



STAY HEALTHY • STAY CONNECTED • AGE WELL

# NEWS

MARCH/APRIL 2019

## Special Thanks to:

**North Hill Retirement Community of Needham** for sponsoring our St. Patrick's Day Luncheon;

**National Development** at Highland Glen for underwriting our Three Part Arm Chair Travel;

**Beth Israel Deaconess** for underwriting our Think Outside the Box Luncheon;

**Samuel, Sayward and Baler** for underwriting our Legal Hour;

**Whitney Place** at Sharon for a healthy lunch and learn program on Memory Care options;

**Benchmark** for underwriting a lunch and learn program on Normal vs. Not Normal memory loss;

**District Attorney Michael Morrissey** for underwriting our second annual Shredding Day;

**AARP** for underwriting their weekly tax help through the tax season;

**Big Y of Walpole & Norwood** for a lunch and learn program on Falls Prevention;

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

Here at the Center, we are always trying to provide interesting and diverse programs for three different 'generations'; those aged 60-75, 75-85 and 85 plus. Generally speaking (and yes, you may be an exception) each age group has different needs for programming and outreach. For instance, when you are on the "younger side" of this spectrum, you might enjoy floor yoga or aerobics, but as you age, your body changes, so chair yoga or chair exercise may be more appropriate.

With this in mind, we offer over 20 different regular programs as well as special programming with the hope that there would be a little something for everyone, including you.

Along with our regular programming, we have many monthly special programs. For instance, this spring we will once again head to Powisset Farm in Dover for cooking classes. We will be partnering with the Westwood Library to offer arm chair travel to Iran, East Africa and Polynesia; a lecture series on the gunslingers of the Old West; a music program on the life and times of Dean Martin and Tony Bennet; as well as a three part lecture series "America by the Book" with historian Gary Hylander. And don't forget to join us for our legal hour with Maria Baler.

Perhaps you would like to celebrate St. Patrick's Day sponsored by North Hill Retirement Community (corned beef and cabbage on the menu)? We also have a number of "Lunch and Learns" where you can enjoy lunch and learn something new!

And once again we are partnering with District Attorney Michael Morrissey's Office to offer a free Shredding Day in April, so get those unwanted and outdated confidential files together and bring them over to us!

We have planned eight day trips (from heading to the 9/11 Memorial, Harbor Cruises, Theater and a trip to the new MGM in Springfield) and an 11 day International Trip to the Imperial Cities. Details for all these programs are available in this newsletter or at the Center.

On another note, we are asking you to donate new clean kitchen or bath towels (any size is appreciated — a bucket will be near the front door) for those who are in need.

And I would be remiss if I did not thank everyone who helped us raise over \$6K during our Holiday Basket Fundraiser...without the support of so many sponsors as well as those who bought raffle tickets, we simply could not continue to grow!

So with over 20 regular programs and numerous special programs, we are hopeful that you see something that may get you to try us out. And remember, your first class is always free.

As the days get longer and the sun warmer, come out and join us!

Lina Arena-DeRosa



## Karen's Corner—Outreach Counselor Enjoy School District Events for FREE with the Wolverine All Access Pass

If you're a resident of Westwood who is 65 years of age or older, do you know that you can attend school district events for FREE? All you need is a *Wolverine All-Access Pass* (formerly called the *Green Pass*). Here is information on the Pass: The *Wolverine All-Access Pass* admits the cardholder, at no cost, to the following: all regular season home athletic events; all school district plays and musical performances; and all other school district-sponsored cultural activities and events. Please note that the *Wolverine All-Access Pass* may not grant admission to reserved seating areas; be used for indoor graduation ceremonies; grant admission to post-season athletic events; or be transferred or used to admit guests of the cardholder. If you already have a *Green Pass*, you can continue to use it. There is no need to update to the *Wolverine All-Access Pass*.

To apply for the *Wolverine All-Access Pass*, just complete and mail in an application with your name, address, phone, and signature...it's that easy! Applications are available at the Council on Aging. To have an application mailed to you or if you have any questions, please call John Cianciarulo at the school superintendent's office at 781-326-7500, ext. 1341. Send in your application and then enjoy the school district events for FREE!

## TRAVEL with the WESTWOOD SENIOR CENTER

*Come join us!*

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). Sign up directly with AAA (details at the Center).

