



NEWS

MAY/JUNE 2016

Special Thanks to:

- **Ellis Rehabilitation and Nursing Center** of Norwood for sponsoring our June Cookout;
- The **Julia Ruth Adult Day Social Center** of Westwood for sponsoring our May Ladies' Tea;
- **Needham Bank** for underwriting our Veterans Breakfast in May;
- **New Pond Village of Walpole** for sponsoring a number of Gary Hylander Lectures;
- And to the **Seniors of Westwood** who come to our programs, help underwrite our newsletter and support us at Town Meeting;

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

Spring has sprung and for many of you that means time to sharpen your garden tools and plan your garden. For those of us in municipal government, it means time to sharpen our pencils and plan budgets before Town Meeting in May.

This year, the Center's proposed budget will be increased by 4.6% which is slightly above guidelines. The change is primarily in upgrading staff which was imperative to keep up with our continued growth. The population in Westwood is aging (approx. 25% of Westwood residents are over 60), but we are fiscally conservative and financially wise (our budget is less than 1/2 of 1% of the total town budget). Please know that no programs at the Center are underwritten by the Town's Budget. We use our State Formula Grant, sponsorships as well as donations to provide robust and well rounded programming. We work with our COA Board, the town's finance department and many other departments to ensure that we meet the demands of the town's aging population. Westwood leaders have worked to safeguard growth while living within strict budgetary guidelines. Remarkably, they are still able to have capital expenses (like a new fire station and police station) move forward with their current revenue. It is a true testament to the work of many committed individuals, (especially the Town Administrator, Selectmen, FinCom, DPW and Finance Dept). Okay enough on the budget; let's talk about fun things!

Here at the Center we are pleased that we have great sponsors. Once again we will be hosting a Ladies Tea (sponsored by our friends at the *Julia Ruth Adult Day Social Center*) in May and a cookout (sponsored by *Ellis Rehabilitation and Nursing Center of Norwood*) in June. And since we have such an "exciting" election season, we are happy that Gary Hylander will continue his lecture series on elections of the past (sponsored by New Pond Village of Walpole).

We have a downsizing lecture (sponsored by *Hammond Residential*), Medication Management (sponsored by *Wegman's Pharmacy*), A Balance Seminar (sponsored by *Clark House*), Dementia Training (sponsored by *Visiting Angels*), Hospice Discussion (sponsored by *Hopehealth Hospice*) and a talk on Prediabetes (sponsored by *Walpole VNA*) as well as a Briefcase Breakfast for those thinking on retiring in the next year (sponsored by *BCBS*). We also invite you to an open house at the Rec Dept to try out their pool. Finally, we honor our Veterans with a Free Breakfast on May 27 (sponsored by *Needham Bank*). Details on all these special programs are inside this newsletter.

Please remember we have many interesting and *diverse regular programs*, a number of day trips and many other exciting opportunities for anyone 60 and older. We are warm and friendly, so stop by and check us out.

See you at Town Meeting on May 2!
Happy Spring Everyone!
Lina Arena-DeRosa



Karen's Corner—Outreach Counselor

THE NATIONAL DO-NOT-CALL REGISTRY

Are you annoyed by calls that you do not want? Would you like to restrict who can call you? You can add your telephone number for free to the National Do Not Call Registry. The Registry prohibits SALES calls. Simply call 1-888-382-1222 from the phone you want to register or go to www.donotcall.gov. Most sales calls will stop once your number has been on the Registry for 31 days. Once your number is on the Registry, it does not expire, but you might need to re-register if you change calling plans or change the billing name on your account. To verify that your number is still in the Registry, call 1-888-382-1222 or go to www.donotcall.gov. If you receive an illegal sales call after you have verified your registration, you can file a complaint at the same number and website. *Note:* Scammers have been making phone calls claiming to represent the National Do Not Call Registry. The calls claim to provide an opportunity to sign up for the Registry. These calls are not coming from the Registry or the Federal Trade Commission, and you should not respond to these calls.

