



WESTWOOD DAY

Kick Off: Friday, September 23

- **Football Game 7:00 PM**

Westwood Wolverines host Hopkinton Hillers at Flahive Field

- **Fireworks 9:00 PM**

Fireworks follow the football game approximately 9:00 PM at Westwood High School

Westwood Day: Saturday, September 24

Westwood High School

10:00 AM – 3:00 PM

Rain or Shine



**Thank You
Platinum
Sponsors!**





It is not uncommon for patients to cry with joy and hug staff upon seeing their new smiles for the first time! Patients tell us they are filled with self confidence, they feel more outgoing, and they simply can't stop smiling!

The entire staff at the office of Dr. Jitin Sahani can't wait to see your enthusiasm about your new smile. This is the real reason they are so passionate about what they do. Being involved in such a life-changing area of dentistry is significant and rewarding for Dr. Sahani and each member of the entire team. It's this passion that fuels the pursuit of excellence that it takes to be one of the premier practitioners of cosmetic dentistry in Massachusetts.

**WE ARE PLEASED TO ANNOUNCE THE ADDITION OF OUR
NEW LOCATION IN WESTWOOD, MA**



JITIN SAHANI DMD MSC BDS



NEELA GANDHI DMD BDS

www.sahanidental.com

Suite N-110 • 290 Baker Ave • Concord, MA 01742 • 978.369.2110
Suite 110 • 1170 Beacon Street • Brookline, MA 02446 • 617.383.6593
Lower Level #1 • 541 High Street • Westwood, MA 02090 • 781.320.0300

COMMUNITY

- Boy Scouts Troop 3 Westwood www.troop3westwood.org
- Community Chest www.wcc.cfsites.org
- Foundation Westwood Education www.foundationforwestwoodeducation.org
- Hale Reservation www.halereservation.org
- Lions Club of Westwood www.westwoodlions.com
- Rotary Club of Westwood www.westwoodrotary.com
- The Arc of South Norfolk www.arcsouthnorfolk.org
- Town of Westwood www.townhall.westwood.ma.us
- Westwood Chinese School www.westwoodcs.org
- Westwood Girl Scouts www.girlscoutseasternmass.org
- Westwood Historical Society www.westwoodhistoricalsociety.com
- Westwood Public Schools www.westwood.k12.ma.us
- Westwood Walpole League of Women Voters www.lvwwestwoodwalpole.org
- Westwood Young Women's Club www.wywc.org

YOUTH AND ADULT SPORTS

- CYO Basketball Saint Denis www.stdeniswestwood.com
- CYO Basketball Saint Margaret Mary www.saintmmparish.org
- Over 30 Men's Softball fcurran@jackconway.com
- Westwood Boys Youth Lacrosse www.westwoodyouthlacrosse.com
- Westwood Girls Youth Lacrosse westwoodgirlslacrosse@gmail.com
- Westwood Little League Baseball www.westwoodlittleleague.com
- Westwood Track Club www.trackclinic.com
- Westwood Youth Basketball www.westwoodbasketball.org
- Westwood Youth Hockey www.wyh.org
- Westwood Youth Soccer www.westwoodsoccer.org
- Westwood Youth Softball www.westwoodyouthsoftball.org
- Westwood Youth Football www.dswyouthfootball.org

CONTENTS

Contacts and Contents	3
Registration and Policies	4
Registration Form	5
FALL PROGRAMS	
Aquatics Swim Lessons	6
Aquatic Programs	7
Swim Team	8
Sports	9
Parent and Child	10
Preschool	10
Youth	11
Arts	11
Adult	12
Teen	12
Fitness	13
Pool Schedule	28
COMMUNITY SERVICES	
Westwood Police Explorers	13
Westwood Board Of Health	15
Westwood Youth & Family Services	16
Westwood Council On Aging	17
Westwood Early Childhood	18
Westwood Library	19
WESTWOOD DAY	
Sneak Preview	20
Bus Shuttle	21
Volunteers	21
5K & Fun Run	22
Transportation Show & Touch A Truck	23
Sponsors	23-27
ADVERTISERS	
Sahani Dental	2
RE/MAX Distinct Advantage	10
Dedham Savings	11
The Skating Club of Boston	14
Elite Orthodontics	14





BOARD OF SELECTMEN

- Michael F. Walsh, Chairman
- Nancy C. Hyde
- John M. Hickey

TOWN ADMINISTRATOR

Michael Jaillet

RECREATION COMMISSION

- Paul Aries, Chairman
- Joyce Cannon
- Lynn Connors
- Ann Delaney
- Elizabeth Phillips
- Robert Phillips
- Sheila Moylan, Associate Member
- Mitchell Katzman, Associate Member

RECREATION STAFF

- Nicole Banks
Recreation Director
- Susan Perry
Aquatics Manager
- Taryn Crocker
Business Manager
- Kristin Scoble
Program Manager
- Julie Harrington
Aquatics Specialist
- Jan Parr
Recreation Assistant

WHEN TO REGISTER

FALL BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE

HOW TO REGISTER

ONLINE: www.westwoodrec.com

Click Register Now. Click Account to log in using your email and password. Click Register and choose Programs or Activities (select program category, season, activity/class) or Purchase or Renew a membership (select New or Renew). Credit Cards: MasterCard, Visa or Discover

WALK-IN: Public office hours at the Recreation Department.

Checks (payable to Town of Westwood), MasterCard, Visa, Discover (card must be present) or cash.

MAIL-IN: Recreation Department, 240 Nahatan Street, Westwood, MA 02090.

Checks only accepted (payable to Town of Westwood.) Do not mail in credit card numbers.

CONFIRMATION: Online registrations receive a receipt via email. All others please consider the registration accepted and report to your programs unless the Recreation Department notifies you.

POLICIES AND PROCEDURES

NON-RESIDENTS: An additional fee of \$10 per program per participant will be charged.

LOW ENROLLMENT: Programs must meet the minimum number of participants one week prior to start date or the program will be canceled. To avoid this, register early!

AGE/GRADE REQUIREMENTS: Participants MUST meet age/grade requirement by the first day of the program or session. No exceptions will be made.

FEES AND CANCELLATIONS: All fees must be paid in advance. A person is registered when their payment and registration form have been accepted by the Recreation Department or a person has registered online. The Department reserves the right to cancel a program due to insufficient registration or if there are other reasons to prevent an acceptable presentation of an activity. There is a \$25 fee payable to the Town of Westwood for returned checks.

REFUND/CREDIT POLICY: When you register for one of our programs, we depend on your participation to make it successful. A full refund will be made only if: programs are canceled, the Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Withdrawal requests from a program will only be honored if the participant can be replaced by a wait list participant. In this situation you have a choice. Receive a refund minus a \$15 administration fee or receive a full credit posted to your recreation account to use for a future program. Notice is needed before the start of the session/program. No other refunds will be issued.

Refund/Credit Policy	Refund	Credit
Department Cancels Program	Full Amount	Full Amount
Department changes prohibit your attendance	Full Amount	Full Amount
Medical problem confirmed by a doctor's note	Full Amount/Prorated	Full Amount/Prorated
Withdrawal Request/Replaced by wait list	Full Amount minus \$15 Fee	Full Amount

WESTWOOD RECREATION DEPARTMENT

240 Nahatan Street
Westwood, MA 02090
(781) 461-0070

EMAIL ADDRESS

recreation@townhall.westwood.ma.us

WEBSITE

www.westwoodrec.com

OFFICE HOURS

- Mondays 8:30 AM-4:30 PM
- Tuesdays 8:30 AM-7:00 PM
- Wednesdays 8:30 AM-4:30 PM
- Thursdays 8:30 AM-4:30 PM
- Fridays 8:30 AM-1:00 PM

WEATHER POLICY

PROGRAMS: When Westwood Public Schools are closed, all recreation programs are canceled for that day and evening. If a storm develops during the day/weekends, or weather is questionable, please either call the Recreation Office 781-461-0070 (press 4 for Recreation Update Message) or go to www.westwoodrec.com, Facebook or Twitter.



POOL FACILITY: In the event of inclement weather please check the lap and open swim schedule updates at www.westwoodrec.com, Facebook, Twitter, or call the Recreation Office 781-461-0070 (press 4 for Recreation Update Message).

Program and pool facility information will be updated as follows:

- ◆ Morning programs after 5:00 AM
- ◆ Afternoon programs after 1:00 PM
- ◆ Evening programs after 4:00 PM



SESSION A		SWIM LEVELS							
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Sep 26-Oct 31 (No 10/10)	\$85	9:30-10:10	9:30-10:10	1:10-1:50				5:10-5:50	
Tue, Sep 27-Oct 25	\$85			1:10-1:50					
Wed, Sep 28-Nov 2 (No 10/12)	\$85					5:10-5:50			
Thu, Sep 29-Oct 27	\$85				1:10-1:50				
Sat, Oct 1-29	\$85	9:00-9:40	9:00-9:40	8:15-8:55				10:30-11:10	9:45-10:25
Sun, Oct 2-30	\$85			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		
SESSION B		SWIM LEVELS							
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Nov 7-Dec 5	\$85	9:30-10:10	9:30-10:10	1:10-1:50					
Tue, Nov 15-Dec 13	\$85			1:10-1:50					
Wed, Nov 9-Dec 14 (No 11/23)	\$85								
Thu, Nov 10-Dec 15 (No 11/24)	\$85				1:10-1:50				
Sat, Nov 5-Dec 10 (No 11/26)	\$85	9:00-9:40	9:00-9:40	8:15-8:55				10:30-11:10	9:45-10:25
Sun, Nov 6-Dec 11 (No 11/27)	\$85			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		



American Red Cross

WATER BABIES (WB) AGES 9–24 MONTHS*

Parent/Caregiver and their child will explore the water; entering with permission, exiting safely, submerging eyes, nose and mouth, buoyancy front and back, changing body position, arm strokes and kicks with support. Please register with child's name. Min: 4 Max: 15

PARENT AND CHILD (PC) AGES 2–3 YEARS*

Parent/Caregiver and their child will continue to explore: rhythmic breathing, gliding on front and back, combining arm and leg motion on front and back with support. Please register with child's name. Min: 4 Max: 15

*All children who are not fully toilet-trained must wear a swim diaper, elasticized vinyl pant and swim suit.

