

Welcome 2015!

New Year's Eve Fireworks

Wednesday, December 31 at 7:00 PM

Westwood High School

Proudly Sponsored by



**Nearby in
Dedham!**



**A well doctor visit
is the best way
to avoid having
a sick one.**



**No Appointment
Needed**

**X-Ray & Lab
Services On-Site**

**Vaccinations
& Physicals**

**Most Insurance
Plans Accepted**

**Prescription
Medications
Available**

 **Doctors
Express®**
URGENT CARE

Need a physical exam for sports or school?
How about treatment for a sports related injury?
At AFC/Doctors Express, we have incredible medical
professionals standing by and ready to treat you,
early or late.



Corner of Washington Street & Route 1 North
370 Providence Highway, Dedham

Open 7 days a week: M-F 8-8, S-S 8-5
781.461.0200 | DoctorsExpressDedham.com

COMMUNITY

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

YOUTH AND ADULT SPORTS

- Adult Basketball League mgriffin@townhall.westwood.ma.us
- CYO Basketball Saint Denis www.stdeniswestwood.com
- CYO Basketball Saint Margaret Mary www.saintmmparish.org
- Over 30 Men's Softball fcurran@jackconway.com
- Westwood Boys Youth Lacrosse www.westwoodyouthlacrosse.com
- Westwood Girls Youth Lacrosse westwoodgirlslacrosse@gmail.com
- Westwood Little League Baseball www.westwoodlittleleague.com
- Westwood Track Club www.trackclinic.com
- Westwood Youth Basketball www.westwoodbasketball.org
- Westwood Youth Hockey www.wyh.org
- Westwood Youth Soccer www.westwoodsoccer.org
- Westwood Youth Softball www.westwoodyouthsoftball.org
- Westwood/Dover Pop Warner Football www.westwoodpopwarner.com

TABLE OF CONTENTS

New Year's Eve Fireworks	1
Doctors Express Urgent Care	2
Community Contacts & Table of Contents	3
Brochure Advertising 2015	3
Registration Information	4
Weather Policy and Gift Certificates	4
Pool Schedule	5
Aquatics	6-7
Parent Child	8
Preschool	8
Dedham Savings	8
Youth	9
Middle School Trips	9
Performing Arts	10
Special Events	10
Sports	11
Fitness	12
Trips	12
Adult and Teen	13
Papa John's Pizza	14
Rev'd Indoor Cycling	14
Westwood Youth and Family Services	15
Westwood Library	16
Westwood Early Childhood	17
Westwood Council on Aging	18
Sahani Dental	19
Westwood Day Pictures	20

Brochure Advertising 2015

Great opportunity to enhance your business!

Mailed to over 5400 Westwood Households

Options

- Full Page
- Half Page
- Quarter Page
- Business Card



2015 Advertising Agreement Forms Available

www.westwoodrec.com select Brochures and Flyers or

Contact tcrocker@townhall.westwood.ma.us



BOARD OF SELECTMEN

Patrick J. Ahearn, Chairman

Nancy C. Hyde

Michael F. Walsh

TOWN ADMINISTRATOR

Michael Jaillet

RECREATION COMMISSION

Paul Aries, Chairman

Joyce Cannon

Lynn Connors

Ann Delaney

Elizabeth Phillips

Dave Reilly

Paul Tucceri

RECREATION STAFF

Nicole Banks
Recreation Director

Susan Perry
Aquatics Manager

Taryn Crocker
Business Manager

Mike Griffin
Sports and Fitness Manager

Kristin Scoble
Program Manager

Julie Harrington
Aquatics Specialist

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

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

REGISTRATION

Page 4

REGISTRATION AND PAYMENT



ONLINE REGISTRATION: www.westwoodrec.com

Click Register Now, Register Online, Log in using your email and password.

Credit Cards: MasterCard, Visa or Discover

Activity Registration: Under Main Menu select Register for Activities. Under Register for Activities click program category and select activity/class.

Pool Membership Registration: Select Membership Tab. Click New or Renew.

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

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

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

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

WESTWOOD RESIDENT REGISTRATION

Begins upon receipt of this brochure.

NON-RESIDENT REGISTRATION

*Begins upon receipt of this brochure. All programs will be open to non-residents provided space is available. **There is an additional fee of \$10 per program for non-residents.***

POLICIES AND PROCEDURES

PARTICIPANTS MUST meet age/grade requirement by the first day of the program or session. No exceptions will be made.

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.



FEES AND CANCELLATIONS

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

REFUND POLICY

When you register for one of our programs, we depend on your participation for a successful program. A total refund will be made only if programs are canceled, a participant is replaced by a wait list participant, or if the Department changes prohibit your attendance. If you have an unforeseen medical problem confirmed by a doctor's note that prohibits your participation, we will refund your fee. Notice is needed before the start of the session/program. **No other refunds will be issued.**

WEATHER POLICY

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



Information will be updated as follows:

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



GIFT CERTIFICATES

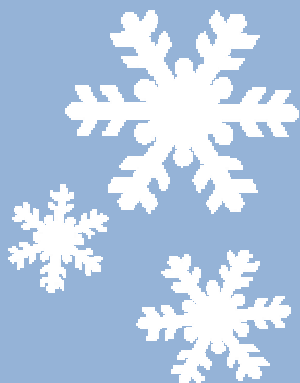
Looking for a Holiday gift? Gift certificates are available for all program listings. Contact the Recreation Department at 781-461-0070 or jparr@townhall.westwood.ma.us for details.



Like Us: [www.facebook.com/ WestwoodRecreation](https://www.facebook.com/WestwoodRecreation)



Follow Us: @WW_Rec



WINTER POOL SCHEDULE

JANUARY 1-MARCH 31

CLOSED: JAN 1, 19; FEB 16; MAR 14

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 Swim	1:00-2:15 Senior Swim	1:00-2:15 Open Swim	1:00-2:15 Senior Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim	1:00-2:15 Open Swim
7:15-8:30 PM Open & Lap Swim (3)	7:15-8:30 PM Open & Lap Swim (3)	7:15-8:30 PM Open & Lap Swim (3)	7:15-8:30 PM Open & Lap Swim (3)			

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 (60 or older)	\$15	\$45	\$90	\$180	\$5

MEMBERSHIP REGISTRATION IS AVAILABLE ONLINE! NEW OR RENEWAL!

www.westwoodrec.com CLICK POOL, REGISTER FOR POOL MEMBERSHIP, SELECT MEMBERSHIP TAB
REGISTRATION IS ALSO AVAILABLE AT THE POOL AND RECREATION OFFICE.





