



# NEWS

JULY/AUGUST 2019

## Special Thanks to:

**AVITA MEMORY CARE OF NEEDHAM** for hosting our Annual Summer Beach Party;

**BIG Y OF WALPOLE AND NORWOOD** for hosting another lunch and learn;

**BETH ISRAEL DEACONESS** for underwriting a monthly nutritionist at the Center;

**2SISTERS SENIOR LIVING ADVISORS** for hosting a discussion on memory care;

**WEGMANS OF WESTWOOD** for day old groceries that come in abundance;

**THE FRIENDS and THE COA BOARD OF DIRECTORS** for their continual support, time & energy;

**FIRST BAPTIST CHURCH OF WESTWOOD** for a week long discussion with their parish on food security for elders;

**WESTWOOD HIGH SCHOOL** for allowing us to park in their lot (over the summer) during our day trips;

**THE COA BOARD and FRIENDS OF THE COA** for attending our annual meeting and voting in our Friends Annual Budget;

**THE WESTWOOD FINANCE DIRECTOR, COMMITTEE and SELECTBOARD** for supporting and approving our Annual Budget; 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

**S**UMMER is here! Even though spring was cold and wet, I am optimistic that we will have a beautiful, sunny and warm summer. Here at the Center, my staff and I take vacations as do many of our regular programs and clubs. Everyone wants time to enjoy being outside whether at the beach, a BBQ or in their garden.

But before I "talk about" our summer programs, I want to take a moment to thank everyone who continue to make the Center so vibrant, warm and welcoming. I am blessed to work with a staff that is tireless and compassionate as well as a Board and Friends Group that are dedicated and thoughtful; not to mention a remarkable core group of volunteers! Thank you!

Since coming to Westwood, I have had the true pleasure of working with two committed and outstanding individuals at Town Hall who are leaving. I need to publicly thank both Christine (Executive Secretary) and Mike (Town Administrator) for their years of service to the town of Westwood. When I started here (and throughout the five years I have worked here), to say they supported the Center (the town, me) would be an understatement. All of us here at the Center wish Mike a wonderful, and well deserved retirement and best wishes to Christine in her new venture. Both will be sorely missed.

Finally, I want to thank the Town of Westwood (you, the tax payer!) for your support of our budget; Town Meeting once again agreed to our requests and we are truly thankful for the support.

Okay back to the work of the Center....

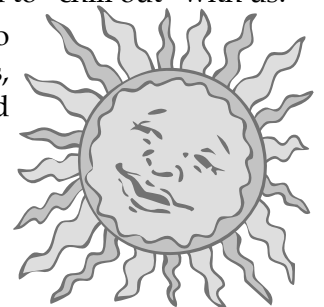
Please note that many of our regular programs (exercise, T'ai chi, yoga etc) are still here daily and we are open all summer long.

Of course, we will be hosting our annual beach party, in July, sponsored by our friends at *Avita Memory Care of Needham*. Come enjoy delicious food and a steel drummer for entertainment. Please remember sign up begins on Monday July 1. And what is summer without ice cream? We have partnered with HESSCO to offer a special sandwich and ice cream lunch once a week (check the calendar for dates, pp. 6 and 7) and welcome you to "chill out" with us!

No matter how hot it gets outside, we invite you to come join us, try a program and cool down. As always, your first class is free and we love seeing new and regular faces.

Happy Summer Everyone!

Lina Arena-DeRosa



## Karen's Corner—Outreach Counselor

### Lower Your Risk of Falling



You can make small changes to help prevent falls. More than 1 in 4 older adults fall each year. Falling can lead to broken bones, trouble getting around, and other health problems – especially if you are age 65 or older. A fracture (broken bone) can cause pain and disability. It can also make it hard to do everyday activities without help, like cooking a meal or taking a shower. Broken hips can cause serious health problems – and even death.

The good news is there are lots of things you can do to lower your risk of falling. Take these steps: Talk with your doctor about falls and how to prevent them; do exercises to improve your balance and leg strength; review all medications with your doctor or pharmacist. Some medications can make you dizzy or sleepy and cause you to fall; get your vision checked by an eye doctor every 1 to 2 years; update your glasses or contact lenses when your vision changes; make your home safer. For example, add grab bars inside and outside your bathtub or shower – and put railings on both sides of stairs.

