



STAY HEALTHY - STAY CONNECTED - AGE WELL

January and February 2026

HAPPY NEW YEAR — WELCOME 2026



The year 2026 is here and as I write this newsletter, I am thinking about the last ten years (yes, ten years!) that I have had the pleasure of working at the Center. It has been so much fun (and work) but with the help of so many (staff, COA Board, Friends, volunteers, etc.) we have grown exponentially.

Here are some facts you might like to know:

1. We now host 18 regular programs (Art to Zumba) and an average of 6-8 special programs each month;
2. The average age is 73-75 years young and our oldest member (who plays bridge every Friday) is 102 years old;
3. A total of over 3,000 seniors check in and use our facility, our transportation and social services each month;
4. Westwood currently has 16,266 residents and 4,232 are over the age of 60 (26% of residents);
5. The State Formula Grant provides \$16 per senior to help underwrite programs and services which is up from \$8 per senior when I started 20 years ago;
6. Westwood's Municipal Budget is around \$26 million (\$120 million operating budget) and, of that budget, the Westwood COA works with \$542K (FY 2026) from the town;
7. Over 60 seniors are helped with the Town's Tax Work Off Program and 60 more are helped with the Town's Aide to the Elderly and Disabled;
8. Programs, events, luncheons and instructor fees are paid through donations, sponsorships and grants.

Our goal was to become financially secure and offer programs that help keep seniors healthy, informed, engaged and inspired. I believe we have done this, but our success only occurred with the continued support and work of the Center's staff, Board Members, Friends, volunteers and all of you who use the Center.

And here are just a few programs and events we will be offering in January and February: discussions and opportunities to continue to make Westwood Dementia Friendly, student tech help and concert, information on AI and health proxies, understanding assisted living as well as making sense of caregiving; Trivia luncheon, Valentine's Day Luncheon, a history discussion on the American Revolution, and a conversation with Congressman Lynch. We like to say "we offer a little something for everyone." Details on these and other programs are inside this newsletter.

So looking ahead to 2026, we will continue to provide you, our wonderful elder community, with the best of programming, outreach services and transportation opportunities. Whether you are a regular member of our community or new to us, we invite you to come and age with us!

Wishing you all the best in 2026!

Lina Arena-DeRosa

Director

Westwood Council on Aging

THANK YOU TO:

All of our basket donors & everyone who bought a raffle ticket, we met our goal;

Al Wisialko, Oasis Senior Advisors, Roche Bros. and an anonymous donor who helped underwrite our holiday party;

COA Friends for underwriting our Valentine's Day Celebration.

Congressman Lynch for coming and giving a legislative update;

Benchmark for sponsoring a program on AI;

Roche Bros. for offering Poinsettias for our holiday celebration;

WHS Students for a concert and tech help in January;

Attorney James O'Sullivan for presenting a discussion on health care proxies;

Paula Meridan for offering a program on refreshing your room;

And all of our volunteers who help us all the time...



INCLEMENT WEATHER

*Please know that if the
SCHOOLS HAVE DELAYED OPENINGS
OR CANCELLATIONS DUE TO INCLEMENT WEATHER,
THE CENTER IS CLOSED.
ALL PROGRAMS & RIDES
WILL BE CANCELLED AT THE CENTER*





**NOTES FROM RACHEL
COA SOCIAL WORKER
Winter Wellness Tips**

Cold weather brings unique challenges for older adults. Aging and some medications reduce the body's ability to retain water. Keep skin healthy by moisturizing daily, especially after bathing, to prevent dryness and cracking. Drink plenty of fluids.

Dress in light, layered clothing that insulates without restricting movement. Keep your home warm and efficient by sealing drafts and setting the thermostat to 68–70°F. For heating assistance, call SELF HELP at 508-588-5440 or if you need more assistance, call me at 781-355-8105.

Use space heaters and electric blankets with care; never leave them on unattended and discard those with damaged cords. Have furnaces inspected annually and ensure smoke and carbon monoxide detectors are working. A few simple precautions can help you stay safe, comfortable, and healthy all winter long.



**FROM KRISTEN'S DESK
COUNCIL ON AGING NURSE
Available every
Thursday from 9:30-12:30pm
Kristen is out until 2/5**



As winter settles in, it's the perfect time to give your immune system a little extra TLC, think of it as wrapping your insides in a cozy sweater. Cold weather, less sunlight, and spending more time indoors can all make our bodies work harder. Older adults are especially at risk for dehydration, muscle loss, and vitamin deficiencies during these months, which can lead to lower energy, more frequent infections, and even increased falls.

That's why eating nutrient-dense foods is so important this time of year. Protein from lean meats, fish, eggs, dairy, beans, and nuts helps maintain strength and balance. Brightly colored fruits and veggies supply vitamins that support your immune system. Whole grains and healthy fats keep your heart and brain humming, and calcium-rich foods help protect bones on those icy sidewalks. And hydration, don't skip it. Warm soups, stews, and herbal teas count!
Eat well, stay warm, and let your winter meals be your secret health weapon!



