



STAY HEALTHY • STAY CONNECTED • AGE WELL

# NEWS

JANUARY/FEBRUARY 2018

## Special Thanks to:

**Mary Anne Morse Rehab and Nursing Home in Natick** for sponsoring our Valentine's Day Party;

**Wegmans** for offering delicious day old goods for our seniors to enjoy every week;

**HESSCO** for offering special lunches (soup and sandwich) and a discussion on Hydration in the winter;

**Brookdale of Quincy** for offering a box lunch discussion on keeping yourself "Brain Fit";

**AARP Tax Help** for once again coming to help our senior community with filing their taxes;

**IAM STRONG Foundation** for sponsoring their second annual Messages of Hope event to help those struggling with mental health issues;

**The Howland Family Foundation** for their generous donation to help support our seniors;

To our basket sponsors and the individuals who bought raffle tickets for our very successful holiday basket raffle.

*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 NEW YEAR EVERYONE!** We are excited about 2018 and all the programs and trips we are planning. The days may be cold and dark, but we are open, so bundle up and come join us!

To begin with, we will be offering soup and sandwich on Fridays in January, Tuesdays in February. This is co-sponsored by HESSCO Elder Services and it is a great way to get out of your home and enjoy a delicious (and inexpensive ...\$3) meal with your friends.

Perhaps art appreciation is something you would like to explore? Jerry will be here for four weeks to discuss art in a fun and interesting way. Or if you prefer literature, local author Lynn Viti will discuss her new book "Baltimore Girls."

Of course, the best way to get rid of the winter blues is to enjoy a party! We will be celebrating all things chocolate on Valentine's Day, hosted by our friends at Mary Anne Morse Rehab and Nursing Home. Sign up for this luncheon begins Feb. 1.

A number of Intergenerational Programs are also being planned. We have a wonderful High School Student who is offering a free opportunity to Learn Digital Photography. This six week course will take place on Thursdays beginning in early January and is limited to eight seniors, so if you are interested, please sign up early. We will also be heading back to Powisset Farm to cook with Early Education students on Sunday mornings; if interested, please stop by and I can give you all the details. And the I AM STRONG Foundation will host their Second Annual Messages of Hope.

However, if traveling is your interest, we are partnering with Collette Travel to offer a unique opportunity to head to the Canyons in October. Vincent will be here in February to give you a guided "tour" of what to expect as well as answer all your questions. And if you need a little spring, we will travel to the Boston Flower Show in March with Fox Travel. This fun filled day will help with the winter blues and is sure to sell out, so sign up early to reserve your space.

As in years past, AARP Tax Help volunteers come in late February to help low to moderate income seniors process their tax return. Please sign up early as spaces are limited and make sure you bring all your documentation.

All of this is only possible with the continued support of so many. Our gift basket fundraising during the holidays exceeded all of our expectations and we are thrilled to let you know that we made over \$2500. Thanks to our sponsors as well as all of you who bought tickets ... together we grow!

So put down the remote, dress warm and come join us! We are open all winter except we close when the schools close due to snowy weather conditions.

*Wishing everyone a Happy and Healthy 2018!*

Lina Arena-DeRosa



## Karen's Corner—Outreach Counselor

### FUEL ASSISTANCE

LIHEAP is commonly referred to as **Fuel Assistance**. This government program provides eligible households with help in paying a portion of winter heating bills. Household income cannot exceed 60% of estimated State Median Annual Income (\$34,380 for a household of 1 and \$44,958 for a household of 2). If you rent, you may receive fuel assistance even if your heat is included in the rent. The amount you receive depends on your income, your housing status, and your heating costs.

First-time applicants must apply for fuel assistance in person. Westwood residents may call the Center to obtain the list of documents needed and to schedule an appointment to apply. You may apply any time during the heating season, which ends April 30, 2018. Households must apply each year; applications are mailed directly to households after the first year.

Households having financial difficulty who are not eligible for government energy assistance may apply for the Salvation Army's **Massachusetts Good Neighbor Energy Fund**. Please call 1-800-334-3047 for further information. Residents with any questions about fuel assistance may call the Center to talk with Karen.



