



STAY HEALTHY • STAY CONNECTED • AGE WELL

NEWS

SEPTEMBER/OCTOBER 2017

Special Thanks to:

Fox Hill Village for sponsoring our Annual Halloween Party;

Westwood Cultural Council for underwriting singer Tommy Rull at our Halloween Party;

Overlook Care Management for offering our new program "Coffee and Chatter";

Visiting Angels of Newton and NY Life of Westborough for sponsoring our "Briefcase Breakfast";

Friends of the Westwood COA for underwriting the Gary Hylander lecture series;

Alzheimer's Association for sponsoring a talk on "Alzheimer's and Dementia – The Basics";

Bridges by Epoch of Westwood for sponsoring a discussion on the "Challenge of Sundown Syndrome";

Elaine deReyna – Senior real estate specialist at Coldwell Banker RE for "Real Estate 102" Program;

Wingate of Needham for sponsoring a "Spa Day" at their facility;

Walpole VNA for sponsoring a Lifeline information program;

Salmon Assisted Living for their program on "Senior Living 101";

Representative Paul McMurtry and Senator Mike Rush for hosting a tour of the State House;

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



Summer goes by so quickly but the one consolation is that autumn arrives with its magnificent colors, warm days and cool evenings! We have a jammed-packed fall schedule (clubs are back as well as chorus, art class, meditation and iPad classes) which we hope you will come and enjoy.

To begin with we have a new bi-monthly program we are calling "Briefcase Breakfasts." This program is here to help everyone negotiate and understand what they need to know as they age in America. Our goal is to bring information to anyone who is considering retirement or those who are trying to help their loved ones with their decisions.

We are adding two new monthly programs, "Facial Exercising" and "Coffee Chatter" and one new weekly program "Pilates." And be sure to check out our fun day trips this fall (a Red Sox Game, Evita at the North Shore Music Theater, a State House tour etc.).

Of course, we have planned numerous "special" monthly programs. We welcome back Gary Hylander with a 5 part series on "The Making of the Presidency." During these historic volatile times, these lectures will be informative and relevant.

In September, we will offer two dementia programs: a discussion on "The Basics of Dementia" and a conversation on the "Challenges of Sundown Syndrome." If you are interested in the local real estate market, join the discussion at our "Real Estate 102" program. On a lighter note, we will "take you away" for a luncheon at Wingate and at Powisett Farm we will be making bread.

In October, you can join us to learn about *Lifeline, Senior Living 101*, and we will be back at Powisett Farm to cook up stews.

"Nonagenarians (those 90+ young)" are welcomed to join us at our annual luncheon at First Baptist of Westwood.

Of course, New England is known for colorful foliage, pumpkins, corn stalks and Halloween! Fox Hill Village will sponsor our *Halloween Party* on Monday October 30th and Tommy Rull will serenade you, funded by Westwood Cultural Council (sign up begins Monday, October 2nd).

Finally, don't forget to check out our regular programs like yoga, exercise, tai chi etc. We hope that we offer a "little something for everyone," and we welcome you to join us (if you have not already!).

Lina Arena-DeRosa



Karen's Corner—Outreach Counselor MEDICARE OPEN ENROLLMENT

That time of year is approaching again, the **Medicare Open Enrollment Period**. It runs each year from **October 15 to December 7** and allows you to change from your current Medicare coverage to another plan. Plans change every year so it's important to review your coverage to make sure you have the coverage you need at a cost you can afford. Our **SHINE** counselors (Serving Health Insurance Needs of Everyone), Mary Barry and Mitch Burek, can help you enroll in a health insurance program that best fits your needs. SHINE counseling is a **FREE** service and volunteers have no affiliation with insurance companies. **Please bring all your medical cards (Medicare, Supplemental Insurance and Prescription Cards) to the meeting. Also, bring a list of your current prescriptions, dosages, and frequencies; or you can bring your medication bottles.** To schedule an appointment with a SHINE counselor, please call the Westwood Council on Aging at 781-329-8799.



