▶ Mondays & Wednesdays, 1 p.m.
- ▶ \$3 donation requested

Join Marilyn and her fun group as they stretch and tone and enjoy a low-impact exercise that will wake up your body and strengthen your muscles.



## FUN FIT with Stephanie

- ▶ Mondays, 10 a.m. | Wednesdays & Fridays, 9:00 a.m.
- ▶ \$3 donation requested

Fun Fit Class is an hour class where we incorporate cardio, strength training, flexibility and balance in a fun group setting. All levels are welcome and all exercises are modified to meet individual's needs. Please wear sneakers and bring light hand weights.

## YOGA with Bonnie

- ▶ Tuesdays & Thursdays, 9:30 a.m.
- ▶ \$3 donation requested



Yoga can help with stability, flexibility and balance. Each class ends with guided relaxing breath work to leave you feeling more balanced and renewed. We work both on the floor and in a chair. So stop by and try us out! All levels welcomed.

## TAI CHI TUESDAYS with J. Scott Brumit

- ▶ Tuesdays, 1-2 p.m.
- ▶ \$3 donation

Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, Tai Chi may be especially suitable if you're an older adult who otherwise may not exercise. Tai Chi is appealing because it's inexpensive, requires no special equipment and can be done indoors or out, either alone or in a group. Beginners are always welcome.



## BLOOD PRESSURE CLINIC

with Westwood Board of Health Nurse

- ▶ September 16 & October 21, 8:30-11:30 a.m.
- ▶ FREE

No appointment necessary.

## A COMPLIMENTARY HEARING AID SERVICE CLINIC

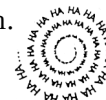
Sponsored by Hearing Solutions Inc of Norwood and Brookline

▶ Wednesday, September 23 and October 28; 2:00-3:00 p.m.  
Are you struggling with your hearing aid? Do you wonder if the device you have is working properly? *Hearing Solutions* will be on site to provide service to existing hearing aid users. 15 minute appointments at the Center must be *scheduled in advance*.

## LAUGHING YOGA with Mary

- ▶ September 1 & 15; October 6 & 20; 11:00 a.m.
- ▶ \$3 donation requested

Come laugh and relax and have fun!



## WAXING with Licensed Aesthetician Lisa

- ▶ The first Friday of every month, 8:30-11:30
- Please call the Senior Center, *in advance*, to schedule your appointment.

Fees: Brows .....\$10      Any two services ....\$15  
Lip .....\$10      All 3 services .....\$20  
Chin .....\$10      *Appointments required.*

## SHINE (Serving the Health Needs of Elders)

with Lori Howell

- ▶ Tuesday, September 1 and October 6; 9:00 a.m.-1:00 p.m.
- Open Enrollment (*see Outreach Counselor message for details*) begins October 15th. Lori will be here to answer your questions regarding your health insurance **BY APPOINTMENT ONLY**. Please call the Center to sign up.

## WALKING CLUB with Stephanie

- ▶ Wednesday and Friday mornings, 8:30 a.m.
- ▶ At the High School Track
- ▶ \$3 donation requested



Fall is a great time to join our outdoor walking club. Wear your good walking shoes and meet us at the Westwood High School track for 30 minutes of walking and socializing. All fitness levels welcome.

## CARING FOR YOUR FEET with Podiatrist Dr. Michael Mitry

- ▶ Friday, September 11 & October 9; 9-11 a.m.
- ▶ **Appointments ONLY** (at the Center)

One day a month we will have Dr. Mitry on the premise for routine foot maintenance/nail cutting. The private pay is \$35 per session; checks made out to Dr. Mitry.



## DELIRIUM—Do you know the symptoms?

Sponsored by HESSCO Elder Services with Lecturer Pat Gavin

- ▶ Monday, September 14 at 11 a.m.

Delirium is a sudden change in mental status or sudden confusion which develops over hours to days. It is different from dementia and more than half of all hospitalized seniors will develop this problem. Come learn the 10 top tips to help avoid delirium and the confusion around it. Please sign up in advance for this important and informative lecture.

