

New Year's Eve Fireworks
Thursday, December 31 at 7:00 PM
Westwood High School



Proudly Sponsored by





**For 45 years, we've been at the
top of your shopping list.**

**Happy
New Year!**

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

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

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

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

COMMUNITY

Boy Scouts Troop 3 Westwood www.troop3westwood.org

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 Youth Football www.dswyouthfootball.org

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Interested in running a class?

Send a proposal or contact Kristin Scoble
kscoble@townhall.westwood.ma.us

Recreation is hiring!

Check out the latest positions.
www.townhall.westwood.ma.us

Quick Links: Employment Opportunities



BOARD OF SELECTMEN

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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

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REGISTRATION AND PAYMENT



ONLINE REGISTRATION: www.westwoodrec.com

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

WALK-IN 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 IMMEDIATELY UPON RECEIPT OF THIS BROCHURE

NON-RESIDENT REGISTRATION

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 accepted 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 fee payable to the Town of Westwood for returned checks.

REFUND/CREDIT POLICY

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

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

WEATHER POLICY

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



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

Program and pool facility information will be updated as follows:

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



SESSION C		SWIM LEVELS							
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Jan 4-Feb 8 (No 1/18)	\$80	9:30-10:10	9:30-10:10						
Tue, Jan 5-Feb 2	\$80			1:10-1:50					
Thu, Jan 7-Feb 4	\$80				1:10-1:50				
Sat, Jan 9-Feb 6	\$80	9:00-9:40	9:00-9:40	8:15-8:55	10:30-11:10				9:45-10:25
Sun, Jan 10-Feb 7	\$80			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		
SESSION D		SWIM LEVELS							
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Feb 22-Mar 21	\$80	9:30-10:10	9:30-10:10						
Tue, Feb 23-Mar 22	\$80			1:10-1:50					
Thu, Feb 25-Mar 24	\$80				1:10-1:50				
Sat, Feb 27-Apr 9 (No 3/12, 3/26)	\$80	9:00-9:40	9:00-9:40	8:15-8:55	10:30-11:10				9:45-10:25
Sun, Feb 28-Apr 10 (No 3/13, 3/27)	\$80			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		



WATER BABIES (WB) ages 9-24 months*

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

PARENT AND CHILD (PC) ages 2-3*

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

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

PRESCHOOL (PS345) ages 3-5

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

LEVEL 1 (L1) INTRO TO WATER ages 4 & up

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



LEVEL 2 (L2) FUNDAMENTAL SKILLS

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

LEVEL 3 (L3) STROKE DEVELOPMENT

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

LEVEL 4 (L4) STROKE IMPROVEMENT

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

LEVEL 5 (L5) STROKE REFINEMENT

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

YOUTH BEGINNER (YB) ages 8-14

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

OBSERVATION POLICY

We welcome your enthusiasm and ask you to please join us in the Spectator Area of the Pool on the first and last day of class.

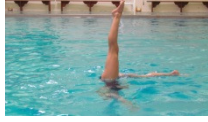
During all other classes, the Spectator Area will be closed to minimize distractions to the class and to improve the attention of swimmers.

OBSERVATION FIRST & LAST CLASS ONLY

INTRO TO SYNCHRONIZED SWIMMING

ages 8 & up

Kristen Peterson, Level One Coach
Fri, Jan 8-Feb 12, 7:00-8:00 PM
\$77 (6 classes) Min 4/Max 10



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

AQUA FITNESS **ages 18 & up**

Susan Perry, Aquatics Manager
Tue, Wed, Thu, Jan 5-Mar 31 (No 2/16, 2/17, 2/18, 3/23), 9:00-10:00 AM
\$75 Punch Pass (10 classes) Min 6/Max 24

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

SENIOR SWIM **ages 60 & up**

Tue and Thu, Jan 5- Mar 31 (No 2/16, 2/18), 1:00-2:15
\$5 per swim or Current Pool Membership

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



LIFEGUARD TRAINING **ages 15 & up**

Susan Perry, Aquatics Manager
Tue - Fri, Feb 16-19, 8:00-4:00
\$325 (4 days) Min 4/ Max 8

PRE-SKILLS SCREENING: MONDAY, JANUARY 11, 7:00 PM

This course teaches the skills and knowledge needed to prevent and respond to aquatic emergencies. CPR and First Aid included.

Full participation is required. Candidates must pass a skills screening prior to registration. Registration is taken on a first-come first-serve basis after successful completion of the pre-skills screening Jan 11, 7:00 PM.

