



STAY HEALTHY • STAY CONNECTED • AGE WELL

NEWS

JULY/AUGUST 2017

Special Thanks to:

AVITA OF NEEDHAM for catering our 50th Anniversary Party in July;

ROCHE BROTHERS, DEDHAM SAVINGS, BLUE HILLS BANK, BEACON COMMUNITIES for being sponsors to our 50th Anniversary Party;

NORWOOD HONEY BAKED HAM for offering free delicious hams to our seniors;

MA BAR ASSOCIATION for their legal checkup program;

CORNERSTONE AT CANTON for their Brain Healthy Luncheon;

JM HOMECARE for their Brain Healthy Box Lunch;

REPRESENTATIVE PAUL McMURTRY for the Annual Ice Cream Social;

WEGMANS for all the wonderful free delicious goods they continually offer to our seniors;

NORFOLK COUNTY SHERIFF MICHAEL BELLOTTI for the tour of the Norfolk County Jail;

WESTWOOD SELECTMEN, FINCOMAND VOTERS for supporting necessary renovations to the Center;

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

Westwood's Council on Aging Celebrates 50 years!

Happy 50th Birthday Westwood COA! A little background: In 1965, the Medicare program was approved to help those over 60 with their health insurance. With this in mind, Massachusetts created an Executive Office of Elder Affairs to help its aging population and then encouraged towns to create "Councils on Aging".



Westwood established its council in 1967. From the beginning, the Council was aware that there were three primary needs: a Center to house programs, transportation for those who no longer drove, and a way to distribute information for anyone over 60. Housing also became a huge issue as Westwood's affluence and taxes soared.

Today, the Center hosts programs that help anyone 60 or older stay healthy, stay connected and age well. At 50 years, the Westwood Council on Aging proudly hosts over 30 regular programs (from Art to Zumba), travels near and far, provides a five day transportation initiative as well as outreach services that assist Westwood seniors with fuel assistance, food security, housing information and referral services.

Avita of Needham will help us celebrate our 50th Anniversary in July and we also thank all of our other sponsors (*Roche Brothers, Dedham Savings, Blue Hills Bank, Beacon Communities*) for their support. *The sign up for this special party will begin on Monday July 3.*

Aside from celebrating 50 years, we have a number of other special programs to enjoy this summer. In July, AARP will come and offer a driver education day, Mass Bar Association will offer a legal checkup and BCBS will explain how to protect your assets. In August, we are hosting Cornerstone at Canton with a Brain Healthy Luncheon, a Mind Healthy Box Lunch sponsored by JMHomocare, a tour of Norfolk County Jail hosted by Sheriff Michael Bellotti and Representative McMurtry will be offering his annual ice cream social!

Our regular instructors tend to take time off in the summer, so please make sure you check the calendar to see if they are on vacation. And we are sad to say goodbye to our Exercise Instructor Eileen and Zumba instructor, Christine, both who are retiring. There is no easy way to replace them, but we will try.

Finally I want to take a moment to thank some of my "retiring" Council on Aging members. For over 6 years we have been blessed with three amazing and committed individuals, Bob Folsom, Mary Gens and Colleen Messing. Their time, energy and thoughtfulness cannot be underestimated and personally, I have truly enjoyed working alongside with them as we continue to grow.

*Happy Birthday Westwood COA ...
and here's to many more years of growth!*

Lina Arena-DeRosa



Karen's Corner—Outreach Counselor WHAT IS THE AID TO THE ELDERLY AND DISABLED TAX FUND?

The *Fund* was established by Town Meeting in 1999 to provide real estate tax relief to qualifying low-income Westwood elderly and disabled residents. By paying a portion of their tax bill, the Fund assists residents who want to remain in their homes. The *Fund* distributed \$56,000 in Fiscal Year 2017, approximately the same as in FY16. Approximately 39 residents received a payment ranging from \$800 - \$1,500. The typical recipient in FY17 was 88 years old, had lived in Westwood for over 60 years, and lived in a home valued at about \$425,000.

