

WESTWOOD / DAY

09.23.2017

Kick Off: Friday, September 22

- **Football Game 7:00 PM**

Westwood Wolverines host Holliston at Flahive Field

- **Fireworks 9:00 PM**

Fireworks follow the football game approximately 9:00 PM at Westwood High School

Westwood Day: Saturday, September 23

Westwood High School

10:00 AM – 3:00 PM

Rain or Shine



**Thank You
to our
Platinum Sponsor!**





is proud to support
Westwood Day 2017



— PRIME WESTWOOD COLLECTION —



CONTACTS & CONTENTS

COMMUNITY

Boy Scouts Troop 3 Westwood www.troop3westwood.org
Boy Scouts Troop 1 Islington scoutmaster@troop1islington.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.girlscouteasternmass.org
Westwood Historical Society www.westwoodhistoricalsociety.com
Westwood Public Schools www.westwood.k12.ma.us
Westwood Walpole League of Women Voters www.lwwestwoodwalpole.org
Westwood Young Women's Club www.wywc.org

YOUTH AND ADULT SPORTS

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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Westwood Recreation



@WestwoodRec



@WW_Rec



BOARD OF SELECTMEN

John M. Hickey, Chairman

Nancy C. Hyde

Michael F. Walsh

TOWN ADMINISTRATOR

Michael Jaillet

RECREATION COMMISSION

Paul Aries, Chairman

Joyce Cannon

Lynn Connors

Ann Delaney

Sheila Moylan

Robert Phillips

Mitchell Katzman

Elizabeth Phillips, Associate Member

RECREATION STAFF

Nicole Banks
Recreation Director

Taryn Crocker
Program Administrator

Zach Krause
Assistant Aquatics Manager

Susan Perry
Aquatics Manager

Erika Schaad
Interim Recreation Assistant

Kristin Scoble
Program Manager



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 & POLICIES

WHEN TO REGISTER

FALL REGISTRATION BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE

HOW TO REGISTER



ONLINE: www.westwoodrec.com EASIEST, QUICKEST OPTION!

Select REGISTER FOR PROGRAMS & ONLINE REGISTRATION INSTRUCTIONS

WALK-IN: Public office hours at the Recreation Department, 240 Nahatan Street (part of Westwood High School, use pool entrance). Checks (payable to Town of Westwood), MasterCard, Visa, Discover or cash.

MAIL-IN: Recreation Department, 240 Nahatan Street, Westwood, MA 02090.
Checks only accepted (payable to Town of Westwood). Please do not mail credit card information.
Registration form can be downloaded at [westwoodrec.com/Brochures, Form & Publication](http://westwoodrec.com/Brochures,Form&Publication).

CONFIRMATION: Online registrations receive a receipt via email. All others consider the registration accepted and report to programs unless notified.

POLICIES

- ✓ **NON-RESIDENTS:** Charged an additional fee of \$10 per program per participant.
- ✓ **CANCELED PROGRAMS:** Programs that do not meet the minimum number of participants one week prior to the start date will be canceled. Register early and help us keep the fun alive!
- ✓ **AGE/GRADE REQUIREMENTS:** Participants **MUST** meet age/grade requirement by the first day of the program.
- ✓ There is a \$25 fee for returned checks.

REFUNDS

Full refunds are granted in the following cases only: Program is canceled, the Recreation Department makes a change that prohibits attendance, or an unforeseen medical condition confirmed by a doctor's note.

Cancellation refunds are honored only if the participant can be replaced by a wait list participant. In this case, participants receive a refund minus a \$15 administration fee or a full credit posted to the recreation account to apply for a future program.

REFUND REQUEST REASON	REFUND		CREDIT
Department cancels program	Full Amount	OR	Full Amount
Department changes prohibit attendance	Full Amount	OR	Full Amount
Medical condition confirmed by doctor's note	Full Amount/Prorated	OR	Full Amount/Prorated
Cancellation/replaced by wait list	Full Amount minus \$15 Fee	OR	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 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



