



STAY HEALTHY

STAY CONNECTED

AGE WELL

NEWS

NOVEMBER/DECEMBER 2016

Special Thanks to:

Bridges by Epoch Memory Care for sponsoring our Thanksgiving Luncheon;

Westwood Police Relief Association for sponsoring a Holiday Luncheon;

Senator Mike Rush, Representative Paul McMurtry, an anonymous donor and Brookdale of Dedham for sponsoring our Holiday Party;

Needham Bank for sponsoring our Veteran's Breakfast;

Dedham Savings Bank for offering fun giveaways at all our holiday luncheons;

Providence House Assisted Living for sponsoring Gary Hylander in November;

ComForCare for sponsoring a Stress Management Program;

Wegmans Pharmacy for Medical Management;

HESSCO for sponsoring a healthy eating program;

And the **Westwood COA Board, Staff and Friends;**

And all the donors, volunteers and supporters who offer us their time and treasure; we could not continue to grow without you!

Letter from the Director

Happy Holidays Everyone!



It is that time of the year, when the holidays hit and everyone is trying to do too much! And with the Presidential Election on the horizon (everyone seems stressed by this as well), we hope that you take time to take care of yourself. We can help with programs that will keep you active, connected and healthy!

We have a number of special programs to celebrate the Season. First, we have a **Veteran's Breakfast** (*sponsored by Needham Bank*) on November 10th. If you are a Veteran of any age, we invite you to join us for a delicious breakfast and a lecture by The Honor Flight. On November 16th we will celebrate **Thanksgiving** (*sponsored by Bridges by Epoch*); and on December 15th we will host our annual **Holiday Luncheon**. And of course, the **Annual Police Relief Association Luncheon** will be on Saturday Dec. 10th. These fun (and delicious) events sell out quickly, so please sign up soon.

On Election Day (Nov. 8) we will have van rides available (*you must sign up in advance*) to the polls (no programs at the Center). And no matter what the outcome, we will host a "Post-Election" lecture (*sponsored by Providence House*) with Gary Hylander which should be both informative and insightful.

We are also hosting another drawing here at the Center. We have a number of beautiful themed baskets and we will be selling tickets throughout the season to help raise funds for our programs. Each basket has a sponsor (see the listing) and we are truly grateful for their support. Tickets are available at the Center's front desk and the drawings will be held at our holiday party in December. We hope you will stop by and support us!

In November, we will sponsor "Honoring Choices" a seminar that will help you understand the importance of Health Proxies and Health Directives; and in December a discussion on Power of Attorney. We also will host a stress management program, a medical management program, a healthy eating discussion and a cooking class at Powisset Farm in Dover (details inside). Space is limited for these programs, so please sign up in advance.

Most importantly, I want to take a minute to say "THANK YOU"! In this season of happiness and good cheer, I need to stop and let everyone know how much I have enjoyed my two years as Director. We have experienced enormous growth, but this success is due to an outstanding staff, wonderful seniors, a supportive board, amazing volunteers, and true support from The Town of Westwood. Thank you never seems enough, but thank you.

Wishing everyone a healthy, happy and wonderful Holiday Season and blessings in the New Year!

Lina Arena-DeRosa





Karen's Corner—Outreach Counselor FUEL ASSISTANCE



LIHEAP is the Low Income Home Energy Assistance Program that is commonly referred to as **Fuel Assistance**. It is a government program that provides eligible households with help in paying a portion of winter heating bills. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Income cannot exceed 60% of estimated State Median Annual Income (\$34,001 for a household of 1 and \$44,463 for a household of 2). If you rent, you may receive fuel assistance even if your heat is included in the rent. The amount you receive depends on your income, your housing status, and your heating costs. You may also be eligible for free weatherization services, discount heating system repair or replacement, discount utility rates, and Citizens Energy heat assistance programs.

First-time applicants must apply for fuel assistance in person. Westwood residents may call the Center to obtain the list of documents needed (list also available on town's website) and to schedule an appointment to apply. You may apply any time during the heating season, which ends April 30, 2017. Households must apply each year; applications are mailed directly to households after the first year. Households having financial difficulty who are not eligible for government energy assistance may apply for the Salvation Army's Massachusetts Good Neighbor Energy Fund. For more information about the **Good Neighbor Energy Fund**, please call 1-800-334-3047. Residents with any questions about fuel assistance may call the Center to talk with Karen.



