



NEWS

MAY/JUNE 2019

Special Thanks to:

ELLIS NURSING AND REHAB CENTER of Norwood for sponsoring our Annual BBQ;
JULIA RUTH HOUSE of Westwood for sponsoring our Ladies Tea;
BRIDGES BY EPOCH for sponsoring 2 Lunch and Learns; one on healthy eating and one on memory loss;
NEEDHAM BANK for sponsoring our Veterans Breakfast;
BETH ISRAEL DEACONESS and HESSCO for sponsoring a monthly nutritionist at the Center;
SAMUEL, SAWYER & BALER LLC for sponsoring a discussion on taking control of your legal responsibilities;
WHITNEY PLACE for sponsoring a cooking demo on healthy eating;
WINGATE of BOYLSTON for sponsoring a lunch and discussion on assisted vs independent living;
BIG Y SUPERMARKET for sponsoring a healthy eating tour of their store, followed by lunch;
CONNECTIONS PHYSICAL THERAPY of Westwood for hosting "A Balancing Act";
BLUE CROSS BLUE SHIELD for sponsoring two discussions on getting ready for Medicare;
SOCIAL SECURITY for sponsoring a discussion on retirement;
FIRST PARISH of WESTWOOD for hosting our ladies chorus and a Patriotic Luncheon;
FRIENDS OF THE WESTWOOD COA & THE RECREATION DEPT. for sponsoring a first aid program for grandparents;
DEDHAM SAVINGS BANK for all the goodies they provide at our special luncheons;
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

Welcome Spring! Even though we did not have a particularly brutal winter, spring is a season I yearn for all winter long! All the bulbs we planted in the fall start to come up and when I walk my dog in the early morning, the bird's choir is in full force!

With spring comes the NCOA (National Conference on Aging) Annual Meeting in DC. There are two conferences that help Directors keep up with all the state and federal regulations; the NCOA in the spring, the MCOA (MA Council on Aging) in fall; these conferences help Directors stay informed, learn new ideas as well as connect with other Directors. It is a wonderful way for us to stay fresh and continue to grow.

Lately, these conferences focus on "baby boomers"; those who have recently retired or are retiring. With this in mind, we are offering two programs especially for those who are thinking of retiring or have just retired: *Social Security 101 and Planning for Medicare*. These programs are filled with vital information that will help you make wise decisions as you retire; and if you know of someone who is considering retirement, please pass on the information to them. The details are inside.

Spring also brings two of our Annual Luncheons that always sell out. In May the Julia Ruth House will sponsor our spring *Ladies Tea* (so pull out your hats and wear your spring best) and Ellis Nursing and Rehab Center of Norwood will sponsor our *Annual BBQ* (delicious dogs, burgers and all the fixings) in June.

However if travel is your thing, then check out our travel section (page 2). We have many interesting and fun Fox Tour Day Trips including a three day trip to Niagara Falls (Flies available at the Center). And Trish has scheduled a Chocolate Tour in May and a trip to the Cape in June.

Spring is great time to get healthy and active. We have a number of *lunch and learns* that focus on both your physical and mental health as well as a new walking club. We will host a wellness fair in May with alternative options (i.e. meditation, massage) to help you stay healthy. And don't forget our regular exercise programs (yoga, tai chi, exercise) which will keep you young and strong.

And of course, we honor our Veterans with our bi-annual Veterans Breakfast sponsored by Needham Bank. Historian Gary Hylander will lecture on the 70th Anniversary of WWII. We will also be collecting clean socks for our Veterans, so if you can donate a pair or two, that would be wonderful.

Finally, I would be amiss if I did not thank everyone who donated towels for homeless families. We collected enough towels for over 40 families which is amazing! It really does take a village and we are a wonderful village!

So, no matter if you are recently retired or have been retired for 25 years, we invite you to join us as we are warm, welcoming and work hard to have "a little something for everyone".

Happy Spring!

