



STAY HEALTHY • STAY CONNECTED • AGE WELL

NEWS

NOVEMBER/DECEMBER 2018

Special Thanks to:

Beth Israel Deaconess and Foundation for MetroWest for underwriting our Holiday Party;

Bridges by Epoch at Westwood for sponsoring our Thanksgiving Dinner;

Maria Baler from Samuel, Sayward & Baler LLC for a discussion on Estate Planning and Giving;

National Development for underwriting a three part Gary Hylander Lecture;

First Parish of Westwood for sponsoring a Holiday Tea;

Westwood Police Association for their Annual Holiday Luncheon

Cornerstone at Canton for offering a lunch and learn on Paying for Assisted Living;

Needham Bank for underwriting our Veteran's Breakfast;

Care Dimensions on tips for "coping with the holidays";

Sheriff Mike Bellotti for a program on the Yellow Dot Safety Initiative;

National Development at Highland Glen for sponsoring Gary Hylander Lectures;

2Sisters Senior Living Advisors for a program on "Ask Me Anything";

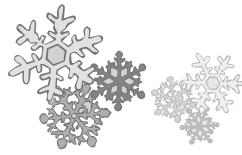
Rockland Trust for a discussion on "Avoiding Scams";

Big Y Supermarkets for a lunch and learn program on "Immunity and Nutrition";

Elaine de Reyna of Coldwell Banker RE for a conversation on selling your home in Westwood;

And to our AMAZING BASKET SPONSORS who always come through and make our fundraiser such a huge success;

And all the donors, volunteers and supporters who offer us their time and treasure; we could not continue to grow without you!



Director's Report HAPPY HOLIDAYS EVERYONE!



During this time of celebration, I always like to take a minute to thank everyone (staff, volunteers, sponsors, town officials, you!) for making the Center a warm and inviting place for so many to enjoy every day. Thank you never seems enough, but thank you!

Once again, we are hosting our *Annual Basket Fundraiser* and this year we have 20 baskets, each worth at least \$250. Tickets are only \$1 each (or 12 tickets for \$10) and the drawing (you don't have to be present to win) will be held at our Holiday Party (at the Norfolk Golf Club) in December. *100% of all donations go towards our programs here at the Center.* Below is a list of sponsors and we thank them for supporting us and our senior community. So stop by the Center and take a chance on winning something really special while supporting the Westwood COA!

And if you know of anyone in need or anyone home alone for the holidays, please let us know. We have dinners that can be delivered (thanks to the Lion's Club and HESSCO) as well as surprise gifts we can give. We will always keep everything very confidential, so just let us know.

Over the next two months we will be celebrating Veteran's Day (sponsored by Needham Bank) Thanksgiving (Sponsored by Bridges by Epoch) and a Holiday Luncheon (sponsored by The Foundation for MetroWest and Beth Israel Deaconess). We also have many other programs (as well as luncheons) and events that might interest you, so please read through the newsletter and remember your first class is always free.

Wishing everyone a healthy, happy and wonderful New Year!

Lina Arena-DeRosa

THIRD ANNUAL BASKET FUNDRAISER

Help us raise funds for all the programs here at the Center by purchasing tickets to our Annual Basket Fund Raiser. Each basket is worth \$250; tickets (\$1 each - 12 for \$10) are available at the Front Desk here at the Center. Drawing is held at our Holiday Party (you do not need to be present to win).

**SPECIAL THANKS TO ALL OF OUR AMAZING SPONSORS!
WE COULD NOT GROW WITHOUT YOU ... THANK YOU!!!**

NEEDHAM SAVINGS BANK
BLUE CROSS BLUE SHIELD
ELLIS NURSING & REHAB CENTER
BEACON COMMUNITIES
NATIONAL DEVELOPMENT
CONLIN HEALTH CARE
OUT OF THE BOX MOVERS
DOVETAIL SUPPORT SYSTEMS
CHIARA BISTRO

SAMUEL SAYWARD & BALER
FOLSOM FUNERAL SERVICE
BIG Y SUPERMARKETS
CORNERSTONE AT CANTON
WEGMANS SUPERMARKETS
ROCKLAND TRUST
2SISTERS SENIOR LIVING ADVISORS
VISITING ANGELS
BENCHMARK SENIOR LIVING