Source: U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion

## TRAVEL with the WESTWOOD SENIOR CENTER

Come join us!

### LOCAL TRAVEL with Trish

**Tuesday, July 30** – *Otis House Museum* \$18 per person – Discover what life was like for Boston's elite after the American Revolution. In 1796, Harrison Gray Otis, a congressman and real estate entrepreneur and his wife, Sally lived and entertained lavishly in this elegantly furnished home designed by their friend Charles Bulfinch. Lunch is pay on your own at Sullivan's.

**Tuesday, August 20** – *Pilgrim Hall Museum* is the oldest continuously operating public museum in the country and America's museum of Pilgrim possessions. Lunch will be on your own at local restaurant. \$18 per person.

**FOX TOURS DAY TRIPS (Fliers and details available at the Center)**

*Please sign up soon as space is limited and these trips sell out fast!*

**Wednesday July 31** – **MARTHA'S VINEYARD** – \$99pp – Transportation, Ferry Ride, Tour of Island (lunch on your own)

**Thursday August 22** – **MAINE CRUISE ON CASCO BAY** – \$105pp – Transportation, Boat Tour of Islands, Lunch

**September 10-12** – **NIAGARA FALLS AND ERIE CANAL** – \$485 double; \$475 triple; \$585 Single – Transportation, Tours, Breakfast and Dinner

**Wednesday October 9** – **VERMONT WINE AND CHOCOLATE TOUR** - \$95pp – Transportation, Tour and Lunch- Sign up and Park at DOVER COA 508-315-5734 (details at the Center)

**Wednesday November 6** – **NORTH SHORE MUSIC HALL** – \$125pp **Bodyguard (the Musical)** – Transportation and Ticket to show

## Transportation with Trish Shopping/Errands for July and August

All Shopping and Errand Trips \$3 donation

JULY	DESTINATION	AUGUST	DESTINATION
1	Errands	2	Stop & Shop
3	Medical Only	5	Errands
5	Shaw's	7	Errands
8	Errands	9	Shaw's
10	Errands	12	Errands
12	Roche Bros.	14	South Shore Plaza
15	Errands	16	Roche Bros.
17	Walmart	19	Errands
19	Wegmans	21	Errands
22	No Errands Driver Training	23	Big Y
24	Errands	26	Errands
26	Big Y	28	Walmart
29	Errands	30	Wegmans
31	Trader Joe's		

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. The van rides are 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 for local medical (Westwood, Norwood and Dedham); \$3 for errands and grocery shopping and \$5 for Medfield, Newton-Wellesley and Faulkner Hospitals.

**Medical Appointments:** Transportation for medical appointments within a 10-mile radius of the Center is available Monday through Thursday from 8:30a.m.-2:00 p.m.; Friday 8:30 a.m.-1 p.m.

**Shopping:** Participants are restricted to 4 shopping bags per person. The COA will make 2 trips for food shopping starting at 8:30a.m. Local shopping trips and errands within a 5-mile radius are also available on most Mondays and Wednesdays. For more information call the Center and ask for Trish.

**Westfare Taxi Vouchers** are available to eligible low income seniors who no longer drive. A purchase of \$12.00 will buy \$48.00 worth of transportation. For more information, call the Center and ask for Karen.

## NEWS FROM TIFFANY – PUBLIC HEALTH NURSE

### STAY SAFE DURING A HEAT WAVE

Summer heat waves are brutal, but if you prepare, you will enjoy it! Here are some tips to stay safe during a heat wave: Listen to local weather forecast; never leave children or pets alone in enclosed vehicles; stay hydrated by drinking plenty of fluids; avoid drinks with caffeine or alcohol; eat small meals and eat more often; wear loose-fitting, lightweight, light-colored clothing; slow down, stay indoors and avoid strenuous exercise during the hottest part of the day; if you don't have AC, go to places that do (COA, library, theaters, malls); take frequent breaks if you must work outdoors; check on family, friends and neighbors who do not have air conditioning, and who spend much of their time alone; and join us at the Westwood Senior Center!

# STAY HEALTHY AT THE SENIOR CENTER

## WONDER WORKOUT *with Christine and Stephanie*

- Mondays 9:15-10:15, Wednesdays and Fridays 9-10am
- \$3 donation

Summer is here and a great time to get in shape! So get moving and join us for this fun filled aerobics class that will get your heart pumping, your muscles strengthened and your body ready for whatever outdoor adventure you have planned. Please wear comfortable clothing, sneakers and bring a water bottle.



