



STAY HEALTHY • STAY CONNECTED • AGE WELL

NEWS

JANUARY/FEBRUARY 2019

Special Thanks to:

Mary Anne Morse Health Center in Natick for sponsoring our Valentine's Day Luncheon;

Westwood Garden Club and volunteers for their help in growing and giving away herbs and vegetables to homebound seniors;

Norfolk Golf Club for the use of their facility for our Holiday Party;

Roche Brothers for their donations of Poinsettias at our Holiday Party;

Dedham Savings for all the "special treats" they provide at our large luncheons;

Basket Sponsors who helped us raise over 4K in donations (and everyone who bought a ticket);

Norfolk County Registry of Deeds for their program during the Men's Club;

Samuel, Sayward & Baler for their program on Trusts and what you need to know;

AARP for their tax help to low and moderate income seniors;

Daniel Seligman for his "American West" Lecture on Gunslingers of the American West;

2 Sisters Senior Living Advisors for their program on Navigating the Senior Living Maze;

St. Mary's CCD Class and the Integrated Preschool for holiday gifts that were delivered to homebound Seniors;

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 NEW YEAR EVERYONE!



The Holidays are over and winter is here. And unless you escape to somewhere warm, the days can be lonely, long and dark ... but *not* if you keep yourself busy and connected. Here at the Center, we use this time to plan for the spring but we still have plenty of regular programs that you can try.

Keeping track of statistics is important and what we have discovered is that over the last three years, our growth has been tremendous! In 2016, we had 29,859 seniors use our services (programs, transportation, and lunch); in 2018, we had 35,830 seniors use our services, an increase of close to 6,000 visits annually. And the goal is to continue to grow.

Of course, this growth requires us to make some changes, so we have created new policies that can be read on the website (copies are also available at the Center). The new policies (approved by the Staff, Town Administrator and Town Counsel as well as the COA Board) are comprehensive and include a transportation policy, and a policy for use of the building and program participation.

We do this because it is essential that we are fair and helpful to everyone. For those who use our transportation initiative, we will be sending out individual letters so that you understand how our vans work and what we can and cannot provide. Donations for the van will be a bit more, starting in January, as listed on Page #2.

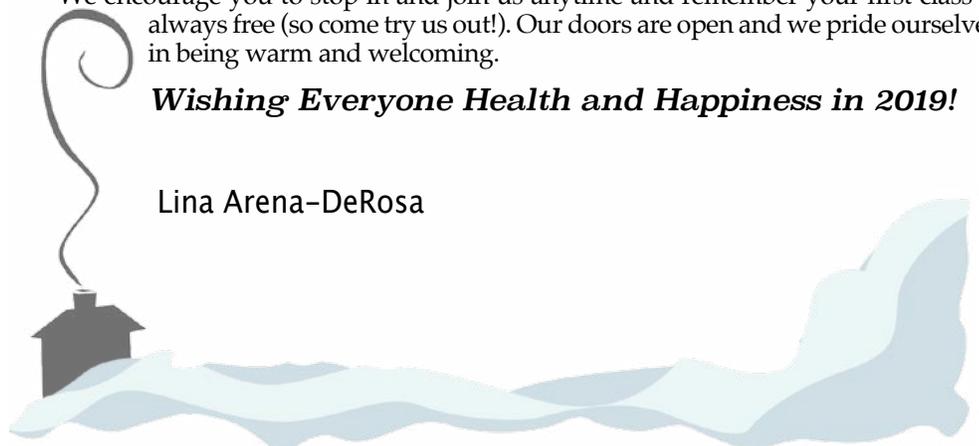
Our goal is to provide the best for as many seniors as we can, but sometimes, we have to say "sold out" ... this is not something we like to do, but it is just a reality of our space limitations as well as fire and safety laws. So if you want to participate in a program, please sign up early, as it is the best way to make sure that you can join us.

And because so many of our programs sell out, due to our limited space, we are pleased that the library allows us space for some of our special programs (thank you Westwood Library!). Please make sure that if the newsletter notes it is hosted at the library that is where you should go (sign up is still here at the Center); if nothing is mentioned, then the program is still here at the Center.

We encourage you to stop in and join us anytime and remember your first class is always free (so come try us out!). Our doors are open and we pride ourselves in being warm and welcoming.

Wishing Everyone Health and Happiness in 2019!