Lina Arena-DeRosa



Karen's Corner—Outreach Counselor

Tips to Protect Yourself from Scams

Millions of older adults fall prey to financial scams every year. Here are some tips from the NCOA and the Women's Institute for a Secure Retirement:

Be aware that you are at risk from strangers—and from those closest to you. Over 90% of all reported elder abuse is committed by the older person's own family members. Isolation is a huge risk factor for elder abuse, so stay involved. Always tell solicitors: "Send me something in writing." Shred all receipts with your credit card number and monitor your bank and credit card statements. Sign up for the "Do Not Call" list (donotcall.gov or 1-888-382-1222) and take yourself off multiple mailing lists. Never give personal information over the phone unless you initiated the call. Be skeptical of all unsolicited offers. If you suspect a scam or identity theft, please report it to the Federal Trade Commission at 1-877-FTC-HELP (1-877-382-4357) or Westwood Police Dept.

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).

LOCAL TRAVEL with Trish

Tuesday, May 14 – Taza Chocolate Factory Tour | \$15 per person — Come learn about the Taza Chocolate Story! You'll learn about the growth and harvesting of cacao, and our unique stone ground chocolate making process; , sample stone ground chocolate unlike anything you've ever tasted! Lunch (pay on your own) at the 99 Restaurant.

Wednesday, June 12 – Dexter Grist Mill and Hoxie House, Sandwich Mass | \$20 per person — Take a trip back in time to these two historic sites; tour the authentically restored Hoxie House and one of the most photographed sites on the Cape, the Dexter Grist Mill. Lunch will be pay on your own at a local restaurant.

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 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 May and June

All Shopping and Errand Trips \$3 donation

MAY	DESTINATION	JUNE	DESTINATION
1	Errands	3	Errands
3	Shaw's	5	S. Shore Plaza
6	Errands	7	Shaw's
8	Walmart	10	Errands
10	Roche Bros.	12	Trader Joe's/Xmas Tree
13	Errands	14	Roche Bros.
15	Errands	17	Errands
17	Wegmans	19	Errands
20	Errands	21	Stop & Shop
22	Walpole Mall	24	Errands
24	Star Market	26	Errands
29	Errands	28	Big Y
31	Big Y		

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

Did you know that the Westwood Health Department runs a Mercury Recovery Program? We collect and recycle mercury containing thermometers, thermostats, switches, and products that contain liquid mercury. We also collect button batteries which are the small batteries used in watches and hearing aids; please do not throw them in the trash! Drop your button batteries in one of the collection boxes at the COA library and Town Hall, or bring them along with your mercury containing products to the Health Department, located at the Carby Street Municipal Office Building. For more information, please contact the Health Dept at (781) 320-1027.

STAY HEALTHY AT THE SENIOR CENTER

WONDER WORKOUT (formerly Fun Fit) with Christine and Stephanie

- Mondays 9:30-10:15/ Wednesdays and Fridays 9-10am
- No class Friday 5/24 & Monday 5/27
- \$3 donation



We have changed the name but not the exercise! This high energy fitness class is good for anyone who wants to truly get an hour workout! Free weights, bands etc. are used (we supply them all). Please wear comfortable clothing and sneakers.

LOW IMPACT EXERCISE with Sherrri

- Mondays 1pm/ Wednesdays 12:30pm
- No class Wednesday May 15 & Monday May 27
- \$3 donation

This low impact (but highly effective) class is done in a chair with free weights. It will help you strengthen your muscles and get you back in shape for the summer! Please wear comfortable clothing and sneakers.

PILATES with Mary

- Thursdays at 11am
- \$3 donation



Pilates focuses on your abs and inner core and is done mostly on a floor mat. This is a wonderful class for those who want to strengthen and tone oblique muscles. Please wear comfortable clothing and bring a mat.

T'AI CHI with Scott

- Tuesdays at 1pm
- \$3 donation



PLEASE NOTE : Tuesday May 21 & June 11 will be at the library

Chief among the benefits of T'ai Chi is its ability to improve balance and prevent falls. T'ai Chi helps you to become more aware of your position of your body in space, which is something we become less aware of as we age.