## DAY TRIP with the Center

### TWIN RIVERS DAY TRIP

Tuesday April 2 — Leaves the Center at 9:30am  
\$10.00 - Transportation only

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!*

Tuesday March 19 – MGM CASINO IN SPRINGFIELD - \$35 pp – Casino play, Food Credit, *Sign up and park at SHERBORN COA 508-651-7858 (details at the Center).*

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 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 March and April

*All Shopping and Errand Trips \$3 donation*

MARCH	DESTINATION	APRIL	DESTINATION
1	Shaw's	1	Errands
4	Errands	3	Xmas Tree/Trade Joe's
6	Xmas Tree/Trader Joe's	5	Shaw's
8	Roche Bros.	8	Errands
11	Errands	10	Walmart
15	Stop & Shop	12	Roche Bros.
18	Errands	17	Errands
20	Walmart	19	Stop & Shop
22	Big Y	22	Errands
25	Errands	24	South Shore Plaza
27	Errands	26	Big Y
29	Wegmans	29	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 \$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

**Spring** — The biggest spring allergy trigger is pollen. Trees, grasses, and weeds release these tiny grains into the air to fertilize other plants. When they get into the nose of someone who's allergic the immune system sees the pollen as a danger and releases antibodies that attack the allergens. This leads to the release of chemicals called histamines into the blood. Histamines trigger the runny nose, itchy eyes, and other symptoms that are all too familiar if you have allergies. Here are some tips to help keep pollen at bay: Try to stay indoors whenever the pollen count is very high (the counts usually peak in the morning); clean the air filters in your home often, clean bookshelves, vents, and other places where pollen can collect; wash your hair after going outside, because the allergen can collect there; pollen counts tend to be particularly high on breezy days when the wind picks up and rainy days help wash away the allergens.

# STAY HEALTHY AT THE SENIOR CENTER

## FUN FIT EXERCISE with Christine and Stephanie

- Mondays 9:30-10:15/ Wednesdays and Fridays 9-10am
- \$3 donation
- No class Wednesday, March 13, April 15



This high energy class will get your heart pumping and your blood moving even on a chilly spring morning! Free weights, bands etc (we have plenty to share) are regularly used to strengthen and tone your muscles. No prior experience necessary but please wear comfortable clothing and bring a water bottle.

## LOW IMPACT EXERCISE with Sherrri

- Mondays 1pm/ Wednesdays 12:30pm
- \$3 donation
- No class Wednesday, March 13, April 15

This low impact exercise is primarily done in a chair with free weights. It will help you tone and strengthen your muscles. If you are just starting to get back in shape, this is the class for you! Please wear comfortable clothing and bring a water bottle.

## PILATES with Mary

- Thursdays at 11am
- \$3 donation



This class will help you get the abs you always wanted, in fact it is the same class you would pay much more at a gym! Pilates will help strengthen your core and increase the tone in your oblique muscles. It is primarily done on the floor, so please bring a mat, a water bottle and wear comfortable clothing.

## TAI CHI with Scott

- Tuesdays at 1pm
- \$3 donation



"Tai chi is typically classified as a light-intensity physical activity but may be considered relatively moderate intensity for some adults. It includes balance activities, and some forms may be considered muscle strengthening" as stated by DHHS! So come try it out!

## MEDITATION with Soni

- Tuesdays at 11:15
- March 5 & 19; April 2
- No cost to this program but please sign up in advance so we know how many to expect.



We are all trying to do too much, so stop in for a half hour of calm meditation and contemplation with Soni. This class is done in a chair and all levels are welcome.

## SHINE with Mary & Mitch

- Wednesdays March 6, 13, 20 & 27; April 3, 10, 17 & 24
  - 9-12 BY APPOINTMENT ONLY – Please 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
- \$3 donation
- 8-9 am FLOOR yoga
- 9:30-10:30 am 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.

## THINK OUTSIDE OF THE BOX — A Lunch and Learn Program

Sponsored by Beth Israel Deaconess Hospital

- Wednesday, March 27 at 12 noon
  - \$4 donation — Space is limited to 20 participants – you must sign up in advance
- Are you tired of those boring lunches when you are on the go? Join BID-Needham Director of Nutrition Services, Ming Cheung, to learn how to make healthy and nutritious lunches that will keep you energized for your day. A boxed lunch will be provided after a cooking demonstration. .