Lina Arena-DeRosa



Karen's Corner—Outreach Counselor

JANUARY IS GLAUCOMA AWARENESS MONTH

Glaucoma is a group of diseases that can damage the optic nerve and is a leading cause of vision loss and blindness in the United States. Almost 3 million people in the U.S. have glaucoma, yet only *half* know they have it. People are often unaware that glaucoma has *no symptoms in its early stages*. If detected early, before noticeable vision loss occurs, glaucoma can usually be controlled and severe vision loss can often be prevented. Vision that is lost from glaucoma cannot be restored. Anyone can develop glaucoma.

Annual comprehensive dilated eye exams are generally recommended starting at age 60. Medicare provides a benefit to help pay for glaucoma exams, but only for some people at higher risk. For additional information about the Medicare benefit, contact 1-800-MEDICARE (1-800-633-4227). Additional information about glaucoma can be found at <http://www.nei.nih.gov/glaucoma>.



Source: National Eye Institute

TRAVEL with the WESTWOOD SENIOR CENTER

COLLETTE INTERNATIONAL TRAVEL – October 7-17 ... Enjoy 11 days in storybook charm of the “*Imperial Cities*” - Prague, Vienna and Budapest – (meals - 9 breakfasts, 1 lunch, 5 dinners); airfare, hotel and insurance; \$4,314 (double), \$5,164 (single). **A slide show and information meeting on Monday February 25 at 1pm at the Westwood Library.** Please sign up if you are interested. Come find out what you will see, where you will go and answers to your questions.

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!

Saturday May 4 - 9/11 Memorial in NYC - \$105 pp – Transportation and tickets to Memorial and Museum (Lunch on your own)

Tuesday June 4 – Plymouth Getaway Tour - \$95pp – Transportation, Lunch, Boat tour of Harbor

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 November 6 – North Shore Music Hall –\$125pp “Body-guard (the Musical)” – Transportation, Lunch, Ticket to show

Transportation with Trish

Shopping/Errands for January and February

All Shopping and Errand Trips \$3 donation

JAN. DESTINATION	FEB. DESTINATION
2 Errands	1 Wegmans
4 Shaws	4 Errands
7 Errands	6 Walmart
9 South Shore Plaza	8 Shaws
11 Roche Bros.	11 Errands
14 Errands	13 Errands
16 Errands	15 Roche Bros.
18 Stop & Shop	20 South Shore Plaza
23 Trader Joe’s/Xmas Tree	22 Stop & Shop
25 Big Y	25 Errands
28 Errands	27 Errands
30 Errands	

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 \$4 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.

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.

WINTER WEATHER INFORMATION

- 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.



STAY HEALTHY AT THE SENIOR CENTER

LOW IMPACT EXERCISE with Sherri

- Mondays 1pm/ Wednesdays 12:30pm
- \$3 donation
- No class Jan. 21/ Feb. 18



Come out from the cold and get moving ... this low impact class is done mostly in a chair and it will get your heart pumping and your muscles toned! Please wear comfortable clothing and bring a water bottle.

FUN FIT EXERCISE with Christine and Stephanie

- Mondays 9:30-10:15/ Wednesdays and Fridays 9-10am
- \$3 donation
- No class Jan. 2 & 21 & Feb. 18

This high energy class will warm up anyone, even on a cold winter morning! Your heart will get pumping, your body will be moving and your muscles will get toned ... you might even lose a few of those holiday pounds! Please wear sneakers and bring a water bottle.

PILATES with Mary

- Thursdays at 11am
- \$3 donation
- No class Feb. 14



If you would like to tighten your stomach muscles, increase tone in your oblique muscles and feel better when you look in the mirror, than this is the class for you! Primarily done on the floor, please bring a mat, a water bottle, wear comfortable clothing and sneakers.

TAI CHI with Scott

- Tuesdays at 1pm
- \$3 donation



Tai Chi has been found to be more effective than balance and strengthening exercises in preventing falls among adults. After 6 months of training, an Oregon study found that the Tai Chi group had significantly fewer falls than the traditional exercise and the control groups. The end result: move slow, keep focused and join our Tai Chi Class.

MEDITATION with Soni

- Tuesdays at 11:15
- January 22, February 5 & 26
- No cost to this program but please sign up in advance so we know how many to expect



Winter blues affect us all and meditation can help you center yourself and feel better. Meditation is done in a chair and all levels are welcome.