Transportation with Trish



September

SEPT.	DESTINATION	Donation
1	ROCHE BROS.	\$2
6	TRADER JOE'S	\$2
8	BIG Y	\$2
13	ERRANDS	\$2
15	STOP & SHOP	\$2
20	ERRANDS	\$2
22	SHAW'S	\$2
27	WALMART	\$2
29	WEGMAN'S	\$2

October

OCT.	DESTINATION	Donation
4	ERRANDS	\$2
6	ROCHE BROS.	\$2
11	ERRANDS	\$2
13	BIG Y	\$2
18	ERRANDS	\$2
20	STOP & SHOP	\$2
25	ERRANDS	\$2
27	SHAW'S	\$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.

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!!**

Day & Overnight Trips

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

SEPTEMBER

RED SOX GAME

Thursday, September 14
~ \$0 per person ~ 10:30-3:30
~ Reserved Seat Third Base
~ Grounding/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

OCTOBER

ESSEX VALLEY STEAM TRAIN AND CONNECTICUT RIVERBOAT

Tuesday, October 3
~ \$95 per person
~ Includes transportation, steam train ride, riverboat cruise and lunch.

Day Trips at the Center

Thursday, September 28 – Tour and lunch at the Massachusetts State House

~ \$5 per person
With our State Representative Paul McMurtry and Senator Mike Rush.

Thursday, October 5 – Eustis Estate in Milton

~ \$20 per person
Explore a rare surviving example of late nineteenth-century architecture and design; the Eustis Estate sits on eighty acres of picturesque landscape at the base of the Blue Hill and is full of stunning, intact architectural and design details. Lunch (pay on your own) at Chateau in Norwood.

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



Stay Healthy at the Senior Center

LOW IMPACT EXERCISE with Sherri

Begins
Sept. 11

- ◆ Mondays, 1 pm and Wednesdays, 12:30 pm
- ◆ Classes begin Sept. 11; No class Monday, October 9 & 30
- ◆ \$3 donation

Come meet our new instructor, Sherri! This class will help strengthen your muscles, increase flexibility and fitness.

PILATES with Mary

- ◆ Thursdays, 11 am-noon
- ◆ \$3 donation

This mat class helps strengthen your abs and tone your muscles. Please wear comfortable clothing and bring a mat and water bottle.

FUN FIT with Stephanie and Christine

- ◆ Monday, 9:30-10:15 am
No class Monday, Sept. 4 and October 9 & 30
- ◆ Wednesday and Friday, 9-10 am
- ◆ \$3 donation

Fun fit exercise benefits mind and body. The class will consist of aerobics, strength, balance and stretching exercises. Please wear comfortable clothing, sneakers and bring a water bottle.

YOGA with Bonnie

- ◆ Tuesdays and Thursdays
No class Tuesday, Sept. 5 or Thursday, Sept. 7
- ◆ \$3 donation

Both classes are made up of wonderfully supportive students and the atmosphere is one of community and not competition. If you haven't joined us, please check it out!

Floor Yoga, 8-9 am – This includes stretching and strengthening, vinyasa-type flowing moves and transitioning between poses including restorative moves. We focus on “what you can do, and don't worry about what you cannot do.”

Chair Yoga, 9:30-10:30 – we focus on breath work, stretching and relaxing techniques to build strength and stamina. As long as the brain is churning, the body is moving and we are having fun.

MEDITATION with Soni

- ◆ Tuesdays, October 3 and 24; 11:15-11:45 am
(First and Fourth Tuesday of each month)
- ◆ No cost to this program

Come explore a way to have peace of mind in your life with Meditation. Understand what triggers peacelessness in our lives and learn how to harness your inner powers to maintain a stable and unshakable mind in any situation. The session will be done while seated comfortably on a chair as we direct our focus into the inner world of the mind. All are welcome!