Water Babies (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. Class Size: Min: 4 Max: 15

Parent and Child (2-3 years)*

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

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

Preschool Age 3

This is a child's independent water experience on the docks. We will explore: water safety, entry and exit, buoyancy, breath control, submersion, front and back floats, and arm and leg action. All participants must be fully toilet-trained. Class size: Min: 4 Max: 8

Preschool Ages 4 and 5

Participants explore many aspects of the water on and off the 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. Class size: Min: 4 Max: 8

Level 1 – Introduction to Water

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 and gliding on back and front with recovery, alternating arm action and kicking, changing position, treading water, and water safety. Class size Min: 4 Max: 8

Level 2–Fundamental Aquatic Skills

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

Level 3 – Stroke Development

Participants must have passed Level 2. 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, breast stroke kick, dolphin kick, scissors kick, and water safety. Class size: Min: 4 Max: 10

Level 4 – Stroke Improvement

Participants must have passed Level 3. 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. Class size: Min: 4 Max: 10

OBSERVATION POLICY

Please join us in the spectator section of the pool area on the first and last scheduled classes of the swimming session. We welcome your excitement and enthusiasm.

During all other classes the spectator area is closed to minimize distractions to the class and improve the attention of the swimmers.

OBSERVATION FIRST AND LAST DAY ONLY

YOUTH BEGINNER

Who: Ages 8 -14
When: Sat, 9:45-10:25
Session C: Jan 10 – Feb 7
Session D: Feb 28 – Apr 11
(No 3/14, 4/4)
Fee: \$80 (Five 40 minute classes)

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

WEEKEND LESSONS

Inst: Certified Water Safety Instructors
Fee: \$80 (Five 40 minute classes)

SATURDAY

Session C: Jan 10 – Feb 7
Session D: Feb 28 – Apr 11 (No 3/14, 4/4)

Level	Time
Preschool 3, 4, and 5	8:15-8:55
Water Babies and Parent/Child	9:00-9:40
Youth Beginner	9:45-10:25
Level 4	10:30-11:10

SUNDAY

Session C: Jan 11 – Feb 8
Session D: Mar 1 – Apr 12 (No 3/15, 4/5)

Level	Time
Preschool 3, 4, and 5	8:15-8:55
Level 1	9:00-9:40
Level 2	9:45-10:25
Level 3	10:30-11:10



WEEKDAY LESSONS

Inst: Certified Water Safety Instructors
Fee: \$80 (Five 40 minute classes)

SESSION C

Tuesday: Jan 6 – Feb 3

Level	Time
Preschool 3, 4, 5	1:15-1:55 PM

Thursday: Jan 8 – Feb 5

Level	Time
Level 1	1:15-1:55 PM

Friday: Jan 9 – Feb 6

Level	Time
Preschool 3, 4, 5	10:30-11:10 AM



SESSION D

Monday: Feb 23 – Mar 23

Level	Time
Level 2	4:10-4:50 PM

Tuesday: Feb 24 – Mar 24

Level	Time
Preschool 3, 4, 5	1:15-1:55 PM
Level 3	4:10 – 4:50 PM

Wednesday: Feb 25 – Mar 25

Level	Time
Level 4	4:10 – 4:50 PM

Thursday: Feb 26 – Mar 26

Level	Time
Level 1	1:15-1:55 PM
Level 2	4:10 – 4:50 PM

Friday: Feb 27 – Mar 27

Level	Time
Preschool 3, 4, 5	10:30-11:10 AM

PRIVATE LESSONS

Who: **Ages 4 through Adult – All Abilities**
Inst: Certified Water Safety Instructors
Fee: \$165 (Five 30 minute lessons)

All private lessons will be scheduled on an individual basis. Please e-mail sperry@townhall.westwood.ma.us to arrange your time and dates.



COED WATER POLO

Who: Ages 14 – 18 years (High School)
When: Tue and Thu, 2:30-4:00 PM
Feb 24 – Mar 26
Coach: Julie Harrington/Susan Perry
Fee: \$75 (10 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.



MASTERS SWIMMING

Who: Ages 18 & up
When: Jan 2-Mar 30 (No 1/19, 2/16)
Mon, Wed, Fri, 5:15-6:30 AM
Inst: Chelsea Nolan
Fee: \$75 (per month)
\$200 (3 months) (Jan, Feb, Mar)

Get in shape and keep in shape. Early-morning swim workouts are provided for competitors, triathletes, and fitness swimmers. Fee includes a challenging workout with feedback from an experienced swim coach. Min: 8 Max: 14

POOL PARTIES

A pool party is great for all ages and any occasion!

Fee: \$250 (2 hours)
The fee includes staff for two hours. Maximum of 50 people. One hour of swimming followed by one hour in the pool lobby. All pool rules apply.

To schedule your pool party email sperry@townhall.westwood.ma.us requesting dates and times.



LIFEGUARD TRAINING

Who: Ages 15 and Up
When: Fri, 3:00-6:00 PM
Sat, Sun 12:00-6:00 PM
Mar 20, 21, 22 and Mar 27, 28, 29
Inst: Susan Perry
Fee: \$325 (6 Days) Min: 4 Max: 8

PRE-SKILLS SCREENING:

MONDAY, FEBRUARY 23, 2015, 4:30 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 **Monday, February 23, 2015 at 4:30.**



WATER SAFETY INSTRUCTOR

Who: Ages 16 & up
When: Sat, 8:00-5:00, May 2-30 (No 5/23)
Inst: Susan Perry
Fee: \$375 (4 classes) Min: 4 Max: 6

PRE-SKILLS SCREENING:

MONDAY, MARCH 9, 6:00 PM

Become a certified American Red Cross Water Safety Instructor just in time for the summer. Pre Course Screening required – Mon, Mar 9, 6:00 pm. Upon successful completion of this screening, participants may register for this program. Check your calendars. Full participation is required.

AMERICAN RED CROSS LIFEGUARDING REVIEW

Who: Candidates who possess **current** Lifeguarding/First Aid/CPR/AED certifications
When: Tue-Fri, 8:00-11:30 AM, February 17-20
Inst: Susan Perry
Fee: \$150 (4 classes) Min: 6 Max: 10

The purpose of the review course is to give the candidate the opportunity to review the course content within a formal course setting. Upon successful completion of this course: 100% attendance/participation, 100% on the final in-water skills scenarios, and 80% or better on the final written exams; the candidate receives certifications in Lifeguarding, CPR/AED, and First Aid, which are valid for two years. Candidates are required to bring their own pocket mask and book.