WATER SAFETY INSTRUCTOR **ages 16 & up**

Susan Perry, Aquatics Manager
Mon-Thu, Feb 29-Mar 22, 3:00-6:00 PM
\$375 (14 classes) Min 4/ Max 6

PRE-SKILLS SCREENING: MONDAY, JANUARY 11, 7:00 PM

Become a certified American Red Cross Water Safety Instructor just in time for the summer. Pre-skills screening **required** – Jan 11, 7:00 PM. Upon successful completion of this screening, participants may register for this program. Check your calendars. Full participation is required.

CO-ED WATER POLO **ages 14-18**

Julie Harrington, Aquatics Specialist
Tue and Thu, Feb 23-Mar 24, 2:30-4:00
\$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.

FAMILY POOL PARTY

Sat, Jan 23, 2:30-4:30
\$15 per Family - All ages welcome! Min 20/Max 150

Break up the long winter and join family and friends at the pool. This swim event is for all ages and abilities. The Tot Docks will be available to non-swimmers. Non-swimmers must be accompanied by an adult in the water. Snacks and drinks will be provided.

SWIM IN – A NIGHT AT THE MOVIES

grades 3, 4 and 5

Tue, Feb 16, 7:00-9:00 PM
\$15 per swimmer. Min 10/Max 50

Bring a float and join your friends at the pool for a night at the movies. Swimmers must pass a pool test. Snacks and drinks will be served after the movie.



MARCH MADNESS – WATER BASKETBALL

grades 6, 7 and 8

Fri, Mar 18, 3:30-5:00
\$10 per swimmer. Min 10/ Max 40

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

FEBRUARY VACATION OPEN SWIM

Tue-Fri, Feb 16-19, 1:00-3:00 PM
Current membership or daily fee of \$5 per swimmer

Join your friends at the pool and make a splash. Participants must be able to swim independently or be accompanied by an adult.

POOL PARTIES



Great for all ages and any occasion!

The \$250 fee includes staff for two hours. One hour of swimming followed by one hour in the pool lobby. All pool rules apply. Maximum of 50 people. To request your pool party, register online under pool rentals. www.westwoodrec.com

PRIVATE & SEMI-PRIVATE LESSONS

ages 4 & up

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

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

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



UNDERWATER HOCKEY ages 18 & up

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

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

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

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



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*No cash value. No cash back. No rain checks. Coupon not valid on prior Sports Authority purchases, online Sports Authority purchases, gift cards, licenses, event tickets, store services, leases, rentals or items intended for resale. Offer good on in-stock merchandise only. Must present coupon at time of purchase to redeem. Cannot be combined with any other offer, Cash Card, coupon or Employee or Friends & Family discount. Coupon may not be reproduced. One coupon per customer, per purchase. Exclusions include clearance items marked with prices ending in 7 cents; BOGO offers; Buy X number of items, Pay \$Y amount offers (i.e. "2 For" and "3 For"); Deals of the Week; all Snagrab and Black Friday Weekend Sale offers; baseball gloves priced \$169.99 or more; baseball bats priced \$200 or more; Coleman grills; official league game balls; firearms and ammunition; GPS handheld devices, watches and accessories; rangefinders; pedometers; activity trackers; heart-rate monitors; USG; Under Armour; The North Face; Nike; Brooks; select adidas, ASICS & Mizuno footwear; Babolat; select TaylorMade; Titleist; Shock Doctor mouthguards; Burton; Volkl; GoPro; Penn Reels.

**SPORTS
AUTHORITY.**



PARENT/CHILD



Meet our new Parent/Child instructor, Jenny Slocum!

Jenny Slocum has been working with infants, children, and families for more than 20 years in a variety of capacities and environments. After obtaining degrees in child development and social work, she earned her master's degree in education. She has developed pre-school curricula and worked with children and families through early intervention at the public schools.

BOPPIN' BABIES ages 0 - 18 months

Islington Community Center
Jenny Slocum, M.Ed.
Thu, Jan 14 - Mar 10 (No 2/18), 9:30 - 10:15
\$65 (8 classes) Min 6/ Max 10

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

EARLY EXPLORERS crawlers - 18 months

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Jan 13 - Mar 9 (No 2/17), 9:30 - 10:15
\$65 (8 classes) Min 6/Max 10

Let your little one loose to explore, play and learn.

TERRIFIC TOTS ages 18 months - 2 years

Islington Community Center
Jenny Slocum, M.Ed.
Thu, Jan 14 - Mar 10 (No 2/18), 10:30 - 11:30
\$73 (8 classes) Min 6/ Max 10

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

CREATIVE KIDS ages 3-5

Islington Community Center
Jenny Slocum, M.Ed.
Tue, Jan 12 - Mar 8 (No 2/16), 9:30 - 10:30
\$73 (8 classes) Min 6/ Max 10

Get crafty and bring your singing and dancing moves. Stories, songs, crafts and fun!

