



New Year's Eve Fireworks

Saturday, December 31

7:00PM

Westwood High School

Proudly Sponsored by

 **Roche Bros.**  
*Your family deserves the best.*

**ROCKLAND  
TRUST**

Where Each Relationship Matters®



[www.WestwoodRec.com](http://www.WestwoodRec.com)



**For 46 years, we've been at the  
top of your shopping list.**

**Happy  
New Year!**

**We'd like to thank you from the bottom  
of our hearts.**

Since Pat and Bud Roche opened the doors to our fourth market in 1970, Roche Bros. has been the Westwood area's choice. You've counted on us as a personable, convenient one-stop shop for everything on your grocery list, delivered with our signature service.

As a proud part of our community, we have participated in a wide variety of local school programs and civic organizations. We are grateful to be your neighbors, at your service. We look forward to continuing to earn your business and be a thriving part of our community.

 **Roche Bros.**  
*Your family deserves the best.*

## COMMUNITY

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

## YOUTH AND ADULT SPORTS

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

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@WestwoodRec



Westwood Recreation



@WW\_Rec



## BOARD OF SELECTMEN

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

## TOWN ADMINISTRATOR

Michael Jaillet

## RECREATION COMMISSION

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

## RECREATION STAFF

- Nicole Banks  
Recreation Director
- Susan Perry  
Aquatics Manager
- Taryn Crocker  
Program Administrator
- Kristin Scoble  
Program Manager
- Jan Parr  
Recreation Assistant

## WESTWOOD RECREATION DEPARTMENT

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

### EMAIL ADDRESS

recreation@townhall.westwood.ma.us

### WEBSITE

[www.westwoodrec.com](http://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

## WHEN TO REGISTER

**WINTER BEGINS NOVEMBER 28 AT 8:30 AM**

## HOW TO REGISTER

### ONLINE: [www.westwoodrec.com](http://www.westwoodrec.com)

Click Register Now. Click Account to log in using your email and password. (Create an account. Click Register Now. Click Account and click I would like to create a New Account and enter information as prompted for each family member.) 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

## 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](http://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](http://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 C		SWIM LEVELS							
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Jan 9-Feb 13 (No 1/16)	\$85	9:30-10:10	9:30-10:10	1:10-1:50					
Tue, Jan 10-Feb 7	\$85			1:10-1:50					
Thu, Jan 12-Feb 9	\$85				1:10-1:50				
Sat, Jan 7-Feb 11 (No 1/14)	\$85	9:00-9:40	9:00-9:40	8:15-8:55				10:30-11:10	9:45-10:25
Sun, Jan 8-Feb 12 (No 1/15)	\$85			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		
SESSION D		SWIM LEVELS							
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Mar 6-Apr 3	\$85	9:30-10:10	9:30-10:10	1:10-1:50		4:15-4:55			
Tue, Mar 7-Apr 4	\$85			1:10-1:50			4:15-4:55		
Wed, Mar 8-Apr 5	\$85				4:15-4:55				
Thu, Mar 9-Apr 6	\$85				1:10-1:50			4:15-4:55	
Sat, Mar 4-Apr 8 (No 3/11)	\$85	9:00-9:40	9:00-9:40	8:15-8:55				10:30-11:10	9:45-10:25
Sun, Mar 5-Apr 9 (No 3/12)	\$85			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		



### 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\*

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) INTRO 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



## INTRO TO SYNCHRONIZED SWIMMING

ages 8 & up

Kristen Peterson, Level One Coach  
Fri, Jan-Feb 10, 7:15-8:30 PM  
\$77 (6 classes) Min 4/Max 10

If you love to swim and dance, synchronized swimming is for you! Join us and move in the water to music. Intro to Synchronized Swimming will increase your strength, flexibility and breath holding skills as you work on the basics: sculls, eggbeater, back layout, front layout, and ballet leg. During our last class we will perform for family and friends. Goggles and caps are required. Nose clips will be provided. **Pre-requisite:** 25 yards of each: freestyle, breaststroke, and backstroke.

## AQUA FITNESS ages 18 & up

Susan Perry, Aquatics Manager  
Tue, Wed, Thu, Jan 3-Mar 30 (No 2/21, 2/22, 2/23, 3/14, 3/15)  
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, Jan 3- Mar 30 (No 2/21, 2/23), 1:00-2:15  
\$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.

## CO-ED WATER POLO ages 14-18

Aquatic Staff  
Tue and Thu, Feb 28-Mar 23, 2:30-4:00  
\$60 (8 classes) Min 10/ Max 20

Join your friends at the pool for a fun time and a great workout. All abilities welcome. The basic rules and skills for water polo will be taught.

## MARCH MADNESS – WATER BASKETBALL

grades 6, 7 and 8

Aquatic Staff  
Fri, Mar 31, 3:30-5:00  
\$10 (1 class) Min 10/ Max 40

In keeping with the season, meet a friend at the pool for coed water basketball. Snacks and drinks will be served after the game.



## LIFEGUARD TRAINING ages 15 & up

Susan Perry, Aquatics Manager  
Mon-Fri, Feb 20-24; Mon - Wed, 8:00-4:00; Thu-Fri, 8:00-10:00 am  
\$325 (5 days) Min 4/ Max 8

### PRE-SKILLS SCREENING: MONDAY, JANUARY 9, 7:00 PM

This course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. CPR and First Aid included. **Full participation is required.** Candidates must pass a skills screening prior to registration. Registration is taken on a first-come first-serve basis after successful completion of the pre-skills screening Jan 9, 7:00 PM.

## PRIVATE AND 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.**

## UNDERWATER HOCKEY

ages 18 & up

Greater Boston Underwater Hockey League  
Mondays, 8:30-10:30 PM  
\$20 per person per night  
Contact: Larry Colson 508-344-6747



Dive into the ultimate underwater experience! Looking for a great way to have fun and stay healthy? Anyone who likes swimming, snorkeling, or SCUBA will enjoy this fun non-contact team sport.