## FLU CLINIC with Board of Health

- ▶ Saturday, October 24, 9:00 a.m. to noon
- ▶ Westwood High School gymnasium

There is no charge to residents for the flu shot, but you are requested to bring your insurance information. If you are homebound and unable to attend the clinic, please contact Mary Beechinor, RN, BSN, Public Health Nurse at 781-251-2576.

# Stay Connected at the Senior Center

## WATERCOLOR CLASSES *with Joan*

- ▶ Beginners: Mondays, 9:30-11 a.m.
- ▶ Advanced: Mondays, 1-3 p.m.
- ▶ Donation: \$40 for 6 week class



This fall classes will concentrate on painting landscapes. The beginner students are quick learners but we welcome new painters to join us! Each student is encouraged to paint using their own style: loose, realistic or abstract.

## MAH JONGG

- ▶ Every Thursday, 12:30 p.m.

Would you like to exercise your brain and learn a new game that involves skill, strategy and calculation (as well as a bit of luck)? Beginners and experienced players are welcome, or if you are just curious, stop in!

## BINGO

- ▶ Every Thursday, 1:00 p.m.

Join us at the Center as we play BINGO! This fun group enjoys conversation, laughs and a good game of BINGO.



## BRIDGE

*Attention Bridge Players*

- ▶ Every Friday, 10:00 a.m.-2:00 p.m.

Are you looking for somewhere to go on Fridays from 10:00 to 2:00? Well, come to the Westwood Senior Center. Bring a sandwich ~ we will provide coffee and tea. All are welcome!

## WOMEN'S CLUB

*with President Mary Jo Hood*

**NO PROGRAM IN MONTH OF SEPTEMBER**

- ▶ Thursday, October 15 at 1:30 p.m.

WESTCAT's Greg Agnew will be our guest speaker.

## THE SUPREME COURT~ PAST, PRESENT AND FUTURE

*with Professor Gary Hylander*

*Sponsored by New Pond Village of Walpole*



- ▶ Monday, September 21 & 28; 10-11 a.m.

Join us as Gary continues to explain the work of the US Supreme Court, its history and its decisions. *Sponsored by New Pond Village of Walpole*, who offer a vibrant lifestyle in retirement living. This lecture series is sure to fill up so please sign up in advance so we know how many to expect.

## NINETY'S PLUS BIRTHDAY PARTY

- ▶ Thursday, October 22; noontime at the First Baptist Church

Are you 90 or older? Would you like to enjoy a free lunch and entertainment from all of us at the COA? We would love to have you join us! Please call Trish by October 5th to sign up.

## QUILTING *with Linda*

- ▶ Tuesdays, 9:30-11:30 a.m.
- ▶ September 15, 22, 29 | October 13, 20, 27
- ▶ \$4 per class



Quilters will reunite on September 15th with a big show and tell with all the quilted items you made over the summer. Come and join a talented group of women who encourage and share techniques with each other.

## KNITTING AND CROCHETING

*with Louise*

- ▶ Tuesdays, 1:00 p.m.
- ▶ \$3 donation requested



Come enjoy knitting with this fun group (experienced and beginners are welcome) on Tuesday afternoons as we knit, crochet, talk, laugh and help each other when we get stuck.

## CRAFTS *with Lorraine*

- ▶ Wednesday, September 2 & October 7; 10 a.m.

Do you enjoy making crafts? Then join Lorraine and her friends as they create beautiful crafts that are sold at the Center (or you can buy one and take it home!). All proceeds help fund programs at the Center.

## GARDEN CLUB

*with President Marcie Grokowsky*

**September 24th** Welcome Autumn: Meet at the Center (**10 a.m.**) and we will car pool to Volante Farm in Needham followed by lunch at Bertucci's.  
**October 22nd (11:30 a.m.)** House Plants: The DO'S AND DON'TS! Presented by Jane Young of Wheaton College Greenhouse...bring a plant you are struggling with!



