



STAY HEALTHY • STAY CONNECTED • AGE WELL

NEWS

MARCH/APRIL 2018

Special Thanks to:

Clark House Nursing Center at Fox Hill Village in Westwood for sponsoring our St. Patrick's Day Party;

District Attorney Michael Morrissey for sponsoring three programs here at the Center: A Fraud Protection Program, A visit to the Court House and a Shredding Day;

Sheriff Michael Bellotti for providing transportation to the Court House and offering free File of Life Cards to any senior;

Cornerstone of Canton for sponsoring a Brain Healthy Cooking Class and Lunch;

The Friends of the Westwood COA for sponsoring three Gary Hylander Lectures and an Opening Day Luncheon;

Elaine deRayna for sponsoring a program on today's real estate market;

AARP Tax Help for coming and helping our seniors with their annual taxes;

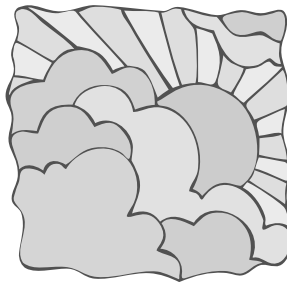
2Sisters for offering a program on Understanding Senior Living Options and the cost;

BCBS for sponsoring a program for those thinking about retirement;

HESSCO Elder Services for sponsoring special lunches in March and April;

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



This winter has been brutal (unless you love the arctic, then this was a great winter for you!) but I am thinking about spring, my garden and sunshine.

With warmer days ahead, we have planned many *wonderful day trips* for 2018. To celebrate the season, we will be heading to the Boston Flower Show on March 15th. For \$90 (including lunch, transportation and ticket to the Flower Show) you can join us for a day of green and spring.

If that does not interest you, we will be traveling to Foxwoods in May, Newport in June, Nantucket in July and NH in Sept. In August, we will be at the races (overnight) in Saratoga Springs and in October we are offering a 7 day excursion to Canyon Country. Detailed fliers on all these trips are available at the Center.

Of course, if we are talking about all things green, one cannot forget *St. Patrick's Day*. Once again, we are thrilled that *Clark House at Fox Hill Village* is sponsoring our luncheon, catered by Conrads, with traditional Irish fare of corned beef and cabbage and Irish Soda bread. Sign up begins March 1.

Spring heralds in baseball season and *Opening Day* is on Thursday April 5th. We will celebrate with great food and the game on the Big TV Screen! And don't forget your tax return is due on April 15. ... AARP Tax Helpers are here on Mondays to help any low or moderate income seniors file their returns.

Spring always reminds me that fresh produce will once again be available; so we will venture back to *Powisset Farm* in Dover. We have two cooking classes planned and we have an intergenerational program in the works. For those living alone, Cornerstone of Canton is offering a wonderful opportunity to learn to cook healthy for one. Details are inside this newsletter.

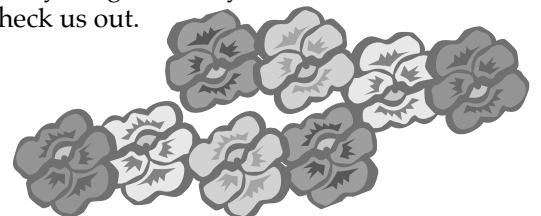
On another note, we have partnered with the District Attorney's Office for three very important programs: a discussion on Fraud Protection, a visit to the Courthouse and a Shredding Day. And Gary Hylander will be back for three lectures titled "*President Who?*". If you are thinking about moving, Elaine will be here to explain how the housing market is going and discuss options for selling your home.

For those who are still working but retirement is on the horizon, join us as BCBS will explain *Medicare options* and 2Sisters will explain *senior care options* as you age.

Please also take a look at our regular programs and remember your first class is always free! We try to offer a bit of everything for everyone and would love the opportunity to have you stop in and check us out.

Happy Spring Everyone!

Lina Arena-DeRosa



Karen's Corner—Outreach Counselor

FILE OF LIFE

The Norfolk County Sheriff, Michael G. Bellotti, has a File of Life program that provides potentially life-saving information to medical personnel in the event of an emergency. The File of Life is an information card on which people can list their medical conditions, allergies, medications, doctors' contact information, emergency contacts, recent surgeries, and more. The card is kept inside a bright red vinyl sleeve, marked "File of Life," which users post on their refrigerator or another highly visible place. There is also a pocket-size File of Life to keep in one's wallet or purse. In the event of a medical emergency, the File of Life allows paramedics and EMT's to administer the correct treatment quickly.