SHINE with Mary and Mitch

- ◆ Wednesdays, 9 am-1 pm – **BY APPOINTMENT ONLY**
 - ◆ Sept. 13, 20, 27 | Oct. 4, 11 & 18
- Are you retiring or worried about your prescription drug coverage? If so, set up an appointment with our SHINE volunteers. Appointments fill up fast so sign up early.

FACIAL EXERCISES with Eileen

- ◆ Wednesday, Sept. 6 and Oct. 4 at 11 am
 - ◆ No cost to this program, but please sign up in advance so we know how many to expect.
- If you would like to “look younger,” then strengthening your facial muscles is the first step. Join Eileen as she teaches you important facial exercises that are easy and really work!

T'AI CHI with Scott

- ◆ Tuesdays, 1 pm; No class September 5
- ◆ \$3 donation

Join us in this gentle form of exercise that can help you maintain strength, flexibility and balance. Come experience this healthful activity that has been practiced for centuries.

ZUMBA GOLD with Cassandra

- ◆ Tuesdays, 9-10 am
- ◆ \$3 donation

Welcome our new instructor Cassandra! Zumba Gold is a low impact, fitness class where cardio, strength and balance exercises are performed to music! Leave the class feeling invigorated and energized! All levels welcomed.

FALLS PREVENTION AND LIFELINE with Deb

Sponsored by the Walpole VNA

- ◆ Monday, October 2 at 10 am
 - ◆ Please sign up in advance so we know how many to expect
- Come learn to identify risk factors and how to prevent falls. The VNA will also bring information on PHILIPS lifeline that can help you in case you do fall.

COFFEE AND CHATTER with Erin

Sponsored by Overlook Geriatric Care Management

- ◆ Tuesdays, September 12 and October 10 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.

HEALTH PLAN OPTIONS for Seniors

presented by a Blue Cross Blue Shield representative

- ◆ Wednesday, October 4 at 11 am
 - ◆ Free, but please sign up in advance
- The presentation (45 minutes) is geared towards individuals on, or approaching, Medicare who may have questions about their health plan or other available plan types. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. This is a great presentation to attend during open enrollment so that you can understand your options.

ALZHEIMER'S AND DEMENTIA – KNOW THE BASICS

with Julie

Sponsored by the Alzheimer's Association

- ◆ Monday, September 11 at 10 am
 - ◆ \$2 donation
 - ◆ Please sign up in advance so we know how many to expect
- If you or someone you love is struggling with Alzheimer's or dementia, you need to know the facts. Come discover the truth about causes, risk factors, stages, treatment and much, much more.

Stay Connected at the Senior Center

WATERCOLOR with Joan

- ◆ \$40 for 7 classes
 - ◆ Classes fill up fast, so you must sign up in advance—limited to 12 students per class
- No class Monday, Sept. 4 and October 9 & 30.



Beginner Class: Tuesdays, 10 am-noon
Intermediate Class: Mondays, 10 am-noon
Advanced Class: Mondays, 1-3 pm

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

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

Advanced – Independent selections of subjects.

CHORUS with Carol



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

If you like to sing, but don't like to audition and if you enjoy singing a variety of great show tunes and patriotic songs then come join our fun and inviting group!

MAH JONGG with Cynthia

- ◆ **Beginners:** Thursdays, 11-12:30 pm (starting Sept. 7)
 - ◆ **Advanced:** Thursdays, 12:30-3 pm
- Beginner Mah Jongg* – Please sign up in advance—minimum of 4 people needed.

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

BINGO



- ◆ Every Thursday at 1 pm
- 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
 - ◆ \$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, Sept. 6 & Oct. 4, 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.

BJ's IS COMING!

- ◆ Wednesday, Sept. 13, 9:30 am
- Paula will be back to give any senior a discounted BJ's card... please sign up so we know how many to expect.



WESTWOOD MEN'S CLUB with Bob



- ◆ Thursday, Sept. 21 & Thursday, Oct. 19
- In September, the Men's Club has invited Mass Cruisers to come to the Center to show off their beautiful cars and talk about keeping their cars in great shape.
- In October, we will be heading to the New Westwood Fire Station in Islington at 10 am.