If you or a fellow resident may be helped by the *Fund*, applications are available at the Tax Collector's office at Town Hall, the Senior Center, the Library and are also downloadable from the town website at www.townhall.westwood.ma.us. If you would like to make a donation, you may send a check to the Tax Collector's Office at Town Hall, made payable to: Town of Westwood – Aid to the Elderly & Disabled Trust Fund. For any questions about applying or donating to the *Fund*, please contact the Collector's Office at (781) 320-1015.



Transportation with Trish



JULY	DESTINATION	Donation
5	TRADER JOE/XMAS TREE	\$2
7	WEGMANS	\$2
12	ERRANDS	\$2
14	ROCHE BROS.	\$2
19	NO VAN (BBQ)	
21	SHAW'S	\$2
26	WALMART	\$2
28	BIG Y	\$2

AUG.	DESTINATION	Donation
2	ERRANDS	\$2
4	STOP & SHOP	\$2
9	SO. SHORE PLAZE	\$2
11	ROCHE BROS.	\$2
16	ERRANDS	\$2
18	BIG Y	\$2
23	ERRANDS	\$2
25	SHAW'S	\$2
30	ERRANDS	\$2

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.; 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

Tuesday, July 11 ~ Twin Rivers Casino
9-3 pm. \$12 pp. Transportation.

Tuesday, August 22 ~ Tour of Boston Athenaeum and lunch
The Boston Athenaeum is one of the oldest independent libraries and cultural institutions in the United States. Take a docent-led tour of the building's architectural history and fine arts collection. We will stop for lunch on the way back (on your own). Spaces are limited. \$20 pp

Day & Overnight Trips

Sign up early as space is limited!
For more information, stop by the Center.

JULY

NARRAGANSETT LIGHT HOUSE
Monday, July 24th
~\$95 per person ~9-5 p.m.
~Transportation, Lunch, Ferry ride

AUGUST

TANGLEWOOD
Sunday, August 6
~\$168 per person ~10-6 p.m.
~Transportation to Tanglewood,
Lunch, Ticket in hatchshell with Cellist
YoYo Ma

MARTHA'S VINEYARD

Thursday, August 10
~\$95 per person ~8-7 p.m.
~Travel to Falmouth, Ferry to Martha's
Vineyard, Tour, Visit Edgartown (lunch on
own)

SEPTEMBER

RED SOX GAME

Thursday, September 14
~ \$100 per person ~ 10:30-5:30
~ Reserved Seats Third Base
Grandstand/ Transportation/ Red Sox
vs Athletics

NORTH SHORE MUSIC THEATER

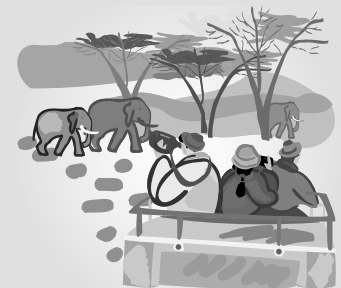
Wednesday September 27
~\$115 per person ~9:30-5:30
~Transportation, Lunch and EVITA
Theater show

SPRING 2018

ULTIMATE AFRICAN SAFARI WITH OVERSEAS ADVENTURE TRAVEL

March 14-31, 2018 ~ 17 days / \$600 all
inclusive (4 meals, transportation,
game viewing, drives, air fees, 15
night accommodations, taxes, fees
and gratuities included)

Limited to 14 people – *Details at the
Senior Center*



Stay Healthy at the Senior Center

LOW IMPACT EXERCISE

◆ *No classes this summer*

Eileen has retired and we are working on hiring a new instructor. Our hope is to begin this afternoon class again in the fall.

FUN FIT with Christine (on Mondays)
and Stephanie (on Wednesdays and Fridays)

- ◆ Monday, 9:30-10:15 am (note change in time)
No class July 3 & 10, No Monday classes in August
- ◆ Wednesday and Friday 9-10 am
No class July 5, 7, 14, 21 & 28; August 25
- ◆ \$3 donation



Summer is here!! So it is a great time to get up and get going! Join this high energy aerobics class and get your body in shape. All levels welcome; please wear comfortable clothing and bring a water bottle.

