



STAY HEALTHY • STAY CONNECTED • AGE WELL

# NEWS

SEPTEMBER/OCTOBER 2018

## Special Thanks to:

**Fox Hill Village** for sponsoring our Annual Halloween Party;  
**Cultural Council** for sponsoring entertainment at our Halloween Party;  
**Big Y** in Norwood for sponsoring a luncheon and discussion on Diabetes;  
**Wingate at Needham** for sponsoring a tour with lunch of their facility;  
**Ellis Rehab and Nursing Center of Norwood** for sponsoring a tour and lunch of their facility;  
**Wingate of Boylston Place** for sponsoring a box lunch discussion on healthy eating;  
**Mary Anne Morse HealthCare Center** for sponsoring a discussion on understanding short term rehab;  
**Whitney Place at Sharon** for a box lunch discussion on senior living,  
**Bridges by Epoch of Westwood** for a box lunch discussion on Memory Loss;  
**Alzheimer's Association** for a discussion on Dementia and Alzheimer's;  
**Blue Hills Bank** for a discussion on Fraud Protection;  
**BrightStar Care of Norwood** for sponsoring a discussion on Red Sox History;  
**National Development Residences at Highland Glen** for sponsoring a three part series by Historian Gary Hylander;  
**Representative Paul McMurtry** who over the summer offered a free movie and ice cream social.

*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



Sadly summer is waning but autumn is here, which means chilly nights, warm days and lots of activity here at the Center. For those of us in Municipal Government, it is budget time, and as always, here is the COA's annual budget update.

This fiscal year (from July 1 to June 30) the town budget will provide the Center with almost \$380K. This covers all center expenses (from office supplies to trainings) as well as salaries for four full time staff, one ¾ staff and two part time drivers. What is most exciting about this year's budget is that the town approved our Administrative Assistant to go from part time to full time, which will help us continue to grow. The Center also has a revolving fund (funded by van ride donations) that helps pay for gas and van upkeep; and a Town Gift Fund (that we use for grant writing, day trips, newsletters).

All of our programs are paid through our State Formula Grant (last year it was 34K, this year it will be closer to 36K), as well as fund raising and donations from each class. (*No town tax dollars are used for programming at the Center*). The State Formula Grant is based on the number of seniors in our town (*Note: please remember to fill out this year's federal census because this is how the state calculates the number of seniors in town—once every ten years!*); The Friends of the Westwood COA (a 501c3 nonprofit organization) collects all monies donated for programs and fundraising and then funds instructor fees and program costs once the Formula Grant money is depleted. Sponsorship is also a big part of programs, which includes our annual basket fundraiser and large monthly luncheons.

We are governed by the COA Board of Directors but work directly for (and with) the Town Manager and the Selectmen.

If you look through this newsletter, you will find over 18 regular programs as well as over 10 special monthly programs that we hope you find interesting (and now you know how we fund them!) and fun. And please remember that your first class is always free!

We are warm and welcoming and could not continue to grow without the support of a great town, a remarkable staff, amazing instructors, wonderful volunteers and of course, you, our senior community, who inspire us every day!

Happy Autumn!

Lina Arena-DeRosa



## Karen's Corner—Outreach Counselor MEDICARE OPEN ENROLLMENT

That time of year is approaching again...the Medicare Open Enrollment Period. It runs each year from **October 15 to December 7** and allows you to change from your current Medicare coverage to another plan. Plans change every year so it's important to review your coverage to make sure you have the coverage you need at a cost you can afford.

Our certified SHINE ("Serving Health Insurance Needs of Everyone") counselors, Mary and Mitch, can help you compare the costs and benefits of Medicare and other health insurance options and help you enroll in a health insurance program that best fits your needs. SHINE counseling is a **FREE** service, and Mary and Mitch are volunteers who have no affiliation with insurance companies. **Please bring all your medical cards (Medicare, Supplemental Insurance, and Prescription Cards) to the appointment. Also bring a list of your current prescriptions, dosages, and frequencies or you can bring your medication bottles.** To schedule an appointment with a SHINE counselor, please call the Westwood Council on Aging at 781-329-8799. Appointments fill up fast, so sign up early.