## LOW IMPACT EXERCISE *with Sherri*

- Mondays 1pm/ Wednesdays 12:30pm
- \$3 donation

Come in out of the heat and join this highly effective low impact exercise class. Most of this class is done in a chair so if you are struggling with getting in shape or need a cardio class that is not aerobic, then this is a class for you! Please wear comfortable clothing, sneakers and bring a water bottle.

## PILATES *with Mary*

- Thursdays at 11am
- \$3 donation

Would you like to tighten your abs and inner core? Then try Pilates! This class is done primarily on the floor (please bring your own mat) and is for anyone who wants to strengthen and tone oblique muscles. Please wear comfortable clothing.

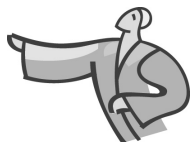
No class  
July 4



## T'AI CHI *with Scott*

- Tuesdays at 1pm
- No class July 23 & 30
- **Note: class at the library on July 16**
- \$3 donation

Older adults are at a higher risk of falling. T'ai Chi has proven more effective than conventional exercise approaches for reducing the incidence of falls. Join our T'ai Chi/QiGong "feel good class" Come help improve your balance inside and out!



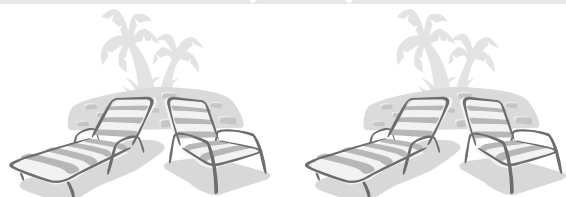
## MEDITATION *with Soni*

No meditation during the summer months ... Soni will be back in September.

## SHINE *with Mitch and Mary*

- Wednesdays July 17 & 24; August 7 & 21
- 9 - 12 by appointment only

Are you retiring soon? Confused about your prescription drug coverage? Then come to the Center with your questions so Mary or Mitch can help you find answers. Appointments fill up fast, so sign up soon.



## YOGA *with Bonnie*

- Tuesdays and Thursdays
- \$3 donation
- 8-9am **Floor Yoga**
- 9:30-10:30 **Chair Yoga**
- No class Tuesday July 4 and 16



As you work out in your garden, you may start to feel aches and pains; this is where yoga can help! Yoga stretches your muscles, improves your balance and increases your range of motion. Whether on the floor or in a chair, yoga will bring your body and your mind into a peaceful place. Please wear comfortable clothing and for floor yoga, please bring a mat.

## LUNCH AND LEARN *with Pharmacist Eddie*

Sponsored by Big Y Supermarkets of Norwood and Walpole

- Monday July 29 at noontime — You must sign up in advance as space is limited
- \$3 donation



Once again we are happy to have Big Y and Pharmacist Eddie Martucci come and discuss ways to stay healthy, This Lunch and Learn's topic is titled "Fish Oil or Statin, which is best for your cholesterol". The talk will cover the statin class of medicines, their actions, and adverse events. Fish oil products and the difference between them.

## HEARING AID CLINIC

Sponsored by Hearing Solutions Inc of Norwood

- Wednesday July 31 at 1pm
- Free but you must make an appointment in advance.

Are you struggling with your hearing aid? Then make an appointment with our friends at Hearing Solutions and find out how to make your hearing aid work for you.

## WHEN IS MEMORY CARE NEEDED *with Brenda*

Sponsored by 2Sisters Senior Living Advisors

- Monday July 15 at 10am

"When Is Memory Care Needed?" 16 million people are unpaid caregivers for a loved one with dementia. What options are there, and how do you know when it's time to consider them? The presentation will be given by 2Sisters Senior Living Advisors, a free referral and advisory service.

## NUTRITIONIST- ONE ON ONE CONSULTATION

Sponsored by BIDH (Beth Israel Deaconess Hospital) and HESSCO Elder Services

- Monday July 1 and August 5
- 10-1pm - **NO COST TO THIS PROGRAM — BY APPOINTMENT ONLY**

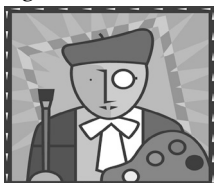
BIDH has given a grant to HESSCO for Medical Nutrition Therapy (MNT). This is a comprehensive and holistic assessment of one's nutrition that factors in medical conditions, functional ability and social supports. A registered Dietitian will offer individual sessions, support and resources. Please call in advance to sign up for an appointment.

