



STAY HEALTHY • STAY CONNECTED • AGE WELL

NEWS

NOVEMBER/DECEMBER 2017

Special Thanks to:

TO ALL OUR BASKET SPONSORS...
Please stop by and buy a raffle ticket!

Bridges by Epoch – for sponsoring our Thanksgiving Luncheon and Meaningful Visits Lecture,

Foundation for MetroWest – for sponsoring our Holiday Luncheon;

Beth Israel Deaconess of Needham – for sponsoring our Holiday Luncheon;

Blue Hills Bank – for honoring the COA as their Hometown Hero;

Needham Bank – for sponsoring our Veterans' Breakfast;

Dedham Savings Bank – for sponsoring our "giveaways" at our holiday celebrations;

Home Instead Senior Care – for coming to discuss Alternative Medicine;

Out of the Box Moves – for explaining the Upside of Downsizing;

Big Y Pharmacy – for a Prescription Drug Discussion;

Wegmans Pharmacy – for a light lunch and discussion on Safe Medication Practices;

Brookdale of Quincy – for a box lunch talk on keeping yourself "Brain fit";

Brightstar HomeCare – for a Conversation on the Boston Red Sox;

Samuel, Sawyer and Baler LLC – for discussions on Smart Gifting;

Wells Fargo Investments – for an update on Social Security.

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



Director's Report

Happy Holidays! With all the hustle and bustle of the holidays, I do hope you will find time to connect with us here at the Westwood Senior Center!

First and foremost, it is time for our Annual Basket Fundraiser! This year we are blessed to have fourteen sponsors with each sponsor (see below) creating a beautiful basket worth over \$250. Tickets are now on sale (\$1 each or \$10 for 12 tickets available at the Center – winners will be drawn at our Holiday Party – you do not need to be there to win) and 100% of the proceeds will go towards programs here at the Center. *Thank you to each sponsor (see below) because without your support, we could not continue to grow!*

Of course, we have lots of holiday parties planned here at the Center. In November, we invite all Veterans to our **Bi-Annual Veterans' Breakfast** underwritten by *Needham Bank*. Then later in the month, we are hosting a **Thanksgiving Luncheon**, underwritten by *Bridges by Epoch* (sign up begins Nov. 1). We will be hosting our **Holiday Party** on December 12 (sign up begins Dec. 1) underwritten by *Foundation for MetroWest* and *Beth Israel Deaconess of Needham*. And of course, we are once again thrilled that the Westwood's Police Association will host their **Annual Policeman's Senior Luncheon** at the Colonial in Norwood.

November and December are also busy months here with lots of special programming. We welcome our new BOH nurse Tiffany with a special reception and will be hosting "Meaningful Visits during the Holidays" for those helping loved ones with memory loss. Or you could spend the day at Blue Hill Vocational Tech for a "Day of Beauty." Other special programs include *Upside of Downsizing; Alternative Medicine; Prescription Drug Talk; How to Protect Yourself from Holiday Fraud; Safe Medication Practices; an oral health discussion; Gary Hylander lectures and Cooking lessons at Powisett Farm*. We will be hosting a discussion on *Brain Fit Aging, Smart strategies for Social Security, a Conversation on the Boston Red Sox; a Smart Gifting; and a weekly special of soup and sandwich lunch*.

So join us by coming to our programs or buying a raffle ticket to help us help our senior community!

Happy Holidays and Best Wishes in the New Year!

Lina Arena-DeRosa

RAFFLE BASKET FUNDRAISER

Each basket is unique, beautiful and worth over \$250.

Tickets are on sale now \$1 each or \$10 for 12 tickets at the Senior Center.

Once again, we are humbled by the generosity of the following sponsors of our raffle baskets:

OUR BASKET SPONSORS – THANK YOU

Folsom Funeral Service

Brookdale Dedham

The Residence at Valley Farm

Cornerstone at Canton

Highland Glen (National Development Corp)

New Outlook HomeCare

Wegmans

Home Instead Senior Care

Chiara Restaurant

The Ellis Nursing and Rehab Center

Dedham Savings Bank

Visiting Angels Home Care

Blue Cross Blue Shield

2Sisters — Senior Living Advisors

Karen's Corner—Outreach Counselor

NEW MEDICARE CARDS ARE COMING!