## Transportation with Trish



### September

SEPT.	DESTINATION	Donation
5	TRADER JOE'S	\$2
7	SHAW'S	\$2
12	ERRANDS	\$2
14	ROCHE BROS.	\$2
19	WALMART	\$2
21	STOP & SHOP	\$2
26	ERRANDS	\$2
28	BIG Y	\$2

### October

OCT.	DESTINATION	Donation
3	SOUTH SHORE PLAZA	\$2
5	WEGMANS	\$2
10	ERRANDS	\$2
12	SHAW'S	\$2
17	ERRANDS	\$2
19	ROCHE BROS.	\$2
24	ERRANDS	\$2
26	STOP & SHOP	\$2
31	TRADER JOE'S	\$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.-12 noon.

**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.

## Day Trips at the Center

### SEPTEMBER

#### LAKE WINNIPESAUKEE CRUISE

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

**SOLD OUT**

### OCTOBER

#### FRESIAN HORSES OF VERMONT

Wednesday, October 3 – \$95 per person – Transportation, Fresian Horse Performance, Lunch at the New England House Restaurant – sign up and parking at DOVER COA, 508-315-5734.

#### NEW BEDFORD WHALING MUSEUM

Tuesday, October 2 – \$20 includes ticket and transportation. Discover the underwater world of whales, the dramatic story of whaling and its impact, and the maritime history of South Coast Massachusetts at the New Bedford Whaling Museum. Lunch will be pay on your own.

More trips are being planned, so stop by the Center for updates!



### NIGHT VISION DRIVING GLASSES \$12 each

Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Driving Glasses may help you (and yes, you can wear them over your glasses). Stop by and see Lorraine for a pair.



### NEWS FROM TIFFANY – PUBLIC HEALTH NURSE

#### Annual Family Flu Clinic

**Save the Date!** The Westwood Board of Health will be holding the **Annual Flu Clinic on Saturday, October 20, 2018 from 9:00 AM-12:00 PM** at the Westwood High School gymnasium. This family flu clinic is open to all Westwood residents 5 years of age and older. Vaccine is administered on a first come, first served basis. There will be a limited amount of High Dose Vaccine available. There is no cost to residents for the vaccine but we do ask that you bring your insurance or Medicare card with you so that we may bill your health insurance. Once the Health Department receives our vaccine, the Public Health Nurse will administer flu shots during blood pressure clinic hours at the Senior Center.

# Stay Healthy at the Senior Center

## LOW IMPACT EXERCISE with Sherrri

- ◆ Mondays, 1pm | Wednesdays, 12:30 pm
- ◆ \$3 donation
- ◆ No class Mondays Sept. 3 & Oct. 8



Just because the weather is getting colder, don't slow down! This low impact class will get you moving, stretching, whether 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 and Fridays, 9-10 am
- ◆ \$3 donation
- ◆ No Class Monday Sept. 3 & Oct. 8

Why pay more at a gym when you can get the same kind of work out at the Senior Center for \$3 with no commitment! This is a high energy, get moving and get sweating class that will get your heart pumping and your muscles toned. Please wear comfortable clothing, sneakers and bring a water bottle.

## PILATES with Mary

- ◆ Thursdays at 11am ◆ \$3 donation

This class is primarily done on the floor with a mat. It will help you tone muscles and strengthen core. Please wear comfortable clothing, and bring a mat as well as a water bottle.

## TAI CHI with Scott

- ◆ Tuesdays at 1 pm ◆ \$3 donation
- ◆ Class on Tuesday Sept. 4 & Oct. 30 at the library



Several recent studies have found that practicing T'ai Chi regularly significantly reduces fall risk in older adults. This ancient Chinese set of gentle, slow moving movements strengthen lower limbs and improves balance! No prior experience necessary, please wear comfortable clothing.