MUSIC & MOVEMENT ages 2-4

Islington Community Center
Jenny Slocum, M.Ed.
Tue, Jan 12 - Mar 8 (No 2/16), 10:45 - 11:30
\$65 (8 classes) Min 6/ Max 10

Let your inner musician shine! Join the fun with singing, dancing and playing instruments.

SUPER SCIENTISTS ages 2-4

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Jan 13 - Mar 9 (No 2/17), 10:30 - 11:15
\$65 (8 classes) Min 6/Max 10

Come explore science through hands-on activities, stories and songs.

PRESCHOOL


ADVENTURE DAYS ages 3-5

Islington Community Center
Recreation Staff



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.** Min 6/Max 12

DAY	DATES	9:00-1:00	1:00-3:30
Mon	Dec 21	\$35	\$25
Tue	Dec 22	\$35	\$25
Wed	Dec 23	\$35	\$25
Tue	Feb 16	\$35	\$25
Wed	Feb 17	\$35	\$25
Thu	Feb 18	\$35	\$25
Fri	Feb 19	\$35	\$25



Dedham Savings is proud to support Westwood Recreation.

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PERFORMING ARTS

HIP HOP ages 5-13

Islington Community Center Hall
Aly Pereira
Fri, Jan 22-Mar 18 (No 2/19), 5:00-6:00
\$110 (8 classes) Min 5/Max 20

Learn the latest dance moves to today's popular music! This program 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.

ART STUDIO MIXED MEDIA ages 7-10

Islington Community Center
Lisa Walker



Calling all artists! If your child has a passion for creating things with their hands, these classes are a must! Students will create individual pieces in 3D or 2D. 3D Art explores three dimensions while learning about carving, modeling and sculpture using recycled products, mixed media and more. 2D Art explores the mark on a flat surface while learning about graphite, colored pencils, watercolor and more. No prior experience required. All supplies provided. Wear clothes that can get dirty. Min 6/Max 12

Class	Day	Time	Cost
2D Art	Wed, Jan 13	1:00 – 2:30	\$40
3D Art	Wed, Jan 27	1:00 – 2:30	\$40
2D Art	Wed, Feb 10	1:00 – 2:30	\$40
3D Art	Wed, Feb 24	1:00 – 2:30	\$40

YOUTH

HOME ALONE SAFETY ages 8 - 11

Islington Community Center
Juanita Allen, W-EMT, Century Health Systems
Wed, Jan 27, 1:00-3:00
Mon, Feb 22, 3:00-5:00
\$55 (1 class) Min 6/Max 15

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

BLAST-BABYSITTING SAFETY ages 11 - 15

Islington Community Center
Juanita Allen, W-EMT, Century Health Systems
Wed, Jan 27, 3:00-6:00
Thu, Feb 11, 3:00-6:00
\$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.

MAGIC WORKSHOP ages 6 & up

Joe Carota
\$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!**

Day	Date	Time	Location
Wed	Jan 27	1:30-2:45	Downey Cafeteria
Wed	Feb 17	10:30-11:45	Middle School Annex
Wed	Mar 2	1:30-2:45	Downey Cafeteria



PRINCESSES & KNIGHTS



ETIQUETTE TEA PARTY ages 5-8

Islington Community Center
Janet L. Parnes, Etiquette Consultant
Wed, Feb 17, 2:00-3:00
\$30 (1 class) Min 6/Max 10

The magic of royalty and charm of a tea party are blended in an event that will enrapture any girl or boy who has dreams of becoming a princess or knight. Pink & silver prevail at this party! Decked out in capes and tiaras/crowns, the princesses and knights learn how to introduce themselves/shake hands and practice polite table manners. They revel in a table befitting them (china/linens; no paper products for these royals!), special "tea" (pink lemonade), treats and sweets, a tea-party tale and Lady J's hilarious story/game "The Polka-Dot Princess". Each child leaves with a tiara/crown, two lollipops and program summary. Parents are welcome to drop off children or stay and watch the festivities.

5 MANNERS FOR CHILDREN ages 8-11



Islington Community Center
Janet L. Parnes, Etiquette Consultant
Thu, Feb 18, 2:00-3:30
\$40 (1 class) Min 6/Max 12

Do your child's manners sometimes make you cringe? In this interactive workshop children will learn simple skills that will make interacting with adults more enjoyable for everybody! In addition, props, stories, role play and head-scratching questions will make learning fun! The children will learn skills associated with the following: Introducing themselves, dining with grace and ease, general social skills.

