



STAY HEALTHY • STAY CONNECTED • AGE WELL

NEWS

MAY/JUNE 2018

Special Thanks to:

Ellis Rehabilitation & Nursing Center in Norwood for sponsoring our Annual BBQ;

The JuliaRuth House in Westwood for sponsoring our Annual Tea Party;

Needham Bank for sponsoring our Bi-Annual Veteran's Breakfast;

Beth Israel Deaconess for sponsoring a special Eat Fresh and Clean Luncheon;

Brigham and Women's Hospital for a free skin clinic and check up;

HOME INSTEAD for offering a box lunch discussion on "sweet dreams";

Samuel, Sawyer & Baler LLC for offering a legal hour on protecting your home and helping with Funeral Home 101;

Folsom Funeral Home for offering a lecture on Funeral Home 101;

APR Physical Therapy for offering a lecture on Sciatica;

Samaritans for offering a talk on "Taking Care of Yourself while taking care of a loved one";

Cornerstone for a discussion on Paying for Assisted Living;

The Friends of the Westwood COA for sponsoring numerous lectures;

Alzheimer's Association for a discussion on Alzheimer's;

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

Spring came late this year and with all the snow (and outages) our gardens are finally in full bloom; personally, I am grateful that summer beckons us! Here at the Center, we are in "full bloom" with numerous regular programs and lots of interesting special programs.

To begin with, in the next twelve months, everyone will be getting new Medicare cards with new numbers so that your Social Security number will no longer be on your Medicare card. This roll out will continue until April 2019 and *you do not need to do anything to receive this new card*. Please know that Medicare would NEVER call you and ask for personal information so be careful as there will be an abundance of scams that will try to trick you! Your old Medicare card will be good until 12/2019 and if you have any questions or concerns, you can call SMP (Senior Medicare Patrol) at 800-892-0890 (or talk to us).

On a lighter note, food is a major theme this spring. Our *Annual May Tea* (underwritten by The JuliaRuth House) and our *Annual June BBQ* (sponsored by our friends at Ellis Rehab and Nursing Home) are sure to be delicious and sell out. Beth Israel Deaconess is offering a special luncheon called "Eat Fresh and Clean", and HOMEINSTEAD will offer a *box lunch* with a discussion on getting a good night's sleep! And we will be back at Powisset Farm for more *cooking classes*!

But if food is not your thing, then perhaps you enjoy history. Gary Hylander will be back to continue his four part series on *President Who?* We will begin a new *Two Part Music History series*, one on Sinatra and one on Gershwin with Bruce. And Jerry will be back with another *Four Part Art program*.

Staying safe and informed is important as you age, so we will sponsor a discussion on *Scams and Fraud*, a conversation on *Prescription Drug Coverage*, a talk on *How to Pay for Assisted Living*, a presentation on *Living with Sciatica*, a discussion on *Taking Care of Yourself* while taking care of a loved one as well as a program on *Understanding Alzheimers*. And Brigham and Women's (who is coming to University Place in the fall) is offering a free skin check up with their mobile van.

For those of you who want to understand your legal responsibilities, Samuel, Sawyer and Baler will offer a legal hour focused on *Protecting Your Home* and then participate with Folsoms Funeral Home for a two-part series that we call "Funeral 101 – Everything you need to know."

And of course, we are blessed that Needham Bank will once again underwrite our *Bi-Annual Veteran's Breakfast* with Gary Hylander speaking on "The Tet Offensive". Veterans (and their families) are invited and we hope some of our younger veterans will join us as well.

So take a break from your garden and stop in! We invite you to join us at any one of our regular or special programs. And remember your first class is always free!

Happy Spring Everyone!

Lina Arena-DeRosa

Karen's Corner—Outreach Counselor

VETERANS VISITING VETERANS

Are you a Veteran and not able to get out as often as you'd like? Instead of being stuck inside alone, how about having a friendly visit from another Veteran? The **Norfolk County RSVP Volunteer Program** is seeking Veterans who would like friendly visits from other Veterans. They are also looking for Veterans age 55 and older to be friendly visitors for older and isolated Veterans in Westwood and nearby towns. Make a new friend with a one hour per week visit in the Veteran's home, or perhaps out for coffee. Appropriate matches will be made in collaboration with our Center. For more information please call Robert (RSVP) at 781-234-3445.