MEDITATION with Soni

- Tuesdays May 7, 21 and June 4 (last class until the fall)
- 11:15 am
- No cost to this program



Meditation can help you "stay calm and carry on" when life seems to be spinning out of control. This class is done in a chair and all levels are welcome.

SHINE with Mary and Mitch

- Wednesdays May 1, 8, 15, 22, & 29 | June 5, 12, 19, & 26
- 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.

HEARING AID CLINIC

Sponsored by Hearing Solutions Inc of Norwood

- Wednesday May 22 – 1pm
- No cost but BY APPOINTMENT ONLY
- FREE BY APPOINTMENT ONLY

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

MEDICAL NUTRITION THERAPY — ONE ON ONE CONSULTATION WITH A NUTRITIONIST

Sponsored by Beth Israel Deaconess Hospital and HESSCO

- Monday June 3 – 9:30-12noon
 - BY APPOINTMENT ONLY
- BIDH has given a grant to HESSCO for a new program: Medical Nutrition Therapy (MNT). MNT is a comprehensive and holistic assessment of an older adults' nutrition that factors in medical conditions, functional ability, and social supports. A Registered Dietitian will offer individual sessions, support and resources.

WESTWOOD COMMUNITY WELLNESS FAIR

- Wednesday May 15
 - 1-3pm
- Join Westwood area professionals for a free interactive Wellness Fair. Explore and experience simple life changes that will improve your overall health! Become aware of all these amazing alternative services that are available right in your community.

YOGA with Bonnie

- Tuesdays and Thursdays • \$3 donation
- 8-9am FLOOR YOGA
- 9:30-10:30 CHAIR YOGA
- No class Tuesday June 11



Yoga is a great way to get you back in shape and at the same time "center your mind". Whether on the floor or in a chair, yoga helps improve balance, tone muscles and increase range of motion. Please wear comfortable clothing and for the floor yoga, bring a mat.

LUNCH AND LEARN — "Proactive Brain Health...Keeping Your Mind Healthy as you Age"

Sponsored by Bridges by Epoch in Westwood

- Tuesday May 14th at 11:45
- \$4 donation – Please sign up in advance

Bridges by Epoch will provide a light lunch and share information on Aging, Risks & Threats to Brain Health and ways to protect your mind. The Chef Stacy Perry will share a simple Mind Healthy Recipe and provide tips to eating from Brain Health Food Groups.



LUNCH AND LEARN—"More than Just Memory Loss"

Sponsored by Bridges of Epoch in Westwood

- Tuesday June 18 at noontime
- This program is at Bridges on University Place – Pick up at the Center at 11:30 am
- No cost to this program but please sign up in advance

Bridges by Epoch in Westwood will provide a Lunch 'n Learn, discussing Warning Signs & Symptoms of Dementia, when there is something more significant occurring and what to expect with various stages of Alzheimer's.

LUNCH AND LEARN — Healthy Springtime Eating

Sponsored by Whitney Place in Sharon

- Thursday June 6—noontime
- \$4 donation – You must sign up in advance

Healthy eating is extremely important as you age. Come learn how to cook (and eat) interesting and delicious farm table food. Recipes included.



SHIFTING GEARS with Michele

Sponsored by MassDOT

- Monday June 10 at 10am
- \$3 donation – Please sign up in advance

As you age, your driving abilities change. Come learn tips and tricks to help you stay safe on the road.



AARP SMART DRIVER COURSE with Doug

Sponsored by AARP

- \$15 AARP Member / \$20 nonmember (payment made to AARP on the morning of the course)
- Monday May 6, 8am-1pm
- You must sign up in advance

The AARP Smart Driver Course is the nation's largest driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course attendees will be taught the current rules of the road, driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. There are no tests to pass.

A BALANCING ACT with Max

Sponsored by Connections Physical Therapy

- June 10 at 10:30am
- \$3 donation – Please sign up in advance

Don't let the fear of falling keep you down! Join Dr. Max Cantor, a physical therapist in Westwood from Connections Physical Therapy, to learn about how you can maintain and improve your balance as you age. Class includes an educational presentation followed by a balance screening assessment.