AQUATIC SWIM LESSONS

SESSION A	SWIM LEVELS								
Dates (5 classes)	Fee	WB	WB/PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Sep 25-Oct 30 (No 10/9)	\$90	9:30-10:10	9:30-10:10	1:10-1:50 pm					
Tue, Sep 26-Oct 24	\$90					6:00-6:40			
Wed, Sep 27-Oct 25	\$90								
Thu, Sep 28-Nov 2 (No 10/21)	\$90				1:10-1:50		5:15-5:50		
Fri, Sep 29-Oct 27	\$90			10:15-10:55					6:00-6:40
Sat, Sept 30-Oct 28	\$90	9:00-9:40	9:00-9:40	8:15-8:55	9:45-10:25	10:30-11:10			
Sun, Oct 1-Oct 29	\$90			8:15-8:55	9:00-9:40	9:45-10:25		10:30-11:10	2:15-2:55 pm
SESSION B	SWIM LEVELS								
Dates (5 classes)	Fee	WB	PC	PS345	L1	L2	L3	L4/L5	YB
Mon, Nov 13-Dec 11	\$90	9:30-10:10	9:30-10:10	1:10-1:50					
Tue, Nov 14-Dec 12	\$90								
Wed, Nov 8-Dec 13 (No 11/22)	\$90								
Thu, Nov 9-Dec 14 (No 11/23)	\$90				1:10-1:50				
Fri, Nov 10-Dec 15 (No 11/24)	\$90			10:15-10:55					
Sat, Nov 11-Dec 16 (No 11/25)	\$90	9:00-9:40	9:00-9:40	8:15-8:55				10:30-11:10	9:45-10:25
Sun, Nov 12-Dec 17 (No 11/26)	\$90			8:15-8:55	9:00-9:40	9:45-10:25	10:30-11:10		



**American
Red Cross**

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 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. 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) INTRODUCTION TO WATER AGES 4 & UP

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

LEVEL 2 (L2) FUNDAMENTAL SKILLS

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

LEVEL 3 (L3) STROKE DEVELOPMENT

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

LEVEL 4 (L4) STROKE IMPROVEMENT

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

LEVEL 5 (L5) STROKE REFINEMENT

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

YOUTH BEGINNER (YB) AGES 8-14

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

SWIM LESSON OBSERVATION POLICY

Please join us in the Pool Spectator Area to observe swim lessons. We welcome your enthusiasm and ask you to respectfully abide by the guidelines listed below. Thank you for your cooperation.

Observation Guidelines:

- Enter and exit the Spectator Area through the Pool Lobby
- Turn off or silence all electronic devices
- Children observing a lesson must be accompanied and actively supervised by an adult
- All spectators must remain seated for the duration of the lesson
- Restrooms available off the Pool Lobby for spectators
- Westwood Recreation reserves the right to remove anyone who presents a distraction to the class

AQUATIC PROGRAMS

CONDITION SWIMMING I

ages 10 & under

Aquatic Staff

New swimmers are required to be skilled checked. See **Skill Check Dates** below

Mon and Wed, Sep 20 – Oct 25, 5:00-6:00 PM (No 10/9)

\$105 (10 classes) Min 10/Max 24

Get in shape for the competitive swimming season. Focus will be given to the four competitive swimming strokes and starts. Participants must be able to swim one length, 25 yards, crawl stroke and one length, 25 yards, back stroke, non-stop with some form of rhythmic breathing.

CONDITION SWIMMING II

ages 11 & up

Aquatic Staff

New swimmers are required to be skilled checked. See **Skills Check Dates** below

Mon and Wed, Sep 20 – Oct 25, 6:00-7:00 PM (No 10/9)

\$105 (10 classes) Min 10/Max 24

Get in shape for the competitive swimming season. Focus will be given to the four competitive swimming strokes: free, back, breast and butterfly; starts and turns.

SKILLS CHECK DATES:

Thursday, August 31, 5:00-6:30 PM

Monday, September 11, 5:15-6:30 PM

Wednesday, September 13, 5:15-6:30 PM

Tuesday, September 19, 4:00-5:30 PM



HIGH SCHOOL PRE-SEASON TRAINING

Aquatic Staff

Mon thru Thu, Nov 6-21, 2:30-3:30 PM

\$125 (10 classes) Min 12/Max 24

NEW SCHEDULE

Get in back into the water! Intensive 10 day training just prior to your competitive swim season. This program will include stroke refinement, conditioning, and technique work on the four competitive stroke, starts and turns.