We encourage everyone to stop in our Center to pick up a File of Life for themselves and their loved ones. They are free and we have plenty!



Transportation with Trish



MAR.	DESTINATION	Donation
2	Shaw's	\$2
7	Trader Joe's/Xmas Tree	\$2
9	Roche Bros.	\$2
16	Stop & Shop	\$2
21	South Shore Plaza	\$2
23	Big Y	\$2
28	Errands	\$2
30	Wegman's	\$2

APR.	DESTINATION	Donation
4	Errands	\$2
6	Shaw's	\$2
11	Walmart	\$2
13	Roche Bros.	\$2
18	Errands	\$2
20	Stop & Shop	\$2
25	Errands	\$2
27	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.

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

MARCH

BOSTON FLOWER SHOW

Thursday, March 15 – Includes transportation, lunch 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 \$45 – Includes transportation, guided tour of Georgia O'Keefe Exhibit, box lunch – call Sherborn COA to sign up 508-651-7858.

APRIL

NEW BEDFORD WHALING MUSEUM

Tuesday, April 17 – \$20 per person – Discover the dramatic story of whaling and its impact as well as the maritime history of New Bedford. Lunch is pay on your own.

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.

STAY HEALTHY AT THE SENIOR CENTER

LOW IMPACT EXERCISE with Sherri

- ◆ Mondays at 1 pm / Wednesdays at 12:30 pm
- ◆ No class Wednesday March 14 & Monday April 16
- ◆ \$3 donation



Spring is coming and this is a great time to get in shape. Sherri will get you moving and stretching (all done in a chair). This class will help you with your balance and your core strength. Please wear comfortable clothing and bring a water bottle.

FUN FIT EXERCISE with Stephanie and Christine

- ◆ Mondays, 9:30-10:15 am / Wednesdays and Fridays, 9-10 am
- ◆ No class Wednesday March 14 & Monday April 16
- ◆ \$3 donation

Spring is a great time to get in shape! This is a high energy, fun aerobics class that will get your heart pumping as well as strengthen your muscles. It includes aerobics, strength training balance and stretching exercises. Please wear comfortable clothing, sneakers and bring a water bottle.

PILATES with Mary

- ◆ Thursdays at 11 am
- ◆ \$3 donation

Mary will help you get your core muscles back in shape! Targeting these muscles helps with posture, reduces back pain and helps with flexibility, not to mention makes you look and feel great! Please bring your own mat, towel and water bottle.

YOGA with Bonnie

- ◆ Tuesdays and Thursdays
- ◆ No class April 24
- ◆ \$3 donation

**8-9 am YOGA Mat Class –
for those able to come down to the floor**
**9:30-10:30 YOGA Chair Class –
for those who prefer to sit in a chair**

Spring has sprung and this is a great time to strengthen your body and relax your mind! We have been working lately (in both the mat and the chair classes), using small therapy balls to work out tightness in our hands and feet. Applying pressure by putting weight onto the balls can help to loosen up tight fascia in our extremities. We've been experimenting with using the balls to massage these areas and then to take note of any differences. General consensus is that especially using the balls on the feet, which can be sensitive, helps to waken up the arches and makes balancing just a tad bit easier. Come & join us for some breath work and relaxation.

MEDITATION with Soni

- ◆ Tuesdays, March 6 & 27; April 3 from 11:15-11:45 pm
- ◆ No cost for this program

Everyone could use a little relaxation...come find your inner world of powers with Soni. The sessions are done seated comfortably in a chair.

T'AI CHI with Scott

- ◆ Tuesdays at 1 pm
- ◆ No class April 24
- ◆ \$3 donation

Do you have issues with your balance? Then come try T'ai Chi! It will improve your balance and make you feel good at the same time.

FACIAL EXERCISES with Eileen

Eileen is out of town until the spring but will be back in May.

ZUMBA GOLD with Cassandra

- ◆ Tuesdays from 9-10 am
- ◆ No class April 24
- ◆ \$3 donation



Dancing is great exercise but it is also a lot of fun! Begin your morning with a song and a dance and let the spirit of spring inspire you! No experience is necessary but please wear comfortable clothing.

SHINE with Mary and Mitch

- ◆ Wednesdays from 9 am-1 pm – **BY APPOINTMENT ONLY**
- ◆ March 7, 14, 21, 28 & April 4, 11, 18, 25

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 SERVICE AND CLINIC

Sponsored by Hearing Solutions of Norwood and Brookline

- ◆ Wednesday March 28 from 2-3pm
 - ◆ **BY APPOINTMENT ONLY** – No cost for this program
- If you are struggling with your hearing aids and wonder if your device is working properly, then sign up to speak to Hearing Solutions who will provide a 15 minute free consultation to help you.

