



STAY HEALTHY • STAY CONNECTED • AGE WELL

# NEWS

JULY/AUGUST 2018

## Special Thanks to:

**Brigham and Women's Healthcare** for underwriting our building renovations;

**AVITA Memory Care of Needham** who is sponsoring our Annual Beach Party;

**One Wingate Way Independent Living of Needham** for offering a farm to table luncheon;

**Blue Hills Bank** for sponsoring a conversation on Fraud Protection;

**AARP** for their all day driver safety course;

**Care Dimensions** for offering a course on Palliative and Hospice Care;

**ComForCare** for offering program on successful care giving;

**AAA of New England** for their program on safe driving;

**2Sisters Senior Living Advisors** for their program on "Ask me anything";

**Brightstar Care of Norwood** for their discussion on Technology;

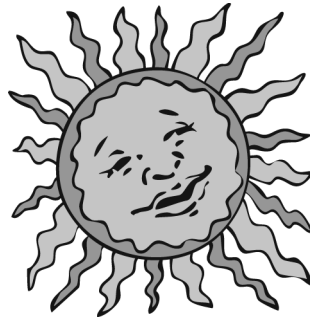
**HESCO** for their monthly special summer lunches;

**Dedham Savings Bank** for offering wonderful give aways at all of our special luncheons...

*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



Our renovations are completed! All refurbishments are finished and the Center is looking great. So I need to stop and thank those who have supported the Center, especially over the last six months.

A quick overview: the exterior has been re-sided as well as painted, all the outside rot has been removed, the interior painted; we have a new roof, new carpets and the driveway was graded and repaved...we are looking (and feeling) wonderful!

Thanks to Westwood's Selectmen (Mike, Nancy and John), Town Manager (Mike) and the Long Range Planning Committee who supported the need for these improvements; to Brigham and Women's Health Care Center (coming to Westwood this fall) for their financial support; to the DPW, (especially Jimmy, Tom, Todd and Billy—who also help us daily); and to my staff who never seemed to mind any disruption.

Special thanks to Jimmy (DPW) and Trish (COA) who were tireless in making sure everything was done with little fanfare and complete professionalism. Everyone thanks me, but truly those are the people who made it happen. And a special thanks to Christine (Selectmen's Office) who is always available to answer my continual barrage of questions and concerns.

I also want to take a moment to thank the Finance Committee and the Finance Director (Pam) for their support in helping us with this growth. Our Administrative Assistant was approved for full-time starting in July and the town continues to support our financial needs as we grow.

And in case you question where our town-supported budget goes, please know we are always fiscally conservative and financially thoughtful. We are proud that the Center's usage continues to grow, as is shown in our monthly statistical information. In fact, over the last four years this growth has been tracked at more than 18% per year; and we are excited that so many new members join us every week. We have more regular and special programs than ever before and our goal is to continue to grow as Westwood continues to age. So many people like to say "I am too young to come to the Center" and all I can say is you really need to check us out! We work to have programs for every age group we represent: 60-75, 75-85 and those over 85.

Finally, I want to thank my staff, instructors and volunteers who work tirelessly every day, as well as my COA Board and Friends group who encourage and support the Center's mission. Special thanks to our sponsors, who help underwrite our programs and to you, our senior community, who join us and inspire us every day! It really takes a village, and I am so blessed to be working in Westwood's senior village.

This summer remember to enjoy the sunshine, the warmth and the long days! And if it gets too hot outside, come visit us...we are warm (and air conditioned!), welcoming and we really do strive to have a little something for everyone.

*Happy Summer Everyone!*

Lina Arena-DeRosa

## Karen's Corner—Outreach Counselor

### NEW MEDICARE CARDS ARE COMING SOON!

**B**etween April 2018 and April 2019 new Medicare cards are being mailed to everyone on Medicare. Your new card will be mailed to you. You don't need to do anything as long as your address is up to date with SSA. (To verify your address on file with SSA go to <https://www.ssa.gov/myaccount> or call 1-800-772-1213.) To protect your identity, the new Medicare card will have your own unique, randomly-generated number instead of your Social Security number.