Transportation with Trish



MAY	DESTINATION	Donation	JUN	DESTINATION	Donation
4	Walmart	\$2.00	3	Roche Bros.	\$2.00
6	Roche Bros.	\$2.00	8	Trader Joe's	\$2.00
11	Errands	\$2.00	10	Shaw's	\$2.00
13	Shaws	\$2.00	15	Errands	\$2.00
18	South Shore Plaza	\$2.00	17	Stop & Shop	\$2.00
20	Hannaford's	\$2.00	22	Walmart	\$2.00
25	Errands	\$2.00	24	Wegman's	\$2.00
27	Wegman's	\$2.00	29	Errands	\$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-serve 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.; Friday 8:30 a.m.-1:00 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 9:00 and 10:00 a.m. The 9:00 trip will be picked up at 10:30 and the 10:00 trip will be picked up at 11:30 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

May 10 ~ Statue of Liberty, Ellis Island and 9/11 Memorial
~ Includes transportation, ferry to Statue of Liberty and Ellis Island (lunch and dinner on your own), and a visit to the 9/11 Memorial.
▶ \$95. per person

June 1 – MA State House Tour ~
Tour of MA State House (filled with art, historical artifacts etc.); Lunch on your own at Castle Island.
▶ \$15 per person

June 15- Adams National Park in Quincy ~ Tour of birthplace of John Adams and John Quincy Adams, Home to Four Generations.
▶ \$20 per person includes transportation and entrance (lunch separate)

August 2 ~ Casco Bay & Bailey Island Maine Cruise ~ Includes transportation, two hour cruise of Casco Bay, lunch at Cook's Lobster House and a visit to Freeport Maine to shop.
▶ \$95 per person

Please sign up in advance as trips fill up fast. For more information, stop by the Center.



Stay Healthy at the Senior Center

LOW IMPACT EXERCISE with Eileen

- ▶ Monday and Wednesdays, 1 p.m. *No class May 4.*
- ▶ \$3 donation

As you head outside, you want to look and feel your best! So join us for this fun low impact exercise class that you can do in a chair. This class is great for stretching and toning your muscles. Please wear comfortable clothing and bring a water bottle (and a smile!).

CORE WORKOUT with Stephanie

- ▶ Wednesdays & Fridays, 8:30 a.m. *No class May 4 and 27.*
- ▶ \$2 donation

This ½ hour workout will get your back, stomach and abs in shape for summer fun! We are on the floor so please bring a mat and a pillow. It is a great way to start your day (and stay for Fun Fit aerobics).



FUN FIT with Stephanie

- ▶ Mondays, 10:00 a.m.; Wednesdays & Fridays, 9:00 a.m. *No class May 4 and 27. No class June 27.*
- ▶ \$3 donation

Are you in shape for summer and all the outdoor activities? This is the class that will get your heart pumping and your body moving! Please wear comfortable clothing, sneakers and bring a water bottle.

YOGA with Bonnie

- ▶ Tuesdays & Thursdays, 9:30 a.m. *No class June 23.*
- ▶ \$3 donation

Our yoga class is growing and we invite you to grow with us! Yoga is for everyone, men, women of all ages and levels of fitness. You do what you can, and don't worry about what you can't. We practice breath work, stretching/strengthening in a chair or on the floor. We end with a guided meditation.



MEDITATION with Soni

- ▶ Tuesdays, May 10 and 24, 11:15 a.m. *No sessions in June, July and August*
- ▶ FREE

Are you feeling stressed and overwhelmed? Then come join Soni to learn a new way to harness your inner powers. Each session is done in a comfortable chair as we direct our focus from the outer world to the inner world of the mind.

SHINE (Serving the Health Needs of Elders) with Lori Howell

- ▶ Wednesdays, May 4 and June 1
- ▶ 9 a.m. to 12 p.m. by **APPOINTMENT ONLY**

If you feel that your Medicare coverage is not meeting your current needs we may be able to help you. Make an appointment with Westwood's SHINE Medicare Counselor Lori to what options may be available to you.

BLOOD PRESSURE CLINIC with Board of Health Nurse Mary

- ▶ Wednesdays, May 18 & June 15
- ▶ FREE No appointment necessary.