AQUA FITNESS

Who: Ages 18 & up
When: Tue, Wed and Thu, 9:00-10:00 AM
Jan 6-Mar 31 (No 2/17, 2/18, 2/19)
Inst: Susan Perry
Fee: **Punch Pass \$75 for ten 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.

SENIOR SWIM

Who: Ages 60 and older
When: Tue and Thu, 1:00-2:15
Jan 6 – Mar 31 (No 2/17, 2/19)
Fee: \$5 per swim or Current Pool Membership

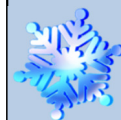
A relaxed and tranquil atmosphere, the pool offers a perfect opportunity to swim laps, walk or gently stretch in the water. Call a friend and meet at the pool.

POOL MEMBERSHIPS

Who: Individuals or Families
When: Monthly, Quarterly, Yearly

Membership registration is available online, at the pool and in the Recreation Office.

For complete details see the pool schedule page or go to WWW.WESTWOODREC.COM



FEBRUARY VACATION EXTENDED OPEN SWIM!

**TUE-FRI, FEBRUARY 17-20
1:00-3:00 PM**

Participants must be able to swim independently or be accompanied by an adult swimmer in the water.

Current membership or daily fee of \$5 per swimmer.

Make plans to join your friends and have fun at the pool!



MUSIC & MOVEMENT

Who: Ages 2-4 years
 When: Thu, 10:45-11:30
 Jan 15 – Mar 26 (No 2/19)
 Where: Islington Community Center
 Inst: Lauren Hillberg, Laura Brooks
 Fee: \$60 (10 classes) Min: 6 Max: 10

Come join the fun with singing, dancing and playing instruments.

BOPPIN' BABIES

Who: Ages 0-18 months
 When: Tue, 9:30-10:15
 Jan 13 – Mar 24 (No 2/17)
 Where: Islington Community Center
 Inst: Lauren Hillberg, Laura Brooks
 Fee: \$60 (10 classes) Min: 6 Max: 10

Sing, Dance, Play! Get your bodies moving in a class just for babies!

ACTIVE TOTS

Who: Ages 2-4 years
 When: Tue, 10:30-11:15
 Jan 13 – Mar 24 (No 2/17)
 Where: Islington Community Center
 Inst: Lauren Hillberg, Laura Brooks
 Fee: \$60 (10 classes) Min: 6 Max: 10

Get out and get moving! Join us in a space where little ones can run, jump, throw, catch, play games and get all those wiggles out!

TODDLER TIME

Who: 18 months- 4 years
 When: Thu, 9:30-10:30
 Jan 15 – Mar 26 (No 2/19)
 Where: Islington Community Center
 Inst: Lauren Hillberg, Laura Brooks
 Fee: \$75 (10 classes) Min: 6 Max: 10

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

ADVENTURE DAYS

Who: Ages 3-5 years
 Where: Islington Community Center
 Inst: Laura Brooks, Lauren Hillberg Min: 8 Max: 12

Day	Date	9:00-1:00	1:00-3:30	Day	Date	9:00-1:00
Mon	Dec 1	\$30	\$20	Mon	Dec 29	\$30
Mon	Dec 15	\$30	\$20	Tue	Dec 30	\$30
Tue	Dec 16	\$30	\$20	Wed	Dec 31	\$30
Thu	Dec 18	\$30	\$20			
Fri	Dec 19	\$30	\$20			

February Vacation

Day	Date	9:00-1:00	1:00-3:30
Tue	Feb 17	\$30	\$20
Wed	Feb 18	\$30	\$20
Thu	Feb 19	\$30	\$20
Fri	Feb 20	\$30	\$20



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. 9:00-1:00 participants need to bring drinks, nut free snack and lunch. 1:00-3:30 participants need to bring a drink and nut free snack. **Participants must be toilet trained.**

PLAY DATES

Who: Ages 3-5 years
 Where: Islington Community Center
 Inst: Laura Brooks, Lauren Hillberg
 Fee: \$25 (1 Day) Min: 6 Max: 12



Day	Date	Time	Theme
Wed	Feb 11	3:15 – 4:30	Valentine's Day
Wed	Mar 11	3:15 – 4:30	St. Patrick's Day


Join us for an afternoon of fun creating a craft for our special holidays! **Participants must be toilet trained.**

KIDS AT PLAY

Who: Ages 4-6 years
 When: Wed, 1:00-2:45, Jan 14 – Mar 25 (No 2/18)
 Where: Islington Community Center
 Inst: Laura Brooks, Lauren Hillberg
 Fee: \$143 (10 classes) Min: 8 Max: 12



Let's play! There's lots of action in this kid-driven program. Participants enjoy free play, games, activities, music, and more. Please bring a nut free snack and drink. With parent permission, students of MMO may be picked up directly from lunch bunch. **Participants must be toilet trained.**



Dedham Savings is proud to support Westwood Recreation.

Dedham Savings

your bank

dedhamsavings.com

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

HOME ALONE SAFETY

Who: Ages 8-11
When: Wed, 1:00-3:00, Jan 28 or March 18
Where: Islington Community Center
Inst: Juanita Allen, W-EMT, Century Health Systems
Fee: \$50 (1 class) Min: 6 Max: 15

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

BLAST-BABYSITTING SAFETY

Who: Ages 11-15
When: Wed, 3:00-6:00, Jan 28 or March 18
Where: Islington Community Center
Inst: Juanita Allen, W-EMT, Century Health Systems
Fee: \$60 (1 class) Min: 6 Max: 12

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

VIDEO GAME DESIGN

Who: Grades 3-8
When: Tue, 6:00-7:00, Jan 27-Mar 24 (No 2/17)
Where: WHS, Room 149-English Wing
Inst: Empow Studios
Fee: \$195 (8 classes) Min: 8 Max: 12

It's one thing to play video games, but try making one yourself! Students work with self-paced tutorials and knowledgeable instructors to master programming and make their own games. Once games are complete, students learn the art of game customization and different methods of game creation. Experienced programmers can work with scripted coding, or try their hand at 3D game-making. Games can be played at home (MS Windows-only), and software used in class is available for free download (MAC and PC) for those who want to continue working on their games at home. A strict non-violence policy enforced.

LEGO ANIMATION

Who: Grades 1-2
When: Tue, 4:45-5:45, Jan 27-Mar 24 (No 2/17)
Where: WHS Room 149-English Wing
Inst: Empow Studios
Fee: \$195 (8 classes) Min: 8 Max: 12

Make movies with Legos! Create story, chose your mini figures, and make movie magic! Instructors work with students to develop story-telling skills, learn professional software, and capture the action of their Lego movies. After filming, students work on the post-production process to add titles, transitions, sounds and make their movie complete! All final movies will be available for home viewing. A strict non-violence policy enforced.