STAY CONNECTED AT THE SENIOR CENTER

WATERCOLOR with Joan and Brenda

- Mondays 10-12 (Intermediate)*; 1-3pm (Advanced)*
- Tuesdays 10-12 (Intermediate)* 1-3 (Beginner)
- \$35 for 7 classes

*(Please note that the Advanced and Intermediate classes are held out with continuing students but call to get on the wait list); there is still room in the beginner class

- No class Monday May 27 & Tuesday June 11

Advanced and Intermediate: A prelude to summer – we will be mixing colors for temperature, translucence and opaqueness. Flower patterns will be studied and sunrises and sunsets will be painted noting the light shifts.

Beginner – We are working on mixing colors and looking at spring bursting with shades.



CHORUS with Carol

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



The chorus is preparing for their first **Annual Patriotic Concert on May 22** and then will begin work on our winter concert. After June 19, chorus will take the summer off and be back in the fall.

FIRST ANNUAL PATRIOTIC CHORUS RECITAL AND LUNCHEON

At the First Parish Church in Westwood

- Wednesday May 22 at 11am
- \$4 donation (includes concert and lunch)
- You must sign up in advance as space is limited

Come celebrate Veteran's Day with a Patriotic Chorus Concert at the First Parish Church followed by a light lunch in their dining area. Please let us know if you are a Veteran when you sign up. Thanks!



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.



BRIDGE with Anne and Diane

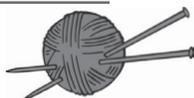
- Fridays, 9 am-1 pm
- No Bridge on June 14

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.

KNITTING AND CROCHETING with Louise

- Wednesdays at 1pm
- \$3 donation

Spring is a great time to learn something new or finish a project! Come join this warm and welcoming group of knitters (advanced and beginners – all are welcome) who will inspire you! We have plenty of yarn and extra needles.



CRAFTS with Lorraine and Julie

- Wednesdays May 1 & June 5
- 10am to noon. Please sign up in advance

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
- May 2 & 16; June 6 & 20
- \$3 donation
- All levels welcome.

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 May 9 at 9:30
- No cost for this program

Join this growing group of avid readers as they discuss *The Red Coat* by Dolly Carlson.



RECENTLY RETIRED? RETIREMENT IN YOUR NEAR FUTURE? THEN THESE ARE IMPORTANT PROGRAMS FOR YOU TO ATTEND!

SOCIAL SECURITY 101 with Delia

Sponsored by Social Security Administration

- Monday May 13 at 9am
- You MUST sign up in advance



Are you confused about your eligibility? Do you have questions about how to get the most from your benefits? Learn how to use My Social Security or go online (www.socialsecurity.gov/myaccount) and bring your printout to this workshop.

UNDERSTANDING MEDICARE with Susan

Sponsored by Blue Cross and Blue Shield

- Friday May 31
- No cost for this program but you MUST sign up in advance

8:30 am Federal and Postal Employees do you have questions about your medical, dental, or vision plans under the FEHB Program? If so, please join us for a Federal Employee Program (FEP) presentation. An FEP representative will be presenting information on all 3 of these plans. The presentation will include benefit information for those who are under 65, turning 65 and may be considering Medicare Parts A & B. For those who are 65 and older we can explain how Medicare A & B works with your health insurance plan.

9:30am Planning for Medicare- Countdown to 65 –This is a great presentation if you are wondering what your insurance options may be when you leave employment or if you are going on or already on Medicare. Topics covered will include health insurance outside of employer sponsored coverage such as: Explanation of Medicare; Medigap and Medicare Advantage Plans; programs available to early retirees, such as COBRA.

RETIREMENT — A LEGAL CHECKUP FOR EVERYONE

with Attorney Maria Baler

Sponsored by Samuel, Sawyer and Baler LLC

- Monday June 3 at 10am
 - \$3 donation – Please sign up in advance so we know how many to expect
- This is a great program to make sure you have your legal check list up to date! This important program is for anyone who wants to make sure they have all their legal documents in order.