Come to the Center and check out if your blood pressure is what it should be on a monthly basis.

PREDIABETES – What Is It and What Can You Do?

Sponsored by Walpole Visiting Nurses Association with RN Deborah Bernabei

- ▶ Monday, June 13, 10 a.m. ▶ Free but please sign up in advance

Prediabetes is a condition that comes before diabetes. It means your blood glucose levels are higher than normal but not enough to be called diabetes. Come find out if you are at risk of developing this condition and ways to prevent it.

DEMENTIA AND HOMECARE – How to Take Care of Your Loved One at Home Presented by Michelle Boiardi of Visiting Angels

- ▶ Monday, May 23, 10 a.m.
- ▶ FREE

Families caring for a person with dementia at home are often presented with difficult challenges, such as how to communicate, how to engage, and how to reduce difficult behaviors. This presentation will provide basic info and helpful tips to family and caregivers. *Please sign up in advance.*



ZUMBA GOLD with Christine

- ▶ Tuesdays, 9-10 a.m. ▶ \$3 donation

Looking for a fun new exercise program! Then come join us as we “exercise in disguise”! This is a great way to improve cardiovascular health, endurance and even memory! No dance experience necessary, so come join us (please note the change in time).

LAUGHING YOGA with Mary BOH Nurse

- ▶ Tuesdays, May 3 & 7 | June 7 & 21, 11 a.m.
- ▶ \$2 donation requested

This fun group laughs and enjoys some simple body movements and lots of deep breathing while sitting in a chair. Come and enjoy an hour of relaxation and laughter.



TAI CHI with Scott

- ▶ Tuesdays, 1 p.m.
- ▶ \$3 donation

Tai Chi helps one to relax and regain balance in all aspects of life...and it is the only sport that improves with age! It helps with balance and strength as well as breathing. All levels welcomed.



PODIATRY with Michael Mity

- ▶ Friday, May 13 and June 10, 8:30-10 a.m.
- ▶ **BY APPOINTMENT ONLY** – \$35 per visit

Summer is here and you want to show your beautiful feet! Dr. Mity offers routine foot maintenance and nail cutting. This is private pay (\$35) and by appointment only.



THE ROAD WE ARE ALL ON – Healthy Planning for the Future Presented by Melissa Roberts Weidman of HopeHealth of Hyannis

- ▶ Monday, May 16, 10 a.m.
- ▶ Free but please sign up in advance

We plan for all kinds of major events, but how many plan for the challenges of coping with a serious illness? This one hour presentation will give you an overview of the resources that are available should a crisis occur, much of it covered by Medicare and private insurance. Come get answers and plan for the future.

MEDICAL MANAGEMENT with Wegman's Pharmacist Cassie Lawatsch

- ▶ Wednesday, May 11, 12-3 p.m. ▶ **BY APPOINTMENT ONLY**

Pharmacist Cassie Lawatsch invites you to bring all your prescription drugs, over the counter drugs and vitamins to answer any questions or concerns you have. Come enjoy refreshments and information and meet Cassie from one of the top rated pharmacies in the country. *You must sign up for an appointment (15 minutes for each appointment) in advance.*



HEARING AID SERVICE CLINIC

Sponsored by Hearing Solutions Inc of Norwood

- ▶ Wednesday, May 25 and June 22, 2-3 p.m.
- ▶ **FREE BY APPOINTMENT ONLY**

Are you struggling with your hearing aid? Then make an appointment with our friends at Hearing Solutions and find out how to make your hearing aid work for you.

Stay Connected at the Senior Center

WATERCOLOR CLASSES

with Joan



- ▶ Beginners: Mondays, 10-12 noon
- ▶ Advanced: Mondays, 1-3 p.m.
- ▶ Donation: \$40 for May and June

The beginners are incorporating the basic elements of art principles. Class begins with demos to instruct and inspire. The advanced class continues to challenge themselves as they get ready to exhibit their paintings at the May Annual Art in the Park in Norwood.

MAH JONGG with Cynthia

- ▶ Beginners: Thursdays, 11-12:30 p.m. *No class June 23.*
- ▶ Advanced: Thursdays, 12:30-3 p.m.