VACATION INFLATABLE DAY ages 6-12



Thurston Middle School Gym
Recreation Staff
Wed, Feb 17, 10:00-1:00
\$40 (1 class) Min 35/Max 70

Jump, climb, slide and race with friends! Have a blast playing on inflatables such as: giant slide, bungee run, Delta Force obstacle course, hoop mania and jumpy house. Please bring water bottle, snack and a lunch.



SPORTS

*Staff will be at Downey and Sheehan Schools 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 *grades 2-5*

Downey School Gym
Mike Griffin and Recreation Staff
Thu, Jan 14-Mar 10, (No 2/18), 3:30-5:00
\$120 (8 classes) Min 10/Max 25

Participants play a variety of games: capture the flag, blob, kickball, whiffle ball, dodge ball, pillow polo, handball, basketball. Kids may bring their own game ideas to share. Program promotes sportsmanship and teamwork.

*SHORT WEDNESDAY SPORTS & GAMES

ages 5-12
Recreation Staff

Games include: capture the flag, kickball, dodgeball, and a variety of different sports. Program promotes good sportsmanship and teamwork. Participants will eat their lunch first and then play. The program does not begin until 12:30pm to allow students from neighboring schools to arrive for lots of fun. Please bring **peanut/nut free** snacks, lunch, water bottle and drinks. Min 10/Max 25

SCHOOL	DATES	TIME	FEE
Downey	Jan 13, 27; Feb 10, 24; Mar 2, 16 & 30	11:50-3:00	\$140 (7 classes)
Sheehan	Jan 13, 27; Mar 16 & 30	11:50-3:00	\$80 (4 classes)

*HOOP IT UP CLINIC *grades 1-2*

Downey School Gym
Mike Griffin and Recreation Staff
Tue, Jan 12-Mar 15, (No 2/16, 3/1), 3:30-5:00
\$120 (8 classes) Min 10/Max 15

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

SOCCER CLINICS *grades 1-5*

Downey School Gym
John Kendall
\$50 (6 classes) Min 10/Max 20

The focus is strictly on individual ball technique: ball control, possession dribbling, attack dribbling, striking, passing and receiving. Please bring sneakers, shin guards, and a water bottle. No cleats.

Grades	Day	Dates	Time
1-2	Mon	Jan 11-Mar 7 (No 1/18, 2/15, 2/29)	4:00-4:45 or 4:45-5:30
3-5	Fri	Jan 15-Feb 26 (No 2/19)	4:00-4:45 or 4:45-5:30



LITTLE HOOPS *ages 4-6*

Downey School Gym
Mike Griffin and Recreation Staff
Wed, Jan 13-Mar 9, (No 2/17), 3:30-4:15 or 4:15-5:00
\$93 (8 classes) Min 10/Max 15

Dribble, Pass, Shoot! Have fun while learning the basic skills. Participants will receive individual instruction with dribbling, shooting, passing, defense and teamwork. Please bring a water bottle and sneakers.

KARATE *ages 5-14*

Deerfield School Gym
Darryl Hinthorne, Kenpo Center for Martial Arts
\$110 (10 classes) Min 5/Max 20



Kenpo Martial Arts teaches the student techniques and skills to defend themselves. It also instills the confidence and discipline to practice these skills making them as effective as possible. Classes are designed to encourage respect, effort, etiquette, sincerity, character and above all discipline and self-control. Students may also compete in tournaments with the World Martial Arts Federation which holds 2 tournaments a year in Boston, MA. They may also compete in other local tournaments which will be discussed during the session. The training is a great way to get in shape and challenge yourself. Each class covers a variety of topics about self-defense.

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

AGES	TIME	DAYS	DATES
5-8	4:30-5:15	Wed & Fri	Session A: Jan 13-Feb 12
9-14	5:30-6:15	Wed & Fri	Session A: Jan 13-Feb 12
5-8	4:30-5:15	Wed & Fri	Session B: Mar 2-Apr 6 (No 3/25)
9-14	5:30-6:15	Wed & Fri	Session B: Mar 2-Apr 6 (No 3/25)

FITNESS



ADULT KICKBOXING *ages 18 & up*

Atlantis Sports Club, 25 Allied Drive, Dedham Hilton
Atlantis Sports Club Staff
Tue, Jan 5-Mar 29, 5:30-6:30 PM
\$89 (13 classes) Min 5/Max 10



For those of who want to sweat, try this high energy kickboxing class. Kick & Punch pounds away. This is a great workout and always fun to do with a friend. Bring a water bottle and get ready to move. All levels are welcome.

SPIN CLASS *ages 15 & up*

Atlantis Sports Club, 25 Allied Drive, Dedham Hilton
Atlantis Sports Club Staff
Sat, Jan 9-Apr 2, 7:00-7:45 AM
\$89 (13 classes) Min 3/Max 8



Class is a stationary bike workout. Excellent for building endurance and ideal to cut body fat and tone your core. There is great music and energy. All levels are welcome.