# STAY CONNECTED AT THE SENIOR CENTER

## WATERCOLOR with Joan and Brenda

- Mondays 10-12 (Intermediate); 1-2 (Advanced)\*\*  
Note: No Monday classes in July and August.
- Tuesdays 10-12 (Intermediate); 1-3 (Beginner)\*\*  
Note: No Tuesday morning class in July and August.
- No classes Tuesday July 16
- \$40 for 8 classes

\*\*NOTE: Some classes are sold out with students already; please call the Center for details.



Joan will be taking the summer off (Monday classes) so **no intermediate and advanced class on Monday**; but Brenda will be here for Tuesday afternoon classes all summer long for the beginner class only. All classes will resume in September.

## CHORUS with Carol

Chorus will be taking the summer off but will be back in September.

## BINGO

- Thursdays at 1pm

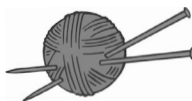
Put down the remote and come join this fun group of BINGO players! Bring your quarters and buy as many cards as you can handle and you might just win one (or more) rounds.



## KNITTING AND CROCHETING with Louise

- Wednesdays at 1pm
- \$3 donation

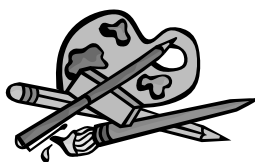
Summer is here and with the longer days, there is just more time to knit and crochet! Come join this warm and welcoming group of knitters (all levels welcome) who will inspire you to start or finish a project. We have plenty of yarn and extra needles to share.



## CRAFTS with Julie and Lorraine

- Wednesdays July 3 & August 7
- 10am to noontime (Please sign up in advance so we know how many to expect; Limited to 8 seniors)

Are you "crafty"? Would you like to make fun crafts that we sell here at the Center (or you can buy whatever you make?). Then come join this fun group of seniors as they create beautiful crafts once a month.



## BOOKGROUP with Bev

- Thursday July 11 at 9:30
- No cost to this program

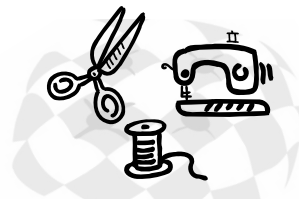
Join this growing group of avid readers as they discuss *The Lilac Girls* by Martha Hall Kelly.



## QUILTING CLUB with Helen

- Thursdays 9-11 July 18 & 25; August 1 & 15
- \$3 donation

Do you have a quilting project that you started but just can't seem to finish? Then come join this inspiring quilting club and get motivated to finish it. All levels welcome.



## WESTWOOD'S WOMAN'S CLUB

The Woman's Club is taking the summer off and will return in September.

## WESTWOOD'S MEN'S CLUB

The Men's Club is taking the summer off and will return in September.

## WESTWOOD'S GARDEN CLUB

The Garden Club is taking the summer off and will return in September.

## CAMERA THEFT and OTHER COMMON TRAVEL SCAMS

With Gayle at the District Attorney's Office

When you travel, keep your camera/phone safely out of reach and be wary of handing over your device to a seemingly friendly passer-by. And if you really do want someone to capture the moment for you, ask instead of being asked.

### More Travel Scams to be aware of:

If you are heading off on vacation this year, here are some more current travel scams to be on the lookout for:

- Taxi drivers who say their meter is broken and then charge an outrageous fare. Research fares in advance and then negotiate the rate with the driver before leaving. And take a photo of any license or identification information in the cab.
- Phony wi-fi services. Crooks have started setting up wi-fi hubs in parks, tourist attractions and other places where travelers hang out. If you connect, you're effectively handing over your data to the crooks. It's best to make sure your connections are safe.

Finally, a warning to be on the alert just about everywhere for the five most common tricks targeting tourists that we've previously warned about: Pickpockets; rip-off and counterfeit money changers; friendship/handmade bracelets you have to pay for; smooth-talking timeshare salesmen and fake vacation rentals.