HIGH SCHOOL SPRINGBOARD DIVING

James Locke, Diving Instructor

Mon and Wed, Sep 25-Oct 30 (No 10/9), 2:15-3:30 PM

\$150 (10 classes) Min 6/Max 10

Diving invites you to challenge yourself in a sport involving skill, precision, self-discipline and courage! Swimmers must be able to perform a basic headfirst entry from the end of the diving board. Class includes deck and board work.

AQUA FITNESS ages 18 & up

Susan Perry, Aquatics Manager

Tue, Wed, Thu, Sep 5-Dec 21 (No 9/21, 11/22, 11/23), 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, Sep 5-Dec 28 (No 11/23), 1:00-2:15 PM

\$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.

TRIATHLON KIDS CLUB ages 7-12

Zachary Krause, Assistant Aquatics Manager

Short Wednesdays, Sep 13, 27, Oct 11, 25; 12:30-2:30 PM

\$100 (4 classes) Min 8/Max 20

Triathlons for kids are an extremely popular sport. Participants will be introduced to the three sports; swimming, biking, and running. The goal is for participants to compete in a future triathlon. The final class will be a triathlon. Bike, helmet and running shoes must be provided by the participants. There will be a schedule provided at the beginning of the course so the participants will know what days to bring their bikes. The fee includes a T-shirt.

PRIVATE & SEMI-PRIVATE SWIMMING LESSONS

ages 4 & up

Certified Water Safety Instructors

\$170 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 are lessons with two swimmers of similar ability.

Session A

Mon (No 10/9)	Sep 25-Oct 30	10:45-11:15 AM	2:45-3:15 PM
Tue	Sep 26-Oct 24	10:45-11:15 AM	1:15-1:45 PM
Wed	Sep 27-Oct 25	10:45-11:15 AM	
Thu	Sep 28-Oct 26	2:00-2:30 PM	6:30-7:00 PM
Fri	Sep 29-Oct 27	1:15-1:45 PM	

SESSION B

Mon	Nov 13-Dec 11	10:45-11:15 AM	7:15-7:45 PM
Tue	Nov 14-Dec 12	10:45-11:15 AM	1:15-1:45 PM
Wed	Nov 15-Dec 13	10:45-11:15 AM	7:15-7:45 PM
Thu (No 11/23)	Nov 9-Dec 14	10:45-11:15 AM	2:00-2:30 PM
Fri (No 11/24)	Nov 10-Dec 15	10:45-11:15	2:00-2:30 PM

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

SWIM TEAM

Value Statement

The Recreation Swim Team is a competitive team. Emphasis is placed on personal improvement, specifically stroke technique, strength, and speed. The team promotes good sportsmanship and self-discipline. Each swimmer has the opportunity to build self-esteem, physical fitness, team spirit, and new friendships. Ribbons are awarded to swimmers for personal best throughout the season. The season ends with championship meets and an awards and recognition evening in March.

The Westwood Recreation Winter Swim Team competes against other local swim teams. Ten meets, held on weekends, occur over the season. Five meets are at home and five are away. The season concludes with a regional swim meet. The meet schedule is available in October. Practice schedules are modified around the holidays.

Swimmers will practice and compete according to their age. The age cut off date is November 1, 2017. Your swimmers' age as of this date is the age that they will practice and compete in for the entire Winter Swimming Season.

Practice Schedule November 6, 2017 - March 2, 2018

	5:00 – 6:00 PM	6:00-7:10 PM
Mon	Ages 9-10	Ages 11-12
Tue	Ages 8 and Under	Ages 13-18
Wed	Ages 9-10	Ages 11-12
Thu	Ages 8 and Under	Ages 13-18
Fri	Ages 10 and Under	Ages 11 -18

Registration Information

If you are a past member of the Westwood Recreation Summer or Winter Swim Team, you do not need to attend the skills assessment. **If you are new to the team, you must first attend a skills assessment prior to registration.**

Westwood Residents may register upon receipt of this brochure or completion of the skills assessment.