SHINE with Mitch and Mary

- Wednesdays Jan. 2, 9, 16, 23, 30; Feb. 6, 13, 20 & 27
 - **BY APPOINTMENT ONLY** – Call the Center to schedule one
- Are you retiring soon? Confused about your prescription drug coverage? Then come to the Center with your questions and Mary or Mitch can help you find answers. Appointments fill up fast, so sign up soon.

YOGA with Bonnie

- Tuesdays and Thursdays • No class Feb. 14
- \$3 donation
- 8-9am FLOOR YOGA
- 9:30-10:30 CHAIR YOGA



Practicing Yoga can help with both your physical and mental well being. Whether on the floor or in a chair, yoga will help you strengthen and tone your muscles, improve your range of motion and prevent falls. Please wear comfortable clothing and bring a water bottle.

NAVIGATING THE SENIOR LIVING MAZE with Brenda from 2Sisters Living Advisors

- Monday Feb. 11 at 1pm
- \$2 donation

The Right Option is An Informed One: This is your time to become informed and start planning! Are you making assumptions about senior living? How much time have you spent researching options? Do you want to learn about maintenance-free senior living vs. assisted living, vs. staying at home with care if needed? Come for an informal presentation about senior living options and associated costs, followed by an opportunity to ask questions.

NEWS FROM THE WESTWOOD FIRE DEPARTMENT

Winter is fast approaching so here are some tips to help you stay safe. Make sure space heaters are on a solid flat surface and keep them at least 3 ft. from any flammable objects; make sure the cords are not cracked or broken and never use an extension cord with them; working carbon monoxide detectors are especially important during the winter when your heating system is in use; never use your oven, gas or electric, as a source of heat. Hypothermia is a dangerous, potentially life threatening condition that is the result of your body temperature getting too low. Keeping your thermostat setting between 68 & 70 degrees, wearing loose layers, changing out of wet clothes and limiting the amount of time spent outdoors will help you stay warm and avoid hypothermia. If you need help with applying for Fuel Assistance, please contact the Center and make an appointment with Karen.

NEWS FROM THE WESTWOOD PUBLIC LIBRARY

Author Event: Edwin Hill & LITTLE COMFORT: In a brilliantly twisted debut set among Boston's elite, Edwin Hill introduces unforgettable sleuth Hester Thursby—and a missing persons case that uncovers a trail of a vicious murder. Copies of the book will be available for purchase and signing courtesy of Haley Booksellers. This event is generously sponsored by the Friends of the Westwood Library. **Main Library: Saturday, Jan. 26 @ 2:00 PM**

Black History Month Film Series: In honor of Black History Month, the Main Library will screen a month-long film series. Join us every Wednesday in February at 6:30 PM to celebrate Black history and culture. Films TBA- check our website for details. Snacks will be provided, and all are welcome. **Main Library: Wednesdays @ 6:30 PM - Feb. 6, Feb. 13, Feb. 20 and Feb. 27**



STAY CONNECTED AT THE SENIOR CENTER

WATERCOLOR with Joan

- Monday 10-12 (Intermediate)
1-3pm (Advanced)
- Tuesday 10-12 (Beginner)
- \$30 for Monday classes (6 classes)
\$40 for Tuesday classes (8 classes)
- No class on Monday Jan.21 or Feb. 18
- Classes are limited to 12 students. All classes are currently full, but call to get your name on the waiting list in case there are any changes.



Watercolor focus will be on Winter Scenes. How many colors you can see in the snow; how blue is the sky; how purple are distance mountains and how colors reflect in the shadows of benches, green trees etc.

CHORUS with Carol

- Wednesdays 11-noon
- \$3 donation



Winter blues? Come sing and they will soon be gone! This talented group will be getting ready for their spring concert, so if interested, please join soon.

MAH JONG with Cynthia

- Thursdays 12:30-3pm • No class on Feb. 14

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.

BINGO

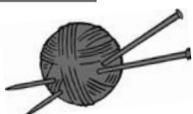
- Thursdays at 1pm • No class on Feb. 14

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

- Tuesdays, 1pm
- \$3 donation



What better way to spend a cold winter afternoon than knitting with your friends? If there is a project you want to start, one that you want to finish or if you are stuck, come join this friendly growing group of knitters. All levels are welcome and there is plenty of yarn and needles here at the Center.

CRAFTS with Lorraine and Julie

- Wednesdays Jan 2 & Feb 6
 - 10am to noon
 - Please sign up in advance so we know how many will be participating
- 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.