CARDIO BLAST *ages 18 & up*

Islington Community Center Sanctuary

Core Asset Staff

Session C: Tue, Jan 5-Feb 23 (No 2/16), 9:15-10:15 AM

Session D: Tue, Mar 8-Apr 26 (No 4/19), 9:15-10:15 AM

\$88 (7 classes) Min 8/Max 12

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. If there is good weather, the class will be held outside at the Flahive Field.

BOOT CAMP *ages 18 & up*

Westwood High School Gym

Core Asset Staff

Session C: Tue & Thu, Jan 5-Feb 25 (No 2/16 & 2/18), 6:00-7:00 AM

Session D: Tue & Thu, Mar 8-Apr 28 (No 4/19 & 4/21), 6:00-7:00 AM

\$175 (14 classes) Min 8/Max 30

Boot Camp is a varied workout that includes resistance and bodyweight training, high intensity intervals and cardio. It is appropriate for men and women of varied fitness levels, and modifications are available to accommodate for past injuries or perceived strengths and weaknesses. It is an ideal cross training addition to a current workout regime. This is a two day a week program. Attendance will be taken at each class. Participants need to bring a mat, light weights and water.

TRX SUSPENSION BODY BURN *ages 18 & up*

Islington Community Center Sanctuary

Core Asset Staff

Session C: Mon, Jan 11-Feb 29 (No 1/18, 2/15), 8:00-9:00 AM

Session C: Thu, Jan 14-Feb 25 (No 2/18), 8:00-9:00 AM

Session D: Mon, Mar 7-Apr 11, 8:00-9:00 AM

Session D: Thu, Mar 10-Apr 14, 8:00-9:00 AM

\$90 (6 classes) Min 4/Max 8

Join us for a full body workout utilizing the TRX suspension system. TRX uses body weight to target core and extremity muscles like no other fitness equipment. We will also incorporate resistance and cardio intervals into the class to make it a full workout experience. No experience necessary and the instructor will modify for existing injuries. Come ready to work hard and sweat! Please bring a mat, water and a set of weights (5-8 pounds).

PILATES *ages 14 & up*

Core Asset Staff

Mat Pilates: 7:00-8:00 PM, Sheehan Cafeteria

Plus Pilates: 9:00-10:00 AM, Islington Community Center Sanctuary

Session C: Wed, Jan 13-Feb 24 (No 2/17)

Session D: Wed, Mar 9-Apr 13

Fee: \$75 (6 classes) Min 8/Max 20

MAT PILATES

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

PILATES PLUS

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.

MENS YOGA *ages 18 & up*

Location to be announced

Core Asset Staff

Session C: Thu, Jan 14-Feb 25 (No 2/18), 7:30-8:30 PM

Session D: Thu, Mar 10-Apr 14, 7:30-8:30 PM

\$75 (6 classes) Min 8/Max 20



Join us for a specialized yoga class designed for men. The class is a flowing practice that utilizes naturally occurring strength and eases the body into progressive stretches. Yoga is beneficial for sedentary men, athletes and weekend warriors. It is a perfect complement to running and triathlon training. Stress relief is a bonus, and who couldn't use some of that? No experience necessary and the instructor will modify for existing injuries. Please bring a mat and water. If you have a yoga block and/or strap, they will be helpful. We have a few to share.

ADULT YOGA *ages 16 & up*

Sheehan School Library

Linda Margosian, Certified Hatha Yoga Instructor

Session C: Thu, Jan 14-Mar 24 (No 2/18), 7:00-8:30 PM

\$180 (10 classes) Min 5/Max 12

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

MOTHER/DAUGHTER YOGA *ages 7 & up*

Open Doors Yoga, 258 Providence Highway, Westwood

Elizabeth King, RYT

Session C: Sun, Jan 31-Mar 13 (No 2/14), 3:30-4:30 PM

\$78 (6 classes) Mother and Daughter both have to register. Min 6/Max 20

This special series, designed for girls ages 7 and up with their mother (or any adult female role model), will include yoga postures, partner yoga, breathing, restorative postures and guided relaxation. All abilities welcome. This is taught as a Vinyasa flow yoga class. Vinyasa is the gradual progression or step by step approach that connects one pose to another. The series of poses moves you through the power of movement and breathing. Please wear stretchy, non-restrictive, comfortable clothing and bring a water bottle, and yoga mat. If you do not have a mat you can rent one for \$1.