Cynthia's beginners group always welcomes new players as some of the beginners are now playing with the advanced group. Come join the fun and exercise your brain!

BINGO

- ▶ Every Thursday at 1:00 p.m. *No Bingo June 23.*

If you are free on Thursday afternoons, why not join this fun and lively group of BINGO players? There is always lots of laughs and plenty of friendly competition!

BRIDGE

- ▶ Every Friday, 10-2:00 p.m.

Come stimulate your mind and your concentration. This large group of players is warm and welcoming. Coffee and tea are available and please bring your own bag lunch.

QUILTING with Linda

- ▶ Tuesdays, May 3, 10 & 17, 9:30-11:30 a.m.
No sessions in June, July and August
- ▶ \$3 donation

Linda will be leaving us at the end of spring and we wish her well in her new Vermont home (we will miss you!). But until then, come learn a new technique and be with other quilters who create amazing works of art!

KNITTING AND CROCHETING

with Louise

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

Do you have a knitting project that you have not completed? Are you stuck on directions that you don't understand? Then come join this warm and welcoming group of knitters who sit, help each other and create beautiful pieces of clothing (and afghans).

CRAFTS with Lorraine

- ▶ Wednesday, May 4 and June 1, 10-12 noon

Are you creative? Do you enjoy crafts? Then join Lorraine once a month and create fun craft items that are sold to raise funds for the Center (or buy one yourself).

OPEN HOUSE AT THE POOL AT THE REC DEPT

Sponsored by the Rec Dept

- ▶ Monday, June 6, 10 a.m.

Have you been to the Westwood's "hidden jewel" (i.e. the pool)? If not, then join us at the Westwood Recreation Dept. for a facility tour, a free 30 minute water exercise (optional) and explanation of all the amenities. Light refreshments will be available. You can walk, jog, stretch and socialize without getting your hair wet! Please sign up in advance so we know how many to expect.

LUNCH AND THEATER COMBO AT THE NORWOOD THEATER

- ▶ Wednesday June 8, 11:30 a.m.
- ▶ \$25 per person (includes lunch and show)
- ▶ *Space is limited so you must sign up in advance*

The Norwood Theater cordially invites you to lunch in downtown Norwood (to be announced) at 11:30 followed by the Musical "HAIRSPRAY" at the Norwood Theater. The Center has purchased limited tickets in advance, so please call to make your reservation.

WESTWOOD WOMEN'S CLUB with Peg

- ▶ May 19, noon (at Chateau)
- The Woman's Club will have their annual meeting and luncheon at the Chateau at noontime.



- ▶ June 9, 1 p.m. (at COA)

Join us for "Salad Day" and bring your favorite salad as we get ready for summer!

WESTWOOD GARDEN CLUB with Mary Jo

- ▶ May 26th – Luncheon at 11:30 at the Sheraton 4 Points in Norwood
- ▶ June 4 (Saturday) – Yard Sale with member donations at the COA Gazebo
- ▶ June 16 – Tour of Boston/Lunch on Waterfront – details to be announced at the May meeting. Space limited to 36 members.



MEN'S CLUB with Bob Smith

Refreshments donated by Roche Brothers

- ▶ Thursdays at 9:30 a.m.
- ▶ May 19 ~ Professor Gary Hylander will lecture "A Sour Little War" Korea 1950 – It is 1950 and North Korea's army crosses the 38th Parallel. Overnight the survival of South Korea is identified as the survival of the US.
- ▶ May 27 – Come celebrate Memorial Day at the Center's Veteran's Day Breakfast at 9 a.m.