Non-Resident Registration Begins: October 10, 2017. Non-Residents may register only if the town in which they reside does not have a team in the league. Any non-resident registering prior to this date will be notified and requested to register on October 10, 2017. **Reminder, if you are new to the Westwood Recreation Swim Team, you must first attend a skills assessment prior to registration.**

Fees

Resident: \$275
Non-Resident: \$295
High School or Club Swimmer: \$100



Commitment

Swim Team Participant

As a member of the team, you will:

- Attend a minimum of five out of ten dual meets in the season
- Attend a minimum of one practice per week
- Swim assigned events and relays at meets

Parent

As a parent of a Swim Team Participant you will:

- Assist the swimmer in meeting his/hers commitments
- Volunteer at two meets during the season

Apparel

All swim team apparel will be purchased through one vendor. Each member of the team will receive a competition cap. It is recommended that each swimmer purchase a practice cap and reserve the team cap for the swim meets. Swimmers are responsible for purchasing their own goggles. A team swim suit is recommended but not required. A representative from the swim shop will be available for suit sizing and advice on your purchases. If you opt not to purchase a team swim suit, we ask that your swimmer wear a solid black suit for meets. Additional apparel will be available through our vendor.

Informational Meeting

There will be an informational meeting in early October for all families interested in the Westwood Recreation Winter Swim Team. The specific location is to be determined. Parents of returning swimmers, as well as parents of new swimmers are strongly encouraged to attend. This will provide an opportunity to ask specific questions.

What is the Skills Assessment?

All new swimmers are asked to demonstrate swimming skills according to their age. The intent of the skills assessment is to ensure the safety and comfort of the swimmers, and to evaluate the swimmers' stroke development.

Skills Assessment Schedule

A skills assessment is required for all swimmers who are new to the team. The assessment must be completed **prior to registration**.

All ages may be assessed on any one of the following dates:

SKILLS ASSESSMENT DATES:

Thursday, August 31, 5:00-6:30 PM
Monday, September 11, 5:15-6:30 PM Wednesday, September 13, 5:15-6:30 PM
Tuesday, September 19, 4:00-5:30 PM

Skills Assessment by Age

Ages 8 and Under: Swim **continuously** for 25 yards (one length of the pool) each of free style with rhythmic breathing, and back stroke. Swim 15 yards of dolphin kick.

Ages 9 and 10: Swim **continuously** 25 yards, (one length of the pool) of the following strokes: free style with rotary breathing, and back crawl. Swim 15 yards butterfly. Swim 15 yards breast stroke. Demonstrate a front dive from the side.

Ages 11 and 12: Swim **continuously** 50 yards, (two lengths of the pool) of the following strokes: free style, and back crawl. Swim continuously 25 yards breast stroke and butterfly. Demonstrate a dive from the block.

Ages 13 and Older: Swim **continuously** 50 yards, (two lengths of the pool) of the following strokes: free style, back crawl, breast stroke, and butterfly. Demonstrate a dive from the block.

The swimmer, parent and the coach will immediately review the skills assessment and discuss the recommendation.

Staff

The team will be overseen by the Aquatics Manager. There will be a recreation staff team administrator, and one head coach for each age group. Assistant coaches will be placed with age groups as needed.



SPORTS

SHORT WEDNESDAY SPORTS & GAMES *grades K-5*

Downey School Gym and Field
Recreation Staff

Wed, Sep 13, 27; Oct 11, 25; Nov 8, 15; Dec 6, 20; 11:50-3:00 PM
\$180 (8 classes) Min 12/Max 25

Games include: pinball, kickball, dodgeball, flag football, BLOB and a variety of different sports. Program promotes good sportsmanship and teamwork. Participants will eat their lunch and then play. Please bring peanut/nut free snacks, lunch, **water bottle** and drinks.

Staff will be at Downey for 11:50 dismissal to supervise participants attending this program. The actual program begins at 12:30.

BASKETBALL CLINIC *grades 2-5*

Downey School Gym
Knucklebones Staff

Thu, Sep 28-Nov 16, 3:30-5:00 PM
\$160 (8 classes) Min 8/Max 15

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

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

MULTI SPORT *ages 3-6*

Downey School Field and Gym
Knucklebones Staff

Wed, Sep 27-Nov 15
Ages 3 and 4: 3:30-4:15 PM
Ages 5 and 6: 4:25-5:10 PM
\$125 (8 classes) Min 8/Max 12

Multi-Sport focuses on enhancing gross motor skills, athletic fundamentals, physical exercise and fun! We'll start at participants' individual level and progress developmentally through a variety of sports such as soccer, basketball, t-ball, aspects of track & field and more. Other games such as Messy Backyard, Builders n' Bulldozers and our own Ninja Warrior Course will be played. Proper clothing and sneakers are required. In the event of inclement weather the program will be held inside the gym.