WESTWOOD WOMEN'S CLUB with Margaret

- ◆ Thursday, October 19 (no meeting in Sept.) at 1 p.m
- Come meet Melinda from WestCat and learn the new and exciting programs they are offering to Westwood residents.

WESTWOOD GARDEN CLUB with Mary Jo



- ◆ Thursday, September 28 & October 26, 1 pm
- September 28—meet at the Center at 9 am and we will carpool to Lookout Farm in Natick.
- October 26—Floral Arrangement Workshop with Thelma Shoneman: Flowers and container will be provided (\$12 per person). Remember to bring clippers.

BOOK GROUP with Bev



- ◆ Thursday, Sept. 21, 9:30-11 am
- This warm and welcoming group will be discussing *A Storied Life of A. J. Fikry* by Gabrielle Zevin.

FREE BI-MONTHLY MOVIES



- ◆ Tuesdays, 1 pm — No cost to this program
- September 5 – *Hidden Figures* – In the race to space between the United States and the Soviet Union, three black female mathematicians play a key role in launching astronaut John Glenn into outer space.
- September 19 – *Fences* – Troy Maxson struggles to raise his family in 1950s Pittsburgh while trying to transcend the bitter experience of being denied the opportunity to play in the majors because of his race.
- October 3 – *Light between Oceans* – Lighthouse keeper and his wife live on a remote island off the coast of Australia when their world is turned upside down; a lifeboat washes ashore with a crying baby in it.
- October 17 – *Arrival* – Confronted by the landing of alien vessels, military leaders seek the help of a brilliant linguist in an effort to communicate with the extraterrestrials and determine their intentions.

FARM TO TABLE LUNCHEON with Nicolette



- Sponsored by Wingate of Needham*
- ◆ Tuesday, Sept. 12 from 11 am - 1 pm
- ◆ Please sign up in advance as space is limited to 10 seniors
 Transportation provided from the Center
- One Wingate Way will be showcasing their specialty "Aqua Selections" menu, which provides a wide array of healthful cuisine utilizing organic and farm fresh ingredients. Our very own chef will be using fresh herbs picked straight from the in-house herb garden to enhance the flavor of each dish.

Stay Well at the Senior Center

iPAD CLASSES with Kim

- ◆ Wednesdays, starting Sept. 6
- ◆ \$25 donation for five classes – Please bring your iPad and charger
- ◆ You must sign up in advance as space is limited to 10 students

iPad 101/Beginners – This 5 week course is designed for iPad users who need a refresher in the basics. We will review iPad Settings, and discuss tips and tricks in using your iPad. **Time:** 12:00-1:00; **Dates:** 9/6, 9/13, 9/20, 9/27, 10/4.

iPad 201/Advanced – (previous experience using iPad REQUIRED): This 5 week course will cover some of the more advanced features of the iPad, topics to be determined based on user experience and knowledge. Familiarity with Settings and Apps required. – **Time:** 1:30-2:30; **Dates:** 9/6, 9/13, 9/20, 9/27, 10/4.

CURRENT CONVERSATIONS with Susan

A News Discussion Group for those who want to stay up to date

- ◆ Wednesday, Sept. 13 & 27 | October 11 & 25, 9:30-noon
- ◆ \$20 for four sessions / \$5 per session

What is real and what is fake news? How can you tell the difference and what news organizations can you trust? How are Congress and the President faring after their first complete session? Tax Relief? Health Care? If these subjects interest you, then join us for lively and thoughtful discussions.

BEREAVEMENT with Nina

- ◆ Sept. 6 & 20 | Oct. 4 & 18, 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

- ◆ Fridays, Sept. 15 and Oct. 20, 9-noon
- ◆ **BY APPOINTMENT ONLY**— \$10 (Payment directly to Lauren)

As the weather gets colder, your hands can chap and crack. Come have Lauren give your hands a gentle massage and then paint your nails beautifully.