PRESCHOOL (PS345) AGES 3–5

The child explores many aspects of the water both on and off the teaching docks including: safety, entry and exit, buoyancy, breath control, submersion, front and back float, rolling over, and arm and leg action. All participants must be fully toilet-trained. Min: 4 Max: 8

LEVEL 1 (L1) INTRODUCTION TO WATER AGES 4 & UP

Participants must be four (4) years of age or older and comfortable with going underwater. At this level, swimmers explore: blowing bubbles, opening eyes underwater, floating on back and front with recovery, alternating arm action and kicking, changing position, treading water, and water safety. Min: 4 Max: 8

LEVEL 2 (L2) FUNDAMENTAL SKILLS

Participants must have passed Level 1. At this level swimmers explore: jumping into shallow water, submerging entire head, picking objects off of bottom, breathing rhythmically, gliding front and back, changing position, combining arm and leg action on front and back, and water safety. Min: 4 Max: 10

LEVEL 3 (L3) STROKE DEVELOPMENT

Participants must have passed Level 2. At this level swimmers explore jumping into deep water from the side, entering head first from the side, rotary breathing, changing direction, treading water, front crawl, elementary backstroke, dolphin kick, scissors kick, and water safety. Min: 4 Max: 10

LEVEL 4 (L4) STROKE IMPROVEMENT

Participants must have passed Level 3. At this level swimmers explore: diving from the side, underwater swimming, feet-first surface dive, open turns with streamline position, front crawl, breaststroke, butterfly, back crawl, elementary backstroke, sidestroke, treading water and water safety. Min: 4 Max: 10

LEVEL 5 (L5) STROKE REFINEMENT

Participants must have passed Level 4. At this level swimmers will explore: shallow diving from the side, pike and tuck surface dives, flip turns, treading water with different kicks, front crawl, butterfly, breaststroke, back crawl, elementary backstroke, sidestroke, survival swimming, sculling, and water safety. Min: 4 Max: 10

YOUTH BEGINNER (YB) AGES 8–14

This beginner swimming class is designed for older children, ages 8 -14, with special needs. The small group setting is conducive to learning. Individualized goals will be set the first day of class. Min: 4 Max: 8

SWIM LESSON OBSERVATION POLICY

Please join us in the Pool Spectator Area to observe swim lessons. We welcome your enthusiasm and ask you to respectfully abide by the guidelines listed below. Thank you for your cooperation.

Observation Guidelines:

- Enter and exit the Spectator Area through the Pool Lobby
- Turn off or silence all electronic devices
- Children observing a lesson must be accompanied and actively supervised by an adult
- All spectators must remain seated for the duration of the lesson
- Restrooms available off the Pool Lobby for spectators
- Westwood Recreation reserves the right to remove anyone who presents a distraction to the class



CONDITION SWIMMING I

ages 10 & under

Julie Harrington, Aquatics Specialist
New swimmers are required to be skilled checked
Email: jharrington@townhall.westwood.ma.us
Tue and Thu, Sept 27 – Oct 27, 5:00-6:00 PM
\$105 (10 classes) Min 10/Max 24

Get in shape for the competitive swimming season. Focus will be given to the four competitive swimming strokes and starts. Participants must be able to swim one length, 25 yards, crawl stroke and one length, 25 yards, back stroke, non-stop with some form of rhythmic breathing.

CONDITION SWIMMING II

ages 11 & up

Julie Harrington, Aquatics Specialist
New swimmers are required to be skilled checked
Email: jharrington@townhall.westwood.ma.us
Tue and Thu, Sept 27 – Oct 27, 6:00-7:00 PM
\$105 (10 classes) Min 10/Max 24

Get in shape for the competitive swimming season. Focus will be given to the four competitive swimming strokes: free, back, breast and butterfly; starts and turns.

HIGH SCHOOL PRE-SEASON TRAINING

Julie Harrington, Aquatics Specialist
Tue and Thu, Sep 27-Oct 27, 2:30-3:30 PM
\$125 (10 classes) Min 12/Max 24

Get in shape or keep in shape. Join fellow athletes at the pool for a workout to prepare you for the competitive swim season. This program will include stroke refinement, conditioning, and technique work on the four competitive stroke, starts and turns.



HIGH SCHOOL SPRINGBOARD DIVING

James Locke, Diving Instructor
Mon and Wed, Sep 12-Oct 17 (No 10/10), 2:15-3:30 PM
\$135 (10 classes) Min 6/Max 10

Diving invites you to challenge yourself in a sport involving skill, precision, self-discipline and courage! Swimmers must be able to perform a basic headfirst entry from the end of the diving board. Class includes deck and board work.

AQUA FITNESS ages 18 & up

Susan Perry, Aquatics Manager
Tue, Wed, Thu, Sep 6-Dec 15 (No 10/12, 11/23, 11/24), 9:00-10:00 AM
\$75 Punch Pass (10 classes) Min 6/Max 24

This is a water workout for all abilities. Focus is given to posture, major muscle groups, and range of motion. Participants work at their own speed. Varying intensities will be presented. Aqua belts provided for deep water work option.

SENIOR SWIM ages 60 & up

Tue and Thu, Sep 1-Dec 29 (No 11/24), 1:00-2:15 PM
\$5 per swim or Current Pool Membership

A relaxed and tranquil atmosphere, the pool offers a perfect opportunity to swim laps, walk or gently stretch in the water. Call a friend and meet at the pool.

FRIDAY NIGHT SPLASH grades 6-8

Julie Harrington, Aquatics Specialist
Fri, Oct 14, 7:00-8:30 PM
Fri, Nov 18, 7:00-8:30 PM
\$20 (1 night) Min 15/Max 50



Cannonball! Who can make the biggest splash? Middle schoolers meet your friends at the pool for water basketball, water polo, water volleyball, noodle races, contests and more. It's Friday night and time to have fun! Bring your floats and drift around listening to music. Snacks will be provided.

TRIATHLON KIDS CLUB ages 7-12

Julie Harrington
Short Wednesdays, Sep 14, 28, Oct 5, 19; 12:30-2:30 PM
\$100 (4 classes) Min 10/Max 20

Triathlons for kids are an extremely popular sport. Participants will be introduced to the three sports; swimming, biking, and running. The goal is for participants to compete in a future triathlon. The final class will be a triathlon. Bike, helmet and running shoes must be provided by the participants. There will be a schedule provided at the beginning of the course so the participants will know what days to bring their bikes. The fee includes a T-shirt.

PRIVATE & SEMI-PRIVATE LESSONS

ages 4 & up

Certified Water Safety Instructors
\$165 Private (Five 30 minute lessons)
\$220 Semi-private (2 swimmers)

Private lessons are for individuals of all abilities ages 4 through adult. American Red Cross Water Safety Instructors provide one-on-one instruction. Semi-private lessons, lessons with two swimmers of similar ability, are also available.

Please register online to **REQUEST** private or semi-private lessons. You will be contacted with lesson options based on pool and instructors availability. Every attempt will be made to accommodate you but there is no guarantee. Payment is due when the lesson date and time is confirmed.

POOL PARTIES

Great for all ages and any occasion!

The \$250 fee includes staff for two hours. One hour of swimming followed by one hour in the pool lobby. All pool rules apply. Maximum of 50 people. To schedule your pool party email requesting dates and times to sperry@townhall.westwood.ma.us

Philosophy

The Recreation Swim Team is a competitive team. Emphasis is placed on personal improvement, specifically stroke technique, strength, and speed. The team promotes good sportsmanship and self-discipline. Each swimmer has the opportunity to build self-esteem, physical fitness, team spirit, and new friendships. Ribbons are awarded to swimmers for personal best throughout the season. The season ends with championship meets and an awards and recognition evening in March.

The Westwood Recreation Winter Swim Team competes against other local swim teams. Ten meets, held on weekends, occur over the season. Five meets are at home and five are away. The season concludes with a regional swim meet. The meet schedule is available in October. Practice schedules are modified around the holidays.

Swimmers will practice and compete according to their age. The age cut off date is November 1, 2016. Your swimmers' age as of this date is the age that they will practice and compete in for the entire Winter Swimming Season.

Practice Schedule November 1 – March 3, 2017

	5:00 – 6:00 PM	6:00-7:10 PM
Mon	Ages 9-10	Ages 11-12
Tue	Ages 8 and Under	Ages 13-18
Wed	Ages 9-10	Ages 11-12
Thu	Ages 8 and Under	Ages 13-18
Fri	Ages 10 and Under	Ages 11 -18

Registration Information

If you are a past member of the Westwood Recreation Summer or Winter Swim Team, you do not need to attend the skills assessment. **If you are new to the team, you must first attend a skills assessment prior to registration.**

Westwood Residents may register upon receipt of this brochure or completion of the skills assessment.

Non-Resident Registration Begins: October 11, 2016.