## Transportation with Trish



### January

JAN.	DESTINATION	Donation
3	South Shore Plaza	\$2
5	Shaw's	\$2
10	Errands	\$2
12	Roche Bros.	\$2
17	Trader Joe's/Xmas Tree	\$2
19	Stop & Shop	\$2
24	Errands	\$2
26	Big Y	\$2
31	Errands	\$2

### February

FEB.	DESTINATION	Donation
2	Wegmans	\$2
7	Walmart	\$2
9	Shaw's	\$2
14	Errands	\$2
16	Roche Bros.	\$2
21	Errands	\$2
23	Stop & Shop	\$2
28	Errands	\$2

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

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

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

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

### 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 Federal Holidays and Election Day Closings.



## Day Trips at the Center

### FEBRUARY

#### TWIN RIVERS

Tuesday, February 20  
\$10 per person (leave Center at 9 and return at 4)

### MARCH

#### BOSTON FLOWER SHOW

Thursday, March 15 – Includes transportation and ticket for show; \$90 per person (please sign up soon so we know how many tickets to purchase).

#### PEABODY ESSEX MUSEUM with SHERBORN COA

Friday, March 23  
Cost TBA – Includes transportation, guided tour of Georgia O'Keefe Exhibit, box lunch – call Sherborn COA to sign up 508-651-7858.

### MAY

#### LOBSTER BAKE LUNCHEON and FOXWOODS GAMBLING

Tuesday, May 1  
\$80 per person – Includes transportation, lunch and afternoon gambling at Foxwoods.

### JUNE

#### NEWPORT RAIL TOUR RI

Tuesday, June 19  
\$95 per person – Includes transportation, bus tour of Ocean Drive, lunch while on rail tour of Newport, RI.

### JULY

#### NANTUCKET DAY TRIP

Thursday, July 12  
\$105 per person – Includes transportation to and from ferry as well as ferry ride – lunch and shopping in Nantucket on your own.

### AUGUST

#### GLOUCESTER LOBSTER CRUISE

Tuesday, August 21  
\$95 per person – Includes transportation, cruise, lunch and walk around Salem.

## 2018 Overnight Trips

### AUGUST

#### SARATOGA SPECTACULAR

August 6 & 7  
\$375 Single | \$325 Double – Includes transportation, overnight accommodations, grandstand seats at the race, dinner and breakfast.

### OCTOBER

#### CANYON COUNTRY TOURS with Collette Tours

October 2-9  
\$4119 single | \$3369 double – Includes air fare, transfers, overnight accommodations. Tour Sedona, Grand Canyon, Lake Powell, Bryce Canyon and Zion. Details at the Center (or join us on Feb. 12 at 11am for a presentation on this tour).

# Stay Healthy at the Senior Center

## LOW IMPACT EXERCISE with Sherri

- ◆ Mondays at 1 pm/ Wednesdays at 12:30 pm
- ◆ No class 1/1; 1/15; 2/14 and 2/19
- ◆ \$3 donation



Staying active in the winter can be challenging... so join us as we move and stretch (both standing and sitting in a chair) for this low impact class. Please wear comfortable clothing and bring a water bottle.

## FUN FIT AEROBIC EXERCISE with Stephanie and Christine

- ◆ Mondays, 9:30-10:15 am / Wednesdays and Fridays, 9-10 am
- ◆ No class 1/1, 1/15, 2/14 & 2/19
- ◆ \$3 donation

This high energy aerobics class is perfect for those who want to stay fit during the cold winter months. It includes aerobics, strength training, balance and stretching exercises. Please wear comfortable clothing, sneakers and bring a water bottle..

## PILATES with Mary

- ◆ Thursdays, 11 am
- ◆ \$3 donation

2018 is a great year to get fit. Pilates targets your core muscles and will improve your posture, reduce back pain and help with flexibility. Please bring your own mat, towel and water bottle.

## YOGA with Bonnie

- ◆ Tuesdays and Thursdays
- ◆ \$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, January 23, February 6 & 27
- ◆ 11:15-11:45 am
- ◆ No cost for this program

When you find comfort and relaxation, you will discover your inner peace. These sessions are done while seated comfortably in a chair as one focuses on the inner worlds and powers.

## T'AI CHI with Scott

- ◆ Tuesdays, 1 pm
- ◆ No class on 1/23 & 1/30
- ◆ \$3 donation



QiGong means "breathe work" and helps us heal mentally, emotionally and physically. Tai Chi is one of the many forms of QiGong and is closely integrated. This is a great program to relieve stress from your body as well as help with balance as you age.