By being alert and avoiding scams, you will be able to enjoy your vacation!

*Happy Summer Everyone*

# AGE WELL AT THE SENIOR CENTER

## IPAD CLASSES *with Kim*

Kim will be taking the summer and early fall off but will be back in October.

## CURRENT CONVERSATIONS *with Susan*

A news program for people who want to stay engaged and up-to-date

Current Conversations will be in hiatus July and August. We will resume the program in September on its regularly scheduled days; the 2nd and 4th Wednesdays of every month.

Stay engaged and see you in the Fall.



## BEREAVEMENT *with Nina*

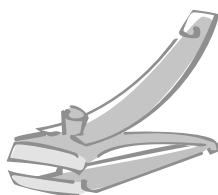
- Wednesdays July 17 and August 7&21
- 10-11am – No cost to this program

Even on a beautiful summer day, the loss of a loved one can make you feel sad. This is an open ended, ongoing bereavement group that is warm and welcoming.

## MANICURES *with Lauren*

- Fridays July 19 and August 16
- 8:30-11am – BY APPOINTMENT ONLY

Summer means gardening and getting your hands dirty in the dirt! Come get a hand massage and beautiful manicure for your nails.



## WAXING *with Lisa*

- Monday July 1 and Friday August 2
- 8:30-12noon 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

## FEDERAL CENSUS – COMING JANUARY 2020

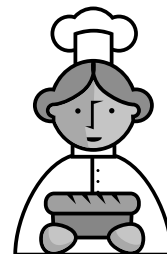
The US Federal Census is coming in January 2020! It will be completely online and it's vital to our growth that you fill it out! This Federal Census is done once every ten years and it is these numbers that the Federal Government uses to determine State and Local Funding; including monies that are earmarked for Senior Centers like ours.

This Census will be available online and we will be here to help you. Starting in January 2020, we will have volunteers available here at the Center that will give you one-on-one assistance. Stay tuned for more information in our fall and winter newsletters!

## COOKING CLASSES AT POWISSET FARM

- Thursday July 11
- 11-1pm — Meet at Powisett Farm in Dover
- Donation \$15 – Space is limited so you must sign up in advance

**Cooking for Two** – Come learn fun and easy recipes (and try them!) on how to cook healthy and delicious meals for two with chef Meg Tallon.



## AMERICA BY THE BOOK *with Gary Hylander*

The final installment of this four part series (this was rescheduled due to scheduling conflicts)

- Thursday July 25 at 10am
- \$3 donation

*The Jungle* – A discussion on the Industrial Revolution

## THE WALKING CLUB

*With Certified Leaders Maria and Angie*

Come walk with us! Seniors from Westwood and surrounding communities are invited to explore the woods and ponds of the local area. Walks will be about 1.5 to 2 hours. Meet at the Westwood Council on Aging, at 9:15 if you would like to car pool to the trail head, otherwise we will meet you at the trail head for a 9:30 start. Wear walking shoes, dress in layers, bring water, a snack, a hat, and bug spray. Hiking poles are optional.



**July 16:** Wilson Mountain, Dedham. 384 Common Street (Rte 135)

**July 30:** Whitcomb Woods, Dedham. 384 Common Street (Rte 135)

**August 6:** Adams Farm, Walpole. Take Route 109 west. At Bubbling Brook ice cream building take a left on North Street and drive 1.1 miles. Entrance is on the right. Park by the red barn.

**August 20:** Noanet Woods, Dover. At the intersection of High Street and Dover Road in Westwood, take a left and drive 1.4 miles to the Trustees of Reservation parking lot on the right. Meet at the senior center by 9:15 and we will carpool.

To pre-register or to learn more about the walks program, please call the COA at (781) 329-8799.

## MAH JONG *with Cynthia*

- Thursdays 12:30

Need some brain stimulation? Then come join this growing lively group of Mah Jong players every Thursday afternoon. New players (must know how to play) are always welcome.




## BRIDGE *with Anne and Diane*

- Fridays 9-1 pm

Do you enjoy a friendly game of Bridge? Then grab a cup of coffee and come play a friendly game of Bridge with this growing group of Bridge enthusiasts.