TEEN YOGA *ages 13-19*

Open Doors Yoga, 258 Providence Highway, Westwood

Elizabeth King, RYT

Session C: Sun, Jan 31-Mar 13 (No 2/14), 6:30-7:30 PM

\$78 (6 classes) Min 6/Max 20



Teen Yoga will focus and incorporate mind-body practices such as Yoga poses, breathing exercises, techniques, deep relaxation and guided meditation. Social and emotional skills including stress management, self-appreciation, confidence and strong peer relationships will be covered. Please wear stretchy, non-restrictive, comfortable clothing and bring a water bottle, and yoga mat. If you do not have a mat you can rent one for \$1.



DOG TRAINING PROGRAMS

Islington Community Center Hall

Susan Lowell, Pet Providers

Owners of all ages (children 12 and under must be with an adult)

50% Discount for Service Dog. Proof must be shown.

Register for first class in full and get 50% off the second class in the same season.

AKC S.T.A.R. PUPPY PROGRAM (SPP)

puppies 12 weeks-1 year

If your dog is going to become a show, competition, service dog or a Canine Good Citizen, this class is for you! The AKC S.T.A.R. Puppy is an exciting new program designed to get dog owners and their puppies off to a good start. The AKC S.T.A.R. Puppy Program is an incentive program for loving dog owners who have taken the time to take their puppies through a basic training class. Min 6/Max 12

BEGINNING DOG (BD) dogs 6 mo or older

Dogs and owners will learn the basics of agility equipment above puppy training. Min 6/Max 12

ADVANCED DOG (AD) dogs 1 yr or older

Learn to have better control over your dog, leashed or unleashed. This class will help you advance to Canine Good Citizen and agility classes. Min 6/Max 12

INDOOR DOG AGILITY (DA) dogs 6 mo or older

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. Min 6/Max 12

CANINE GOOD CITIZEN (CGC) dogs 1 yr or older

The Canine Good Citizen Program is designed to teach responsible ownership and certify dogs that have the training and behaviors needed to be reliable, well-behaved members of their families and communities. Dogs must pass all ten items listed in the CGC records at the American Kennel Club and meet the standard for visiting nursing homes, schools, and other venues to be certified. Min 6/Max 12

LEVEL	DAY	DATES	TIME	FEE
SPP	Wed	Jan 13-Mar 9 (No 2/17)	7:00-8:00 PM	\$115 (8 classes)
BD	Tue	Jan 12 – Mar 8 (No 2/16)	6:00-7:00 PM	\$115 (8 classes)
AD	Wed	Jan 13 – Mar 9 (No 2/17)	6:00-7:00 PM	\$115 (8 classes)
DA	Tue	Jan 12 – Mar 8 (No 2/16)	7:00-8:00 PM	\$115 (8 classes)
CGC	Wed	Jan 13-Mar 9 (No 2/17)	5:00-6:00 PM	\$180 (8 classes)

BALLROOM DANCING ages 18 & up

Downey School Cafeteria

Paul Hughes

Tue, Jan 12-Mar 8 (No 2/16), 7:30-8:30 PM

\$105 (8 classes) Min 6/Max 12

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

WATERCOLOR BOOTCAMP 101 ages 15 & up

Islington Community Center

SiouxSanna Ramirez-Cruz

Mon & Wed, Jan 11-Feb 8 (No 1/18), 6:00-8:00 PM

\$173 (8 classes) Min 4/Max 8



Jump right in, experiment and learn the basic techniques, tools, and color introduction. Learn and grow as a painter to create anything in watercolors with direct coaching. Students of all abilities welcomed!

WATERCOLOR INTENSIVE ages 15 & up

Islington Community Center

SiouxSanna Ramirez-Cruz

Mon & Wed, Mar 7-30, 6:00-8:00 PM

\$173 (8 classes) Min 4/Max 8



Improve your watercolor skills or brush them off in this intensive course. Produce a piece from beginning to end as we develop and refine skills and acquire new techniques through class projects. Students will explore mixed media work using watercolor as a foundation with direct coaching. Students of all abilities welcomed!

WHAT DO I SAY & HOW DO I SAY IT?

ages 15 & up

Islington Community Center

Janet L. Parnes, First Impression & Etiquette Expert

Mon, Feb 1, 6:00-7:00 PM

\$20 (1 class) Min 6/Max 10



Do you dread meeting people, because you don't know what to say to them? Are you afraid of losing job opportunities, because you don't know how to make small talk with the interviewer? At a party or network event do you wish you could bury your head in your smartphone until you can get out of there?

This workshop offers easy, implementable tips that will help you turn conversation anxiety into ease. You will learn how to start/end a conversation, tune in to common interests, deal with an awkward silence; disagree with diplomacy; break into a group; send a message with body language, deal with common dilemmas and more. The workshop is designed for adults/young adults who want to make social and professional interactions more enjoyable and productive.