**The Comfort Circle
Dementia Friendly
Caregiver Support Group**

First Wednesday of the month, 10–11 AM
January–June: 1/7, 2/4, 3/4, 4/1, 5/6, 6/3
No cost to this program but please sign up in advance

The Westwood Council on Aging invites family and friends caring for loved ones to join Claire Henry, a Dementia Care Specialist. A grant funded program for Dementia Friendly Westwood, this group offers support, resources, and community for those caring for individuals living with dementia.

For more information or to sign up, contact Rachel at 781-355-8105 or rhaddock@westwoodma.gov.

**Westwood as a Dementia
Friendly Community**



We here at the Senior Center are working on making Westwood a Dementia Friendly Town through a grant by the Massachusetts Council on Aging. What does that mean? At the heart of a dementia friendly community is simple kindness. It's about making sure people living with dementia feel comfortable, safe, and included and that caregivers know they have support too.

Little things, like patient neighbors, and welcoming spaces, can make a big difference. Together, we can help our town be a place where everyone feels they belong. If you'd like to chat more about this, Rachel is always happy to connect.

Music, Movement & Memory

Second Wednesday of each month, 12–1 PM
Jan 14, Feb 11
Mar 11, Apr 8, May 13, June 10

No cost to this program but please sign up in advance

Join our beloved Eileen for a joyful class that brings people with memory loss and their caregivers together through music and gentle movement.

A grant funded program for Dementia Friendly Westwood, this program fosters connection, relaxation, and fun.

For more info contact Rachel at 781-355-8105 or email rhaddock@westwoodma.gov



GRIEF SUPPORT

*With COA Social Worker
Rachel Haddock*

January 21 and February 18 at 10am

No cost to this program
Please sign up in advance



Join us here at the Westwood COA Center for a supportive, confidential space for adults who are experiencing grief from the loss of a loved one. This group offers a compassionate environment to connect with others who understand the challenges of loss and bereavement.

To register or for more information please contact Rachel Haddock at 781-329-8799. We welcome you to join us as we navigate this journey together.

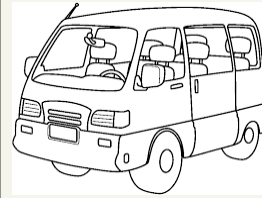


**Westwood's VSO
(Veterans Service
Officer)**

Dan - VSO Director
Mondays

No appointments 1/19 and 2/16

Happy 2026 to Westwood Veterans and their family members. Use the dawn of the New Year to ensure you have your DD Form 214 or relevant military discharge record, and make sure your loved ones have a copy. Your ability to receive the benefits you've earned through your military service, including your death benefits, require you to have your discharge document. As always, we're here to answer any questions or help in any way. While we accept walk-in appointments from 9-4 pm on Mondays at the Westwood Council on Aging, you can schedule an appointment through our office administrative assistant Tasha Epstein by calling 781-431-1019 and entering extension 2245.



**ON THE MOVE
With Mary Ellen**
*You must sign up
Two business days in
advance
No exceptions.*

LOCAL ERRAND DAYS ON MONDAYS AND FRIDAYS : (\$4 donation) - You may schedule errands within a 5 mile radius of the Senior Center. *Medfield errands on Monday mornings only (\$6 donation)*

LOCAL MEDICAL APPOINTMENTS (\$4 donation) : **Mondays, Tuesdays and Thursdays** - Doctors appointments must be **between the hours of 8:30 am - 1:00 pm** (drivers must be back at the Center by 3pm- appointments done by 2pm).

- **Medicals to West Roxbury & Medfield (Monday mornings only)** - (\$6 donation)
 - **Medicals to Newton Wellesley Hospital & Faulkner Hospital (Monday mornings only)** (\$10 donation)
- GROCERY SHOPPING** (\$4 donation) - Every **Tuesday & Wednesday** in the am - Shaws and Roche Bros. Note: 3 bags per person only.

Winter is here and it takes time to put on winter gear; please be ready for pickup. Please remember to be ready at the time of pickup so we don't make other riders late for their appointments. And please CALL the COA if you need to cancel.

Thank you!



**Italy Trip Information Meeting
For October 2026 Trip**
*Information meeting
January 22 at 1pm
Please sign up in advance*

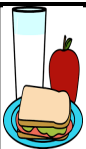
We are thrilled to be partnering again with our Italian teacher, Jen Barsamian for our annual trip abroad. Please attend the meeting to learn about this year's itinerary. The trip includes: air transportation, 10 nights accommodations, 12 days, 10 breakfasts, 4 dinners and two lunches as well as entrances to museums and sites with guided tours. Medical insurance, cancellation insurance is included as well as a full-time travel director native to Italy. If you can't attend, we will also have the meeting over Zoom by leaving your email when you sign up.