ROCHE BROS. SUPERMARKETS



Karen's Corner—Outreach Counselor

PREPARING FOR WINTER

Snow will be falling and frigid temperatures will be here before we know it. If you think you might need **help with snow removal** or **paying your winter heating bills**, there are resources available for you. The Center *does not have volunteers for snow removal*, but we do have a *list of local agencies and individuals who offer snow shoveling and plowing services*. Copies of this list are available at the front desk. For help with winter heating bills, the **Low Income Home Energy Assistance Program** is a government program that can pay a portion of your bill. Eligibility is based on household size and the gross annual income of each household member 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income (\$35,510 for a household of 1 and \$46,437 for a household of 2). If you rent, you may receive fuel assistance even if your heat is included in your rent. *First-time applicants must apply for fuel assistance in person*. Westwood residents may call or stop by the Center to obtain the list of documents needed. Once all documentation is ready, residents can call the Center to *schedule an appointment to apply*. You may apply any time, from November 1, 2018 to April 30, 2019. Households must apply each year. After the first year, applications are mailed directly to households. Residents with questions about fuel assistance may call the Center to talk with Karen.

Households having financial difficulty who are not eligible for government fuel assistance may apply for the **Massachusetts Good Neighbor Energy Fund**. For more information about the Good Neighbor Energy Fund, please call the Salvation Army at 1-800-334-3047.



Transportation with Trish



(NOTE: We now offer errands twice a week)

November

NOV.	DESTINATION	Donation
2	SHAW'S	\$2
5	ERRANDS	\$2
7	WALMART	\$2
9	ROCHE BROS.	\$2
14	ERRANDS	\$2
16	STOP & SHOP	\$2
19	ERRANDS	\$2
26	ERRANDS	\$2
28	ERRANDS	\$2
30	BIG Y	\$2

December

DEC.	DESTINATION	Donation
3	ERRANDS	\$2
5	XMAS TREE SHOP	\$2
7	WEGMANS	\$2
10	ERRANDS	\$2
12	S.S. PLAZA	\$2
14	SHAW'S	\$2
17	ERRANDS	\$2
21	ROCHE BROS.	\$2
28	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-serve 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 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 starting at 9:00 a.m. Local shopping trips and errands within a 5-mile radius are also available on most Mondays and 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.

Day Trips at the Center

Winter is here so we do not offer day or overnight trips during this time due to weather concerns. BUT stay tuned as we are planning monthly day excursions and two overnight trips starting in April.... Details will be available in early 2019!

CALLING ALL VOLUNTEERS – MEALS ON WHEELS NEEDS YOU!!!

If you are retired or have spare time and are looking for a rewarding volunteer opportunity, how about volunteering for the Meals on Wheels program either as a delivery driver or kitchen helper. If interested, please call Elaine at 781-329-6514.

WINTER INFORMATION IN CASE OF WEATHER-RELATED EMERGENCY

- If the schools are closed due to inclement weather, then the Senior Center is closed and there will be no programs or transportation.
- If you need assistance with snow removal, we have a list of landscapers (but we do not know the cost). Please know we do *not* have any volunteers that help with snow removal.
- If electrical power goes out for more than 24 hours, The Senior Center will become a warming station where you can come and charge your phones and warm up (coffee/tea will be available). Please call the Center, we will open as soon as we can safely drive ourselves.

NEWS FROM TIFFANY – PUBLIC HEALTH NURSE

Flu season is here. The best protection against the Flu is getting your Flu shot! The flu shot not only protects you, but it can also help protect those around you. Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. If you didn't get it already, it's not too late. Flu season starts from Mid-October and can last until May. Here are some other things you can do to help protect yourself and others from the flu: Stay away from people who are sick with the flu; wash your hands often with soap and water. If soap and water aren't available, use an alcohol-based hand sanitizer; try not to touch your nose, mouth, or eyes. This helps keep germs from spreading; cover your cough or sneeze; and stay home if you are sick so you don't pass the flu and viruses to other people.

I offer office hours at the Senior Center *every Tuesday from 9-11 am* for blood pressure or any medical concerns you may have, so stop in (no appointment necessary).

Stay Healthy at the Senior Center

LOW IMPACT EXERCISE with Sherri

- Mondays, 1pm | Wednesdays, 12:30pm
- No class Nov. 12, 21; Dec. 19, 24, 26, 31
- \$3 donation



The holidays are here and nothing is more important than staying healthy all season long! So come join Sherri and her growing group as they get their hearts pumping and their muscles toned. This low impact class is done in a chair or standing up. Please wear comfortable clothing and bring a water bottle.