MAGIC WORKSHOP

Who: Ages 6 & up
When: Wed, 1:00-2:15, Feb 18
Where: Middle School Cafeteria
Inst: Joe Carota
Fee: \$20 (1 class) Min: 5 Max: 15



The art of magic develops confidence, poise and enhances creativity. Learn how to be one step ahead of others when performing. Along with hands-on instruction, each participant will receive all the props and written instructions necessary to perform each trick. At the end of the workshop each will have a bag full of tricks to take home. **You will not believe what you will be able to do after this workshop!**

YO GLOW

Who: Girls in Grades 4-6
When: Mon, 6:30-7:30 PM, Mar 2-Apr 13 (No 3/30)
Where: Islington Community Center Sanctuary
Inst: Laura McEvoy, M. ED. Certified Yoga Instructor & Health Coach
Fee: \$117 (6 classes) Min: 5 Max: 15



YO-GLOW is a 6 week socio-emotional yoga series offering a solid curriculum of mind-body integration for girls. Girls at this pivotal age have so many stressors, especially surrounding body image, self-esteem, and just feeling "good enough". Yoga helps girls feel comfortable in their own skin and get in touch with their intuition, a powerful tool when making decisions. Topics include: Self-Esteem, Body Image, Resilience, Optimism, Grit & Compassion. If you want more info, contact Laura directly at livingwellwithlaura@gmail.com

SHORT WEDNESDAY MIDDLE SCHOOL TRIPS

DEPARTURE: Middle School Participants will depart from the Thurston Middle School Old Gym at 1:10 dismissal and be transported by the Recreation Van/Town Car to location.

PARENT PICK-UP: Participants are to be picked up at the Recreation Department Pool Lobby at the time listed below.

STAFF: Lauren Hillberg and Recreation Staff

LAUNCH TRAMPOLINE PARK, NORWOOD

When: Wed, 1:10-4:15, Jan 14
Fee: \$53 (1 classes) Min: 13 Max: 16

It's a jumping good time! Fee includes 1.5 hours of jump time, pizza, a drink, transportation, and supervision. Return to pool lobby by 4:15 for pick up.

SNOW TUBING, NASHOBA VALLEY

When: Wed, 1:10-6:00, Jan 28
Fee: \$56 (1 classes) Min: 13 Max: 16

Enjoy an afternoon of snow tubing! Fee includes 2 hours of tubing, lunch, transportation, and supervision. Please wear warm clothes, snow pants, boots, hat, and gloves. Return to pool lobby by 6:00 for pick up.

SPLITSVILLE, PATRIOT PLACE

When: Wed, 1:10-4:15, Feb 11
Fee: \$50 (1 classes) Min: 13 Max: 16

Strike! Fee includes bowling, lunch, transportation, and supervision at the new Splitsville at Patriot Place. Return to pool lobby by 4:15 for pick up.



CHILDREN'S ART STUDIO: MIXED MEDIA

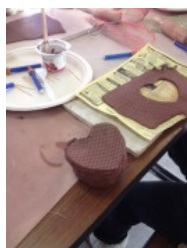
Who: Grades 6-8, 3:00-4:00
 Grades 2-5, 4:00-5:00
 When: Tue, Jan 13 – Feb 10
 Where: Islington Community Center
 Inst: Lisa WB Walker
 Fee: \$78 (5 classes) Min: 6 Max: 10



Calling all artists! Students will create individual and group pieces in graphite, color pencil, watercolor, mixed media and more! No prior experience required, but a passion for creating things with your hands is a must! All supplies provided. Students should bring a water bottle.

CLAY CLASSES

Who: Grades 1-5
 When: Wed, 2:30-3:30
 Jan 14: Valentine's Day
 Feb 25: Winter
 Apr 1: Spring
 Where: Islington Community Center
 Inst: Lisa WB Walker
 Fee: \$25 (1 class) Min: 4 Max: 6



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

ACTING WORKSHOPS

Where: Islington Community Center
 Inst: SiouxSanna Ramirez-Cruz



THE CHILDREN'S COMPANY: BEGINNER

Who: Ages 6-9
 When: Sat, 1:00 – 2:00, Jan 10 – Mar 7 (No 1/17, 2/14, 2/21)
 Fee: \$95 (6 Classes) Min: 6 Max: 12

This introductory acting workshop will focus on improvisation, voice, movement, and script writing through text and imagination. Students will create a final workshopped piece to share on March 7 at 2:30 with family and friends. This will be combined with the Intermediate class.

THE CHILDREN'S COMPANY: INTERMEDIATE

Who: Ages 10-12
 When: Sat, 2:00 – 3:00, Jan 10 – Mar 7 (No 1/17, 2/14, 2/21)
 Fee: \$95 (6 Classes) Min: 6 Max: 12

This intermediate acting workshop will build upon the acting foundations of improvisation, voice and movement. Students will develop theatre terminology through rehearsal and experimentation, explore character work through partner and ensemble scene work and interpret an assigned text through character research and memorization. Students will present a final workshopped piece on March 7 at 2:30 with family and friends. This final workshop will be combined with the Beginner Class.

KEY BOARD LESSONS

Who: Ages 7 & up
 Where: Islington Community Center
 Inst: Jason Whiting
 Fee: \$300 (Eight 30 minute lessons)

Day	Dates	Time Slots
Sat	Jan 24 – Mar 28 (No 2/14, 2/21)	9:30, 10:00, 10:30, 11:00, 11:30

Private lessons for beginner to advanced levels. Lessons are taught on a Casio Privia Digital Piano (88 full-size keys). Student must have access to a key board or piano for practicing.

GUITAR & BASS LESSONS

Who: Ages 8 & up
 Where: Islington Community Center
 Inst: Joseph Hart
 Fee: \$130 (Five 30 minute lessons)



Are you a beginning guitar player? Learn the easy and fun way! Are you more advanced? With over 20 years as a professional musician and teacher, Joe can bring your playing to the next level! Participants need to bring their own guitar. Please contact Kristin Scoble to schedule your private lessons. ksoble@townhall.westwood.ma.us

HIP HOP

Who: Ages 5-13
 When: Fri, 5:00-6:00, Jan 23-Mar 20 (No 2/20)
 Where: Islington Community Center Hall
 Inst: Aly Pereira
 Fee: \$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.

SPECIAL EVENTS

NEW YEAR'S EVE FIREWORKS

BRING IN 2015 WITH A BANG!