WAXING with Licensed Aesthetician Lisa

- ◆ Fridays, Sept. 1 and Oct. 6, 8:30-noon
 - ◆ **By Appointment ONLY**
- Lisa can help you look your best and feel great!
- | | | |
|---------------------------|-------------------------|---------------|
| Brows.....\$10 | Lips.....\$10 | Chin.....\$10 |
| All two services.....\$15 | All 3 services.....\$20 | |

PODIATRY CLINIC with Dr. Michael Mityr

- ◆ Fridays, Sept. 8 and Oct. 13, 8:30-10:30 am
- ◆ **BY APPOINTMENT ONLY**

Dr. Mityr, 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. Mityr).

REAL ESTATE 102

Sponsored by Elaine deReyna – Senior Real Estate Specialist at Coldwell Banker Real Estate

- ◆ Monday, Sept. 25 at 10 am
- ◆ \$2 donation – Please sign up in advance so we know how many to expect

Interested in what's going on in the Westwood real estate market? Do you want to know the value of your home? Join us for another informative discussion about the current real estate market and learn the real estate basics.

NINETY'S PARTY

Sponsored by the Friends of the Westwood COA

- ◆ Wednesday, Oct. 25 – 11:30 am
 - ◆ At the First Baptist Church of Westwood
- Are you ninety years (or more)? If so, we would love to have you join us for lunch, laughs and a good time to celebrate your longevity. Please sign up in advance.

METRO WEST LEGAL HELP with Attorney Vera Ochea

Sponsored by MetroWest Legal Services

- ◆ Wednesday, Sept. 20 from 1:30-3:30
 - ◆ **BY APPOINTMENT ONLY**
- Schedule private 20 minute free legal help to learn more about public housing & benefits, social security, simple probate matters, consumer and Medicaid information.

COMPLIMENTARY HEARING SERVICE CLINIC

Sponsored by Hearing Solutions of Norwood and Brookline

- ◆ Wednesday, Sept. 27, 2-3 pm
 - ◆ **BY APPOINTMENT ONLY**
- If you are struggling with your hearing aids and wonder if your device is working properly, than sign up to speak to Hearing Solutions, who will provide a 15 minute free consultation to help you.

ANNUAL FLU CLINIC

Sponsored by the Westwood Board of Health

- ◆ Saturday, October 21, 2017 from 9:00 am-Noon
 - ◆ Westwood High School gymnasium
- This flu clinic is open to all Westwood residents 5 years of age and older (under the age of 18 years must be accompanied by an adult). Vaccine is administered on a first come first served basis. There is no cost to residents for the vaccine but please bring your insurance or Medicare card with you. For more information visit www.townhall.westwood.ma.us or contact the Health Department at 781-320-1026/1027.

SUNDOWN SYNDROME with Alicia

Sponsored by Bridges of Epoch

- ◆ Monday, Sept. 18 at 11:30 am
 - ◆ \$3 donation – please sign up in advance as space is limited
- Are you helping a loved one with dementia or Alzheimer's? Then please join Alicia to learn more and what you can do. A light box lunch will be provided.