FUN FIT EXERCISE with Christine and Stephanie

- Mondays, 9:30-10:15 | Wednesdays & Fridays, 9-10am
- No programs Nov. 9, 12, 21, 23; Dec. 19, 24, 26, 31
- \$3 donation

We all eat and drink too much during these holiday months but that does not mean you need to get out of shape. Come join this high energy, heart pumping class that will get your body moving and your muscles toned so you can continue to look great throughout the holidays! Please wear sneakers and bring a water bottle.

PILATES with Mary

- Thursdays at 11am
- No class Nov. 15, 22
- \$3 donation



This is a class that will tone your stomach and oblique muscles to make you look great throughout the holidays! Primarily done on the floor with a mat, you will strengthen your back and core muscles. Please wear comfortable clothing and bring a water bottle.

TAI CHI with Scott

- Tuesdays at 1 pm
- No class Nov. 6 and Dec. 25
- \$3 donation



In 2016 the CDC (Centers for Disease Control and Prevention) released a new report that falls are the leading cause of injuries in older adults. T'ai chi is an evidence-based, fall-prevention intervention for older adults that will improve your balance. Please wear comfortable clothing.

MEDITATION with Soni

- Tuesday, Nov. 27 and December 4 11:15-11:45
- No cost to this program

Slow down during this hectic time of year and learn to breath and enjoy each moment. Meditation is done in a chair and all levels are welcome.

SHINE with Mary and Mitch

- November 7, 14, 28 | December 5, 12, 19
- BY APPOINTMENT ONLY 9-12

Are you retiring soon? Do you need help understanding your prescription drug coverage? Do you have questions? Open Enrollment is from October 15 to December 7, which is a great time to discuss what you need. Appointments fill up fast so call to schedule one soon.

ROTATOR CUFF AND SHOULDER PAIN

WORKSHOP with APR Physical Therapy and David Fleischman, MPT

- Friday, November 2 ;10:30-11:30
- \$2 donation – Please sign up in advance so we know how many to expect

Please join us to learn what's causing your shoulder pain. We will review the anatomy of the shoulder, discuss the most common diagnosis of shoulder pain and teach you about *what successful treatment and relief from shoulder pain looks and feels like without the side effects of medications, injections or surgery.* You will also learn some simple exercises that you can perform at home to maintain your overall shoulder health. Please dress comfortably.

YOGA with Bonnie

- Tuesdays and Thursdays
- \$3 donation
- No class Nov. 6, 15, 22 & Dec. 25
- 8-9 am — based on the floor
- 9:30-10:30 — based in a chair

Practicing yoga is good for mind and body. Whether on the floor with a mat or sitting in a chair, yoga helps strengthen muscles, improve range of motion and can help you feel better in mind and spirit. Please wear comfortable clothing and bring a water bottle.

BOOSTING IMMUNITY AND HEALTH WITH NUTRITION

Sponsored by Big Y Supermarkets

- Tuesday, December 4; 11:30 am-1:00 pm
- \$3 donation (you must sign up in advance)
- A light lunch will be provided



Does "an apple a day really keep the doctor away?" Come find out during the upcoming *Boosting Immunity & Health with Nutrition* presentation by Big Y's Consulting Dietitian, Kathy Jordan, MS, RDN, CPT. Learn which foods and nutrients can help boost your immune system and help you avoid colds, flu, other infections and chronic diseases. Discover current recommendations for healthy eating with tips to apply them to the purchases you make at the market. Learn nutritionist-approved tips for achieving and maintaining great optimal health and keep you feeling energized. Dispel current myths and misinformation about diet, nutrition and health.

LUNCH AND TOUR OF INDEPENDENT, ASSISTED LIVING AND NURSING HOME

We continue this unique opportunity to visit area facilities in a no stress, no-pressure environment that will help you understand where you might want to go should you or a love one need to leave your home. Check these out now and if the time comes, you will be prepared and informed.

WHITNEY PLACE IN SHARON

- Thursday, November 1; 11:30-2pm

Whitney Place in Sharon invites you to join them for a tour of their new facility as well enjoy a delicious lunch. Pick up is at the Center at 11:30 am and return around 2/2:30 pm.