JOURNALING YOUR WAY INTO RETIREMENT with Joan

- Friday May 31 and June 7 from 11am-12 noon
- \$3 donation – Please sign up in advance

Retirement planning isn't "just" about the money. Retirement is not a 24/7 vacation. Come learn ways to prepare for the non-financial side of retirement. It will be worth your time even if you have already retired.

WESTWOOD WOMAN'S CLUB with Margaret

- Thursdays May 16 and June 13 at 1:30pm
- May 16 – Annual Luncheon (venue TBA)
- June 13 – Picnic on the Porch



WESTWOOD'S GARDEN CLUB with Anna Jean

- Thursday May 23 at 11:30
- Annual Luncheon at the Sheraton Hotel in Norwood
- Next meeting in September.



WESTWOOD MEN'S CLUB with Bob

- Friday May 24
 - 8am Breakfast – Please sign up in advance
- Join us at the Veteran's Breakfast with guest lecturer Gary Hylander.
Next meeting is in September.



AGE WELL AT THE SENIOR CENTER

IPAD CLASSES *with Kim*

Apple iPad and iPhone Classes One on One Support

- Wednesdays May 1, 15 & 22
- 12-3 BY APPOINTMENT ONLY
- \$5 per ½ hour sessions



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 Susan*

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

- Wednesdays May 8 & 22; June 12 & 26
- 9:30-11:30
- \$5 donation for each session



Each meeting we explore a wide range of topics – breaking news and current social trends; political issues and people-in-the-news. This spring – The Supreme Court will decide on a number of major issues from gerrymandering to DACA. The hot issues for the 2020 Election and much, much more.

BEREAVEMENT *with Nina*

- Wednesdays May 1 & 15; June 5 & 19
- 10-11am – No cost for 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.

MANICURES *with Lauren*

- Fridays May 17 & June 21
- 8:30-11am— **By Appointment ONLY**
- \$10 payable to Lauren

As you work your garden and prepare to plant your veggies and flowers, don't forget to take care of your hands. Come get a hand massage and manicure to make them look and feel great!

WAXING *with Lisa*

- Fridays May 3 and June 7
- 8:30-12 — **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

MAH JONG *with Cynthia*

- Thursdays 12:30-3

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.



LUNCH AND LEARN – Exploring the Differences between Independent and Assisted Living — Sponsored by Wingate Residences at Boylston Place in Chestnut Hill

- Monday June 10 at noontime
- \$3 donation – YOU MUST SIGN UP IN ADVANCE



Joanne will be here to host a Question and Answer session, while she explains the differences in Independent Living and Assisted Living. A Luncheon of Lobster Salad and Chicken Salad sandwiches will be served.

WALKING CLUB

NEW!

with Certified Leaders Maria and Angie

A new club at the Center!

COME WALK WITH US! Seniors from Westwood and surrounding communities are invited to explore the woods and ponds of our local area. Each walk will be between 1-1.5 miles. Please sign up at the Center so if the weather is not good, we can let you know we are cancelling.
May 7 – *Lyman Pond* (meet at the Senior Center).
May 21 – *Hale Reservation* – Meet at 9:15 in the Hale Parking Lot

June 4 – *Hale Reservation* – Meet at 9:15 in the Hale Parking Lot

June 19 – *Powisset Farm* – Meet at 9:15 in the Powisset Farm Parking Lot

TRAVELING AND COOKING WITH POWISSET FARM CHEFS



- May 2 (Chinatown) & May 9 (Powisset Farm) and
- June 13 (Eva's Garden) & June 20 (Powisset Farm)
- \$40 for each program — includes transportation to tours (*lunch on your own*) and cooking classes at Powisset Farm
- Tours leave the Center at 10:30am – **SPACE IS LIMITED TO 6 SENIORS SO SIGN UP EARLY**

May 2 & 9 – CHINESE COOKING – Join Chef Roberta Hing on May 2 and tour Chinatown, enjoy a meal and then on May 9, head to Powisset Farm (11-1) to learn Chinese cooking techniques. We will experience Chinese culture and cuisine with a traditional dim sum lunch (*lunch pay on your own*) and then visit an authentic Chinese market to explore the exotic ingredients. Leave Westwood COA at 10:30 am for tours and meet at Powisset Farm at 11 for cooking classes.