The Centers for Medicare & Medicaid Services (CMS) is readying a fraud prevention initiative that will remove Social Security numbers from Medicare cards to help combat identity theft and safeguard taxpayer dollars. Medicare will be mailing the new Medicare cards, with new ID numbers, between April 2018 and April 2019. Scammers are taking advantage of the potential confusion with this change. Medicare beneficiaries are getting calls claiming to be from Medicare and asking for payment to receive their new Medicare card, or asking them to verify their Medicare number.

What you should know:

- If you get a call like this, hang up immediately and report it to Senior Medicare Patrol at 1-800-892-0890.
- Medicare will NEVER call to verify your number because they already have it.
- There will be NO CHARGE to get your new Medicare card.
- You don't need to take any action to get your new card.
- Once you get your new card, destroy your old card and start using the new card right away.
- The new card won't change your Medicare coverage or benefits.



Transportation with Trish



November

| NOV. | DESTINATION | Donation |
|------|----------------------|----------|
| 1 | Trader Joe/Xmas Tree | \$2 |
| 3 | Roche Bros. | \$2 |
| 8 | Errands | \$2 |
| 9 | Big Y | \$2 |
| 15 | Errands | \$2 |
| 17 | Stop & Shop | \$2 |
| 21 | Shaw's | \$2 |
| 29 | South Shore Plaza | \$2 |

December

| DEC. | DESTINATION | Donation |
|------|-------------|----------|
| 1 | Wegmans | \$2 |
| 6 | Errands | \$2 |
| 8 | Roche Bros. | \$2 |
| 13 | Walmart | \$2 |
| 15 | Big Y | \$2 |
| 20 | Errands | \$2 |
| 21 | Shaw's | \$2 |
| 27 | Errands | \$2 |
| 28 | Stop & Shop | \$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.

HOMETOWN HERO

Blue Hills Bank Hometown Hero – We are humbled and honored to be a recipient of Blue Hills Bank's Hometown Hero. This honor was given to us in September along with a \$1,000 donation that will be used for our programs.

Thank you Blue Hills Bank!

Day Trips at the Center

NOVEMBER

TWIN RIVERS

Tuesday, November 14

~ \$10 per person

~ Transportation (leaves Senior Center at 9 and returns at 4)

There are no day trips in the winter due to the possibility of inclement weather. But stay tuned, we are working on some great trips for next spring, summer and fall!

More trips are
being planned,
so stop by
the Center
for updates!



CLOSINGS AT THE CENTER

If the Westwood Schools are closed due to inclement weather then the Westwood Senior Center is closed due to safety reasons. If the schools open late, we will be opened as soon as staff can make it in safely. Please also check the calendar for closings in November and December due to the holidays.

SPECIAL THANKS

During this season of giving and joy, I would like to take a moment to thank everyone who makes the Westwood Senior Center so special. From my amazing, tireless staff and volunteers, to my dedicated COA board, to my fabulous friends group, dedicated program instructors and the best town hall that anyone could want to work with, thank you! I would also like to thank the Selectmen for their continued support and, of course, the DPW who never fails to help us when we have building problems and our sponsors who are always here to support us. Thank you never seems enough, but thank you!

Lina Arena-DeRosa, Director Westwood COA

Stay Healthy at the Senior Center

LOW IMPACT EXERCISE with Sherri

- ◆ Mondays at 1 pm/ Wednesdays at 12:30 pm
- ◆ No class 11/22 or 12/25
- ◆ \$3 donation



Make the time to de-stress and stay fit during the holidays with this low impact exercise program. Sherri primarily has you working in a chair with weights. Please dress comfortably and bring a water bottle.

PILATES with Mary

- ◆ Thursdays, 11 am
- ◆ No class 11/16 or 11/23
- ◆ \$3 donation

Pilates exercises target your core muscles: front, back and sides, to improve your posture, reduce back pain, increase flexibility and help develop lean, strong muscles. Please bring your own mat, towel and water bottle.

FUN FIT AEROBIC EXERCISE with Stephanie and Christine

- ◆ Mondays, 9:30-10:15 am / Wednesdays and Fridays, 9-10 am
- ◆ No class on 11/10, 11/22, 11/24 & 12/22, 12/25, 12/29
- ◆ \$3 donation

Exercising during the holiday season will help keep you fit and stress free. This class includes aerobics, strength training, balance and stretching exercises. Dress comfortably, wear sneakers and bring a water bottle.