FREE BI-MONTHLY MOVIES

- ▶ Tuesdays, 1:00 p.m.
- ▶ May 10 – **Seven Pounds** – Finding redemption, Ben Thomas (Will Smith) sets out to change the lives of seven strangers but in the process falls in love with a cardiac patient (Rosario Dawson)
- ▶ May 24 – **Love and Mercy** – Brian Wilson's untold and dramatic story as told by looking at the Beach Boys in both the 1960s and the 1980s (including the sway of a controlling therapist that almost takes his life).
- ▶ June 7 – **Mud** – Story of two Arkansas boys (Tye Sheridan and Jacob Lofland) who encounter a fugitive (Mathew McConaughey) and become involved in helping him reunite with his true love.
- ▶ June 21 – **Bridges of Spies** – Soviet Union sentences a shot down U.S. pilot to 10 years in a Soviet Prison and is defended by New York Lawyer (Tom Hanks) for a prisoner exchange.



Age Well at the Senior Center

Downsizing 101 with Elaine

(Senior Real Estate Specialist for Hammond Residential)

- ▶ May 2, 10-12 noon
- ▶ FREE



Does it make sense to downsize? Explore housing options and financial scenarios of downsizing or remaining in your current home. Take a look at the current housing market and get advice on simplifying and decluttering. Please sign up in advance so we know how many to expect.

iPad Classes with Kim

- ▶ 4/20, 4/27, 5/11, 5/18, 5/25
- ▶ Wednesdays, 12-1:30 p.m. *No class May 4.*
- ▶ \$35 for all five sessions
- ▶ *Please bring your own device and charger.*



Kim will continue with the classes that began in late April and will continue through May.

Current Events with Susan

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

- ▶ Wednesdays, May 11 & 25; June 8 & 22, 9:30-11:30 a.m.
- ▶ \$20 donation for four sessions

Campaign 2016 is unlike any other and the topics are limitless. What message are voters sending to Washington? The Supreme Court will be handing down major decisions concerning abortion, immigration and voting rights to name a few. Come join the friendly conversation whether you are a political or news junkie or simply looking to keep up with breaking news.

Manicures with licensed manicurist Lauren

- ▶ Fridays, May 20 and June 17, 9-11 a.m.
 - ▶ **By appointment only** ~ \$10 per session *(checks made out to Lauren)*
- Summer is here and with all the gardening and outdoor activities, your hands could use some love. So sign up for a manicure (and a relaxing hand massage) with our licensed manicurist.



Memory Café

sponsored by White Oaks Cottage at Fox Hill

- ▶ Tuesdays, May 24 and June 28, 2:15-3:45 p.m.
- ▶ FREE



This monthly social gathering is for anyone who is living with memory impairment and their caregivers. This is a relaxed and fun gathering that provides everyone with a chance to mix up their routines and get to know others dealing with similar issues. Refreshments, socializing and an interactive activity are sure to stimulate and entertain. Come join this small but growing group of friendly seniors.

Waxing with Licensed Aesthetician Lisa

- ▶ Fridays, May 6 and June 3
 - ▶ **BY APPOINTMENT ONLY**, 8:30 a.m.-12:00 noon
- | | | |
|--|---------------|---------------|
| Brows.....\$10 | Lips.....\$10 | Chin.....\$10 |
| Any two services.....\$15 All 3 services.....\$20 | | |



Briefcase Breakfast ~ Planning for Medicare ~ Countdown to 65

Presented by Blue Cross Blue Shield

- ▶ Thursday, May 12, 8 a.m.
- ▶ FREE ~ Please sign up in advance

Are you retiring soon? Then it is time to plan for Medicare. BCBS will come (with light refreshments) to explain Medicare, Medigap and Medicare Advantage Plans. They will also have info on early retirement and COBRA. This is a great presentation if you are wondering what your insurance options may be when you retire. So stop in before you head to work to start planning for your retirement.

Balance Lecture – Reducing Your Risk of Falls

Sponsored by Clark House at Fox Hill Village

- ▶ Thursday, June 9, 10:30-11:30 a.m.
- ▶ FREE ~ Please sign up in advance

Falls are the leading cause of accidental deaths worldwide. Clark House clinicians will talk about how medications, environment and illness may increase your risk of falls and what steps you can take to decrease it. After our talk, we invite you participate in a Balance Testing with the rehabilitation team. *Please sign up in advance.*



Bereavement Group with LICSW Nina

- ▶ Wednesdays, May 4 & 18; June 1 & 15, 10-11 a.m.