To honor our Veterans, our Center is having a **Breakfast on Friday, May 25th at 8:30am** for all Veterans and their spouses. The ever-popular Gary Hylander will be speaking about the Tet Offensive. Please sign up in advance so we know how many to expect. And thank you for your service!



Transportation with Trish



MAY	DESTINATION	Donation
2	Trader Joe's/Xmas Tree	\$2
4	Shaw's	\$2
9	Errands	\$2
11	Roche Bros.	\$2
16	Errands	\$2
18	Stop & Shop	\$2
23	Errands	\$2
25	Big Y	\$2
30	Walmart	\$2

JUNE	DESTINATION	Donation
1	Wegman's	\$2
6	Errands	\$2
8	Shaw's	\$2
15	Roche Bros.	\$2
20	Errands	\$2
22	Stop & Shop	\$2
27	Errands	\$2
29	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.

FREE SKIN CANCER SCREENINGS

Sponsored by Brigham and Women's Hospital

- Friday May 25th 10-2 at the Westwood Senior Center

YOUR SKIN IS IN! Brigham and Women's Hospital will be coming to University Station this fall and is teaming up with Dana Farber to provide a free skin cancer screening to any Westwood resident. There will be educational materials and fun sun-safety take-a-ways given out. Stop in and get ready for summer!

Day Trips at the Center

MAY

LOBSTER BAKE LUNCHEON and FOXWOODS GAMBLING

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

WRENTHAM OUTLETS – Thursday

June 7 – \$6 per person – Leave the Center at 9:30 return around 3pm. Lunch on your own.

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.

TRINITY CHURCH IN BOSTON

Tuesday, June 12 – \$15 per person – Trinity Church is designated as “one of the ten most important buildings in America” by the American Institute of Architects. More than 70,000 visitors tour this National Historic Landmark building each year. We will stop at Sullivan's on Castle Island for lunch (pay on your own).

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

- Mondays at 1pm Wednesdays at 12:30p m
- No class Monday May 28 or Wednesday June 13
- \$3 donation

This low impact exercise will get you moving and ready for summer fun. Sherri focuses on stretching and toning (most done in a chair). Please wear comfortable clothing and bring a water bottle.



FUN FIT EXERCISE with Christine and Stephanie

- Mondays 9:30-10:15/ Wednesdays and Fridays 9-10am
- No class Monday May 28, Friday May 25 and Wednesday June 13
- \$3 donation

Summer is on its way and if you want to look great in those shorts and swimsuits, then this is the class for you! This high energy, fun aerobics class will get your heart pumping and your muscles toned! Please wear sneakers, comfortable clothing and bring a water bottle.

PILATES with Mary

- Thursdays at 11am
- \$3 donation

Do you need to strengthen and tighten your core and stomach muscles? Then this is the class for you! Not only will Mary get you on the floor to help reduce your back pain and get your posture back in shape, she will help you look and feel great! Please bring a mat and water bottle and wear comfortable clothing.

TAI CHI with Scott

- Tuesdays at 1pm
- \$3 donation

Tai Chi will help with balance, leg strength, cardiovascular endurance, pulse rate, muscular flexibility, immune system response, sleep habits, happiness, sense of self-worth, and ability to concentrate and multi-task during cognitive tests.



YOGA with Bonnie

- Tuesdays and Thursdays
- \$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
Spring is upon us and this is a great time to get your body (and mind) back in shape. 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 our mat-based class, we also work breath, stretching & strengthening but done from the mat and standing. There is always a balance of challenging oneself with the physical practice and offsetting that with restorative, relaxation at the end.



MEDITATION with Soni

- Tuesdays May 1st and 22nd – 11:15-11:45
- No cost to this program/ meditation is done in a chair

Life can be so stressful...why not take a break, slow down and enjoy a half hour of meditation with Soni? Soni will be here in May but taking the summer off (June, July and August).

ZUMBA GOLD

Our instructor is no longer able to teach this class so we will be looking for a replacement in the fall.

SHINE with Mitch and Mary

- Wednesday, May 2, 9, 16, 23, 30 & June 6, 13, 20, 27
- 9-12 **BY APPOINTMENT ONLY**

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.