PEDIATRIC FIRST AID & CPR/AED ages 15 & up

Islington Community Center

Juanita Allen, W-EMT, Century Health System

Wed, Jan 27, 6:00-9:00 PM

\$85 (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, Epi-pens, and Asthma. Participants will receive a 2 year certification in Pediatric First Aid and in Adult and Pediatric CPR/AED.



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 6:00 PM.

STAFF: Recreation Staff

SNOW TUBING, NASHOBA VALLEY

Wed, Feb 10, 1:10-6:00 PM
\$56 (1 class) 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.

PINZ, MILFORD

Wed, Mar 2, 1:10-6:00
\$53 (1 class) Min 13/Max 16

Join us for a fun afternoon of bowling, pizza lunch, arcade, and laser tag. Fee includes bowling, pizza, arcade, and laser tag. Return to pool lobby by 6:00 for pick up.

**DRIVERS EDUCATION CLASSES** *ages 15 & up*

Islington Community Center Sanctuary
Teachers Driving Academy
\$99 (1 session)

SESSION 2**SESSION 3**

DAY	DATES	TIME	DAY	DATES	TIME
Wed	Dec 9	6:00-8:00 PM	Wed	Jan 27	6:00-8:00 PM
Mon	Dec 14	5:00-9:15 PM	Mon	Feb 15	8:00-2:30
Tue	Dec 28	8:00-2:30	Mon	Feb 16	8:00-2:30
Wed	Dec 29	8:00-2:30	Tue	Feb 17	8:00-2:30
Thu	Dec 30	8:00-2:30	Wed	Feb 18	8:00-2:30
Fri	Dec 31	8:00-2:30	Thu	Feb 19	8:00-12:15

Parent & Student Classes

Session 2: Wed, Dec 9, 6:00-8:00 PM

Session 3: Wed, Jan 27, 6:00-8:00 PM

Please note that in some sessions, the total number of hours exceeds 30. This is a result of ½ hour break built into the schedule. Choose a session that best fits your schedule and register early. At least one parent/guardian must attend the Parent Class. If you have already attended a parent class since September, 2007, they count for 5 years. Please let TDA know when your child is dropped off on the first night. If your child misses a certain class, they are allowed to make it up as long as it is the exact class module that they missed. You do not have to book a make-up class with TDA, you can simply walk-in to another class in another community and sign the book there. Students must bring a notebook, pen and copy of their birth certificate. Students may not leave the building and are asked to bring snacks and drinks. If you have any questions, call 877.TDA.DRIVE or visit their website @ www.teachersdrivingacademy.com. Min 10 / Max 50

NEW YEAR'S EVE FIREWORKS

BRING IN 2016 WITH A BANG!

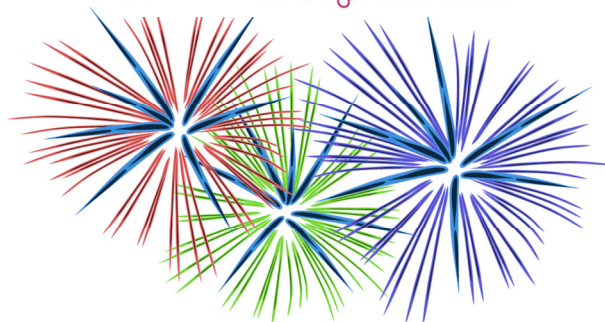
THURSDAY, DECEMBER 31

7:00 PM SHARP

WESTWOOD HIGH SCHOOL

SPECIAL THANK YOU TO

Roche Bros.
Your family deserves the best.

**SAVE THE DATE**

SATURDAY, MARCH 12, 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!



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MEMBER DIF

Early Childhood Office

Janet Lucey, Coordinator

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

jlucey@westwood.k12.ma.us

(781) 461-9548



We have had an exciting Fall Season with numerous programs and events for families with young children! We hope you have had the opportunity to participate in Family Playgroup, Musical Mondays, STEM Workshops, Babies in the Mix, our StoryWalk or our Celebration of Adoptive Families. To find out about upcoming programs, visit our [New Website](http://www.westwood.k12.ma.us/early-childhood-council/) at <http://www.westwood.k12.ma.us/early-childhood-council/>. This site has current news and updates. We list programs with dates, locations and registration details. Under documents, we have a Resource Guide for families with young children in Westwood. We also have Preschool Registration Information (open houses and deadlines) if you are looking for a preschool program for next September.

New Office Location

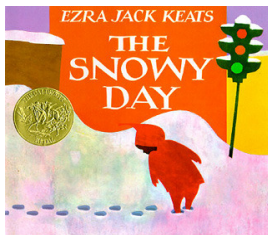
We have relocated from the High School Building to Room 14 at the Hanlon School at 790 Gay Street. You are always welcome to stop by to visit.

