



STAY HEALTHY • STAY CONNECTED • AGE WELL

NEWS

JANUARY/FEBRUARY 2017

Special Thanks to:

Foundation for Westwood Education – For funding our Intergenerational Program at Powisset Farm this spring with Early Education and the second year of our Bridges Together Program at Thurston Middle School;

Mary Anne Morse Rehabilitation and Nursing Home of Natick for sponsoring our Valentine's Day Luncheon;

HESSCO Elder Services for sponsoring soup and sandwich special lunches in January and February;

Westwood Lions Club for delivering delicious meals to our homebound seniors throughout the holiday season;

Friends of the Westwood COA and the COA Board for their continued support of the work we do here at the Center;

Howland Foundation for their Annual Gift to the Center;

2Sisters for offering an informative program on “redefining independence”;

And to **Westwood Seniors** who help contribute to the cost of this newsletter;

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



Letter from the Director

Happy New Year!

With the holidays behind us, budget season is in full swing! With this in mind, this is a good time to explain how we run the Senior Center, from a financial point of view. So here is the Westwood Senior Center “by the numbers”.

To begin with, the Town Budget pays for staffing, supplies, the building maintenance as well as our transportation initiative. The Center's town budget is less than 1 percent of the entire town budget and 22% of the residents in town are over 60 years of age. The Center receives a Formula Grant from the State (based on the 2010 census of those 60 and older who live in the town) which we use to pay instructors salaries; we also ask for donations when a senior attends a program or event as well as accept general donations to help underwrite the cost of programs, events and this newsletter. The Friends of the Senior Center and the Council on Aging Board help us grow by getting sponsorships for special events as well as grant write/fundraise to underwrite special programs.

The actual numbers are approximately as follows: 2016-2017 Center's Town Budget is \$319,500, plus \$72,500 for building maintenance and upkeep; annual State Formula Grant comes to \$34,380 (used for programming); fundraising so far this year has raised approximately \$6,000 (including donations for classes) and we have been able to get sponsorships for all of our large monthly luncheons.

Like the entire nation, Westwood's population is aging. Westwood has 3,820 seniors and by 2020 that number will be well over 4,000 according to the Executive Office of Elder Affairs. On average, seniors check in over 2,000 times each month. We have grown by 20% in the last two years. In fact, during September/October 2016, we had the most seniors attend our programs, on record, to date.

Presently, we are focused on capital expenses that are needed to keep both the building and our transportation initiative in good shape. We are purchasing a second new van (replacing an aging van) this fiscal year and we are working with the Finance Committee to receive funding for repairs that are urgently needed to the exterior of this building. These are one time expenditures that come from the Capital budget and do not impact our day to day costs.

Since arriving here two years ago, we have changed one staff person's position, from Program Director to Operations Director and increased the hours of our Outreach Counselor from 3 to 4 days a week. These changes help us keep up with the needs of Westwood's growing elder population.

As always, we are here to support Westwood's citizens, those 60 years and older. We hope you will stop in and check us out; we are warm, welcoming and work to offer a little something for everyone.

Stay warm and safe this winter!

Lina Arena-DeRosa





Karen's Corner—Outreach Counselor CHAPTER 115 VETERANS' BENEFITS



What is Chapter 115? Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth of MA provides a state and locally funded program of financial assistance and assistance with medical expenses for low income veterans and their dependents. These benefits are different than federal Veteran Administration (VA) benefits.

Who is eligible? These benefits are for Massachusetts Veterans and their dependents who are financially needy. Gross monthly income and assets are part of the eligibility determination. The Veterans' Services Office will assist you with the application. In order to qualify for Chapter 115 benefits, the veteran *must have entered military service in Massachusetts.*

How do I get more information or apply? Call the Westwood Veterans' Service Office at 781-320-1008.