LOW BACK PAIN and SCIATICA WORKSHOP with David

Sponsored by APR Physical Therapy of Westwood

- Wednesday June 20 at 11 am
- \$2 donation – Please sign up in advance so we know how many to expect

Come learn the most common causes of low back pain and sciatica. We'll discuss your back pain, numbness and tingling in your legs and successful treatment (and permanent relief) without the side effects of medications, injections or surgery. Please dress comfortably.

PRESCRIPTION ADVANTAGE PRESENTATION with Kathy from Executive Office of Elder Affairs

- Monday May 7 at 11am
- No cost to this program but please sign up in advance so we know how many to expect



What do you do when you reach the "donut hole" and can't afford your prescriptions, or your Medicare drug plan isn't working for you??? Join us to learn more about lowering your prescription drug costs. If your income is less than **\$36,420** (single) or **\$49,380** (married) Prescription Advantage is free.

PAYING FOR ASSISTED LIVING with Dawn

Sponsored by Cornerstone of Canton

- Monday June 11 at 10am
- \$2 donation – Please sign up in advance so we know how many to expect

This one hour presentation will help you be better versed in the structure and terminology of the assisted living industry by clarifying the complicated financial aspects of assisted living and providing transparent information, tax benefits and financial assistance programs. Participants will leave with a better understanding of how the cost of assisted living is determined and how typical families pay for it.

ALZHEIMERS – THE BASICS with Denise

Sponsored by the Alzheimer's Association

- Monday May 14 at 9:30am
- \$2 donation – Please sign up in advance so we know how many to expect

Alzheimers is not a normal part of aging! If you or someone you know is affected by this disease, then it's time you learned the facts. Information on detection, causes and risk factors as well as stages and treatment will be discussed.

COMPLIMENTARY HEARING AID SERVICE CLINIC

Sponsored by Hearing Solutions of Norwood and Brookline

- Wednesday May 23 from 1-2pm **BY APPOINTMENT ONLY**
- If you are struggling with your hearing aides, Hearing Solutions will provide a 15 minute free consultation to help you.

TAKING CARE OF YOURSELF AND OTHERS with Rose

Sponsored by Samaritans Inc

- Monday June 18 at 1pm
- \$2 donation – Please sign up in advance so we know how many to expect

This interactive workshop will discuss how to effectively manage stress and develop effective coping skills, recognize the symptoms of depression, warning signs of suicide in others, and discover resources to help ourselves or a loved one.

STAY CONNECTED AT THE SENIOR CENTER

WATERCOLOR with Joan

- \$30 for 6 classes/ \$35 for 7 classes – *You must sign up in advance as space is limited*
- Mondays May 7, 14, 21 & June 4 & 11
- Tuesdays May 1, 8, 15, 22 & 29, June 5 & 12



Beginner Class: Tuesdays, 10am-noon

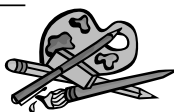
Intermediate Class: Mondays, 10am-noon

Advanced Class: Mondays, 1-3pm

The watercolor classes will be working with the vibrant colors of the season. And don't forget that finished pieces are available to purchase and are displayed in the conference room!

A SPECIAL FIVE-PART ART CLASS with Joan

- Mondays June 18, 25 July 2, 9 and 16
- 10-12 am class/ 1-3pm class
- Limited to 10 students – *space is limited so you must sign up in advance*
- \$25 for all 5 classes



Students will be encouraged to experiment when painting with a variety of flowers, different sizes, shapes and a multitude of colors. Of course, the advanced class can paint whatever they like!

CHORUS with Carol

- Wednesdays 11-noon
- *No rehearsal Wednesday June 13*
- \$3 donation



Like the season, this choral group is full of song! This growing group of vocalists would love to have you join them.

MAH JONGG with Cynthia

- **Beginners** - Thursdays 11-12; May 10, 17, 24, 31 & June 7 11-12:30
- **Advanced** - Thursdays 12:30-3pm

Are you interested in learning how to play this ancient Chinese Game? If so, then join Cynthia as she explains the basics in a 5 week course. The advanced group welcomes new players to join in!

BINGO

- Every Thursday at 1pm

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 1pm
- \$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!