YOGA with Bonnie

- ◆ Tuesdays and Thursdays
Floor Yoga 8-9 am
Chair Yoga 9:30-10:30 am
- ◆ \$3 donation

No class
July 4



Mat Class 8-9:00 – Strength, stretching & balance is our focus; working on restorative poses and using props to let the mind and body relax; unplug yourself and allow stillness to settle in. Everyone works at their own level and accepts their body where it is today. **Chair Class** 9:30-10:30 – Working on upper body and thigh strength with resistant loops, blocks and resistant bands as well as focusing on breath work. A gentle shoulder massage during savasana, our final posture, is optional.

MEDITATION with Soni

Soni is home with her sons for the summer but will be back in the fall.

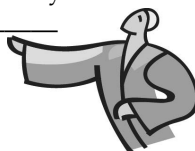
SHINE with Mary

- ◆ July 26 | August 9 & 23
 - ◆ 9 am-1 pm – **BY APPOINTMENT ONLY**
- If you are thinking of retiring or have questions about your prescription drug coverage, then you should make an appointment with Mary. Appointments fill up fast, so sign up early.

T'AI CHI with Scott

- ◆ Tuesdays, 1 pm
- ◆ \$3 donation

No class July 4



This gentle form of exercise can help maintain strength, flexibility and balance before you head out to your garden. Come join us and experience this healthful activity for yourself!

ZUMBA GOLD

Christine is retiring but we hope to bring Zumba Gold back in the fall.

PRESCRIPTION ADVANTAGE PRESENTATION

With Kathy Devine –
Executive Office of Elder Affairs



- ◆ Monday, July 17 at 10 am

Each year thousands of seniors in Massachusetts reach the gap in their Medicare prescription drug coverage (Part D) that is often called the "donut hole." This year, when Medicare beneficiaries (who do not get Extra Help) reach the donut hole, they will have to pay 40% of the cost of covered brand name drugs and 51% of covered generic drugs. Just think...if you have a brand name drug that costs \$300 you will have to pay **\$1,200.00!!** This is where **Prescription Advantage** can help. Kathy will explain how Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage.

MEDICAL MANAGEMENT

with Toni Mitchell, Pharmacist
Sponsored by Walmart Pharmacy

- ◆ Wednesday, July 5 from 1-4 pm
- ◆ Please sign up for individual appointment in advance

Do you have lots of medications? Are you confused as to how they interact with your vitamins? Then sign up and speak confidentially and directly with pharmacist Toni Mitchell who will take time to help you better understand your medication. Individual appointments must be made in advance so please call to sign up.

THE MIND DIET

with Jennifer from JM Homecare



- ◆ Wednesday, August 2 at noontime
- ◆ \$3 donation requested – Space is limited so you must sign up in advance

The Mind Diet is a proven diet that if moderately followed reduces the risk of Alzheimer's by 35% and by up to 53% for those who vigorously follow it. The emphasis on the diet focuses on eating from 10 brain healthy food groups, mainly green leafy vegetables. JM Homecare will provide a box lunch for all that attend.

**BJS WHOLESALE
DISCOUNT MEMBERSHIP**

- ◆ Wednesday, July 5, at 11 am
- ◆ Please sign up in advance so we know how many to expect

Bjs Wholesale Club is once again offering discount memberships to seniors. Paula Dunlap will be here to sign you up for a one year senior membership. Please sign up in advance so we know how many to expect.

Stay Connected at the Senior Center

WATERCOLOR

with Joan

- ◆ No classes this summer

Joan is taking the summer off, but if you want to come and paint, the craft room will be open during her regular class time.

THURSDAY QUILTING CLUB



- ◆ No club meeting in July
- ◆ August 31, 1-3 pm
- ◆ No cost to this club

If you enjoy quilting and would like to meet other quilters, then come by and join this fun and welcoming quilting group.

CHORUS with Carol

- ◆ No classes this summer

Carol is taking the summer off—see you in September!

BRIDGE

- ◆ Every Friday, 10 am-2 pm

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

MAH JONGG with Cynthia

- ◆ **Beginners:** No beginner class in the summer

- ◆ **Advanced:** Thursdays, 12:30-3 pm

Mah Jongg is a game of skill (and luck) that will stimulate your brain! If you want to learn or already know how, stop by and find out what all the fun is about.