Transportation with Trish



JAN	DESTINATION	Donation
Jan 4	Trader Joe's/Xmas Tree Shop	\$2.00
Jan 6	Big Y	\$2.00
Jan 11	Errands	\$2.00
Jan 13	Stop & Shop	\$2.00
Jan 18	South Shore Plaza	\$2.00
Jan 20	Roche Bros.	\$2.00
Jan 25	Errands	\$2.00
Jan 27	Shaw's	\$2.00

FEB	DESTINATION	Donation
Feb 1	Walmart	\$2.00
Feb 3	Wegman's	\$2.00
Feb 8	Errands	\$2.00
Feb 10	Big Y	\$2.00
Feb 15	Errands	\$2.00
Feb 17	Stop & Shop	\$2.00
Feb 22	Errands	\$2.00
Feb 24	Roche Bros.	\$2.00

Transportation is for Westwood residents age 60 or older, or disabled. All reservations *must be made at least 48 hours in advance* by calling the Senior Center at 781-329-8799. We will take only two reservations per telephone call. This bus is mainly for seniors who do *not* drive, and reservations are on a first-come, first-serve basis. Westwood residents will be picked up at their homes. Westwood Glen and Highland Glen residents will be picked up at their building. The suggested donation for this service is \$2.00.

Medical Appointments: Transportation for medical appointments within a 10-mile radius is available Monday through Thursday from 8:30 a.m.-2:30 p.m.; Friday 8:30 a.m.-1:00 p.m.

Shopping: Participants are restricted to **4 shopping bags** per person. Food shopping trips are on most Fridays. The COA will make 2 trips for food shopping at 9:00 and 10:00 a.m. The 9:00 trip will be picked up at 10:30 and the 10:00 trip will be picked up at 11:30 for the return trip home. Local shopping trips and errands within a 5-mile radius are also available on most Wednesdays.

Westfare Taxi Vouchers are available to *eligible seniors who no longer drive*. A purchase of \$12.00 will buy \$48.00 worth of transportation. For more information, call (781) 329-8799 and ask for Karen.

Day Trips



No day trips for the winter – but we are planning lots of great adventures for the spring so stay tuned!



Inclement Weather and Snow Closings:

Please remember that if the schools are closed due to inclement weather, then the Center is closed due to safety reasons; this includes van rides and programs. If the schools are opened late, we are opened as soon as the roads are clear, but the van and programs may not be available depending on road conditions. Please always use your best discretion whether to come to the Center in stormy weather.



Stay Healthy at the Senior Center

LOW IMPACT EXERCISE with Eileen



- ▶ Mondays and Wednesdays, 1 p.m.
- ▶ \$3 donation *No class January 2 & 16; February 20.*

It is a new year and time for a new more active you! This fun low impact exercise class can be done in a chair and will help with stretching and toning of your muscles. Please wear comfortable clothing and bring a water bottle. And remember your first class is always free!

CORE WORKOUT with Stephanie

- ▶ Wednesdays & Fridays, 8:30-9 a.m.
- ▶ \$2 donation

If getting back in shape is part of your resolution this year, then try out this core class! This 1/2 hour workout will help you strengthen and tone your back, stomach and abs. Wear comfortable clothing and bring a mat.

FUN FIT with Stephanie and Eileen

- ▶ Mondays, Wednesdays & Fridays, 9:00 a.m.
- ▶ \$3 donation *No class January 2 & 16; February 20.*

Winter mornings might be frosty and gloomy, but you will feel better by warming up with exercise! Please wear comfortable clothing, sneakers and bring a water bottle. And keep in mind, your first class is always free!

YOGA with Bonnie



- ▶ Tuesdays & Thursdays
8-9 a.m.~Mat/Floor Yoga; 9:30-10:30 a.m.~Chair Yoga
- ▶ \$3 donation *No class Tuesday, February 14.*

Feeling tired and out of shape? Want more energy during these cold dark days? Then stop by and try out our yoga class. The 8 a.m. mat class is for those students who would like to come down to a mat, move on all fours and work on standing postures. Our motto is always, do what you can and adapt any and all postures for your body. We use blocks, blankets and bolsters to help support us in class. The 9:30 chair class starts out with breath work and gentle movements seated in the chair and then we add some strengthening and balancing movements. Each class ends with some kind of guided meditation or relaxing breath work to leave you feeling more balanced and relaxed. And remember your first class is always free!