Here are some things you need to know about your new Medicare card: Your benefits will remain the same; you might get your card at a different time than your spouse, friend or neighbor; once you receive your new Medicare card, destroy your old Medicare card; if you're in a Medicare Advantage Plan (like an HMO or PPO), keep using your Medicare Advantage Plan ID card, but you should still carry your new Medicare card. Please beware of scammers calling and claiming to be from Medicare. *Medicare will NEVER ask you to confirm your Social Security number or call you...never!* Call us if you have any questions or concerns.



## Transportation with Trish



JULY	DESTINATION	Donation
6	Shaw's	\$2
11	South Shore Plaza	\$2
13	Roche Bros.	\$2
18	Errands	\$2
20	Stop & Shop	\$2
25	Trader Joe's	\$2
27	Big Y	\$2

AUG.	DESTINATION	Donation
1	Errands	\$2
3	Wegman's	\$2
8	Walmart	\$2
10	Shaw's	\$2
15	Errands	\$2
17	Roche Bros.	\$2
22	Errands	\$2
24	Stop & Shop	\$2
29	Errands	\$2
31	Big Y	\$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.

### NEWS FROM TIFFANY – PUBLIC HEALTH NURSE

*Open Office Hours at the Center*

- Tuesdays; 9-11 am at the Westwood Senior Center
- No office hours August 7 & 14

I would like to remind residents that deer ticks can carry Lyme disease. Ticks feed on the blood of their host-humans, birds, reptiles, wild and domestic animals. One of the earliest symptoms of Lyme disease is a rash that is circular with a clear center resulting in a "bull's eye" appearance, which can occur 3 to 30 days after exposure. Call your doctor if you get a rash or fever after getting bitten by a tick. Make it a habit to check everyone in your house, including pets for ticks after spending time outdoors!

## Day Trips at the Center

### JULY

#### NANTUCKET DAY TRIP

Thursday, July 12 – \$105 per person – Includes transportation to and from ferry and a one-way ferry ticket – lunch and shopping in Nantucket on your own.

#### TWENTYFOUR

Tuesday, July 24 – \$8 per person – Leave at 9:30 – Transportation only.

### AUGUST

#### GLOUCESTER LOBSTER CRUISE

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

#### ISABELLA STEWART GARDNER MUSEUM

Wednesday, August 29 – \$25 per person (includes transportation and museum pass) – Join us for a fun trip to the Isabella Gardner Museum in the Back Bay. This museum houses art collections from Europe, Asia and the Americas. Lunch on your own at Sullivan's.

### SEPTEMBER

#### LAKE WINNIPESUAKEE CRUISE

Wednesday, September 12 – \$95 per person – Transportation to and from Weirs Beach, cruise and lunch on Lake Winnepesaukee.

### OCTOBER

#### FRESIAN HORSES OF VERMONT

Wednesday, October 3 – \$95 per person – Transportation, Fresian Horse Performance, Lunch at the New England House Restaurant – sign up and parking at DOVER COA.

## 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.

# STAY HEALTHY AT THE SENIOR CENTER

## LOW IMPACT EXERCISE with Sherri

- Mondays at 1 pm / Wednesdays at 12:30 pm
- No class Wednesday, July 4
- \$3 donation



This is a low impact exercise class that will get you moving and stretching in a chair and standing up. Come tone up those muscles and get your heart pumping. Please wear comfortable clothing and bring a water bottle.

## FUN FIT EXERCISE with Christine and Stephanie

- Mondays 9:30-10:15/ Wednesdays and Fridays 9-10 am
- No class on July 4, 6, 13, 20, 25, 27 August 1, 3, & 24
- \$3 donation

This high energy aerobics class is as good as any you would get at those expensive gyms! If you are ready to push yourself and get sweaty, then this is the class for you. Please note that Stephanie will be taking Fridays off in July and will be on vacation the last week of July and first week of August (but Christine will still be here on Mondays). Please wear comfortable clothing and bring a water bottle.