No special equipment is necessary for beginners. Padded gloves (for your stick hand so you don't scrape your hand on the pool bottom) and stick will be provided to beginners. If you have a mask, snorkel or fins bring them, if not let us know and we can provide it for you.

Underwater Hockey is a team sport played throughout the world. For a detailed description go to [usaugh.org](http://usaugh.org) or [YouTube.com](http://YouTube.com). It is a great way to stay in shape, is an excellent cardiovascular activity and more interesting than swimming laps. Discounts are available for students and multiple family members. There is no charge for first timers. Stop by to see the action!

## 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 request your pool party, e-mail [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us)



**WATER WONDERLAND**  
February Vacation Programs  
Details on page 14!

## SUPER SCIENTISTS ages 2.5-5

Islington Community Center  
 Jenny Slocum, M.Ed.  
 Tue, Jan 10-Mar 7 (No 2/21), 9:30-10:15  
 \$70 (8 classes) Min 6/Max 10

Come explore science that is all around us. Children will learn different scientific concepts through demonstrations, hands on activities and songs.

## ART EXPLORERS ages 2-5

Islington Community Center  
 Jenny Slocum, M.Ed.  
 Tue, Jan 10-Mar 7 (No 2/21), 10:45-11:30  
 \$70 (8 classes) Min 6/Max 10



Tired of the typical craft activity? Want to foster creativity and a love of art? Join us for a class where kids create unique and original art projects. This class focuses on the exploration of materials and techniques rather than the end product. Kids will be guided on a creative journey to make art that is entirely their own.

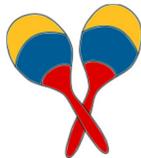
## TERRIFIC TOTS ages 18-36 months

Islington Community Center  
 Jenny Slocum, M.Ed.  
 Wed, Jan 11-Mar 8 (No 2/22), 9:30-10:30 or  
 Thu, Jan 12-Mar 9 (No 2/23), 10:30-11:30  
 \$78 (8 classes) Min 6/ Max 10

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

## MUSIC & MOVEMENT ages 2-4

Islington Community Center  
 Jenny Slocum, M.Ed.  
 Wed, Jan 11-Mar 8 (No 2/22), 10:45-11:30  
 \$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 0-8 months

Islington Community Center  
 Jenny Slocum, M.Ed.  
 Thu, Jan 12-Mar 9 (No 2/23), 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!

## HAPPY SNACKS ages 3-5

Islington Community Center  
 Aicha Kelley  
 Mon, Jan 9-Mar 13 (No 1/16, 2/20), 1:30-2:30  
 \$90 (8 classes) Min 6/Max 10



This class will have kids becoming "foodies." Each week we will make snacks and treats that are fun, yummy and creative. The kids will learn team work, kitchen – safety and more. The last class they will leave with a cook book they created so they can make the snacks for their families!  
**Please note and update any food allergies.**

**PLEASE NOTE, PRESCHOOL PROGRAM PARTICIPANTS MUST BE TOILET TRAINED.**

## PRESCHOOL YOGA ages 3-5

Islington Community Center Sanctuary  
 Elizabeth King, RYT  
 Fri, Jan 27-Mar 17 (No 2/17, 2/24), 9:30-10:15  
 \$78 (6 classes) Min 4/Max 15



Yoga for preschoolers ages 3-5. Program will focus on basic yoga postures through stories and activities, breathing techniques and guided relaxation. Please wear comfortable clothes and bring a yoga mat. Parents are encouraged to participate in the class with your child.

## 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.

Day	Dates	Time	Fee
Mon	Dec 19	9:00-1:00	\$37 Min 6/Max 12
Tue	Dec 20	9:00-1:00	\$37 Min 6/Max 12
Wed	Dec 21	9:00-1:00	\$37 Min 6/Max 12
Thu	Dec 22	9:00-1:00	\$37 Min 6/Max 12

## BROADWAY BABES ages 3-6

Islington Community Center  
 Aicha Kelley  
 Fri, Jan 13-Mar 10 (No 2/24), 1:15-2:15  
 \$78 (8 classes) Min 5/Max 12



This class will have the young actors making scenery & costumes, practicing lines, all the time working as a team to put together a perfect production. The final class will have the actors putting on a production for families and friends with a post-production reception to sign autographs. Participants attending MMO will be picked up by staff at their classroom.

## TAKE IT APART ages 3-6

Islington Community Center  
 Mon, Jan 9-Mar 13 (No 1/16, 2/20), 3:30-4:30  
 Aicha Kelley  
 \$78 (8 classes) Min 5/Max 15



This class is for kids that like to dig in and be creative. The kids will learn the importance of recycling, along with industrial art. The kids will work as teams (to learn team work) as they use tools to take apart hard drives, radios, alarm clocks, etc. They will then use the pieces to create sculptures, mobiles, or whatever their hearts (and minds) desire.

## TERRIFIC TUESDAYS ages 3-6

Islington Community Center  
 Aicha Kelley  
 \$12 (1 class) Min 6/ Max 10  
 \$60 (6 classes)



These one day classes are focused on fun – filled themes. Your child will read stories, make crafts, snacks and memories all to remember the fun they had on a Tuesday!

Day	Dates	Time	Theme
Tue	Jan 10	1:15-2:15	Snow Day Survival
Tue	Jan 24	1:15-2:15	Zootopia
Tue	Feb 7	1:15-2:15	Valentine's Love
Tue	Feb 28	1:15-2:15	Day at the Beach
Tue	March 14	1:15-2:15	Erin Go Braugh
Tue	March 28	1:15-2:15	Spring Has Sprung

## SOCIALSKLZ ages 8-12



Islington Community Center  
 Juanita Allen Kingsley, W-EMT, Century Health Systems  
 Wed, Jan 25, 1:00-3:00 or Tue, Mar 7, 3:45-5:45  
 \$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 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 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 Kingsley, W-EMT, Century Health Systems  
 Mon, Jan 23, 3:45-5:45 or Wed, Feb 15, 3:00-6:00  
 \$55 (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 Kingsley, W-EMT, Century Health Systems  
 Wed, Jan 25, 3:00-6:00 or Wed, Feb 15, 3:00-6:00  
 \$62 (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.

