

# March 2019

Lunch served daily through HESSCO at 12:00 p.m. For menu, please stop by the Center.  
Must sign up for HESSCO lunches in advance. HESSCO sign up phone number is 781-329-6514.

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

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

- Tuesday March 12
- 10:30am

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

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

**COOKING CLASSES AT POWISSET FARM**



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

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

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

# April 2019

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

## NIGHT VISION DRIVING GLASSES

\$12 each



Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Driving Glasses may help you (and yes, you can wear them over your glasses). Stop by and see Lorraine for a pair.

## SOUTH ASIAN SOCIAL

Sponsored by HESSCO Elder Services and Friends of the Westwood COA

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

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