**OVERNIGHT TRIP IN 2026
Boston to Bermuda Cruise
With Best of Times
May 24-31 - 2026**

Join us on a memorable seven-day cruise to Nova Scotia and Bermuda. Enjoy luxury accommodations, sightseeing and so much more. Fliers, room requests and cruise details are available at the Center or online at <https://tri.ps/OSSDi> or see Lina to help with sign up.

A \$400 deposit (and insurance if elected) is required when signing up and final payment due December 31.



**CONGREGATE MEALS
AT THE
CENTER**

Join us for a hot meal and ice cream sundae at the Senior Center on Wednesdays from 11:45-12:30pm. Menus are available at the Senior Center or Hessco.org/current-meals-menu or you may call to inquire. Please call Elaine at least 2 days in advance at 781-329-6514 to reserve your lunch.

Casino Trip

Wednesday Feb. 11
\$12 per person

Join John as he takes you for a memorable day of fun at Plainridge Park Casino. Leave the Center around 9 am and return mid-afternoon. Space is limited so you must sign up in advance. Must have 10 seniors to go.



Drawing with Brenda



- Tuesdays 10-12pm
- You must sign up in advance
- 8 classes for \$40

Learn how to draw realistically using photographs and observational techniques. Each week, follow along step by step with Brenda as she guides you in developing your drawing skills. Receive individual instruction and related demonstrations. Graphite and charcoal pencils will be used in class. Learn about various types of drawing paper, related materials and drawing techniques, grey scale, contrast and composition. Pastel pencil and colored pencil will be discussed. Weekly classes will cover a variety of subjects, including still life, landscapes, floral and seasonal themes. Create beautiful drawings worthy of framing. Drawing Class supply list available.

Realistic Watercolor Painting with Brenda

You must sign up in advance



- Tuesdays 1-3pm
- 8 classes for \$40
- Thursdays 10-12pm
- 7 classes for \$35
- No class 2/12
- Fridays 10-12 pm
- 9 classes for \$45
-

Learn how to paint realistically with watercolor or using photographs and observational techniques. Follow along with Brenda as she guides you step by step with your watercolor painting endeavor. Receive individual instruction and related demonstrations. Classes will cover a variety of subjects, including floral, still life, landscapes and seasonal themes.

QUILTING CLUB

with Helen



- Wednesdays
- January 14 & 28
- February 11 & 25
- 9-11am
- \$3 donation

Need inspiration on starting or finishing a quilt? Come join our group of quilting enthusiasts. All levels welcome. Stop in and join us!

KNITTING AND CROCHETING



With Louise

- Wednesdays
- 1-3 pm
- \$2 Donation

Want to learn to knit? Need motivation to finish or start a project? Then come join this fun and friendly group of knitters.

BOOK GROUP

with Bev



- 11am
- Thursdays
- January 15
- February 19

Join our growing group of avid readers as Bev discusses on January "The Flight Girls" by Noelle Salazar and February "The Measure" by Nikki Erlick No sign up ... just come and enjoy the company of other readers! No cost for this program.

AARP TAX HELP

Mondays Feb. 9 through Monday April 13 9-12pm

YOU MUST MAKE AN APPOINTMENT

No walk-ins



Westwood Senior Center will host AARP Tax Preparation for low or moderate income seniors who need help preparing their 2024 Federal and Mass income tax forms.

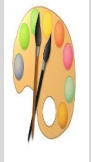
AARP Tax Aides will be on hand every Monday in March and April from 9 a.m. to 12p.m.

APPOINTMENTS FILL UP FAST - please call the Center and schedule your appointment soon. Please bring your 2024 tax return and 2025 tax documents, Social Security card and all other necessary information with you.

OPEN ART STUDIO

Mondays 10-12pm 1-3pm

\$3 per Session
No session 1/19 & 2/16



The craft room is open for any watercolorist to come and enjoy time together painting on their own. Bring your own watercolor supplies and meet fellow artists.

AN

INTERGENERATIONAL PROGRAM



with Mary at Pine Hill School
Early Release Wednesdays
in March, April and May

We hope you will join us at the Pine Hill School on five early release Wednesdays from 12:30-2:00 pm. We meet and talk with fourth graders and play games together. We participate in programs about the training of golden retriever support dogs and also gardening. At the last meeting, we celebrate our new friendships with an ice cream social!

If you are interested, please call or email Mary Joyce at 781-223-4565 or mjoyce46@gmail.com



AUDUBON PROGRAM
Gardening for Birds
and Wildlife with Native Plants

With Sean Kent

February 9 at 1pm

\$3 donation— You must sign up in advance

It may be winter, but spring is on the way. Plan now for spring, summer and fall garden entertainment. Beautify your outdoor space and care for Mother Nature's creatures.