September 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
POWISSET FARM COOKING CLASSES <i>Sponsored by the Friends of the Westwood COA</i> ◆ Thursday, Sept. 28 and Thursday, Oct. 26 ◆ 11-1 at Powisset Farm ◆ \$15 per class/\$25 for both classes – <i>You must sign up in advance as space is limited to 7 seniors</i> Do you enjoy cooking? Would you like to learn new techniques and recipes by a master chef? Then this is the program for you! Sept. 28 – Bread making and Soup – Fresh bread and soup – Learn new techniques for the holidays. Oct. 26 – Stews and Root Veggies – Winter is coming – Stews are nutritious and delicious.				1 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE
4 LABOR DAY CENTER CLOSED 	5 9:00 ZUMBA GOLD 10:00 WATERCOLOR BEGINNERS 1:00 KNITTING 1:00 MOVIE	6 9:00 FUN FIT 9:00 TRADER JOE'S 10:00 CRAFTS 10:00 BEREAVEMENT 11:00 FACIAL EXERCISES 11:00 CHORUS 12:00 Beg. iPad CLASS 1:30 Adv. iPad CLASS	7 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	8 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 BIG Y 10:00 BRIDGE
11 8:00 BRIEFCASE BRFT 9:30 FUN FIT 10:00 WATERCOLOR INTERMEDIATE 10:00 ALZHEIMER/ DEMENTIA BASICS 1:00 LOW IMPACT EXER. 1:00 WATERCOLOR ADVANCED	12 9:00 ZUMBA GOLD 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 WATERCOLOR BEGINNERS 11:00 LUNCH at WINGATE 11:00 COFFEE/CHATTER 1:00 TAI CHI 1:00 KNITTING	13 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 9:30 BJ's SIGNUP 11:00 CHORUS 12:00 Beg. iPad CLASS 12:30 LOW IMPACT EXER. 1:30 Adv. iPad CLASS	14 RED SOX GAME 8:00 FLOOR YOGA 9:30 CHAIR YOGA 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	15 9:00 FUN FIT 9:00 MANICURES 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE
18 9:30 FUN FIT 10:00 WATERCOLOR INTERMEDIATE 11:30 SUNDOWN SYNDROME 1:00 LOW IMPACT EXER. 1:00 WATERCOLOR ADVANCED	19 8:00 FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR BEGINNERS 10:30 GARY HYLANDER 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	20 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 11:00 CHORUS 12:00 Beg. iPad CLASS 12:30 LOW IMPACT EXER. 1:30 LEGAL HELP 1:30 Adv. iPad CLASS	21 8:00 FLOOR YOGA 9:00 MEN'S CLUB 9:30 CHAIR YOGA 9:30 BOOK GROUP 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	22 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE
25 8:00 BRIEFCASE BRKFST. 9:30 FUN FIT 10:00 WATERCOLOR INTERMEDIATE 10:00 REAL ESTATE 102 1:00 LOW IMPACT EXER. 1:00 WATERCOLOR ADVANCED	26 8:00 FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR BEGINNERS 1:00 TAI CHI 1:00 KNITTING	27 N. SHORE MUSIC 9:00 FUN FIT 9:00 WALMART 9:00 SHINE 9:30 CURRENT EVENTS 11:00 CHORUS 12:00 Beg. iPad CLASS 12:30 LOW IMPACT EXER. 1:30 Adv. iPad CLASS 2:00 HEARING AID HELP	28 STATE HOUSE TOUR 8:00 FLOOR YOGA 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 1:00 GARDEN CLUB	29 9:00 FUN FIT 9:00 & 10:00 WEGMAN'S 10:00 BRIDGE

GARY HYLANDER LECTURE SERIES – THE MAKING OF THE PRESIDENCY

A Five Part Series of How American Presidents Have Shaped the Office

Sponsored by the Friends of the Westwood COA

- ◆ Tuesday, September 19 and Thursday Oct. 26 at 10:30 am
- ◆ \$3 per session
- ◆ Please sign up in advance so we know how many will be coming.

Gary Hylander is a renowned history professor who brings history ALIVE. This five part series will help you understand how the role of the President has been shaped and has changed over the past two centuries.