Non-Residents may register only if the town in which they reside does not have a team in the league. Any non-resident registering prior to this date will be notified and requested to register on October 11, 2016. **Reminder, if you are new to the Westwood Recreation Swim Team, you must first attend a skills assessment prior to registration.**

Fees

Resident: \$275
Non-Resident: \$295
High School or Club Swimmer: \$75



Commitment

Swim Team Participant

As a member of the team, you will:

- Attend a minimum of five out of ten dual meets in the season
- Attend a minimum of one practice per week
- Swim assigned events and relays at meets

Parent

As a parent of a Swim Team Participant you will:

- Assist the swimmer in meeting his/hers commitments
- Volunteer at two meets during the season

Apparel

All swim team apparel will be purchased through one vendor. Each member of the team will receive a competition cap. It is recommended that each swimmer purchase a practice cap and reserve the team cap for the swim meets. Swimmers are responsible for purchasing their own goggles. A team swim suit is recommended but not required. A representative from the swim shop will be available for suit sizing and advice on your purchases. If you opt not to purchase a team swim suit, we ask that your swimmer wear a solid black suit for meets. Additional apparel will be available through our vendor.

Informational Meeting

There will be an informational meeting on **Monday evening, September 12, 6:30 PM.** for all families interested in the Westwood Recreation Winter Swim Team. Location to be announced. Parents of returning swimmers, as well as parents of new swimmers are strongly encouraged to attend. This will provide an opportunity to ask specific questions.



What is the Skills Assessment?

All new swimmers are asked to demonstrate swimming skills according to their age. The intent of the skills assessment is to ensure the safety and comfort of the swimmers, and to evaluate the swimmers' stroke development.

Skills Assessment Schedule

A skills assessment is required for all swimmers who are new to the team. The assessment must be completed **prior to registration.**

All ages may be assessed on any one of the following dates:

Wednesday, September 7, 5:00-6:00 PM
Wednesday, September 14, 5:00-6:00 PM
Sunday, September 18, 4:00- 5:00 PM

Skills Assessment by Age

Ages 8 and Under: Swim **continuously** for 25 yards (one length of the pool) each of free style with rhythmic breathing, and back stroke. Swim 15 yards of dolphin kick.

Ages 9 and 10: Swim **continuously** 25 yards, (one length of the pool) of the following strokes: free style with rotary breathing, and back crawl. Swim 15 yards butterfly. Swim 15 yards breast stroke. Demonstrate a front dive from the side.

Ages 11 and 12: Swim **continuously** 50 yards, (two lengths of the pool) of the following strokes: free style, and back crawl. Swim continuously 25 yards breast stroke and butterfly. Demonstrate a dive from the block.

Ages 13 and Older: Swim **continuously** 50 yards, (two lengths of the pool) of the following strokes: free style, back crawl, breast stroke, and butterfly. Demonstrate a dive from the block.

The swimmer, parent and the coach will immediately review the skills assessment and discuss the recommendation.

Staff

The team will be overseen by the Aquatics Specialist. There will be a recreation staff team administrator, and one head coach for each age group. Assistant coaches will be placed with age groups as needed.

SPORTS & GAMES grades K-5

Downey School Gym and Field
Bob Phillips and Recreation Staff
Thu, Sep 29-Nov 17, 3:30-5:00
\$96 (8 classes) Min 10/Max 25

Sports will include flag football, soccer, baseball and basketball. The primary goal is for players to have fun. Program promotes sportsmanship and teamwork.

Staff will be at Downey for 3:10 dismissal to supervise participants attending this program. The actual program begins at 3:30.

SHORT WEDNESDAY**SPORTS & GAMES grades K-5**

Downey School Gym and Field
Bob Phillips and Recreation Staff
Wed, Sep 14, 28, Oct 5, 19, Nov 2, 16, Dec 7, 21, 11:50-3:00
\$160 (8 classes) Min 10/Max 25

Games include: capture the flag, kickball, dodgeball, and a variety of different sports. Program promotes good sportsmanship and teamwork. Participants will eat their lunch and then play. Please bring peanut/nut free snacks, lunch, water bottle and drinks.

Staff will be at Downey for 11:50 dismissal to supervise participants attending this program. The actual program begins at 12:30.

**LIL STINGERS-PLAYMAKER SOCCER****ages 3-6**

Morrison Softball Field
Playmaker Sports Instructors
Wed, Sep 14-Oct 26 (No 10/12), Ages 3-4: 1:15-2:00; Ages 5-6: 2:00-2:45
\$78 (6 classes) Min 8/Max 15

Playmaker Soccer introduces the basic skills of soccer through fun games and drills. Small games will highlight skills in a creative way. Bring a water bottle, size 3 soccer ball and wear sneakers or cleats. In the event of rain, the program will be held inside the Islington Community Center Hall.

SKILLS ACADEMY-PLAYMAKER SOCCER**ages 5-10**

Downey School Field
Playmaker Sports Instructors
Wed, Sep 14-Oct 26 (No 10/12), 3:45-5:00
\$110 (6 classes) Min 12/Max 50

Playmaker soccer introduces basic skills through fun games and drills. The focus is on ball mastery, developing a foundation of good habits, improving confidence and having fun. Small group games will highlight skills in a creative way. Bring water bottle, size 4 soccer ball and wear sneakers or cleats. In the event of rain, the program will be held inside the gym and sneakers must be worn.

KARATE ages 5-8

Kenpo Center for Martial Arts, 718 Washington Street, Dedham
Darryl Hinthorne
Mon and Fri, Oct 3-Nov 14 (No 10/10, 10/31, 11/11), 4:30-5:30
\$125 (10 classes) Min 5/Max 20

Kenpo Martial Arts teaches the students techniques and skills to defend themselves. Classes are designed to encourage respect, effort, etiquette, sincerity, character and above all discipline and self-control. Students may also compete in tournaments with the World Martial Arts Federation which holds two tournaments a year in Boston, MA. They may also compete in other local tournaments which will be discussed during the session. Price includes a gi (karate uniform).

Master Hinthorne is a 5th degree Black belt in Kenpo (fist law) Karate. He has been furthering his studies in the Martial Arts for over 33 years. Accomplishments: Awarded Instructor of the year in Action Martial Arts Magazine, 2005. Life Time Achievement Award from USA Hall of Induction, 2007, Awarded 5th degree Black belt and title of Master Instructor, 2008.

TENNIS LESSONS-BEGINNERS ages 5-13

Westwood High School Courts
Jayson Sellers, Tennis Pro
Sat, Sep 10-Oct 15 (No 9/24), 11:30-12:30 or 12:30-1:30
\$65 (5 lessons) Min 4/Max 6

Beginner tennis lessons are for players who are new to the game or have played very little without any instruction. The focus is on fundamental skills which includes: ready stance, grip, forehand, backhand and serve. Racquets are provided for beginner players if needed. In the event of rain, lessons will be cancelled and made up at the end of the session. Please bring a water bottle.

TENNIS LESSONS-ADULTS ages 18 & up

Westwood High School Courts
Jayson Sellers, Tennis Pro
Sat, Sep 10-Oct 15 (No 9/24), 1:30-3:00
\$95 (5 lessons) Min 4/Max 6

Lessons will focus on fundamental skills, proper grip techniques, footwork, ground-strokes, volleys, serves, rules and etiquette. Each class will include game play and strategy.

TENNIS LESSONS-PRIVATE ages 18 & up

Westwood High School Courts
Jayson Sellers, Tennis Pro
\$52 per lesson

Contact Jayson Sellers seller39@comcast.net to schedule a private lesson.

MINI ATHLETES ages 3-4

Athletic Republic, 290 Vanderbilt Ave, Norwood
Mini-Athletes Staff
Session A: Thu, Sep 29-Nov 17, 12:30-1:20
Session B: Thu, Dec 1-Jan 26 (No 12/29), 12:30-1:20
\$145 (8 classes) Min 6/Max 15



With our "chin up, shoulders back" philosophy we take a positive unique approach to getting young ones active while promoting self-confidence and improving self-discipline. Children play a new sport each week. Soccer, tennis, basketball, floor hockey, kickball, flag football. There will also be some time to play silly type games to promote spirit and smiles. The importance of teamwork will be emphasized. Children should wear comfortable clothes and shoes.

WHAT A WONDERFUL WORLD! ages 2-5

Islington Community Center
 Jenny Slocum, M.Ed.
 Wed, Sep 21-Nov 16 (No 10/12), 9:30-10:15
 \$70 (8 classes) Min 6/Max 10



Come learn about the amazing world we live in. Children will investigate the natural world through stories, songs, and art.

MUSIC & MOVEMENT ages 2-4

Islington Community Center
 Jenny Slocum, M.Ed.
 Wed, Sep 21-Nov 16 (No 10/12), 10:30-11:15
 \$70 (8 classes) Min 6/Max 10

Let your inner musician shine! We will explore creative movement, play instruments, sing, and dance to foster your child's natural musical curiosity.

BOPPIN' BABIES ages 0 - 18 months

Islington Community Center
 Jenny Slocum, M.Ed.
 Thu, Sep 22-Nov 10, 9:30-10:15
 \$70 (8 classes) Min 6/ Max 10

Sing! Dance! Play! Get your bodies moving in a class just for little ones!

TERRIFIC TOTS ages 18 - 36 months

Islington Community Center
 Jenny Slocum, M.Ed.
 Thu, Sep 22-Nov 10, 10:30-11:30
 \$78 (8 classes) Min 6/ Max 10

Join us for a relaxed class featuring free play, singing, dancing, a short story and a craft. It's a great way to socialize and make new friends.

DROP-OFF PLAYGROUP ages 3-5

Islington Community Center
 Jenny Slocum, M.Ed.
 Tue, Sep 20-Nov 15 (No 11/8), 9:30-11:30
 \$99 (8 classes) Min 5/ Max 8



Children will enjoy a morning of engaging, hand-on, interactive fun: Arts and crafts, singing, creative movement, stories, circle time, free play, and more. This is a drop-off program and a great introduction to a preschool setting. Please bring your own nut-free snack.