YOGA with Bonnie

- ◆ Tuesdays and Thursdays
- ◆ No class on 11/16, 11/23 & 12/12
- ◆ \$3 donation



8-9 am, Yoga Mat Class – For those students who are willing and able to come down to the mat. We use lots of props (blocks, blankets and bolsters) to help us find ease & stability in each & every pose in this class; there is a focus on breathing, stretching and toning the body. Students should feel calm and refreshed after class!

9:30-10:30 am, Yoga Chair Class – The chair class always starts out with breath work and gentle movements while seated in the chair. There is an emphasis on the power of the breath & using the breath to calm the body & mind. Everyone is encouraged to move within their range of motion, only doing what they can. 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. 7 & 28; 11:15-11:45 am
- ◆ No classes in December
- ◆ No cost for this program

Find relaxation and comfort during the holidays. The sessions are done while seated comfortably in a chair as one focuses on the inner world and powers

T'AI CHI with Scott

- ◆ Tuesdays, 1 pm
- ◆ No class 12/12
- ◆ \$3 donation



Did you know that T'ai Chi may help prevent falls? Practicing T'ai Chi helps older people improve their balance as well as de-stress. It involves a specific program of graceful movements, accompanied by deep breathing and mental focus that slowly moves the center of balance from one leg to the other.

FACIAL EXERCISES with Eileen

- ◆ Wednesday, November 1 and December 6, 11-noon
- ◆ No cost for this program

Your face consists of more than 50 muscles! We will tone the muscles while increasing blood flow to your beautiful face! No special equipment needed... just a smile!!

ZUMBA GOLD with Cassandra

- ◆ Tuesdays, 9-10 am
- ◆ No class 12/12
- ◆ \$3 donation



Do you like to dance and laugh? Then join us on Tuesday mornings as you dance away your stress and worries with Zumba Gold. No experience necessary but please wear comfortable clothing.

MEANINGFUL VISITS DURING THE HOLIDAYS

with Alicia from Bridges by Epoch in Westwood



- ◆ Monday, November 6 @ 11:30
 - ◆ \$3 donation (box lunch included) – space is limited, so please sign up in advance
- Do you have a loved one suffering from memory loss and/or confusion? Are the holidays stressful for them (and you)? Then join us for a delicious box lunch as Alicia gives you tools and tips on how to enjoy the holidays and have meaningful visits throughout the holiday season.

ALTERNATIVE MEDICATIONS

with Ann from HOME INSTEAD Homecare



- ◆ Monday, November 13 at 11 am
- ◆ No cost for this program but please sign up in advance so we know how many to expect

Are you curious and want to understand more about "Alternative Medications"? Then join us as we discuss these options and the pros and cons to using alternative medication. Handouts and light refreshments will be served.

BE SAFE WHEN TAKING YOUR PRESCRIPTION DRUGS

by Wegman's Pharmacist Cassie

- ◆ Tuesday, November 28 at 12 noon
- ◆ \$3 donation (light lunch included) – please sign up in advance so we know how many to expect

Wegmans Pharmacist, Cassie Lawatsch, will be coming to present on safe medication practices. She will provide information and tips to help make sure you are taking your medications in the safest way possible. A light lunch will be provided.

WELCOME TIFFANY, OUR NEW BOH NURSE

- ◆ Tuesday, November 7, 9-11 am
- We are pleased to introduce Westwood's new BOH nurse, Tiffany. Please come meet her and welcome her to Westwood on Tuesday, November 7 from 9-11 (light refreshments will be available) and every other Tuesday from 8:30 to 12:30.

PRESCRIPTION DRUGS AND SUPPLEMENTS –

Understanding them with Big Y Pharmacist Eddie Martucci



- ◆ Wednesday, November 15 at 1 pm
- ◆ \$2 donation
- ◆ Please sign up in advance

Are you worried about how your prescription drugs interact with vitamins, as well as herbal and nutritional supplements? Then come to this discussion as Big Y Pharmacist Eddie discusses herbal supplements and vitamins. Light refreshments will be served.