MEDITATION with Soni

- ▶ Tuesdays, January 10 & 24; February 28, 11:15-11:45 a.m.
- ▶ No cost for this program

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

SHINE with Mary

- ▶ Wednesday, January 18; 9-noon
- ▶ Wednesday, February 15; 9-noon
- ▶ **BY APPOINTMENT ONLY**

If you are concerned or have questions about your Medicare insurance or drug coverage, SHINE can help you. Appointments fill up fast, so schedule yours soon.

BLOOD PRESSURE CLINIC

Sponsored by the Board of Health



- ▶ Wednesday, January 18 and February 15
- ▶ Free Blood Pressure Clinic with BOH Nurse Mary from 9-12.
- ▶ No appointments necessary.

ZUMBA GOLD with Christine



- ▶ Tuesdays, 9-10 a.m.
- ▶ \$3 donation *No class on February 14.*

Looking for a fun way to get fit? Do you like music? Join us for “exercise in disguise”. Zumba Gold is a dance fitness class designed for beginners that incorporates a variety of rhythms and dance movements for a fabulous, fun, cardio, strength, and balance improving low impact workout. No experience necessary! Hope to see you and if you are not sure this is for you, consider this: your first class is free!

T’AI CHI with Scott



- ▶ Tuesdays, 1 p.m.
- ▶ \$3 donation *February 14 class is at the library.*

There are no restrictions with T’ai Chi! Anyone can participate regardless of age, sex, health or whether you are weak or strong. This is the only sport where you improve as you mature. Once you learn the basics you can practice T’ai Chi any time or anywhere with a group or by yourself. All you need is a place to stand, sit, or even lie down. Remember: Smile, Slow Down and Breathe! Your first class is always free!

AARP TAX HELP

- ▶ Mondays, 9 a.m.-2 p.m.
- ▶ Starting Monday, February 6 — *There is no cost to this program but appointments fill up fast so please sign up early.*
- ▶ **BY APPOINTMENT ONLY**

The Westwood Senior Center will host AARP Tax Preparation to any low or moderate income seniors who will need help preparing for their 2016 Federal and Mass income tax forms. AARP Tax Aides will be on hand every Monday starting February 6 through April 10 from 9 a.m. to 2 p.m. APPOINTMENTS FILL UP FAST, so please call the Center and schedule your appointment soon. Please bring your 2016 taxes, Social Security card and all other necessary information with you.

NEWS FROM MARY

Board of Health Nurse

When to come and when to stay home? We want you to love our Senior Center and hope you come often to our programs and activities. Attending the Center is good for your physical and mental health; however unfortunately, there are times you should stay home. If you have any of the following symptoms or you feel unwell please stay home to allow yourself time to recover and to prevent others from getting ill.

Here is when you should stay home; if you feel ...a severe cold (with fever, sneezing, cough, and nasal drainage); if you think you have the flu, (rest and take plenty of fluids; temperature greater than 100 degrees); if you have bronchitis (which can begin with hoarseness, sore throat cough, and slight temperature — your cough may be dry and then become more productive); if you are placed on antibiotics (please allow 24 hours on the antibiotic before returning to the senior center).

And remember if you are feeling sick, make sure you rest and take fluids and contact your doctor. When you are feeling well again, come and join us at the COA!

REDEFINING INDEPENDENCE — With Cassie

Understanding the options and support services available to maintain your optimum lifestyle. Senior Living Advisor — Two Sisters

- ▶ Monday, January 23 at 10 a.m.
- ▶ *No cost to this program but please sign up in advance.*

In today’s society, no one is entirely independent unless they are living self-sustainably in a remote wilderness. We all utilize a number of services and products designed to enhance our lives from grocery delivery, housecleaning services, and online banking to Uber and Skype. Independence doesn’t necessarily mean being able to do everything on your own but rather, it can be defined as being in control of your life decisions. We will discuss the options and support services available to maintain your optimum lifestyle.