WONDER WORKOUT

with

Stephanie and Priscilla

- Mondays, Wednesdays and Fridays
- 8-9 am
- \$3 donation
- No class 1/19 & 2/16



This high energy class will focus on cardio and strength fitness. Please wear comfortable clothing and bring a water bottle. Now is a great time to get in shape! Drop-ins are welcome.

LOW IMPACT EXERCISE

With Eileen



- Mondays & Wednesdays
- 1 pm
- No class 1/19, 1/26 & 2/9, 2/16

• \$3 donation
This low impact class will strengthen your muscles and help you stay flexible as you age. Please wear comfortable clothing and bring a water bottle. No time like the present to get strength back into your body! Drop-ins are welcome.

PILATES with Mary

- Mondays at 10:00 am
- Thursdays at 11:00 am
- \$3 donation
- No class on 1/19 & 2/12 & 2/16



Pilates helps strengthen your core, your back and abs. This class is done primarily on a mat. Please bring a water bottle, floor mat and wear comfortable clothing.

Stretching and Toning for Seniors



- Tuesdays at 1pm with Eileen
- \$3 Donation

This group exercise will have you stretching and strengthening your muscles gently. It will improve coordination and balance; with improving spinal alignment and breathing techniques. We encourage **men** to join us!!!

YOGA

- With Mary Beth
- Tuesdays & Thursdays
- 8:00 Mat yoga
- 9:30 Chair yoga
- \$3 donation per class
- No Class 2/12



Yoga is much more than just a form of exercise, it is a lifestyle that encompasses whole body health!!

Yoga can be practiced in various ways, with breath work, meditation, and exercise or movement being the most common approaches. These activities are often associated with well-being and mindset.

So come join me every Tuesday and Thursday from 8am -9am for floor yoga!

Chair Yoga has a host of health benefits that improve the quality of life for older adults. Chair yoga adapts yoga poses so that you can safely improve your strength, flexibility and mobility all while elevating your mood so that you feel better about yourself and the world around you. **Come join me every Tuesday and Thursday 9:30-10:30 for chair yoga!**

My Own Way Walkers

with Trish

Will begin in the spring
Meet at the WHS Track
No cost to this program



Walking is a great and easy way to lose weight, get in shape and enjoy the sunshine! We will begin again in April when the weather warms up.

ZUMBA GOLD

With instructor Mimi Shin



- Tuesdays
- 11 am
- \$3 donation

Zumba Gold is a fun cardio exercise with low impact movements. Each class is just like a dance party with easy to follow steps. Get ready to sweat and move your body to lots of fun music.

SHINE With Mitch & Ina

- **BY APPOINTMENT ONLY**
- Every Wednesday
- 9-12pm

Do you have questions or concerns about your health plan or prescription drug coverage? Then please sign up for an appointment with our SHINE counselors who can help you understand your options.



LA DOLCE VITA Italian Conversation and Culture

6 week sessions
Tuesdays
January 6–
February 10
at 1pm
\$30- you must sign up in advance



Have you always wanted to speak one of the most beautiful languages in the world? Did you know learning a language improves brain function and memory more than any other cognitive activity?

Join popular Italian teacher Jen Barsamian for this intro course in Italian Conversation. You will also learn about Italian life, history and culture.



SPECIAL PROGRAMS

January and February 2026



FIRST AID FOR GRANDPARENTS Ages 60+

With EMT Juanita Allen Kingsley
In Partnership with the Recreation Department
Monday February 9
10:00 AM-12:30 PM
\$30 for Westwood senior - \$105 for any adult



If you're a grandparent caring for kids, you want to know how to respond in case of a first-aid emergency. Much has changed since you may have used first aid with your own children. You'll learn to handle injuries and manage illness for the first few minutes until help arrives. We'll cover first-aid basics: medical, injury, and environmental emergencies; and CPR for all ages and how to use an AED. We'll learn about allergies and epi-pens too. You will receive an American Safety and Health Institute certification in Pediatric First Aid, CPR and AED use upon successful completion of this course.



**High School Music
Concert at the Center**
Monday January 26 at 2:30
*No cost but please sign up
in advance*

Westwood's Melody Makers Club alongside Tri-M Music Honor Society has been preparing to provide an hour-long concert! We have students who play a range of instruments from the piano to the guitar, cello, and more!

Light refreshments will be provided.

**Lunch and Trivia with
Stephanie & Wendy**
Thursday February 19
12:00 -1:30pm
\$5 donation
Includes light lunch
and prizes for the winners



Come join us for a fun game of Team Trivia! Questions will come from a range of categories including general knowledge, history, science, sports, literature, art, entertainment, and more! Bring your friends or make some new ones! A light lunch will be provided and we will have prizes for the winners.

Space is limited so you must sign up in advance.

Senior Living and Home Care: Understanding Your Options with Clarity

February 2 at 10am
Deb Tishler RN and Wendy Adlerstein - LSW
From Assisted Living Locators
\$2 donation
Please sign up in advance so we know how many
to expect.

