



STAY HEALTHY • STAY CONNECTED • AGE WELL

# NEWS

MAY/JUNE 2017

## Special Thanks to:

**Ellis Rehab and Nursing Center of Norwood** for sponsoring our *Annual BBQ*;

**The Julia Ruth House of Westwood** for sponsoring our *Annual Ladies Tea*;

**New Pond Village of Walpole** for sponsoring our own *“Antiques Old and Rare Books Roadshow”*;

**Needham Bank and the Westwood Rotary Club** for sponsoring our *May Veteran’s Breakfast*;

**Wingate of Needham** for sponsoring our *“Healthy Picnic Lunch”*;

**Blue Hills Bank** for sponsoring a *Consumer Protection Program*;

**Dedham Savings Bank** for always bringing fun give aways at all of our lunches;

**Providence House of Brighton** for underwriting a discussion on *President Trump’s First 100 days*;

**Senior Living Made Easy** for sponsoring a discussion on *Assisted Living 101*;

**Clark House at Fox Hill Village** for sponsoring a *Balancing Class*;

**Samuel, Sayward & Baler, LLC** for sponsoring *Honoring Choices and Wills 101*;

**Bridges by EPOCH in Westwood** for sponsoring a *box lunch discussion on early onset dementia*;

**ComForcare** for sponsoring an *ice cream making class*;

*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

Spring is here and summer is approaching quickly which means many changes in the weather! Here at the Center we have several changes happening as well.

First, we are *instituting a new policy concerning sign-ups for the special lunches*. Starting in May, when you receive our newsletter, please *wait until the first business day of the month in which the event occurs to sign up*. Please note this does NOT include regular or special programs, transportation or trips (you can sign up for those anytime).

We have heard a lot of complaints about signing up for our special monthly lunches, so we hope this will be more equitable to everyone. If you have any questions, please feel free to speak to any of the staff, we will explain it to you.

In May, we will host the *Third Annual Ladies Tea Party* sponsored by our friends at Julia Ruth House in Westwood. Ladies, dust off your hat and find your gloves as Julia Irvine offers a delicious formal tea which includes tea sandwiches and desserts. *Sign up for this will begin May 1*. And in June, Ellis Nursing Center has once again generously offered to host our *Third Annual BBQ*. With lots of great BBQ (chicken, dogs and burgers) and super delicious sides, Ellis always offers outstanding food and entertainment for everyone to enjoy! *Sign up will begin June 1*.

We are also adding two new regular programs. Every Wednesday from 10:30-11:30, we will offer a **choral group** for anyone interested in bringing song into their lives. And the second and fourth Wednesday morning of every month, we will offer a **chess club** from 9-12. Both groups will begin in May; details are inside this newsletter.

If you are interested in some “special” programs, we have an overflowing schedule. On the program side, New Pond Village of Walpole has partnered with Brattle Bookstore to offer an *“Antiques Books Roadshow”*. Other “fun” opportunities include *ByeByeBirdie* at Norwood Theater (lunch included), *Ice Cream Making* (sponsored by ComForcare), *cooking classes* at Powissett Farm, and a *“Picnic Lunch”* (offered by Wingate of Needham). We also have some brain stimulating programs like Gary Hylander’s *“Trump’s First 100 Days”* (also sponsored by Providence House of Brighton), and a *Chinese Cultural Program* (sponsored by Falun Dafa Association). You can sign up for these programs anytime.

As you age, you need to understand your options and your responsibilities. With this in mind, we are offering: *Assisted Living 101* (Sponsored by Senior Living Made Easy), *Balancing Class* (sponsored by Clark House at Fox Hill Village), *Consumer Fraud Protection* (sponsored by Blue Hills Bank), *Honoring Choices* (sponsored by the COA and Samuel, Sayward & Baler LLC), *Understanding Early Onset Dementia*, a lunch discussion (sponsored by Bridges by EPOCH), *Planning for Medicare* (sponsored by BCBS), and *Wills 101* (sponsored by Samuel, Sayward & Baler LLC). And to our Veterans (and their spouses) please join us for our *Bi-Annual Veterans Breakfast* (sponsored by Needham Bank and the Westwood Rotary Club). You can sign up for these programs anytime.

Aside from our special and regular programming, don’t forget to think about joining us on our many and diverse day/overnight trips; we travel near and far and hope you can join us! Spring and summer are great times to try something new, so come join us!