Transportation with Trish



NOV	DESTINATION	Donation
Nov 2	Trader Joe's/Xmas Tree Shop	\$2.00
Nov 4	Roche Bros.	\$2.00
Nov 9	Errands	\$2.00
Nov 10	Shaw's	\$2.00
Nov 18	Big Y	\$2.00
Nov 21	Errands	\$2.00
Nov 30	Errands	\$2.00

DEC	DESTINATION	Donation
Dec 2	Stop & Shop	\$2.00
Dec 7	South Shore Plaza	\$2.00
Dec 9	Roche Bros.	\$2.00
Dec 14	Walmart	\$2.00
Dec 16	Shaw's	\$2.00
Dec 21	Errands	\$2.00
Dec 22	Roche Bros.	\$2.00
Dec 28	Errands	\$2.00
Dec 29	Wegmans	\$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: No day trips for the winter – but we are planning for the spring so “stay tuned”!

VETERAN'S BREAKFAST

Sponsored by Needham Bank

- ▶ Thursday November 10 at 8:30
- ▶ There is no cost to this program *but please sign up in advance so we know how many to expect.*

Calling all veterans, young and old! We invite you to join us for a delicious and healthy breakfast to honor your service. And Joseph Byron will be here to speak to any Veteran from WWII and the Korean War to explain how you can enjoy an unforgettable day in Washington, DC (you will visit and reflect at the memorials) for free with the Honor Flight of New England. If you cannot make this breakfast, call them at 1-603-518-5368 to participate in a truly memorable day.



Stay Healthy at the Senior Center

LOW IMPACT EXERCISE with Eileen



- ▶ Mondays and Wednesdays, 1 p.m.
- ▶ \$3 donation *No class on Nov. 16 & 23; Dec. 26.*

During this busy time of year make sure exercise is a priority on your “to do list”. This fun low impact exercise class can be done in a chair and will help with stretching and toning of your muscles. Please wear comfortable clothing and bring a water bottle.

CORE WORKOUT with Stephanie

- ▶ Wednesdays & Fridays, 8:30-9 a.m.
- ▶ \$2 donation *No class on Nov. 11, 16, 23 & 25; Dec 23 & 30.*

With the holidays upon us, keeping in shape to fit into your holiday clothes is essential. This 1/2 hour workout will help you strengthen and tone your back, stomach and abs.

FUN FIT with Stephanie and Eileen

- ▶ Mondays, Wednesdays & Fridays, 9:00 a.m.
- ▶ \$3 donation *No class Nov. 11, 16, 23 & 25; Dec. 23, 26 & 30.*

The holidays can be stressful, so get your heart pumping and your body moving to relieve this stress with this aerobics class. Please wear comfortable clothing, sneakers and bring a water bottle.

YOGA with Bonnie



- ▶ Tuesdays & Thursdays
- 8-9 a.m.~Mat/Floor Yoga; 9:30-10:30 a.m.~Chair Yoga
- ▶ \$3 donation *No class Nov. 8 & 24; Dec. 15.*

Destress throughout the holidays with Yoga! The *8am mat class* is for those students who would like to come down to a mat, move on all fours and work on standing postures. Our motto is always, do what you can and adapt any and all postures for your body. We use blocks, blankets and bolsters to help support us in class. The *9:30 chair class* starts out with breath work and gentle movements seated in the chair and then we add some strengthening and balancing movements. Each class ends with some kind of guided meditation or relaxing breath work to leave you feeling more balanced and relaxed.

MEDITATION with Soni

- ▶ Tuesdays, Nov.22; Dec. 13; 11:15 a.m.-noontime
- ▶ No cost for this program

Exploring peacefulness and peace of mind throughout the holidays will help you (and those around you) enjoy every event to the fullest. Come learn how to harness your inner powers to maintain an unshakable mind. The sessions are done while seated comfortably on a chair. All are welcome

SHINE with Mary

- ▶ Nov. 2 & 16; Dec. 14 & 21
- ▶ 9 a.m. to 1 p.m. **BY APPOINTMENT ONLY**

Welcome Mary, our new SHINE counselor! Please remember that open Enrollment is in full swing and everyone should take a moment and make sure they have the correct prescription drug coverage. If you are concerned or have questions, SHINE can help you. Appointments fill up fast, so schedule yours soon.