PROTECTING YOUR HOME with Elder Attorney Maria Baler and Pamela Greenfield

Sponsored by Samuel, Sayward & Baler, LLC

- Monday May 21 at 10am
- \$2 donation – *Please sign up in advance so we know how many to expect*

Do you worry about what would happen to your home if you need long-term care? Should you put your house in your children's names or in an irrevocable trust? Learn the pros and cons of these and other strategies used to protect your home, and which (if any) may be right for you.



BJS CLUB – Discount membership for Seniors with Paula

- Monday June 4 at 9:30 - No cost but *please sign up in advance so we know how many to expect*
- Senior discount BJs membership cards are available, please stop by on June 4th and sign up with Paula.

IDENTITY THEFT AND FRAUD PREVENTION with Robin

Sponsored by Massachusetts Office of Consumer Affairs

- Monday May 7 at 9:30
 - \$2 donation – *Please sign up in advance so we know how many to expect*
- Robin Putnam, from the Office of Consumer Affairs and Business Regulation, will present information about the Office and what they do. It will also cover how to spot and avoid scams, and how to prevent identity theft.

CRAFTS with Lorraine

- Wednesdays May 2 and June 6; 10-noon
- *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 May 10 & 24 and June 7 & 28; 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).



BOOK GROUP with Bev

- Thursday May 10 at 10am *No cost to this program*

Reading: *The Great Alone* by Kristin Hannah

Come join this welcoming and growing book group as we read *The Great Alone* and discuss it in detail.



BRIDGE with Diane

- Fridays 9-1pm

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

WESTWOOD MEN'S CLUB

The last meeting will be in May at the **Veteran's Breakfast on May 25** ... come join us and learn about the Tet Offensive with lecturer Gary Hylander.

WESTWOOD'S WOMEN'S CLUB

May 17 – Annual Luncheon – Meet at the Center at 11:30 and we will carpool together

June 7 – Annual Picnic on the lawn at the COA (in case of rain, we will move inside)

WESTWOOD'S GARDEN CLUB

May 24 – Annual Luncheon and meeting at the Four Points in Norwood (meet at 11:30 at restaurant)

June 9 – Annual Fundraiser (to be announced)



AGE WELL AT THE SENIOR CENTER

iPAD CLASSES with Kim



- Wednesdays May 16, 23, 30; 12-3pm
- One on one sessions – **YOU MUST SIGN UP IN ADVANCE**
- \$5 per ½ hour session

One on one half hour sessions are back this spring for iPad and iPhone users who are seeking additional help on their devices. Please bring your device, your charger and Apple ID / password.

CURRENT CONVERSATIONS with Susan

- Wednesday, May 9 & 23, June 27 from 9:30-11:30 AM
- Donation \$20 for all four 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

- Wednesdays May 2 & 16; June 6 & 20 at 10am

Have you lost a loved one and are struggling to make sense of it all? Then join us in this open-ended, warm and welcoming bereavement group for support and comfort.

WAXING with Lisa

- Fridays May 4 & June 1
- **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 May 18 and June 15; 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 with Dr. Mitry

- Friday May 11 (no clinic in June)
- **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.

FREE BI-MONTHLY MOVIE

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

May 1: The Big Sick - Funnyman Kumail and graduate student Emily embark on a romance. But expectations of his strict Muslim family create conflict and their relationship begins to crumble.

May 15: Wonder - While his facial deformity has previously kept him from attending regular schools, Auggie is determined to make his classmates see beyond his face.

June 5: Bag It - Suzan Beraza's documentary follows Jeb Berrier on a personal quest to figure out where plastic bags come from, why they're so ubiquitous and where they end up after they're thrown away.

June 19: St. Vincent - Lonely 12-year-old Oliver strikes up a friendship with his war-veteran neighbor (Vincent) a hard-drinking gambler with a fondness for hookers.

MUSIC APPRECIATION with Bruce

- Wednesday May 9 & June 6 at 2pm
- \$4 per program – You must sign up in advance as space is limited to 20 participants



May 9 – FRANK – Come learn about the life and times of Frank Sinatra! This one hour program presents the momentous career of one of the greatest male entertainers of the 20th Century!