## PILATES with Mary

- Thursdays at 11am
- \$3 donation

This growing class of active seniors will get you on the floor and will help you strengthen your core and stomach muscles. It helps with posture and can strengthen your back muscles. Please bring a water bottle and mat.

## TAI CHI with Scott

- Tuesdays at 1pm
- Class on July 10 at the library; no class July 24 & 31.
- \$3 donation



T'ai chi is an excellent way of strengthening the bones and to improve balance. The flexibility of the whole body is trained by the smooth movements. Therefore any other sport or physical activity may be enhanced by the study of this art form. T'ai Chi is the one sport that improves as you get older.

## MEDITATION with Soni

- Soni is off for the summer but will be back in September.

## SHINE with Mitch and Mary

- Wednesdays, July 11 & 25/ August 8 & 22
- 9-12 **BY APPOINTMENT ONLY** – Please sign up early, as slots fill up fast

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.

## COMPLIMENTARY HEARING AID SERVICE CLINIC

Sponsored by Hearing Solutions of Norwood and Brookline

- Wednesday July 25 from 1-2 pm **BY APPOINTMENT ONLY**

If you are struggling with your hearing aides, Hearing Solutions will provide a 15 minute free consultation to help you.

## YOGA with Bonnie

- Tuesdays and Thursdays
- No class July 10
- \$3 donation



**8-9am Mat Class** – For those able to come down to the floor

**9:30-10:30 Chair Class** – For those who prefer to sit in a chair

In our chair class, we continue to focus on the breath & simple, gentle movements. We focus on stretching to improve range of movement & flexibility in general and strengthening for the upper & lower body. In the mat-based class, we also work breath, stretching & strengthening but done from the mat and standing. We continue to use props and recently played with therapy balls to help roll out parts of the body where there is tension and tightness. So many students have told me that they just feel better in their bodies after yoga, so why not come and give it a try?

## HOW TO BE A SUCCESSFUL CAREGIVER

with Kristin Heuwold, Community Relations Director  
for ComForCare of Canton/Norwood

- Monday July 23 at 11am
  - \$2 donation – Please sign up in advance so we know how many to expect
- Kristin will address signs and symptoms of burnout, how to find balance between the caregiver's and care recipients needs and how to manage both effectively.

## TAKING THE MYSTERY OUT OF PALLIATIVE AND HOSPICE CARE with Kelly

Sponsored by Care Dimensions of Waltham

- Tuesday July 17 at 1pm
  - \$2 donation – Please sign up in advance so we know how many to expect
- "Taking the Mystery out of Hospice and Palliative Care" features a discussion on the common myths and misconceptions of hospice care along with an overview of the benefits of hospice services and how to access this help.

## MENTAL HEALTH SUPPORT IS AVAILABLE TO WESTWOOD RESIDENTS OF ALL AGES

There is a **free service** that is available to every Westwood resident that takes all the leg-work out of finding the right therapist or support group! This service is called the William James College **INTERFACE Referral Service** and Westwood is a member of the service, thanks in part to funding from town departments like the Council on Aging, Youth and Family Services and Board of Health. When you call the INTERFACE Referral Service, a representative will ask you about your specific needs, availability, transportation and insurance. After the initial phone call you will receive a follow-up call from INTERFACE within two weeks with contact information for a mental health professional who meets all your needs and is available to begin seeing you. It's that easy!

To use the INTERFACE Referral Service, simply call 1-888-244-6843 between 9:00 am-5:00 pm, Monday through Friday, or go online to <http://interface.williamjames.edu/>. There are also free magnets available at the Senior Center with this same contact information. Feel free to pick one up on your next visit!