KIDS AT PLAY ages 3-5

Islington Community Center
 Lauren Hillberg
 Fri, Sep 16 -Dec 16 (No 11/11, 11/25)



Calling ALL Kids...let's play! There will be lots of action going on in this program. Kids will learn new games, move to the music and just have fun. You may register for one or both time slots. Please provide a nut-free snack and lunch for the 9:30-1:00 timeslot and a snack for the afternoon timeslot. **Participants must be toilet trained.**

Time	Fee
9:30-1:00	\$175 (12 classes) Min 6/Max 10
1:00-2:30	\$86 (12 classes) Min 6/Max 10

ADVENTURE DAYS ages 3-5

Islington Community Center
 Jenny Slocum, M.Ed.

It is all about having fun! Enjoy a packed day with crafts, stories, games, dramatic play, songs, outdoor play, and more. Participants should be prepared for outdoor play and need to bring drinks, nut free snack and lunch. **Participants must be toilet trained.** Min 6/Max 12

Day	Dates	Time	Fee
Mon	Dec 19	9:00-1:00	\$37
Tue	Dec 20	9:00-1:00	\$37
Wed	Dec 21	9:00-1:00	\$37
Thu	Dec 22	9:00-1:00	\$37

MICRO WHEELS ages 2-4

Sheehan School Gym
 Knucklebones Staff
 Wed, Sep 28-Nov 30 (no 10/12, 11/23), 3:45-4:30
 \$125 (8 classes) Min 8/Max 12

Micro Wheels teaches the fundamentals of learning to ride a bicycle (without training wheels!) A variety of unique wheeled and non-wheeled products are used to help build gross motor skills, balance, and confidence. Activities involve: scooter boards, three wheel scooters, balance bicycles and finally progressing to a bicycle. Games using balance beams, balancing stones, street signs, and an obstacle course help to develop the skills needed to ride safely and successfully! Sneakers and long pants are required. Helmets are provided or you may bring your own.




RE/MAX
 DISTINCT ADVANTAGE

*The Hometown Experts With
A World of Experience*





Joseph Jowdy Alex Jowdy Michael Musto

Phone: 781.326.9200
 Fax: 781.326.9201
www.distinctadvantagemax.com



ESSENTIALTWEENZ ages 8 – 12

Islington Community Center
 Juanita Allen, W-EMT, Century Health Systems
 Wed, Nov 16, 2:00-4:00
 \$85 (1 Class) Min 4 /Max 8



In today's fast-paced world, the ways in which we interact are constantly evolving. While new technology has enhanced our lives in many ways, the art of face-to-face interaction remains crucial to success. **socialsklz:-)** equips children and with the vital tools needed to succeed on the playground, in the classroom and ultimately at the workplace. Through this fun, interactive workshop, socialsklz:-) teaches lessons including greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills. The skills mastered are not only empowering, but build confidence and self-esteem, paving the way to a more fruitful life. The program has been widely touted and featured extensively in the media. *In this two hour workshop, Tweenz ages 8 to 12 learn social and communication skills in-person and on the phone. Tweenz will gain valuable life skills, such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event.*

HOME ALONE SAFETY ages 8–11

Islington Community Center
 Juanita Allen, W-EMT, Century Health Systems
 Tue, Oct 4, 3:30-5:30
 \$50 (1 class) Min 6/Max 15

Learn the basics of being safe when home alone for short periods of time. We'll talk about how to answer the telephone and door. Internet safety, first aid techniques, accident prevention, and fire protection will be discussed. Participants will watch a short video and be involved in role-play.

BLAST–BABYSITTING SAFETY ages 11–15

Islington Community Center
 Juanita Allen, W-EMT, Century Health Systems
 Thu, Oct 6, 3:30 -6:30
 \$60 (1 class) Min 6/Max 12

This course covers the basics of infant and childcare safety. Learn how to react responsibly to medical emergencies/injuries and perform first aid. Learn how to set up and run your own babysitting business. Participants will receive a book and a sitter checklist. Please bring a nut free snack & drink.

CLAY CLASS grades 1–5

Islington Community Center
 Lisa WB Walker
 Fall Fun: Wed, Oct 5, 1:00-2:00
 \$30 (1 class) Min 4/Max 6

Learn the basics of pottery! Students will create a hand-crafted item from a pound of clay. Projects will be left with instructor to apply clear glaze and fire in a kiln. Families will be contacted when art is ready for pick up at the Recreation Department.

HALLOWEEN ART CLASS ages 7–10

Islington Community Center
 Lisa WB Walker
 Sat, Oct 15
 Session 1: 9:00-10:15
 Session 2: 10:30-11:45
 \$35 (1 class) Min 4/Max 8



Jack O'Lanterns, witches, skeletons, haunted houses! Join instructor, Lisa W B Walker for an art lesson to explore Halloween using two dimensional materials (paint, pastels, pencils, markers, and more!). Students should dress appropriately and plan to bring artwork home at the end of class. No previous art experience needed. Materials are included.

MAGIC WORKSHOP ages 6 & up

Downey School Library
 Joe Carota
 Wed, Oct 5 or Nov 2, 1:30-2:45
 \$20 (1 class) Min 5/Max 15

The art of magic develops confidence, poise and enhances creativity. Learn how to be one step ahead of others when performing. Along with hands-on instruction, each participant will receive all the props and written instructions necessary to perform each trick. At the end of the workshop each participant will have a bag full of tricks to take home.

HIP HOP ages 5–13

Islington Community Center Hall
 Aly Pereira
 Fri, Sep 23-Nov 18 (No 11/11), 5:00-6:00
 \$110 (8 classes) Min 5/Max 20

Learn the latest dance moves to today's popular music! The class incorporates choreography and different forms of freestyle movement. At the end of the session there will be a short performance to show off the participants' talent and hard work.

Dedham Savings
 your bank
 dedhamsavings.com

DEDHAM INSTITUTION FOR SAVINGS since 1831
 Member FDIC | Member DIF | Equal Housing Lender | Member of the SUMM Program
 DEDHAM • NEEDHAM • NORWOOD • SHARON • WALPOLE • WESTWOOD
 (800) 462-1190

DOG TRAINING PROGRAMS

Islington Community Center Hall
Susan Lowell, Pet Providers
Owners of all ages
(12 and younger must have an adult)



AKC S.T.A.R. PUPPY PROGRAM

puppies 12 weeks–1 year

Mon, 6:00-7:00 PM
Session 1: Sep 19-Oct 24 (No 10/10)
Session 2: Nov 7- Dec 5
\$110 (5 classes) Min 6/Max 12

If your dog is going to become a show, competition, service dog or a Canine Good Citizen, this class is for you! The AKC S.T.A.R. Puppy is an exciting new program designed to get dog owners and their puppies off to a good start. The AKC S.T.A.R. Puppy Program is an incentive program for loving dog owners who have taken the time to take their puppies through a basic training class.

DOG AGILITY dogs 6 months or older

Mon, Sep 19-Nov 14 (NO 10/10), 7:00-8:00 PM
Session 1: Sep 19-Oct 24 (No 10/10)
Session 2: Nov 7- Dec 5
\$110 (5 classes) Min 6/Max 12

This is a course for all agility levels. Dogs and owners will learn the basics of agility equipment and exercise. This course will cover the foundation skills to navigate the equipment as a team.

ADVANCED DOG dogs 1 year or older

Wed, 6:00-7:00 PM
Session 1: Sep 21-Oct 26 (No 10/12)
Session 2: Nov 9-Dec 14 (No 11/23)
\$110 (5 classes) Min 6/Max 12

Learn to have better control over your dog, leashed or unleashed. This class will help you advance to Canine Good Citizen and Agility classes.

BEGINNING DOG dogs 6 months or older

Wed, 7:00-8:00 PM
Session 1: Sep 21-Oct 26 (No 10/12)
Session 2: Nov 9-Dec 14 (No 11/23)
\$110 (5 classes) Min 6/Max 12

Dogs and owners will learn the basics of agility equipment above puppy training.

CANINE GOOD CITIZEN dogs 1 year or older

Sat, Sep 17-Nov 19 (No 9/24, 10/8), 10:00-11:00 AM
\$180 (8 classes) Min 6/Max 12

The Canine Good Citizen Program is designed to teach responsible ownership and certify dogs that have the training and behaviors needed to be reliable, well-behaved members of their families and communities. Dogs must pass all ten items listed in the CGC records at the American Kennel Club and meet the standard for visiting nursing homes, schools, and other venues to be certified.

FOCUS & CLICKER puppies 12 weeks and older

Sat, Sep 17-Oct 29 (No 9/24, 10/8), 9:00-10:00 AM
\$180 (8 classes) Min 6/Max 12

Clicker training, a common form of positive reinforcement, is a simple and effective training method. The clicker is a metal strip inside a small plastic box that makes a distinct clicking sound when pressed. The click is much more distinct than saying "good dog" and more effective than using treats alone. Puppies must have received prior training before taking this class.

PEDIATRIC FIRST AID & CPR/AED

ages 15 & up

Islington Community Center
Juanita Allen, W-EMT, Century Health System
Thu, Oct. 6, 6:30 – 9:00 PM
\$75 (1 class) Min 5/Max 10

With focus on children, this course offered by the American Heart Association will cover: CPR, AED, First Aid, Medical/Injury Emergencies, Allergies, Epipens, and Asthma. Participants will receive a 2 year certification in Pediatric First Aid and in Adult and Pediatric CPR/AED.