PRESCHOOL SPORT CLASSES *ages 3-5*

Morrison Park
Bob Phillips

Tue, Sep 12-Oct 31, 1:30-2:30 PM
\$100 (8 classes) Min 10/Max 16

Participants will be taught soccer and baseball motor skill techniques. Instruction will include drills and games emphasizing the fundamentals of sports and teamwork in a supportive and fun environment. Parents are encouraged to stay. In the event of rain, program will be canceled and made up at the end of the session.

SPORTS CLASS *ages 7-9*

Morrison Park
Bob Phillips

Thu, Sep 14-Nov 9 (No 9/21) 4:00-5:00 PM,
\$100 (8 classes) Min 10/Max 16

Soccer, Baseball and Touch Football will be played. Program promotes sportsmanship and teamwork. In the event of rain, program will be canceled and made up at the end of the session.





BOOT CAMP *ages 18 & up*

Westwood High School Multipurpose Field

Core Asset Staff

Session A: Tue & Thu, Sep 5 – Oct 24 (No 9/21), 6:00-7:00 AM

Session B: Tue & Thu, Oct 31 – Dec 19 (No 11/23), 6:00-7:00 AM

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

Boot Camp is a varied workout that includes resistance and bodyweight training, high intensity intervals and cardio. It is appropriate for men and women of varied fitness levels, and modifications are available to accommodate for past injuries or perceived strengths and weaknesses. It is an ideal cross training addition to a current workout regime.

Participants need a mat, light weights and water. In the event of rain, class will be held in WHS Gym.

ADULT HATHA YOGA *ages 16 & up*

Westwood Public Library Conference Room

Linda Margosian, Certified Hatha Yoga Instructor

Thu, Oct 5-Dec 14 (No 11/23), 7:00-8:30 PM

\$160 (10 classes) Min 5/Max 12

Yoga for everyone! 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.

YIN YOGA

Firefly Yoga Studio

Lisa Salvucci

Tue, Sep 19-Nov 7, 7:30-8:30 PM

\$120 (8 classes) Min 3/Max 10



The calmer aspect of asana practice, focusing on releasing tension, eases into opening, and feeling the body as a whole piece. We'll use props to support our asana to ease the muscular effort and promote healing. Recommended for all abilities. Please bring a yoga mat.

MOTHER/DAUGHTER YOGA *ages 7 & up*

Westwood Public Library Conference Room

Elizabeth King, RYT

Sun, Oct 15-Dec 3 (No 11/12, 11/26), 2:30-3:30 PM

\$85 (6 classes) ***Mother and Daughter must each register.*** Min 6/Max 20

This special series, designed for girls ages 7 and up and their moms (or other adult female role model), includes yoga postures, partner yoga, breathing, restorative postures and guided relaxation. All abilities welcome. This is taught as a Vinyasa flow yoga class, a 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, comfortable clothing and bring a water bottle, and yoga mat.

GIRL TWEENS YOGA *ages 8-14*

Westwood Public Library Conference Room

Elizabeth King, RYT

Sun, Oct 15-Dec 3 (No 11/12, 11/26), 3:45-4:45 PM

\$85 (6 classes) Min 6/Max 20

Tween 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, comfortable clothing and bring a water bottle, and yoga mat.



ADULT AND TEEN

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

Islington Community Center
Juanita Allen Kingsley, W-EMT, Natick VA
Mon, Sept 25, 6:00-9:00 PM
Wed, Nov 8, 6:00-9:00 PM
\$90 (1 class) Min 5/Max 10



Offered by the American Heart Association, course covers: CPR, AED, First Aid, Medical/Injury Emergencies, Allergies, Epipens, and Asthma. Participants receive a 2 year certification in Pediatric First Aid and in Adult and Pediatric CPR/AED.

INTRO TO PHOTOSHOP

Westwood Media Center, 15 Perwal Street
Steven Smith
Tue, Sep 12-Oct 3, 6:30-8:30 PM
\$360 (4 classes) Min 4/Max 6



Adobe Photoshop is a photo editing program that allows you to layer different photos and elements into one concise image. You can also edit colors, crop photos, and add artistic affects.