BINGO



- ◆ Every Thursday at 1 pm

Need an excuse to get out of the house? Come join this fun-filled group who laugh and enjoy a good game of BINGO! Refreshments are always served and you might just meet up with an old friend.

KNITTING AND CROCHETING

with Louise



No class
July 4

- ◆ Tuesdays, 1 pm
- ◆ \$3 donation

Have you started knitting a sweater or hat and got stuck and need help; or would you enjoy knitting with other enthusiastic (beginners and advanced) knitters? Then come join this friendly group and finish that project that you started!

CRAFTS

with Lorraine

- ◆ Wednesdays, July 5 & August 2, 10 am

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

They will be taking the summer off...see you in September!

WESTWOOD WOMEN'S CLUB

They will be taking the summer off...see you in September!

WESTWOOD GARDEN CLUB

They will be off this summer as well...see you in September!

SHERIFF MICHAEL BELLOTTI — TOUR OF THE NORFOLK COUNTY JAIL

Sponsored by Blue Hills Bank

- ◆ Tuesday, August 15, 9-11:30 am (transportation is included)
 - ◆ Please sign up in advance as space is limited to 12 seniors
- Please join us for a tour of the Norfolk County Correctional Center in Dedham. Those attending will get a first-hand look at the inner workings of one of the state's most modern correctional facilities. The tour is roughly 2-3 hours long and requires walking. This event is being sponsored by Norfolk County Sheriff Michael Bellotti's TRIAD Program.

THE WESTWOOD LIBRARY PRESENTS:

(If you need further information on these two programs,
please call the library directly)

THE 45 MILLION-DOLLAR-FLOWER PASTEL WORKSHOP

- ◆ Monday, July 24 at 10:30 am
 - ◆ Call 781-320-1045 to sign up as space is limited
- Award-winning pastel artist Gregory John Maichack presents his newest workshop: Pastel Paint the 45-Million-Dollar Flower. This two-hour pastel painting workshop will have all participants producing their own rendition of Georgia O'Keeffe's elegant Jimson flower. This program is supported by a grant from the Westwood/MA Cultural Council.

GREAT DECISIONS with Tina McCusker

- ◆ Thursday, August 24 at 7 pm
- Great Decisions is America's largest discussion program on world affairs. The program model involves reading an article about a particular global issue, watching the DVD & meeting in a Discussion Group to discuss the most critical global issues facing America today. Copies of articles are available at both the Main Library & the Islington Branch. Topic is U.S. Foreign Policy and Petroleum.

BI-MONTHLY MOVIES



- ◆ Tuesdays, 1 pm — No cost to this program
- July 11 — Manchester by the Sea* — While working in Boston, taciturn loner, Lee Chandler, gets word that his brother Joe has died of a coronary. After returning to the siblings' hometown, Lee receives another shock — he's been named legal guardian of Joe's 16-year-old son.
- July 18 — La La Land* — While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair. But as their separate paths of ambition force them to make tough choices, their relationship starts to fray.
- August 8 — Lion* — This true story, 5-year-old Saroo is adopted by an Australian couple after losing his way in the urban jungle of Kolkata. More than two decades later, new mapping technology prompts Saroo to search for his lost family in India.
- August 22 — The Hollars* — After learning about his mother's grave illness, aspiring graphic novelist John Hollar leaves New York City behind and heads to his hometown.

FREE CONCERT AT THE NORWOOD THEATER

Featuring North Sea Gas

- ◆ Wednesday, September 20
 - ◆ 2 pm — Space is limited to 30 seniors so sign up in advance
- The Norwood Theater has generously offered us **30 FREE TICKETS** to see the Scottish Musical Trio, *North Sea Gas*. This highly entertaining Scottish folk band includes great vocals and three part harmonies. Space is limited so please call to sign up in advance.

Stay Well at the Senior Center

iPAD CLASSES with Kim

No classes in the summer but Kim will be back in September.