## CAN YOU RECOGNIZE A FALL RISK? — A Lunch and Learn Program

Sponsored by Big Y Supermarkets of Norwood and Walpole

- Tuesday, April 16 at 11:30
  - \$4 donation — Space is limited to 20 participants – you must sign up in advance
- Falls are the #1 factor in deaths for seniors. Do you know the main causes of falls? Do you know the best ways to avoid them? Come join us as Big Y brings a delicious lunch and explains the best ways to elude falling and landing in the hospital.



## WHAT YOU NEED TO KNOW ABOUT MEMORY CARE AND ASSISTED LIVING

Sponsored by Whitney Place at Sharon

- Wednesday, April 10 at 4 pm
- No cost to this program but please sign up in advance so we know how many to expect



This important talk covers when is the right time to think about assisted living (or memory care) for yourself or a loved one; how do you find the right community; what constitutes the right community; and more. Jodi Tolman is a Certified Dementia Practitioner at Whitney Place at Sharon and can answer your questions and concerns. Light refreshments will be served.

## MEMORY LOSS – NORMAL OR NOT NORMAL? A Lunch and Learn Program

Sponsored by Benchmark on Clapboardtree Street

- Monday, April 29 at 12 noon
  - \$4 donation — Space is limited to 20 so you must sign up in advance
- Join Michelle Tristani, Director of Memory Care at Benchmark as she explains the difference between normal memory loss and memory loss that needs to be addressed. Benchmark of Westwood will bring a light lunch to enjoy during the presentation.

## TOWEL DRIVE AT THE SENIOR CENTER

Sponsored by New Life Furniture of Walpole

New Life Furniture collects and refurbishes new and gently used furniture and makes them available at no cost to individuals and families coming out of homelessness.

They are looking for towel (bath, hand, washcloth or kitchen) donations and we are hoping you will help us help them! Please bring your new towel to the Center and we will have a bucket ready for your donation by the front door. Your donation will truly make someone's life a little easier. And thank you!!!



## SAVVY SHOPPING with Brandon

- Tuesday, April 9 at 1:00pm
- No cost to this program but please sign up in advance so we know how many to expect

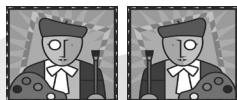


Have you ever wanted to learn how to save money for your family? In this one hour couponing session, we will be going through the basics on how to coupon at local pharmacies and grocery stores. Participants will leave with a basic couponing kit, a bag of free samples, and some basic papers on couponing at certain stores. Look forward to seeing you there!

# STAY CONNECTED AT THE SENIOR CENTER

## WATERCOLOR with Joan

- Mondays 10-12 (Intermediate)\*; 1-3pm (Advanced)\*
- Tuesdays 10-12 (Intermediate)\*  
NEW BEGINNER CLASS Tuesdays 1-3 (Beginner — starts on April 2)
- \$45 for Monday and Tuesday morning classes  
\$25 for Beginner class
- You must sign up in advance



No class  
April 15 or  
April 30

\*Please note that the Intermediate and Advanced classes are sold out with previous students; however, you are welcome to get on the wait list. The beginner class will start on April 2 and Joan will call you to explain the supplies you need to purchase.

Spring arrives and crocus' bloom and the early flowers prepare to blossom. We will paint flowers, their anatomy and focus on their essences of colors: soft, hard, crisp, dense, and the many shades of green.

## CHORUS with Carol

- Wednesdays 10:30-noontime
- \$3 donation

No class  
March 13



The chorus is getting ready for its spring concert in May. If you love to sing, and would like to learn some new patriotic songs, then this is the group for you! New members please stop by early so you can chat with Carol before class.

## 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.

## BINGO

- Thursdays at 1pm

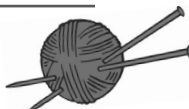


Put down the remote and come join this fun group of BINGO players! Bring your quarters and buy as many cards as you can handle and you might just win one (or more) rounds.

## KNITTING AND CROCHETING with Louise

- NEW DAY — Wednesdays at 1pm
- \$3 donation

No class  
March 13



This knitting group continues to grow and will now meet on Wednesday afternoons at 1pm in the craft room. Whether you are a master knitter or just a beginner (or want to learn) this group of friendly knitters and crocheters will help you start (or finish) your project. We have plenty of donated yarn and needles, in case you need some inspiration.