## DAY TRIPS WITH FOX TOURS



**Wednesday, Sept. 30 ~ \$79pp ~ NH Turkey Train**  
~ Depart the Center at 8:30 a.m. and take a coach to the White Mts. where you will board the Scenic RR Dining Car. The train will travel through great foliage while you enjoy a delicious lunch from Hart's Turkey Farm.

**Monday, Oct. 26 ~ \$77pp ~ Captain Jack's Lobster Bake and Foxwoods Casino** ~ Depart from the Center and enjoy a delicious lunch (lobster or roast beef) at Capt. Jack's and then spend the afternoon at Foxwoods Casino.

**Tuesday, Dec. 8 ~ \$125pp ~ NY Radio City Music**  
~ Depart from Center at 7 a.m. and enjoy a luxury coach ride to the Big Apple. Enjoy the morning and lunch on your own; at 2 p.m. meet at Radio City Music Hall for their Christmas Spectacular. Arrive back around 9:30 p.m.

Fliers with full details are available at the Center. Tours will fill up fast, so please sign up early!

# Age Well at the Senior Center

## SUPERFOODS BREAKFAST



Sponsored by *The Residence of Wingate in Needham*  
With Personal Trainer/Physical Therapist *Meagen Springer*

▶ Tuesday, September 15 at 10 a.m.

As Fall turns into winter it's time for foods that bring back warm memories, tickle your taste buds, and soothe your soul. Beat the battle of the winter bulge and learn how to incorporate superfoods into some cozy eats that can also fight the common cold (and are just as satisfying!). Space is limited so please sign up in advance.

*Wingate offers residents the freedom to live life fully! Our programs are designed to help and encourage seniors to remain active, engaged and energized while living life to its fullest.*

## BEREAVEMENT GROUP

with *Nina Johnston, LICSW*

▶ September 9 & 23 | October 7 & 21 at 10 a.m.

Have you experienced a loss of a love one and are struggling with strong feelings of sadness? Our warm and inviting group welcomes anyone to come and share their thoughts and feelings as they cope with the loss of a loved one. Stop in and join us so you do not feel alone, no sign up required.

## MOVIES



▶ Begin at 1:00 p.m.

9/10 *The Flight of the Phoenix* – starring Dennis Quaid, Miranda Otto and Hugh Laurie

9/24 *A Good Woman* – starring Helen Hunt, Scarlett Johansson and Mark Umbers

10/8 *Dolphin Tale* – starring Harrick Connick Jr., Ashley Judd and Morgan Freeman

10/22 *Pay It Forward* – starring Kevin Spacey, Helen Hunt and Haley Joel Osmond

## CURRENT CONVERSATIONS

with *Journalist Susan Sprecher*

▶ September 9 & 23 | October 14 & 28 at 10 a.m.

▶ \$20 donation for all four classes (or \$5 per class)

Join Susan and her growing group of “news hounds” as they discuss the Supreme Court decisions, the Confederate Flag, as well as the crisis in Greece... or how about the Pope's trip to the US, legalizing marijuana or anything currently in the news. This lively discussion is both fun and informative and new members (conservative and liberal) are always welcome. So come catch up on the world events and enjoy good fellowship and conversation!

## MEN'S CLUB with *President Bob Smith*

**NO PROGRAM IN MONTH OF SEPTEMBER**

▶ Thursday, October 15 at 9:30 a.m.

Get off the couch and come enjoy the company of the “guys” here at the Center.

## STEERING CLEAR AT 60 PLUS

with *OT Driving Specialist Deb Kerrigan*

▶ Monday, October 19 at 10 a.m.



Join us to discuss “driving safely as you age.” Deb Kerrigan, an OT Driving Specialist will explain how your sight and your reflexes change as you age and how you can continue to drive safely with some adjustments to your regular driving habits. She will have tips and will answer questions. There is no cost to this program but please sign up in advance so we know how many to expect. *Debbie Kerrigan, MS, OTR/L* is a senior occupational therapist and the coordinator of the Drive Safe program at Newton-Wellesley Hospital Rehab Services.