Stay Connected at the Senior Center

WATERCOLOR

with Joan

- ▶ **Beginner Class:** Tuesdays, 10 a.m.-noon. *No class Jan. 3 & Feb. 14.*
- ▶ **Intermediate Class:** Mondays, 10 a.m.-noon. *No class Jan. 2 & Feb. 20.*
- ▶ **Advanced Class:** Mondays, 1-3 p.m. *No class Jan 2 & 16; Feb. 20.*
- ▶ \$35 donation for six week sessions – space is limited to 12 students per class.



Beginner class – learn color blending, mixing the primary colors and important fundamentals to water coloring.

Intermediate class – Knowing the fundamentals, focus is on color, shape and design.

Advanced class – choose your own subject to paint and challenge yourself as we discuss the steps to proceed.

THURSDAY QUILTING CLUB

- ▶ Thursdays, January 5 & 19; Feb. 2 & 16; 1-3p.m
- ▶ *No cost to this program.*

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 to fellow quilters, then stop and join this growing group.

MAH JONGG

with Cynthia

- ▶ *Beginners:* Thursdays, 11-12:30 p.m.
- ▶ *Advanced:* Thursdays, 12:30-3 p.m.

Mah Jong is a game of skill (and luck) that will stimulate your brain and it's a great way to break the winter blues! So if you want to learn or already know how to play, stop by and find out what all the fun is about.

BINGO

- ▶ Every Thursday at 1:00 p.m.

Need an excuse to get out of the house during these cold winter months? Then 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!



BRIDGE

- ▶ Every Friday, 10 a.m.-2 p.m.

Get off the couch and come exercise your brain. 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.

KNITTING AND CROCHETING

with Louise

- ▶ Tuesdays, 1:00 p.m.
- ▶ \$3 donation *No Knitting on February 14.*



Winter is a great time to finish (or start) that knitting project. So come join this fun and open group of knitters who help each other when the directions just don't make sense!

CRAFTS

with Lorraine

- ▶ Wednesdays, Jan. 4 and Feb.1; 10-12 noon

Calling all crafters! If you enjoy “crafting” then this is the class for you. All crafts that are created are sold at the Center (or you can buy the craft you make!)

WESTWOOD MEN'S CLUB

with Bob

- ▶ Thursdays, January 19 & February 16
- ▶ 9:30 General Meeting & coffee/10 a.m. Speakers



January 19: Come hear State Representative McMurtry and State Senator Rush discuss the 2017 Legislative Agenda if House is not in session.

February 16: Police Chief Silva, Fire Chief Scoble, Finance Director Pam Dukeman and Economic Development Director Nora Loughane will discuss the progress of Westwood's Fire and Police stations.

WESTWOOD WOMEN'S CLUB

with Peg

- ▶ Thursday, January 19; 1:30-3:30 p.m.
- ▶ No meeting in February.



Do you have a Hobby that you would like to share and explain to our group? If so, bring it as we host a “hobby show and tell.” There is no meeting in February but please feel free to join us at our Board meeting on March 2 at 11:00.

WESTWOOD GARDEN CLUB

with Mary Jo

- ▶ No meeting in January (too cold!)
- ▶ February 23; 1:30-3:30 p.m.



There will be no January meeting (Happy New Year!) but our February meeting will be all about “Saying it with Flowers!” Floral Designer Thelma Shoneman will create expressive designs using “Flowers with Meaning” and will show you how to express your feelings with flowers!

FREE BI-MONTHLY MOVIES

- ▶ Tuesdays, 1:00 p.m.

Join us (come alone or bring a friend) for our free bi-monthly movies!



January 10 — Joy

After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her Miracle Mop into an overnight marketing miracle.

January 24 — The Lady in the Van

In this touching human drama adapted from writer Alan Bennett's bestselling memoir, he befriends the elderly Miss Shepherd, who's living in a van that's been parked in his driveway for 15 years.