FRAUD, SCAMS AND WAYS TO PROTECT YOURSELF

Sponsored by DA Michael Morrissey with Gayle Bellotti presenting

- ◆ Tuesday, March 13 at 11 am
 - ◆ \$2 donation – Please sign up in advance
- Come learn about common tactics scam artists use to target consumers, red flags to detect scams and precautionary steps seniors can take to protect themselves. Light refreshments and handouts will be available.



BOARD OF HEALTH (BOH) NURSE

Tiffany

- ◆ Tuesdays, March 13 & 27; Mondays, April 9 & 23
 - ◆ 8:30-12:30; no cost for this program
- Board of Health Nurse, Tiffany, will be holding office hours at the Center in March and April. Stop in to get your blood pressure checked; or if you have any health questions or concerns.

PLANNING FOR MEDICARE: Countdown to 65 – with Susan

Sponsored by Blue Cross Blue Shield

- ◆ Monday, April 30 at 8am
 - ◆ No cost to this program but please sign up in advance
- Are you approaching 65? If you are wondering what your insurance options may be available to you, this is a program for you! Topics covered will include health insurance outside of employer sponsored coverage such as: Explanation of Medicare; Medigap and Medicare Advantage Plans; as well as COBRA. Light refreshments will be served.

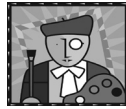
UNDERSTANDING SENIOR CARE OPTIONS & ASSOCIATED COSTS

Sponsored by 2Sisters Senior Living Advisors

- ◆ Monday, April 23 at 10 am
 - ◆ \$2 donation – Please sign up in advance
- Everyday 10,000 US citizens turn 65 and many will need some kind of care as they age...most have not planned for it. Come learn the best way to be prepared and understand your options. Light refreshments will be available.

STAY CONNECTED AT THE SENIOR CENTER

WATERCOLOR with Joan



- ◆ \$45 for eight weeks
 - ◆ No class Monday, April 16 or Tuesday, April 24
 - ◆ 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
- There are so many colors in spring and so many colors to choose when you paint! Come join the fun, take a chance and let the paint take over allowing this to happen. Space is limited so you must sign up in advance.

CHORUS with Carol



- ◆ Wednesdays from 11:00-noon
 - ◆ No class March 14
 - ◆ \$3 donation
- Spring brings back nature with all its songs and our choral group is like spring, full of song! This growing group of vocalist would love you to join the music and the fun!

MAH JONGG with Cynthia

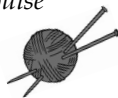
- ◆ Thursdays from 12:30-3 pm
 - ◆ (Note: A new beginner group will be forming in May)
- MAH JONGG is a great way to stay brain healthy! This fun and welcoming group of players is growing and would love to have new players join in on the fun

BINGO



- ◆ Every Thursday at 1 pm
- As the weather warms up, it is time to get out of the house! So come join this fun filled group who laugh and enjoy a game of BINGO! Light refreshments are served!

KNITTING AND CROCHETING with Louise



- ◆ Tuesdays at 1 pm
 - ◆ No class April 24
 - ◆ \$3 donation
- Spring is here and those winter projects need to be finished! Come join this growing friendly group of knitters! Whether you are working on a project or have always wanted to learn, this is a welcoming group who would love to have you join them.

CRAFTS with Lorraine

- ◆ Wednesdays, March 7 and April 4 from 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.

QUILTING CLUB with Helen



- ◆ Thursdays, March 8 & 22 | April 12 & 26 at 9 am
 - ◆ \$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, March 8 at 10 am
- Come join us as we discuss *Hannah's List* by D. Macomber.

BRIDGE

- ◆ Fridays, 9 am-1 pm
- This friendly and welcoming Bridge group is always looking for new players. Come make some new friends.

POWISSET FARM PROGRAMS

These programs take place at the Farm in Dover –
 Directions available at the Center

FARM TO TABLE – An Intergenerational Program with Students ages 6-8 years old



Sponsored by the Friends of the Westwood COA
 Sundays, March 4, April 8, May 6 – No cost to this program
 We are looking for volunteers to help students learn to cook with three themed cooking classes at Powisset Farm on Sundays – if interested please contact Lina directly.