## SOCIAL NETIQUETTE grades 4-6

Islington Community Center  
 Juanita Allen Kingsley, W-EMT, Century Health Systems  
 Wed, Jan 18, 3:45-5:45 or Tue, Mar 28, 3:45-5:45  
 \$55 (1 class) Min 6/Max 12



Social networking has become the new playground for Tweenz and who can blame them for being drawn to a place where you can be anyone you want, meet people from around the world, share pictures and experiences, build or join a community or become an instant celebrity. Through the Social Netiquette workshop, students learn to develop and apply proper social etiquette, good citizenship and critical thinking skills to meeting people, sharing information and socializing through the internet.

## AMERICAN GIRL DOLL VALEN-TINY PARTY ages 5-10

Islington Community Center Hall  
 Event-FULL Staff, Diane Benson and Beth Meditz  
 Sat, Feb 4, 1:00-4:00  
 \$58 (1 class) Min 8/Max 12



Bring your special friend (it does not have to be an American Girl Doll - feel free to bring a favorite stuffed animal if you choose) and come to celebrate your friendships this winter with HEARTwarming activities! What you make and take home will lead to hours of continued play and enjoyment! Please send your child with a peanut free snack and drink.

## TOP SECRET SCIENCE grades K-5

Islington Community Center Hall  
 Top Secret Staff



Come join one or both of these very cool programs! Participants will be doing up to 15 different science experiments. At least 7 of the projects are make & take home. The scientists are fast paced and funny. Participants will be thoroughly entertained (they'll even learn some interesting things too). Be prepared for lots of fun stuff.

**ASTRONOMY:** Sat, Jan 21, 9:00-12:00, \$25 (1 class) Min 15/Max 30  
 Explore stars, planets, light, gravity and the moon!

**LIGHT & SOUND:** Sat, Mar, 18, 9:00-12:00, \$25 (1 class) Min 15/Max 30  
 Explore optical illusions, sound waves, diffraction, color and optics.

## STAR WARS DAY! ages 5-10

Islington Community Center Hall  
 Event-FULL Staff, Diane Benson and Beth Meditz



Join the team from Event-FULL! and channel your inner Jedi! You will spend the day with all things STAR WARS! Register for one or BOTH. If you register for both programs adult supervision during the lunch break will be provided. Please send your child with a peanut-free snack and drink for each workshop. If staying for lunch please pack a lunch and drink.

**LEGO STAR WARS:** Fri, Dec 30, 9:00-12:00, \$52 (1 class) Min 8/Max 15  
 This class fosters individual creativity, imagination, teamwork, negotiation, and pure childhood enjoyment! Spend the morning using your imagination to build a Star Wars creation. Maybe you will build a Star Wars Space Craft, a Droid Factory, a Jedi Training Arena, etc...the possibilities are endless!!! **The LEGOs stay with us, but the experience is yours forever!** Each participant will take home a photo of themselves taken with their LEGO creation in a frame.

**JEDI TRAINING:** Fri, Dec 30, 12:30-3:30, \$58 (1 class) Min 8/Max 15  
**May the force be with you...** Are you a Youngling who is interested in becoming a Jedi Student in Training? Join us and enjoy making and taking home your own Recycled Droid; taking part in a Lightsaber training session; and learning what it takes to be a Jedi Knight. Each child will go home with a framed picture of themselves with R2D2.

## LEGO Master Builders of the Month Club! ages 5-10

Islington Community Center Hall  
 Event-FULL Staff, Diane Benson and Beth Meditz



**LEGO Minecraft:** Sat, Jan 28, 9:00-12:00  
**LEGO Ninjago:** Sat, Feb 25, 9:00-12:00  
**LEGO City & Super Heroes:** Sat, Mar 4, 9:00-12:00  
 \$52 (1 class) Min 8/Max 15

These 3-hour programs are centered around everything LEGO!! Join the Event-FULL team and use your imagination to build what you create in your mind. This program helps foster teamwork, creativity and pure childhood enjoyment! Kids will have the opportunity to build with thousands of bricks, bases and mini figures. The LEGOs stay with us but the memory will last a lifetime. Each participant will go home with a framed photo of themselves and their LEGO creation to show friends and family! Please send your child with a peanut-free snack and drink.



## WINTER 2D/3D grades 1-5

Islington Community Center  
 Lisa WB Walker  
 Wed, Jan 11, 1:00-2:30  
 \$40 (1 class) Min 4/Max 6



Winter in New England can mean snowmen, snow forts and snowflakes! Join us in the artist studio to create one of a kind art with a snowy winter theme. Students will be offered a choice of 2D and 3D projects to explore the theme while learning new techniques to enhance their creativity. Students may draw, paint, build and create mixed media art in this class.

## VALENTINE'S DAY 2D/3D grades 1-5

Islington Community Center  
 Lisa WB Walker  
 Wed, Feb 1, 1:00-2:30  
 \$40 (1 class) Min 4/Max 8

Red and white, flowers, candy, doves, hearts ~ It's all about Valentine's Day! Join us in the artist studio to create one of a kind art with a Valentine theme. Students will be offered a choice of 2D and 3D projects to explore the theme while learning new techniques to enhance their creativity. Students may draw, paint, build and create mixed media art in this class.

## HIP HOP ages 5-13

Islington Community Center Hall  
 Aly Pereira  
 Fri, Jan 20-Mar 17 (No 2/24), 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.

## "FROZEN" MUSICAL THEATRE ages 5-13

Islington Community Center Hall  
 Aly Pereira  
 Tue, Jan 24-Mar 21 (No 2/21), 3:45-4:45 PM  
 \$120 (8 classes) Min 5/Max 25



Come join in on the fun of learning how to take part in a musical theatre performance. Children will learn the basics of putting together a production. In this class, boys and girls will audition for a role in the musical "Elsa & Ana's Medley Excerpts." This play has been rewritten along the theme of the original "Frozen." Children will sing, dance, and act their way into a world of excitement. Performance will be held on the last day of the session. Costumes are encouraged, but not necessary.