June 13 & 20 – HERBS AND FRESH SALADS – Join Chef Didi Emmons on June 13 as we tour Eva's Garden in Dartmouth (please bring your own sandwich, chips and a drink) and enjoy a delicious salad and then on June 20 head to Powisset Farm (11-1) to learn best ways to work & store herbs. Leave Westwood COA at 10:30am for tours and meet at Powisset Farm for cooking classes at 11am.



GUNSLINGERS OF THE OLD WILD WEST

with historian Daniel Seligman

- Mondays 1pm
 - \$3 donation – Please sign up in advance
- Interested in the History of the Old West? Then these programs are for you!

May 13th – Buffalo Bill Cody – come learn about Cody's family, disastrous marriage, reputation, fame and fortune and his death in Colorado.

June 3 – Annie Oakley – a biographical account of the famous female sharpshooter including her poverty stricken childhood, her marriage and her business savvy husband.

COOKING CLASS AT POWISSET FARM

- 11-1 Meet at Powisset Farm in Dover (*includes samples and recipes*)
- Donation: \$15 — *You must sign up in advance as space is limited to six seniors*

May 15 – 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!

AMERICA BY THE BOOK – *with Historian Gary Hylander*

A Four Part Series on History through the eyes of Literature – 3 REMAINING

- Thursdays at 10am
- \$3 donation for each session

Mark your calendars! Gary is back and this time he will lecture our American history through the eyes of literature! Please sign up in advance.

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)

BIG Y SUPERMARKET TOUR AND LUNCH *with Eddie*

Sponsored by Big Y Supermarkets

- Wednesday June 26
- Pick up at the Center at 10:30 – Return to the Center for lunch
- \$4 donation – You must sign up in advance

Do you get confused when you grocery shop with all the possibilities? Would you like to understand labels and what they mean? Are there vegetables that are higher in fiber and better for you to eat? Join us as we take a tour of Walpole's Big Y with a nutritionist who will show us tips on healthier ways to shop. We will return to the Center for a light lunch and continued conversation.

LAW DAY CELEBRATION *with Jim*

Sponsored by the Norfolk County Bar Association

- May 1 at the Superior Court on High Street in Dedham
- Begins at 9am

Free Speech, Free Press, Free Society ... The Norfolk County Bar Association invites you to join them as ten judges discuss this important topic. This is a free program and seniors are invited to sit in and listen to the discussion.