## MEDITATION with Soni

- ◆ No class in September but back again in October
- ◆ Tuesdays, Oct. 2 & 23; 11:15-11:45
- ◆ No cost to this program

The world is spinning so come find some inner peace with Soni. Meditation is done in a chair and all levels are welcome.

## SHINE with Mary and Mitch

- ◆ Wednesdays, Sept 5, 12, 19, 26 | October 3, 10, 17, 24, 31
- ◆ BY APPOINTMENT ONLY: 9-12 pm – Call the Center and schedule one soon.

Are you retiring soon? Do you need help understanding your prescription drug coverage? Do you have questions about your coverage? 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.

## YOGA with Bonnie

- ◆ Tuesdays and Thursdays; No class Sept. 4 & Oct. 30
- ◆ \$3 donation
- ◆ 8-9 am — For those who are able to come to the floor
- ◆ 9:30-10:30 — For those who prefer to sit 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 strength muscles, improve range of motion and can help you feel better in mind and spirit. Please wear comfortable clothing and bring a water bottle.

## NORMAL AGING VS MEMORY LOSS – How to tell the difference! A Box Lunch Discussion — Sponsored by Bridges by Epoch at Westwood

- ◆ Monday, October 15 from 11:30-1pm – You must sign up in advance as space is limited to 15
- ◆ \$4 donation

Tara Healy, Resident Engagement Specialist will discuss the difference between memory loss and normal memory aging. A light lunch will be provided.

## LUNCH AND TOURS OF ASSISTED LIVING, REHAB AND NURSING HOME

We have partnered with Ellis Rehab and Nursing Center as well as Wingate of Needham to offer a unique opportunity to visit their facilities in a non-stress, non-pressure environment. These tours include transportation from the Center and lunch and are a great way to understand what is available, ask questions and learn about two area facilities. Don't wait until crisis happens, check these out now and when the time comes, you will be able to make a more informed decision.

### Ellis Rehab and Nursing Center of Norwood

- ◆ Thursday September 6 from 11 am-1 pm
  - ◆ Limited to 12 seniors so please sign up in advance – No cost to this program
- The Ellis Rehab and Nursing Center of Norwood invites you to visit their new outpatient rehab clinic where the outside community can come for outpatient services. They like to think of it as "Curves for Seniors"! They will begin with a tour and then seniors will enjoy a delicious lunch.

### One Wingate at Needham

- ◆ Tuesday, September 18 from 12 pm-2 pm

#### Garden to Table Luncheon

- ◆ Limited to 12 participants so sign up early – No cost to this program
- Enjoy a fresh and wholesome lunch courtesy of One Wingate Way. Wingate will be showcasing their culinary cuisine that incorporates fresh herbs and in season salads. Pick up is at noon followed by lunch, and a tour of the facility.



### Wingate at Chestnut Hill

- ◆ Tuesday, October 16 from 11 am-1:30 pm
- ◆ Limited to 8 seniors — you must sign up in advance

Wingate of Chestnut Hill invites you to enjoy a lunch in their private dining hall followed by a tour of their beautiful facility in Chestnut Hill. Chef Randy will offer a special menu for all to enjoy.



## UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

Sponsored by the Alzheimer's Association

- ◆ Monday September 24 at 10 am – Please sign up in advance so we know how many to expect
- ◆ \$2 donation

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate needs and feelings as the ability to use language is lost. Come learn strategies and identify common behavior triggers.

## WHAT TO EXPECT DURING SHORT TERM REHABILITATION

Sponsored by Mary Anne Morse Rehab of Natick

- ◆ Monday, September 24 at 1 pm – Please sign up in advance so we know how many to expect
- ◆ \$2 donation

Physical Therapist Karen Baptista will discuss what to bring, what not to bring, what to expect on a typical day and information on short term rehab. Whether you need it soon, or someone you love is having surgery, this important program will help you prepare and understand what to expect.