ASK ME ANYTHING with Brenda

Sponsored by 2Sisters Senior Living Advisors

- Monday, November 26 (Please sign up in advance)
- \$2 donation

Every day 10,000 US citizens turn 65! A majority will need some kind of care as they age, yet most have not planned for it. Come for an informal presentation about senior living options and associated costs, followed by an opportunity to ask questions – you really can ask anything! 2Sisters Senior Living Advisors is a free referral and advisory service.

COPING WITH THE HOLIDAYS AFTER A LOSS

Sponsored by Care Dimensions Palliative and Hospice Care

- Monday, November 19 at 1 pm
- \$2 donation ... please sign up in advance

Coping with the Holidays after a Loss discusses the impact the holidays have on grief, practical suggestions for coping and ways the holidays can heal.

YELLOW DOT SAFETY PROGRAM

Sponsored by Norfolk County Sheriff Bellotti's Office

- Monday, November 26 at 10 am
- No cost to this program but please sign up in advance

This is a free-of-charge safety program, which provides emergency first responders with quick access to critical medical information, protects the occupants of an automobile in the event of an accident and/or health emergency. Norfolk Sheriff's staff enrolls, takes the photo of participants, assembles the Yellow Dot packets and mails them to participants.

PRESCRIPTION DRUG COVERAGE

with Kathy

Sponsored by the Executive Office of Elder Affairs

- November 19 at 9:30 am
- No cost to this program but please sign up in advance

Medication costs keep going up and that means you're paying more! Prescription Advantage is a state sponsored program that works with your Medicare Part D so that you are not over-paying for your prescriptions. Not only can Prescription Advantage save you money on your prescription drugs, if your income is less than **\$36,420** (single) or **\$49,380** (married), Prescription Advantage is **FREE!!!**

HEARING SOLUTIONS – A Complimentary Clinic

Sponsored by Hearing Solutions of Norwood and Brookline

- November 28; 1-2pm
- BY APPOINTMENT ONLY

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



Stay Connected at the Senior Center

WATERCOLOR with Joan

- Monday, 10-12 (Intermediate) and 1-3 (Advanced)
- Tuesday, 10-12 (Beginner)
- \$30 for 6 classes
- No class Nov. 6, 12; Dec. 24, 25, 31



Space is limited so you must sign up in advance – limited to 12 students

Being in tune with the season, students will focus on color, harmony, and all the highlights of color in snow and shadows reflected by evergreens. The principle of design will be incorporated into the paintings as well.

CHORUS with Carol

- Wednesdays, 11-noontime
- \$3 donation
- No class Nov. 21; Dec. 19 & 26



'tis the season for joyful music! So come join this growing group of talented singers as they get ready for their spring concert.

MAH JONGG with Cynthia

- Thursdays, 12:30-3 pm
- No Mah Jong Nov. 15 & 22

Join Cynthia and her friends in a lively game of Mah Jong, every Thursday afternoon. New players are always welcome.

BINGO

- Thursdays, 1 pm
- No BINGO Nov. 15 & 22



What better way to meet new friends and have lots of laughs than a friendly game of BINGO! Come join this fun and welcoming group.

KNITTING AND CROCHETING with Louise

- Tuesdays, 1pm
- \$3 donation
- No class Nov. 6 & Dec. 25



Are you working on a special holiday knitted gift for a loved one but are stuck? Do you need inspiration or perhaps a little help? Come join this growing fun and inviting group of knitters ... and if you are a beginner, we have lots of needles and yarn for you to use!

CRAFTS with Lorraine and Julie

- Wednesdays, Nov. 7 and Dec. 5
- 10 am to noontime

The holidays are here and we are creating great crafts to sell. (Or you can buy one and take it home!)

QUILTING CLUB with Helen

- Thursdays, 9-11
- Nov. 8 & 29; Dec. 13 & 27
- \$3 donation



Are you almost finished with your quilting project but need a little inspiration? Then come join this welcoming group of quilters to finish (or start) your project. All levels are welcome.

BOOK GROUP with Bev

- Thursday, November 1 at 9:30
- No cost to this program



Come join Bev and her growing group of reading enthusiasts as they read and discuss a *Weakened Winter* by Maeve Binchy.