## LUNCH AND LEARN at 3 Assisted Living & Memory Care Facilities in the Area

Do you have a plan in case you can no longer age at home? Do you know what kind of facility that you would like to go to if you or your loved ones need assisted living or memory care? This is an opportunity to check out area facilities and learn about what they offer in a relaxed setting. Please sign up in advance so we know how many to expect.

### Brookdale of Dedham ~ Senior Living Solutions

▶ *Thursday, September 10 at 10:30* (meet at the Center)

Brookdale is both an assisted living and memory care community set on the Wilson Mountain Conservation land. The bus will pick up at 10:30, you will get a tour and discussion will center around enriching your life as you age. You will return promptly at noon with Brookdale's Signature Gourmet-to-Go Lunch to enjoy.

### Fox Hill Village of Westwood

▶ *Thursday, September 25 at 10:30* (meet at the Center)

Fox Hill Village is a vibrant retirement community in Westwood where you can create a life with all of the amenities and convenience that you deserve. The bus will pick you up at 10:30 and you will enjoy an hour tour of their facility. At noon, you will be escorted to their award winning dining room for a wonderful lunch and conversation and will return to the Center around 1:30.

### Cornerstone of Canton

▶ *Tuesday September 29 at 10:30* (meet at the Center)

Located in Canton, Cornerstone offers a service enriched assisted living and state of the art Compass Memory Support Neighborhood® affiliated with BU's Alzheimer's Center. You will arrive and enjoy a tour of this new facility and learn about their supportive personalize lifestyle and then enjoy a brain healthy (and delicious) lunch. You will return to the Center around 1:30.

# September 2015

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 SHINE 9:30 YOGA 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING	<b>2</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:30 TRADER JOE'S 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE	<b>3</b> 8:50-10:10 a.m. ELDER ATTORNEY 9:30 YOGA 12:30 MAHJONGG 1:00 BINGO	<b>4</b> 8:30 WALKING CLUB 8:30 WAXING 9:00 FUN FIT 9:30 and 10:30 STOP & SHOP 10:00 BRIDGE
<b>7</b> CLOSED FOR LABOR DAY 	<b>8</b> 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING	<b>9</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:30 ERRANDS 10:00 CURRENT CONVERSATIONS 10:00 BEREAVEMENT GROUP 1:00 LO-IMPACT EXERCISE	<b>10</b> 9:30 YOGA 10:30 LUNCH & LEARN AT BROOKDALE 12:30 MAHJONGG 1:00 BINGO 1:00 MOVIE	<b>11</b> 8:30 WALKING CLUB 9:00-11:00 PODIATRY CLINIC 9:00 FUN FIT 9:30 and 10:30 ROCHE BROS. 10:00 BRIDGE
<b>14</b> 9:30 WATERCOLOR 10:00 FUN FIT 10:00 GARDNER MUSEUM DAY TRIP 11:00 DELIRIUM LECTURE 1:00 LO-IMPACT EXERCISE	<b>15</b> 9:30 QUILTING 9:30 YOGA 11:00 SUPERFOODS 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING	<b>16</b> 8:30 WALKING CLUB 9:00 FUN FIT 8:30 BLOOD PRESSURE 9:30 WALMART 1:00 LO-IMPACT EXERCISE	<b>17</b> 9:30 YOGA 12:30 MAHJONGG 1:00 BINGO	<b>18</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:30 and 10:30 SHAW'S 10:00 BRIDGE
<b>21</b> 9:30 WATERCOLOR 10:00 FUN FIT 10:00 SUPREME COURT 1:00 LO-IMPACT EXERCISE	<b>22</b> 9:00 TWIN RIVERS DAY TRIP 9:30 QUILTING 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING	<b>23</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:30 ERRANDS 10:00 BEREAVE. GROUP 10:00 CURRENT CONV. 1:00 LO-IMPACT EXERCISE 2:00-3:00 HEARING SOLUTIONS	<b>24</b> 9:30 YOGA 10:00 GARDEN CLUB 12:30 MAHJONGG 1:00 BINGO 1:00 MOVIE	<b>25</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:30 and 10:30 HANNAFORD'S 10:00 BRIDGE 10:30 LUNCH & LEARN AT FOX HILL VILLAGE
<b>28</b> 9:30 WATERCOLOR 10:00 FUN FIT 10:00 SUPREME COURT 1:00 LO-IMPACT EXERCISE	<b>29</b> 9:30 QUILTING 9:30 YOGA 10:30 LUNCH & LEARN AT CORNERSTONE OF CANTON 1:00 KNITTING	<b>30</b> 8:30 N.H. TURKEY TRAIN DAY TRIP 8:30 WALKING CLUB 9:00 FUN FIT 9:30 ERRANDS 10:00 BEREAVEMENT GROUP 1:00 LO-IMPACT EXERCISE	<b>NOTARY SERVICES</b> If you need a legal document notarized, call Lina to schedule a time. No cost for this service.	