ORAL HEALTH AND YOU

with students from Mount Ida College

- ◆ Thursday, November 2 @ 10 am
- ◆ No cost for this program but please sign up in advance so we know how many to expect

Mount Ida Student Hygienists will give you information you can use to keep your teeth and gums healthy! They will answer your questions and will have some samples as well!

Stay Connected at the Senior Center

WATERCOLOR with Joan



- ◆ \$40 for 7 classes
- ◆ No class 12/12 or 12/25
- ◆ You must sign up in advance – classes are limited to 12 students

Beginner Class: Tuesdays, 10 am-noon; no class 12/12

Intermediate Class: Mondays, 10 am-noon

Advanced Class: Mondays, 1-3 pm

The watercolor classes are at different levels of skill but we are working on color mixing, design and timing. Landscapes are the subject for this semester.

CHORUS with Carol



- ◆ Wednesdays, 11:00-noontime
- ◆ \$3 donation

Carol is back and running! Our chorus is now working on an exciting new program. If you love to sing then come join the fun!

MAH JONGG with Cynthia

◆ **Beginners:** Thursdays, 11-12:30 pm

◆ **Advanced:** Thursdays, 12:30-3 pm

◆ No Mah Jongg 11/16 or 11/23

Mah Jong is a game of skill and luck that helps you stimulate your brain. Whether a beginner or an advanced player, come join the fun!

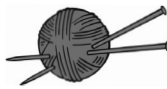
BINGO



- ◆ Every Thursday at 1 pm
- ◆ No Bingo 11/16 or 11/23

Come join this fun-filled group who laugh and enjoy a good game of BINGO! Refreshments are always served and feel free to bring a friend!

KNITTING AND CROCHETING with Louise



- ◆ Tuesdays, 1 pm
- ◆ No class 12/12
- ◆ \$3 donation

Fall is a great time to get your needles out and pick up a new pattern to knit! We are a warm and friendly group of knitters who will help you when you get stuck.

CRAFTS with Lorraine

◆ Wednesdays, November 1 & December 6, 10 am-noon

Come help us make imaginative crafts that we sell at the Center (or you can buy one yourself). All are welcome and this friendly group invites new members to join.

WESTWOOD MEN'S CLUB

Join us at the Veterans' Breakfast in November and at the holiday chorus rehearsal at the Westwood High School.

WESTWOOD WOMEN'S CLUB

◆ Thursday, November 2 & December 7, 1 pm

November 2 – "Meditation" – Join us for a quiet hour of meditation with Soni Saraya at the Gay Street Center. Carpool from the Senior Center.

December 7 – "Joy to the World" – Join us for a light lunch and sing along and please bring a toy donation for the holidays.

WESTWOOD GARDEN CLUB with Mary Jo

◆ Thursdays, November 9 & December 14, 1:30 pm

November 9: HOLIDAY FLORAL ARRANGEMENTS – Join us as Ron White from Silver and Sage Flower Shop helps us create flower arrangements – Bring your clippers

December 14: ANNUAL CHRISTMAS CHEER WITH CHRISTMAS CAROLS – Music by Sid Tratenberg. Please bring clippers as we may have time for wreath and centerpiece making. Bring \$5 for holiday charity donation.



BOOK GROUP with Bev



◆ Thursdays, November 9 at 10 am

Come join us as we discuss "A Secret Kept" by Tatiana de Rosnay, the author of Sarah's Key.

BJ's DISCOUNT CARDS FOR SENIORS

◆ Wednesday, November 8 at 11 am

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

Richard will be here to sign up any senior for a discounted BJs card.

FREE BI-MONTHLY MOVIES



◆ Tuesdays, 1 pm — No cost to this program

November 7 – *Philomena* – Floundering BBC journalist Martin Sixsmith and aging Irishwoman Philomena Lee form an unlikely bond when they pair up to find the son Philomena was forced to give up for adoption 50 years ago.

November 21 – *Lee Daniels' The Butler* – Forest Whitaker delivers a powerful performance as the White House butler under eight presidents. His three decades of service unfold during unparalleled changes in American history.

December 5 – *The Zookeeper's Wife* – After the Nazis invade Poland, Warsaw Zoo caretakers Antonina and Jan Zabinski place themselves in grave danger when they begin collaborating with the Resistance in an effort to save Jews from the horrors of the Warsaw Ghetto.