June 6 – GEORGE – George Gershwin wrote countless scores for Broadway and Hollywood. This one hour program presents the best of his work and explains how he transformed music in the 20th Century.

SWEET DREAMS SLEEP SEMINAR with Jennifer

Sponsored by HOME INSTEAD



- Monday May 14 at 11:30
- \$4 donation – includes box lunch – *space is limited so you must sign up in advance*

A good night's sleep is essential but for many impossible. Come find out about "sleep hygiene" to understand what you eat and how you exercise can affect your sleep. A box lunch will be provided.

LEGAL CLINIC with Attorney Veranira Ochea

Sponsored by Metrowest Legal Services



- Wednesday, June 20th from 1:30 pm to 3:30 pm.
- **BY APPOINTMENT ONLY**

Schedule a private 20 min. free legal consultation. Metrowest Legal Services provides free legal aid to seniors on housing, durable power of attorney, health care proxy and simple probate matters etc.

FUNERAL 101 – EVERYTHING YOU NEED TO KNOW

Sponsored by Folsom Funeral Home, Attorneys from Samuel, Sayward & Baler LLC, Westwood's DPW & Veteran's Administration

- Tuesdays June 5 & 12 at 1pm
- \$5 donation (for two part series) – *Please sign up in advance so we know how many to expect*

Planning for a funeral can be difficult, but with a little planning, can be less stressful for everyone. On June 5, we will discuss how to prepay for your funeral, the range of cost, cremation vs. burial etc. We will also bring information on directives, setting aside money for funerals and who to go to in town to discuss one's final resting place. On June 12, we will focus on contacts at churches/synagogues, how to create a service, death certificates, how to prepay for a plot, estate taxes and probate. We will also have information for service members who want to be buried at a National Cemetery. Come with your questions and leave with a better understanding of options and costs.

GARY HYLANDER LECTURE SERIES – PRESIDENT WHO?

Sponsored by the Friends of the Westwood COA

- Thursday May 10 at 10:30
- *Please sign up in advance so we know how many to expect*
- \$3 donation per lecture

Historian Gary Hylander will finish his 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.

NOTES FROM THE BOARD OF HEALTH NURSE TIFFANY

I will be at the Westwood Senior Center every Tuesday in May and June from 9-11. So stop by the office with your questions and get a free blood pressure screening.

CHORUS CONCERT

• May 23 at 2pm

• No cost to this program but *please sign up in advance*

Come hear your favorite songs from long ago and today. All are welcome! Light refreshments will follow.



May 2018



Monday	Tuesday	Wednesday	Thursday	Friday
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.	1 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:15 MEDITATION 1:00 KNITTING 1:00 TAI CHI 1:00 MOVIE LOBSTER BAKE/FOXWOODS	2 9:00 SHINE 9:00 FUN FIT 9:00 TRADER JOE'S 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 12:30 LOW IMPACT EXER.	3 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO	4 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 SHAW'S 9:00 BRIDGE
7 9:30 FUN FIT 9:30 IDENTITY THEFT PREVENTION 10:00 Inter. WATERCOLOR 11:00 PRESCRIPTION ADVANTAGE 1:00 Adv. WATERCOLOR 1:00 LOW IMPACT EXER.	8 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:30 EAT FRESH & CLEAN 1:00 KNITTING 1:00 TAI CHI	9 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT EVENTS 11:00 CHORUS 12:30 LOW IMPACT EXER. 2:00 MUSIC APPRECIATION	10 8:00 YOGA (MAT) 9:30 QUILTING CLUB 9:30 YOGA (CHAIR) 10:00 BOOK GROUP 10:30 PRESIDENT WHO? 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO	11 8:30 PODIATRY 9:00 BRIDGE 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS.
14 9:30 FUN FIT 9:30 ALZHEIMER'S -- THE BASICS 10:00 Inter. WATERCOLOR 11:30 SLEEP SEMINAR 1:00 Adv. WATERCOLOR 1:00 LOW IMPACT EXER.	15 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	16 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.	17 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 Beg. MAH JONGG 11:30 WOMEN'S CLUB 12:30 Adv. MAH JONGG 1:00 BINGO	18 8:30 MANICURES 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 9:00 BRIDGE
21 9:30 FUN FIT 10:00 PROTECTING YOUR HOME 10:00 Inter. WATERCOLOR 1:00 Adv. WATERCOLOR 1:00 LOW IMPACT EXER.	22 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:15 MEDITATION 1:00 KNITTING 1:00 TAI CHI	23 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. 1:00 HEARING AID CLINIC 2:00 CHORUS CONCERT	24 8:00 YOGA (MAT) 9:30 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 Beg. MAH JONGG 11:30 GARDEN CLUB 12:30 Adv. MAH JONGG 1:00 BINGO	25 8:30 VETERAN'S BREAKFAST 9:00 & 10:00 BIG Y 9:00 BRIDGE 10:00 SKIN CANCER SCREENING
28 CENTER CLOSED MEMORIAL DAY 	29 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 KNITTING 1:00 TAI CHI	30 9:00 FUN FIT 9:00 WALMART 9:00 SHINE 11:00 POWISSET FARM COOKING CLASS 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	31 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 Beg. MAH JONGG 12:00 ANNUAL LADIES TEA PARTY 12:30 Adv. MAH JONGG 1:00 BINGO	NOTARY SERVICES If you need a legal document notarized, call Lina to schedule a time. No cost for this service.