WEDNESDAY, DECEMBER 31

7:00 PM SHARP

WESTWOOD HIGH SCHOOL

SPONSORED BY  Roche Bros.
 Your family deserves the best.

SAVE THE DATE

March into Summer



SATURDAY, MARCH 14, 10:00-2:00

RECREATION DEPARTMENT

ALL AGES WELCOME – FREE

- Summer program preview
- Pool activities
- Inflatables
- 10% Discount on Summer programs paid in full
- Crafts

FULL DETAILS COMING THIS FEBRUARY!

*Staff will be at Downey School for dismissal to supervise participants attending these programs. The actual programs begin at 3:30 and Short Wednesday programs will begin at 12:30.

*SPORTS & GAMES

Who: Grades K-5
When: Thu, 3:30-5:00, Jan 15-Mar 19, (No 2/19)
Where: Downey School Gym
Inst: Recreation Staff
Fee: \$105 (9 classes) Min: 10 Max: 25

Participants play a variety of games: capture the flag, blob, kickball, whiffle ball, dodge ball, flag football, handball, and more. Program promotes sportsmanship and teamwork.

*SHORT WEDNESDAY SPORTS & GAMES

Who: Ages 5-12
When: Wed, 11:50-3:00, Jan 14, 28; Feb 11, 25; Mar 4, 18
Where: Downey School Gym
Inst: Mike Griffin & Staff
Fee: \$120 (6 classes) Min: 10 Max: 25

Participants eat their lunch and then play a variety of games. At 1:30 there will be a snack break and then it's time for more games. Games include: capture the flag, kickball, dodgeball, and a variety of different sports with modifications which promote good sportsmanship and teamwork. Please bring **peanut/nut free** snacks, lunch, water bottle and drinks.

*MINI-ATHLETES



Who: Grades K-2
When: Mon, 3:30-4:15 or 4:15-5:00, Jan 12-Mar 2 (No 1/19, 2/16)
Where: Downey School Gym
Inst: Mini-Athletes Staff
Fee: \$100 (6 classes) Min: 6 Max: 15

Mini Athletes is a sports program that encourages young kids to stay active while having fun. Mini Athletes knows how important physical activity is to enhancing a child's emotional, social, and cognitive well-being. Through our six week program we will teach and play: soccer, football, kickball, turf hockey, t-ball, and lacrosse (sports subject to change.)

*SUPER SPORTS



Who: Grades 3-5
When: Fri, 3:30-4:30
Session A: Jan 16-Feb 6
Session B: Feb 27-Mar 27 (No 3/13)
Where: Downey School Gym
Inst: F.A.S.T. Athletics
Fee: \$60 (4 classes) Min: 10 Max: 25

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics offers a variety of sports such as: soccer, basketball, pillo polo, dodgeball, mat ball, and kickball. Programs include proper stretching, warm-up games, and basic skills. Each class ends with a high energy game of the sport played that day.

SUPER SPORTS FEBRUARY VACATION

Who: Grades 3-5
When: Tue-Thu, 9:00-3:00, Feb 17-19
Where: Middle School Gym
Inst: F.A.S.T. Athletics
Fee: \$108 (3 days) Min: 10 Max: 25



Join us for three days of fun and fitness with friends. This popular Super Sports program includes lots of games and tournaments. All children stretch, shoot hoops, play catch, run, and participate in exciting games of hand ball, pillo polo, soccer and dodgeball. Please bring **peanut/nut free** snacks, lunch, water bottle and drinks.

*HOOP IT UP CLINIC

Who: Grades 1-2
When: Tue, 3:30-5:00, Jan 20-Mar 17 (No 2/17)
Where: Downey School Gym
Inst: Mike Griffin and Staff
Fee: \$93 (8 classes) Min: 10 Max: 16



This basketball clinic emphasizes fundamental skills, rules of the game, defense, and strategy. There will be modified scrimmages to further skills. All levels welcome.

KARATE

Who: Ages 4 & up
When: Tue and Thu, Jan 20-Apr 2 (No 2/17 or 2/19)
Where: Deerfield School Gym
Inst: Kristina Orloff and Steve DiOrio, *Renshi*-Master Instructor
Fee: \$210 (20 classes) Min: 10 Max: 30

Beginner Karate: Ages 4-7, 4:30-5:15 Fundamentals!

Beginner through yellow belt. This class will teach the basic skills of karate while giving students a good workout and instilling confidence.

Intermediate Karate: Ages 6-10, 5:15-6:00 Growth!

Higher yellow belts through blue belt. This class continues with more challenging karate skills with emphasis on "Virtues over Violence." Karate forms are introduced based on Uechi-Ryu Karate Do.

Advanced Karate: Ages 10 & up, 6:00-6:45 Accomplishment!

Blue belt through black belt. This class stresses mastery of karate skills and prepares the student to test for Junior Black Belt with emphasis on personal achievement.

For over 15 years our program has taught Uechi-Ryu karate, an Okinawan based martial art. Uechi-Ryu is much more than teaching kicks and punches. We increase kids' confidence and self-esteem, show them how to handle peer pressure and bullies. It enhances their physical ability, coordination, and develops real world self-defense skills. We are honored to have produced over 40 Black Belts through our program. For more information, visit our website at www.sensei-steve.com

LIL STINGERS

Who: Ages 3-4, 1:15-2:00 and Ages 5-6, 2:00-2:45
When: Wed, Jan 21-Mar 11 (No 2/18, 2/25)
Where: Islington Community Center Hall
Inst: Scorpion Soccer Staff
Fee: \$66 (6 classes) Min: 8 Max: 15



Lil Stingers introduces the basic skills of soccer through fun games and drills. Small games will highlight skills in a creative way. Bring a water bottle.

LITTLE HOOPS

Who: Ages 4-6
When: Wed, 3:30-4:15 or 4:15-5:00, Jan 21-Mar 18 (No 2/18)
Where: Downey School Gym
Inst: Mike Griffin and Staff
Fee: \$93 (8 classes) Min: 12 Max: 24

This mini basketball clinic promotes fun while learning basic fundamental skills: dribbling, shooting, and passing. Small sided games will highlight all of these skills in a fun and creative way.

KIDDIE CAT JAM

Who: Ages 3-6
When: Wed, 3:45-5:00, Jan 14-Mar 11 (No 2/18)
Where: Sheehan School Cafeteria
Staff: Thundercat Sports Staff
Fee: \$142 (8 classes) Min: 8 Max: 15



Soccer and basketball will be the core sports played. Other sports include: t-ball, softie hockey, balloon ball and more. Basic skills, hand-eye coordination, self-esteem, teamwork, and fun are the main emphases. Please bring a water bottle and dress comfortably to run around.