INTRO TO ILLUSTRATOR

Westwood Media Center, 15 Perwal Street
Steven Smith
Tue, Oct 17-Nov 7, 6:30-8:30 PM
\$360 (4 classes) Min 4/Max 6



Adobe Illustrator is a graphic and logo designing program. Create digital illustrations using a variety of tools and techniques in which we'll cover the basics of.

INTRO TO INDESIGN

Westwood Media Center, 15 Perwal Street
Steven Smith
Tue, Nov 14-Dec 5, 6:30-8:30 PM
\$360 (4 classes) Min 4/Max 6



Produce layouts, books, and portfolios with Adobe InDesign! Use this program to organize all the photos and graphics made from Photoshop and Illustrator. It's a layout and organizational tool that brings text, image, and graphics into one area.

BOXWOOD TREE DECORATING *ages 18 & up*

Westwood Gardens Flower Shop, 934 High Street
Ivis Quinchia
Wed, Nov 29, 7:00-8:30 PM
\$40 (1 class) Min 6/Max 10



Looking for a new holiday decoration idea? Bring your creativity and learn ways to decorate a 12" boxwood tree. Ribbon, ornaments, baby's breath and pinecones will be some of the items supplied for you to decorate your own Boxwood Tree. Please feel free to bring any items from home that you may like to use.

DOG TRAINING PROGRAMS

Islington Community Center, 288 Washington Street
Susan Lowell, Pet Providers
\$120 (8 classes) Min 4/Max 12

Owners of all ages (children 12 and under must be with an adult).
When registering please register your dog with their ages. Copies of shots must be provided at the first class.
50% Discount for service dog with proof submitted to Recreation office.

AKC S.T.A.R. PUPPY PROGRAM

puppies 12 weeks-1 year
Sat, Sep 30 – Dec 9 (No 10/7, 11/11, 11/25), 8:30 – 9:30 AM

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 *dogs 6+ months*

Sat, Sep 30 – Dec 9 (No 10/7, 11/11, 11/25), 9:30 – 10:30 AM

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

CANINE GOOD CITIZEN *dogs 1 year or older*

Sat, Sep 30 – Dec 9 (No 10/7, 11/11, 11/25), 10:30 – 11:30 AM

Builds on what was learned in previous classes and prepares you for the Canine Good Citizens test. Advanced obedience skills are emphasized in the curriculum along with CGC test requirements.

SNIFFING FOR FUN *dogs 6+ months*

Wed, Sep 27 – Nov 15, 6:30 – 7:30 PM

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

ADVANCED DOG *dogs 1 yr or older*

Wed, Sep 27 – Nov 15, 7:30 – 8:30 PM

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

DOG AGILITY *dogs 6+ months*

Thu, Sep 14 – Nov 9, 6:00 – 7:00 PM (No class on 9/21)

For all agility levels. Dogs and owners learn the basics of agility equipment and exercise. This course covers the foundation skills to navigate the equipment as a team.



ADULT AND TEEN

BALLROOM DANCING *ages 18 & up*

Downey School Cafeteria

Paul Hughes

Tue, Oct 10-Dec 5 (No 10/31), 7:30-8:30 PM

\$110 (8 classes) Min 6/Max 12

Dancing is a perfect combination of physical activity, social interaction, and mental stimulation. Learn the basic step elements, posture, poise, lead/follow, technique, etc. Dances include: Merengue, Waltz, Foxtrot, Tango, Swing, Rumba, and Salsa/Cha Cha. No partner required.



DRIVER EDUCATION CLASSES *ages 15 and 9 months & up*

Islington Community Center Sanctuary

Teachers Driving Academy

\$99 (1 session) Min 10 /Max 50



Parent & Student Class

Winter Break 2017 #1, 6:00-8:00 PM

At least one parent/guardian must attend Parent Class. Parents who already attended a class (Sept 2007 or later) are exempt for up to 5 years). Students must bring a copy of their birth certificate, and must be 15 years and 9 months old to attend. For more information, 877.TDA.DRIVE/ www.teachersdrivingacademy.com

WINTER BREAK 2017 #1		
Day	Dates	Time
Mon	Dec 11	6:00-8:00 PM
Tue	Dec 12	6:00-9:45 PM
Tue	Dec 26	8:00-2:30 PM
Wed	Dec 27	8:00-2:30 PM
Thu	Dec 28	8:00-2:30 PM
Fri	Dec 29	8:00-2:30 PM



**KEEP
CALM
AND
REGISTER
EARLY**

PROGRAM ENROLLMENT

Programs that do not meet the minimum number of participants **ONE WEEK** before the start date will be cancelled. For budgeting and staffing reasons, programs must reach a minimum number.