December 19 – *Genius* – This absorbing biopic focuses on the long and complicated relationship between Max Perkins, famed literary editor at Scribner's publishing house, and acclaimed writer Thomas Wolfe.

HOLIDAY SCAMS – HOW TO PROTECT YOURSELF

with Robin from the Office of Consumer Affair

◆ Monday, November 20 at 10 am

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

The holidays are right around the corner, are you armed with vital information to keep yourself safe from scammers? Robin will lead a discussion on topics such as: Black Friday shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them, and identity theft and fraud prevention.

COFFEE AND CHATTER with Erin

Sponsored by Overlook Geriatric Care Management

◆ Tuesdays, November 14 and December 5 at 11 am

◆ \$2 donation

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

This is a unique opportunity for seniors who are living alone. This group will focus on planning life transitions, discussing the challenges and difficulties in finding a 'new normal' and providing a chance to connect to others in similar situations. This group is led by a facilitator with discussion over coffee.



SHINE with Mary and Mitch

◆ Wednesdays, 9 am-1 pm – BY APPOINTMENT ONLY

◆ November 1, 8, 15 & 29 | December 6 & 13

Open Enrollment is happening now! If you need help with understanding which insurance policy is right for you, then make an appointment with our SHINE counselors. Appointments fill up fast so sign up early.

THEATER AND LUNCH IN NORWOOD

◆ Friday, December 15 — noontime

◆ \$40 per person

◆ Space is limited so you must sign up in advance for tickets

What better way to love the holidays than to sit back and enjoy The Nutcracker with your friends. We have once again partnered with the Norwood Theater for you to enjoy lunch and theater. We have limited tickets so sign up soon.

QUILTING CLUB



◆ November 2 & 30; December 7 & 21; 9-11 am

◆ \$2 donation requested

Come join the quilting club! Experienced and novice quilters welcome!

Age Well at the Senior Center

iPad Classes with Kim on Wednesdays — One on One Support

- ◆ November 1, 15 & 29
- December 6, 13, 20 from 12-3 (½ hour appointments)
- ◆ \$5 per ½ hour appointment

We are going to try something new during the holiday months — ONE on ONE half-hour sessions for those iPad/iPhone users who are seeking some additional help on their devices. Please call the Center to sign up for your half-hour time slot on the dates that work for you! Reminder — bring your charger with you, along with your Apple ID and password.

CURRENT CONVERSATIONS with Susan

A news discussion group for those who want to stay up to date

- ◆ Wednesdays, November 8 | December 13 & 27, 9:30-noontime
 - ◆ \$15 for three sessions/ \$5 per session
- With all the hurricanes, floods and the news cycle in constant motion, the world seems to be spinning out of control. Come join us as we try to make sense of what is happening and why. This is a lively group of newshounds who are warm and welcoming to new members.

BEREAVEMENT with Nina

- ◆ Wednesdays, November 1 & 15; December 6 & 20; 10-11 am
- The loss of a loved one is a life altering experience and we listen and discuss the grieving process. This is a very warm and welcoming group.

MANICURES with Lauren

- ◆ Friday, December 15, 9-noon
 - ◆ BY APPOINTMENT ONLY— \$10 (Payment directly to Lauren)
- Look your best for the holidays with a manicure from Lauren. She will gently massage your hands and then paint your nails beautifully.



WAXING with Licensed Aesthetician Lisa

- ◆ Fridays, November 3 & December 1, 8:30-noontime
 - ◆ By Appointment ONLY
- 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, November 17 & December 8
 - ◆ 8:30-10:30 – BY APPOINTMENT ONLY
- 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).



SMART GIFTING

with Attorney Maria Baler of Samuel, Sawyer and Baler

- ◆ Monday, December 18 at 10 am
 - ◆ \$2 donation – Please sign up in advance
- The holiday season is the time when many parents and grandparents give cash gifts to children and grandchildren, and to charity. There is much to know about gift-giving and a lot of mis-information. When do you have to file a gift tax return? When do you have to pay a gift tax? Will making a gift now mean you may have to pay estate tax later? What are the different ways you can make a gift to charity? How do gifts impact your eligibility for Medicaid benefits if you need nursing home care in the future? Find out everything you wanted to know about gifts and more!