February 7 — The Way Way Back

A stifled teen finds his voice with encouragement from the manager of a local water park, where he takes a summer job to escape his unbearable home life with his mom and her overbearing boyfriend.

February 21 — The Good Life

In this fact-based drama, a young Sudanese War refugee wins a lottery that allows him to start life anew in the United States. But adapting to his new home presents challenges – both for the “lost boy” and for the American woman who is helping him.

FUNERAL 101

- ▶ Wednesday, February 22; 11:00 a.m.
- ▶ \$2 donation

Join us as Maria Baler (Partner at Samuel, Sayward and Baler LCC) and Bob Folsom (Folsom Funeral Home) discuss the legal and financial responsibilities of burying a loved one. Also discussed will be how to make pre-arrangements and other options.

Age Well at the Senior Center

iPAD CLASSES with Kim

- ▶ Wednesdays Jan 18,25, Feb 1,8,15,22
- ▶ *Beginner:* 12-1:30
Advanced: 2-3:30
- ▶ \$35 for all six sessions. *Please call the Center to sign up in advance as class is limited to 10 students.*



iPad 101/Beginners/Session 2:

This course is designed for those students who attended the iPad 101 Beginner sessions. We will continue to review iPad Settings, and additional tips, tricks, and features of the iPad.

iPad 201/Advanced:

This course will cover some of the more advanced features of the iPad, topics to be determined based on user experience and knowledge. iPad 101 is a pre-requisite.

Be sure to bring your iPad AND chargers to class.

CURRENT EVENTS with Susan

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

- ▶ Wednesdays, January 11 & 25; February 8 & 22;
9:30-11:30 a.m.
- ▶ \$20 donation for all four meetings

America heads off into a whole new direction in 2017. In January, we will all be witness to Democracy in action as a new administration takes over. Who are the new leaders and what are the ideas of the Trump Administration? Join us as we explore together what that means for all of us. We cover breaking news as well as important ongoing political and social issues. Participants decide the topics. Welcome to anyone looking for good and stimulating conversation and a little camaraderie.

MANICURES

with Lauren

- ▶ Fridays, January 20 & February 17, 9 a.m.-noontime
- ▶ **By appointment only** ~ \$10 per person (checks made out to Lauren)

The winter months can be so hard on your hands, so why not make them feel better with a hand massage and manicure? Sign up early as it fills up fast!



WAXING

with Licensed Aesthetician Lisa

- ▶ Fridays, January 6 and February 3
- ▶ **BY APPOINTMENT ONLY**, 8:30 a.m.-noon

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

- ▶ Friday, January 13 and February 10
- ▶ **BY APPOINTMENT ONLY**, 8:30 a.m.-noon

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).



BEREAVEMENT GROUP

with LICSW Nina Johnson

- ▶ Wednesdays, Jan. 4 & 18; Feb. 1 & 15; 10-11 a.m.
- ▶ *No cost to this program*

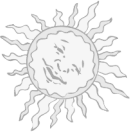
One of the most important self-care practices to understand and live with grief is to have the support of others who have also experienced a loss. We are an open ended welcoming group who have found meetings to be an important part of healing. If you have lost a loved one come and join the bereavement group.

NEW FRIENDS OF THE BEREAVED

with Robert and Friends

- ▶ Sunday, January 8 & February 12
- ▶ 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>



BOOK GROUP

with Bev

- ▶ Thursday, February 9; 10:00 a.m.
- Join Bev and her friends as they discuss Fannie Flagg's *The Whole Town's Talking*. A story about a small town with strange things happening at the cemetery.



NEWS FROM AROUND TOWN

THE WESTWOOD PUBLIC LIBRARY: JFK- A Three Part Series with Professor Gary Hylander

- ▶ Wednesdays, February 1, March 1, April 5 @ 7:00 PM
- Professor Gary Hylander will present a series of historical lectures about John F. Kennedy. This insightful series will both educate and entertain you! No registration is required and all are welcome! This program is generously sponsored by the Friends of the Westwood Public Library.