Unfortunately, programs have been cancelled due to low enrollment simply because people did not register in time.

Keep the fun alive and register early!

ASPIRING ARTISTS *ages 2.5-5*

Islington Community Center
Jenny Slocum, M.Ed.
Tue, Sep 26 - Nov 14, 9:30-10:15 AM
\$75 (8 classes) Min 6/Max 10



Explore real art work through storytelling, art making, movement, and tactile activities that will inspire you to experience art in a new way.

MUSIC & MOVEMENT *ages 2-4*

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Sept 27 – Nov 15, 10:45-11:30 AM
\$75 (8 classes) Min 6/Max 10

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



BOPPIN' BABIES *ages 0-18 months*

Islington Community Center
Jenny Slocum, M.Ed.
Thu, Sep 28 – Nov 16, 9:30-10:15 AM
\$75 (8 classes) Min 6/ Max 10

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

TERRIFIC TOTS *ages 18-36 months*

Islington Community Center
Jenny Slocum, M.Ed.
Wed, Sep 27 – Nov 15, 9:30-10:30 AM **or**
Thu, Sept 28 – Nov 16, 10:30-11:30 AM
\$80 (8 classes) Min 6/ Max 10

Join us for a relaxed class featuring free play, singing, dancing and a craft.

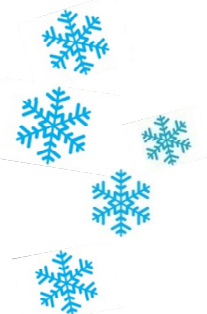
***PLEASE NOTE: PRESCHOOL PROGRAM PARTICIPANTS MUST BE TOILET TRAINED.**

ADVENTURE DAYS *ages 3-5*

Islington Community Center
Recreation Staff
Min 6/Max 12

It is all about having fun! Enjoy a packed day with crafts, stories, games, dramatic play, songs, outdoor play, and more. Participants should be prepared for outdoor play. Register for one or more sessions! Participants need to bring nut free snacks, lunch and water bottle.

Day	Dates	9:00-1:00
Mon	Dec 11	\$35
Tue	Dec 12	\$35
Wed	Dec 13	\$35
Thu	Dec 14	\$35
Fri	Dec 15	\$35
Mon	Dec 18	\$35
Tue	Dec 19	\$35
Wed	Dec 20	\$35
Thu	Dec 21	\$35
Fri	Dec 22	\$35



JUNIOR SCIENTISTS *ages 3-5*

Islington Community Center
Jenny Slocum, M.Ed.
Tue, Sep 26 – Oct 31, 10:45-11:45 AM **or**
Fri, Sep 29 – Nov 3, 1:15-2:15 PM
\$80 (6 classes) Min 6/Max 8

Calling all scientists! How can you make an egg float? Can air lift and power objects? Can you create a fizzing, bubbling, eruption? Come learn about science concepts through fun hands-on explorations that will foster curiosity and encourage creative thinking. Participants attending MMO will be picked up by staff at their classroom.



HOME ALONE SAFETY *ages 8-11*

Islington Community Center
Juanita Allen Kingsley, W-EMT, Natick VA
Mon, Sep 25, 3:45 – 5:45 PM **or**
Wed, Nov 8, 1:00 – 3:00 PM
\$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. Participants will watch a short video and be involved in role-play.

BLAST-BABYSITTING SAFETY *ages 11-15*

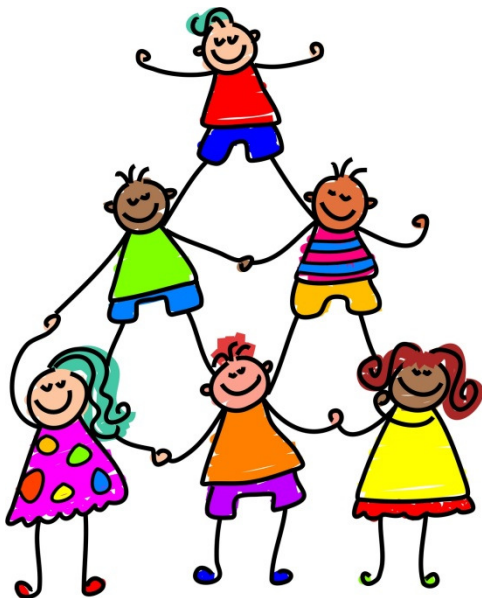
Islington Community Center
Juanita Allen Kingsley, W-EMT, Natick VA
Wed, Nov 8, 3:00-6:00 PM
\$62 (1 class) Min 6/Max 12