## FACIAL EXERCISES with Eileen

Eileen is on vacation in January, February and March, but will be back in April.

## ZUMBA GOLD with Cassandra

- ◆ Tuesdays, 9-10 am
- ◆ \$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.

## HYDRATION IN THE WINTER

with HESSCO Nutritionist Chandry

- ◆ Monday, January 22 at 10 am
- ◆ No cost for this program but please sign up in advance.

Hydration and the need for water during the hot summer months is vital, but so is the need for hydration in the cold winter months. Come by and learn the best way to stay hydrated and how much everyone needs.

## MEMORY CAFÉ at the Westwood Library

Sponsored by Bridges by Epoch

- ◆ Friday, January 19 at 1 pm
- ◆ No cost for this program.

The Westwood Library and Bridges by Epoch have partnered to offer a unique opportunity for caregivers and their loved ones to enjoy an hour of entertainment, refreshments and conversation. We hope you can join them!



## BRAIN FIT with Kevin and Susan

Sponsored by Brookdale of Quincy

- ◆ Monday, January 8 at 11:30
- ◆ \$3 donation

A box lunch lecture – Please sign up in advance so we know how many to expect

Let's exercise our brain!!! "Brainfit" is an engaging presentation about how the brain works that will give us some wonderful tips about how we can keep it sharp! Please join us for this fun and interactive presentation. Kevin Heaney and Susan MacIndewar of Brookdale Quincy Bay will be presenting and bringing a delicious box lunch for all to enjoy.

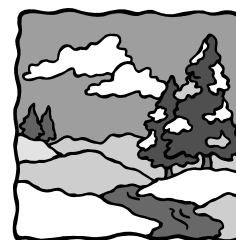
## SHINE with Mary and Mitch

- ◆ Wednesdays, 9 am-1 pm – **BY APPOINTMENT ONLY**
- ◆ Jan 3, 10, 17, 24, 31; February 7, 14, 21, 28

Open Enrollment is over but you still may have questions about your insurance. If you need help with understanding which prescription drug coverage is right for you, then make an appointment with our SHINE counselors. Appointments fill up fast, so sign up early.

## MESSAGE FROM TIFFANY, THE BOARD OF HEALTH (BOH) NURSE

Hello Westwood! I would like to introduce myself, my name is Tiffany McCarthy and I am the new Board of Health (BOH) Nurse. I will be having office hours at the COA every 2nd and 4th Tuesday from 8:30-12:30 of each month. Please come by, say hi, get a flu shot, have your blood pressure checked or discuss any concerns you may be having. I look forward to meeting you!



# Stay Connected at the Senior Center

## WATERCOLOR with Joan



- ◆ \$35 for Monday's programs (6 classes)  
\$45 for Tuesday's programs (10 classes)
- ◆ No class Mondays: 1/1, 1/15, or 2/19
- ◆ You must sign up in advance – classes are limited to 12 students

**Beginner Class:** Tuesdays, 10 am-noon

**Intermediate Class:** Mondays, 10 am-noon

**Advanced Class:** Mondays, 1-3 pm

The teacher's voice is heard saying "even ghosts cast shadows," "keep your darker transparent," as well as "have fun, take a chance and let the paint take over allowing this to happen." Come join the fun and learn a new skill. Space is limited so you must sign up in advance.

## CHORUS with Carol



- ◆ Wednesdays, 11:00-noontime
- ◆ No class 2/14
- ◆ \$3 donation

Singing is good for your health and soul! The chorus is working on lots of new music and would love to have you join in on the fun.

## MAH JONGG with Cynthia

- ◆ **Beginners:** Thursdays, 11-12:30 pm  
*Beginner Mah Jong starts on January 11*

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

Cynthia will once again be hosting a beginner group starting in January. The advanced group always welcomes new players! So come out of the cold and learn a new game or enjoy Mah Jongg with our advanced players!

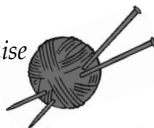
## BINGO



- ◆ 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

Winter is here and there is nothing better than working with wool yarn and needles! So come join this warm and friendly group whether you are a beginner or advanced knitter!