Happy Spring! Welcome Summer!

Lina Arena-DeRosa



## Karen's Corner—Outreach Counselor HEARING DIFFICULTY

**Do you or a loved one have *Hearing Difficulty*?** Each year in May, the American Speech-Language-Hearing Association (ASHA) celebrates **Better Hearing and Speech Month**, a month dedicated to increasing awareness concerning hearing and speech. Untreated hearing loss is now linked to a **higher incidence of depression, falling and dementia**. The theory behind this evidence suggests that using the brain's resources for listening might mean the brain has less resource to help with social interaction, spatial awareness and memory tasks. The Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH) estimates that there are approximately **564,000 people** with *hearing loss living in the Commonwealth*. MCDHH contracts with **DEAF, Inc.** in Allston to provide independent living services for deaf, late-deafened and hard of hearing people; the only qualifier for receiving services is being hard of hearing. DEAF, Inc. provides information and referrals and a place people can call with questions related to hearing loss. DEAF, Inc. can be reached at 617-254-4041(617-254-4041 TTY or 617-505-4823 VP) or online at [www.deafinonline.org](http://www.deafinonline.org).



### Transportation with Trish



MAY	DESTINATION	Donation
3	ERRANDS	\$2
5	WEGMANS	\$2
10	TRADER JOE/XMAS TREE	\$2
12	ROCHE BROS.	\$2
17	ERRANDS	\$2
19	SHAW'S	\$2
24	ERRANDS	\$2
26	BIG Y	\$2
31	ERRANDS	\$2

JUNE	DESTINATION	Donation
2	STOP & SHOP	\$2
7	WALMART	\$2
9	ROCHE BROS.	\$2
14	ERRANDS	\$2
16	SHAW'S	\$2
21	SO. SHORE PLAZA	\$2
23	BIG Y	\$2
28	ERRANDS	\$2
30	ROCHE BROS.	\$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, May 16 ~ Tour of Boston Public Library and Lunch at Bertucci's

Come take a tour of the Boston Public Library highlighting the architecture of its famed central library buildings. Lunch at Bertucci's in Braintree (pay on your own). Spaces are limited. \$18 pp

#### Tuesday, June 27 ~ Charles River Tour and Lunch

Join us for a 70 minute narrated Charles River sightseeing tour with lunch after the tour at Cheesecake Factory. Spaces limited. \$40 pp includes lunch and transportation

## Day & Overnight Trips

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

### JUNE

#### NIAGARA FALLS AND ERIE CANAL SPECTACULAR

Wednesday-Friday, June 14-16  
\$430 Double/\$419 Triple/\$530 Single

#### Itinerary

Day 1 – Travel, Hotel - Dinner (and Casino across from hotel)

Day 2 – Breakfast, Niagara Falls Cruise and tour from Canada Side & dinner

Day 3 – Breakfast, visit Lockport NY, narrated cruise of Erie Canal, Travel back (Lunches on own)

#### BLOCK ISLAND

Monday, June 12th  
\$115 per person ~8-7 p.m.

~Transportation to Point Judith R.I., Ferry to Block Island, Tour, Lunch, Shopping

### JULY

#### NARRAGANSETT LIGHT HOUSE

Monday, July 24th  
~\$99 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/\$6000 all inclusive (42 meals, transportation, game viewing drives, park fees, 15 nights accommodations, taxes, fees and gratuities included)

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

# Stay Healthy at the Senior Center

## LOW IMPACT EXERCISE with Eileen



- ◆ Monday and Wednesdays – 1 pm
- ◆ \$3 donation – *No class May 17, 29*

With summer upon us, it is time to get in shape! This fun low impact exercise class can be done in the chair and will get your heart pumping and your muscles moving! Please wear comfortable clothing and bring a water bottle.

## CORE WORKOUT with Stephanie

- ◆ Wednesdays and Fridays – 8:30-9 am
- ◆ \$2 donation – *No class on May 26*

It is bathing suit time and time to get in shape. This class focuses on strengthening your back, stomach and abs.

## FUN FIT with Stephanie and Eileen

- ◆ Monday, Wednesday and Friday 9-10 am
- ◆ \$3 donation – *No class on May 26 & 29*

These ladies will get your heart pumping and your body back in shape for the beach! Come ready to sweat and enjoy this high energy aerobics class! All levels welcomed; 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 June 13*

**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 focus on breath work. A gentle shoulder massage during savasana, our final posture, is optional.