## CRAFTS with Lorraine and Julie

- Wednesdays March 6 & April 3
- 10am to noontime
- Please sign up in advance so we know how many to expect




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
- March 7 & 21; April 4 & 18
- \$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.



### BOOK GROUP

with Bev

- Thursday, March 14, 2019 at 9:30am
- No cost to this program

Join this growing group of avid readers as the discuss *Before We Were Yours* by Lisa Wingate.

## BRIDGE with Anne and Diane

- 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

- Thursdays March 21 and April 18
- 1:30pm



**March 21** – JFK Centennial – Historian Charlie Donahue will speak on JFK's Legacy

**April 18 at 11:30 am** – Fisher School Circa 1868 – **Field trip to Westwood Historical Society** (bring bag lunch) – Meet at Historical Society at 11:30 am

## WESTWOOD'S GARDEN CLUB

- Thursdays March 28 and April 17 & 25
- 1:30pm



**March 28** – Perennial Gardening with Master Gardener Kathi Gareipy

**April 17** – **Field trip to Endicott Estate** – Florist Bill Graham will present – Meet at COA at 12:40 to carpool together

**April 25** – **Good Bugs vs. Bad Bugs**

## WESTWOOD MEN'S CLUB

- Thursdays March 21 & April 18
- 9:30 am



**March 21** – Better Business Bureau will join the men's club to speak on identity theft and how to protect yourself. This important program will cover the most common scams and the major red flags to watch for.

**April 18** – Tour of DPW with Todd Korchin – Meet at the DPW on Carby St.

## ARM CHAIR TRAVEL with photojournalist Barry Pell

Sponsored by National Development at Highland Glen

- Tuesdays March 5 & 19; April 2
- 10am coffee / 10:30 Lecture – **AT THE WESTWOOD LIBRARY**
- No cost to this program but please sign up in advance so we know how many people to expect



Join us as photojournalist Barry Pell takes on an adventure with photos, stories and history without having to leave your chair!

**March 5** – **Iran** – Persian Glory and Islamic Revolution

**March 19** – **East Africa** – Birthplace of Mankind

**April 2** – **Micronesia** – Melanesia & Polynesia – Unraveling the Mysteries of the South Pacific

## HEALTHY SPRINGTIME EATING – Lunch and Learn

Sponsored by Whitney Place in Sharon

- Thursday April 4 at noontime
  - \$4 donation – you must sign up in advance as space is limited to 20 seniors
- Healthy eating is extremely important as you age. Come learn how to cook (and eat) interesting and delicious farm table food, recipes included.



## AMERICA BY THE BOOK – with Historian Gary Hylander

A four part series on History through the eyes of Literature

- Thursdays at 10:30am
- \$3 donation for each session or \$10 for all four sessions

Mark your calendars! Gary is back and this time he will lecture on American history through the eyes of literature! These programs are sure to be popular so please sign up in advance so we know how many to expect.

**Thursday April 25** – The Scarlett Letter (Puritan Times)

**Thursday May 2** – Uncle Tom's Cabin (Slavery)

**Thursday May 30** – Red Badge of Courage (Civil War)

**Thursday June 27** – The Jungle (The Industrial Revolution)



# AGE WELL AT THE SENIOR CENTER

## iPAD CLASSES with Kim

### Apple iPad and iPhone One-on-One Support

• Wednesdays March 6 & 27; April 10, 17 & 24 – 12 noon to 2:30pm  
\$5 per ½ hour session – you must sign up in advance as spaces fill up fast  
Are you looking for some assistance with your portable devices, such as your cell phone or tablet (iPhone, iPad, Tablet, Android, etc)? Kim offers one on one half-hour sessions for those seeking some additional help on their devices. Please bring a charger, and any necessary information such as User ID's and Passwords!



## CURRENT CONVERSATIONS with former journalist Susan

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

- Wednesdays March 27; April 10 & 24
- 10-12 noon
- \$15 donation for three sessions

There is lots to discuss: the longest government shutdown; Democrats controlling the House and Republicans the Senate. And, if the pundits are right, Robert Mueller will be wrapping up his special investigation into Russian meddling. Whether you are a news junkie or just interested in catching up on what's going on, we hope you will join us.