SENIOR COOKING CLASSES



Wednesdays, March 28 & April 25 from 11 am-2 pm
 Donation: \$15 per class; \$25 for both classes
 You must sign up in advance as space is limited to six seniors

March 28 – Knife Skills and Salads with Chef Didi Emmons – Discussion & demonstration on correct knife skills; create two delicious dinner-worthy salads (veggies, quinoa, nuts and tofu).
 April 25 – Bread & Soups with Chef Meg Tallon – Menu includes sweet potato rolls, focaccia and pea soup. Also a discussion on how to make your own stock.

WESTWOOD MEN'S CLUB

- ◆ Thursdays, March 15 & April 19 at 9:30-11 am
- March 15 – Westwood's Police Chief Jeff Silva will give an update on WPD.
 April 19 – Barry Pell will come and speak on "Antarctica – Travels to the Ends of the Earth"

WESTWOOD WOMEN'S CLUB

- ◆ Thursdays March 15 & April 19 at 1:30
- March 15 – JFK Centennial – Historian Charlie Donahue will discuss JFK's legacy.
 April 19 – Chief Jeff Silva will give a tour of the new Westwood's Police Station; meet at the Station.

WESTWOOD WOMEN'S GARDEN CLUB

- ◆ Thursdays March 22 & April 26 at 1pm
- March 22 – Presentation sponsored by Cranberry Bog of Norton. Discussion on local harvesting.
 April 26 – Kim Cook from Briggs Nursery will demonstrate how to best grow and store herbs.



FREE BI-MONTHLY MOVIES



- ◆ Tuesdays, 1 pm — No cost to this program
- March 6 – Wild Oats** – A retired history teacher enjoys the quiet life until a life insurance check for \$5,000,000 accidentally arrives. With two friends, she begins living it up. But this fantasy is short-lived and they become fugitives, outmaneuvering a dogged life insurance agent.
March 20 – The Iron Lady – Story of Margaret Thatcher, the first female prime minister of Britain, whose political career and determination changed the rules that had limited women's opportunities for leadership.
April 3 – The Lost City of Z – A true story of explorer Percy Fawcett, who journeys into the Amazon and discovers evidence of an advanced civilization. Supported by his family, he returns to his beloved jungle in an attempt to prove his case, culminating in his mysterious disappearance in 1925.
April 17 – A United Kingdom – An African prince and London office worker share a love of jazz and an instant attraction. When they wed after a brief courtship, their interracial union sparks an international political crisis.

AGE WELL AT THE SENIOR CENTER

iPAD CLASSES with Kim

Getting to know your iPad: Features, Tips, and Tricks in iOS 11

- ◆ Four week session 3/21, 3/28, 4/4, 4/18 12-2 pm
- ◆ \$20 Donation for 4 weeks



This class is designed for experienced iPad users, who may not be familiar with all of the latest updates. We will review new features and additional tips to maximize capability. (Note: The older iPad models are not compatible with the iOS 11 software update). Compatible iPad devices are 12.9-inch iPad Pro, 10.5-inch iPad Pro, 9.7-inch iPad Pro, iPad (fifth generation), iPad Air 2, iPad Air, iPad mini 4, iPad mini 3, iPad mini 2. If you have one of these iPads, then this class is for you!

CURRENT CONVERSATIONS with Susan Sprecher

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

- ◆ Wednesdays, March 28 at 9:30-11:30
- ◆ \$5 donation for this program
- ◆ No class in April (Susan will return in May)

Looking for a place to catch up on the news? Enjoy talking politics in a safe and friendly way? Trying to make sense of today's news...then come join us as we discuss the latest headlines – all points of view welcome!

BEREAVEMENT with Nina

- ◆ Wednesdays, March 7 & 21 | April 4 & 18 at 10-11 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.

WAXING with Licensed Aesthetician Lisa

- ◆ Fridays, March 2 & April 6
- ◆ 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, March 16 & April 20 from 9 am-noon
- ◆ 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 with Dr. Michael Mitry

- ◆ Fridays, March 9 & April 13 from 8:30-10:30 am
 - ◆ BY APPOINTMENT ONLY— (\$35 private pay to Dr. Mitry)
- 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.



A MESSAGE FROM REPRESENTATIVE PAUL McMURTRY'S OFFICE

The RMV has a new opportunity to renew your driver's license or ID. The RMV invites license and/or ID card holders to visit www.mass.gov/howto/renew-your-drivers-license to check their license status and renew online. If you have any questions, please call McMurry's office at 617-722-2582.

GARY HYLANDER LECTURE SERIES – PRESIDENT WHO?