## MEDITATION with Soni

- ◆ Tuesday, May 9th & 23rd 11:15 – 11:45am
- ◆ No cost to this program – *No meditation in June, July and August but Soni will be back in September*

In this very overstimulating world we live in, take some time to stop and create a space for peace of mind. Soni guides you through this meditation while sitting in comfortable chairs. All are welcome.

## SHINE with Mary

- ◆ May 10 & 24; June 14 and 28
- ◆ 9AM- 1PM – **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

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



## ZUMBA GOLD with Christine



- ◆ Tuesdays, 9-10 am
- ◆ \$3 donation – *No class on June 13*

Great for the heart, soul, mind and waistline! Zumba Gold is a low impact, fitness class where cardio, strength and balance exercises are performed to music. Leave class feeling invigorated and energized! No experience necessary, just be ready to have fun!

## PICNIC LUNCHEON – Healthy Eating While On The Go!

*Sponsored by Wingate of Needham*

- ◆ Thursday, May 18 – 11-1 pm
- ◆ \$3 donation – *space is limited so you must sign up in advance*



Join Nicollette, Fitness Director at Wingate, for an interactive and delectable discussion on how to make healthful lunch choices not only at home but at picnics and bbqs! Their one-of-a-kind box lunch will be provided so you can learn while you lunch!

## HEALTHY EATING/HEALTHY COOKING

*at Powissett Farm in Dover*

*Sponsored by the Friends of the Westwood Council on Aging*



- ◆ May 4 (French Cuisine) & June 8 (Herbs) at 11 am
- ◆ \$15 per class - \$25 for both classes
- ◆ Limited to 12 seniors – *Space is limited so you must sign up in advance*

**May 4: French cuisine:** Explore French cuisine and learn how to make some staples which may include a pan sauce, pastry dough, a veggie tart, crème anglais and then enjoy eating our French creations.

**June 8: Herbs:** Dive deep into herbs as you visit our herb garden! We will discuss how to grow them, store them and put them to work! Explore savory & sweet recipes and demonstrations!

## BYE BYE BIRDIE at the Norwood Theater

Lunch and Theater Performance

- ◆ Wednesday, June 7th (lunch at noontime – Performance at 1:30 pm)
- ◆ \$30 per person – *you must sign up in advance as space is limited*

Join us as we head over to The Norwood Theater to enjoy a light lunch (restaurant to be announced) and a great performance. Space is limited, so sign up early as this always sells out.

## “ANTIQUES ROAD SHOW” –

### The Value of Old and Rare Books

*Sponsored by New Pond Village of Walpole*

- ◆ Tuesday, June 6 at 11am
- ◆ \$2 donation – *Please sign up in advance so we know how many to expect*

Kenneth Gloss, proprietor of Boston's Brattle Book Shop will discuss the value of old and rare books. A frequent guest appraiser on PBS' Antiques Roadshow, he will discuss the joy of old books. Following the lecture he will give free verbal appraisals of books that attendees bring.

## Wills 101 with Elder Attorney Lawyer Maria Baler

*Sponsored by Samuel, Sayward and Baler, LLC – Elder Attorneys at Law*

- ◆ June 19 at 10am - \$2 donation – *Please sign up in advance so we know how many to expect*

Come learn everything you wanted to know about Wills but were afraid to ask! Get the answers to: why should I have one? What assets will they cover? When is it time to update my will?



# Stay Connected at the Senior Center

## WATERCOLOR with Joan

**Beginner Class:** Tuesdays, 10 am-noon;  
\$40 for 8 classes

**Intermediate Class:** Mondays, 10 am-noon;  
May & June – \$40 for 8 classes

**Advanced Class:** Mondays, 1-3 pm;  
May & June – \$40 for 8 classes

*Beginner* – Progressing from using only 3 basic colors to full color spectrum.

*Intermediate* – Full sheets of watercolor paper, a variety of subjects.

*Advanced* – Independent selections of subjects.

*Last class June 26/27 until September.*

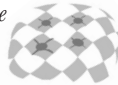


## THURSDAY QUILTING CLUB with Natalie

◆ Thursdays, May 4 & 11 and June 1 & 15

◆ 1-3 pm – No cost to this club

The new “Thursday Quilting Club” is up and running and looking for members who love to quilt. If you enjoy quilting and would like to come by and share what you are working on, get ideas and ask questions of fellow quilters, then stop in and join this growing group.