BRIDGE with Diane and Anne

- Fridays, 9-1pm
- No Bridge Nov. 23

This friendly and welcoming group of Bridge players are always looking for new members. Come make some new friends and enjoy a morning of Bridge.

LEGAL CLINIC with Attorney Vera Ochea

Sponsored by Legal Services

- December 12 from 1-3 pm
- BY APPOINTMENT ONLY



Schedule a 20 minute private free consultation. Metrowest Legal Services provides free info on housing, public benefits, social security, health proxy etc.

PAYING FOR ASSISTED LIVING with Paul

Sponsored by Cornerstone of Canton – A box lunch presentation

- Tuesday November 13 11:30-1
- \$3 donation but you must sign up in advance

Families researching senior living options often find themselves under pressure and time constraint. With a better understanding of options related to paying for assisted living, you will be better able to decide what is the right next step for your family to improve quality of life. We will discuss: what is included in my monthly rent? What are the different pricing structures? Who chooses assisted living? A box lunch will be served during the presentation.

POWISSET FARM COOKING CLASSES

Note: These classes take place at Powisset Farm in Dover (directions available at the Center)

- Thursday, November 8; 11:30-1pm — *Savory and Sweet Pumpkin Pies*
- \$15 per class – you must sign up in advance as space is limited



Chef Genevieve Bremeseth will teach us how to make savory and sweet pumpkin pies just in time for the holidays! Space is limited to 8 students.

WESTWOOD MEN'S CLUB

• Thursdays, November 8 and December 13
November 8; 10 am — Join us in the final installment of "THE PAPERS" hosted by lecturer Gary Hylander. He will be discussing The Pentagon Papers.

December 13; 10 am — Christmas Concert at the WHS. The WHS will present a combination concert of the Chorus, Band and Orchestra to ring in the holidays. Transportation from the Center but you must sign up in advance.

WESTWOOD WOMEN'S CLUB

- Thursdays 1:30-3:30
- November 1** — Tour of the new Westwood Police Head Quarters (meet at the WPD)
- December 6** — Holiday Sing Along

WESTWOOD GARDEN CLUB

- Thursdays at 1:30pm
- November 8** — *The Olmstead Legacy* – Come learn about this renowned landscape architect.
- December 13** — *Annual Holiday Celebration*. Celebrate the season! Chorus will entertain.



ARM CHAIR TRAVEL with National Geographic Photographer Barry Pell

Sponsored by the Friends of the Westwood COA and the Friends of the Westwood Library

- Tuesdays (light refreshments at 10; program begins at 10:30)

Note: This program takes place at the Westwood Library. No cost for this program but please sign up in advance.

November 27 – *Tibet and Nepal – Spiritual People of the Himalayas* – These ancient lands nestled between the Himalayas share common challenges as they work to preserve their national identities.
December 4 – *Ancient Silk Road – Journey across Central Asia* – This road was a vast network of trade routes that spread across Asia and the Middle East into Europe.

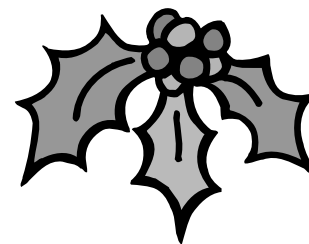
FREE BI-MONTHLY MOVIE

• TUESDAYS at 1pm
November 20 – *An Old Fashioned Thanksgiving* – Based on a short story by Louisa May Alcott, struggling widow Mary Bassett (Helene Joy) is trying to support three children. An unexpected visit from her estranged – and wealthy – mother means Mary can prepare a proper holiday meal. However, it will take more than a feast to heal this family's emotional wounds.



December 4 – *The Greatest Showman* – Behind "The Greatest Show on Earth" was one of history's greatest showmen, P.T. Barnum. This musical biopic centers on Barnum's creation of the three-ring circus and his infatuation with Swedish songbird Jenny Lind.

December 18 – *Mrs. Miracle* – Based on Debbie Macomber's popular novel. The story of bereft widower Seth Webster, whose lively 6-year-old twins are taken in hand by a nanny they dub Mrs. Miracle. Could she be the Webster family's guardian angel?