CARDIO BLAST

Who: Ages 18 & up
When: Tue or Thu, 9:00-10:00 AM
Where: Islington Community Center Sanctuary
Inst: Core Asset Staff
Fee: \$88 (7 classes) Min: 8 Max: 12

Ses	When
C	Tue, Jan 13-Mar 3 (No 2/17)
C	Thu, Jan 15-Mar 5 (No 2/19)
D	Tue, Mar 10-Apr 28 (No 4/21)
D	Thu, Mar 12-Apr 30 (No 4/23)

Cardio Blast is a fun, always changing, total body workout. After warming up, we do intense bursts of cardio interspersed with strengthening moves, such as: pushups, triceps dips, medicine ball drills, and resistance bands. If you want more energy, better sleep, and some great body toning then this is the class for you! Participants need to bring a towel, mat, and water.

WEDNESDAY NIGHT GROUP BLAST

Who: Ages 18 & up
When: Wed, 7:30-8:30 PM, Jan 21-Mar 4 (No class 2/18)
Where: Westwood High School Fitness Center
Inst: Core Asset Staff
Fee: \$150 (6 classes) Min: 3 Max: 4



This is a six week class under the watchful eye of one trainer with no more than 4 people. Exercises will be discussed & demonstrated to meet your overall fitness needs to guide you towards a more fit you. Healthy eating will also be talked about. Please bring a water bottle and towel.

BOOT CAMP

Who: Ages 18 & up
When: Tue & Thu, 6:00-7:00 AM
Where: Westwood High School Gymnasium
Inst: Core Asset Staff
Fee: \$175 (14 classes) Min: 8 Max: 30

Ses	When
C	Jan 13-Mar 5 (No 2/17 & 2/19)
D	Mar 10-Apr 30 (No 4/21 & 4/23)

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.

PILATES

Who: Ages 14 & up
Where: Islington Community Center Sanctuary
Inst: Core Asset Staff
Fee: \$100 (8 classes) Min: 8 Max: 20

MAT PILATES: Tue, 7:00-8:00 PM, Jan 13-Mar 10 (No 2/17)

It is a wonderful exercise that utilizes the core, including abs, back, hips and shoulders. Using small movements, breathing and precise alignment, you will obtain long, strong muscles and a powerful core. This class is appropriate for all fitness levels, no prior experience necessary.

PILATES PLUS: Wed, 9:00-10:00 AM, Jan 14-Mar 11 (No 2/18)

Pilates Plus combines the best strengthening of Mat Pilates, the grace and balance of Barre class, and the cardio bursts of circuit training. Please bring a mat, and if you have them, very light weights, up to three pounds.

ADULT YOGA

Who: Ages 16 & up
When: Thu, Jan 15-Mar 26 (No 2/19)
Inst: Linda Margosian, Certified Hatha Yoga Instructor
Fee: \$150 (10 classes) Min: 5 Max: 12

Ses	Time	Where
AM	11:00-12:30	Islington Community Center Sanctuary
PM	7:00-8:30	Westwood Public Library

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.

POWER YOGA

Who: Ages 18 & up
When: Fri, 9:30-10:30, Jan 16-Mar 13 (No class 2/20)
Where: Islington Community Center Sanctuary
Inst: Core Asset Staff
Fee: \$100 (8 classes) Min: 5 Max: 15



One hour of Vinyasa flow-style yoga that will move and stretch your muscles and joints, build strength, and improve your balance and concentration. Ellen is RYT 200 certified. Any level yogi is welcome. Please bring a mat and water.



TRIPS

Christmas in Newport ONLY \$89

Sunday, December 14 (approx. time 8:00 AM-10:00 PM)
Admission to two historical mansions decorated for the holidays, brunch at the Atlantic Beach Club, visit to La Salette Shrine lighting display, and round trip deluxe motor coach transportation.

I Love Lucy! Live On Stage ONLY \$115

Sunday, March 1, 2015
Round trip transportation to the Providence Performing Arts Center to see *I Love Lucy!* Live on stage. Luncheon buffet included.

Cape Cod Irish Village 2 Days/1 Night

Saturday, March 14 – Sunday, March 15, 2015
Enjoy the weekend away down in West Yarmouth.
Trip includes accommodations, Banquet dinner Saturday night for St. Patty's day with live Irish entertainment at the Village and full breakfast on Sunday. Twin \$175, Triple \$169, and Single \$205.

For complete details go to Trips
www.westwoodrec.com

GET ORGANIZED IN 2015!

Who: Ages 18 & up
When: Thu, 6:30 – 8:30 PM, Jan 22 (Snow date Wed, Jan 28)
Where: Islington Community Center
Inst: Marilyn Cruickshank www.csimplicity.com
Fee: \$35 (1 Class) Min: 6 Max: 15



Does your New Year's resolution include becoming better organized? You are not alone! Everyone seems to understand the benefits of being organized, but it's not always easy to figure out just where to start. Learn techniques from a professional organizer, including tips for **paper, space, and time management**, giving you an organized start to the New Year. Take your first step by registering for this workshop!

DOG TRAINING PROGRAMS

Who: Owners Ages 14 & up
Where: Islington Community Center Hall
Inst: Susan Lowell, Pet Providers



If you are registering a service dog you will receive a 50% discount. Proof must be shown to the Recreation Department for the discount.

PUPPY TRAINING

Who: Puppies 12 weeks-1 year
When: Sat, 8:00 – 9:00 AM, Jan 10 – Mar 21 (No 1/17, 2/14, 2/21)
Fee: \$110 (8 classes) Min: 6 Max: 12

This course is designed to help owners and their dogs understand one another through basic commands and motions.

BEGINNING DOG

Who: Dogs 6 months or older
When: Mon, 7:00 – 8:00 PM, Jan 12 – Mar 16 (No 1/19, 2/16)
Fee: \$110 (8 classes) Min: 6 Max: 12

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

ADVANCED DOG

Who: Dogs 1 year or older
When: Mon, 8:00 – 9:00 PM, Jan 12 – Mar 16 (No 1/19, 2/16)
Fee: \$110 (8 classes) Min: 6 Max: 12

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

DOG AGILITY

Who: Dogs 6 months or older
When: Sat, 9:00 – 10:00 AM, Jan 10 – Mar 21 (No 1/17, 2/14, 2/21)
Fee: \$110 (8 classes) Min: 6 Max: 12

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

CANINE GOOD CITIZEN

Who: Dogs 1 year or older
When: Sat, 10:00 – 11:00 AM, Jan 10 – Mar 21 (No 1/17, 2/14, 2/21)
Fee: \$180 (8 classes) Min: 6 Max: 12

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

KEYBOARD & GUITAR LESSONS

Go to Performing Arts, page 10.