Join us for an informational session on navigating senior living and home care options, followed by refreshments. Let us bring clarity to all the buzz words, understand the pros and cons, what to know and why you should be proactive.



NEW! MEN'S BREAKFAST CLUB

**Join Us for Our Inaugural
Men's Breakfast Club!**

Tuesday January 27th at 8:30am
at the Toast Office in Westwood
\$15 per person for a complete breakfast
(menu available at the Center)
Please sign up in advance



Start the new year with good food and great company! The Senior Center is excited to launch our Men's Breakfast Club, a welcoming space to connect, share stories, and enjoy a hearty meal together. Whether you come to socialize, make new friends, or simply enjoy a delicious breakfast, we'd love to have you join us!

CURRENT CONVERSATIONS

with Susan Sprecher



A News Program
Designed for People Who
Want to Stay Engaged and Up to Date

- Wednesdays 9-10:30am
- January 14 & 28
- February 11 & 25
- \$5 per program

Our conversations come directly from the headlines and whatever we decide to explore together. We never run out of topics! If you like talking politics and discussing current events, but worry about today's polarized society—try us! We have learned to do it with civility. Newcomers always welcomed!



Tuesday Hiking Club

with Maria and Angie

Senior hikes are offered every Tuesday at 9:30 am. Winter hiking requires water proof boots, appropriate winter clothing, a hiking pole, and in icy or snowy weather, traction devices for the boots. Hikes take place in Westwood and surrounding towns and are from 3 to 4 miles in length. *If interested, please contact the Senior Center. Please note that there are a limited number of openings at this time.*

The Magic Touch With Paula Meridan

Wednesday

January 21 at 1pm

\$2 donation—sign up in advance

Style that's effortlessly chic and fabulously frugal. Welcome to **Panache on a Penny**. We curate bold design and flawless flair without the millionaire markup, turning humble budgets into dazzling spaces. From drab to divine, bland to glam, we work magic where wallets fear to tread—no budget too bare, no room too ordinary. Think champagne taste on a sparkling water tab. It's luxe for less, drama without the dollars, and elegance without the excess. Our secret? Smart design, elevated with flair and staging that stuns, while spending with a smile. Smart cents (sense).



LEGAL CLINIC

Westwood Residents only
with Attorney Vera Ochea
MetroWest Legal Services

• March 25

- **1-3 pm by appointment only**
Schedule a private 20 min. free legal consultation. She can help with topics such as housing, public benefits and social security matters, and durable power of attorney for Westwood Seniors. No cost to this program.

BINGO EVERY THURSDAY AT 1pm
NO BINGO 2/12



Join us for a friendly game of BINGO. This is a great way to make new friends! No cost for this program.

MAH JONGG

- Thursdays
- 12:30 - 2:30 pm
- No program on 2/12

Come join this growing group of Mah Jongg enthusiasts. New players are welcome (but you must know how to play). No cost to this program.



HAND AND FOOT CARD GAME

With Diane

Thursdays 10-12

No card game on 1/15 or 2/12, 2/19 & 2/26

Sign up in advance so we know how many to expect

We are offering a new card game called "hand and foot". It is easy to learn (beginners welcome) and fun to play! Four to a table, so come with friends or come solo. No cost to this program.



BRIDGE

with Neena

- Fridays
- 9 am
- No cost to this program



Do you enjoy a friendly game of Bridge? Come play with this growing group of enthusiasts.

CRAFTS With Julie and Lorraine

- 10-noontime
- January 7
- February 4
- Space is limited so you must sign up in advance



Are you creative? Then join us for a craft hour.

WAXING with Brenda

- Fridays - 8:30-noon
- Jan 2 & Feb. 6
- **By Appointment only**
Brenda will be covering for Lisa while she is on vacation. Brows, Lips and Chin \$15 each, 2 for \$20, 3 for \$25.



Artificial Intelligence Awareness and Discussion



Monday January 12 at 1 pm

Sponsored by

Benchmark in Norwood





\$3 donation

Please sign up in advance as space is limited

Concerned about AI? Take a breath and enjoy a presentation on artificial intelligence. We make it our business to keep up with the latest information and then bring it to you.

We will catch up on the latest developments and show you what all the fuss is about. So come learn in a fun and supportive manner! Bring your opinions and questions!