After having lost someone you love, one of the most important self-care practices in understanding and living with grief is to have the support of others who have also experienced a loss. Please join this warm and welcoming bereavement group.

Clear Captions Telephone

- ▶ Tuesday, May 10, 1 p.m.
- “Words Matter” so join us for a discussion on how you might be able to apply for a free Clear Caption Telephone. You must have internet connection. This opportunity includes large 8" screen, speakerphone, digital amplification and an answering machine built in. *Please sign up in advance.*

Book Group with Bev

- ▶ June 9, 11 a.m.
- Come join the conversation as we read *The Art Forger* by Barbara Shapiro. This fun group is small but welcomes new members to enjoy a book and a good conversation.



Gary Hylander Lectures

We continue to have Lecturer and Professor Gary Hylander here to discuss “elections past” during this very volatile election year.



- ▶ Tuesday, May 3, 10 a.m. ~ **“Give ‘Em Hell Harry!”** *sponsored by New Pond Village of Walpole.* The 1948 “whistle-stop” election was the first presidential election after the war and the first since Roosevelt’s death and a feisty Truman upset victory over Dewey

- ▶ Thursday, June 2, 10 a.m. ~ **All the Way with LBJ** *sponsored by New Pond Village of Walpole.* Nothing helped Johnson more in his quest to be elected president than the nomination of Barry Goldwater by the Republican Party. Johnson wanted to bring all Americans his promise for a Great Society.

These lectures are free but please sign up in advance so we know how many to expect.

May 2016

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
2 10:00 FUN FIT 10:00 DOWNSIZING 101 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE	3 9:00 ZUMBA GOLD 9:30 YOGA 9:30 QUILTING 10:00 GARY HYLANDER 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING	4 1:00 HIGH TEA 9:00 SHINE 9:00 WALMART 10:00 CRAFTS 10:00 BEREAVE. GROUP	5 9:00 ELDER ATTORNEY 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	6 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE
9 10:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE	10 9:00 ZUMBA GOLD 9:30 YOGA 9:30 QUILTING 11:15 MEDITATION 1:00 CLEAR CAPTIONS 1:00 TAI CHI 1:00 MOVIE 1:00 KNITTING ▶ Day Trip to NYC	11 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 12:00 MEDICAL MGMT. 12:00 iPad CLASS 1:00 LOW IMPACT EXER.	12 8:00 BRIEFCASE BREAKFAST 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	13 8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 SHAWS. 10:00 BRIDGE
16 10:00 HEALTHY PLANNING 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE	17 9:00 ZUMBA GOLD 9:30 YOGA 9:30 QUILTING 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING	18 8:30 CORE WORKOUT 8:30 BLOOD PRESSURE CLINIC 9:00 FUN FIT 9:00 SO. SHORE PLAZA 10:00 BEREAVEMENT GROUP 12:00 iPad CLASS 1:00 LOW IMPACT EXER.	19 9:30 MEN'S CLUB 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	20 8:30 CORE WORKOUT 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 HANNAFORD'S 10:00 BRIDGE
23 10:00 DEMENTIA AND HOMECARE 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 1:00 WATERCOLOR 1:00 LOW IMPACT EXER.	24 9:00 ZUMBA GOLD 9:30 YOGA 11:15 MEDITATION 1:00 MOVIE 1:00 TAI CHI 1:00 KNITTING 2:15 MEMORY CAFE	25 8:30 CORE WORKOUT 9:00 ERRANDS 9:00 FUN FIT 9:30 CURRENT EVENTS 12:00 iPad CLASS 1:00 LOW IMPACT EXER. 2:00 HEARING CLINIC	26 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	27 8:30 <i>Veterans Breakfast</i> 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE 
30 MEMORIAL DAY CENTER CLOSED 	31 9:00 ZUMBA GOLD 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING	VETERAN'S BREAKFAST <i>Sponsored by Needham Bank</i> ▶ Friday, May 27, 8:30 a.m. ▶ Free Calling all Veterans! Join us for a free breakfast and lecture (Natick Labs will come to speak about what they are currently working on) sponsored by Needham Bank. Please sign up in advance so we know how many to expect.		