FROM THE TOWN CLERK'S OFFICE

Dottie Powers

Do you own a dog? Then it is time to renew your dog's license at Town Hall. Dog licensing for 2017 is now available through March 31. Please bring a copy of the dog's current rabies certificate and a self-addressed envelope, (Note: if you own more than 4 dogs, you need to get a special permit through the Zoning Board for Personal Kennel). Licensing Fees are as follows: Dogs not neutered or spayed \$15; Dogs neutered or spayed \$10. Any questions please call the Clerk's Office at 781-326-3964. The Annual Rabies Clinic is on Saturday Jan. 21, 9-noon, at the Carby Street Municipal Bldg.

NEWS FROM THE FINANCE AND WARRANT COMMISSION 2017 SCHEDULE

If you are interested in what is happening in Westwood and what the budget is going to look like for FY2017-2018, then stop by the Westwood Public Library to hear what FinCom is discussing! Below is their winter/spring schedule.

January 4, 24, 25 – 7:30 at the Westwood Public Library

Re: Annual Town Meeting Warrant Articles

February 7 – 7:30 at the Westwood Public Library

Re: Municipal and WPS Budget Presentations

March 6 & 7 – 7:30 at the Westwood Public Library

Re: Annual Town Meeting Warrant Article Summaries

March 14 – 7:30 at the Westwood Public Library

Re: FinCom Sub Committee Reports

March 27 & 28 – 7:30 Westwood Public Library

Re: Final Public Hearing before Annual Town Meeting

January 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 CENTER CLOSED TOWN HOLIDAY <i>Happy New Year!</i> 	3 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 1:00 TAI CHI 1:00 KNITTING	4 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 TRADER JOE'S/XMAS 10:00 CRAFTS 10:00 BEREAVEMENT GROUP 12:00 SOUP/SANDWICH 1:00 LOW IMPACT EXER.	5 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 QUILTING	6 8:30 CORE WORKOUT 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 BIG Y 10:00 BRIDGE
9 9:00 FUN FIT 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	10 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	11 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 1:00 LOW IMPACT EXER.	12 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	13 8:30 CORE WORKOUT 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE
16 MARTIN LUTHER KING DAY CENTER IS CLOSED. 	17 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 1:00 TAI CHI 1:00 KNITTING	18 8:30 CORE WORKOUT 9:00 SHINE 9:00 FUN FIT 9:00 SO. SHORE PLAZA 9:00 BLOOD PRESSURE CLINIC 10:00 BEREAVEMENT GROUP 12:00 BEGINNER iPad 2:00 ADVANCED iPad 1:00 LOW IMPACT EXER.	19 8:00 MAT/FLOOR YOGA 9:30 MEN'S CLUB 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB 1:00 QUILTING	20 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 MANICURES 10:00 BRIDGE 12:00 SOUP/SANDWICH
23 9:00 FUN FIT 10:00 REDEFINING INDEPENDENCE 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	24 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	25 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 12:00 BEGINNER iPad 2:00 ADVANCED iPad 1:00 LOW IMPACT EXER.	26 8:00 MAT/FLOOR YOGA 9:30 CHAIR YOGA 11:00 BEGINNER MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	27 8:30 CORE WORKOUT 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE
30 9:00 FUN FIT 10:00 WATERCOLOR (INTERMEDIATE) 1:00 WATERCOLOR (ADV.) 1:00 LOW IMPACT EXERCISE	31 8:00 MAT/FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR (BEGINNER) 1:00 TAI CHI 1:00 KNITTING	<div style="text-align: center;">  <p>CAN YOU HELP US WITH THE COST OF THIS NEWSLETTER?</p> <p>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.</p> <p>Name _____ Address _____</p> <p>Town _____ Zip Code _____</p> <p>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).</p> <p>And thank you!!</p> </div>		

NOTARY SERVICES

If you need a legal document notarized, call Lina to schedule a time. No cost for this service.