<p>NIGHT VISION GLASSES</p> <p>Do you have problems driving at night? Does the glare of other cars bother you? Then Night Vision Glasses may help you.</p> 	<p>NOTARY SERVICES AT THE CENTER</p> <p>Notary Services are available at the Center. Please call in advance to make an appointment with Lina.</p>		<p>CLOSED NEW YEAR'S DAY</p> 	<p>2</p> <p>8:00 Wonder Workout 8:30 Waxing 9:00 Bridge 10:00 Watercolor</p>
<p>5</p> <p>8:00 Wonder Workout 9:00 VSO Help 10:00 Pilates 10-12 Open Studio 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p>6</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 9:30 Hiking Club 10:00 Drawing 11:00 Zumba Gold <i>1:00 Italian Class</i> 1:00 Watercolor 1:00 Stretch and Tone</p>	<p>7</p> <p>8:00 Wonder Workout 9:00 SHINE 10:00 Crafts <i>10:00 Comfort Circle</i> 1:00 Low Impact Exercise 1:00 Knitting <i>2:00 Student Tech Help</i></p>	<p>8</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:00 Watercolor 10:00 Hand and Foot Game 11:00 Pilates <i>11:00 Powisett Farm</i> 12:30 Mah Jongg 1:00 BINGO</p>	<p>9</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p>12</p> <p>8:00 Wonder Workout 9:00 VSO Help 10:00 Pilates <i>10:00 History Discussion</i> 10-12 Open Studio 1-3 Open Studio <i>1:00 AI Discussion</i> 1:00 Low Impact Exercise</p>	<p>13</p> <p>8:00 Floor Yoga 9:30 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold <i>1:00 Italian Class</i> 1:00 Watercolor 1:00 Stretch and Tone</p>	<p>14</p> <p>8:00 Wonder Workout 9:00 SHINE 9:00 Quilting 9:00 Current Conversations <i>12:00 Dementia Friendly Exercise</i> 1:00 Low Impact Exercise 1:00 Knitting</p>	<p>15</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:00 Watercolor 11:00 Pilates <i>11:00 Book Group</i> 12:30 Mah Jongg 1:00 BINGO</p>	<p>16</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>8:00 Floor Yoga 9:30 Hiking Club 9:30 Chair yoga 10:00 Drawing <i>10:00 Nutritionist</i> 11:00 Zumba Gold <i>12:00 Lunch Club</i> <i>1:00 Italian Class</i> 1:00 Watercolor 1:00 Stretch and Tone</p>	<p>21</p> <p>8:00 Wonder Workout 9:00 SHINE <i>10:00 Grief Support</i> 1:00 Low Impact Exercise <i>12:00 Lunch Club</i> <i>1:00 Magic Touch</i> 1:00 Knitting</p>	<p>22</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:00 Watercolor 10:00 Hand and Foot Game 11:00 Pilates 12:30 Mah Jongg 1:00 BINGO <i>1:00 Italy Trip Discussion</i></p>	<p>23</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p>26</p> <p>8:00 Wonder Workout 9:00 VSO Help 10:00 Pilates 10-12 Open Studio <i>10:00 Health Proxy Program</i> 1-3 Open Studio <i>1pm Congressman Lynch</i> <i>2:30 WHS Concert</i></p>	<p>27</p> <p>8:00 Floor Yoga <i>8:30 Men's Club Breakfast (Toast Office)</i> 9:30 Chair Yoga 9:30 Hiking Club 10:00 Drawing 11:00 Zumba Gold <i>1:00 Italian Class</i> 1:00 Watercolor 1:00 Stretch and Tone</p>	<p>28</p> <p>8:00 Wonder Workout 9:00 SHINE 9:00 Quilting 9:00 Current Conversations 1:00 Low Impact Exercise 1:00 Knitting</p>	<p>29</p> <p>8:00 Floor Yoga 9:30 Chair Yoga 10:00 Watercolor 10:00 Hand and Foot Game 11:00 Pilates 12:30 Mah Jongg 1:00 BINGO</p>	<p>30</p> <p>8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>