## NEW FRIENDS ~ A Social Bereavement Group

By Robert Newman

- ▶ Sunday, September 13; October 11
- ▶ 1-4 p.m. at the Senior Center
- ▶ \$5 donation per person requested

New Friends is a self-help social bereavement group that is open to anyone who has suffered the loss of a loved one for any reason. New Friends is an opportunity for people who have suffered a loss to get together in a social setting that is relaxed, safe, and inviting.

## 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 \_\_\_\_\_

We are asking for **\$15 per household** to help cover the cost of publicizing our programs. Please make your check out to the **Westwood Council on Aging** (60 Nahatan Street Westwood).


**And thank you!!**

# October 2015

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>KNOWING YOUR LEGAL RIGHTS &amp; RESPONSIBILITIES</b> <i>with Mary Roque</i> Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors usually on the first Thursday of each month. Appointments are scheduled at 20 minute intervals beginning at 8:50 a.m.			<b>1</b> 8:50-10:10 a.m. ELDER ATTORNEY 9:30 YOGA 12:30 MAHJONGG 1:00 BINGO	<b>2</b> 8:30 WALKING CLUB 8:30 WAXING 9:00 FUN FIT 9:30 and 10:30 STOP & SHOP 10:00 BRIDGE
<b>5</b> 9:30 WATERCOLOR 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE	<b>6</b> 9:00 SHINE 9:30 YOGA 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING	<b>7</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:30 MANSFIELD CROSS. 10:00 BEREAVE. GROUP 10:00 CRAFTS 1:00 LO-IMPACT EXERCISE	<b>8</b> 9:30 YOGA 10:00 BOOK CLUB 12:30 MAHJONGG 1:00 BINGO 1:00 MOVIE	<b>9</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:00-11:00 PODIATRY CLINIC 9:30 and 10:30 ROCHE BROS. 10:00 BRIDGE
<b>12</b> CLOSED FOR COLUMBUS DAY 	<b>13</b> 9:30 YOGA 9:30 QUILTING 1:00 TAI CHI 1:00 KNITTING	<b>14</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:30 ERRANDS 10:00 CURRENT CONV. 12:00 BRAIN HEALTHY 1:00 LO-IMPACT EXERCISE	<b>15</b> 9:30 YOGA 9:30 MEN'S CLUB 12:30 MAHJONGG 1:00 BINGO 1:30 WOMEN'S CLUB	<b>16</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:30 and 10:30 WEGMAN'S 10:00 BRIDGE
<b>19</b> 9:30 WATERCOLOR 10:00 FUN FIT 10:00 STEERING CLEAR AT 60+ 1:00 LO-IMPACT EXERCISE	<b>20</b> 9:30 YOGA 9:30 QUILTING 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING	<b>21</b> 8:30 BLOOD PRESSURE 8:30 WALKING CLUB 9:00 FUN FIT 9:30 MARSHALL'S 10:00 BEREAVE. GROUP 1:00 LO-IMPACT EXERCISE	<b>22</b> 9:30 YOGA 12:00 90's+ PARTY 12:30 MAHJONGG 1:00 BINGO 1:00 MOVIE 1:30 GARDEN CLUB	<b>23</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:30 and 10:30 SHAW'S 10:00 BRIDGE
<b>26</b> 9:30 FOXWOODS DAY TRIP 10:00 FUN FIT 1:00 LO-IMPACT EXERCISE	<b>27</b> 9:30 YOGA 9:30 QUILTING 1:00 TAI CHI 1:00 KNITTING	<b>28</b> 8:30 WALKING CLUB 9:00 FUN FIT 9:30 ERRANDS 10:00 CURRENT CONV. 1:00 LO-IMPACT EXER. 2:00-3:00 HEARING SOLUTIONS	<b>29</b> 9:30 YOGA 12:00 HALLOWEEN PARTY 12:30 MAHJONGG 1:00 BINGO	<b>30</b> 8:30 WALKING CLUB 8:30 FUN FIT 9:30 and 10:30 HANNAFORD'S 10:00 BRIDGE