## LEGAL HOUR with Elder Attorney Maria Baler

Sponsored by Samuel, Sayward and Baler

- Monday April 22 at 10am
- \$3 donation

### Trust vs. Will: Which is a Better Choice for You?

Should you have a Trust or is just a Will good enough? Revocable and Irrevocable Trusts get a lot of press, but is a Will-based plan right for you? What difference does it make if you have a Will vs. a Trust? Come and hear the pros and cons of each, and decide which is right for you.



## SHREDDING DAY at the Senior Center

Sponsored by District Attorney Michael Morrissey

- Thursday April 18 • 10-1pm
- No cost to this program but please bring your material in easy to lift (not too heavy) paper bags

You are invited to quickly and safely dispose of sensitive and personal documents to further protect yourself from identity theft and fraud. Shred tax, financial, legal and other confidential documents for free and on site. Please remove 3 ring binders and large binder clips. It is not necessary to remove paper clips, staples and /or elastics. Limit 4 bags per car load.



## BEREAVEMENT with Nina

- Wednesdays March 6 & 20; April 3 & 17 • 10-11am
- No cost to this program

Spring is here but you may still feel lost and lonely after the death of a loved one. This is an open ended, ongoing bereavement group that is warm and welcoming.

## AARP TAX HELP for Low and Moderate Income Seniors

- Mondays 9 am-2 pm **BY APPOINTMENT ONLY**
- March 4, 11, 18 & 25; April 1 & 8 –  
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 8 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.



## MUSICAL LEGENDS with Bruce Hambro

- Tuesdays March 26 & April 23 at 1pm
- \$3 donation – please sign up in advance so we know how many to expect

Join us as Bruce, a former music producer, explains the life and times of some of the greatest 21st century singers in America.

March 26 — Dean Martin

April 23 — Tony Bennett



## GUNSLINGERS OF THE OLD WILD WEST — Bill Hickok

With historian Daniel Seligman

- Monday April 29 at 1pm
  - \$3 donation – Please sign up in advance so we know how many to expect.
- Come learn about the life and times of Wild Bill Hickok. The intent is to tell the truth, as far as it can be ascertained from historical records, and avoid the hype characteristic of popular media. Seligman treats Hickok's legends as interesting storytelling facts and "how history got it wrong."

## FREE BI-MONTHLY MOVIE

- Tuesdays at 1pm
- No cost to this program but please sign up in advance so we know how many to expect



**March 5 – Megan Leavey** – This true story recounts U.S. Marine Megan Leavey and her bomb-sniffing dog build a bond of trust and loyalty for over 100 missions until an explosive device injures them

**March 19 – Marshall** – Recounting an early case of attorney Thurgood Marshall -- who would later become the first African-American Supreme Court justice -- this riveting drama depicts his defense of a black chauffeur accused of sexual assault.

**April 2 – The Old Man and the Gun** – The true-life exploits of bank robber Forrest Tucker, recounts his daring escape from prison at age 70 and the long string of heists that preceded the bandit's final arrest at age 78.

**April 16 – A Quiet Passion** – Reclusive poet Emily Dickinson comes to life in this lush biopic that follows her from her days as a gifted but insecure student through her years as an introverted adult whose attachment to her family leads to self-imposed sequestration.

## LEGAL CLINIC with Attorney Veranira Ochea

Sponsored by Metrowest Legal Clinic

- Wednesday, March 20
- 1:00 pm to 3:30 pm. **BY APPOINTMENT ONLY**

Schedule a private 20 min. free legal consultation to discuss housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer issues and bankruptcy.



## WESTWOOD'S ENVIROMENTAL ACTION COMMITTEE MEETING

- Tuesday, March 12 at 1pm
- Please sign up in advance so we know how many people to expect

What can Community Electricity Aggregation do for you? Come learn about this Town Meeting Warrant article that aims to offer residents lower, more stable electricity rates and renewable energy options. The event is sponsored by the Westwood Environmental Action Committee.