## CHESS CLUB with Dick

◆ Wednesdays, May 10 & 24 and June 14 & 28

◆ 9-12 – No cost to this club

We're looking for chess players at ALL levels, including complete beginners. Come join us as we learn, teach and play. Chess has been called the gymnasium of the mind. It helps keep the mind sharp. Learn to play or get better at your game and surprise the grandchildren!

## CHORUS with Carol

◆ Wednesdays, 10:30-11:30 am

◆ \$3 donation

Do you love to sing? Would you like to meet other people who like to sing? Then please join us as we create a new senior choral group at the Center!



## MAH JONGG with Cynthia

◆ **Beginners:** Thursdays, 11-12:30 pm (starting May 25)

◆ **Advanced:** Thursdays, 12:30-3 pm

*Beginner Mah Jongg* – Please sign up in advance because we need a minimum of 4 people for an 8 week session.

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 1p.m.

◆ *No BINGO on Thursday, May 18*

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

◆ Tuesdays, 1 p.m.

◆ \$3 donation – *No knitting on Tuesday, June 13*

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, May 3 and June 7, 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!)

## FRAUD PROTECTION with Julie

*Sponsored by Blue Hills Bank*

◆ May 8, 1 pm

◆ \$2 donation – *Please sign up in advance so we know how many to expect*  
Consumer Fraud and Identity Theft continues to rise, especially with our elder community. Come find out simple ways to protect both your identity and safeguard your money. Light refreshments will be served.



## CHINESE CULTURAL PROGRAM with Yüwei Liu

*Sponsored by the Falun Dafa Association of New England*

◆ May 30, 1pm

◆ \$2 donation – *Please sign up in advance so we know how many to expect*  
Come learn about Chinese culture! This program will discuss China's new cultural renaissance with a presentation on Chinese Culture, ancient and modern. With China celebrating 5000 years of traditions, there will be plenty to learn.

## WESTWOOD MEN'S CLUB with Bob

◆ Friday, May 26 – 8:30

◆ *No club meetings in June, July and August*

The Men's Club invites all Veterans to the COA Veterans Breakfast on Friday, May 26 at 8:30 am.

## WESTWOOD WOMEN'S CLUB with Peg

◆ Thursdays, May 18 – At Lafayette House & June 8 (at the Center)

May 18 – Annual Luncheon at Lafayette House at 11:30 am

June 8 – Salad Day – 1:15 pm Bring your favorite salad to share with everyone.

## WESTWOOD GARDEN CLUB with Mary Jo

◆ May 25 – Four Points Sheraton Hotel in Norwood

Luncheon – Contact Mary Jo to sign up.

*No programs in June, July and August*



## BI-MONTHLY MOVIES

◆ Tuesdays, 1 p.m.

May 9 – **Florence Foster Jenkins** is certain she can be an opera star

May 23 – **Sully** astonished world by safely landing plane on Hudson after both engines were disabled!

June 6 – **Trumbo**, his refusal to testify results in jail and being blacklisted.

June 20 – **Jackie**, reeling after her husband's assassination, struggles with heartache and anger to preserve her husband's legacy.



## SEASON FOR TREASON (Part 3)

*with Professor Gary Hylander*

*Sponsored by New Pond Village of Walpole*

◆ Tuesday, May 2; 10:30 am

◆ No cost but *please sign up in advance so we know how many to expect*

The third in this three part series focused on Alger Hiss, an American government official accused of being a Soviet spy in 1948.



# Stay Well at the Senior Center

## iPAD CLASSES with Kim



- ◆ May 3 & 10 – 12-2 - \$5 per class
- ◆ Review classes – Space is limited to 10 students so you must sign up in advance

Students will be reviewing everything they learned in the beginner and advanced classes as well as the specialized classes. This is a “hands on assistance” program that will help with specific features, functions and questions.

## CURRENT CONVERSATIONS with Susan

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

- ◆ May 10th & 24th/ June 14th 9:30 - 11:30
- ◆ (\$15 donation for three sessions – Please sign up in advance)

If you are looking for a place to make more sense of all that is going on, join us for some friendly and thoughtful conversation. In May, we will just have concluded the first 100 days of President Trump in charge. And, a featured topic: jobs of the future. How do we prepare the workforce for the age of robots. Who knows what else will be in the headlines? So come join us!

## BEREAVEMENT with Nina

- ◆ May 3 & 17 | June 7 & 21, 10-11am

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.