February 2017

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SOUP AND SANDWICH SPECIALS</p> <p>▶ January 4 & 20 Feb. 2, 13 & 28</p> <p>▶ Noon in the Dining Room</p> <p>▶ \$3 donation requested.</p> <p>The Center has joined with HESSCO Elder Services to offer a special SOUP AND SANDWICH LUNCH in <i>January and February</i> to help with the winter blues! And on Monday Feb. 13, we will host a special musical program with Trudy and her ukulele for you to enjoy! <i>Please sign up in advance so we know how many to expect.</i></p> 		<p>1</p> <p>8:30 CORE WORKOUT</p> <p>9:00 FUN FIT</p> <p>9:00 WALMART</p> <p>10:00 BEREAVEMENT GROUP</p> <p>10:00 CRAFTS</p> <p>12:00 BEGINNER iPad</p> <p>2:00 ADVANCED iPad</p> <p>1:00 LOW IMPACT EXER.</p>	<p>2</p> <p>8:00 MAT/FLOOR YOGA</p> <p>9:30 CHAIR YOGA</p> <p>11:00 BEGINNER MAH JONGG</p> <p>12:00 SOUP/SANDWICH</p> <p>12:30 Adv. MAH JONGG</p> <p>1:00 BINGO</p> <p>1:00 QUILTING</p>	<p>3</p> <p>8:30 CORE WORKOUT</p> <p>8:30 WAXING</p> <p>9:00 FUN FIT</p> <p>9:00 & 10:00 WEGMAN'S</p> <p>10:00 BRIDGE</p>
<p>6</p> <p>9:00 FUN FIT</p> <p>9:00 AARP TAX HELP</p> <p>10:00 WATERCOLOR (INTERMEDIATE)</p> <p>1:00 WATERCOLOR (ADV.)</p> <p>1:00 LOW IMPACT EXERCISE</p>	<p>7</p> <p>8:00 MAT/FLOOR YOGA</p> <p>9:00 ZUMBA GOLD</p> <p>9:30 CHAIR YOGA</p> <p>10:00 WATERCOLOR (BEGINNER)</p> <p>1:00 TAI CHI</p> <p>1:00 KNITTING</p> <p>1:00 MOVIE</p>	<p>8</p> <p>8:30 CORE WORKOUT</p> <p>9:00 FUN FIT</p> <p>9:00 ERRANDS</p> <p>9:30 CURRENT EVENTS</p> <p>12:00 BEGINNER iPad</p> <p>2:00 ADVANCED iPad</p> <p>1:00 LOW IMPACT EXER.</p>	<p>9</p> <p>8:00 MAT/FLOOR YOGA</p> <p>9:30 CHAIR YOGA</p> <p>10:00 BOOK GROUP</p> <p>11:00 BEGINNER MAH JONGG</p> <p>12:30 Adv. MAH JONGG</p> <p>1:00 BINGO</p>	<p>10</p> <p>8:30 CORE WORKOUT</p> <p>8:30 PODIATRY</p> <p>9:00 FUN FIT</p> <p>9:00 & 10:00 BIG Y</p> <p>10:00 BRIDGE</p>
<p>13</p> <p>9:00 AARP TAX HELP</p> <p>9:00 FUN FIT</p> <p>10:00 WATERCOLOR (INTERMEDIATE)</p> <p>12:00 SOUP/SANDWICH and TRUDY</p> <p>1:00 WATERCOLOR (ADV.)</p> <p>1:00 LOW IMPACT EXERCISE</p>	<p>14 NOON VALENTINE'S LUNCHEON</p> 	<p>15</p> <p>8:30 CORE WORKOUT</p> <p>9:00 FUN FIT</p> <p>9:00 SHINE</p> <p>9:00 BLOOD PRESSURE CLINIC</p> <p>9:00 ERRANDS</p> <p>10:00 BEREAVEMENT GROUP</p> <p>12:00 BEGINNER iPad</p> <p>2:00 ADVANCED iPad</p> <p>1:00 LOW IMPACT EXER.</p>	<p>16</p> <p>8:00 MAT/FLOOR YOGA</p> <p>9:30 CHAIR YOGA</p> <p>9:30 MEN'S CLUB</p> <p>11:00 BEGINNER MAH JONGG</p> <p>12:30 Adv. MAH JONGG</p> <p>1:00 BINGO</p> <p>1:00 QUILTING</p>	<p>17</p> <p>8:30 CORE WORKOUT</p> <p>9:00 FUN FIT</p> <p>9:00 & 10:00 STOP & SHOP</p> <p>9:00 MANICURES</p> <p>10:00 BRIDGE</p>