Sponsored by the Friends of the Westwood COA

- ◆ Thursdays, March 1, April 12 & May 10 at 10:30 am
- ◆ \$3 donation per lecture
- ◆ Please sign up in advance

We are pleased once again to host lecturer Gary Hylander for a three part history series on *PRESIDENT WHO?!* There are famous presidents and infamous presidents, but there are also forgotten presidents. Come find out who they are and why they have been forgotten.

AARP TAX HELP

for Low and Moderate Income Seniors

- ◆ Mondays, 9 am-2 pm until April 9
- ◆ There is no cost to this program – By Appointment Only

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 through April 9 from 9 am to 2 pm. 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.



A VISIT TO THE JOHN ADAMS COURTHOUSE IN BOSTON

Sponsored by DA Michael Morrissey and Sheriff Michael Bellotti

- ◆ Thursday, March 22 – 9:30 pick up at the Center
- ◆ SPACE IS LIMITED SO YOU MUST SIGN UP IN ADVANCE – No cost to this program

Norfolk District Attorney Michael Morrissey is pleased to offer a tour of the John Adams Courthouse in Boston. Learn about the judicial system, as well as the history, art and architecture of this historical site. Please bring a bagged lunch. Transportation from the Senior Center will be provided by Sheriff Michael Bellotti's Office. Please call the Senior Center to register. Space is limited to 20 seniors.

LEGAL CLINIC

with Attorney Veranira Ochea from Metrowest Legal Service

- ◆ Wednesday, March 21 from 1:30-3:30 pm
 - ◆ BY APPOINTMENT ONLY – no cost to this program
- Schedule a private 20 min. free legal consultation. Metrowest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; and bankruptcy.



REAL ESTATE 102 with Elaine

Sponsored by Elaine deReyna – Senior Real Estate Specialist

- ◆ Tuesday April 10 at 11 am
 - ◆ \$2 donation – Please sign up in advance
- Are you interested in knowing more about the Westwood real estate market? The value of your home? Recent trends? Then join us for a discussion and learn some real estate basics. Light refreshments will be served.



LUNCH AND THEATER COMBO PACKAGE


At the Norwood Theater

- ◆ Friday, March 9 (Lunch at 12 – Show at 1:30 pm)
 - ◆ \$38 per person – you must sign up in advance
- Join us as we partner once again with the Norwood Theater for a lunch and theater program. The spring show is *PRIVATE LIVES* a classic comedy about romance, love and passion.



March 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
NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service.			1 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 10:30 PRESIDENT WHO? 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO	2 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 SHAW'S 9:00 BRIDGE 12:00 SOUP/SALAD
5 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	6 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 9:00 ZUMBA GOLD 10:00 Beg. WATERCOLOR 11:15 MEDITATION 1:00 KNITTING 1:00 TAI CHI 1:00 MOVIE	7 9:00 SHINE 9:00 FUN FIT 9:00 TRADER JOE/XMAS TREE 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 12:30 LOW IMPACT EXER.	8 8:00 YOGA (MAT) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 10:00 BOOK GROUP 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO	9 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE 12:00 SOUP/SALAD 12:00 THEATER COMBO
12 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	13 8:00 YOGA (MAT) 8:30-12:30 BOH NURSE HRS 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:00 PROTECT YOURSELF 1:00 TAI CHI 1:00 KNITTING	14 9:00 SHINE Noontime: St. Patrick's Day Luncheon 	15 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 9:30 MEN'S CLUB 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB BOSTON FLOWER SHOW	16 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 9:00 BRIDGE 12:00 SOUP/SALAD
19 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	20 8:00 YOGA (MAT) 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 12:00 COOKING FOR ONE 1:00 KNITTING 1:00 TAI CHI 1:00 MOVIE	21 9:00 SHINE 9:00 FUN FIT 9:00 SOUTH SHORE PLAZA 10:00 BEREAVEMENT 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER. 1:30 LEGAL CLINIC	22 8:00 YOGA (MAT) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 9:30 ADAMS COURT-HOUSE 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO 1:00 GARDEN CLUB	23 9:00 FUN FIT 9:00 & 10:00 BIG Y 9:00 BRIDGE 12:00 SOUP/SALAD PEABODY ESSEX MUSEUM
26 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	27 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 1:00 TAI CHI	28 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 9:30 CURRENT EVENTS 11:00 COOKING CLASS AT POWISSET 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER. 2:00 HEARING CLINIC	29 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO	30 9:00 FUN FIT 9:00 & 10:00 WEGMAN'S 9:00 BRIDGE WE WILL BE CLOSING AT NOONTIME.