BLOOD PRESSURE CLINIC

Sponsored by the Board of Health

- ▶ Nov. 16 & Dec. 21, 9-12 p.m.
- ▶ FREE, No appointment necessary.



ZUMBA GOLD with Christine

- ▶ Tuesdays, 9-10 a.m.
- ▶ \$3 donation *No class Nov. 8.*



Looking for a fun way to get fit? Do you like music and dancing? Then join us for ‘exercise in disguise’. Zumba Gold is a dance fitness class designed for seniors that incorporates a variety of rhythms and dance movements for a fabulous, fun cardio, strength, and balance improving workout. No experience necessary but please wear comfortable clothing and sneakers.

T’AI CHI with Scott

- ▶ Tuesdays, 1 p.m.
- ▶ \$3 donation *Nov. 8th class is at the library*



Tai Chi is often described as “mediation in motion”, but what might be a better description is “meditation in motion.” This gentle form of exercise can help maintain strength, flexibility, balance and during the holiday season, help with stress and anxiety. Come join us and experience this healthful activity for yourself!

SAVOR THE FLAVOR – EATING RIGHT THROUGHOUT THE HOLIDAY SEASON

Chandra Ganapathy – Nutritionist with HESCCO Elder Service

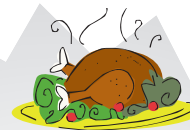
- ▶ Tuesday, Nov 15th; 10 a.m.
 - ▶ \$2 donation — *Please sign up in advance so we know how many to expect*
- Eating healthy can be challenging and with the holidays upon us, it may seem impossible; but following a simple healthful eating plan (with tasty foods) that keeps your unique lifestyle in mind. If you think of food as “nutrient rich vs good or bad” you will learn to enjoy flavors without losing taste.



JUST SIDES — Three side dishes for the Holidays

AT POWISSET FARM in Dover

- ▶ Thursday, November 3; 11 a.m.
 - ▶ \$10 per person — *limited to 12 people so please sign up in advance*
- Are you hosting a holiday celebration? Would you like to learn how to prepare new sides? Then join us at Powisset Farm in Dover as Nutritionist and Chef Jenna Mavuli demonstrates fermented cranberry sauce, curried squash soup and one other side. You must sign up in advance.



THANKSGIVING LUNCHEON at the Senior Center

Sponsored by Bridges of Epoch in Westwood

- ▶ Wednesday, Nov. 16, noontime
 - ▶ \$5 donation *You must sign up in advance as space is limited.*
- Come join us as we celebrate Thanksgiving together! We will be serving Turkey, Stuffing and of course pie as we celebrate Thanksgiving here at the Center. Sponsored by our Friends at Bridges of Epoch in Westwood, there will be plenty of food, music by Westwood High musicians, and fun for everyone! Space is limited so please sign up in advance.

Stay Connected at the Senior Center

WATERCOLOR with Joan

- ▶ Beginner Class: Tuesdays, 10 a.m.-noon *No class on Nov. 8*
- Intermediate Class: Mondays, 10 a.m.-noon *No class on Dec. 26*
- Advanced Class: Mondays, 1-3 p.m. *No class on Dec. 26*
- ▶ \$35 donation for seven week session (November and December).

Our watercolor classes are exploding with color and creativity.

Starting in November, we will host three different level classes:

Beginner Class: For those interested in trying out watercolor, this is an introduction to supplies for painting and learning how to brush for color mixture.

Intermediate Class: This continuing class studies color and contrast; studies in green and red for the holidays.

Advanced Class: Each student works individually on a painting or a series of painting.



QUILTING CLUB

- ▶ Wednesdays, Nov. 9; Dec. 7 & 21, 1-3 p.m.
- ▶ *No cost to this program.*

Westwood Quilters are starting a new "Quilting Club." If you enjoy quilting and would like to come by and share what you are working on, get ideas and ask questions to fellow quilters, then stop and join this new group.

MAH JONGG with Cynthia

- ▶ Beginners: Thursdays, 11-12:30 p.m.
- Advanced: Thursdays, 12:30-3 p.m.
- ▶ *No Mah Jongg on Nov. 24; Dec. 15*

Cynthia's beginner's group continues to grow and many now play with the advanced players. This game of skill (and luck) will stimulate your brain; so stop by and find out what all the fun is about.