Westwood Sings

We would like to invite you 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 Tuesday, 12/8/15 from 10:15 -10:45 at the Westwood Senior Center. Register at <http://tinyurl.com/weccwsings> or call the office for more details.



StoryWalk



Take a stroll with your child on a trail in Hale Reservation while you read The Snowy Day by Erza Jack Keats. The story is about a boy named Peter exploring his neighborhood after the first snowfall of the season. Follow the signs to the Trading Post in Hale where you will find the start to this StoryWalk. It will be available throughout the month of December so you can go whenever it is convenient for you! StoryWalks tm were created by Vermont resident Anne Ferguson and incorporate physical exercise, literacy and nature.

Resources for Early Learning

Are you a Brain Builder? The Brain Building In Progress campaign has launched a new website. Check out www.brainbuildinginprogress.org for a calendar of local enriching activities and events for families that can be searched by town or city. There are activity guides as well as a list of places that support "brain building" such as museums and libraries.



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

NEW

Looking for Mental Health Services?

FREE

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

Who

Open to All Westwood Residents
and Employees

What

Referrals to Mental Health Providers
and information about local
Social Services

When

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

What to Expect When You Call:

Call

Speak with a resource and referral
counselor about your needs

Connect

Receive information about
potential matches within 2 weeks

Care

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



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





Westwood Council on Aging
60 Nahatan Street
Westwood, MA 02090

Monday-Thursday, 8:00 am – 4:00 pm
Friday 8:00 am – 2 pm

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

www.townhall.westwood.ma.us/coa

The Westwood Council on Aging's mission is to serve the needs of its growing aging population. The Center and staff sustain a robust program schedule for anyone looking to stay healthy, stay connected and age well. A bi-monthly newsletter is sent to Westwood households (60 and older) and is available at the Center and around town with programs that are unique and diverse. Outreach Counseling is available four days a week and van rides to medical appointments are available most weekdays. Along with its regular programs, the Center will be hosting special events this winter (including a Veteran's Breakfast, holiday luncheons and special health programs) as well as a number of distinctive day trips; check out our winter newsletters for details. So get off the couch and come in from the cold to join us; we are warm and welcoming and would love to meet you.

Transportation Services

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

Fitness, Health & Wellness Classes

- Health Screenings , Blood Pressure Clinics
- Aerobic Exercise and Mat Exercise Classes
- Low Impact Exercise
- Tai Chi
- Yoga (chair and floor)/Laughing Yoga
- Monthly Waxing with a Licensed Aesthetician
- Monthly Podiatry Clinic with Licensed Podiatrist

Social Services

- LSW Social Worker
- Bereavement Support Group
- Home & Office Consultations
- Friendly Visitor Program
- Fuel Assistance/Legal Assistance
- Housing
- SNAP (Food Stamps)
- SHINE Counselor
- Food Pantry
- Meals on Wheels

Activities

- Special Monthly Lectures, Lunches & Programming
- Monthly Day Trips
- Beginning & Advanced Watercolor
- Bridge & Mah Jong
- Bingo , Movies, & Book group
- Knitting, Quilting & Crafts
- Monthly Health Programs
- Men's Club, Woman's Club & Garden Club
- Intergenerational Programs

Contact Information

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

Monthly Blood Pressure Clinic

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



Sharps Collection Program

The Westwood Board of Health provides a Sharps Collection Program for Westwood residents. Residents can dispose of their sharps 24 hours a day, 7 days a week in the sharps collection kiosk that has been installed outside at the Police Station on High Street. The kiosk at the Islington Fire Station on Washington Street has been removed, due to construction. The Health Department provides red one-liter sharps disposal containers free of charge to residents. They are available at the Westwood Health Department, the Westwood Town Hall and the Senior Center during regular business hours.

Medication Collection Program

The Westwood Board of Health and the Westwood Police Department have joined forces to collect expired prescription and over the counter medications for proper disposal. The Medication Collection Box is located in the lobby of the Police Station at 590 High Street and is available 24 hours a day, 7 days a week for residents.

Mercury Collection Program

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

Mosquito Control

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



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

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

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



JITIN SAHANI DMD MSC BDS



NEELA GANDHI DMD BDS

www.sahanidental.com

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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
240 Nahatan Street
Westwood, MA 02090

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Westwood, MA
Permit #30**



WINTER POOL SCHEDULE JANUARY 2-MARCH 31

CLOSED JAN 1, 18; FEB 15; MAR 12, 27

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

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

Westwood Senior Memberships are available to residents 60 years or older for \$15 per month.
Membership Forms are available at the Pool, Recreation Department, and online at www.westwoodrec.com