A DAY OF BEAUTY at the Blue Hills Vocational School

- ◆ Tuesday, November 7 – Van leaves the Center at 8:30 am
 - ◆ \$35 per person (includes van ride)
 - ◆ You must sign up in advance as space is limited
- Give yourself (and a friend?) the gift of a Day of Beauty ... this annual fun day includes a scalp treatment, wash, dry, manicure, facial, lunch and transportation.

THE UPSIDE OF DOWNSIZING

Sponsored by OUT OF THE BOX MOVES owner Amy Roberts

- ◆ Monday, November 6 at 9:30 am
 - ◆ \$2 donation – Please sign up in advance so we know how many to expect
- Out of the Box Moves will be here to discuss tips on how to downsize! Owner, Amy Roberts, will give you helpful resources to places to donate unwanted belongings. Don't wait, now is the time to get started

COMPLIMENTARY HEARING SERVICE and CLINIC

Sponsored by Hearing Solutions of Norwood and Brookline

- ◆ Wednesday, November 29 from 2-3 pm
 - ◆ BY APPOINTMENT ONLY
- If you are struggling with your hearing aids and wonder if your device is working properly, then sign up to speak to Hearing Solutions who will provide a 15 minute free consultation to help you.

RED SOX HISTORY – A JOURNEY THROUGH TIME

with Brian from Brightstar Homecare

- ◆ Monday, December 11 at 9:30
 - ◆ \$2 donation – please sign up in advance so we know how many to expect
- Join Brian as he discusses a journey through time, recalling the most memorable moments and players in Red Sox history, including Red Sox trivia. Re-live the long road back as The Boston Red Sox win the World Series.



LEGAL HELP

with Attorney Veranira Ochea from Metrowest Legal Services

- ◆ Wednesday, December 20th from 1:30 pm to 3:30 pm
 - ◆ BY APPOINTMENT ONLY
- Schedule a private 20 min. free legal consultation. Metrowest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer and bankruptcy.



POWISSET FARM COOKING CLASSES

- ◆ At Powisett Farm – Thursday November 30 at 11 am
 - ◆ \$15 per person
- Join Chef Meg Tallon as we learn new techniques on Italian Cooking including sauces, pasta and ravioli making. This is a fun and delicious way to get ready for your holiday cooking!



Gary Hylander Lecture Series – THE MAKING OF THE PRESIDENCY – A Five Part Series of How American Presidents Have Shaped the Office (continued from Sept./Oct.)

Sponsored by the Friends of the Westwood COA

- ◆ Tuesdays, November 7 & 28/ December 19 – 10:30am
 - ◆ \$3 per session
 - ◆ Please sign up in advance so we know how many to expect
- PhD and renowned history professor, Gary Hylander, brings history ALIVE! He will continue his series on how the American Presidents have shaped the office and how it has changed over the last two centuries.
- November 7 – Woodrow Wilson – Professor in Chief
November 28 – Dwight Eisenhower – Commander in Chief
December 19 – George W. Bush – Operation Iraqi Liberation

SOCIAL SECURITY STRATEGIES






with Mark Luhtanen – Financial Advisor at Wells Fargo

- ◆ Monday, December 4 at 8 am
 - ◆ \$2 donation – Please sign up in advance so we know how many to expect
- Everyone needs to learn smart strategies for claiming Social Security benefits as Social Security may still play an important role in your overall retirement plan. How much do you know about the program and its potential benefits? This presentation will contain vital information about this important program.