CURRENT CONVERSATIONS with Susan

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

- ◆ July 12 & 26 | August 9 & 23, 9:30-11:30 am
- ◆ \$20 for all four sessions — \$5 per session

Today's news can be confusing ... there is so much going on and with all the talk about "fake news" one may not know what to believe and what not to believe. Moderated by a former "real" journalist, we sort out and discuss current events. This group welcomes everyone, so come join the conversation!

BEREAVEMENT with Nina

- ◆ No sessions in July
 - ◆ Meetings will begin again on August 2 & 16, 10-11 am
- The loss of a loved one is a life altering experience, feel free to come at any point to meet with others who are going through the grieving process.

MANICURES with Lauren

- ◆ Fridays, July 21 and August 18, 9-noontime
- ◆ BY APPOINTMENT ONLY



With all the cookouts, parties and gardening this summer, give your hands a break! Lauren will massage your hands and then paint your nails so you will look great no matter where you go! Sign up early as spaces fill up fast! \$10 per person (checks made out to Lauren).

WAXING with Licensed Aesthetician Lisa

- ◆ Fridays, July 7 & August 4
 - ◆ **By Appointment ONLY** – 8:30- noontime
- Lisa can help you look your best and feel great!
- | | | |
|--|---------------|---------------|
| Brows.....\$10 | Lips.....\$10 | Chin.....\$10 |
| Any two services.....\$15 All 3 services.....\$20 | | |

PODIATRY CLINIC with Dr. Michael Mitry

- ◆ Fridays, July 14 & August 11
 - ◆ **BY APPOINTMENT ONLY**, 8:30 a.m.-10:30 a.m.
- Dr. Mitry, a licensed podiatrist, comes to the Center once a month to help keep your feet in good shape. He offers foot maintenance and nail clipping. This is private pay at \$35 per session (checks made out to Dr. Mitry).



NEW FRIENDS OF THE BEREAVED

- ◆ Sunday, July 9 & August 13
 - ◆ 1-4 pm at the Center
- 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. For more information, visit our website: <http://newfriendsforbereaved.org>

BOOK GROUP with Bev

No meeting during the summer...see you in September!

AARP SMART DRIVER COURSE

- ◆ Monday, July 10, 10-3 pm – Sign up in advance as space is limited to 20 individuals
- ◆ \$15 for AARP members/\$20 for nonmember (checks made out to AARP)
- ◆ Please bring a bag lunch



Even the most experienced drivers can benefit from brushing up on their driving skills. The AARP Smart Driver Course is the nation's largest driver safety course and is designed especially for drivers age 50 and older. Attendees will be taught the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. AARP membership is not required to take the course and there are no tests to pass

MENTAL HEALTH SERVICES FOR WESTWOOD SENIORS

There is now a **free referral service** that is available to every Westwood resident that takes all the leg-work out of finding the right therapist or support group! This service is called the *William James College* **INTERFACE Referral Service**. Westwood is a member of the service, thanks in part to funding from town departments like the Council on Aging and Board of Health. When you call the INTERFACE Referral Service, a representative will ask you about your specific needs, availability, transportation and insurance. After the initial phone call you will receive a follow-up call from INTERFACE within two weeks with contact information for a mental health professional who meets all your needs and is available to begin seeing you. It's that easy!

To use the INTERFACE Referral Service, simply call 617-332-3666 x1411 between 9:00 am-5:00 pm, Monday through Friday, or go online to <http://interface.williamjames.edu/>.

TWO LEGAL PROGRAMS WITH INFORMATION EVERYONE SHOULD KNOW

MA BAR ASSOCIATION – A LEGAL CHECK UP

Sponsored by Elder Attorney Maria Baler from Samuel, Sayward & Baler in Dedham

- ◆ Monday, July 17 at 10 am
 - ◆ \$2 donation
- May is Elder Law Month, but we'll be celebrating in July! Join Attorney Maria Baler from the law firm of Samuel, Sayward & Baler in Dedham for an Elder Law Quiz – test your knowledge about estate planning and elder law, learn to separate fact from fiction, have some fun and win a prize if you know your stuff!