BINGO

- ▶ Every Thursday at 1:00 p.m.
- ▶ *No Bingo on Nov. 24; Dec. 15*

Come join this fun filled group who laugh and enjoy a good game of BINGO!



BRIDGE

- ▶ Every Friday, 10 a.m.-2 p.m.
- ▶ *No Bridge on Nov. 11 & 25; Dec. 23 & 30*

This friendly and welcoming Bridge group is always looking for new players. Bring your lunch (coffee and tea provided by the Center).

KNITTING AND CROCHETING with Louise

- ▶ Tuesdays, 1:00 p.m.
- ▶ \$3 donation *No Knitting on Nov. 8*

It is time to pull out those knitting needles and get those holiday gifts created! So come join this fun and open group of knitters who help each other when the directions just don't make sense!



CRAFTS with Lorraine

- ▶ Wednesdays, Nov. 2 & Dec. 7, 10-12 noon
- Calling all crafters! If you enjoy "crafting" then this is the class for you. All crafts that are created are sold at the Center (or you can buy the craft you make!).

WESTWOOD MEN'S CLUB with Bob

- ▶ Thursdays, Nov. 10 & December (TBA)

The Westwood Men's Club are cordially invited to the Veteran's Breakfast in November. In December, they will enjoy the holiday concert rehearsal at the Westwood High School.



WESTWOOD WOMAN'S CLUB with Peg

- ▶ Thursdays, Nov. 17; Dec. 8, 1:30-3:30 p.m.
- On Nov. 17, Nora Loughane will talk about Economic Development in Westwood; on Dec. 8 there will be a holiday party with Peg at the piano!

WESTWOOD GARDEN CLUB with Mary Jo

- ▶ Thursdays, Nov. 10 & Dec. 1, 1:30-3:30 p.m.
- November – *Gardening in the miniature* (dish gardens, terrariums etc.) with Kim Cook from Briggs Nursery. Materials will be available for \$10 fee. Hospitality: Nicole and Joyce
December – *Annual Christmas Celebration Cheer* – Music by Sid Tratenberg and the Barbershop Quartet. Hospitality – Barbara and MaryJo: \$5 donation for charity
No club meeting in January – Happy Holidays everyone!



FREE MOVIES

- ▶ Tuesdays, 1:00 p.m.
- ▶ **Nov. 1:** *My Fellow Americans* – Two ex-presidents (and foes) are forced to unite when the current President tries to frame and kill them to conceal his crimes. Cast: Dan Aykroyd, Jack Lemmon, James Garner).
- ▶ **Nov. 15:** *The Finest Hours* – Heroic tale of the US Coast Guard's daring rescue of two oil tankers that are torn apart by a gigantic Atlantic Storm. Cast: Chris Pine, Casey Affleck and Ben Foster.
- ▶ **Dec. 6:** *Freedom Writers* – A young teacher encourages at risk students to keep journals about their troubled lives hoping to break the cycle of violence and despair. Cast: Hillary Swank, Patrick Dempsey, Scott Glenn
- ▶ **Dec. 20:** *Joy* – After ten years, a housewife strikes gold with a personal pitch on QVC that turns her Miracle Mope into an overnight marketing miracle. Cast: Jennifer Lawrence, Robert DeNiro, Bradley Cooper



MEMORY CAFÉ at the Senior Center

Sponsored by White Oaks Cottages at Fox Hill

- ▶ Tuesday, Nov. 22 & Dec. 13, from 11:30 a.m.-1 p.m.
- ▶ No cost and a light lunch is included

We have partnered with White Oak Cottages at Fox Hill to offer a monthly social opportunity for those living with memory impairment and their caregivers. This is a relaxed and supportive gathering that provides a chance to meet others who are living with or caring for someone with memory loss. Each café offers an interactive activity and a light lunch. Come join us, and spread the word to others who might enjoy the café.



FALLON HEALTH AND MEDICARE OPTIONS

- ▶ Thursday, Nov. 10, 11 a.m.
 - ▶ *Please sign up in advance so we know how many to expect.*
- Come learn about Fallon Health and their Medicare Advantage and Medicare Supplement Plans.

MASS EDP PRESENTATION – Reduced cost for phones

- ▶ Monday, Nov. 7, 10 a.m.
- ▶ *No cost to this program but please sign up in advance so we know how many to expect.*

The MassEDP provides free or reduced cost telephones to residents of Massachusetts who have difficulty using the phone due to a disability. Whether you have trouble with hearing, vision or mobility, there are phones that can help you make and receive calls easily. To be a part of the program all you need is an application signed by your doctor or health care provider.