ADULT STUDIO ART CLASSES

Who: Ages 16 and Older
Where: Islington Community Center
Inst: SiouxSanna Ramirez-Cruz
Fee: \$82 (2 classes) Min: 4 Max: 10



STUDIO ART 1: CHALKBOARD LETTERING

When: Mon, 7:00-9:00 PM, Jan 12 & 26

Have you been wanting to create a chalkboard sign for a special event, to add to your home, office or to gift but don't know where to start? In this two part workshop learn the basics to get you started!

*Required: Chalkboard of any size that will fit your announcement, phrase or note, a white chalkboard marker and the text you would like to use.

STUDIO ART 2: THE ME PROJECT

When: Mon, 7:00-9:00 PM, Feb 2 & 9

What experience has made an imprint in your life? In this two part workshop we will explore the technique of art journaling to create a project that is all about you while exploring watercolor, pen & ink, color pencil, collage and more.

*Required supplies: accents, stickers, printouts, pictures, etc. that will personalize the page you will be creating. All other supplies provided.

STUDIO ART 3: MIXED MEDIA

When: Mon, 7:00 – 9:00 PM, Feb 23 & Mar 2

Discover how everyday items are your canvas and tools for creating works of art!

STUDIO ART 4: HAND LETTERING

When: Mon, 7:00 – 9:00 PM, Mar 9 & 16

In this two part workshop we will replace the electronic gadget with the original and classic communicator: the pen! Leave your mark on invitations, your next event menu, gift tags, stationary or through the art of hand lettering.

JUST DRAW IT

When: Tue, 7:00 – 9:00 PM, Jan 13 - Feb 10
Fee: \$146 (5 Classes) Min: 4 Max: 10



Have you always wanted to draw but didn't quite know where to begin or the right tools to use? Release your imagination in this five week course as we experiment with various techniques (proportion, line weights, composition, light and shadow) and dry mediums (pencil, pen, color pencil, charcoal and pastels). No experience required just an eagerness to play.

*Required supplies: a drawing board or a hard surface with binder clips to work on.

WATERCOLOR BOOTCAMP

When: Thu, 7:00 – 9:00 PM, Feb 26 – Mar 26
Fee: \$146 (5 Classes) Min: 4 Max: 10



Dive into the mystery of water coloring through assignments that allow you to experiment and apply various techniques of the medium. Students will receive a list of supplies needed for the first class upon registration.

PEDIATRIC FIRST AID & CPR/AED

Who: Ages 15 & up
When: Wed, Jan 28 or March 18, 6:00-9:00 PM
Where: Islington Community Center
Inst: Juanita Allen, W-EMT, Century Health Systems
Fee: \$75 (1 class) Min: 5 Max: 10



Focusing 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

NOW OPEN!



Take Out • Delivery
YOU KNOW YOU WANT TO TRY IT!



781 440 0280 • 111 Lenox Street, Norwood

WELCOME

REVD ★
INDOOR CYCLING

TO THE

FIRST CLASS FREE
FREE BABYSITTING

MOVEMENT.

Located next to Whole Foods in Legacy Place 81 Legacy Blvd Suite 2 Dedham, MA 02026 (781)708-9775

RevIndoorcycling.com
RevIndoorcycling@gmail.com



@RevCycling RevdCycle #revdcycling



What We Do

Westwood Youth & Family Services has been supporting and advocating for the children and families in our community since 1986.

We are a municipally funded agency providing clinical and supportive services designed to foster the healthy growth of children ages 4-18.

Westwood Youth & Family Services works in close collaboration with town agencies, the Westwood Public Schools, and other community based non-profit groups.

Parents and children often contact us because of school-related behavior or academic issues, peer and social problems, child and parent conflict, or other behavioral problems associated with typical child and family development.

Clinical Services

- Individual and Family Counseling
- Parent and Guardian Consultation
- Resource Referral

Group Programs

- Structured Play Groups
- "Girls Only!" Groups
- Single Parent Support Group

Community Partnerships

- Holiday Giving Program
- Recognize-A-Youth (R.A.Y.) Awards

The High School Mentor Program

A variety of opportunities for Westwood residents in the 9th-12th grades to volunteer as mentors and role models to younger students in the community

- Body Safety Theater
- Bullying Prevention Program
- Friends Network
- Teen Center
- Thurston Thursday Club

Staff

Danielle Sutton, LICSW – Director
Joanna Bengel, LICSW – Clinician
Sarah Cleveland, LICSW – Clinician
Mary Ellen LaRose, M.Ed. – Administrative Asst.

For more information about any of our services or programs, please contact us at:

**Islington Community Center
288 Washington Street
Westwood, MA 02090
Tel: (781) 320-1006**

**youth@townhall.westwood.ma.us
www.townhall.westwood.ma.us/yfs**

REGISTRATION

- **REGISTRATION IS REQUIRED FOR ALL LIBRARY PROGRAMS UNLESS OTHERWISE NOTED.**
- Registration begins one month prior to program start date.
- All Library programs are free
- Main Library programs, please call 781-320-1042
- Islington Branch programs, please call 781-326-5914

CONTACT

Lizzy McGovern, Main Library Children's Department
781-320-1042 | wwdchildrens@gmail.com | Westwoodlibrary.org

MAIN LIBRARY PROGRAMS

LITTLE LISTENERS

Who: Children Ages 3-5
When: Tuesdays, 10:30- 11:15 a.m.
January 6-February 24
Where: Westwood Public Library

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

TERRIFIC TWOS

Who: Children Ages 2 and parent/caregiver
When: Wednesdays, 10:30-11:15 a.m.
January 7- February 25
Where: Westwood Public Library

Children will hear stories, songs, rhymes, and make a craft.

BABIES AND BOOKS

Who: Children Ages 0-2 and parent/caregiver
When: Fridays 10:30-11:00 a.m.
January 9- February 27
Where: Westwood Public Library

There will be short stories, songs, dance, and puppets.

CREATIVE KIDS

Who: Children grades K-1st
When: Thursdays, 4:00-4:45 p.m.
January 8- February 12
Where: Westwood Public Library

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

MOVIES FOR MUNCHKINS

Who: Preschoolers with parent/caregiver
When: Select Mondays, 10:30 a.m.
Jan 12, Feb 9, March 23
Where: The Westwood Public Library

Come to the children's program room to enjoy picture books on the big screen! We will watch short picture book films perfect for preschoolers.
Drop in Program, no registration necessary.