## MANICURES with Lauren

- Fridays March 15 & April 19 • 9-12 — **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 March 1 & April 5 • 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



# March 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>SOUP AND SANDWICH AT THE CENTER</b> <i>Sponsored by HESSCO Elder Services Nutrition Program</i> <ul style="list-style-type: none"> <li>• Tuesdays March 5, 12, 19 &amp; 26</li> <li>• Wednesdays April 3, 10, 17 &amp; 24</li> </ul>				<b>1</b> 8:30 WAXING 9:00 FUN FIT 9:00 SHAW'S 9:00 BRIDGE
<b>4</b> 9:00 ERRANDS 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>5</b> 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR <b>10:30 ARMCHAIR TRAVEL</b> 11:15 MEDITATION 12:00 SOUP/SANDWICH 1:00 TAI CHI 1:00 MOVIE	<b>6</b> 9:00 FUN FIT 9:00 TRADER JOE'S/ XMAS TREE 9:00 SHINE 10:00 CRAFTS 10:00 BEREAVEMENT 10:30 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	<b>7</b> 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>8</b> 9:00 FUN FIT 9:00 ROCHE BROS. 9:00 BRIDGE
<b>11</b> 9:00 ERRANDS 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>12</b> 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR <b>10:30 MEET NEW SHERIFF</b> 12:00 SOUP/SANDWICH 1:00 TAI CHI <b>1:00 ENVIRON. ACTION COMMITTEE</b>	<b>13</b> 9:00 SHINE <b>12:00 ST. PATRICK'S DAY PARTY</b> 	<b>14</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>15</b> 9:00 MANICURES 9:00 FUN FIT 9:00 STOP & SHOP 9:00 BRIDGE
<b>18</b> 9:00 AARP TAX HELP 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>19</b> 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR <b>10:30 ARMCHAIR TRAVEL</b> 11:15 MEDITATION 12:00 SOUP/SANDWICH 1:00 MOVIE 1:00 TAI CHI	<b>20</b> 9:00 SHINE 9:00 FUN FIT 9:00 WALMART 10:00 BEREAVEMENT 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET <b>1:00 LEGAL CLINIC</b>	<b>21</b> 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 WOMEN'S CLUB 9:30 MEN'S CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>22</b> 9:00 FUN FIT 9:00 BIG Y 9:00 BRIDGE
<b>25</b> 9:00 AARP TAX HELP 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>26</b> 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 12:00 SOUP/SANDWICH 1:00 TAI CHI <b>1:00 MUSICAL LEGENDS</b>	<b>27</b> 9:00 FUN FIT 9:00 ERRANDS 9:00 SHINE 10:00 CURRENT CONVER. 10:30 CHORUS <b>12:00 THINK OUTSIDE BOX</b> 12:00 iPad CLASSES 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	<b>28</b> 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	<b>29</b> 9:00 FUN FIT 9:00 WEGMANS 9:00 BRIDGE

**COME MEET THE  
NEW NORFOLK COUNTY  
SHERIFF!**

- Tuesday March 12
- 10:30am

*Come meet the new  
Norfolk County Sheriff  
Jerome P. McDermott.*

*Bring your questions and  
stay for a cup of coffee!*

**COOKING CLASSES AT POWISSET FARM**

- Thursdays March 14 and April 11
- 11-1 We meet at Powisset Farm in Dover (includes samples and recipes of everything that we make)
- Donation - \$15 per class; \$25 for both classes
- *You must sign up in advance as space is limited to six seniors*

**March 14 - Flatbread Pizzas.** Join chef and cookbook author Didi Emmons in this hands-on class where you'll learn to put pizzazz in your pizza. The perfect homemade crust, the right amount of oil and creating toppings for unexpected flavor combinations are all part of making a great pizza. Didi should know, she owned a pizzeria early in her career!

**April 11 - Dinner Salads and Sides.** Join chef and cookbook author Leigh Belanger in an exploration of vegetables, both raw and cooked, for a different take on dinner salads and sides. In this hands-on class, you'll make bright, fresh tossed and composed salads using vegetables and herbs. You'll try out new techniques for slicing and dressing veggies, and experiment with different sauces designed to enhance vegetable side dishes and delight the senses.