Age Well at the Senior Center

SENIOR HOUSING OPTIONS

Sponsored by MetroWest Collaborative Development



▶ Monday, Nov. 28, 10:00 a.m.

▶ *No cost to this program but please sign up in advance so we know how many to expect.* Many seniors may qualify for affordable housing and do not realize it. Come to this information session and learn about what affordable housing is, who qualifies and how you can find available units in your area. We will also discuss specific concerns including: aging in place, downsizing and assisted living.

CURRENT EVENTS with Susan



▶ Wednesdays, Nov. 9/Dec. 14 & 28; 9:30 a.m.

▶ \$20 donation for all four meetings

When we meet in November, either Hillary Clinton or Donald Trump will have just been elected President. It is a new day in America and the whole world is watching. Question is: will it be business as usual or a fresh start? We will follow all the developments as President Obama wraps up his two terms. What is his legacy? Who will be joining the new administration? With the election over, will Congress get down to business? Can we finally get the 9th member of the Supreme Court or funding for Zika? If you are looking to stay up-to-date and interested in some thoughtful conversation, please join us.

MANICURES with Lauren



▶ Tuesday, Nov. 22, 12-2 p.m. & Friday, Dec. 16, 9 a.m.-noon

▶ **By appointment only** ~ \$10 per session (checks made out to Lauren)

The Holidays are here and your hands should look and feel beautiful. Sign up early as during this busy season, her appointments will definitely fill up fast!

WAXING with Licensed Aesthetician Lisa

▶ Wednesday, Nov. 2 & Friday, Dec. 2

▶ **BY APPOINTMENT ONLY**, 8:30 a.m.-noon

The Holidays are here! Come make sure you look your best!

Brows.....\$10 Lips.....\$10 Chin.....\$10

Any two services.....\$15 All 3 services.....\$20

BEREAVEMENT GROUP with LICSW Nina Johnson

▶ Wednesday, Nov. 2 & 30; Dec. 7 & 21, 10-11 a.m.

▶ *No cost to this program*

The Holidays can be very difficult when one is grieving for a lost love. Join this warm and welcoming group and perhaps find solace in knowing you are not alone in your grief.

MORNING OF BEAUTY at Blue Hills Regional School

▶ Wednesday, Nov. 9 at 8:30; return around 2

▶ \$35 (includes transportation, all services and lunch)

▶ *Space is limited so you must sign up in advance*

What better way to get ready for the holidays than a morning of beauty? Join us for a Morning of Beauty (Scalp treatment, Wash and Blow Dry, Manicure and facial) followed by a delicious lunch at Blue Hills Reg. Voc. School. This sold out last spring, so sign up early as space is limited.

MEDICAL MANAGEMENT

With Wegman's Pharmacist Cassie Lawatsch



▶ Wednesday, Nov. 9, 12-3

▶ \$2 donation

▶ **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).

NEW FRIENDS OF THE BEREAVED

New Friends for Bereaved is a social bereavement group, with an emphasis on social, which meets at the Westwood Senior Center from 1:00 p.m. to 4:00 p.m. on the second Sunday of each month. It is open to anyone who has suffered the loss of a loved one for any reason. In addition to our monthly spirited gatherings, we've added a monthly dinner or lunch. We also go on some fun and interesting field trips. Stop by and join us!

GARY HYLANDER LECTURES —

2016 Presidential Election: An Analysis

Sponsored by Providence House Assisted Living in Brookline

▶ Monday, Nov. 14, 10:30 a.m.

▶ *No cost for this program, but please sign up in advance*

The 2016 Presidential Election is over! So what happened? And why? Gary will present an overview and analysis. There is no cost to this lecture but please sign up in advance so we know how many to expect.

STRESS MANAGEMENT

Sponsored by ComForCare

▶ Tuesday, Nov. 15, 11 a.m.

▶ *No cost, but please sign up in advance*

Learn about the symptoms and effects of stress. Discuss strategies on how to effectively manage stress.

HONORING CHOICES

▶ Monday, Nov. 21, 10:00 a.m.