**HONOR FLIGHTS OF NEW ENGLAND**




*From Paula Scoble's Desk at the Veteran's Office*

Through generous donations, our veteran heroes can be transported to Washington DC to visit the memorials at NO COST! If you would like further information, please contact Paula at the Veteran's Office (in Town Hall) or visit [www.HonorFlightNewEngland.org](http://www.HonorFlightNewEngland.org).

**BRAIN HEALTHY COOKING**

*Sponsored by Cornerstone of Canton (Senior Living Residences)*



► Wednesday, October 14 at noontime ► \$3 donation is requested

We are pleased to offer this important program (and delicious lunch) sponsored by Cornerstone of Canton. Through their award-winning Brain Healthy Cooking Program, (largely based on the Mediterranean Diet), we will be offering a delicious taste-tested brain healthy choices menu for you to enjoy. At Senior Living Residences, they are proud to be the first Assisted Living Company in the nation to create a research-based nutrition program focused on the documented connection between diet and brain health! So come join us, and learn about brain healthy diet and enjoy an amazing meal! Space is limited so sign up early. Located in Canton, Cornerstone offers a service enriched assisted living and state of the art Compass Memory Support Neighborhood® affiliated with BU's Alzheimer's Center.



Westwood Council on Aging  
 60 Nahatan Street  
 Westwood, MA 02090  
 Return Service Requested

PRSR Non-Profit  
 US Postage  
**PAID**  
 Norwood, MA  
 Permit #81

## Westwood Council on Aging

60 Nahatan Street  
 Westwood, MA 02090  
 Telephone: 781-329-8799  
 Fax: 781-329-5949

### Hours:

Monday–Thursday: 8:00 a.m. to 4:00 p.m.  
 Friday: 8:00 a.m. to 2:00 p.m.

### Staff and Contact Info

Lina Arena-DeRosa, Director  
 Trish Tucke, Assistant Director  
 Karen Segreve, Outreach Counselor  
 Lorraine Cavanaugh, Administrative Assistant  
 John Trigilio, Van Driver  
 Albert Mahegan, Van Driver  
 Paul Kelly, Van Driver



### Council on Aging Board Members

Margaret Dullea	Mary Gens
Cheryl Fay	Irene MacEachern
Robert Folsom	Bill Sebet
	James M. O’Sullivan

# HALLOWEEN PARTY

at the Westwood Senior Center



**Thursday October 29 ~ Noontime**

Sponsored by Fox Hill Village of Westwood

\$3 donation

Join us on Thursday October 29 for a delicious lunch and lots of laughs sponsored by our friends at FOX HILL VILLAGE. We will be serving delicious comfort foods from Vello’s and Tommy Rull will rock you (thanks to Westwood Cultural Council)! Costumes are welcome and encouraged! *Space is limited so please sign up in advance!*