# STAY CONNECTED AT THE SENIOR CENTER

## **WATERCOLOR** with Joan

- No classes this summer

Joan and her art classes will be taking the summer off but will be back in September.

## **CHORUS** with Carol

- No classes this summer

Carol and her chorus are taking the summer off and will be back in September.

## **MAH JONGG** with Cynthia

- Thursdays 12:30-3 pm

Mah Jong continues to grow at the Center. If you enjoy this game, come join in on the fun.

## **BINGO**

- Every Thursday at 1 pm

Join us for a fun game of BINGO and meet some new friends ... this warm and fun group continues to grow and invites anyone to join in on the fun!



## **KNITTING AND CROCHETING** with Louise

- Tuesdays at 1 pm
- No class July 10
- \$3 donation

Knitting is good for your hands (arthritis) and your mind! Join this warm and welcoming group and finish your project or start a new one. All levels welcome!



## **BOOK GROUP** with Bev

- Thursday July 12 at 10 am No cost to this program

Join us as we read and discuss *HOUSE RULES* by Jodi Picoult. This is a wonderful story about a special needs boy who is creative in solving mysteries.



## **WESTWOOD MEN'S CLUB**

The Men's Club will be taking the summer off but will be back in the fall.

## **WESTWOOD WOMAN'S CLUB**

The Woman's Club will be taking the summer off but will be back in the fall.

## **WESTWOOD'S GARDEN CLUB**

The Garden Club will be taking the summer off but will be back in the fall.

## **BRIDGE** with Diane

- Fridays 9:30-1pm

This friendly and welcoming Bridge Group is always looking for new players. Come make some new friends and enjoy a morning of Bridge.

## **ASK ME ANYTHING** with Brenda

Sponsored by 2Sisters Senior Living Advisors

- August 13 at 1 pm
- \$2 donation – Please sign up in advance so we know how many to expect

Brenda Stewart will be here to discuss any questions or concerns you may have about senior living options and costs. She is a Certified Senior Advisor and Certified Dementia Practitioner.



## **NEWS FROM DISTRICT ATTORNEY MORRISEY'S OFFICE**

### **BEWARE OF MEDICARE SCAMS**

A law passed in 2015 requires Medicare to remove Social Security numbers from Medicare cards. Beneficiaries have begun to receive their new cards in the next year. Unfortunately, scammers have come up with ways to take advantage of this change. Medicare will NEVER ask beneficiaries to confirm their Social Security number or ask for money. If you receive a call like this, hang up and report it to Medicare at 1-800-633-4427. When it comes to fraud, vigilance is your number one weapon. You have the power to protect yourself and your loved ones from scams. Be alert and never give out personal information over the phone.

## **NEWS FROM THE CLERK'S OFFICE –**

By Dottie Power, Westwood Town Clerk

### **Congratulations to the following who were elected to Town offices on April 24, 2018.**

Board of Assessors (3 yr. term): Maureen Bleday

Board of Assessors (1 yr. term to fill a vacancy): Philip N. Shapiro

Housing Authority (5 yr. term): Elissa Gordet Franco

Board of Library Trustees (3 yr. terms): Mary E. Masi-Phelps & Wendy Thornton

Moderator (1 yr. term): James M. O'Sullivan

Planning Board (3 yr. terms): Deborah J. Conant & Christopher A. Pfaff

School Committee (3 yr. term): Maya Plotkin

Selectman (3 yr. term): Nancy C. Hyde

Sewer Commissioner (3 yr. term): Patrick J. Ahearn

Treasurer (3 yr. term): James J. Gavin

## **CRAFTS** with Lorraine

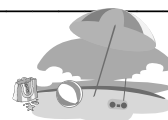
- Wednesdays July 11 and August 1; 10-noontime
- No cost to this program

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

## **QUILTING CLUB** with Helen

- Thursdays July 12 & 26; August 9 & 23; 9:30-11:30
- \$3 donation

Come join this friendly group of quilters as they discuss what they are working on and help each other with projects they are starting. All levels are welcome (and there is plenty of free quilting fabric available at the Center).