Stay Well at the Senior Center

IPAD CLASSES with Kim

One on One Support

- Wednesdays, Nov. 7, 14, 28; Dec. 5 & 12
- 12-2:30 – You must sign up for an appointment in advance
- \$5 per appointment

In September 2018, Apple released its latest update to the iPhone/iPad, iOS 12. If you'd like to learn more about this update, or have any other questions about your Apple devices, please sign up for a private half-hour session. One-on-one support for iPhone/iPad will be held in the conference room – bringing your charger, Apple ID and Password with you!



HISTORIAN GARY HIGHLANDER –

Third installment of the Three Part Series on “THE PAPERS”

Sponsored by National Development of Highland Glen

- Thursday, November 8 – 10:30

The Pentagon Papers – This final installment reviews the 7,000 page study that reveals American policymakers and how they had systematically lied to the public, journalists, and Congress about American involvement in Indochina.

CURRENT CONVERSATIONS with former journalist Susan

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

- Wednesdays, November 14 & 28; December 12
- 10-12 noon \$15 for all three sessions

There are no shortages of topics to talk about as we head into the 2018 midterm elections. Anyone trying to make sense of this fast-changing world should join us in lively discussions. We start with the headlines and then move onto topical issues and current social trends.



BEREAVEMENT with Nina

- Wednesdays, November 7 and December 5 at 10 am
- No cost for this program

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, November 2 & December 7
- 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, November 16 & December 21
- 9-12 BY APPOINTMENT ONLY — \$10 payable to Lauren

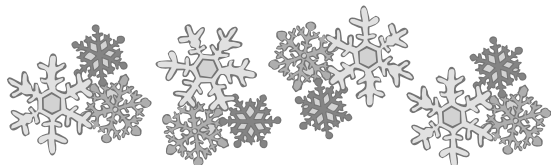
The holidays are here! So come get a hand massage and a manicure and look (and feel) your absolute best!



REAL ESTATE BASICS with Elaine

Sponsored by Elaine de Reyna – Senior Real Estate Specialist – Coldwell Banker RE

- November 5 at 10 am
 - \$2 donation – please sign up in advance so we know how many to expect.
- During this hour long class you'll learn the basics about home buying and selling, and we'll discuss the state of the Westwood real estate market. Bring your questions to this informative session.



UNDERSTANDING REAL ESTATE AND GIFT TAXES

with Attorney Maria Baler

- Wednesday, November 7 at 11 am
- \$2 donation



There are Massachusetts and Federal estate taxes that may be paid by your estate following your death (also a federal gift tax that may come into play). Come learn the basics on the estate and gift tax, including a discussion of how much tax may be payable at your death and the planning you can do during your lifetime to reduce the tax that may be due. Bring your questions on these little understood subjects and she will give you the answers!

WESTWOOD'S SAFE TEAM

Sponsored by the Westwood Fire Department

The SAFE Team provides Fire & Life Safety education to seniors. Members will perform home safety inspections for any of our senior residents which will help people safely stay in their own homes longer by identifying potential problems that can be easily rectified. You can also schedule them to come to your home and inspect smoke and carbon monoxide detectors to ensure that they are working properly. If your detectors are not working or are out dated they can supply new ones and install them for you. There is no charge for either of these services. Call the Center to sign up for an appointment.

THOUGHTFUL + LOVING + CARING: YOUR HEALTH, YOUR CHOICES

- Sunday, November 4, 2018 and Sunday, March 10, 2019 from 2-4 pm
- **Note:** This program takes place AT First Parish of Westwood, UCC
- No cost to this program but please sign up in advance so we know how many to expect.
- The deadline to register (781-326-5344) is October 29th

Thoughtful planning and sharing choices is a loving and caring gift for everyone. Utilizing the resources developed by Honoring Choices Massachusetts First Parish of Westwood, UCC in collaboration with the Westwood COA will offer two free workshops that educate attendees about how to direct their care choices and to encourage conversations about them with their loved ones.

WORKSHOP 1 - NOVEMBER 4, 2018 The first workshop will educate attendees about the importance of a both a Health Care Proxy (legal document designating a Health Care Agent to make decisions on your behalf) and a Personal Directive (a statement [not legally binding in MA] about the kind of care you want and do not want) along with items for consideration associated with each document.

HOLIDAY SCAMS – How to Protect Yourself with Olta

Sponsored by Rockland Trust of Westwood

- Monday, December 3

Elder financial fraud is a growing problem in the United States. Olta Agaj, Branch Manager will be discussing a few ways to avoid check scams, wire transfer scams and account abuse. Come learn whether that “You Won” check in the mail is really a winning lottery or a long trip down the road of financial difficulties. During this program we will discuss signs you're being targeted and what to do in such cases.