QUILTING CLUB with Helen

- Thursdays 9-11
- Jan. 10 & 24; Feb. 7 & 28
- \$3 donation



Winter is here and nothing is warmer or more cozy than a handmade quilt. Come start your project, finish your project or learn a new technique.

BOOK GROUP with Bev

- Thursday, January 3, 2019 at 9:30am

No cost to this program

We will be discussing *The Endurance* by Caroline Alexander. Come join us as we discuss the highly acclaimed true story of a trip to the Antarctic.



BRIDGE with Diane and Anne

- Fridays 9-1pm

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.

WESTWOOD WOMAN'S CLUB

- Friday January 25th at 1pm – AT THE LIBRARY – Come meet author Stephen Puleo as he discusses his book *The Dark Tide* which documents the Great Molasses Flood of 1919.

No meeting in February.

WESTWOOD GARDEN CLUB

- Thursdays Jan. (no meeting); Feb. 28
- 1:30-3:30

JANUARY - HAPPY NEW YEAR 2019! There is no meeting this month.

FEBRUARY 28 - Beehive Discussion- Take a Friendly Look into a Beehive • 1:30-3:30

Come participate in an educational, interactive bee demonstration and learn about the incredible honeybee. Susan Robinson, Medway beekeeper, pollinator protector, entrepreneur, school bus driver, parent and educator will present. The opportunity to purchase locally made honey is a sweet added bonus to the experience!



WESTWOOD MEN'S CLUB

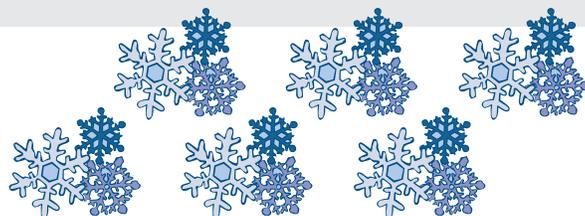
- Thursdays Jan. 17 & Feb. 21
- 9:30 Coffee / 10am Presentation

January 17 –Norfolk Registry of Deeds

Come listen to Mr. O'Donnell who will discuss the historical nature of the Registry and how it can help you get information today. His staff will be available to answer individual questions including information on the MA Homestead Act; provide status of mortgage discharge; copy of individual deeds and a demo on how the Registry on-line Records Database works.

February 21 – Wyatt Earp - Gunslinger of the Wild West with Daniel Seligman

Come learn about the life and times of Wyatt Earp – Daniel will present an "unvarnished truth" about the man vs. the myth including the infamous Dodge City and events surrounding the OK Corral, perhaps the most famous exchange of gunfire in American History.



AGE WELL AT THE SENIOR CENTER

iPAD CLASSES *with Kim*

Apple iPad/iPhone One-on-One Support

• Wednesdays 12-2:30; January 9, 16, 23, 30; February 6, 13
\$5 for ½ hour one on one support – You must sign up in advance for an appointment

If you need assistance with your Apple iPad or iPhone devices, please sign up for a half-hour time slot for one-on-one support. Sessions will be held in the conference room. Please call the Center to sign up and a reminder – bring your charger, Apple ID and Password with you!



CURRENT CONVERSATIONS *with former journalist Susan*

A News Program for People who want to stay engaged and up-to-date

- Wednesdays (2nd and 4th of each month) • 10-12 noon
- January 9 & 23; February 13 & 27
- \$20 donation for all four sessions

Americans voted this fall in record numbers. They elected a younger, more diverse and divided Congress which will be convening just after the new year. Will this force both sides to deal with one another? Worsen the gridlock? Will the record number of women, of veterans in public office make a difference? Participants are encouraged to bring any topic to the table. Please join us for some good and stimulating conversation.



BEREAVEMENT *with Nina*

- Wednesdays January 2 & 16; February 6 & 20
- 10-11am

Cold and dark winter months can bring back the loneliness one feels after the loss of a loved one, but you are not alone. This is an open ended, ongoing bereavement group that is warm and welcoming.

EVERYTHING YOU WANTED TO KNOW ABOUT TRUSTS

with Attorney Maria Baler

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

Have no fear! Attorney Maria Baler will review the ins and outs of Trusts - the different types of Trusts, how Trusts work, and whether you should have one. Come find out how you can use a Trust to manage assets for beneficiaries, avoid probate (and save your family a lot of time and aggravation in the process), and maybe save some estate taxes as well.