November 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>VETERANS' BREAKFAST <i>Sponsored by Needham Bank</i> <i>With Special Guest Gary Hylander who will lecture on the Korean War</i> ♦ Thursday, November 9 at 8:30 ♦ No cost for this program but please sign up in advance so we know how many to expect If you are a Veteran (of any age), a spouse, parent or grandparent of a veteran, then please join us for a full breakfast and a lecture on the Korean War with PhD professor Gary Hylander. It is our simple way of saying THANK YOU!</p> | <p>1 9:00 FUN FIT 9:00 TRADER JOE / XMAS 9:00 SHINE 10:00 CRAFTS 10:00 BEREAVEMENT 11:00 FACIAL EXERCISES 11:00 CHORUS 12:30 LOW IMPACT EXER. 12:00 iPad CLASSES</p> | <p>2 8:00 FLOOR YOGA 9:00 QUILTING CLUB 9:30 CHAIR YOGA 10:00 ORAL HEALTH 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 WOMEN'S CLUB</p> | <p>3 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE</p> | |
| <p>6 9:30 FUN FIT 9:30 UPSIDE OF DOWNSIZING 10:00 Inter. WATERCOLOR 11:30 MEANINGFUL VISITS 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p> | <p>7 8:00 FLOOR YOGA 8:30 DAY OF BEAUTY 9:00-11:00 WELCOME BOH NURSE 9:30 CHAIR YOGA 9:00 ZUMBA GOLD 10:00 Beg. WATERCOLOR 10:30 GARY HYLANDER 11:15 MEDITATION 1:00 KNITTING 1:00 MOVIE 1:00 TAI CHI</p> | <p>8 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 9:30 CURRENT EVENTS 11:00 CHORUS 11:00 BJ's DISCOUNT 12:30 LOW IMPACT EXER.</p> | <p>9 8:00 FLOOR YOGA 8:30 VETERANS' BRKFST 9:30 CHAIR YOGA 9:00 & 10:00 BIG Y 10:00 BOOK CLUB 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 GARDEN CLUB</p> | <p>10 CENTER CLOSED Veterans' Day </p> |
| <p>13 9:30 FUN FIT 10:00 Inter. WATERCOLOR 11:00 ALTERNATIVE MEDICATIONS 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p> | <p>14 8:00 FLOOR YOGA 8:30-12:30 BOH NURSE HRS 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 11:00 COFFEE/CHATTER 1:00 TAI CHI 1:00 KNITTING TWIN RIVERS DAY TRIP</p> | <p>15 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 11:00 CHORUS 12:30 LOW IMPACT EXER. 1:00 PRESCR. DRUGS 12:00 iPad CLASSES</p> | <p>16 12:00 THANKSGIVING LUNCHEON NO PROGRAMS </p> | <p>17 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE</p> |
| <p>20 9:30 FUN FIT 10:00 Inter. WATERCOLOR 10:00 HOLIDAY SCAMS 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p> | <p>21 8:00 FLOOR YOGA 9:00 SHAW'S 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE</p> | <p>22 ½ DAY NO PROGRAMS</p> | <p>23 THANKSGIVING DAY CENTER CLOSED </p> | <p>24 CENTER CLOSED </p> |
| <p>27 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p> | <p>28 8:00 FLOOR YOGA 8:30-12:30 BOH NURSE HRS 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 10:30 GARY HYLANDER 11:15 MEDITATION 12:00 PRESCR. DRUGS 1:00 TAI CHI 1:00 KNITTING</p> | <p>29 9:00 FUN FIT 9:00 SOUTH SHORE PLAZA 9:00 SHINE 11:00 CHORUS 12:30 LOW IMPACT EXER. 2:00 HEARING AID HELP 12:00 iPad CLASSES</p> | <p>30 8:00 FLOOR YOGA 9:00 QUILTING CLUB 9:30 CHAIR YOGA 11:00 COOKING CLASS at POWISSET FARM 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO</p> | <p>NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service. </p> |

THANKSGIVING LUNCHEON

Sponsored by Bridges by Epoch





- ♦ Thursday, November 16 – noontime
- ♦ \$5 donation
- ♦ Space is limited so you must sign up in advance (sign up begins on Nov. 1)

Thanksgiving is time to be grateful and joyful. So join us for turkey, stuffing and all the fixings as Bridges by Epoch caters a delicious meal with pie for dessert of course. There will be plenty of laughs and great entertainment. This is a great way to enjoy the beginning of the holidays with your friends and community! Sign up begins on November 1.