February CALENDAR



January and February 2026

<p>2 8:00 Wonder Workout 9:00 VSO Help 10:00 Pilates <i>10:00 Assisted Living Locators</i> 10-12 Open Studio <i>1:00 History Discussion</i> 1:00 Low Impact Exercise 1-3 Open Studio</p>	<p>3 8:00 Floor Yoga 9:00 Holiday Shopping 9:30 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold <i>1:00 Italian Class</i> 1:00 Watercolor 1:00 Stretch and Tone</p>	<p>4 8:00 Wonder Workout 9:00 SHINE <i>10:00 Crafts</i> <i>10:00 Comfort Circle</i> 1:00 Knitting 1:00 Low Impact Exercise</p>	<p>5 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 10:00 Hand and Foot Game 11:00 Pilates 12:30 Mah Jongg 1:00 BINGO</p>	<p>6 8:00 Wonder Workout 8:30 Waxing 9:00 Bridge 10:00 Watercolor</p>
<p>9 8:00 Wonder Workout 9:00 VSO Help <i>9:00 AARP Tax Help</i> 10-12 Open Studio 10:00 Pilates (in conf. room) <i>10:00 First Aide for Grandparents</i> <i>1:00 Gardening for Wildlife</i> 1-3 Open Studio</p>	<p>10 8:00 Floor Yoga 9:30 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold <i>1:00 Italian Class</i> 1:00 Watercolor 1:00 Stretch and Tone</p>	<p>11 8:00 Wonder Workout 9:00 SHINE 9:00 Quilting 9:00 Current Conversation <i>9:00 Casino Day Trip</i> <i>12:00 Dementia Friendly Exercise</i> 1:00 Knitting 1:00 Low Impact Exercise</p>	<p>12 VALENTINE'S DAY PARTY </p>	<p>13 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p>16 CLOSED PRESIDENT'S DAY </p>	<p>17 8:00 Floor Yoga 9:30 Hiking Club 9:30 Chair Yoga 10:00 Drawing 11:00 Zumba Gold 1:00 Watercolor 1:00 Stretch and Tone</p>	<p>18 8:00 Wonder Workout 9:00 SHINE <i>10:00 Grief Support Group</i> 1:00 Knitting 1:00 Low Impact Exercise</p>	<p>19 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates <i>11:00 Book Group</i> <i>12:00 Trivia with Stephanie</i> 12:30 Mah Jongg 1:00 BINGO</p>	<p>20 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>
<p>23 8:00 Wonder Workout 9:00 VSO Help <i>9:00 AARP Tax Help</i> 10-12 Open Studio 10:00 Pilates 1-3 Open Studio 1:00 Low Impact Exercise</p>	<p>24 8:00 Floor Yoga 9:30 Hiking Club 9:30 Chair Yoga 11:00 Zumba Gold <i>12:00 Pizza and Movie</i> 1:00 Stretch and Tone 1:00 Watercolor 1:00 Stretch and Tone</p>	<p>25 8:00 Wonder Workout 9:00 SHINE 9:00 Quilting 9:00 Current Conversation <i>12:00 Lunch Club</i> 1:00 Knitting 1:00 Low Impact Exercise</p>	<p>26 8:00 Floor Yoga 9:30 Chair Yoga 9:30 COA Nurse 10:00 Watercolor 11:00 Pilates (in conf room) <i>11:30 Roberta's Cooking Class</i> 12:30 Mah Jongg 1:00 BINGO</p>	<p>27 8:00 Wonder Workout 9:00 Bridge 10:00 Watercolor</p>



COOKING CLASSES AT DOVER'S POWISSET FARM

We meet at Powisset Farm at 11am
 With Chef Thi -\$25 per class
 Thursday January 8
 Sign up on 12/29
 (no in-person sign up)

January 8—*Mediterranean Breakfast*—Make your way down to Powisset's historic barn kitchen where you will meet Chef Thi for a decadent Mediterranean Brunch. We will make Traditional Shakshuka (eggs with spiced tomato), Homemade Hummus and Charred Broccoli Baba Ghanoush, Easy Zaatar Flatbread, Cinnamon Citrus Salad, and Maple Knafeh Pastry

No class in February as Thi is on vacation.

Included in this class:

- Cooking demonstration and hands-on learning experience.
- Lunch included (eat what you just learned to cook).
- Instruction from an experienced, top-notch instructor.
- Recipes to take home
- We cannot accommodate food allergies**

Cooking with Roberta
 Thursday February 26
 11:30am
 \$15 per person
 Sign up begins 2/6

Let's Do Brunch! The star of this class will be the pillowy Pecan Sticky Buns. Those will be followed by a warming Breakfast Risotto topped with the perfect poached egg. We'll finish by making a refreshing Orange and Avocado Salad with a Ginger Sesame dressing. At the end of class you'll enjoy and savor this irresistible brunch.

PIZZA and a MOVIE
 With Jen
 Tuesday February 24
 12-2pm
 \$5 donation
 Please sign up in advance

Join us for a screening of *The Mafia Only Kills in the Summer*, a moving and humorous look at life in Palermo during the height of Mafia influence in the 1970s–1990s. Written and directed by Pif, this award-winning film captures the courage and spirit of everyday Sicilians. Told through the eyes of a young boy growing up amid these events, the film blends humor, heart, and history to shed light on the courage of ordinary citizens who stood up to corruption and violence. Perfect for those who traveled with us to Sicily—or anyone interested in learning more about this fascinating period in Sicilian history. This movie will be in Italian with English subtitles.

Tech Help with WHS Student Council
 Wednesday January 7 at 2pm
 No cost to this program

Need a little help navigating your iPhone, apps, or social media? Stop by for our **free Drop-In Tech Help session** with the **Westwood High School Student Council Class Officers!**

So join us for one-on-one support from tech-savvy students who are happy to answer your general technology questions. Bring your device and your questions!

HEALTH CARE PROXIES (HCP) AND POWERS OF ATTORNEY (POA)
 With Elder Attorney James O'Sullivan
 Monday January 26 at 10am
 \$2 donation – Please sign up in advance

Jim O'Sullivan, long time member of the Westwood Council on Aging, and Westwood Moderator since 2018, will speak about Massachusetts health care proxies and powers of attorney; what are they, who needs them, and when. He will discuss their effect, the risks of each and the alternatives. Jim will have blank health care proxies if anyone needs one and would like to sign one that day. He will make sure they are legally executed, free of charge. Please bring a driver's license.