DRIVER EDUCATION CLASSES ages 15 & up

Islington Community Center Sanctuary
Teachers Driving Academy
\$99 (1 session) Min 10 / Max 50



Parent & Student Classes
Session 1: Wed, Oct 26, 6:00-8:00 PM
Session 2: Mon, Dec 12, 6:00-8:00 PM

Please note that in some sessions, the total number of hours exceeds 30. This is a result of a ½ hour break built into the schedule. Choose a session that best fits your schedule and register early. At least one parent/guardian must attend the Parent Class. If you have already attended a parent class since September, 2007, they count for 5 years. Please let TDA know when your child is dropped off on the first night. If your child misses a certain class, they are allowed to make it up as long as it is the exact class module that they missed. You do not have to book a make-up class with TDA, you can simply walk-in to another class in another community and sign the book there. Students must bring a notebook, pen and copy of their birth certificate. Students may not leave the building and are asked to bring snacks and drinks. If you have any questions, call **877.TDA.DRIVE** or visit their website www.teachersdrivingacademy.com.

FALL SESSION 1			WINTER SESSION 2		
Day	Dates	Time	Day	Dates	Time
Wed	Oct 26	6:00-8:00 PM	Mon	Dec 12	6:00-8:00 PM
Mon	Oct 31	6:00-9:15 PM	Tue	Dec 20	5:30-9:45 PM
Tue	Nov 1	6:00-9:15 PM	Tue	Dec 27	8:00-2:30
Wed	Nov 2	6:00-9:15 PM	Wed	Dec 28	8:00-2:30
Mon	Nov 7	6:00-9:15 PM	Thu	Dec 29	8:00-2:30
Tue	Nov 8	6:00-9:15 PM	Fri	Dec 30	8:00-2:30
Mon	Nov 14	6:00-9:15 PM			
Tue	Nov 15	6:00-9:15 PM			
Wed	Nov 16	5:00-9:15 PM			
Mon	Nov 21	5:00-9:15 PM			

BALLROOM DANCING ages 18 & up

Downey School Cafeteria
Paul Hughes
Tue, Sept 27-Nov 22 (No 11/8), 7:30-8:30 PM
\$105 (8 classes) Min 6/Max 12

Dancing is the perfect combination of physical activity, social interaction, and mental stimulation. It's a full body workout for the mind, body, and spirit. Learn the basic step elements, posture, poise, lead/follow, technique, etc. Dances include: Merengue, Waltz, Foxtrot, Tango, Swing, Rumba, and Salsa/Cha Cha. No partner necessary.



FITNESS FRIDAY grades 6–8

Islington Community Center
 Lauren Hillberg, BS KIN
 Fri, Sept 16 – Nov 4, 3:00-4:30
 \$75 (8 classes) Min 6/ Max 10



Fitness Friday is geared to help improve your child's endurance, coordination and increase their fitness level in a fun and challenging way. Please come with appropriate attire and a water bottle.

ADULT HATHA YOGA ages 16 & up

Westwood Public Library
 Linda Margosian, Certified Hatha Yoga Instructor
 Session A: Wed, Sep 21-Dec 7 (No 10/12, 11/23), 11:00-12:30
 Session A: Thu, Sep 22-Dec 1 (No 11/24), 7:00-8:30 PM
 \$160 (10 classes) Min 5/Max 12

Yoga for everybody! Embark on a journey that unites body, mind, and spirit. The practice of yoga creates strength, balance, focus, coordination, and flexibility. At the same time it brings a sense of inner calm and well-being. All abilities welcome. Please bring a sticky mat and blanket.

MOTHER/DAUGHTER YOGA ages 7 & up

Islington Community Center Hall
 Elizabeth King, RYT
 Sun, Oct 16-Dec 4 (No 11/13, 11/27), 2:45-3:45 PM
 \$78 (6 classes) *Mother and Daughter must each register.* Min 4/Max 20

This special series, designed for girls ages 7 and up and their mothers (or any adult female role model), will include yoga postures, partner yoga, breathing, restorative postures and guided relaxation. All abilities welcome. This is taught as a Vinyasa flow yoga class. Vinyasa is the gradual progression or step by step approach that connects one pose to another. The series of poses moves you through the power of movement and breathing. Please wear stretchy, non-restrictive, comfortable clothing and bring a water bottle, and yoga mat.

TEEN YOGA ages 13–19

Islington Community Center Hall
 Elizabeth King, RYT
 Sun, Oct 16-Dec 4 (No 11/13, 11/27), 4:00-5:00 PM
 \$78 (6 classes) Min 6/Max 20

Teen Yoga will focus and incorporate mind-body practices such as Yoga poses, breathing exercises, techniques, deep relaxation and guided meditation. Social and emotional skills including stress management, self-appreciation, confidence and strong peer relationships will be covered. Please wear stretchy, non-restrictive, comfortable clothing and bring a water bottle, and yoga mat.



BOOT CAMP ages 18 & up

Westwood High School Multipurpose Field
 Core Asset Staff
 Session A: Tue & Thu, Sep 6-Oct 20, 6:00-7:00 AM
 Session B: Tue & Thu, Oct 25-Dec 15 (No 11/8, 11/24), 6:00-7:00 AM
 \$175 (14 classes) Min 8/Max 30

Boot Camp is a varied workout that includes resistance and bodyweight training, high intensity intervals and cardio. It is appropriate for men and women of varied fitness levels, and modifications are available to accommodate for past injuries or perceived strengths and weaknesses. It is an ideal cross training addition to a current workout regime. Participants need to bring a mat, light weights and water. In the event of rain, class will be held in WHS Gym.



WESTWOOD POLICE EXPLORER PROGRAM

The Westwood Police Department's Explorer program is for high school students interested in a future career in law enforcement, law, or public service. Explorers meet at the police station twice a month, learn police procedure, ride along with officers, and provide traffic and crowd control at town events. Guest speakers come from the FBI, Secret Service, Homeland Security, and other local and national agencies.

For more information, or to request an application, visit the Explorer page under the "Services" tab of www.westwoodpd.org, or contact Sgt. Sicard at psicard@westwoodpd.org, or at 781-320-1000.





The Skating Club of Boston SKATING ACADEMY



Learn to skate with New England's
premier ice skating school!

Classes offered in Boston, Beverly,
Brookline, Frog Pong, Dedham,
Foxboro and Somerville.

LEARN TO
SKATE
USA

Visit www.SkatingAcademy.org to register!

NOW OPEN IN WESTWOOD

 **Elite Orthodontics**

BRACES | INVISALIGN | TMJ & FACIAL PAIN

Welcoming New Patients

781.686.1735

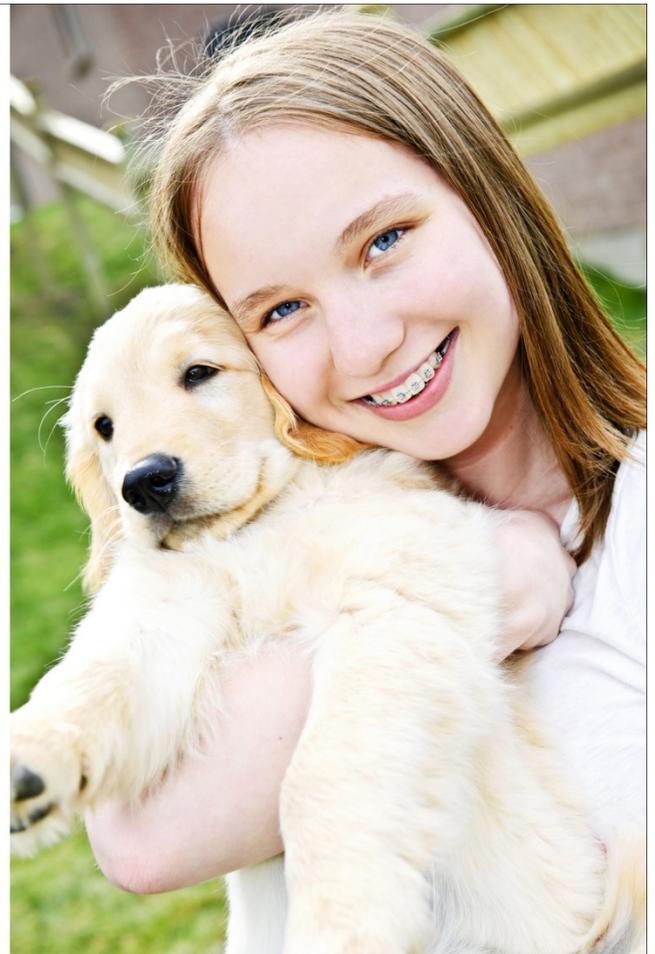
WWW.ELITEORTHODONTICS.NET
805 HIGH STREET, WESTWOOD, MA

109 EASTERN AVE, DEDHAM
(781.686.1733)

Member
American Association of
Orthodontists



EMAD ABDALLAH, DMD, MS
AMERICAN BOARD OF OROFACIAL PAIN



CONTACT INFORMATION

The Westwood Health Department is located at 50 Carby Street. Office hours are 8:30 AM-3:00 PM on Monday, Wednesday and Thursday; 8:30 AM to 3:00 PM and 5:00 to 7:00PM on Tuesday and 8:30 AM to 1:00 PM on Friday. For more information, please visit our web site at www.townhall.westwood.ma.us, email us at mrc@townhall.westwood.ma.us or call 781-320-1027.

MONTHLY BLOOD PRESSURE CLINIC

The Public Health Nurse conducts a blood pressure clinic every 3rd Wednesday of the month at the Westwood Senior Center located at 60 Nahatan St. from 9:00AM-11:00AM. No appointment necessary.

SHARPS COLLECTION PROGRAM

The Westwood Board of Health provides a Sharps Collection Program for Westwood residents. Residents can dispose of their sharps anytime in the sharps collection kiosk located outside the Westwood Police Station, 590 High Street. The Health Department provides red one-liter sharps disposal containers free of charge to residents. They are available at the Westwood Health Department, the Westwood Town Hall and the Senior Center during regular business hours.