PROTECTING YOUR ASSETS AND LIFE SAVINGS FROM THE HIGH COST OF A NURSING HOME

Sponsored by Blue Cross Blue Shield – Susan Flanagan

- ◆ Monday, July 31 at 10 am
 - ◆ \$2 donation
- Are your assets and life savings protected from the high cost of a Nursing Home? Generations Asset Preservation is proud to offer a collaborative educational seminar with Blue Cross Blue Shield of Massachusetts that will allow you to: Learn how to navigate legal, financial, estate planning and health care. Become better informed on optimizing your money, protecting your assets, and implementing our proper legal documents.

July 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 WATERCOLOR OPEN STUDIO	4 INDEPENDENCE DAY CENTER CLOSED 	5 9:00 FUN FIT 9:00 TRADER JOE/XMAS 10:00 CRAFTS 1:00 MEDICAL MGMT.	6 8:00 FLOOR YOGA 9:30 CHAIR YOGA 12:30 Adv. MAH JONGG 1:00 BINGO	7 8:30 WAXING 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE 12:00 PIZZA LUNCH
10 10:00 WATERCOLOR OPEN STUDIO 10:00 AARP SMART DRIVER COURSE	11 8:00 FLOOR YOGA 9:00 TWIN RIVERS TRIP 9:30 CHAIR YOGA 10:00 WATERCOLOR OPEN STUDIO 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	12 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS	13 8:00 FLOOR YOGA 9:30 CHAIR YOGA 12:30 Adv. MAH JONGG 1:00 BINGO	14 8:30 PODIATRY 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE 12:00 PIZZA LUNCH
17 9:30 FUN FIT 10:00 PRESCRIPTION ADVANTAGE 10:00 MASS. BAR ASSOC.	18 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 WATERCOLOR OPEN STUDIO 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	19 12:00 BBQ— HAPPY 50TH BIRTHDAY! 	20 8:00 FLOOR YOGA 9:30 CHAIR YOGA 12:30 Adv. MAH JONGG 1:00 BINGO	21 9:00 MANICURES 9:00 & 10:00 SHAW'S 10:00 BRIDGE 12:00 PIZZA LUNCH
24 9:30 FUN FIT 10:00 WATERCOLOR OPEN STUDIO NARRAGANSETT LIGHT HOUSE TOUR DAY TRIP	25 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 WATERCOLOR OPEN STUDIO 1:00 TAI CHI 1:00 KNITTING	26 9:00 FUN FIT 9:00 WALMART 9:00 SHINE 9:30 CURRENT EVENTS	27 8:00 FLOOR YOGA 9:30 CHAIR YOGA 12:30 Adv. MAH JONGG 1:00 BINGO	28 9:00 & 10:00 BIG Y 10:00 BRIDGE 12:00 PIZZA LUNCH
31 9:30 FUN FIT 10:00 WATERCOLOR OPEN STUDIO 10:00 PROTECT ASSETS/ NURSING HOME				



HESSCO LUNCH PROGRAM

Sponsored by Julia Ruth House of Westwood

The HESSCO Lunch Program at the Senior Center has been renamed The Friendship Café. The lunch program provides nutritious meals Monday thru Friday at 12:00 noon for a donation of \$3.

Please call 2 days in advance to reserve a space. Menus are available at the Senior Center and also published in the Westwood Weekly Press.

The Friendship Café also offers free breakfasts between 9:00-11:00. Your choice of oatmeal, orange juice, milk, muffins, and a fruit protein bar. The Friendship Café is a great place to socialize and meet new friends. We hope you will join us.

SPECIAL SUMMER LUNCHESES AT THE SENIOR CENTER

Sponsored by HESSCO Elder Services

This summer cool off at the Senior Center and join us for lunch.

In **July**, every *Friday*, The Friendship Café will be serving French Bread Pizza, Salad, Lemonade and make your own ice cream sundae. You must sign up at least one week in advance.

In **August**, every *Wednesday*, The Friendship Café will be serving Salad, Sandwiches, Lemonade and make your own ice cream sundae. You must sign up at least one week in advance.