## CRAFTS with Lorraine

- ◆ Wednesdays, January 3 and February 7, 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

- ◆ Thursday, January 18 and February 15

January 18 – 9:30 am: Meet at the New Police Station for a tour by the Police Chief

February 15 – 9:30 am: Westwood Library will discuss their new data base

## WESTWOOD WOMEN'S CLUB

- ◆ January 18, "Carpe Diem" at 1:30 pm

- ◆ No meeting in February

Latin High School instructor Dr. Ted Zarrow – he will make Latin come alive!

## BJ's SENIOR DISCOUNT MEMBERSHIP

with Paula Dunlap

- ◆ Monday, January 29 at 10 am
- ◆ Please sign up in advance so we know how many to expect  
Paula will be here to enroll seniors for discounted BJs membership.

## FREE BI-MONTHLY MOVIES



- ◆ Tuesdays, 1 pm — No cost to this program

**Loving** – January 2: Recounting a landmark chapter in the struggle for civil rights, this drama depicts the 1958 arrest and imprisonment of Richard and Mildred Loving for violating Virginia's law against interracial marriage.

**The 33** – January 16: Unspooling one of a true-life tale of survival, this gripping drama chronicles the 69-day effort to rescue 33 Chilean miners who were trapped more than 2,000 feet underground.

**Good Night, and Good Luck** – February 6: Story about veteran television newsman Edward R. Murrow against determined Sen. Joseph McCarthy and his single-minded crusade to quell the threat of communism in America.

**The Monuments Men** – February 20: In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them.

## ART APPRECIATION with Jerry

- ◆ Mondays, January 22 & 29 | February 5 & 12 at 1 pm
- ◆ \$12 for all four sessions

You don't have to be an expert to appreciate art. All you have to be is open-minded, a bit adventuresome, and respond naturally to what you see or hear. This workshop will expose you to a wide range of art forms and enjoying a lot of camaraderie and fun. Expect an hour of spirited discussion and some challenging exercises. Also, expect to leave with a new appreciation of artists with whom you may not be familiar.

## QUILTING CLUB



- ◆ January 11 & 25 | February 8 & 22 at 9am
- ◆ \$3 donation

Come join us as we learn new quilting techniques as well as help each other with projects that we already started. This club is for beginners as well as advanced quilters!

## BOOK GROUP with Bev



- ◆ Thursday, January 18 at 10 am

On a cold day, there is nothing better than a good read, so come join the discussion! We will be reading "Plain Truth" by Jodi Picoult.

## WESTWOOD WOMEN'S GARDEN CLUB

Happy New Year 2018 to all Garden Club Members!

- ◆ Happy New Year 2018 to all garden club members!

No club meeting in January.

- ◆ Thursday, February 22, at 1:30 pm

Presentation by well-known local artist Tom Dunlap, who has painted familiar Boston landmarks.

REMINDER to members: Donations requested at March meeting for Westwood Food Pantry (coffee, paper products and toiletries).

\*New Members Always Welcome\*

## BRIDGE

- ◆ Fridays, 10 am-1 pm

This friendly and welcoming Bridge group is always looking for new players. Come make some new friends.

# Age Well at the Senior Center

## iPad Classes with Kim

- ◆ Wednesdays, January 10, 17, 24 & 31 | February 21 & 28
- ◆ ½ hour appointments (must sign up in advance)
- ◆ \$5 per ½ hour

This new program provides *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

- ◆ Wednesdays, January 10 & 24, February 28
- ◆ 9:30 am -12 noon

Join us as we explore together what the New Year means for all of us. The tax bill, health care, the Russian investigation and 2018 mid-term elections – there is no shortage of topics to cover. We review the breaking news and go deep on the important political and social issues of the day. Participants decide the topics. Welcome to anyone looking for good and stimulating conversation and a little comradery.

## BEREAVEMENT with Nina

- ◆ Wednesdays, January 3 & 17 | February 7 & 21
- ◆ 10 am – No cost to this program

This is an ongoing, open ended bereavement group meeting the first and third Wednesday of the month at 10:00 AM. The loss of a loved one is a life altering experience and it is very helpful to meet together with others who can relate to all the changes created by loss.

## MANICURES with Lauren

- ◆ Fridays, January 19 & February 16, 9-noon
- ◆ **BY APPOINTMENT ONLY**— (\$10 payable to Lauren)

The cold winter chill can make your hands crack and age. So come get a gentle hand massage and a manicure so that your hands will look (and feel) great.