From the Town Clerk's Office

ELECTION INFORMATION: Important dates to Remember:

October 17, 2018 — Last day to register to vote and to change party enrollment for the State election.






October 23-November 3, 2018 — *Early Voting for State Election*, Location and times to be announced.

November 5, 2018 at Noontime — last day and hour to apply for an Absentee Ballot. Applications are available at the Council on Aging, Library, and Town Clerk's office.

November 6, 2018–State Election — Polls will be open from 7:00AM-8:00PM

November 2018

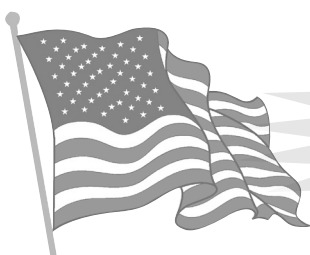
Lunch served daily through HESSCO at 12:00 p.m. For menu, please stop by the Center.
Must sign up for HESSCO lunches in advance. HESSCO sign up phone number is 781-329-6514.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>THANKSGIVING DINNER <i>Sponsored by Bridges of Epoch</i></p> <ul style="list-style-type: none"> • Thursday, November 15 at 12:00 o'clock • \$5 donation • Space is limited so you must sign up in advance (sign up begins Nov. 1) <p>Thanksgiving is time to be grateful and joyful. So join us for turkey, stuffing and all the fixings as Bridges by Epoch caters a delicious meal with pie for dessert of course. There will be plenty of laughs and great entertainment. This is a great way to enjoy the beginning of the holidays with your friends and community!</p>			<p>1 8:00 FLOOR YOGA 9:30 CHAIR YOGA 9:30 BOOK GROUP 11:00 PILATES 11:30 TOUR WHITNEY PLACE 12:30 MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB</p>	<p>2 8:30 WAXING 9:00 FUN FIT 9:00 BRIDGE 9:00 & 10:00 SHAWS 10:30 SHOULDER PAIN WORKSHOP</p>
<p>5 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 10:00 REAL ESTATE BASICS 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p>	<p>6</p> <p>ELECTION DAY CENTER CLOSED</p> 	<p>7 9:00 SHINE 9:00 FUN FIT 9:00 WALMART 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 11:00 UNDERSTANDING REAL ESTATE & GIFT TAXES 12:00 iPad ONE ON ONE SUPPORT 12:30 LOW IMPACT EXER.</p>	<p>8 8:00 FLOOR YOGA 9:00 QUILTING 9:30 CHAIR YOGA 10:00 MEN'S CLUB 10:30 GARY HYLANDER 11:00 PILATES 11:30 POWISSET FARM COOKING CLASS 12:30 MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB</p>	<p>9 8:00 VETERAN'S BREAKFAST 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE</p>
<p>12</p> <p>CENTER CLOSED</p> 	<p>13 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 11:30 PAYING FOR ASSISTED LIVING 1:00 TAI CHI 1:00 KNITTING</p>	<p>14 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 10:00 CURRENT CONVERS. 11:00 CHORUS 12:00 iPad ONE ON ONE SUPPORT 12:30 LOW IMPACT EXER.</p>	<p>15</p> <p>12:00 THANKSGIVING DINNER</p> 	<p>16 9:00 FUN FIT 9:00 MANICURES 9:00 & 10:00 STOP & SHOP 9:00 BRIDGE</p>
<p>19 9:00 ERRANDS 9:30 FUN FIT 9:30 PRESCRIPTION DRUG PROGRAM 10:00 Inter. WATERCOLOR 1:00 COPING with HOLIDAYS AFTER LOSS 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p>	<p>20 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE</p>	<p>21</p> <p>No Programs</p> <p>NOTARY SERVICES</p> <p>If you need a legal document notarized, call Lina to schedule a time. No cost for this service.</p>	<p>22</p> <p>CENTER CLOSED THANKSGIVING DAY</p> 	<p>23</p> <p>CENTER CLOSED</p>
<p>26 9:00 ERRANDS 9:30 FUN FIT 10:00 YELLOW DOT SAFETY PROGRAM 10:00 Inter. WATERCOLOR 11:30 ASK ME ANYTHING 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p>	<p>27 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 10:30 ARMCHAIR TRAVEL (at Library) 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING</p>	<p>28 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 10:00 CURRENT CONVERS. 11:00 CHORUS 12:00 iPad ONE ON ONE SUPPORT 12:30 LOW IMPACT EXER. 1:00 HEARING SOLUTIONS</p>	<p>29 8:00 FLOOR YOGA 9:00 QUILTING 9:30 CHAIR YOGA 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO</p>	<p>30 9:00 FUN FIT 9:00 & 10:00 BIG Y 9:00 BRIDGE</p>