## ASSISTED LIVING 101 with Kristen

*Sponsored by Senior Living Made Easy*

- ◆ May 8 at 10 am
- ◆ \$2 donation – Please sign up in advance so we know how many to expect

If you are thinking about assisted living (or maybe helping a loved one), you won't want to miss this program. Topics for discussion include, but are not limited to: What is assisted living? What types of services and amenities are offered in assisted living? How much does assisted living cost? Kristen will answer your questions and explain your options.

## MANICURES with Lauren



- ◆ May 19 and June 16, 9 am-Noontime
- ◆ BY APPOINTMENT ONLY

Spring is here and as you start to dig in the dirt, give your hands a break with a hand massage and manicure! Sign up early as spaces fill up fast! \$10 per person (checks made out to Lauren)

## WAXING with Licensed Aesthetician Lisa

- ◆ May 5 & June 2 – 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 Mity

- ◆ May 12 and June 9
- ◆ BY APPOINTMENT ONLY, 8:30 a.m.-10:30 a.m.

Dr. Mity, 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. Mity).

## NEW FRIENDS OF THE BEREAVED with Robert and Friends

- ◆ Sunday, May 14 & June 11
- ◆ 1-4 p.m. 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>

## TRUMP AT 100 DAYS with Professor Gary Hylander

*Sponsored by Providence House of Brighton*

- ◆ Tuesday, May 9 – 10:30 am
- ◆ \$2 donation – Please sign up in advance so we know how many to expect



Since FDR, it has been the custom of the national press to evaluate the success of a new president at the end of his first 100 days in office. Join us as we fill out a report card for President Trump. Bring your grade!

## ICE CREAM MAKING with Kristen

*Sponsored by ComforCare*

- ◆ June 5 at 10 am – \$2 donation – Please sign up in advance so we know how many to expect

Come kick-start the summer season by making delicious guilt-free ice-cream. Attendees will be able to sample it and walk away with the recipe.



## BALANCE WORKSHOP with Cheryl

*Sponsored by Clark House at Fox Hill Village*

- ◆ May 11 at 1 pm – \$2 donation – Please sign up in advance so we know how many to expect

GET BALANCED – Learn how to prevent falls and maintain independence in your home environment. We will focus on safety and ways to improve your balance.



## UNDERSTANDING EARLY ONSET DEMENTIA with

*Alicia Seaver – Director of Memory Care at Bridges of EPOCH  
Sponsored by Bridges by EPOCH in Westwood – A box lunch discussion*

- ◆ Monday, May 15, 11 am-1 pm – \$3 donation
- ◆ Space is limited so you must sign up in advance

More than 5 million Americans living with dementia are defined as having early onset dementia, meaning they were diagnosed before age 65. Join us as we discuss early onset dementia, its warning signs and symptoms.

## HONORING CHOICES – A Discussion about Health Proxies

*COA Director Lina and Elder Attorney Lawyer Maria Baler  
Sponsored by the Westwood COA, Honoring Choices  
and Samuel, Sawyer & Baler LLC*

- ◆ May 15 at 10am – \$3 donation – Please sign up in advance so we know how many to expect

Do you have a health proxy? In case of emergency, do you know who will make decisions for you? Come find out how to make sure that no matter what happens to you, your health care decisions are honored. Handouts will be available; bring your questions and your concerns.

## BOOK GROUP with Bev


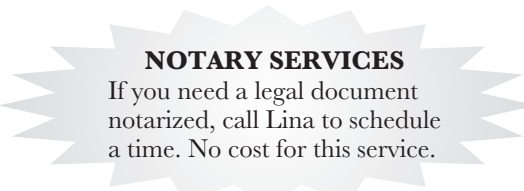
- ◆ June 8 10am – No cost to this program
- We are reading *Irene's Children* by Tilar Mazzeo – an extraordinary story of woman who saved 2500 children from the Warsaw Ghetto. Come join this growing group of avid readers!