## WAXING with Licensed Aesthetician Lisa

- ◆ Fridays, January 5 & February 2
- ◆ **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, January 12 & February 9
- ◆ **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).



## TALKING ABOUT POETRY

with Westwood Author Lynn Viti

- ◆ Monday, February 5 at 11am
- ◆ No cost to this program but please sign up in advance so we know how many to expect

Lynn will read from her two poetry collections, *Baltimore Girls*, about growing up in Baltimore in the 'Sixties, and her forthcoming book *The Glamorganshire Bible*, which focuses on her Welsh immigrant family and her American-born grandmother's complicated and difficult early life as a young woman in western Pennsylvania. The reading will be interactive, with questions from the audience welcomed all throughout the event.

## DIGITAL PHOTOGRAPHY – The Basics and Beyond With Senior High School Student Kayla Riley (SIPP Program)

- ◆ Thursdays, January 4 & 18 | February 1 & 15 | March 1 & 15
- ◆ Thurston Middle School from 3-4 pm
- ◆ No cost to this program, but please sign up in advance as space is limited to 10 seniors

Are you interested in learning about Digital Photography? Uploading Photos onto Facebook? Printing and displaying photographs? Learn how to take meaningful photos and understand some basic editing tools on your iPad.

## AARP TAX HELP for Low and Moderate Income Seniors

- ◆ Mondays 9 am-2 pm **BY APPOINTMENT ONLY**
- ◆ Starting Monday, February 26 – There is no cost to this program but appointments fill up fast so please sign up early

The Westwood Senior Center will host AARP Tax Preparation to any low or moderate income seniors who will need help preparing their 2017 Federal and Mass income tax forms. AARP Tax Aides will be on hand every Monday starting February 26 through April 9 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.

## CANYON COUNTRY – A Presentation from Collette Tours

- ◆ February 12 at 11am
- ◆ Tour is scheduled for October 2-9, 2018. Details at the Center.
- ◆ Please sign up in advance so we know how many to expect

Please join us on Feb. 12 at 11am to hear about our 8 day trip to Canyon Country in October 2018. Vincent Brown, from Collette, will be showcasing pictures, slides and answering questions about our upcoming trip. Be amazed when visiting Sedona, The Grand Canyon, Lake Powell, Bryce Canyon National Park, Zion National Park and of course, Las Vegas! Light refreshments will be provided.

## THE WESTWOOD LIBRARY

(Check out the library webpage for more programs of interest)

**The New England Irish Harp Orchestra presents The Celtic Harp: Magic and Legend:** The orchestra, led by Regina Delaney will play and sing traditional Irish and Scottish music arranged with expertise that reflects their unique musical journey. This event is all ages- fun for the whole family! No registration required. This program is generously sponsored by The Westwood Women's Club and the Westwood Cultural Council. Saturday, March 10 @ 2:00 PM

**Great Decisions with Tina McCusker:** Great Decisions is America's largest discussion program on world affairs. The program model involves reading an article about a particular global issue, watching the DVD & meeting in a Discussion Group to discuss the most critical global issues facing America today. Copies of articles are available at both the Main Library & the Islington Branch. Please call 781-320-1045 or email wwdmail1@minlib.net for more information.

Thursday, February 15 @ 7:00 PM and the topic is "The Waning of Pax Americana";

Thursday, March 22 @ 7:00 PM: "Russia's Foreign Policy";



Thursday, April 19: "China and America: The New Geopolitical Equation."