MEDICATION COLLECTION PROGRAM

The Westwood Board of Health and the Westwood Police Department have joined forces to collect expired prescription and over the counter medications for proper disposal. The Medication Collection Box is located in the lobby of the Police Station at 590 High Street.

MERCURY COLLECTION PROGRAM

The Westwood Board of Health participates in the Mercury Recovery Program, sponsored by Wheelabrator Millbury Inc. Button batteries, mercury thermometers, thermostats, switches, and products that contain liquid mercury can be brought to the Board of Health office to be recycled properly. Fluorescent bulbs are collected at Household Hazardous Waste Day in the fall.

ANNUAL FAMILY FLU CLINIC

Save the Date! The Westwood Board of Health will be holding the **Annual Flu Clinic on Saturday, October 15, 2016 from 9:00 AM-12:00 PM** at the Westwood High School gymnasium.

This family flu clinic is open to all Westwood residents 5 years of age and older. Residents under the age of 18 years must be accompanied by an adult. Vaccine is administered on a first come first served basis. There is no cost to residents for the vaccine but we do ask that you bring your insurance or Medicare card with you so that we may bill your health insurance. We will be accepting monetary donations for the Westwood Food Pantry. Hope to see you and your family at the flu clinic! For more information please visit our website at www.townhall.westwood.ma.us or contact the Health Department at 781-320-1026/1027.

MOSQUITO CONTROL

The Westwood Board of Health would like to remind residents to take action to avoid mosquito bites and reduce mosquito populations. The risk of contracting Eastern equine encephalitis (EEE) and West Nile Virus (WNV) from an infected mosquito is heightened through early October. Mosquitoes can carry disease until the first hard frost.

EEE is a rare disease with serious life threatening symptoms. Symptoms are high fever, stiff neck, headache and lack of energy followed by inflammation and swelling of the brain (encephalitis). There is no treatment, few people fully recover from the illness and 50% do not survive.

WNV usually causes mild or no illness in humans. In rare cases, it can cause encephalitis (swelling of the brain) or meningitis (swelling of the lining of the brain and spinal cord). Less than 1% of people infected with WNV develop serious illness. At the present time there is no preventable vaccine.

To avoid mosquitoes please consider the following:

- Limit your time outdoors during peak periods of mosquito activity (dusk and dawn) or if you must remain outdoors, wear a long-sleeved shirt, long pants and socks.
- Use a mosquito repellent that contains DEET (the chemical N-N-diethyl-meta-toluamide) and follow the directions on the label.
- Take special care to cover up the arms and legs of children playing outdoors. When you bring a baby outdoors, cover the baby's carriage or playpen with mosquito netting.
- Fix holes in your screens and make sure they are tight-fitting on all doors and windows.
- Remove standing water around your home. Make sure water does not collect and stagnate in ceramic pots, trash cans, recycling containers, old tires, wading pools, birds baths, etc. Remove leaves and debris that may prevent drainage of roof gutters.

For more information, please visit the District's website at www.norfolkcountymosquito.org or call (781) 762-3681. If you have general questions about mosquito control efforts please visit the Board of Health website at www.townhall.westwood.ma.us or email at mrc@townhall.westwood.ma.us or call the office at (781) 320-1026.



Westwood Youth & Family Services is a town department that provides community based programs and free confidential counseling services for the children and families of Westwood.

Register at: www.townhall.westwood.ma.us/yfs

ELEMENTARY & MIDDLE SCHOOL STUDENT PROGRAMS



FRIENDS NETWORK

Who: Westwood residents in 3rd, 4th and 5th grades

When: November 2016-April 2017, Wednesdays from 5:15-6:15 PM or 6:30 PM-7:30 PM

Where: Senior Center, 60 Nahatan Street

What: The Friends Network program matches young Westwood residents with high school aged

residents in 1:1 pairs that meet weekly to engage in games and activities in a relaxed setting. This is a great way for children to engage with a positive role model while forming a special friendship and having fun!

Register at www.townhall.westwood.ma.us/yfs

Questions contact: Sarah Baroud, LICSW at (781) 320-1006 or sbaroud@townhall.westwood.ma.us

STRUCTURED PLAY GROUPS

Who: Westwood residents in Kindergarten – 5th grade

When: Fall 2016 – Spring 2017, one afternoon per week, 4:00-5:00 PM

Where: Islington Community Center; Hanlon and Martha Jones Extended Day programs

What: These 8-week groups are designed to emphasize the continued development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. Organized play and drawing activities are used to reinforce weekly topics such as initiating & developing friendships, working cooperatively as a team, appropriate communication, decision-making, as well as appreciating one's own strengths and the differences of others, etc.

Register at www.townhall.westwood.ma.us/yfs

Questions contact: Sarah Baroud, LICSW at (781) 320-1006 or sbaroud@townhall.westwood.ma.us

THURSTON THURSDAY CLUB

Who: Westwood middle school students

When: October – April, Thursdays from 2:25 PM – 4:00 PM

Where: Thurston Middle School

What: Thurston Thursday Club aims to provide a safe, social, and recreational environment for Thurston Middle School students. Students gather to eat snacks, play games, hang out with friends, or do homework if they choose. High school Mentors facilitate and supervise the Club activities, while serving as role models for younger students.

Advance registration not required – drop in offering

Questions contact: Sarah Baroud, LICSW at (781) 320-1006 or sbaroud@townhall.westwood.ma.us

GIRLS ONLY GROUP

Who: Westwood girls in 4th – 6th grade

When: Fall/Winter, one afternoon per week from 4:00 PM – 5:00 PM

Where: Islington Community Center

What: This 12-week group will focus on navigating friendships and cliques, avoiding peer pressure, managing bullying situations, and improving body image, confidence and self-esteem. We utilize art projects, videos and games to help reinforce these important topics in fun and creative ways! Register at www.townhall.westwood.ma.us/yfs

Questions contact: Sarah Baroud, LICSW at (781) 320-1006 or sbaroud@townhall.westwood.ma.us



HIGH SCHOOL MENTOR PROGRAM

All WHS students will receive an application via mail in August.

Students are also welcome to apply online on our website

For more information, please contact us at 781-320-1006 or

youth@townhall.westwood.ma.us

BODY SAFETY THEATER

Who: All high school students

What: Mentors rehearse and perform a series of skits for all Westwood 3rd graders, which teach basic rules about body safety and sexual abuse prevention. "Auditions" are typically held in December and no previous acting experience is necessary.

When: Mentors attend rehearsals one evening per week through the winter months. Performances are typically in early April.

BULLYING PREVENTION THEATER

Who: All high school students

What: Mentors rehearse and perform a series of skits for all Westwood 6th graders, which teach various aspects of social problem-solving and bullying prevention. "Auditions" are typically in October and no previous acting experience is necessary.

When: Mentors attend rehearsals one evening per week through the fall. The performances are typically in January.



FRIENDS NETWORK

Who: All high school students

What: Friends Network thoughtfully matches each Mentor ("Big Friend") with a student in the 3rd, 4th, or 5th grade ("Little Friend"). Pairs meet to play games, talk, engage in art activities, and have fun together.

When: The Big Friend/Little Friend pairs meet weekly on Wednesday evenings at the Council on Aging from 6:30-7:30 PM from November – April. Friends Network Mentors must be able to keep this weekly commitment as their little friend will be relying on them to be there!

TEEN CENTER

Who: Juniors & Seniors only

What: Teen Center aims to provide safe, fun dances for 6th, 7th, and 8th grade middle school students. Mentors serve as chaperones and role models for the middle school students. Other responsibilities include helping with set up, clean up and facilitating other structured activities such as basketball.

When: Teen Center dances occur approximately 4-6 Fridays throughout the year. Mentors volunteer on a rotating basis and participate from 6:30PM–10:30 PM on the Friday evenings they are scheduled.

THURSTON THURSDAY CLUB

Who: Sophomores, Juniors & Seniors only

What: Thurston Thursday Club aims to provide a safe, social, and recreational environment for Thurston Middle School students. Students gather to eat snacks, play games, hang out with friends, or do homework if they choose. Mentors are responsible for facilitating and supervising the Club activities, while serving as role models for younger students.



Westwood Youth & Family Services' Mentor Program strives to provide high school students with a meaningful volunteer experience in their local community. Students have significant responsibility as role models and are the most valuable resource of the Mentor Program!



The Westwood Council on Aging's mission is to serve the needs of its growing aging population. The Center and staff sustain a robust program schedule for anyone looking to stay healthy, stay connected and age well. A bi-monthly newsletter is sent to Westwood households (60 and older) and is available at the Center and around town with programs that are unique and diverse. Outreach Counseling is available four days a week and van rides to medical appointments are available most weekdays. *Fall is here and we are putting together many new and exciting programs including a second yoga class, a week long healthy living initiative and much more! We have a number of special day trips planned, a Healthy Eating Luncheon and a Halloween Party!* We will be at Westwood Day, so stop by and come meet the staff. The goal of the Council on Aging is to help you stay healthy, connected and informed as you age (from 60 and beyond). For further information and complete listings, pick up one of our newsletters or check it out online at the Town Website. Hope you will join us!