# AGE WELL AT THE SENIOR CENTER

## iPAD CLASSES *with Kim*

Kim is taking the summer off but will be back in the fall.

## CURRENT CONVERSATIONS *with Susan*

- Wednesdays July 11& 25, August 8 & 22 from 9:30-11:30 am
- Donation of \$15 for all three sessions

Join this collegial and lively group to dissect the news. Catch up on all the happenings in our fast paced world: politics, people and social trending issues; breaking headlines but also a better understanding of topics at this unique time in history. It is a guided discussion but the group sets the agenda.

## BEREAVEMENT *with Nina*

- Tuesdays July 18; August 1 at 10am

The loss of a loved one is a life altering experience. Please feel free to join our group and meet others who are going through the grieving process. This is an open ended, ongoing bereavement group that is warm and welcoming.

## WAXING *with Lisa*

- Fridays July 6 & August 3
- 8:30-11 am — **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

## MANICURES *with Lauren*

- Fridays July 20 & August 17; 8:30-10:30
- **BY APPOINTMENT ONLY**— (\$10 payable to Lauren)

As you till your garden this spring, your hands will become cracked and dry. Make an appointment with Lauren and she will give you a gentle hand massage and make your hands and nails feel like new again!



## PODIATRY CLINIC

No clinic this summer but we hope to bring it back in September.

## FREE BI-MONTHLY MOVIE

- Tuesdays at 1 pm — *No cost to this program*

**July 3: 5 Flights Up** — Ruth and Alex have had a wonderful life together spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them.

**July 17: Lady Bird** — Teenage Lady Bird is set on making her way east to attend college in New York City. With help from her adopted brother, Miguel, she begins putting together a plan for her great escape.

**August 7: Maudie** — Story of Maud Lewis, who rises above the juvenile rheumatoid arthritis that made her a social outcast and finds a passion for painting, becoming a beloved Canadian folk artist in the process.

**August 21: Darkest Hour** — Historical drama of Winston Churchill's stirring defiance of the Nazis and his fearless refusal to surrender Britain to Adolf Hitler during World War II's early days.



## TECHNOLOGY – EFFECTS ON OUR DAILY LIVES

Sponsored by Brian Silven – Bright Star Care of Norwood



- Monday, August 20 at 10 am
- \$2 donation – *Please sign up in advance so we know how many to expect*

Join us as Brian discusses an historical perspective on how centuries of innovation and technology developments have impacted all our lives, interactions and our culture.

## AAA DRIVER SAFETY COURSE

- Monday, August 13 at 10:30 am
- \$2 donation – *Please sign up in advance as space is limited to 15 seniors*



As people age, their bodies undergo various changes which can have a huge impact on the driving habits of a driver. This can be a difficult transition for many. Getting tips and training on how to cope with these changes can prove to be extremely beneficial in maintaining one's independence as they age.

Topics covered include: Using Speed & Space Effectively; Getting Ready to Drive; Effective Visual Awareness; Sharing the Road; Adverse Conditions & Driving Emergencies; Alcohol & Other Drugs; Distractions, Drowsiness & Emotions.

## CONSUMER PROTECTION WITH JULIE

Sponsored by Blue Hills Bank

- Monday, July 9 at 10 am
- \$2 donation – *Please sign up in advance so we know how many to expect*

This program offers seniors the opportunity to expand their financial literacy and further safeguard their money and their identity. Discussion topics include: Identity Theft & Protection, Elder Abuse, Awareness & Prevention, Medical Identity Theft and Internet & Phishing Scams.