## MUSIC LESSONS ages 5 & up

The Real School of Music, 66 Eastern Ave, Dedham  
 The Real School Staff  
 Jan-Mar Sessions  
 \$148 (Five 30 min lessons)



Ever thought about playing a musical instrument? Now is your chance to get started! The Real School of Music offers introductory private music instruction to Westwood residents at discounted pricing. Lessons are offered to anyone who has an interest in learning an instrument or getting back into playing one. Instruments offered: Voice, Piano, Guitar, Bass, Drums, Ukulele, Strings, Saxophone, Violin and many more!

Register online under Music Lessons. You will choose preferred day of the week and instrument. The Real School Staff will contact you to schedule your lessons.

# SUMMER AT TOBIN SCHOOL WESTWOOD



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Contact us today to learn more!

Jaclyn Bennett, Senior Director • JBennett@thetobinschool.org  
 Mary Beth Claus Tobin, Executive Director • MBCTobin@thetobinschool.org

**SURVIVOR CHALLENGES** ages 7-11

Downey School Gym  
Knucklebones Staff  
Mon, Jan 9-Mar 13 (No 1/16, 2/20), 3:30-4:45  
\$125 (8 classes) Min 8/Max 25



Survivor is not just a TV show; it has created some of the greatest challenges ever. Replicating some of these challenges participants will engage in mental, physical and creative tasks. From a giant puzzle to a rolling boulder, knot tying to working together to get through a maze, participants will be a part of their very own season of Survivor.

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  
Taryn Crocker and Recreation Staff  
Wed, Jan 11, 25, Feb 1, 15, Mar 1, 15, 29, 11:50-3:00  
\$150 (7 classes) Min 10/Max 25

Games include: pinball, 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.

**LITTLE HOOPS** ages 4-6

Downey School Gym  
Knucklebones Staff  
Wed, Jan 18-Mar 15, (No 2/22), 3:30-4:15 or 4:25-5:10  
\$125 (8 classes) Min 8/Max 15

This clinic focuses on the basic fundamentals beginning with dribbling, shooting, passing and catching as well as defense. Using age appropriate equipment the class will enable your child to learn at their own pace while having a blast! Each class will be structured with stretching, learning a skill, rule of the day, skill game and finally a fun filled game for all to enjoy. Sneakers are required. Please bring a water bottle.

**BASKETBALL CLINIC** ages 7-11

Downey School Gym  
Knucklebones Staff  
Thu, Jan 19-Mar 16, (No 2/23), 3:30-4:45  
\$125 (8 classes) Min 8/Max 25

Using current skills, participants will expand their repertoire of basketball strengths and abilities for each of the necessary positions to make a successful basketball team. Defense, passing, dribbling, shooting and teamwork are the name of the game - all while having a blast!

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

Donald J. McLellan, D.D.S.

551 HIGH STREET, P.O. BOX 301  
WESTWOOD, MASSACHUSETTS 02090

TEL (781) 326-9125  
FAX (781) 326-5475  
drmcclellan@verizon.net

**GYM HEROES** ages 2-5

Downey School Gym  
Knucklebones Staff  
Tue, Jan 17-Mar 14, (No 2/21), 3:30-4:15 or 4:25-5:10  
\$125 (8 classes) Min 8/Max 15



Incorporating old school favorites and outside the box games; participants will enjoy a class filled with physical activity, game play, sportsmanship and fun! From scooter boards to parachute, Plasma Car races to Tube creation, this class ensures laughter, fun and gross motor development! All parents are welcome to participate but parents of children ages 2-3 are required to stay during class.

**MINI ATHLETES** ages 3-4

Athletic Republic, 290 Vanderbilt Ave, Norwood  
Mini-Athletes Staff  
Session C: Thu, Mar 2-Apr 27 (No 4/20), 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.

**ADULT BASKETBALL LEAGUE** ages 18 & up

**Where:** Westwood High School Gymnasium, 200 Nahatan Street  
**League Coordinator:** Ryan Greene  
**Start Date:** Tuesday, January 3  
**Game Nights:** Tue and Wed 8:30-9:30 PM and 9:30-10:30 PM

**Schedule:** Max of 10 teams. Teams will play a 10 game schedule and playoffs. Teams will be split into 2 Divisions and top 8 teams will make the playoffs. Certified referees will referee the games with a scorekeeper. High School rules with modifications will be followed.

**Fee and Registration:** \$1200 per team (rosters may have 5 to 12 players) Deposit of \$700 is required with registration no later than December 14 and the balance is due January 3, 2017. No team will be allowed to participate until they are paid in full and all team players have filled out a registration form. Players must play a minimum of five games to be eligible to play in the playoffs. Team captain may register online or at the Recreation Department or at the pick game listed below. **Registration deadline is December 14.**

**Pick Up Game:** Tuesday, December 13, 8:30-9:30 PM  
Join us to play pick-up games and meet coordinator Ryan Greene. Teams may also register at this time.

Questions contact Taryn Crocker [tcrocker@townhall.westwood.ma.us](mailto:tcrocker@townhall.westwood.ma.us)





## DOG TRAINING PROGRAMS

Islington Community Center Hall  
Susan Lowell, Pet Providers  
Owners of all ages

(12 and younger must have an adult)

*When registering please register your dog with their ages. Copies of shots must be provided at the first class.*

### AKC S.T.A.R. PUPPY puppies 12 weeks-1 year

Mon, Jan 23-Mar 20 (No 2/20), 6:30-7:30 PM  
\$120 (8 classes) Min 6/Max 12

If your dog is going to become a show, competition, service dog or 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; and is an incentive program for loving dog owners who have taken the time to take their puppies through a basic training class.

### BEGINNING DOG dogs 6+ months

Mon, Jan 23-Mar 20 (No 2/20), 7:30-8:30 PM  
\$120 (8 classes) Min 6/Max 12

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

### DOG AGILITY dogs 6+ months

Wed, Jan 18-Mar 15 (No 2/22), 6:30-7:30 PM  
\$120 (8classes) 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.