## "DON'T POUR SUGAR ON ME"—A Box Lunch Discussion on Diabetes

Sponsored by Big Y of Norwood

- ◆ Monday, September 10 from 11:30-1 pm
  - ◆ \$4 donation—Space is limited to 15 participants – You must sign up in advance
- Pharmacists Eddie Marrucci and Stephanie Cloutier from Big Y will discuss the difference between Type 1 and Type 2 Diabetes, screening, symptoms, how it is diagnosed and treatment goals. Program will include a conversation on carb counting, food label reading and how sugar free does NOT mean carb free. A light lunch is included.



# Stay Connected at the Senior Center

## WATERCOLOR with Joan

Note: Classes Begin September 10 & 11

- ◆ Monday, 10-12 (Intermediate) and 1-3 (Advanced) Tuesday, 10-12 (Beginners)
- ◆ \$35 for 7 classes *Space is limited, so you must sign up in advance, limited to 12 students*
- ◆ No class Monday, Oct. 8 & Tuesday, Oct. 30

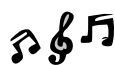


These new 5 week experimental classes are designed from those attending classes with the goal of "Painting out of the Box." Each of the classes will have a theme of landscapes and sunsets with attention to temperature of earth, water and mood. Classes will find their own rhythm.

## CHORUS with Carol

- ◆ Wednesdays, 11:00-noontime ◆ \$3 donation

Carol is back from her hiatus on the Cape and ready with new music for all to enjoy! Come join this growing group of singers who always have a song in their heart!



## MAH JONGG with Cynthia

- ◆ Thursdays, 12:30-3 pm

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

## BINGO

- ◆ Every Thursday at 1 pm

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, 1 pm; No class Sept. 4 & October 30 ◆ \$3 donation
- Grab your needles and start those winter projects that you put aside during the hot summer months! This warm and friendly group welcomes all levels, so stop by and see what is happening!



## CRAFTS with Lorraine and Julie

- ◆ Wednesdays, September 5 & October 3; 10 am-noontime
- Do you enjoy making crafts? Then join us as each month we create something new for us to sell at the Center (or you can purchase what you make).

## QUILTING CLUB with Helen

- ◆ Thursdays, Sept. 13 & 27 | October 11 & 25 at 10 am
- ◆ \$3 donation

Come learn new techniques as well as discuss quilting problems (and solutions) with this group of creative quilters. This club is for all levels.



## BOOK GROUP with Bev

- ◆ Thursday, September 6 at 10 am ◆ No cost to this program
- Join Bev for a discussion on *The Guardian* by Beverly Lewis.



## BRIDGE

- ◆ Fridays, 9-1 pm

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 from Metrowest Legal Services

- ◆ Wednesday, September 19 – 1-3pm 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.



## FRAUD PROTECTION DURING THE HOLIDAY SEASON

with Julie Beckman — Sponsored by Blue Hills Bank

- ◆ Monday, October 22 at 10 am
- ◆ \$2 donation



It is getting more and more difficult to protect oneself from all the fraud and scams that continually barrage everyone. Come learn what to look for, what to expect and how to protect yourself.

## POWISSET FARM COOKING CLASSES

- ◆ *These programs are at Powisset Farm in Dover – Directions available at the Center*
  - ◆ \$15 per class – *all classes begin at 11 am and finish around 1 pm*
- Westwood and Dover COAs have partnered with Powisset Farm to offer interesting and unique cooking classes. *You must sign up in advance as space is limited to 8 students.*



**Thursday, September 13 – Paella** – Chef Meg Tallon will teach you how to prepare a traditional Spanish rice, vegetables and more. Come learn how to make this delicious dish.