HIGH TEA at the Center

Sponsored by the Julia Ruth Adult Day Social Center

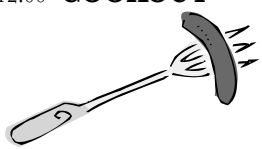
▶ May 4, 1 p.m.
▶ \$3 donation

Ladies ~ take out your Easter Bonnet and find those white linen gloves and join us for fresh scones, fruit, tea sandwiches, cookies and of course TEA. There is limited space for this event, so please sign up in advance.



June 2016

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
<p>KNOWING YOUR LEGAL RIGHTS & RESPONSIBILITIES <i>with Mary Roque</i></p> <p>Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors. Appointments are scheduled at 20 minute intervals beginning at 9:00 a.m. Call the center to schedule appointments for May 5 or June 2.</p>		<p>1 8:30 CORE WORKOUT 9:00 SHINE 9:00 FUN FIT 10:00 BEREAVEMENT GROUP 10:00 CRAFTS 1:00 LOW IMPACT EXER. ▶ Day Trip /MA State House</p>	<p>2 9:00 ELDER ATTORNEY 9:30 YOGA 10:00 GARY HYLANDER 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO</p>	<p>3 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE</p>
<p>6 10:00 WATERCOLOR (BEGINNER) 10:00 FUN FIT 10:00 POOL OPEN HOUSE 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p>7 9:00 ZUMBA GOLD 9:30 YOGA 11:00 LAUGHING YOGA 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE</p>	<p>8 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 TRADER JOE'S 9:30 CURRENT EVENTS 11:30 NORWOOD THEATRE 1:00 LOW IMPACT EXER.</p>	<p>9 9:30 YOGA 10:30 BALANCING 11:00 BOOK GROUP 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 WOMEN'S CLUB</p>	<p>10 8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE</p>
<p>13 10:00 PREDIABETES 10:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p>14 9:00 ZUMBA GOLD 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING</p>	<p>15 8:30 CORE WORKOUT 8:30 BLOOD PRESSURE CLINIC 9:00 ERRANDS 9:00 FUN FIT 10:00 BEREAVEMENT GROUP 1:00 LOW IMPACT EXER. ▶ Day Trip to Adams National Park</p>	<p>16 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO</p>	<p>17 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 MANICURES 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE</p>
<p>20 10:00 FUN FIT 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p>21 9:00 ZUMBA GOLD 9:30 YOGA 11:00 LAUGHING YOGA 1:00 MOVIE 1:00 TAI CHI 1:00 KNITTING</p>	<p>22 8:30 CORE WORKOUT 9:00 WALMART 9:00 FUN FIT 9:30 CURRENT EVENTS 1:00 LOW IMPACT EXER. 2:00 HEARING CLINIC</p>	<p>23 12:00 COOKOUT</p> 	<p>24 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE</p>
<p>27 10:00 WATERCOLOR (BEGINNER) 1:00 WATERCOLOR 1:00 LOW IMPACT EXERCISE</p>	<p>28 9:00 ZUMBA GOLD 9:30 YOGA 1:00 TAI CHI 1:00 KNITTING 2:15 MEMORY CAFE</p>	<p>29 8:30 CORE WORKOUT 9:00 ERRANDS 9:00 FUN FIT 1:00 LOW IMPACT EXER.</p>	<p>30 9:30 YOGA 11:00 BEGINNER MAH JONGG 12:30 MAH JONGG 1:00 BINGO</p>	<p>NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service.</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 _____

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!!**



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

PRSRT 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, Operations Manager
 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

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

Summer Cookout

(rain or shine)
 at the Westwood Senior Center

Thursday, June 23, 2016 ~ Noontime

Sponsored by: *Ellis Rehabilitation and Nursing Center of Norwood*

\$5 donation – Must sign up in advance as space is limited

Come kick off the summer with a delicious and fun cookout (dogs, burgers and all the fixings), great entertainment and prizes! Ellis Rehabilitation and Nursing will bring the BBQ and we promise you lots of laughs. Space is limited so please sign up in advance.