EAT FRESH AND CLEAN

Sponsored by Beth Israel Deaconess

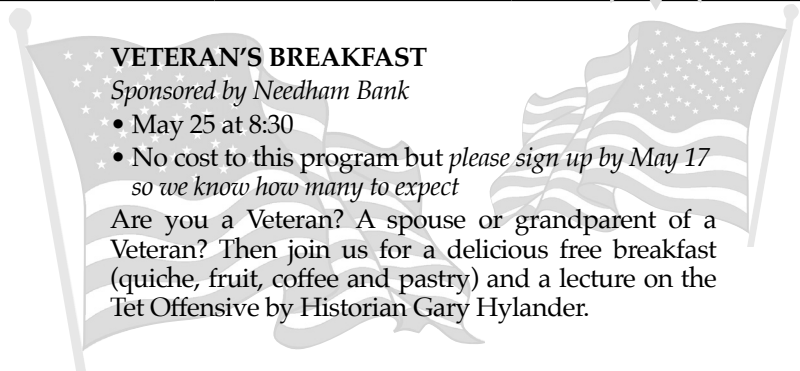
- Tuesday, May 8 from 11:30-1
 - \$4 donation – includes demonstration and lunch – space is limited so you must sign up in advance
- Mix up your mid-day meal with healthy lunches that are packed with fresh and nutritious ingredients. Join BID-Needham Director of Nutrition Services, Ming Cheung, to learn how to make healthy and satisfying lunches. Lunch will be provided. Sign-up is limited to 25 people and registration is required.



VETERAN'S BREAKFAST

Sponsored by Needham Bank

- May 25 at 8:30
 - No cost to this program but *please sign up by May 17 so we know how many to expect*
- Are you a Veteran? A spouse or grandparent of a Veteran? Then join us for a delicious free breakfast (quiche, fruit, coffee and pastry) and a lecture on the Tet Offensive by Historian Gary Hylander.