VETERAN'S BREAKFAST







Sponsored by Needham Bank



- Friday, November 9, 8:00 am
 - No cost to this program but you must sign up in advance
- If you are Veteran, Spouse or Grandparent of a Veteran, then join us for breakfast and conversation. Gary Hylander will discuss "Addressing the Gettysburg Address." It is our simple way of saying thank you!



December 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
3 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR 00:00 HOLIDAY SCAM PROTECT SELF	4 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 10:30 ARMCHAIR TRAVEL (at Library) 11:15 MEDITATION 11:30 BOOSTING IMMUNITY & HEALTH 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	5 9:00 FUN FIT 9:00 SHINE 9:00 XMAS TREE SHOPS 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 12:00 iPad ONE ON ONE SUPPORT 12:30 LOW IMPACT EXER.	6 8:00 FLOOR YOGA 9:30 CHAIR YOGA 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB	7 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 WEGMANS 9:00 BRIDGE
10 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	11 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 11:00 HOLIDAY TEA 1:00 TAI CHI 1:00 KNITTING	12 9:00 FUN FIT 9:00 SOUTH SHORE PLAZA 9:00 SHINE 10:00 CURRENT CONVERS. 11:00 CHORUS 12:00 iPad ONE ON ONE SUPPORT 12:30 LOW IMPACT EXER. 1:00 LEGAL CLINIC	13 8:00 FLOOR YOGA 9:00 QUILTING 9:30 CHAIR YOGA 10:00 HOLIDAY CONCERT AT WHS 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	14 9:00 FUN FIT 9:00 & 10:00 SHAWS 9:00 BRIDGE
17 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	18 8:00 FLOOR YOGA 9-11 NURSE HOURS 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	19 9:00 SHINE No Programs 12:00 HOLIDAY LUNCHEON (at Norfolk Golf Club) 	20 8:00 FLOOR YOGA 9:30 CHAIR YOGA 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	21 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE
24 No Programs 	25 CENTER CLOSED HOLIDAY 	26 No Programs 	27 8:00 FLOOR YOGA 9:00 QUILTING 9:30 CHAIR YOGA 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	28 9:00 FUN FIT 9:00 & 10:00 BIG Y 9:00 BRIDGE
31 No Programs 	HOLIDAY TEA <i>Sponsored and hosted by First Parish Church of Westwood</i> <ul style="list-style-type: none"> December 11 at 11am You are cordially invited to attend a Senior Christmas Tea at First Parish of Westwood, UCC. This festive gathering will begin at 11AM with music, stories and carol singing. A luncheon will follow with sandwiches, sweet treats, coffee and of course, TEA. First Parish looks forward to sharing some Christmas cheer with you. Please sign up with the Council on Aging by December 3.			

WESTWOOD POLICE ASSOCIATION ANNUAL LUNCHEON
At the Old Colonial in Norwood for WESTWOOD SENIORS ONLY

- Saturday December 8 at noontime
- No cost to this program but you must sign up no later than Friday Nov. 30.

We are pleased and thankful that once again the Westwood Police Association is hosting their annual Holiday Luncheon for Westwood Seniors ONLY.



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

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

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

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

Staff and Contact Info

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



Council on Aging Board Members

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



Holiday Luncheon



at the Norfolk Golf Club

Sponsored by The Foundation for MetroWest and Beth Israel Deaconess of Needham

Wednesday, December 19 ~ Noontime

\$5 donation – Sign-ups begin Monday, December 3



The Holidays are here and we are celebrating! And to make sure everyone can come, we are hosting this at the Norfolk Golf Club! Conrads will be offering a delicious catered meal and wonderful holiday music played by Nancy, a seasoned harpist. So come celebrate the holidays with us! Sign-up begins December 3.