### SNIFFING FOR FUN dogs 6+ months

Wed, Jan 18-Mar 15 (No 2/22), 7:30-8:30 PM  
\$120 (8 classes) Min 6/Max 12



Dogs have an amazing sense of smell why not tap into their natural ability to hunt? The class is to have fun with your dog and build their natural ability to hunt and find food, objects and toys. It's a great way to build your dog's confidence and burn energy mentally and physically.

### BALLROOM DANCING ages 18 & up

Downey School Cafeteria  
Paul Hughes

Tue, Jan 10-Mar 7 (No 2/21), 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.

## PEDIATRIC FIRST AID & CPR/AED ages 15 & up

Islington Community Center  
Juanita Allen Kingsley, W-EMT, Century Health System  
Wed, Jan 25, 6:00-9:00 PM  
Wed, Feb 15, 6:00-9:00 PM  
\$80 (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 and 9 months & up

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



Parent & Student Classes

February Vacation #3: Mon, Jan 30, 6:00-8:00 PM  
April Vacation #4: Tue, Mar 28, 6:00-8:00 PM

Please note that in some sessions, the total number of hours exceeds 30. This is a result of 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, copy of their birth certificate, and must be 15 years and 9 months old to take the class.** 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](http://www.teachersdrivingacademy.com).

FEBRUARY VACATION #3			APRIL VACATION #4		
Day	Dates	Time	Day	Dates	Time
Mon	Jan 30	6:00-8:00 PM	Tue	Mar 28	6:00-8:00 PM
Tue	Jan 31	5:00-9:15 PM	Wed	Mar 29	5:00-9:15 PM
Tue	Feb 21	8:00-2:30	Tue	Apr 18	8:00-2:30
Wed	Feb 22	8:00-2:30	Wed	Apr 19	8:00-2:30
Thu	Feb 23	8:00-2:30	Thu	Apr 20	8:00-2:30
Fri	Feb 24	8:00-12:15	Fri	Apr 21	8:00-12:15

## FLORAL ARRANGING ages 16 & up

Westwood Gardens  
Ivis Quinchia, Owner of Westwood Gardens  
TBA When/Where/Fee



Westwood Gardens is our local, extremely creative and talented florist who is now offering floral arranging for the community. Westwood Gardens, which is family owned since 1964, is committed to offering only the finest floral arrangements and gifts, backed by service that is friendly and prompt. Now they are showing you some of their trade secrets that you can use to make your home look like the pages of a magazine. If you are interested please register and you will be notified of class details.





## PASTRY CLASSES WITH BIBI BAKERY

ages 16 & up

Westwood Senior Center  
Ambreen Hasan  
7:00-8:30 PM  
\$52 (1 class) Min 5/Max 10



Westwood is so lucky to have family owned, Bibi Bakery and Café in our downtown and now they are making us even more fortunate by offering cake decorating classes. Taught by Ambreen Hasan, a graduate of French Culinary Institute in New York City, these one-night classes will offer hands on creativity that you can use in your own kitchen.

DAY	TIME	CLASS
Thu	Jan 26	Cupcake Bake & Frost Decorating
Thu	Feb 2	Valentine's Day Cookie Decorating
Thu	Mar 9	Spring Morning Pastries

## CRUISIN' COOKING CLASSES ages 21 & up

How often do you tune into the Food Network or look up recipes on Pinterest? Now the cooking tips are available right in your backyard. Join us at local restaurants to see chefs prepare their signature dishes. From appetizers, to meals, to signature desserts ... you will learn their trade secrets. Register with friends and enjoy a night out and delicious food.

## BONEFISH GRILL

174 University Ave, Westwood  
Bonefish Chef and Staff  
\$20 (1 class) Min 5/Max 30



Westwood's local seafood destination! They provide their guests with exceptional service by guiding them through their innovative menu with seasonal specials featuring the highest-quality, fresh ingredients.

Day	Date	Time
Mon	Jan 23	7:00-8:00 PM
Mon	Feb 27	7:00-8:00 PM
Mon	Mar 27	7:00-8:00 PM



## BOOT CAMP ages 18 & up

Westwood High School Gym  
Core Asset Staff  
Session A: Tue & Thu, Jan 3 – Feb 16, 6:00-7:00 AM  
Session B: Tue & Thu, Mar 7 – Apr 27 (No 4/18, 4/20), 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. Class will be held in WHS Gym.

## ADULT HATHA YOGA ages 16 & up

Westwood Public Library Conference Room  
Linda Margosian, Certified Hatha Yoga Instructor  
Thu, Jan 12-Mar 23 (No 2/23), 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

Westwood Public Library Conference Room  
Elizabeth King, RYT  
Sun, Jan 22-Mar 12 (No 2/19, 2/26), 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 other 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 11-18

Westwood Public Library Conference Room  
Elizabeth King, RYT  
Sun, Jan 22-Mar 12 (No 2/19, 2/26), 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.

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## ADVENTURE DAYS ages 3-5

Islington Community Center  
Lauren Hillberg & Recreation Staff  
Min 6/Max 12

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.**

Day	Dates	Time	Fee
Tue	Feb 21	9:00-1:00	\$40
Wed	Feb 22	9:00-1:00	\$40
Thu	Feb 23	9:00-1:00	\$40

## WACKY GAMES grades k-5

Thurston Middle School Gym  
Knucklebones Staff  
Tue-Thu, Feb 21-23, 9:00-11:30 AM  
\$120 (3 classes) Min 10/Max 25



Have you ever played Gaga or Castleball? February vacation has it all happening along with traditional sports, such as hockey & basketball and camp classics, Capture the Flag & Kickball. Participants will be active and have a blast. Please bring a nut free snack and water bottle. In the event of weather cancellation, a makeup will be held on Friday, February 24.