## AARP DRIVER SAFETY COURSE

- Monday July 16, 9:45-3 pm
- **SPACE IS LIMITED TO 15 SENIORS SO YOU MUST SIGN UP IN ADVANCE**
- \$15 AARP Member / \$20 nonmember (payment made to AARP on the morning of the course)



The AARP Smart Driver Course offered by AARP Driver Safety is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course attendees will be taught the current rules of the road, driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. You may be eligible to receive a multi-year auto insurance discount upon completing the course (consult your insurance agent for details). AARP membership is not required to take the course and there are no tests to pass.



# July 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>2</b> 9:30 FUN FIT 1:00 LOW IMPACT EXER.	<b>3</b> 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 1:00 KNITTING 1:00 TAI CHI 1:00 MOVIE	<b>4</b> <b>CENTER CLOSED INDEPENDENCE DAY!!</b> 	<b>5</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO	<b>6</b> 8:30 WAXING 9:00 & 10:00 SHAW'S 9:30 BRIDGE	
<b>9</b> 9:30 FUN FIT <b>10:00 CONSUMER PROTECTION</b> 1:00 LOW IMPACT EXER.	<b>10</b> 9:00-11 BOH NURSE HRS <b>NOONTIME: BEACH PARTY TO CELEBRATE THE SEASON LUNCHEON</b> 	<b>11</b> 9:00 SHINE 9:00 FUN FIT 9:00 SOUTH SHORE PLAZA 9:30 CURRENT EVENTS 10:00 CRAFTS 12:30 LOW IMPACT EXER.	<b>12</b> 8:00 YOGA (MAT) 9:30 QUILTING CLUB 9:30 YOGA (CHAIR) 10:00 BOOK GROUP 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO <b>NANTUCKET DAY TRIP</b>	<b>13</b> 9:00 BRIDGE 9:00 & 10:00 ROCHE BROS. 9:30 BRIDGE	
<b>16</b> 9:30 FUN FIT <b>9:45 AARP DRIVER SAFETY COURSE</b> 1:00 LOW IMPACT EXER.	<b>17</b> 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) <b>11:30 FARM TO TABLE LUNCH</b> 1:00 TAI CHI <b>1:00 HOSPICE CARE</b> 1:00 KNITTING 1:00 MOVIE	<b>18</b> 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 12:30 LOW IMPACT EXER.	<b>19</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO	<b>20</b> 8:30 MANICURES 9:00 & 10:00 STOP & SHOP 9:30 BRIDGE	
<b>23</b> 9:30 FUN FIT <b>11:00 SUCCESSFUL CAREGIVER</b> 1:00 LOW IMPACT EXER.	<b>24</b> 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 1:00 KNITTING <b>TWIN RIVERS DAY TRIP</b>	<b>25</b> 9:00 SHINE 9:00 TRADER JOE'S 9:30 CURRENT EVENTS 12:30 LOW IMPACT EXER. <b>1:00 HEARING AID SERVICE</b>	<b>26</b> 8:00 YOGA (MAT) 9:30 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO	<b>27</b> 9:00 & 10:00 BIG Y 9:30 BRIDGE	
<b>30</b> 9:30 FUN FIT 1:00 LOW IMPACT EXER.	<b>31</b> 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 1:00 KNITTING	<b>NOTARY SERVICES</b> If you need a legal document notarized, call Lina to schedule a time. No cost for this service.			

## FARM TO TABLE LUNCHEON

Sponsored by One Wingate Way of Needham

- Tuesday July 17 at 11:30 am
- \$4 donation – Space is limited to 25 seniors so you must sign up in advance

Join Theresa Cinq-Mars, One Wingate Way's Culinary Director, as she demonstrates how to customize your own summer recipe! Learn about new and exciting ingredients that can add variety and flavor to your everyday cooking routine, while still keeping it fresh and healthy.