▶ \$2 donation — *please sign up in advance*

Do you have a Health Proxy? Have you and your loved ones have written health directives? These are important documents that everyone over 18 need to have. Come learn about them and get copies of what you need to give to your primary care physician. Space is limited, so please sign up in advance.

LEGAL CLINIC – Power of Attorney (Vital Estate Planning Tool or Dangerous Document?)

Sponsored by Samuel, Sayward & Baler, LLC



▶ Monday, Dec. 5, 10 a.m.

▶ \$2 donation — *please sign up in advance*

A Power of Attorney can be the most important estate planning document you create. It is a document that is in effect during your lifetime and therefore can affect you directly, unlike a Will that only operates after your death. What are they? Why do you need one? If you have one, why should you keep it updated? Join the attorneys from Samuel, Sayward & Baler LLC on December 5 at 10 a.m. for this important program. Light refreshments will be provided.

BOOK GROUP with Bev



▶ Thursday, Dec. 8, 10 a.m.

The Senior Center Bookgroup is growing and would love to invite you to join them! Take a break from all the holiday rush and enjoy this month's read: *Anna's Crossing* by Suzanne Fisher. Copies are available at the Westwood Library.

SHERIFF BELOTTI'S OFFICE Norfolk Sheriff Corrections

Speaker Carolyn Pecevic — Corrections Officer








▶ Monday, Dec. 12, 10 a.m.

▶ *Please sign up in advance so we know how many to expect*

Join us in a lively conversation with Carolyn Pecevic from the Norfolk Sheriff's Office. She will discuss her various roles as a Correction Officer and Community Outreach worker at the Norfolk County Sheriff's Office. Please join us for this interesting and insightful presentation. Light refreshments will be served.

November 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>NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service.</p>	<p>1 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE</p>	<p>2 8:30 CORE WORKOUT 8:30 WAXING 9:00 SHINE 9:00 FUN FIT 9:00 TRADER JOE'S/XMAS 10:00 CRAFTS 10:00 BEREAVE. GROUP 1:00 LOW IMPACT EXER.</p>	<p>3 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 JUST SIDES at Powisset Farm 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO</p>	<p>4 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE</p>
<p>7 9:00 FUN FIT 10:00 WATERCOLOR (INTERMEDIATE) 10:00 MASS EDP 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE</p>	<p>8 CENTER CLOSED 2016 STATE ELECTION  <i>Transportation to polls only</i> 1:00 TAI CHI (at Library)</p>	<p>9 8:30 CORE WORKOUT 8:30 DAY OF BEAUTY 9:00 FUN FIT 9:00 ERRANDS 9:30? CURRENT EVENTS 11:00 MEDICAL MANAGEMENT 1:00 LOW IMPACT EXER. 1:00 QUILTING</p>	<p>10 8:00 MAT/FLOOR YOGA 9:00 & 10:00 SHAW'S 9:30 CHAIR YOGA 8:30 VETERAN'S BREAKFAST 11:00 FALLON HEALTH 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB</p>	<p>11 CENTER CLOSED VETERAN'S DAY </p>
<p>14 9:00 FUN FIT 10:30 GARY HYLANDER 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE</p>	<p>15 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 SAVOR THE FLAVOR 10:00 WATERCOLOR (BEGINNER) 11:00 STRESS MGMT. 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE</p>	<p>16 9:00 SHINE 12:00 THANKSGIVING LUNCHEON <i>Sponsored by Bridges by Epoch</i> </p>	<p>17 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB</p>	<p>18 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 BIG Y 10:00 BRIDGE</p>
<p>21 9:00 FUN FIT 9:00 ERRANDS 10:00 WATERCOLOR (INTERMEDIATE) 10:00 HONOR. CHOICES 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE</p>	<p>22 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 11:15 MEDITATION 11:30 MEMORY CAFE 12:00 MANICURES 1:00 TAI CHI 1:00 KNITTING</p>	<p>23 CENTER CLOSED AT NOON NO PROGRAMS NO TRANSPORTATION <i>Happy Thanksgiving!</i></p>	<p>24 CENTER CLOSED THANKSGIVING HOLIDAY </p>	<p>25 CENTER CLOSED THANKSGIVING HOLIDAY </p>
<p>28 9:00 FUN FIT 10:00 SR. HOUSING OPTIONS 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE</p>	<p>29 8:00 MAT YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 1:00 TAI CHI 1:00 KNITTING</p>	<p>30 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT GROUP 1:00 LOW IMPACT EXER.</p>	<p>2016 STATE ELECTION  The State Election will take place on November 8.  Polls will be open from 7:00 a.m.-8:00 p.m. If you need a ride, call the Center by November 4. <i>(Early voting will take place from Monday, October 24 until Friday, November 4.)</i></p>	

December 2016

Holiday Greeting from the Office of Representative Paul McMurtry

“Wishing you and your family a joyful Holiday Season and a New Year filled with peace, health and happiness. I look forward to continuing to serve you and all the citizens of Westwood in the months ahead.”