A Legislative Update with Congressman Stephen Lynch
 Monday January 26 at 1pm
 No cost to this program
 Please sign up in advance

Congressman Stephen F. Lynch will host a Coffee Hour at the Center to discuss the impact of recent federal legislation on Medicare, Medicaid, and Social Security with seniors. Residents are encouraged to attend the event to ask questions and share concerns about issues directly impacting their daily lives.



Two-Part History Series: The Road to the American Revolution

With Historian Ian Connelly
Monday January 12 at 10am
and February 2 at 1pm
\$3 donation (per lecture)

Space is limited so please sign up in advance

This year we are celebrating our nation's 250 year birthday! Join us for a fascinating two-part series exploring the pivotal years leading up to the Revolutionary War. American History teacher and Westwood resident, **Ian Connelly** will guide us through the rise of the British Empire, the growing tensions in the colonies, and the causes that ultimately sparked the fight for independence.



Westwood Public Library

Homebound Delivery: Westwood Public Library, in partnership with the Friends of the Westwood Public Library and the Westwood Council on Aging, offers a delivery option to provide library materials for Westwood residents who are confined to their homes by an illness or injury, either temporary or long term, and are therefore unable to travel to the library. For additional information, please email: call: 781-320-1004

Technology Help: Library staff is available to help with general technology troubleshooting with phones, tablets, and laptop computers, as well as with library apps and resources. To set up library apps or get help with a quick tech issue (less than 10 minutes), drop by either library during the library's open hours.

Main Library: If you want more in-depth help (up to 45 minutes) on Mondays and Wednesdays from 10am-12pm or Monday evenings 5pm-8pm, email askwestwood@minlib.net, or call 781-320-1045 to make an appointment.

Islington Branch: For help with more in-depth questions (up to 45 minutes) on Tuesdays and Thursdays from 2:00 - 5:00 PM, email wwdmail2@minlib.net or call 781-326-5914 to make an appointment.



Join Us for Our Winter Lunch Clubs!



\$30 per person - menus available the Center

Please sign up in advance and meet us at the restaurant

Come enjoy a relaxing meal, friendly conversation, and a fun afternoon out. Space is limited so please sign up in advance.

Capital Grille, Legacy Place – Wednesday, January 21st - noontime
Zocca Cucina, Dedham Square – Wednesday, February 25th - noontime

Chase away the winter chill with delicious food and friendly faces!

Cost is **\$30 per person** for each lunch.



Nutritionist

with Kelsey

January 20th 10-12am

By Appointment only

Are you struggling with your health and could you use some advice on either losing or gaining weight. Make an appointment with Kelsey and she will give you tips and ideas.

Memorial Gifts

Do you wish to honor the memory of a loved one? Our COA Friends group financially supports all the Senior Center programs, classes and events and they gladly accept donations.



If interested, please send your check to Friends of the Westwood Council on Aging, 60 Nahatan Street, Westwood 02090. Please include the name and address of any friend or family member you would like notified acknowledging your thoughtfulness.

Thank you!



Westwood
COA
60 Nahatan Street
Westwood MA
02090

PRST Non Profit
US POSTAGE
PAID
Norwood MA
Permit #81

Return Service Requested

WESTWOOD COA

60 Nahatan Street
Westwood MA 02090
781-329-8799 (telephone)

Hours of Operation

*Monday - Thursday
8 am-4pm
Friday 8-1pm*

STAFF CONTACT INFO

- Lina Arena-DeRosa - Director
- Mary Ellen LaRose - Assistant Director
- Rachel Haddock - Social Worker
- Lorraine Cavanaugh - Administrative Assistant
- Kristen Dooher - COA Nurse
- John Trigilio - Van Driver (FT)
- John Demling III - Van Driver (PT)
- Paul Kelly - Van Driver (PT)
- Joan C. Murray - Van Driver (PT)
- Matt Tucke - Van Driver (PT)
- Elaine Haddad - HESSCO Meals on Wheels Coordinator

COA BOARD OF DIRECTORS

- Anthony Antonellis
- Marge Eramo
- Robert Folsom
- Mary Joyce
- James O'Sullivan
- Bob Murray
- Jessie Turbayne
- Mike Walsh
- Wendy Wilhelm

Follow us on Facebook @ Westwood Council on Aging. You will learn more about upcoming programs, see photos from past events/trips and stay in the know.



VALENTINE'S DAY LUNCHEON

Thursday February 12

\$8 donation

Sign up begins 1/23

Sponsored by COA Friends

Join us as we celebrate friendship, love and everything chocolate. We promise lots of laughs, good food (pizza, salad and meatballs!) and festive music.

Wear red and come with a spouse, partner, friend or solo. We know you will have a great time.