May 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
<p>NIGHT VISION DRIVING GLASSES \$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>1 9:00 WONDER WORKOUT 9:00 ERRANDS 9:00 SHINE 9:00 LAW DAY at Superior Court, Dedham 10:00 CRAFTS 10:00 BEREAVEMENT 10:30 CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p>2 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 10:00 GARY HYLANDER 10:30 CHINATOWN TOUR 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO</p>	<p>3 8:30 WAXING 9:00 WONDER WORKOUT 9:00 SHAW'S 9:00 BRIDGE</p>
<p>6 8:00 AARP SMART DRIVER COURSE 9:00 ERRANDS 9:30 WONDER WORKOUT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p>	<p>7 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 11:15 MEDITATION 1:00 TAI CHI 1:00 Beg. WATERCOLOR</p>	<p>8 9:00 WONDER WORKOUT 9:00 WALMART 9:00 SHINE 9:30 CURRENT CONVER. 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p>9 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 9:30 BOOK GROUP 11:00 POWISSET FARM 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO</p>	<p>10 9:00 WONDER WORKOUT 9:00 ROCHE BROS. 9:00 BRIDGE</p>
<p>13 9:00 ERRANDS 9:00 SOC. SEC. 101 9:30 WONDER WORKOUT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR 1:00 GUNSLINGERS</p>	<p>14 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 9:30 TAZA CHOCOLATE TRIP 10:00 Inter. WATERCOLOR 11:45 LUNCH & LEARN BRAIN HEALTH 1:00 TAI CHI 1:00 Beg. WATERCOLOR</p>	<p>15 9:00 SHINE 9:00 WONDER WORKOUT 9:00 ERRANDS 10:00 BEREAVEMENT 10:30 CHORUS 11:00 POWISSET FARM 12:00 iPad CLASSES 1:00 KNIT/CROCHET 1:00 WELLNESS FAIR</p>	<p>16 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 WOMAN'S CLUB</p>	<p>17 8:30 MANICURES 9:00 WONDER WORKOUT 9:00 WEGMANS 9:00 BRIDGE</p>
<p>20 9:00 ERRANDS 9:30 WONDER WORKOUT 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR</p>	<p>21 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 11:15 MEDITATION 12:00 LADIES TEA PARTY 1:00 TAI CHI at LIBRARY 1:00 Beg. WATERCOLOR</p>	<p>22 9:00 SHINE 9:00 WONDER WORKOUT 9:00 WALPOLE MALL 9:30 CURRENT CONVER. 11:00 PATRIOTIC CHORUS 12:00 iPad CLASSES 12:30 LOW IMPACT EXER. 1:00 HEARING SOLUTIONS 1:00 KNIT/CROCHET</p>	<p>23 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 11:00 PILATES 11:30 GARDEN CLUB 12:30 MAH JONGG 1:00 BINGO</p>	<p>24 8:00 MEN'S CLUB 8:30 VETERANS BRKFST. 9:00 STAR MARKET 9:00 BRIDGE</p> 
<p>27 CENTER CLOSED MEMORIAL Day</p> 	<p>28 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 1:00 TAI CHI 1:00 Beg. WATERCOLOR</p>	<p>29 9:00 WONDER WORKOUT 9:00 ERRANDS 9:00 SHINE 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET</p>	<p>30 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 10:00 GARY HYLANDER 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO</p>	<p>31 8:30 PLANNING FOR MEDICARE 9:00 WONDER WORKOUT 9:00 BIG Y 9:00 BRIDGE 11:00 JOURNALING</p>

FOURTH ANNUAL LADIES TEA PARTY
Sponsored by the JULIA RUTH House of Westwood



- Tuesday May 21 at noontime
- \$4 donation – Space is limited to 30 participants so you must sign up in advance

Ladies brush off those hats and find those gloves as you join us for our Fourth Annual Tea Party hosted by the Julia Ruth House of Westwood. Tea, scones and sandwiches will be on the menu.

VETERAN'S BREAKFAST
Sponsored by Needham Bank



- May 24 at 8:30 am
- No cost to this program but **please sign up in advance** so we know how many to expect

Are you a Veteran? Are you a spouse or grandparent of a Veteran? Then join us for a delicious free breakfast (quiche, fruit, coffee and pastry) and a lecture on the 70th Anniversary of WWII by Historian Gary Hylander.