September 19 – **George Washington** – America's First CEO
 October 26 – **Theodore Roosevelt** – America's First Modern President

November 7 – **Woodrow Wilson** – Professor in Chief
 November 30 – **Dwight Eisenhower** – Commander in Chief
 December 19 – **George W. Bush** – Operation Iraqi Liberation



October 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
2 8:00 BRIEFCASE BRKFST. 9:30 FUN FIT 10:00 FALLS PREVENTION 10:00 WATERCOLOR INTERMEDIATE 1:00 LOW IMPACT EXER. 1:00 WATERCOLOR ADVANCED	3 ESSEX TRAIN TRIP 8:00 FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR BEGINNERS 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	4 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 BCBS MEETING 11:00 CHORUS 11:00 FACIAL EXERCISES 12:00 Beg. iPad CLASS 12:30 LOW IMPACT EXER. 1:30 Adv. iPad CLASS	5 EUSTIS ESTATES DAY TRIP 8:00 FLOOR YOGA 9:30 CHAIR YOGA 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	6 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE
9 COLUMBUS DAY CENTER CLOSED 	10 8:00 FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR BEGINNERS 11:00 COFFEE/CHATTER 1:00 TAI CHI 1:00 KNITTING	11 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 9:30 CURRENT EVENTS 11:00 CHORUS 12:30 LOW IMPACT EXER.	12 8:00 FLOOR YOGA 9:30 CHAIR YOGA 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	13 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 BIG Y 10:00 BRIDGE
16 8:00 BRIEFCASE BRKFST. 9:30 FUN FIT 10:00 WATERCOLOR INTERMEDIATE 1:00 LOW IMPACT EXER. 1:00 WATERCOLOR ADVANCED	17 8:00 FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR BEGINNERS 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	18 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 11:00 CHORUS 12:30 LOW IMPACT EXER.	19 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 MEN'S CLUB 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 WOMEN'S CLUB	20 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE
23 9:30 FUN FIT 10:00 WATERCOLOR INTERMEDIATE 1:00 LOW IMPACT EXER. 1:00 WATERCOLOR ADVANCED	24 8:00 FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR BEGINNERS 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING	25 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 11:00 CHORUS 11:30 90s PARTY at First Baptist 12:30 LOW IMPACT EXER.	26 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:30 GARY HYLANDER COOKING CLASS at POWISSET FARM 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 GARDEN CLUB	27 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE
30 12:00 HALLOWEEN PARTY 	31 8:00 FLOOR YOGA 9:00 ZUMBA GOLD 9:30 CHAIR YOGA 10:00 WATERCOLOR BEGINNERS 1:00 TAI CHI 1:00 KNITTING	BRIEFCASE BREAKFAST <i>Hosted by Visiting Angels of Newton and New York Life of Westboro</i> <ul style="list-style-type: none"> ◆ Mondays Sept. 11 & 25 Oct. 2 & 16; 8-9 am ◆ \$2 donation ◆ Please sign up in advance so we know how many to expect Whether thinking of your own retirement or helping a loved one with their retirement, the details can be extremely confusing. Come join us as we try to unravel decisions that are best made in advance. 		

NOTARY SERVICES

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

September 11 – Communication – what is the best way for families to communicate and how can they work together and avoid conflicts.
September 25 – Money – Are you financially ready for retirement? Knowing how much you need and how to prepare for retirement is essential – come learn the basics.
October 2 – Honoring Choices – Do you have a Health Proxy? Health Directive? Come learn how to make sure you honor choices in case of illness.
October 16 – Long-Term Solutions – Are you protected should you need long term care? What options are available for you and your loved one?



Westwood Council on Aging
 60 Nahatan Street
 Westwood, MA 02090
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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
 Cheryl Fay
 Josepha Jowdy
 Hillary Kohler
 Mary Masiello
 Stephanie Ramales
 Bill Sebet
 James M. O’Sullivan
 Jessie Turbayne



Halloween Party

at the Westwood Senior Center

*Sponsored by Fox Hill Village of Westwood
 Entertainment underwritten by the Westwood Cultural Council*

Monday, October 30 ~ Noontime

\$5 donation – Signs up begins Monday, October 2
 Space is limited so you must sign up



Come join us as we celebrate HALLOWEEN!! We will have great food, lots of ghoulish decorations and of course, plenty of chocolate! Tommy Rull, will be back to serenade you and get you singing along. And remember, get creative and come in costume! Special thanks to Fox Hill Village for underwriting the catering and Westwood Cultural Council for underwriting the music.