# May 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
<b>1</b> 9:00 FUN FIT 10:00 WATERCOLOR (INT.) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXER.	<b>2</b> 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEG.) <b>10:30 GARY HYLANDER</b> 1:00 TAI CHI 1:00 KNITTING	<b>3</b> 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 10:00 CRAFTS 10:30 CHORUS 12:00 iPad CLASS 1:00 LOW IMPACT EXER.	<b>4</b> 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA <b>11:00 HEALTHY COOKING</b> 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 QUILTING	<b>5</b> 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE
<b>8</b> 9:00 FUN FIT <b>10:00 ASSISTED LIVING 101</b> 10:00 WATERCOLOR (INT.) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXER. <b>1:00 FRAUD PROTECTION</b>	<b>9</b> 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEG.) <b>10:30 GARY HYLANDER</b> 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	<b>10</b> 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 CHESS CLUB 9:00 TRADER JOE/XMAS 9:00 SHINE 9:30 CURRENT EVENTS 10:30 CHORUS 12:00 iPad CLASS 1:00 LOW IMPACT EXER.	<b>11</b> 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 12:30 Adv. MAH JONGG <b>1:00 BALANCE WRKSH.P.</b> 1:00 BINGO 1:00 QUILTING	<b>12</b> 8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE <b>12:00 SOUP &amp; SANDWICH</b>
<b>15</b> 9:00 FUN FIT 10:00 WATERCOLOR (INT.) <b>10:00 HONORING CHOICES</b> <b>11:00 UNDERSTANDING EARLY DEMENTIA</b> 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXER.	<b>16</b> 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD <b>9:00 TOUR OF BPL/ LUNCH</b> 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEG.) 1:00 TAI CHI 1:00 KNITTING	<b>17</b> 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 10:30 CHORUS <b>12:30 TEA PARTY</b>	<b>18</b> 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA <b>11:00 PICNIC LUNCH.</b> 11:30 WOMEN'S CLUB at Lafayette House 12:30 Adv. MAH JONGG	<b>19</b> 8:30 CORE WORKOUT 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE
<b>22</b> 9:00 FUN FIT 10:00 WATERCOLOR (INT.) <b>12:00 SOUP &amp; SANDWICH</b> 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXER.	<b>23</b> 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEG.) 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	<b>24</b> 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 CHESS CLUB 9:00 ERRANDS 9:00 SHINE 9:30 CURRENT EVENTS 10:30 CHORUS 1:00 LOW IMPACT EXER.	<b>25</b> 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 12:00 GARDEN CLUB at Four Points Sheraton 1:00 BINGO	<b>26</b> <b>8:30 VETERAN'S BREAKFAST</b> 9:00 & 10:00 BIG Y 10:00 BRIDGE
<b>29</b> <b>MEMORIAL DAY CENTER CLOSED</b> 	<b>30</b> 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEG.) 1:00 TAI CHI 1:00 KNITTING <b>1:00 CHINESE CULTURAL PROG.</b>	<b>31</b> 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 10:30 CHORUS 1:00 LOW IMPACT EXER.	 <p><b>NOTARY SERVICES</b>            If you need a legal document notarized, call Lina to schedule a time. No cost for this service.</p>	

### THIRD ANNUAL TEA PARTY

Sponsored by Julia Ruth House of Westwood

- ◆ Wednesday, May 17 at 12:30 pm
- ◆ \$3 donation but you must sign up in advance as space is limited

Ladies brush off those hats and find those gloves as you join us for the Third Annual Tea Party hosted by the Julia Ruth House of Westwood. Tea, scones and sandwiches will be on the menu.

Sign-ups begin May 1st.



### VETERAN'S BREAKFAST

Sponsored by Needham Bank and Westwood Rotary Club

- ◆ Friday, May 26 at 8:30 am
- ◆ Please sign up in advance so we know how many to expect


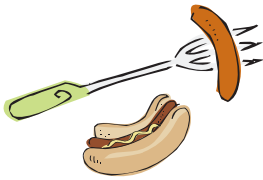
Calling all Veterans and their spouses! Come join us for a delicious breakfast and a talk by Len Sandler on his new book about SFC Jared Monti who sacrificed himself attempting three times to rescue one of his squad members from a kill zone in Afghanistan. His book will be available for signing and purchase.