# January 2018

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CENTER CLOSED</b> <i>Happy New Year!</i> 	<b>2</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 9:00 ZUMBA GOLD 10:00 Beg. WATERCOLOR 1:00 KNITTING 1:00 MOVIE 1:00 TAI CHI	<b>3</b> 9:00 FUN FIT 9:00 SOUTH SHORE PLAZA 9:00 SHINE 10:00 CRAFTS 10:00 BEREAVEMENT 11:00 CHORUS 12:30 LOW IMPACT EXER.	<b>4</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SOUP/SANDWICH 12:30 Adv. MAH JONGG 1:00 BINGO 3:00 DIGITAL PHOTOS	<b>5</b> 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 SHAW'S 10:00 BRIDGE
<b>8</b> 9:30 FUN FIT 10:00 Inter. WATERCOLOR <b>11:30 BRAIN FIT</b> 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>9</b> 8:00 YOGA (MAT) 8:30-12:30 BOH NURSE HRS 9:30 YOGA (CHAIR) 9:00 ZUMBA GOLD 10:00 Beg. WATERCOLOR 1:00 KNITTING 1:00 TAI CHI	<b>10</b> 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 9:30 CURRENT EVENTS 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	<b>11</b> 8:00 YOGA (MAT) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 Beg. MAH JONGG 12:00 SOUP/SANDWICH 12:30 Adv. MAH JONGG 1:00 BINGO	<b>12</b> 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 10:00 BRIDGE
<b>15</b>  <b>CENTER CLOSED</b> <b>Martin Luther King Day</b>	<b>16</b> 8:00 YOGA (MAT) 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	<b>17</b> 9:00 SHINE 9:00 FUN FIT 9:00 TRADER JOE/XMAS TREE 10:00 BEREAVEMENT 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	<b>18</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 9:30 MEN'S CLUB 10:00 BOOK GROUP 11:00 PILATES 11:00 Beg. MAH JONGG 12:00 SOUP/SANDWICH 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB 3:00 DIGITAL PHOTOS	<b>19</b> 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 10:00 BRIDGE <b>1:00 MEMORY CAFE</b> <i>(at the Main Branch of the Library)</i>
<b>22</b> 9:30 FUN FIT <b>10:00 HYDRATION IN WINTER</b> 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR <b>1:00 ART APPRECIATION</b>	<b>23</b> 8:00 YOGA (MAT) 8:30-12:30 BOH NURSE HRS 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:15 MEDITATION 1:00 KNITTING	<b>24</b> 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	<b>25</b> 8:00 YOGA (MAT) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 Beg. MAH JONGG 12:00 SOUP/SANDWICH 12:30 Adv. MAH JONGG 1:00 BINGO	<b>26</b> 9:00 FUN FIT 9:00 & 10:00 BIG Y 10:00 BRIDGE
<b>29</b> 9:30 FUN FIT <b>10:00 BJ's DISCOUNT MEMBERSHIPS</b> 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR <b>1:00 ART APPRECIATION</b>	<b>30</b> 8:00 YOGA MAT 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 KNITTING	<b>31</b> 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	Representative McMurtry would like to <i>"Wish Everyone a Happy and Healthy New Year!"</i> If you have any questions or concerns you can contact him directly at Paul.McMurtry@mahouse.gov or (617) 722-2582.	

## SOUP AND SANDWICH AT THE CENTER

*Sponsored by HESSCO Elder Services*

- ◆ Thursdays, January 4, 11, 18 & 25
- ◆ Tuesdays, February 6, 13, 20 & 27
- ◆ \$3 donation



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

What could be better on a cold day than a warm bowl of soup and a sandwich? We are partnering with HESSCO Elder Services to offer this light and delicious lunch for you to enjoy with your friends.