# July 2019

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> 8:30 WAXING 9:00 ERRANDS 9:15 WONDER WORKOUT <b>10:00 NUTRITIONIST</b> 12:00 SUMMER LUNCH 1:00 LOW IMPACT EXER.	<b>2</b> 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:30 YOGA (CHAIR) 1:00 TAI CHI 1:00 Beg. WATERCOLOR	<b>3</b> 9:00 WONDER WORKOUT 10:00 CRAFTS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	<b>4</b> <b>CENTER CLOSED</b> <b>FOURTH OF JULY</b> 	<b>5</b> 9:00 WONDER WORKOUT 9:00 SHAW'S 9:00 BRIDGE
<b>8</b> 9:00 ERRANDS 9:15 WONDER WORKOUT 12:00 SUMMER LUNCH 1:00 LOW IMPACT EXER.	<b>9</b> 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:30 YOGA (CHAIR) 1:00 TAI CHI 1:00 Beg. WATERCOLOR	<b>10</b> 9:00 WONDER WORKOUT 9:00 ERRANDS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	<b>11</b> 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 9:30 BOOK GROUP <b>11:00 POWISSET FARM COOKING CLASS</b> 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>12</b> 9:00 WONDER WORKOUT 9:00 ROCHE BROS. 9:00 BRIDGE
<b>15</b> 9:00 NO ERRANDS: DRIVER TRAINING 9:15 WONDER WORKOUT <b>10:00 WHEN MEMORY CARE IS NEEDED</b> 12:00 SUMMER LUNCH 1:00 LOW IMPACT EXER.	<b>16</b> 9:15 WALKING CLUB 1:00 TAI CHI at LIBRARY  <b>BEACH PARTY</b> <b>NO PROGRAMS</b> 	<b>17</b> 9:00 SHINE 9:00 WONDER WORKOUT 9:00 WALMART 10:00 BEREAVEMENT 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	<b>18</b> 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>19</b> 8:30 MANICURES 9:00 WONDER WORKOUT 9:00 WEGMANS 9:00 BRIDGE
<b>22</b> 9:00 ERRANDS 9:15 WONDER WORKOUT 12:00 SUMMER LUNCH 1:00 LOW IMPACT EXER.	<b>23</b> 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:30 YOGA (CHAIR) 1:00 Beg. WATERCOLOR	<b>24</b> 9:00 SHINE 9:00 WONDER WORKOUT 9:00 ERRANDS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	<b>25</b> 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) <b>10:00 GARY HYLANDER</b> 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>26</b> 9:00 WONDER WORKOUT 9:00 BIG Y 9:00 BRIDGE
<b>29</b> 9:00 ERRANDS 9:15 WONDER WORKOUT 12:00 SUMMER LUNCH <b>12:00 LUNCH &amp; LEARN with BIG Y</b> 1:00 LOW IMPACT EXER.	<b>30</b> 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 1:00 Beg. WATERCOLOR  <b>OTIS HOUSE MUSEUM DAY TRIP</b>	<b>31</b> 9:00 WONDER WORKOUT 9:00 TRADER JOE'S 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET <b>1:00 HEARING AID CLINIC</b>  <b>MARTHA'S VINEYARD DAY TRIP</b>		

## SANDWICHES AND ICE CREAM FOR LUNCH

Sponsored by HESSCO Elder Services

- Lunchtime in July - Mondays, July 1, 8, 15, 22, 29
- Lunchtime in August - Thursdays, August 1, 8, 15, 22, 29
- \$4 donation **BUT YOU MUST SIGN UP IN ADVANCE**

During these warm summer days, come to the Senior Center and cool off with a delicious sandwich and make your own ice cream sundae. Please sign up in advance so we know how many to expect.




## NOTARY SERVICES AVAILABLE

Please call Lina to make an appointment.  
No cost for this service.