**Thursday, October 11 – Bread and Soup** – Chef Genevieve Forde Bremseth will teach bread making techniques and demonstrate delicious fall soups.

## WESTWOOD MEN'S CLUB

Thursday Mornings

**September 20** at 10 am (note change in time) – Gary Hylander (lecture begins at 10:30) will discuss the "Federalist Papers."

**October 18** at 9:30 am – Fire Chief John Decker will give an update on the Westwood Fire Department.

## WESTWOOD WOMEN'S CLUB

Thursday Afternoons

**October 18** (no meeting in Sept.) at 1:30-3:30 pm

The Woman's Club is celebrating its 72nd Year! Come celebrate with us ... old and new members are welcome.

## WESTWOOD GARDEN CLUB

Thursday Afternoons

**September 27** – 1:30 pm – Meet and Greet – Come join us and get to know something special about each member.

**October 25** – 1:30 pm – Thelma Shoneman, florist, will show how to arrange beautiful flowers and share meanings and messages flowers have for each of us.



## HEALTHY EATING LUNCHEON

Sponsored by Wingate of Boylston Place

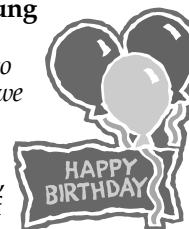
- ◆ Tuesday, September 25 at 11:30 am
- ◆ \$4 donation – Space is limited to 25 participants so you must sign up in advance



Join us as Chef Randy, from Wingate at Boylston Place, serves up a delicious New England Harvest Salad made with apples, cranberries and other fall ingredients accompanied by Pumpkin Bread.

## 90s PARTY – For anyone who is 90 years young (or older)

- ◆ Wednesday, October 17, 11:30-1:30 *No cost to this luncheon but please sign up in advance so we know how many to expect*
  - ◆ *At the First Baptist Church of Westwood*
- Are you ninety years (or more?) young? If so, please join us for lunch, laughs, music and of course a birthday cake to celebrate.



# Stay Well at the Senior Center

## iPAD CLASSES with Kim

### Apple iPhone and iPad Reviews and Updates

- ◆ Wednesdays, September 19, 26; Oct 3, 10, 24, 31
- ◆ 12-1:30 — \$30 for six week session — *Space is limited to 10 participants so you must sign up in advance*

This six week course is designed for those students who have attended other courses and have experience with their devices. We will discuss photos, iBooks, FaceTime, etc.

### Apple iPhone and iPad One on One Sessions

- ◆ Wednesdays, September 19, 26; Oct 3, 10, 24, 31
  - ◆ 1:30-2:30 — \$5 for each session — Sign up in advance
- ½ hour sessions for one on one assistance with Apple iPhone and iPad. Please remember to bring your device, charger and passwords.



## HISTORIAN GARY HIGHLANDER – A Three Part Series on “THE PAPERS”

*Sponsored by National Development Residences of Highland Glen*

- ◆ \$3 donation for each lecture – *Please sign up in advance so we know how many to expect*
- ◆ Thursdays at 10:30 am

**Thursday, September 20 – The Federalist Papers** – Published in 1788, the papers are the most important American contribution to political theory.

**Thursday, October 4 – Alger Hiss and the Pumpkin Papers** – Hiss was a former State Department official and central figure in the celebrated espionage case during the McCarthy Era.

**Thursday November 8 – The Pentagon Papers** – 7,000 page study reveals American policymakers had systemically lied to the public, journalists and Congress about American involvement in Indochina.

## CURRENT CONVERSATIONS with Susan

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

- ◆ Wednesdays, Sept. 12 & 26; Oct. 10 & 24 from 9:30-11:30
- ◆ \$20 for all four 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, September 5 & 19 | October 3 & 17 at 10 am
- ◆ No cost to 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, September 7 & October 5
  - ◆ 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, September 21 & October 19
  - ◆ **BY APPOINTMENT ONLY**— \$10 payable to Lauren
- With a chill in the air, your hands begin to feel dry and cracked. Come have Lauren give you a hand massage and then a beautiful manicure to make them feel new again!