AARP TAX HELP for Low and Moderate Income Seniors

- Mondays 9 am-2 pm BY APPOINTMENT ONLY
- Starting Monday, February 25 – There is no cost to this program but appointments fill up fast so please sign up early

The Westwood Senior Center will host AARP Tax Preparation to any low or moderate income seniors who need help preparing their 2018 Federal and Mass income tax forms. AARP Tax Aides will be on hand every Monday starting February 25 through April 15 from 9 a.m. to 2 p.m. APPOINTMENTS FILL UP FAST, so please call the Center and schedule your appointment soon. Please bring your 2017 taxes, Social Security card and all other necessary information with you.

BING CROSBY – SWINGING ON A STAR

with Music Historian Bruce Hambro

- Tuesday February 26 at 1pm
- \$3 donation – Please sign up in advance so we know how many to expect

Bing Crosby – Swinging on a Star is an informative program that reviews the highlights of the historic career of “Der Bingle” including his starring roles in two of film history’s greatest musicals-- White Christmas and High Society. Among many classic Crosby tunes heard in this presentation are Road to Morocco, White Christmas, Swinging on a Star, I’ll Be Seeing You and True Love. Bruce Hambro was formerly a film salesman with the Walt Disney Company, and later operated his own music industry firm as a booking agent and personal manager.



FREE BI-MONTHLY MOVIE

- Tuesdays at 1pm

January 8 -- 5 Flights Up - Married for four decades, New Yorkers Ruth and Alex have had a wonderful life together -- most of it spent in their cherished Brooklyn walk-up. But now that it’s time to sell, the universe seems determined to thwart them.

January 22 -- A Dog’s Purpose - Unfolding through the prospect of a reincarnated dog, this affecting family tale follows the faithful canine as he learns the purpose of his existence through the lives of his numerous owners.

February 5 -- Harry and Snowman - After World War II, Dutchman Harry de Leyer immigrated to America and became a riding instructor -- who paid \$80 for a horse no one else wanted. Calling the horse Snowman, Harry began training him for show jumping: Two years later, he had a champion.

February 19 -- Going in Style - Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail.



COLD WEATHER SAFETY TIPS

from Westwood’s Public Health Nurse – Tiffany

Hypothermia is what happens when your body temperature gets very low. For an older person, a body temperature of 95°F or lower can cause many health problems, such as a heart attack, kidney problems, and liver damage. Here are some cold weather safety tips to follow: set your heat to at least 68–70°F. Keep the basement door closed and place a rolled towel in front of all doors to keep out drafts. Remember to dress warmly on cold days even if you are staying in the house. Throw a blanket over your legs. Wear socks and slippers. Ask family or friends to check on you during cold weather. If a power outage leaves you without heat, try to stay with a relative or friend. *Tiffany offers open office hours at the Senior Center every Tuesday from 9-11.*

MANICURES *with Lauren*

- Fridays January 18 & February 15 • 9-12 pm
- BY APPOINTMENT ONLY - \$10 payable to Lauren

Cold dry hands can crack and fingernails look particularly bad in the winter. Come get a hand massage and manicure to make them look and feel like new.



WAXING *with Lisa*

- Fridays January 4 and February 1 • 9-12 — **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

January 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
	1 CENTER CLOSED <i>Happy New Year!</i> 	2 9:00 ERRANDS 9:00 SHINE 10:00 CRAFTS 10:00 BEREAVEMENT 11:00 CHORUS 12:30 LOW IMPACT EXER.	3 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 9:30 BOOK GROUP 11:00 PILATES 12:00 SOUP/SANDWICH 12:30 MAH JONGG 1:00 BINGO	4 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 SHAW'S 9:00 BRIDGE
7 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	8 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 KNIT/CROCHET 1:00 TAI CHI 1:00 MOVIE	9 9:00 FUN FIT 9:00 SOUTH SHORE PLAZA 9:00 SHINE 10:00 CURRENT CONVER. 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	10 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SOUP/SANDWICH 12:30 MAH JONGG 1:00 BINGO	11 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE
14 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	15 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNIT/CROCHET	16 9:00 SHINE 9:00 FUN FIT 9:00 ERRANDS 10:00 BEREAVEMENT 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	17 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 9:30 MEN'S CLUB 11:00 PILATES 12:00 SOUP/SANDWICH 12:30 MAH JONGG 1:00 BINGO	18 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 9:00 BRIDGE
21  CENTER CLOSED Martin Luther King Day	22 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:15 MEDITATION 1:00 KNIT/CROCHET 1:00 MOVIE 1:00 TAI CHI	23 9:00 SHINE 9:00 FUN FIT 9:00 TRADER JOE'S/ XMAS TREE 10:00 CURRENT CONVER. 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	24 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SOUP/SANDWICH 12:30 MAH JONGG 1:00 BINGO	25 9:00 FUN FIT 9:00 & 10:00 BIG Y 9:00 BRIDGE 1:00 WOMEN'S CLUB-- at the library
28 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	29 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 KNIT/CROCHET 1:00 TAI CHI	30 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	31 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 11:00 PILATES 12:00 SOUP/SANDWICH 12:30 MAH JONGG 1:00 BINGO	