TODDLER ART

Who: Preschoolers with parent/caregiver
When: Wednesdays, 10:30 a.m.
March 4, 11, 18th
Where: Westwood Public Library

Children are invited to participate in this toddler-friendly art program. Each week we will complete a different craft project in honor of National Youth Art Month!

KIDS MOVIE AFTERNOON

Who: Families with children
When: Wednesdays, 2:00 p.m.
Jan 2, Feb 18, March 4
Where: The Westwood Public Library

Come to the library to enjoy a fun movie afternoon. BYO drinks and nibbles. Call the library or check the website for movie details.

Drop in Program, no registration necessary.

DADURDAYS

Who: Children and their Dads
When: Saturdays, Time is TBA
January 3, February 7, March 7
Where: Westwood Public Library

Come spend some special dad-time at the library and enjoy special dad-themed programs! Check the library website for specific program details.

SIMPLY S.T.E.M.

Who: Children grades 1st and 2nd
When: Tuesdays, 4:00-4:45 p.m.
January 13, 20, 27
Where: Westwood Public Library

Come test your hand as a master of STEM (Science, Technology, Engineering, and Math) with hands-on science experiments and activities.

GIZMOS, GADGETS, AND GOO

Who: Children grades 3rd and 4th
When: Mondays, 4:00-4:45 p.m.
March 3, 10, and 17
Where: Westwood Public Library

Come run experiments, build contraptions and gadgets, and try not to let the occasional slime soak into your sneakers! Each session we will learn about science, technology, engineering, art and design, through demonstrations and hands-on experiments.

ISLINGTON BRANCH PROGRAMS

STORYTIME

Who: Children ages 2 and up.
When: Thursdays, 9:30-10:15 a.m.
January 8 – February 26
Where: Islington Branch Library

Children will participate in stories, songs, films and crafts.



PJ STORYTIME

Who: Children ages 3 and up.
When: 3rd Wednesday of the month, 6:30-7:15 p.m.
January 21, February 18, March 18
Where: Islington Branch Library

Children can come in their jammies and bring a special stuffed animal and blanket to hear stories and songs.

LEGO MANIA

Who: Children grades K and up
When: Tuesdays, 3:45-4:45 p.m.
January 6- March 31
Where: Islington Branch Library

Come and build Lego creations with Library Legos.



Westwood Early Childhood Office

Janet Lucey, Coordinator
Westwood Public Schools

<http://www.westwood.k12.ma.us/index.cfm?pid=14678>

jlucey@westwood.k12.ma.us

(781) 461-9548

New Programs

StoryWalks provide opportunities for parents, caregivers and children to read some children's literature while enjoying the great outdoors! The story, Over in the Meadow was posted along a trail in Hale Reservation during October. Over fifty readers and their families participated! Be sure to join us for the next story, The Mitten by Jan Brett, which will be posted in December. Visit our website for more details.

STEM Investigations is a new monthly program for preschool children to explore activities related to Science, Technology, Engineering and Mathematics! Related stories and hands-on projects are incorporated. Registration is required.

Westwood Sings

You are invited to an intergenerational musical performance featuring the talented students from the WHS Tri-M Music Honor Society. This show is sure to entertain children, their parents/grandparents, caregivers and the senior members of our town. Join us on Thursday, 12/4/14 from 10:15 -10:45 at the Westwood Senior Center. Register at <http://tinyurl.com/weccwsings>.



Brain Building in Progress Week

Every year the Brain Building in Progress Campaign celebrates the community wide commitment to early childhood development! The mission is to create awareness of the critical importance of fostering the cognitive, social and emotional development of young children by emphasizing its future impact on Massachusetts' economic development and prosperity.

From April 5th-12th, we are asking the entire town of Westwood to become Brain Builders! Please show your support by participating in our week of action. We will be working with local businesses and community organizations to set up "brain building zones" – a specified area where children can engage in enriching activities. Stay tuned for details. Visit <http://www.brainbuildinginprogress.org> or contact Janet Lucey for more information.

Resources for Early Learning

Are you looking for activities to do at home??? Check out Resources for Early Learning <http://resourcesforearlylearning.org/> for ideas and useful tips. Resources for Early Learning is a newly launched, comprehensive, multi media website created specifically for parents, children and early educators. The site was developed by WGBH in collaboration with the MA Department of Early Education and Care. WGBH shares the guidance that media use should be *intentional, developmentally appropriate, used in moderation, mediation, and as a springboard for additional learning and interaction*. The website features media-rich educational resources to help support the development of children ages birth through 5 years. Check out the "Ramps at Home" Activity to help kids make and observe how marbles, cars, etc. move on ramps! <http://www.resourcesforearlylearning.org/parents/activity/1825/>



The Westwood Council on Aging, located in the Patricia Carty-Larkin Senior Center, is a town department that identifies and meets the social, emotional, economic, and health needs of the senior population (age 60 and older) in our community. Through our staff and volunteers, we offer a wide variety of social, recreational and educational programs; transportation services; and information and referral services for social supports. The Council on Aging is an advocate to enhance the quality of life, promote the rights and help maintain independence for older adults in our community.

Transportation Services

- Medical Appointments (10 mile radius)
- Weekly Trips to Area Malls and Supermarkets
- Local Errands (5 mile radius)
- Transportation to and from Council on Aging

Fitness, Health & Wellness Classes

- Health Screenings & Clinics
- Fun Fit Exercise
- Low Impact Exercise
- Tai Chi
- Chair Yoga for Strength, Flexibility, Balance and Relaxation

Westwood Council on Aging
60 Nahatan Street
Westwood, MA 02090

Monday-Thursday 8:00 am – 4:00 pm
Friday 8:00 am – 3:15 pm

Phone (781) 329-8799
Fax (781) 329-5949

www.townhall.westwood.ma.us

Social Services

- LSW Social Worker
- Bereavement Support Group
- Home & Office Consultations
- Friendly Visitor Program
- Fuel Assistance
- Legal Assistance
- SNAP (Food Stamps)
- SHINE Counselor
- Food Pantry
- Tax Preparation Assistance

Activities

- Lectures
- Movies
- Trips-Museums, Historic Sites, Others
- Art Classes
- Whist & Bridge
- Bingo
- Knit & Crochet
- Quilting
- Wii Bowling
- Crafts



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

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

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



JITIN SAHANI DMD MSC BDS



NEELA GANDHI DMD BDS

www.sahanidentical.com

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

Westwood Recreation Department
240 Nahatan Street
Westwood, MA 02090

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

RESIDENTIAL CUSTOMER WESTWOOD, MA 02090



Westwood Day 2014