SOUP & SANDWICH/FRENCH BREAD PIZZA & SALAD:

Special Lunches at the Center

Sponsored by HESSCO Elder Services

- ◆ Soup and Salad Fridays, March 2, 9, 16, & 23
- ◆ French Bread Pizza and Salad Mondays, April 2, 9, 23 & 30
- ◆ \$3 donation – Please sign up in advance so we know how many to expect

Join us for a delicious light lunch at the Senior Center and bring a friend!



COOKING FOR ONE

Sponsored by Cornerstone of Canton
(SLR – Senior Living Residence)

- ◆ Tuesday, March 20 from 12-1pm
- ◆ \$3 donation – lunch included
- ◆ Space is limited so you must sign up in advance.







This one hour demonstration will show you how to prepare (and taste) multiple tasty dishes with a short list of healthful staples. SLR's award winning Brain Healthy Cooking Program is based on the well-researched Mediterranean Diet.

April 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
2 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR 12:00 PIZZA/SALAD 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	3 8:00 YOGA (MAT) 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	4 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	5 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 OPENING DAY LUNCHEON 12:30 Adv. MAH JONGG 1:00 BINGO	6 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 SHAW'S 9:00 BRIDGE
9 8:30-12:30 BOH NURSE HRS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 12:00 PIZZA/SALAD 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	10 8:00 YOGA (MAT) 9:00 ZUMBA GOLD 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:00 REAL ESTATE 102 1:00 TAI CHI 1:00 KNITTING	11 9:00 SHINE 9:00 FUN FIT 9:00 WALMART 11:00 CHORUS 12:30 LOW IMPACT EXER.	12 8:00 YOGA (MAT) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 10:30 PRESIDENT WHO? 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO	13 8:30 PODIATRY 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE
16 CENTER CLOSED Patriots Day 	17 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 WHALING MUSEUM	18 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	19 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 9:30 MEN'S CLUB 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB	20 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 9:00 BRIDGE
23 8:30-12:30 BOH NURSE HRS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 10:00 SR. CARE OPTIONS 12:00 PIZZA/SALAD 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	24 CENTER CLOSED Town Election 	25 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 11:00 COOKING CLASS AT POWISSET 11:00 CHORUS 12:30 LOW IMPACT EXER.	26 8:00 YOGA (MAT) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 MOBILE SHREDDING 1:00 BINGO 1:00 GARDEN CLUB	27 9:00 FUN FIT 9:00 & 10:00 BIG Y 9:00 BRIDGE
30 8:00 PLAN for MEDICARE 9:30 FUN FIT 10:00 Inter. WATERCOLOR 12:00 PIZZA/SALAD 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	TOWN WIDE ELECTION  <ul style="list-style-type: none"> ◆ Tuesday March 24 ◆ <i>Center is closed but rides are available to the polls in the a.m.</i> We will be closed on Tuesday, March 24 as the Center is a polling station. If you need a ride to the polls, please call the Center no later than Friday April 12. 			

MOBILE SHREDDING DAY AT THE CENTER

Sponsored by District Attorney Michael Morrissey

- ◆ Thursday, April 26 from 10 am – 1pm
- ◆ No cost to this program

Westwood residents are invited to safely dispose of sensitive and personal documents (3 box/bag maximum) to further protect themselves from identity theft and fraud from 10-1. This is an opportunity to shred personal documents safely and free of charge. Residents are welcome to pull up to the mobile shredding truck for assistance with their boxes and bags of documents to shred. Gayle Bellotti from the DA's Office will be here to answer any of your questions or concerns.



OPENING DAY LUNCHEON

- ◆ Thursday, April 5 at noontime
- ◆ \$5 donation – You must sign up in advance

Join us as we celebrate Opening Day and all things spring! We will have the baseball game on the TV and great food to enjoy while you watch the Red Sox start their season. Laurel and her quartet will be here to play your favorite baseball music!



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

PRSRT 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

St. Patrick’s Day Luncheon

Sponsored by Clark House Nursing Center at Fox Hill Village

Wednesday, March 14 at noontime

You must sign up in advance (starting March 1) as space is limited.

\$5 donation

Irish or not, come revel in everything green! Sponsored by our Friends at Clark House we will be offering a traditional catered boiled Irish dinner of corned beef and cabbage, soda bread along with great Irish music! So come celebrate this wonderful spring tradition. Signups begin March 1.