Transportation Services

- Medical Appointments (10 mile radius)
- Weekly Trips to Area Malls and Supermarkets
- Local Errands (5 mile radius)
- Lift-Equipped van available

Programs at the Center

- Watercolor Classes
- Aerobic Exercise and Mat Exercise Classes
- Zumba Gold & Low Impact Exercise
- Tai Chi and Meditation
- Yoga (chair and floor)/Laughing Yoga
- iPad Classes (beginners and advanced)
- Current Events Discussions
- Special monthly lectures and luncheons

Westwood Council on Aging

60 Nahatan Street

Westwood, MA 02090

Monday-Thursday 8:00 am – 4:00 pm

Friday 8:00 am – 2 pm

Phone (781) 329-8799

Fax (781) 329-5949

Social Services

- Bereavement Support Group
- Home & Office Consultations
- Friendly Visitor Program
- Fuel Assistance/Legal Assistance
- Housing & SNAP information
- Blood Pressure, Hearing and Podiatry Clinics
- SHINE Counselor/Meals on Wheels

Activities

- Special Monthly Lectures, Lunches & Programming
- Day & Overnight Trips
- Beginning & Advanced Watercolor
- Bridge, Mah Jongg & Movies
- Bingo, Movies, & Book group
- Knitting, Quilting & Crafts
- Monthly Health Programs
- Men's Club, Women's Club, Garden Club & Memory Cafe
- Intergenerational Programs
- Waxing and Manicurist





Westwood Early Childhood Office

Janet Lucey, Coordinator
Westwood Public Schools
(781) 461-9548

<http://www.westwood.k12.ma.us/early-childhood-council/jlucey@westwood.k12.ma.us>

Westwood Early Childhood is pleased to present a line-up of new programs this fall!

New Farm to Table Intergenerational Program!

Westwood Early Childhood is pleased to announce a new intergenerational program! Westwood Early Childhood and Westwood Library have formed a new partnership with Powisset Farm and the Westwood Council on Aging. Children ages 5-8, along with a parent/caregiver will join senior citizens for a farm to table event at Powisset Farm. Children and seniors will work together to explore the farm, collect eggs and herbs, and cook a Sunday Brunch to enjoy together. The first event of this series takes place **Sunday, September 18th, at 11:30 a.m.** Space is limited, sign up with the Early Childhood Office (781) 461-9548 or jlucey@westwood.k12.ma.us



New Parent/Child Book Club!

We have expanded our “Babies in the Mix” book club to include parents and children age birth through 5. Join other parents and children for an informal playgroup at the Westwood Library as we discuss the joys and challenges of parenting young children. Children participate in enriching activities while parents enjoy rich discussion. Book selections are chosen to give readers an opportunity to gain insight on various parenting styles, cultures and perspectives. The group meets monthly. Past titles have included *Bringing Up Bebe*, and *The Good Mother Myth*. Book copies are available for check out at the library. This is a drop in event, no registration required. Go to the Early Childhood Website for details on dates, times and book titles. <http://www.westwood.k12.ma.us/early-childhood-council/>

Fall Featured Speaker Series!

Sheryl White, founder and owner of **Baby Kneads**, will present a four part series on using sign language with young children. Bring your child age birth through 2 to the Westwood Main Library **Thursdays September 8th, 15th, 22nd, and 29th at 10:30 a.m.** Learn how to use sign language to strengthen communication and support your child’s development. Registration required at <http://tinyurl.com/weccsign>

The Westwood Early Childhood Office is funded through the Department of Early Education and Care: Coordinated Family and Community Engagement Grant, local grants and generous donations. It is supported by the Westwood Public Schools. Through fundraising, we are able to offer monthly programs and special events free of charge to Westwood families with young children.

REGISTRATION

- **REGISTRATION IS REQUIRED FOR ALL LIBRARY PROGRAMS UNLESS OTHERWISE NOTED.**
- All Library Programs are Free
- Main Library Programs, please call 781-326-7562
- Islington Branch Programs, please call 781-326-5914 www.westwoodlibrary.org

MAIN LIBRARY CHILDRENS PROGRAMS

LITTLE LISTENERS

Who: Ages 3-5.
 When: Tuesdays 10:30- 11:15
 Sept. 6-Oct. 25
 Nov 15-Dec. 20th
 Where: Westwood Public Library

Children will hear stories, songs, watch films and make a craft.

WONDROUS WEDNESDAYS STORYTIME

Who: Children ages 2-5
 When: Wednesdays 10:30-11:00 a.m.
 Sept. 7-Oct. 26th
 Nov. 16-Dec 21st.
 Where: Westwood Public Library

This drop-in (no registration) storytime will feature stories, rhymes, songs and participate in other fun activities. **No Registration required.**

BABIES AND BOOKS

Who: Ages 0-2 and parent/caregiver
 When: Fridays 10:30-11:00 a.m.
 Sept. 9 – Oct. 28
 Nov. 18-Dec. 23rd
 Where: Westwood Public Library

There will be short stories, songs, dance, and puppets. **No Registration Required.**

CREATIVE KIDS

Who: Children in grades K-1st
 When: Thursdays, 4:00-4:45 p.m.
 Sept. 22nd- Oct 20th
 Nov. 10th-Dec 15 (excluding Nov. 24)
 Where: Westwood Public Library

Children will have lots of creative fun as they participate in creative dramatics and arts & crafts activities.

MOTHER/DAUGHTER BOOKCLUB

Who: Children in grades 3-5 and female adult
 When: Tuesdays, 6:30pm
 Sept. 13th, Oct. 18th, Nov. 15th, Dec. 13th.
 Where: Westwood Public Library

Share your enthusiasm for reading with other book lovers and join us for lively discussion, a game of pictionary, snacks and fun! Check the library website for a list of books. September book will be *Fenway and Hattie* by Victoria J. Coe. Books will be available at the Children's ASK! Desk.

COMING SOON:

KEEP YOUR EYE OUT FOR THESE SPECIAL FALLPROGRAMS

Robotics with Legos: The Westwood High School Robotics Club will lead a 3 week session this fall for kids in grades 2-3. More info to follow. Call 781-320-1042 or email wvdchildrens@gmail.com.

Children's Book Author Visit: Victoria J. Coe author of *Fenway and Hattie*

Will be visiting Westwood Library this October to talk about her book, her dog, and we may even get a sneak peek of the sequel!

MAIN LIBRARY TEEN PROGRAMS

JUST FOR FUN TEEN BOOKCLUB

Who: Students in grades 5-8
 When: July 1 – August 26
 Where: Westwood Public Library

Take a break from homework, do some fun activities, talk about books & enjoy snacks!!! Books will be available at the library. More information to follow. Got questions? We have answers! Call us at 781-326-7562 or email tperry@minilib.net.

MAIN LIBRARY ADULT PROGRAMS

BOB BEGIN-SCOTT, AMUNDSEN, AND

SHACKLETON: THE RACE TO THE SOUTH POLE

Who: Adults
 When: Wednesday, October 5th, 7:00pm
 Where: Westwood Public Library

Join Bob Begin, local historian and lecturer, as he examines the leadership style and organizational skills of each explorer and discoverer. This program is generously sponsored by the Friends of the Westwood Public Library. **Drop in Program, no registration necessary.**

AUTHOR TALK: Ted Reinstein and *Wicked Pissed New England's Most Famous Feuds*

Who: Adults
 When: Tuesday, November 1 at 7:00 PM
 Where: Westwood Public Library

Ted Reinstein, a native New Englander and local writer, offers us fascinating stories, some known, others not so much, from the history of New England feuds in this fun, accessible book. **Drop in Program, no registration necessary.**

ISLINGTON BRANCH PROGRAMS

STORYTIME

Who: Children ages 2 and up.
 When: Thursdays, 9:30-10:15 a.m.
 Sept. 8th-Oct. 27th
 Nov. 17-Dec. 22nd
 Where: Islington Branch Library

Children will participate in stories, songs, films and crafts. **No Registration required.**

PJ STORYTIME

Who: Children ages 3 and up.
 When: 3rd Wed. of the month, 6:30-7:15pm Sept. 21st, Oct. 19th, Nov. 16th
 Where: Islington Branch Library.

Children can come to School Street Playground and bring a special stuffed animal and blanket to hear stories and songs in the warm evening air. You may even see a firefly or two! **No Registration required.**

LEGO- MANIA

Who: Children grades K and up.
 When: Tuesdays, 3:45-4:45 p.m.,
 Sept.-December
 Where: Islington Branch Library

Come and build Lego creations with library Legos. **No Registration required.**



SNEAK PREVIEW

LINE UP AS OF AUGUST 5. MORE TO COME!

ENTERTAINMENT

WHS Reunion Dance Band
Richard Travers Studio
Westwood Winds
Swing Band
Westwood Chinese School
Merry Melody Music Academy
Sophia Jane
Greene O'Leary School of Irish Dancing
Real School of Music

VENDORS

1818 Fine Men's Salon
Accessories Plus
American Foundation for Suicide Prevention
Athletic Republic Norwood
Avon Products / Tupperware
Beauty Counter
Boston Ski and Tennis - SKI stop
Boy Scouts Troop 3 Westwood
Celestial Lodge, Free Masons
Clark House at Fox Village
Coldwell Banker Residential Brokerage, Westwood Office
Core Asset Fitness Training
Cutco Cutlery
Dedham Savings
Dental Arts of Westwood
Elite Orthodontics LLC
Endicott Woods RE
Finely Functional Home Organization
First Parish of Westwood
Folsom Funeral Home
Foundation for Westwood Education
Fox Hill Village/White Oaks
Friends of Westwood Performing Arts
Gables University Station
Get in Shape for Women
Hale Reservation
I Am Strong Foundation
John Smith Soccer
Jung's US Taekwando

Kassatly Balloons, Toys and Novelties
Keller Williams Boston South West
Knights of Columbus Council 234
Liberty Mutual Insurance
Lifetime Athletic Westwood
Mass Sport and Spine
Needham Bank
Needham Bank
NEWPRO
Norfolk County Sheriff TRIAD Program
Prime Motor Group
Pure Haven Essentials/Beach Body
Re/Max Distinct Advantage
RIHI
Roche Brothers
Rotary Club of Westwood
S and S Novelty
Silver 'N' Such
Stix 4 Chix Clinx
Sub Sand Ventures
The Skating Club of Boston Skating Academy
The Westwood Montessori School
Velocity Sports Performance
Veterinary Services of Westwood
Wegmans Food Markets
Westwood Artists Collaborative
Westwood High School Robotics Team
Westwood Historical Society
Westwood Indian Association
Westwood Land Trust
Westwood Youth Softball

ACTIVITIES

5K Road Race and Fun Run
East Coast Gaming Mobile Video Games
Transportation Show & Touch a Truck
Hot Air Balloon Rides
Roaming Railroad
Animal Craze
Pumpkin Decorating
Hockey Shoot and Score
Soccer Kick Fest
Inflatables and More



WESTWOOD DAY SHUTTLE BUS

Locations: Hanlon School, 790 Gay Street and Sheehan School, 549 Pond Street.
Pick-up & Drop-off locations will be posted at each location.