# August 2019

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NIGHT VISION DRIVING GLASSES</b> \$12 each</p>  <p>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.</p>			<p><b>1</b> 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	<p><b>2</b> 8:30 WAXING 9:00 WONDER WORKOUT 9:00 STOP &amp; SHOP 9:00 BRIDGE</p>
<p><b>5</b> 9:00 ERRANDS 9:15 WONDER WORKOUT <b>10:00 NUTRITIONIST</b> 1:00 LOW IMPACT EXER.</p>	<p><b>6</b> 8:00 YOGA (FLOOR) 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 1:00 TAI CHI 1:00 Beg. WATERCOLOR</p>	<p><b>7</b> 9:00 SHINE 9:00 WONDER WORKOUT 9:00 ERRANDS 10:00 CRAFTS 10:00 BEREAVEMENT 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p><b>8</b> 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	<p><b>9</b> 9:00 WONDER WORKOUT 9:00 SHAW'S 9:00 BRIDGE</p>
<p><b>12</b> 9:00 ERRANDS 9:15 WONDER WORKOUT 1:00 LOW IMPACT EXER.</p>	<p><b>13</b> 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:30 YOGA (CHAIR) 1:00 TAI CHI 1:00 Beg. WATERCOLOR</p>	<p><b>14</b> 9:00 SOUTH SHORE PLAZA 9:00 WONDER WORKOUT 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p><b>15</b> 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	<p><b>16</b> 8:30 MANICURES 9:00 WONDER WORKOUT 9:00 ROCHE BROS. 9:00 BRIDGE</p>
<p><b>19</b> 9:00 ERRANDS 9:15 WONDER WORKOUT 1:00 LOW IMPACT EXER.</p>	<p><b>20</b> 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 1:00 Beg. WATERCOLOR 1:00 TAI CHI <b>PILGRIM HALL DAY TRIP</b></p>	<p><b>21</b> 9:00 WONDER WORKOUT 9:00 SHINE 9:00 ERRANDS 10:00 BEREAVEMENT 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p><b>22</b> 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO <b>MAINE CRUISE</b></p>	<p><b>23</b> 9:00 WONDER WORKOUT 9:00 BIG Y 9:00 BRIDGE</p>
<p><b>26</b> 9:00 ERRANDS 9:15 WONDER WORKOUT 1:00 LOW IMPACT EXER.</p>	<p><b>27</b> 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE hrs 9:30 YOGA (CHAIR) 1:00 Beg. WATERCOLOR 1:00 TAI CHI</p>	<p><b>28</b> 9:00 WONDER WORKOUT 9:00 WALMART 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p><b>29</b> 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SUMMER LUNCH 12:30 MAH JONGG 1:00 BINGO</p>	<p><b>30</b> 9:00 WONDER WORKOUT 9:00 WEGMAN'S 9:00 BRIDGE</p>



## CAN YOU HELP US WITH THE COST OF THIS NEWSLETTER?

Do you enjoy receiving this newsletter? Would you like to help us with the cost of publicizing our programs? The Center could definitely use your support! Please print clearly...thanks.

Name \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ Zip Code \_\_\_\_\_

Please make your check out to the *Westwood Council on Aging* (60 Nahatan Street, Westwood, MA 02090).

**And thank you!!**

We are asking for **\$15 per household** to help cover the cost of publicizing our programs.



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**

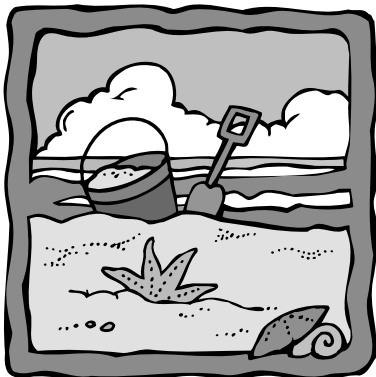
Lina Arena-DeRosa, Director  
 Trish Tucke, Operations Manager  
 Karen Segreve, Outreach Counselor  
 Lorraine Cavanaugh, Administrative Assistant  
 John Trigilio, Van Driver  
 Paul Kelly, Van Driver  
 John Demling, III, Van Driver  
 Elaine Haddad, HESSCO Meals on Wheels Coordinator



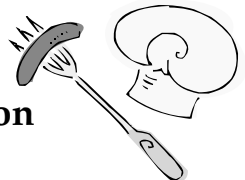
**Council on Aging Board Members**

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

Come Celebrate Summer with our  
**ANNUAL BEACH PARTY**



Sponsored by Avita Memory Care of Needham  
**Tuesday, July 16 (rain or shine) — \$5 donation**  
 Sign up begins Monday, July 1



Come celebrate the season with a delicious catered lunch sponsored by our friends at Avita Memory Care of Needham. Toby will be back with his steel drums with the goal to get you in a “Caribbean mood”! So join us for great food, great music and the best company (you and your friends!).

*Space is limited, so you must sign up in advance.*