## YOU DON'T NEED TO BE A CONNOISSEUR TO ENJOY THE ARTS with Jerry Cianciolo

- ◆ Mondays Oct. 15, 22, 29 and Nov. 5 at 1pm
- ◆ \$15 for four sessions – *You must sign up in advance – Limited to 15 participants*

Art can intimidate people. But you don't need to be a connoisseur to enjoy the arts, whether it's painting, music, sculpture, photography or writing. In this course, there are no experts, instead just engaging discussion and candid reaction to various artists.

## JOURNALING with Joan Marie Gagnon

- ◆ Tuesdays October 9 & 23 at 1pm
- ◆ \$10 for two sessions – *you must sign up in advance- limited to 10 participants*

Journaling can help create the life you really want (especially after you retire and can feel a bit lost and untethered). Learn why journaling is beneficial to your well-being and explore different journaling techniques to suit your style and personality. *It is so much more than keeping a diary.*

## RED SOX – A Historical Journey

*Sponsored by Brian Silven of BrightStar Care of Norwood*

- ◆ Monday, September 17 at 10 am
- ◆ \$2 donation – Please sign up in advance so we know how many to expect

Over a century in the making, join Brian as he captures the incredible evolution, agony and success of the Boston Red Sox, through the eyes and memories of Red Sox Nation. Personal memorabilia is welcome.



## ARMCHAIR TRAVEL

*with National Geographic Photographer Barry Pell*

**At the Westwood Public Library – A Partnership with the COA and Westwood Library**

- ◆ No cost to this program, but please sign up in advance so we know how many to expect
- ◆ Tuesdays at 10:30 (Light refreshments and seating at 10 am)

Come travel through Asia with three exciting lectures by renowned photo journalist Barry Pell.

*Note: These lectures will take place in the community room at the Westwood Public Library.*

**October 23 – India – Tradition and Modernity Collide in a Subcontinent** – India is experiencing dramatic growth and change causing cultural strains that affect traditions and religious observations.

**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 through the Middle East and into Europe.

## FREE BI-MONTHLY MOVIE – TUESDAYS at 1pm





**September 18 — La La Land** — Jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on a love affair. But separate paths of ambition force them to make tough choices, their relationship starts to fray.


**October 2 — Victoria & Abdul** — The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award® winner Judi Dench) remarkable rule.

**October 16 — LBJ** — After taking the reins of state in the wake of President Kennedy's 1963 assassination, Lyndon Baines Johnson assumes leadership at one of the most tumultuous times in U.S. history.