## SIMPLE ETIQUETTE FOR PRINCESSES AND KNIGHTS ages 4-8

Islington Community Center  
Janet L. Parnes, Etiquette Consultant  
Wed, Feb 22, 11:00 – 12:00  
\$30 (1 class) Min 6/Max 10

In this royal fantasy, manners come wrapped in fun! The children are barely aware they are learning simple skills that will help them to be more at ease and considerate of others when greeting and eating!

Hostess Lady J and the children discuss manners such as listening and how to ask for a cookie politely, and how to introduce themselves—with a handshake, of course! At a (silent) urging from Lady J's wand, Wanda, all sit down for a Royal Tea Party! The children revel in a table set with china/linens. Then there are the capes, tiara/crowns, treats, an original tea party-tale and, of course, table manners! The Party wraps up with Lady J's hilarious story/game The Polka Dot Princess! Summary of lessons and tiara/crown included. Workshop is conducted by etiquette consultant and performer Janet Parnes of Millis.

## 5 STAR MANNERS ages 8-11

Islington Community Center  
Janet L. Parnes, Etiquette Consultant  
Thu, Feb 23, 1:00-2:30  
\$44 (1 class) Min 6/Max 12



Brush up your child's manners in this interactive workshop. Children learn simple skills that will make interacting with adults more enjoyable for everybody! In addition, props, stories, role play and head-scratching questions make learning fun! Children learn skills associated with the following: Introducing themselves, dining with grace and ease, general social skills. Each child receives a workbook, snack and gift. Suggested attire for girls: slacks/skirt/dress; sweater/blouse; shoes; boys: pants, sweater /shirt, shoes.



## WATER WONDERLAND

All participants must follow the pool rules  
Westwood Pool and Pool Lobby  
Aquatic Staff



## SWIM AND A MOVIE ages 4-6

Tue, Feb 21, 10:30-12:30  
\$20 (1 class) Ratio: 4:1. Min 8/Max 16

Pack a swim suit and a lunch and come to the pool! The tot docks will be available for children who are not able to swim the full length of the pool. After swimming, you will enjoy a movie while eating your bagged lunch in the pool lobby.

## SWIM IN ages 8-10

Swimmers must pass the pool safety test  
Wed, Feb 22, 7:30-9:30 PM  
\$20 (1 class) Min 10/Max 40

Bring your own inflatable and join your friends at the pool for a movie. Snacks and drinks will be provided after the movie.

## CRAFT AND SWIM ages 6-8

Swimmers must pass the pool safety test.  
Thu, Feb 23, 12:00-2:30  
\$20 (1 class) Min 10/Max 25

Bring your own T-shirt and decorate away! Decorating supplies provided. As your shirt dries we will swim and have tons fun.

## POOL AND PIZZA all ages

Swimmers must pass the pool safety test.  
Fri, Feb 24, 10:30-12:30  
\$20 (1 class) Min 10/Max 25

Meet your friends at the pool for a swim and lunch. Pizza and drinks are provided. All participants must follow the pool rules.

## SWIM IN ages 11 & up

Swimmers must pass the pool safety test.  
Fri, Feb 24, 7:30-9:30 PM  
\$20 (1 class) Min 10/Max 40

Bring your own inflatable and join your friends at the pool for a movie. Snacks and drinks are provided after the movie.

## TOP SECRET SCIENCE grades k-5

Sheehan School Cafeteria  
Top Secret Science Staff  
Feb 21-24, Tue-Fri, 9:00-3:00  
\$160 (4 days) Min 15/Max 30

Explore up to 20 weird and whacky hands-on science experiments daily and take home at least 8 different projects. Participants will explore weird motions, flying things, air and water pressure, crazy chemistry, light and sound, magic, electricity, magnets, astronomy, and more. Be prepared for lots of fun. Please bring a nut-free lunch, snacks, and drinks. **At least 50% of the experiments are brand new.**

## Holiday House Decorating Contest

### Categories

**Brightest House, Most Inflatables, Traditional New England Theme**

**Email Pictures to [recreation@townhall.westwood.ma.us](mailto:recreation@townhall.westwood.ma.us) by December 16.**

- Include address in the email of the decorated house
- Please include a day and night picture
- Deadline - December 16. Winners announced December 20



**1<sup>st</sup> place winners for each category will receive a gift card to a local restaurant**



**Most likes on Facebook and Instagram Combined**



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*Winter is here, dark and cold; and everyone wants to stay inside! But don't! Come join us to stay healthy, connected and informed. We have many special and regular programs throughout the cold winter months to keep you stimulated and active. 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. And please remember if the schools are closed for inclement weather, the Center is closed for safety reasons. For further information and complete listings, pick up one of our newsletters or check it out online at the Town Website.*

*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.*

## **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)
- 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**

- LSW Social Worker
- 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

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

[jlucey@westwood.k12.ma.us](mailto:jlucey@westwood.k12.ma.us)

(781) 461-9548

Westwood Early Childhood Office is home of the Coordinated Family and Community Engagement Program! (CFCE). The CFCE program is a state funded grant from the Massachusetts Department of Early Education and Care (EEC). The CFCE program serves as a resource hub for families and early educators of children age birth through eight. We strive to strengthen families and support parents as their child's first teacher by offering free family-focused programs, resources, and services that enhance growth and learning. We offer a variety of literacy focused activities, and family playgroups throughout the community. Families may access resources, referrals and parent education on topics related to child development.