Monday	Tuesday	Wednesday	Thursday	Friday
HOLIDAY LUNCHEON at the Senior Center <i>Sponsored by Senator Mike Rush, Representative Paul McMurtry, Brookdale of Dedham, and an anonymous donor</i> 			1 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	2 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE
5 9:00 FUN FIT 10:00 WATERCOLOR (INTERMEDIATE) 10:00 LEGAL CLINIC 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	6 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	7 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 S.S. PLAZA 10:00 BEREAVEMENT GROUP 10:00 CRAFTS 1:00 LOW IMPACT EXER. 1:00 QUILTING	8 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 10:00 BOOK GROUP 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB	9 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE
12 9:00 FUN FIT 10:00 WATERCOLOR (INTERMEDIATE) 10:00 NORFOLK CORRECTIONS TALK 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	13 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 11:15 MEDITATION 11:30 MEMORY CAFE 1:00 TAI CHI 1:00 KNITTING	14 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 SHINE 9:00 WALMART 9:30? CURRENT EVENTS 10:00 BLOOD PRESSURE CLINIC 1:00 LOW IMPACT EXER.	15 12:00 HOLIDAY LUNCHEON 	16 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 SHAW'S 9:00 MANICURES 10:00 BRIDGE
19 9:00 FUN FIT 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	20 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	21 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 10:00 BEREAVEMENT GROUP 1:00 LOW IMPACT EXER. 1:00 QUILTING	22 8:00 MAT/FLOOR YOGA 9:00 & 10:00 ROCHE BROS. 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	23 CENTER CLOSED AT NOON NO PROGRAMS NO TRANSPORTATION 
26 CENTER CLOSED TOWN HOLIDAY <i>Happy Holidays!</i> 	27 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 1:00 TAI CHI 1:00 KNITTING	28 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:30? CURRENT EVENTS 1:00 LOW IMPACT EXER.	29 8:00 MAT/FLOOR YOGA 9:00 & 10:00 WEGMAN'S 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	30 CENTER CLOSED AT NOON <i>Happy New Year!</i> 



ANNUAL POLICE RELIEF ASSOCIATION'S LUNCHEON at the Old Colonial Restaurant in Norwood

Sponsored by Westwood Policeman's Relief Association

- ▶ Saturday, Dec. 10, noontime
- ▶ No cost, but you must sign up in advance (no later than 11/22).

Once again, we are pleased to have The Westwood's Police Relief Association offer a wonderful holiday dinner at the Old Colonial in Norwood for **WESTWOOD SENIORS** only. This fun event is sure to please any senior, but you must sign up in advance so they know how many to expect.





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, Operations Manager
 Karen Segreve, Outreach Counselor
 Lorraine Cavanaugh, Administrative Assistant
 John Trigilio, Van Driver
 Paul Kelly, Van Driver
 John Demling, III, Van Driver



Council on Aging Board Members

Cheryl Fay	Hillary Kohler
Robert Folsom	Irene MacEachern
Mary Gens	Colleen Messing
Josepha Jowdy	Bill Sebet
James M. O’Sullivan	

RAFFLE BASKETS AT THE SENIOR CENTER

We are thankful for the following raffle basket sponsors. Please know that we could not continue to grow without their support and we hope you join us as we raise money to help our senior community. Tickets are available at the Center. Tickets are \$1 each; 12 tickets for \$10. Drawing will be held at our Holiday Luncheon in December.

SPECIAL THANKS TO OUR BASKET SPONSORS:



BLUE HILLS BANK	CHIARA BISTRO	WEGMANS
THE RESIDENCE AT VALLEY FARM		
OUT OF THE BOX MOVES	FOLSOM FUNERAL SERVICE	
KAY JEWELERS	BJS WHOLESALE CLUB	
CORNERSTONE AT CANTON	2SISTERS	