# September 2018


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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>LABOR DAY CENTER CLOSED</b> 	<b>4</b> <b>NO PROGRAMS STATE PRIMARY ELECTIONS</b> 	<b>5</b> 9:00 FUN FIT 9:00 SHINE 9:00 TRADER JOE'S 10:00 CRAFTS 10:00 BEREAVEMENT 11:00 CHORUS 12:30 LOW IMPACT EXER.	<b>6</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 BOOK GROUP 11:00 PILATES <b>11:00 ELLIS TOUR</b> 12:30 MAH JONGG 1:00 BINGO	<b>7</b> 8:30 WAXING 9:00 FUN FIT 9:00 BRIDGE 9:00 & 10:00 SHAWS
<b>10</b> 9:30 FUN FIT 10:00 Inter. WATERCOLOR <b>11:30 BOX LUNCH DISCUSSION</b> 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>11</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING	<b>12</b> 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 9:30 CURRENT CONVERS. 11:00 CHORUS 12:30 LOW IMPACT EXER. <b>LAKE WINNIPESAUKEE DAY TRIP</b>	<b>13</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 QUILTING 11:00 PILATES <b>11:00 POWISSET FARM COOKING CLASS</b> 12:30 MAH JONGG 1:00 BINGO	<b>14</b> 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE
<b>17</b> 9:30 FUN FIT <b>10:00 RED SOX HISTORY</b> 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>18</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR <b>12:00 ONE WINGATE TOUR</b> 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	<b>19</b> 9:00 SHINE 9:00 FUN FIT 9:00 WALMART 10:00 BEREAVEMENT 11:00 CHORUS 12:00 iPad CLASS 12:30 LOW IMPACT EXER. <b>1:00 LEGAL CLINIC</b> 1:30 Indiv. iPad CLASS	<b>20</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 MEN'S CLUB <b>10:30 GARY HYLANDER</b> 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>21</b> 9:00 FUN FIT 9:00 MANICURES 9:00 & 10:00 STOP & SHOP 9:00 BRIDGE
<b>24</b> 9:30 FUN FIT <b>10:00 UNDERSTAND DEMENTIA</b> 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR <b>1:00 WHAT TO EXPECT: REHAB.</b>	<b>25</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR <b>11:30 HEALTHY EATING LUNCHEON</b> 1:00 TAI CHI 1:00 KNITTING	<b>26</b> 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 9:30 CURRENT CONVERS. 11:00 CHORUS 12:00 iPad CLASS 12:30 LOW IMPACT EXER. 1:30 Indiv. iPad CLASS	<b>27</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 QUILTING 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	<b>28</b> 9:00 FUN FIT 9:00 & 10:00 BIG Y 9:00 BRIDGE



## Westwood Public Library

**5th ANNIVERSARY OF THE WESTWOOD LIBRARY**  
 ◆ Saturday, September 15, 12:30-3 pm  
 Come join the library staff, volunteers and board as they celebrate the Fifth Anniversary of the Westwood Public Library!



## WESTWOOD DAY

**Saturday, September 29 at the Westwood High School, 10-3pm**  
 – Come join us as we celebrate all things, programs, businesses and life in Westwood!

Details at [WestwoodDay.com](http://WestwoodDay.com)  
 Note: Rides available — Call the Center a week before for information.

### GREETINGS FROM TOWN CLERK DOTTIE POWERS

Some dates to remember:

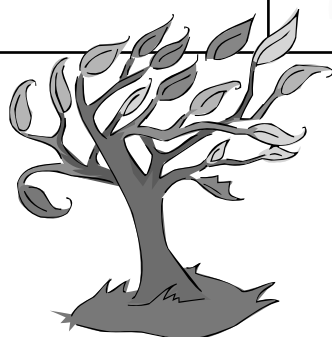
- Friday, August 31, 2018:** 5 PM is the deadline for applying for an Absentee ballot for the State Primary. The Town Clerk's office will be open to accommodate those voters.
  - Applications are available at the Senior Center, Library or Town Clerk's office.
- Tuesday, September 4, 2018: State Primary:** Polls will be open from 7:00AM until 8:00PM.
- Wednesday, October 17, 2018:** Last day to register to vote and change party enrollment for the State Election. The Town Clerks office will be open from 8:30AM-8:00PM.
- Monday, November 5, 2018** — 12 noon deadline for applying for an Absentee ballot for the State Election.
  - Applications are available at the Senior Center, Library or Town Clerk's office.
- Tuesday, November 6, 2018: State Election:** Polls will be open from 7:00AM until 8:00PM.