<p>20 PRESIDENT'S DAY CENTER IS CLOSED.</p> 	<p>21</p> <p>8:00 MAT/FLOOR YOGA</p> <p>9:00 ZUMBA GOLD</p> <p>9:30 CHAIR YOGA</p> <p>10:00 WATERCOLOR (BEGINNER)</p> <p>1:00 TAI CHI</p> <p>1:00 KNITTING</p> <p>1:00 MOVIE</p>	<p>22</p> <p>8:30 CORE WORKOUT</p> <p>9:00 FUN FIT</p> <p>9:00 ERRANDS</p> <p>9:30 CURRENT EVENTS</p> <p>11:00 FUNERAL 101</p> <p>12:00 BEGINNER iPad</p> <p>2:00 ADVANCED iPad</p> <p>1:00 LOW IMPACT EXER.</p>	<p>23</p> <p>8:00 MAT/FLOOR YOGA</p> <p>9:30 CHAIR YOGA</p> <p>11:00 BEGINNER MAH JONGG</p> <p>12:30 Adv. MAH JONGG</p> <p>1:00 BINGO</p> <p>1:30 GARDEN CLUB</p>	<p>24</p> <p>8:30 CORE WORKOUT</p> <p>9:00 FUN FIT</p> <p>9:00 & 10:00 ROCHE BROS.</p> <p>10:00 BRIDGE</p>
<p>27</p> <p>9:00 AARP TAX HELP</p> <p>9:00 FUN FIT</p> <p>10:00 WATERCOLOR (INTERMEDIATE)</p> <p>1:00 WATERCOLOR (ADV.)</p> <p>1:00 LOW IMPACT EXERCISE</p>	<p>28</p> <p>8:00 MAT/FLOOR YOGA</p> <p>9:00 ZUMBA GOLD</p> <p>9:30 CHAIR YOGA</p> <p>10:00 WATERCOLOR (BEGINNER)</p> <p>11:15 MEDITATION</p> <p>12:00 SOUP/SANDWICH</p> <p>1:00 TAI CHI</p> <p>1:00 KNITTING</p>	<p>Messages of Hope – IAMSTRONG FOUNDATION</p> <p>▶ Sunday, February 26</p> <p>▶ 1 p.m. at the Senior Center</p> <p>Join the Westwood's IAMSTRONG Foundation students and the Senior Center as we create cards with "Messages of Hope" for those who are struggling with mental health. This is our second annual event and last year we created cards that went out to over 100 individuals at Westwood Lodge. Light refreshments will be served.</p> 		

WINTER CLOSING

Please remember, if the schools are closed due to weather, the Center is closed, which includes cancellation of all programs and transportation.

Thanks.



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

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Westwood Council on Aging

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 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
Joseph Jowdy	Bill Sebet
James M. O’Sullivan	

Valentine's Day Luncheon

at the Westwood Senior Center

Tuesday, February 14, 2017 ~ Noontime

Sponsored by: Mary Anne Morse Health Care Center of Natick

\$5 donation – space is limited so please sign up in advance

Love is in the air and the Center will be celebrating love, friendship and everything chocolate!!! So join us for a delicious luncheon sponsored by our friends at Mary Anne Morse with chocolate cake for dessert. And of course, we will have entertainment that will move your heart and soul! *Space is limited, so please sign up in advance and don't forget to wear red, to celebrate the day!*