June 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
3 9:00 ERRANDS 9:30 WONDER WORKOUT 9:30 MEDICAL NUTRI-TION THERAPY 10:00 Inter. WATERCOLOR 10:00 RETIREMENT LEGAL CHECKUP 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR 1:00 GUNSLINGERS	4 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 11:15 MEDITATION 1:00 TAI CHI 1:00 Beg. WATERCOLOR PLYMOUTH GETAWAY	5 9:00 SHINE 9:00 WONDER WORKOUT 9:00 S. SHORE PLAZA 10:00 BEREAVEMENT 10:00 CRAFTS 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	6 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 10:00 PILATES 12:00 LUNCH & LEARN HEALTHY EATING 12:30 MAH JONGG 1:00 BINGO	7 8:30 WAXING 9:00 WONDER WORKOUT 9:00 SHAW'S 9:00 BRIDGE 11:00 JOURNALING
10 9:00 ERRANDS 9:30 WONDER WORKOUT 10:00 SHIFTING GEARS 10:00 Inter. WATERCOLOR 10:30 BALANCING ACT 12:00 LUNCH & LEARN ASSISTED LIVING 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	11 SUMMER BBQ NO PROGRAMS 	12 9:00 SHINE 9:00 WONDER WORKOUT 9:00 TRADER JOE'S/ XMAS TREE 9:30 CURRENT CONVER. 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET 9:00 SANDWICH DAY TRIP	13 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 10:30 EVA'S GARDEN TOUR 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO 1:30 WOMAN'S CLUB	14 9:00 WONDER WORKOUT 9:00 ROCHE BROS. 
17 9:00 ERRANDS 9:30 WONDER WORKOUT 10:00 Inter. WATERCOLOR 10:00 FIRST AID FOR GRANDPARENTS 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	18 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:15 WALKING CLUB 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 11:45 LUNCH & LEARN at BRIDGES 1:00 TAI CHI 1:00 Beg. WATERCOLOR	19 9:00 ERRANDS 9:00 SHINE 9:00 WONDER WORKOUT 10:00 BEREAVEMENT 10:30 CHORUS 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	20 8:00 YOGA (FLOOR) 9:00 QUILTING CLUB 9:30 YOGA (CHAIR) 11:00 PILATES 11:00 POWISSET FARM 12:30 MAH JONGG 1:00 BINGO	21 9:00 MANICURES 9:00 WONDER WORKOUT 9:00 STOP & SHOP 9:00 BRIDGE
24 9:00 ERRANDS 9:30 WONDER WORKOUT 10:00 FIRST AID FOR GRANDPARENTS 10:00 Inter. WATERCOLOR 1:00 LOW IMPACT EXER. 1:00 Adv. WATERCOLOR	25 8:00 YOGA (FLOOR) 9:00-12:00 BOH NURSE HRS 9:30 YOGA (CHAIR) 10:00 Inter. WATERCOLOR 1:00 Beg. WATERCOLOR 1:00 TAI CHI	26 9:00 WONDER WORKOUT 9:00 SHINE 9:00 ERRANDS 9:30 CURRENT CONVER. 10:30 BIG Y TOUR/LUNCH 12:30 LOW IMPACT EXER. 1:00 KNIT/CROCHET	27 8:00 YOGA (FLOOR) 9:30 YOGA (CHAIR) 10:00 GARY HYLANDER 11:00 PILATES 12:30 MAH JONGG 1:00 BINGO	28 9:00 WONDER WORKOUT 9:00 BIG Y 9:00 BRIDGE




FIRST AID FOR GRANDPARENTS
 In collaboration with the Westwood Recreational Department
Underwritten by the Friends of the Westwood COA

- Mondays June 17 & 24
- 10-11:30 am
- \$5 donation – Space is limited to 10 seniors so you must sign up in advance

Do you take care of your grandchildren on a regular basis? Would you like to learn how to deal with injuries, illness, CPR, allergies and EPI-Pens? Then this course is for you! This course costs \$100 per person but we are underwriting it because it is THAT important. Space is limited to 10 seniors so sign up soon.

NOTARY SERVICES
 If you need a legal document notarized, call Lina to schedule a time.
 No cost for this service.

SOCKS FOR VETERANS
Donate NEW socks to help our Veterans in May and June

This spring we will have a bucket at the front entrance and invite you to donate a new pair of socks for our Veterans both, men and women. As you know, many Veterans struggle when they return home and too many become homeless; donating new socks is something we can all do to help them recover. Thanks in advance for your support.





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

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

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

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

Staff and Contact Info

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



Council on Aging Board Members

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

FIFTH ANNUAL SUMMER BBQ

At The Westwood Senior Center

Sponsored by Ellis Nursing and Rehab Center

Tuesday, June 11 at noontime — \$5 donation

Sign up begins Monday June 3 at 8am

Come kick off summer and join us for burgers, dogs and all the fixings. Ellis Nursing and Rehab Center will bring great BBQ (as well as salads and dessert) and the boys will heat it up hot! There will also be entertainment and prizes that will get you ready for the summer season!

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