### **Ages and Stages Developmental Toolkit**

Are you a parent/caregiver of a child between the ages of birth through 5 1/2? Do you want to make sure your child is developing well in all areas? Westwood Early Childhood provides a free screening tool for parents that provides a quick look at how your child is doing in areas such as communication, physical ability, social skills and problem solving. The Ages and Stages Questionnaire (ASQ) is a set of questions about children's development. The ASQ can help identify your child's strengths as well as any areas where your child may need support. As a parent or caregiver, you are the best source of information about your child. ASQ questionnaires are designed to be filled out by parents/primary caregivers. The toolkit provides 21 simple questions requiring a "yes", "sometimes" or "not yet" answer. Your answers help show your child's strengths and areas where he or she may need practice. To answer each question, parents try fun and simple activities with their child. The activities encourage children to play, move around and practice day-to-day skills. The questionnaire can be done by the parent/caregiver in the comfort of the family's own home. Once the questionnaire is completed, it is submitted to Janet Lucey at the Early Childhood Office and the results are shared with the parents. This is a free, accessible, and confidential service for all Westwood residents with children birth through 5 1/2. The toolkit can be accessed at any age up to 5 1/2. Parents can continue to monitor their child's development with each new age level as children grow and learn new skills. If you are interested in learning more about the ASQ, or would like to utilize this service, contact Janet Lucey at the Early Childhood Office (781) 461-9548 or [jlucey@westwood.k12.ma.us](mailto:jlucey@westwood.k12.ma.us).



## 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](http://www.westwoodlibrary.org)

## MAIN LIBRARY CHILDRENS PROGRAMS

### LITTLE LISTENERS

Who: Ages 3-5.  
When: Tuesdays 10:30- 11:15  
Jan 10<sup>th</sup>-Feb 14<sup>th</sup>  
Where: Westwood Public Library

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

### WONDROUS WEDNESDAYS STORYTIME

Who: All Ages  
When: Wednesdays 10:30-11:00 a.m.  
Jan 11<sup>th</sup>-Feb 15<sup>th</sup>  
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.  
Jan 13<sup>th</sup>- Feb 17<sup>th</sup>  
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.  
Jan 12-Feb 16<sup>th</sup>  
March 9<sup>th</sup>-April 13<sup>th</sup>  
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  
Dec. 13<sup>th</sup>, Jan 10<sup>th</sup>, Feb 7<sup>th</sup>, March 7<sup>th</sup>  
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 book selection title. Books will be available to check out at the Children's ASK! Desk.

### SCIENCETELLERS: Dragons & Dreams

Who: Kids in grades K-5th  
When: Wednesday, Dec. 28<sup>th</sup> at 10:30 a.m.  
Where: Westwood Public Library

Join us at the library as we welcome Sciencetellers! We will learn about dry ice and the changing states of matter through the tale of "Dragons & Dreams." Wouldn't dragon's breath be an amazing sight to see?! Well, get ready to see it ... feel it ... smell it ... maybe even taste it! This story features interactive and explosive experiments with dry ice, fog, smoke-filled bubbles, flying rockets and more. Enjoy this spectacular adventure and be swept away to a world where dragons are real and dreams come true — and where only the most daring of people will survive to tell the tale! **No Registration required.**

## MAIN LIBRARY TEEN PROGRAMS

### JUST FOR FUN TEEN BOOKCLUB

Who: Students in grades 5-8  
When: 1<sup>st</sup> Early Release Wednesday of month @ 1:30PM  
Dec. 7<sup>th</sup>, Jan. 11<sup>th</sup>, Feb 1<sup>st</sup>, March 1<sup>st</sup>.  
When: 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 Lizzy at [ehmcgovern@minilib.net](mailto:ehmcgovern@minilib.net).

## MAIN LIBRARY ADULT PROGRAMS

### JFK- A Three Part Series with Dr. Gary Hylander

Who: Adults  
When: Wednesdays, 7:00pm, February 1<sup>st</sup>, March 1<sup>st</sup>, April 5<sup>th</sup>  
Where: Westwood Public Library

Professor Gary Hylander will present a series of historical lectures about John F. Kennedy. A professor of history at Framingham State University, Hylander specializes as a Presidential Historian. He is a frequent presenter at library forums and is often featured as a commentator on local cable news and radio. This series is generously sponsored by the Friends of the Westwood Public Library. **No registration necessary.**

### OSCAR NIGHT "TAILGATE"

Who: All ages  
When: Sunday, February 26, 2:00 PM  
Where: Westwood Public Library

Gear up for the 89th Academy Awards by attending our Oscar Celebration! Walk our red carpet, sip sparkling cider and watch clips of the nominees! Come ready to answer some trivia questions, and dress to impress to win prizes! Fun for movie lovers of all ages! **No registration necessary.**

### WESTWOOD LIBRARY QUILTERS

Who: Adults  
When: Mondays, 6:30pm, January 30<sup>th</sup>, February 27<sup>th</sup>, March 27<sup>th</sup>  
Where: Westwood Public Library

Bring your hand or machine quilting projects to work on in the friendly company of other local quilters. An iron, ironing pad, cutting mat & cutting tools will be available. All are welcome! **No registration necessary.**

## ISLINGTON BRANCH PROGRAMS

### ANIMAL WORLD EXPERIENCE

Who: Children ages 3 and up  
When: Thursday, December 29<sup>th</sup>, 9:30-10:30 a.m.  
Where: Islington Branch Library

Children will learn about and get to meet live animals at the branch library during this December vacation program. **Registration Required.**

### PJ STORYTIME

Who: Children ages 3 and up.  
When: 3<sup>rd</sup> Wed. of the month, 6:30-7:15pm Dec. 21<sup>st</sup>, Jan 18<sup>th</sup>, Feb. 15<sup>th</sup>  
Where: Islington Branch Library.

Children can come the Branch library in their PJs (and bring a favorite stuffed animal or two) to hear stories and songs. **No Registration required.**

### LEGO- MANIA

Who: Children grades K and up.  
When: Tuesdays, 3:45-4:30 p.m.,  
December-March  
Where: Islington Branch Library

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

## Contact Information

The Westwood Health Department is located at 50 Carby Street. Office hours are 8:30 AM-3:00 PM on Mondays, Wednesdays and Thursdays; 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](http://www.townhall.westwood.ma.us), email us at [mrc@townhall.westwood.ma.us](mailto:mrc@townhall.westwood.ma.us) or call 781-320-1027.

## Monthly Blood Pressure Clinic

The Westwood Public Health Nurse conducts a blood pressure clinic every 3<sup>rd</sup> 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 24 hours a day, 7 days a week in the sharps collection kiosk that has been installed outside at the Police Station on High Street. The kiosk at the Islington Fire Station on Washington Street has been removed, due to construction. 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 and is available 24 hours a day, 7 days a week for residents.