SOUP AND SANDWICH AT THE CENTER

During these cold, winter months come to the Senior Center and warm up with a nice bowl of soup and delicious sandwich. *Please sign up in advance so we know how many to expect.* The dates in *January* will be every Thursday, Jan. 3, 10, 17, 24 and 31. The dates in *February* will be every Monday, Feb. 4, 11, and 25.

\$3 donation.



HOMEBOUND BOOK DELIVERY

The Westwood Public Library, in partnership with the Friends of the Westwood Public Library and the Westwood Council on Aging, offers a delivery option to provide library materials for Westwood residents who are confined to their homes by an illness or injury, either temporary or long term, and are therefore unable to travel to the library. Contact Karen Gallagher (781 320-1049) if interested or if you need further information.

February 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
				1 8:30 WAXING 9:00 FUN FIT 9:00 & 10:00 WEGMANS 9:00 BRIDGE
4 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 12:00 SOUP/SANDWICH 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	5 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:15 MEDITATION 1:00 TAI CHI 1:00 KNIT/CROCHET 1:00 MOVIE	6 9:00 SHINE 9:00 FUN FIT 9:00 WALMART 10:00 CRAFTS 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	7 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	8 9:00 FUN FIT 9:00 & 10:00 SHAW'S 9:00 BRIDGE
11 9:00 ERRANDS 9:30 FUN FIT 10:00 INs/OUTs of TRUSTS 10:00 Inter. WATERCOLOR 12:00 SOUP/SANDWICH 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR 1:00 NAVIGATING SR. LIVING MAZE	12 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNIT/CROCHET	13 9:00 SHINE 9:00 ERRANDS 9:00 FUN FIT 10:00 BEREAVEMENT 10:00 CURRENT CONVER. 11:00 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER.	14 12:00 VALENTINE'S DAY PARTY (NO PROGRAMS) 	15 9:00 MANICURES 9:00 FUN FIT 9:00 & 10:00 ROCHE BROS. 9:00 BRIDGE
18  CENTER CLOSED Presidents' Day	19 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 1:00 TAI CHI 1:00 KNIT/CROCHET 1:00 MOVIE	20 9:00 FUN FIT 9:00 SHINE 9:00 SOUTH SHORE PLAZA 11:00 CHORUS 12:30 LOW IMPACT EXER.	21 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 9:30 MEN'S CLUB 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	22 9:00 FUN FIT 9:00 & 10:00 STOP & SHOP 9:00 BRIDGE
25 9:00 ERRANDS 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR 12:00 SOUP/SANDWICH 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	26 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Beg. WATERCOLOR 11:15 MEDITATION 1:00 TAI CHI 1:00 KNIT/CROCHET 1:00 BING CROSBY	27 9:00 FUN FIT 9:00 SHINE 9:00 ERRANDS 10:00 CURRENT CONVER. 10:00 BEREAVEMENT 11:00 CHORUS 12:30 LOW IMPACT EXER.	28 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	NOTARY SERVICES AVAILABLE Please call Lina to make an appointment



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 _____

We are asking for **\$15 per household** to help cover the cost of publicizing our programs. Please make your check out to the *Westwood Council on Aging* (60 Nahatan Street, Westwood, MA 02090).

And thank you!!



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

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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

Valentine’s Day Party

At The Westwood Senior Center

Sponsored by Mary Anne Morse Nursing and Rehab of Natick

Thursday, February 14, 2019 at noontime — \$5 donation

Space is limited and sign up begins Friday, February 1

Come join us as we celebrate love and all things chocolate! Sponsored by our Friends at Mary Anne Morse Nursing and Rehab of Natick, we will be offering a delicious lunch and of course, chocolate cake for dessert with great entertainment! Please sign up in advance ... sign up begins Friday, February 1.