Shuttle bus or carpooling are highly recommended!

Hanlon School Departs to WHS: Every half hour

9:45, 10:15, 10:45, 11:15, 11:45, 12:15, 12:45, 1:15, 1:45, 2:15

Sheehan School Departs to WHS: Every half hour

9:45, 10:15, 10:45, 11:15, 11:45, 12:15, 12:45, 1:15, 1:45, 2:15

WHS Departs to Hanlon and Sheehan: Every half hour

10:00, 10:30, 11:00, 11:30, 12:00, 12:30, 1:00, 1:30, 2:00, 2:30, 3:00, 3:30

Parking near Westwood High School

St. Margaret Mary's Church, 845 High Street

First Baptist Church, 808 High Street

Thurston Middle School, corner of Nahatan and High Street

Side streets across from WHS – Parking is on one side only and will be clearly posted.



**VOLUNTEERS!
NEEDED!**



Fun-filled community celebration seeks friendly volunteers!

Westwood Day depends on the help of many volunteers who assist with set-up, parking, monitoring activities, greeting visitors, the clean-up crew and more. Volunteers sign-up for 2.5 hour shifts and receive an event t-shirt and a good time!

Help is needed for:

- Event set-up on Friday afternoon
- Event set-up Saturday early AM
- Saturday Activities between 10 and 3
- Saturday clean-up after 3 PM

Sign up at www.WestwoodDay.com or contact Jan Parr at jparr@townhall.westwood.ma.us or by phone at 781-461-0070.



**WESTWOOD
DAY**
CELEBRATING 5 YEARS!



5K & FUN RUN

SATURDAY, SEPTEMBER 24, 2016
WESTWOOD HIGH SCHOOL TRACK

5K ROAD RACE 9:00 AM

\$15 On-line Registration (Closes September 22)

\$20 Day of Event Registration 7:30-8:30 AM

Free 5K T-Shirt for those who register by September 7

1 MILE FUN RUN 10:00 AM

Free On-line Registration All Ages Welcome (Closes September 22)

Free Day of Event Registration 7:30-9:30 AM

(Parents are welcome to run along with their children.)

School Spirit Trophy Westwood Day 2015 Winner-Sheehan School

The Westwood Elementary School with the greatest number of participants and school spirit will be awarded this perpetual trophy to proudly display at their school until Westwood Day 2017.



WestwoodDay.com

<http://www.active.com/westwood-ma/running/westwood-day-5k-and-1-mile-fun-run-2016?int>





TRANSPORTATION SHOW & TOUCH A TRUCK



Saturday, September 24, 10:00-3:00

Westwood High School

Spectator Voting Begins at 10:00

Trophies Awarded at 2:30

Trophy Categories: BEST PAINT, PEOPLES' CHOICE, BEST IN SHOW, MOST UNIQUE, BEST ENGINE

**ROCKLAND
TRUST**

Where Each Relationship Matters®

Honored to Support Westwood Day

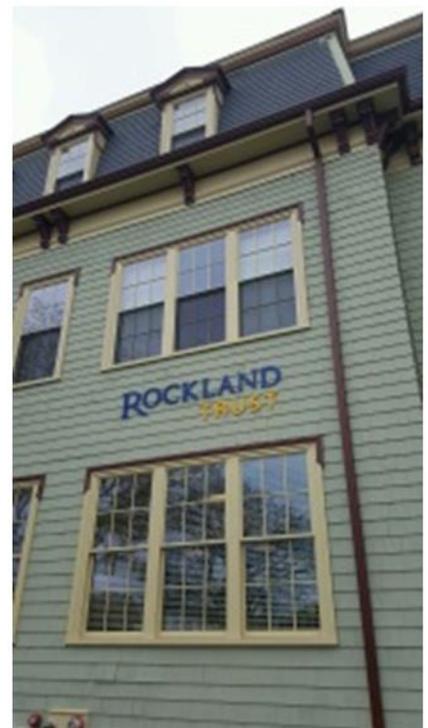
Supporting Massachusetts communities
and businesses since 1907

Visit the Westwood office located at 670
High Street

(next to the Westwood Public Library).

Banking where each relationship matters

For more information contact **Branch Manager, Alicia Yeh** at
Alicia.Yeh@RocklandTrust.com or **781.329.3429**



We build communities.

Some build global corporations.

Some build diversified financial services companies.

We build communities.

We're for localization, not globalization.

We're for community involvement.

And communities taking care of themselves.

By shopping local, dining local, banking local.

We're for girl scouts and car washes and food pantries.

We're for state championships, pancake breakfasts, and firefighters.

We're for softball teams, 5ks, farmers markets and local artists.

We're for our hospitals, our schools, and our chambers of commerce.

Building communities is a virtuous circle of which we're at the financial epicenter.

We love our communities.

We love the folks who live there.

We love our employees.

We build communities.



MEMBER FDIC | EQUAL HOUSING LENDER | MEMBER SIF

BRAND NEW DISTINCTIVE APARTMENT HOMES
GABLES.COM/UNIVERSITYSTATION

GABLES UNIVERSITY STATION

1 & 2 BED-ROOMS

PET FRIENDLY!

TOUR TODAY!
866-261-9386
85 University Avenue
Westwood, MA 02090



Blue Hills Bank[®]
 171 University Ave. Westwood, MA
781.443.8166

MEMBER FDIC EQUAL HOUSING LENDER MEMBER DIF



**Experience
 Life Time Athletic
 Westwood.**
 Your neighborhood
 healthy way of life resort.

Visit lifetimeathletic.com to
 request your complimentary
 pass today.

©2016 LIFE TIME FITNESS, INC.
 All rights reserved. MKMG161891

Your Community Bank.



Dedham Savings
 your bank
dedhamsavings.com

DEDHAM SAVINGS BANK (Member FDIC) since 1971
 Member FDIC Member DIF Equal Housing Lender Member of the DIFM Program
 DEDHAM • NEEDHAM • NORWOOD • SHARON • WALPOLE • WESTWOOD
 (800) 462-1190

**Your neighborhood
 grocer.**



Roche Bros.

www.rochebros.com




**Fox Hill
 VILLAGE**
 10 Longwood Drive
 Westwood, MA 02090

Phone (781) 493-6805 Web www.FoxHillVillage.com



Thank you for choosing
 us, and for inspiring
 everyone in our
 company to always
 give you our best.



Wegmans
 Food Markets
wegmans.com



frugal Fannie's
FASHION WAREHOUSE

Rte 1S, Westwood www.frugals.com
 Proudly serving the Westwood community since 1983



is proud to support
Westwood Day 2016



A new kind of car buying experience.



SPONSORS 2016



Platinum
Level

PLATINUM

BOSCO Crane Company
Prime Motor Group



Gold
Level

GOLD

Boston Light & Sound
Gables University Station
Needham Bank
RE/MAX Distinct Advantage
Rockland Trust



Silver
Level

SILVER

Blue Hills Bank
Dedham Savings
Fidelity Investments
Fox Hill Village & White Oak Cottages
Frugal Fannie's Fashion & Shoe Warehouse
Lifetime Athletic, Westwood
Roche Bros. Supermarkets
Wegmans Food Markets



Bronze
Level

BRONZE

Anthony's Coal Fired Pizza
Bubbling Brook
Dental Arts of Westwood
Northeast Security
Not Your Average Joe's
Target
University Station

THANK YOU!

Westwood Recreation Department
 240 Nahatan Street
 Westwood, MA 02090

Nonprofit
 U.S. Postage
 Paid
 Westwood, MA
 Permit #30

**RESIDENTIAL CUSTOMER
 WESTWOOD, MA 02090**



**FALL POOL SCHEDULE
 September 1 - December 31**

Closed: Sept 5, 24; Oct 10; Nov 11, 24; Dec 24, 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	5:30-7:30 AM Lap Swim	6:30-8:00 AM Lap Swim	
11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim	11:30-1:00 Lap Swim
1:00-2:15 Open/Lap Swim	1:00-2:15 Senior Swim	1:00-2:15 Open/Lap Swim	1:00-2:15 Senior Swim	1:00-2:15 Open/Lap Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim
7:15-8:30 PM Open/Lap Swim	7:15-8:30 PM Open/Lap Swim	7:15-8:30 PM Open/Lap Swim	7:15-8:30 PM Open/Lap Swim			

Membership	One Month	Three Months (10% off)	Six Months (15% off)	One Year (25% off)	Daily
Single	\$25	\$65	\$125	\$225	\$5
Family	\$40	\$105	\$200	\$360	
Westwood Senior	\$15	\$45	\$90	\$180	\$5

Westwood Senior Memberships are available to residents 60 years or older for \$15 per month.

Membership Forms are available at the Pool, Recreation Department, and online at www.westwoodrec.com