August 2017

Lunch served daily through HESSCO at 12:00 p.m. For menu, please stop by the Center.

Must sign up for HESSCO lunches in advance. HESSCO sign up phone number is 781-329-6514.

Monday	Tuesday	Wednesday	Thursday	Friday
NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service.	1 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 WATERCOLOR OPEN STUDIO 12:00 HEALTHY EATING 1:00 TAI CHI 1:00 KNITTING	2 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 10:00 CRAFTS 12:00 THE MIND DIET 12:00 SALAD LUNCH	3 8:00 FLOOR YOGA 9:30 CHAIR YOGA 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 ICE CREAM SOCIAL	4 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE
7 10:00 WATERCOLOR OPEN STUDIO	8 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 WATERCOLOR OPEN STUDIO 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	9 9:00 FUN FIT 9:00 SO. SHORE PLAZA 9:00 SHINE 9:30 CURRENT EVENTS 12:00 SALAD LUNCH	10 8:00 MARTHA'S VINEYARD DAY TRIP 8:00 FLOOR YOGA 9:30 CHAIR YOGA 12:30 Adv. MAH JONGG 1:00 BINGO	11 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE
14 10:00 WATERCOLOR OPEN STUDIO	15 8:00 FLOOR YOGA 9:00 JAIL TOUR 9:30 CHAIR YOGA 10:00 WATERCOLOR OPEN STUDIO 1:00 TAI CHI 1:00 KNITTING	16 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 12:00 SALAD LUNCH	17 8:00 FLOOR YOGA 9:30 CHAIR YOGA 12:30 Adv. MAH JONGG 1:00 BINGO	18 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 BIG Y 10:00 BRIDGE
21 10:00 WATERCOLOR OPEN STUDIO	22 8:00 FLOOR YOGA 9:00 ATHENAEUM DAY TRIP 9:30 CHAIR YOGA 10:00 WATERCOLOR OPEN STUDIO 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	23 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 9:30 CURRENT EVENTS 12:00 SALAD LUNCH	24 8:00 FLOOR YOGA 9:30 CHAIR YOGA 12:30 Adv. MAH JONGG 1:00 BINGO	25 9:00 & 10:00 SHAW'S 10:00 BRIDGE
28 10:00 WATERCOLOR OPEN STUDIO	29 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 WATERCOLOR OPEN STUDIO 1:00 TAI CHI 1:00 KNITTING	30 9:00 FUN FIT 9:00 ERRANDS 12:00 SALAD LUNCH	31 8:00 FLOOR YOGA 9:30 CHAIR YOGA 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 QUILTING	



BRAIN HEALTHY EATING – LECTURE AND LUNCHEON

Sponsored by Cornerstone at Canton

- ◆ Tuesday, August 1
- ◆ \$3 donation – you must sign up in advance as space is limited

Join us as Cornerstone at Canton presents Brain Healthy cooking and eating! Your brain, like your body, needs to be nourished and Cornerstone will offer a delicious lunch while lecturing about how to make sure you are “feeding” your brain healthy foods.



ICE CREAM SOCIAL WITH REPRESENTATIVE PAUL MCMURTRY

Sponsored by Representative Paul McMurtry

- ◆ Thursday August 3 at 1pm – please sign up in advance so we know how many to expect

What could be better than ice cream in the middle of the summer? Come join Representative Paul McMurtry and his staff as they serve up delicious ice cream and lots of friendship. Space is limited so please sign up in advance.





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

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 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	Irene MacEachern
Joseph Jowdy	Bill Sebet
Hillary Kohler	James M. O’Sullivan

50th ANNIVERSARY BEACH PARTY

at the Westwood Senior Center

Sponsored by Avita of Needham

With additional support from Roche Brothers, Dedham Savings, Blue Hills Bank, Beacon Communities

Wednesday, July 19 ~ Noontime



\$5 donation but you must sign up in advance as space is limited

Come celebrate our 50th Anniversary with a delicious luncheon catered by our friends at Avita of Needham and special surprises underwritten by our sponsors. There will be great food, wonderful entertainment and special give aways. *Space is limited but please remember sign up begins on Monday, July 3.*