December 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>WESTWOOD'S POLICE ASSOCIATIONS SENIOR LUNCHEON <i>Sponsored by the Westwood Policeman's Association</i></p> <p>◆ Saturday, December 9 at the Colonial in Norwood at noontime ◆ You must sign up in advance (this is for WESTWOOD SENIORS ONLY)</p> <p>We are pleased and thankful that once again the Westwood Policeman's Association is hosting their annual Holiday Luncheon for Westwood Seniors ONLY. Please sign up in advance (no later than Monday, November 27) so we know how many to expect.</p> | | |  | <p>1 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE 12:00 SOUP/SANDWICH</p> |
| <p>4 8:00 SOCIAL SECURITY STRATEGIES 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p> | <p>5 8:00 FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 11:00 COFFEE/CHATTER 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE</p> | <p>6 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 11:00 FACIAL EXERCISES 12:30 LOW IMPACT EXER. 12:00 iPad CLASSES</p> | <p>7 8:00 FLOOR YOGA 9:00 QUILTING CLUB 9:30 CHAIR YOGA 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 WOMEN'S CLUB</p> | <p>8 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE 12:00 SOUP/SANDWICH</p> |
| <p>11 9:30 FUN FIT 9:30 RED SOX HISTORY 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR 11:00 MEDICARE PATROL</p> | <p>12 12:00 HOLIDAY LUNCHEON NO PROGRAMS</p> | <p>13 9:00 SHINE 9:00 FUN FIT 9:00 WALMART 9:30 CURRENT EVENTS 11:00 CHORUS 12:30 LOW IMPACT EXER. 12:00 iPad CLASSES</p> | <p>14 8:00 FLOOR YOGA 9:30 CHAIR YOGA 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 GARDEN CLUB</p> | <p>15 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 BIG Y 10:00 BRIDGE 12:00 SOUP/SANDWICH THEATER AND LUNCH</p> |
| <p>18 9:30 FUN FIT 10:00 Inter. WATERCOLOR 10:00 SMART GIFTING 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p> | <p>19 8:00 FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 10:30 GARY HYLANDER 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE</p> | <p>20 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 11:00 CHORUS 12:30 LOW IMPACT EXER. 12:00 iPad CLASSES 1:30 LEGAL HELP</p> | <p>21 8:00 FLOOR YOGA 9:00 QUILTING CLUB 9:30 CHAIR YOGA 9:00 & 10:00 SHAW'S 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO</p> | <p>22 ½ DAY NO PROGRAMS</p>  |
| <p>25 CHRISTMAS DAY CENTER CLOSED</p>  | <p>26 8:00 FLOOR YOGA 8:30-12:30 BOH NURSE HRS 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING</p> | <p>27 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 11:00 CHORUS 12:30 LOW IMPACT EXER.</p> | <p>28 8:00 FLOOR YOGA 9:30 CHAIR YOGA 9:00 & 10:00 STOP & SHOP 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO</p> | <p>29 ½ DAY NO PROGRAMS</p>  |

SOUP AND SANDWICH AT THE SENIOR CENTER

Sponsored by HESSCO Elder Services

- ◆ Fridays, 12/1, 12/8, 12/15 at noontime
- ◆ \$3 per person – please sign up in advance so we know how many to expect

Take a break from all the shopping and enjoy a warm bowl of soup, sandwich and dessert.



PROTECT YOURSELF FROM MEDICARE FRAUD!

Sponsored by MA Senior Medicare Patrol

- ◆ Monday, December 11 at 11 am
 - ◆ No cost for this program but please sign up in advance
- Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Come meet Judy Gertler, and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This *free* information workshop will provide you with the tools to become a more informed and engaged health care consumer.





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

PRSRT Non-Profit
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 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
 Elaine Haddad, HESSCO Meals on Wheels Coordinator



Council on Aging Board Members

| | |
|----------------|---------------------|
| Marge Eramo | Mary Masiello |
| Cheryl Fay | Stephanie Ramales |
| Josepha Jowdy | Bill Sebet |
| Hillary Kohler | James M. O’Sullivan |
| | Jessie Turbayne |

Holiday Luncheon

at the Westwood Senior Center

Sponsored by The Foundation for MetroWest and Beth Israel Deaconess of Needham

Tuesday, December 12 ~ Noontime

\$5 donation – Sign-ups begin Friday, December 1
 Space is limited so you must sign-up in advance



The Holidays are here and we are celebrating! The Center will be decorated and the staff ready to join in on the fun! Conrads will be offering a delicious catered meal and wonderful holiday music played by Nancy, a seasoned harpist. So come celebrate the holidays with us! Sign- up begins December 1.