## 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 \_\_\_\_\_


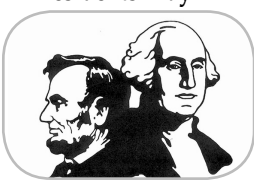
Town \_\_\_\_\_ Zip Code \_\_\_\_\_

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!!**

# February 2018

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><b>FEBRUARY IS AMERICAN HEART MONTH.</b> Did you know that Heart Disease is the leading cause of death for both men and women? You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. Ideas for lowering your risk: Watch your weight; quit smoking; control your blood pressure and cholesterol; drink alcohol in moderation...get active and eat healthy! Or if you have any questions, stop by and let's chat.</p> <p style="text-align: right;"><i>BOH Nurse Tiffany McCarthy</i></p>			<p><b>1</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 3:00 DIGITAL PHOTOS</p>	<p><b>2</b> 8:30 WAXING 9:00 FUN FIT 9:00 &amp; 10:00 WEGMANS 10:00 BRIDGE</p>
<p><b>5</b> 9:30 FUN FIT 10:00 Inter. WATERCOLOR <b>11:00 TALK ABOUT POETRY</b> 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR <b>1:00 ART APPRECIATION</b></p>	<p><b>6</b> 8:00 YOGA (MAT) 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:15 MEDITATION 12:00 SOUP/SANDWICH 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE</p>	<p><b>7</b> 9:00 SHINE 9:00 FUN FIT 9:00 WALMART 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 12:30 LOW IMPACT EXER.</p>	<p><b>8</b> 8:00 YOGA (MAT) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO</p>	<p><b>9</b> 8:30 PODIATRY 9:00 FUN FIT 9:00 &amp; 10:00 SHAW'S 10:00 BRIDGE</p>
<p><b>12</b> 9:30 FUN FIT 10:00 Inter. WATERCOLOR <b>11:00 CANYON COUNTRY</b> 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR <b>1:00 ART APPRECIATION</b></p>	<p><b>13</b> 8:00 YOGA (MAT) 8:30-12:30 BOH NURSE HRS 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 12:00 SOUP/SANDWICH 1:00 TAI CHI 1:00 KNITTING</p>	<p><b>14</b> <b>12:00 VALENTINE'S DAY PARTY</b> (NO PROGRAMS)</p> 	<p><b>15</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 9:30 MEN'S CLUB 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 3:00 DIGITAL PHOTOS</p>	<p><b>16</b> 9:00 MANICURES 9:00 FUN FIT 9:00 &amp; 10:00 ROCHE BROS. 10:00 BRIDGE</p>
<p><b>19</b> <b>CENTER CLOSED</b> <b>Presidents' Day</b></p> 	<p><b>20</b> 8:00 YOGA (MAT) 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 12:00 SOUP/SANDWICH 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE <b>TWIN RIVERS DAY TRIP</b></p>	<p><b>21</b> 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 10:00 BEREAVEMENT 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.</p>	<p><b>22</b> 8:00 YOGA (MAT) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB</p>	<p><b>23</b> 9:00 FUN FIT 9:00 &amp; 10:00 STOP &amp; SHOP 10:00 BRIDGE</p>
<p><b>26</b> 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p>	<p><b>27</b> 8:00 YOGA (MAT) 8:30-12:30 BOH NURSE HRS 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:15 MEDITATION 12:00 SOUP/SANDWICH 1:00 TAI CHI 1:00 KNITTING</p>	<p><b>28</b> 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 9:30 CURRENT EVENTS 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.</p>	<p><b>NOTARY SERVICES</b> If you need a legal document notarized, call Lina to schedule a time. No cost for this service.</p>	

**Norwood Theater presents:  
PRIVATE LIVES**

- ◆ Friday, March 9
  - ◆ Details available in late January.
- Join us for lunch and theater on Friday, March 9, 2018. Details will be available in late January, so mark your calendar (advanced ticket sales are limited) and stop by the Center for details.

**MESSAGES OF HOPE**

- A partnership between the COA and the I AM STRONG Foundation*
- ◆ Sunday, February 11 at 1 pm
  - ◆ Please sign up in advance so we know how many to expect (no cost to this program)
- We are partnering once again with the I AM STRONG Foundation to create "messages of hope." This annual event brings students and seniors together to create cards of hope that will be delivered to those struggling with mental health and addiction problems. We hope you can join us!



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

PRSR Non-Profit  
 US Postage  
**PAID**  
 Norwood, MA  
 Permit #81

**Westwood Council on Aging**  
 60 Nahatan Street  
 Westwood, MA 02090  
 Telephone: 781-329-8799  
 Fax: 781-329-5949

Hours:  
 Monday–Thursday: 8:00 a.m. to 4:00 p.m.  
 Friday: 8:00 a.m. to 2:00 p.m.

**Staff and Contact Info**

Lina Arena-DeRosa, Director  
 Trish Tucke, Operations Manager  
 Karen Segreve, Outreach Counselor  
 Lorraine Cavanaugh, Administrative Assistant  
 John Trigilio, Van Driver  
 Paul Kelly, Van Driver  
 John Demling, III, Van Driver  
 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

# Valentine’s Day Party

At The Westwood Senior Center  
 Sponsored by Mary Anne Morse Nursing and Rehab of Natick

**Wednesday, February 14, 2018 at noontime**

Space is limited - Sign up begins February 1

\$5 donation

Come join us as we celebrate love and all things chocolate! Sponsored by our Friends at Mary Anne Morse Nursing and Rehab of Natick, we will be offering a delicious lunch and of course, chocolate cake for dessert with great entertainment! Please sign up in advance ... sign up begins Thursday February 1.