June 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
POWISSET FARM COOKING CLASSES <i>These programs take place at Powisset Farm in Dover</i> <ul style="list-style-type: none"> • Wednesday May 30, Thursday June 14, Wednesday June 27; 11-1pm • Donation: \$15 per class – <i>You must sign up in advance as space is limited to 6 participants</i> Learn some new skills and try some new recipes ... and come hungry as we eat what we cook for lunch!			 May 30: Brunch with Chef Didi Emmons June 14: Chinese Cooking with Chef Roberta Hing June 27: Farm Fresh Desserts with Chef Didi Emmons	
4 9:30 FUN FIT 9:30 BJs CLUB 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 ENJOY THE ARTS 1:00 Adv. WATERCOLOR	5 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE 1:00 FUNERAL 101	6 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 12:30 LOW IMPACT EXER. 2:00 MUSIC APPRECIATION	7 8:00 YOGA (MAT) 9:30 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 Beg. MAH JONGG 12:30 Adv. MAH JONGG 1:00 BINGO 12:00 WOMEN'S CLUB WRENTHAM OUTLETS DAY TRIP	1 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 WEGMANS 9:00 BRIDGE
11 9:30 FUN FIT 10:00 PAYING FOR ASSISTED LIVING 10:00 Inter. WATERCOLOR 1:00 Adv. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 ENJOY THE ARTS 1:00 Adv. WATERCOLOR	12 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING 1:00 FUNERAL 101 TRINITY CHURCH DAY TRIP	13 9:00 SHINE Noontime: 4th Annual Summer BBQ Luncheon 	14 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 9:30 MEN'S CLUB 11:00 POWISSET FARM COOKING CLASS 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO	15 8:30 MANICURES 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE
18 9:30 FUN FIT 10:00 Special ART CLASS 1:00 CARE OF YOURSELF AND OTHERS 1:00 LOW IMPACT EXER. 1:00 Special ART CLASS 1:00 ENJOY THE ARTS	19 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE NEWPORT RAIL TOUR RI	20 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 10:00 BEREAVEMENT 11:00 BACK PAIN WRKSH. 11:00 CHORUS 12:30 LOW IMPACT EXER. 1:30 LEGAL CLINIC	21 8:00 YOGA (MAT) 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO GARDEN CLUB	22 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 9:00 BRIDGE
25 9:30 FUN FIT 10:00 Special ART CLASS 1:00 LOW IMPACT EXER. 1:00 Special ART CLASS 1:00 ENJOY THE ARTS	26 8:00 YOGA (MAT) 9:00-11 BOH NURSE HRS 9:30 YOGA (CHAIR) 1:00 TAI CHI 1:00 KNITTING	27 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 9:30 CURRENT EVENTS 11:00 CHORUS 11:00 POWISSET FARM COOKING CLASS 12:30 LOW IMPACT EXER.	28 8:00 YOGA (MAT) 9:30 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 Adv. MAH JONGG 1:00 BINGO	29 9:00 FUN FIT 9:00 & 10:00 BIG Y 9:00 BRIDGE

ANNUAL LADIES TEA PARTY

Sponsored by the JULIARUTH House of Westwood

- Thursday May 31 at noontime
- \$3 donation – Space is limited to 25 participants so you must sign up in advance

Ladies, brush off those hats and find those gloves as you join us for our Fourth Annual Tea Party hosted by the JuliaRuth House of Westwood. Tea, scones and sandwiches will be on the menu.

Sign up begins May 1st.



YOU DON'T HAVE TO BE A CONNOISSEUR TO ENJOY THE ARTS

- Mondays June 4, 11, 18 & 25 at 1pm
- \$20 for all four sessions – Space is limited to 15 participants so you must sign up in advance

In this four week seminar, there are no art scholars, no lectures, no obscure details, and no snobbery. Instead, you'll be exposed to a range of art forms and take part in a lot of spirited discussion. Registration is limited to 15.



Westwood Council on Aging
 60 Nahatan Street
 Westwood, MA 02090
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Westwood Council on Aging

60 Nahatan Street
 Westwood, MA 02090
 Telephone: 781-329-8799
 Fax: 781-329-5949

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

Staff and Contact Info

Lina Arena-DeRosa, Director
 Trish Tucke, Operations Manager
 Karen Segreve, Outreach Counselor
 Lorraine Cavanaugh, Administrative Assistant
 John Trigilio, Van Driver
 Paul Kelly, Van Driver
 John Demling, III, Van Driver
 Elaine Haddad, HESSCO Meals on Wheels Coordinator



Council on Aging Board Members

Marge Eramo
 Cheryl Fay
 Josepha Jowdy
 Hillary Kohler
 Mary Masiello
 Stephanie Ramales
 Bill Sebet
 James M. O’Sullivan
 Jessie Turbayne

Fourth Annual Summer BBQ



Sponsored by Ellis Rehab and Nursing Center

Wednesday June 13 at noontime

\$5 donation but you must sign up in advance as space is limited
 (sign ups begin on Friday June 1)



Come kick off summer and join us for burgers, dogs and all the fixings. Ellis Rehab and Nursing Center will bring great BBQ (salads and dessert as well) and the boys will heat it up hot! There will also be entertainment and prizes that will get you ready for the summer season! Space is limited, so you must sign up in advance.