# April 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> 9:00 ERRANDS 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>2</b> 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) <b>9:30 TWIN RIVERS DAY TRIP</b> 10:00 Inter. WATERCOLOR <b>10:30 ARMCHAIR TRAVEL</b> 11:15 MEDITATION 1:00 TAI CHI 1:00 MOVIE 1:00 Beg. WATERCOLOR	<b>3</b> 9:00 SHINE 9:00 FUN FIT 9:00 TRADER JOE'S/ XMAS TREE 10:00 BEREAVEMENT 10:00 CRAFTS 10:30 CHORUS 12:00 SOUP/SANDWICH 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	<b>4</b> 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES <b>12:00 HEALTHY SPRING-TIME EATING</b> 12:30 MAH JONGG 1:00 BINGO	<b>5</b> 8:30 WAXING 9:00 FUN FIT 9:00 SHAW'S 9:00 BRIDGE
<b>8</b> 9:00 ERRANDS 9:00 AARP TAX HELP 9:30 FUN FIT 10:00 Inter. WATERCOLOR <b>12:00 SOUTH ASIAN SOCIAL</b> 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>9</b> 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 1:00 Beg. WATERCOLOR 1:00 TAI CHI <b>1:00 SAVVY SHOPPING</b>	<b>10</b> 9:00 SHINE 9:00 FUN FIT 9:00 WALMART 10:00 CURRENT CONVER. 10:30 CHORUS 12:00 iPad CLASSES 12:00 SOUP/SANDWICH 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET <b>4:00 MEMORY CARE/ ASSISTED LIVING</b>	<b>11</b> 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 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 ROCHE BROS. 9:00 BRIDGE
<b>15</b> <b>PATRIOT'S DAY CENTER CLOSED</b> 	<b>16</b> 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR <b>11:30 RECOGNIZE FALL RISK</b> 1:00 TAI CHI 1:00 Beg. WATERCOLOR 1:00 MOVIE	<b>17</b> 9:00 ERRANDS 9:00 SHINE 9:00 FUN FIT 10:00 BEREAVEMENT 10:30 CHORUS 12:00 iPad CLASSES 12:00 SOUP/SANDWICH 12:30 LOW IMPACT EXER. 12:30 GARDEN CLUB at Endicott Estate 1:00 KNIT/CROCHET	<b>18</b> 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 9:30 WOMEN'S CLUB at <b>Historical Society</b> 9:30 MEN'S CLUB at <b>DPW</b> <b>10:00 SHREDDING DAY</b> 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	<b>19</b> 9:00 MANICURES 9:00 FUN FIT 9:00 STOP & SHOP 9:00 BRIDGE
<b>22</b> 9:00 ERRANDS 9:30 FUN FIT <b>10:00 LEGAL HOUR</b> 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	<b>23</b> 8:00 YOGA (FLOOR) 9:00-11:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 1:00 Beg. WATERCOLOR 1:00 TAI CHI <b>1:00 MUSICAL LEGENDS</b>	<b>24</b> 9:00 FUN FIT 9:00 SHINE 9:00 SOUTH SHORE PLAZA 10:00 CURRENT CONVER. 10:30 CHORUS 12:00 iPad CLASSES 12:00 SOUP/SANDWICH 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	<b>25</b> 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) <b>10:30 GARY HYLANDER</b> 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 GARDEN CLUB	<b>26</b> 9:00 FUN FIT 9:00 BIG Y 9:00 BRIDGE
<b>29</b> 9:00 ERRANDS 9:30 FUN FIT 10:00 Inter. WATERCOLOR <b>12:00 MEMORY LOSS</b> 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR 1:00 GUNSLINGERS	<b>30</b> <b>TOWN-WIDE ELECTION DAY CENTER CLOSED</b>  <b>Please call us if you need a ride to the polls.</b>	 <b>NOTARY SERVICES AVAILABLE</b> Please call Lina to make an appointment 		

## 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.

## SOUTH ASIAN SOCIAL

Sponsored by HESSCO Elder Services and Friends of the Westwood COA

- Monday April 8 at noontime
- \$6 donation – Space is limited to 20 seniors so you must sign up no later than Monday April 1

This special luncheon is for people over 60 from the Indian Subcontinent to enjoy a catered traditional meal together. Please remember to sign up by Monday April 1.





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

PRSRT 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

# ST. PATRICK’S DAY LUNCHEON

## At The Westwood Senior Center

*Sponsored by North Hill Retirement Community in Needham*  
**Wednesday, March 13 at noontime — \$5 donation**

Sign up begins Friday, March 1 at 8am — Space is limited so sign up early



Whether Irish or not, join us as we celebrate Irish luck and all things green! We will be serving traditional fare of corned beef and cabbage with all the fixings! Irish music will keep you humming and maybe even get you singing! And don’t forget to wear your favorite green outfit!!