## Mercury Collection Program

The Westwood Board of Health participates in the Mercury Recovery Program, sponsored by Wheelabrator Millbury Inc. The program is in place to remove mercury containing items from residential trash. 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.

## Mosquito Control

The Town of Westwood is a member of the Norfolk County Mosquito Control District which provides mosquito control activities. The District conducts surveillance to detect disease, water management to prevent breeding of mosquitoes in existing drainage swales and systems, larval control to control mosquitoes before they become flying adults, and adult control to manage mosquitoes. Aerial larval applications are conducted over wetlands for nuisance control in the spring. Adult Control (Adulticiding) is conducted from truck-mounted equipment (mosquito spraying) and is conducted on a weekly basis, weather permitting in the evenings after sunset by request only. Visit the District's website at [www.norfolkcountymosquito.org](http://www.norfolkcountymosquito.org) for more information.



# Looking for Mental Health Services?



Call the William James College **INTERFACE** Referral Service  
**888-244-6843 x1411**  
<http://interface.williamjames.edu/>

**Who:**

Open to All Westwood Residents and Employees

**What:**

Referrals to Mental Health Providers and Information about Local Social Services

**When:**

Available Monday - Friday  
9:00 AM - 5:00 PM

**What to Expect When You Call**

**Call:**

Speak with a resource and referral counselor about your needs

**Connect:**

Receive information about potential matches within 2 weeks

**Care:**

Follow-up call to make sure you have made a successful match



Funded by:  
The Town of Westwood,  
The Westwood Public Schools,  
Youth & Family Services, Board of Health,  
and The Council on Aging



NOW OPEN IN WESTWOOD

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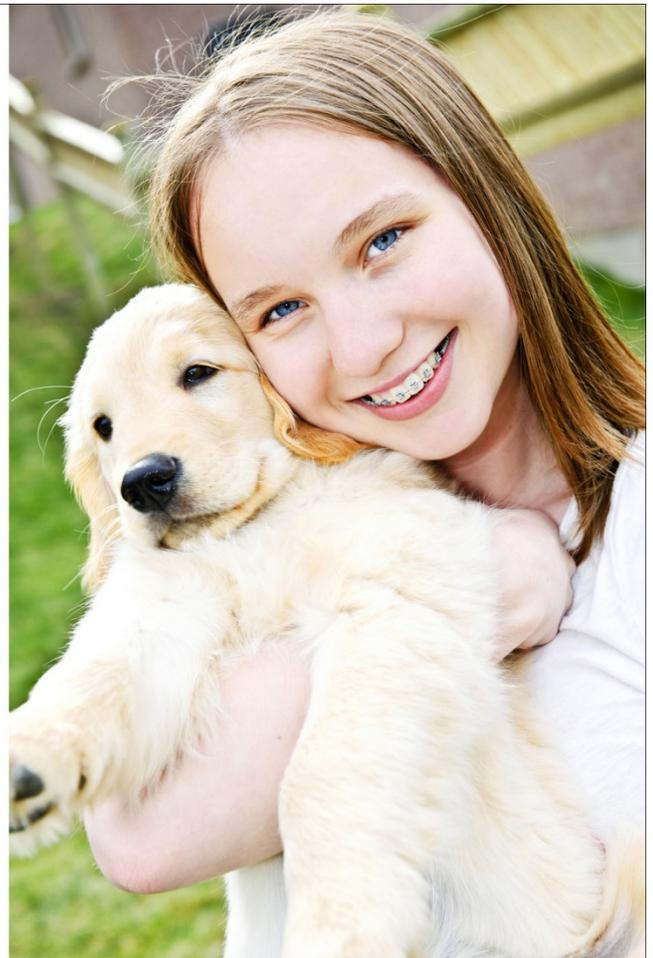
**781.686.1735**

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

109 EASTERN AVE, DEDHAM  
(781.686.1733)



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# WESTWOOD CHILDREN'S SCHOOL



LEADERS IN EARLY CHILDHOOD EDUCATION

## WESTWOOD CHILDREN'S SCHOOL

NAEYC accredited full day, full year care for infants, toddlers and preschoolers.

- Warm, nurturing team of early childhood educators
- Low student to teacher ratios with experienced educators
- Strong curriculum that includes fine arts, character education, community service, yoga, American Sign Language, and animal science

*Contact us today to learn more!*

Linda Byrne, Senior Director • LByrne@westwoodchildrenschool.org  
Mary Beth Claus Tobin, Executive Director • MBCTobin@westwoodchildrenschool.org



WESTWOOD CHILDREN'S SCHOOL • 781-329-7766 • WWW.WESTWOODCHILDRENSCHOOL.ORG

## New Year's Eve Fireworks



**Saturday, December 31**

**7:00 PM**

**Westwood High School**

Special thanks to



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Where Each Relationship Matters®

Atlas PyroVision Entertainment Group

Westwood Fire Department

Westwood Police Department

Westwood Department of Public Works

## Save the Date

### March into Summer



**Saturday, March 11, 10:00-2:00**

**Recreation Department**

**ALL AGES WELCOME – FREE**

10% Discount on Summer programs paid in full

- Summer program preview
- Pool activities
- Inflatables
- Crafts and more

**Full details this February!**



Westwood Recreation Department  
 240 Nahatan Street  
 Westwood, MA 02090

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 WESTWOOD, MA 02090**



**WINTER POOL SCHEDULE**

**JANUARY 1-MARCH 31**

**Closed: Jan 1, 16; Feb 20; Mar 11**

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](http://www.westwoodrec.com)

**WHAT IS NEW AT THE POOL?**

With the recent addition of an ultraviolet system, the Westwood Pool provides the swimmer with the safest water quality technologically available. The ultraviolet light destroys organic matter and eliminates the formation of dangerous chlorine by-products called chloramines that commonly lead to red eyes, skin irritations, asthma and allergies. Come to the pool and see for yourself!