## SPECIAL SUMMER LUNCHES

Sponsored by HESSCO

- Thursdays in July / Tuesdays in August at noontime
- YOU MUST SIGN UP IN ADVANCE AS SPACE IS LIMITED
- \$3 donation to HESSCO Elder Services

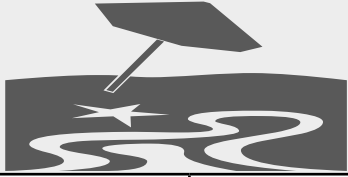


We hope you can join us for lunch at the senior center this summer! In July, every Thursday, we will be serving sandwiches and make your own Ice Cream Sundae. In August, every Tuesday, we will be serving sandwiches, and make your own Ice Cream Sundae. You must sign up at least one week in advance. So come out of the heat, cool down and enjoy a delicious light lunch (and ice cream) at the Center.

# August 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> 9:00 ERRANDS 12:30 LOW IMPACT EXER. 10:00 BEREAVEMENT 10:00 CRAFTS	<b>2</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>3</b> 8:30 WAXING 9:00 & 10:00 WEGMANS 9:30 BRIDGE
<b>6</b> 9:30 FUN FIT 1:00 LOW IMPACT EXER.	<b>7</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 12:00 SUMMER LUNCH 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE <b>SARATOGA OVERNIGHT</b>	<b>8</b> 9:00 SHINE 9:00 FUN FIT 9:00 WALMART 9:30 CURRENT EVENTS 12:30 LOW IMPACT EXER.	<b>9</b> 8:00 YOGA (MAT) 9:30 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>10</b> 9:00 FUN FIT 9:00 & 10:00 SHAW'S 9:30 BRIDGE
<b>13</b> 9:30 FUN FIT 10:00 AAA DRIVER SAFETY 1:00 LOW IMPACT EXER. 1:00 ASK ME ANYTHING	<b>14</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 12:00 SUMMER LUNCH 1:00 TAI CHI 1:00 KNITTING	<b>15</b> 9:00 FUN FIT 9:00 ERRANDS 12:30 LOW IMPACT EXER.	<b>16</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>17</b> 8:30 MANICURES 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:30 BRIDGE
<b>20</b> 9:30 FUN FIT 1:00 LOW IMPACT EXER. 10:00 TECH EFFECTS	<b>21</b> 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 12:00 SUMMER LUNCH 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE <b>GLOUCESTER LOBSTER CRUISE</b>	<b>22</b> 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 9:30 CURRENT EVENTS 12:30 LOW IMPACT EXER.	<b>23</b> 8:00 YOGA (MAT) 9:30 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>24</b> 9:00 RIBBON CUTTING CEREMONY 9:00 & 10:00 STOP & SHOP 9:30 BRIDGE
<b>27</b> 9:30 FUN FIT 1:00 LOW IMPACT EXER.	<b>28</b> 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 12:00 SUMMER LUNCH 1:00 TAI CHI 1:00 KNITTING	<b>29</b> 9:00 FUN FIT 9:00 ERRANDS 12:30 LOW IMPACT EXER. <b>ISABELLA STEWART GARDNER MUSEUM</b>	<b>30</b> 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>31</b> 9:00 FUN FIT 9:00 & 10:00 BIG Y 9:30 BRIDGE



## 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, MA 02090).

**And thank you!!**



On *Friday, August 24* at **9 am** we will celebrate the renovations with a ribbon cutting ceremony followed by light refreshments.

Please sign up in advance if you would like to join us!



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

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 Trish Tucke, Operations Manager  
 Karen Segreve, Outreach Counselor  
 Lorraine Cavanaugh, Administrative Assistant  
 John Trigilio, Van Driver  
 Paul Kelly, Van Driver  
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 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

# Beach Party to Celebrate the Season

**Tuesday, July 10 at noontime**

*Sponsored by Avita Memory Care of Needham*

**\$5 donation — Space is limited so you must sign up in advance**

Come celebrate the season with a delicious catered meal sponsored by our friends at Avita Memory Care of Needham. Toby Tobias will be back with his steel drum to get you in the “Caribbean Beach Mood.” There will be great food, wonderful entertainment and special giveaways.

*Sign up will begin on Monday, July 2 at 8 am*