# June 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
<p align="center"><b>SOUP AND SANDWICH SPECIAL</b></p> <p>◆ May 12 &amp; 22 / June 8 &amp; 20     ◆ Noontime in the Dining Room </p> <p>◆ \$3 donation requested – <i>please sign up in advance so we know how many to expect</i></p> <p>The Center has joined with HESSCO Elder Services to offer a special <b>SOUP AND SANDWICH LUNCH</b> special twice a month in May and June. So as you enjoy this beautiful spring weather, call a friend (or invite your spouse) and join us for a light lunch of delicious soup and a sandwich!</p>			<p><b>1</b></p> <p>8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 QUILTING</p>	<p><b>2</b></p> <p>8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 &amp; 10:00 STOP &amp; SHOP 10:00 BRIDGE</p>
<p><b>5</b></p> <p>9:00 FUN FIT 10:00 WATERCOLOR (INT.) <b>10:00 ICE CREAM MAKING</b> 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXER.</p>	<p><b>6</b></p> <p>8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA <b>11:00 RARE BOOKS</b> 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE</p>	<p><b>7</b></p> <p>8:30 CORE WORKOUT 9:00 FUN FIT 9:00 WALMART 10:00 BEREAVEMENT 10:00 CRAFTS 10:30 CHORUS 1:00 LOW IMPACT EXER.</p>	<p><b>8</b></p> <p>8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 10:00 BOOK GROUP <b>11:00 HEALTHY COOKING</b> 11:00 Beg. MAH JONGG <b>12:00 SOUP &amp; SANDWICH</b> 12:30 Adv. MAH JONGG 1:00 BINGO 1:15 WOMEN'S CLUB</p>	<p><b>9</b></p> <p>8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 &amp; 10:00 ROCHE BROS. 10:00 BRIDGE</p>
<p><b>12</b></p> <p>9:00 FUN FIT 10:00 WATERCOLOR (INT.) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXER. <b>BLOCK ISLAND DAY TRIP</b></p>	<p><b>13</b></p> <p><b>12:00 SUMMER BBQ</b></p> 	<p><b>14</b></p> <p>8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:00 CHESS CLUB 9:00 SHINE 9:30 CURRENT EVENTS 10:30 CHORUS 1:00 LOW IMPACT EXER.</p>	<p><b>15</b></p> <p>8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 QUILTING</p>	<p><b>16</b></p> <p>8:30 CORE WORKOUT 9:00 MANICURES 9:00 FUN FIT 9:00 &amp; 10:00 SHAW'S 10:00 BRIDGE</p>
<p><b>19</b></p> <p>9:00 FUN FIT <b>10:00 WILLS 101</b> 10:00 WATERCOLOR (INT.) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXER.</p>	<p><b>20</b></p> <p>8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA <b>12:00 SOUP &amp; SANDWICH</b> 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE</p>	<p><b>21</b></p> <p>8:30 CORE WORKOUT 9:00 FUN FIT 9:00 SO. SHORE PLAZA 10:00 BEREAVEMENT 10:30 CHORUS 1:00 LOW IMPACT EXER.</p>	<p><b>22</b></p> <p>8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO</p>	<p><b>23</b></p> <p>8:30 CORE WORKOUT 9:00 FUN FIT 9:00 &amp; 10:00 BIG Y 10:00 BRIDGE</p>
<p><b>26</b></p> <p>9:00 FUN FIT 10:00 WATERCOLOR (INT.) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXER.</p>	<p><b>27</b></p> <p>8:00 MAT/FLOOR YOGA <b>9:00 CHARLES RIVER/ LUNCH</b> 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 1:00 TAI CHI 1:00 KNITTING</p>	<p><b>28</b></p> <p>8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:00 CHESS CLUB 9:00 SHINE 10:30 CHORUS 1:00 LOW IMPACT EXER.</p>	<p><b>29</b></p> <p>8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO</p>	<p><b>30</b></p> <p>8:30 CORE WORKOUT 9:00 FUN FIT 9:00 &amp; 10:00 ROCHE BROS. 10:00 BRIDGE</p>



**Westwood's Memorial Day Parade**  
will take place on  
**Monday, May 29, 2017 at 10:00 am**

The parade will step off from Town Hall and proceed down High Street, culminating with the Memorial Day observances at the stage in the Old Cemetery.

Please join us in honoring our Veterans who have made the ultimate sacrifice securing the freedoms we embrace every day.

**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

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	

*Third Annual Summer BBQ*  
 at the Westwood Senior Center

*Sponsored by Ellis Rehabilitation and Nursing Center*

**Tuesday, June 13 ~ Noontime**

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

Come kick off summer and join us for burgers, dogs and all the fixings. Ellis Rehab and Nursing Center will bring great BBQ (salads and dessert as well) and the boys will heat it up hot! There will also be entertainment and prizes that will get you ready for the summer season! Space is limited, so you must sign up in advance. *Sign-ups begin June 1.*