# October 2018

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>2</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 11:15 MEDITATION <b>12:00 BOX LUNCH DISCUSSION</b> 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE <b>WHALING MUSEUM DAY TRIP</b>	<b>3</b> 9:00 FUN FIT 9:00 SHINE 9:00 SOUTH SHORE PLAZA 10:00 BEREAVEMENT 10:00 CRAFTS 11:00 CHORUS 12:00 iPad CLASS 12:30 LOW IMPACT EXER. 1:30 Indiv. iPad CLASS <b>FRESIAN HORSES TRIP</b>	<b>4</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA <b>10:30 GARY HYLANDER</b> 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>5</b> 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 WEGMANS 9:00 BRIDGE
<b>8</b> <b>COLUMBUS DAY CENTER CLOSED</b> 	<b>9</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNITTING <b>1:00 JOURNALING</b>	<b>10</b> 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 9:30 CURRENT CONVERS. 11:00 CHORUS 12:00 iPad CLASS 12:30 LOW IMPACT EXER. 1:30 Indiv. iPad CLASS	<b>11</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 QUILTING 11:00 PILATES <b>11:00 POWISSET FARM COOKING CLASS</b> 12:30 MAH JONGG 1:00 BINGO	<b>12</b> 9:00 FUN FIT 9:00 & 10:00 SHAWS 9:00 BRIDGE
<b>15</b> 9:30 FUN FIT 10:00 Inter. WATERCOLOR <b>11:30 BOX LUNCH DISCUSSION</b> 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR <b>1:00 ENJOY THE ARTS</b>	<b>16</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR <b>11:00 WINGATE TOUR</b> 1:00 TAI CHI 1:00 KNITTING 1:00 MOVIE	<b>17</b> 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 11:00 CHORUS <b>11:30 90s PARTY at First Baptist</b> 12:30 LOW IMPACT EXER.	<b>18</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 9:30 MEN'S CLUB 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 WOMEN'S CLUB	<b>19</b> 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE
<b>22</b> 9:30 FUN FIT 10:00 Inter. WATERCOLOR <b>10:00 FRAUD PROTECTION</b> 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR <b>1:00 ENJOY THE ARTS</b>	<b>23</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 Beg. WATERCOLOR <b>10:30 ARMCHAIR TRAVEL (at Library)</b> 11:15 MEDITATION 1:00 TAI CHI 1:00 KNITTING <b>1:00 JOURNALING</b>	<b>24</b> 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 9:30 CURRENT CONVERS. 11:00 CHORUS 12:00 iPad CLASS 12:30 LOW IMPACT EXER. 1:30 Indiv. iPad CLASS	<b>25</b> 8:00 FLOOR YOGA 9:30 CHAIR YOGA 10:00 QUILTING 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	<b>26</b> 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 9:00 BRIDGE
<b>29</b> 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR <b>1:00 ENJOY THE ARTS</b>	<b>30</b> <b>12:00 HALLOWEEN PARTY</b> 	<b>31</b> 9:00 SHINE 9:00 FUN FIT 9:00 TRADER JOE'S 11:00 CHORUS 12:00 iPad CLASS 12:30 LOW IMPACT EXER. 1:30 Indiv. iPad CLASS	<b>NOTARY SERVICES</b> If you need a legal document notarized, call Lina to schedule a time. No cost for this service. 	



## SENIOR LIVING INFORMATION – A Box Lunch Discussion with Jodi Sponsored by Whitney Place at Sharon

- ◆ Tuesday, October 2 at noontime
  - ◆ \$4 donation – includes box lunch – limited to 15 participants so you must sign up in advance.
- What is "senior living"? What is the difference between Independent and Assisted Living? What is Skilled Nursing vs Memory Care? How do I know what kind of community my loved one or I should live in? Come with your questions, concerns and learn about senior living from an expert. A box lunch is included.



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



# Halloween Party

at the Westwood Senior Center

*Sponsored by Fox Hill Village of Westwood*

**Tuesday, October 30**

\$5 donation – Sign up begins Monday, October 1  
*Music by Tommy Rull through a Westwood Cultural Council Grant*



Come join the fun as we celebrate Halloween sponsored by our Friends at Fox Hill Village (with music by Tommy Rull sponsored by the Westwood Cultural Council). There will be great food, super door prizes and lots of laughs. Costumes are optional but encouraged! Sign up begins on Monday, October 1.