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

SOCIALSKLZ *ages 8-12*

Islington Community Center
Juanita Allen Kingsley, W-EMT, Natick VA
Wed, Sep 27, 3:30 – 5:30 PM
\$85 (1 Class) Min 4 /Max 8

In this two hour workshop, gain valuable life skills, such as shaking hands with confidence, making phone calls and engaging others in conversation. The workshop includes a hands-on dining event. This fun, interactive workshop focuses on greetings and introductions, making a good first impression, starting conversations, patience and thoughtfulness, self-control, respect and consideration, dining and phone skills.



"DESCENDANTS" MUSICAL THEATRE *ages 5-13*

Islington Community Center Hall
Aly Pereira
Tue, Sep 19-Nov 21 (No 10/31, 11/7); 3:45-4:45 PM
\$120 (8 classes) Min 5/Max 20

Come join in on the fun of learning how to take part in a musical theatre performance. Children will learn the basics of putting together a production. In this class, boys and girls will audition for a role in the musical "Mal's Medley Excerpts." This play has been rewritten along the theme of the original "Descendants." Children will sing, dance, and act their way into a world of excitement. Everyone receives a speaking part of some kind. No experience required. Costumes are encouraged, but not necessary.

HIP HOP *ages 5-13*

Islington Community Center Hall
Aly Pereira
Fri, Sep 22-Dec 8 (No 9/29, 10/27, 11/10, 11/24) 5:00-6:00 PM
\$110 (8 classes) Min 5/Max 20

Learn the latest dance moves to today's popular music! Class incorporates choreography from different forms of freestyle movement. At the end of the session there will be a short performance to showcase participant's talent and hard work

MUSIC LESSONS *ages 5 & up*

Band Gig School of Music and Performance
66 Eastern Ave, Dedham
September – December Sessions
\$148 (Five 30 min lessons)

Ever thought about playing a musical instrument? Now is your chance to get started! Band Gig School of Music and Performance offers introductory private music instruction to Westwood residents at discounted pricing. Lessons are offered to anyone who has an interest in learning an instrument or getting back into playing one. Instruments offered: Voice, Piano, Guitar, Bass, Drums, Ukulele, Strings, Saxophone, Violin and many more! *Register online under Music Lessons. Choose preferred day of the week and instrument. The Real School Staff will contact you to schedule your lessons*



YOUTH AND FAMILY SERVICES



Westwood Youth & Family Services is a town department that provides community based programs and free confidential counseling services for the children and families of Westwood.

Visit our website for more information and to register: www.townhall.westwood.ma.us/yfs

ELEMENTARY & MIDDLE SCHOOL STUDENT PROGRAMS



FRIENDS NETWORK

Who: Westwood residents in 3rd, 4th and 5th grades
When: November 2017-April 2018, Wednesdays from 5:15-6:15 PM or 6:30 PM-7:30 PM
Where: Senior Center, 60 Nahatan Street
What: The Friends Network program matches young Westwood residents with high school aged

residents in 1:1 pairs that meet weekly to engage in games and activities in a relaxed setting. This is a great way for children to engage with a positive role model while forming a special friendship and having fun!

Register at www.townhall.westwood.ma.us/yfs

Questions contact: Sarah Baroud, LICSW at (781) 320-1006 or sbaroud@townhall.westwood.ma.us

STRUCTURED PLAY GROUPS

Who: Westwood residents in Kindergarten – 5th grade

When: Fall 2017 – Spring 2018, one afternoon per week, 4:00-5:00 PM

Where: Islington Community Center, Sheehan Elementary, Hanlon and Martha Jones Extended Day programs

What: These 8-week groups are designed to emphasize the continued development of adaptive social and conflict-resolution skills as well as self-esteem and social confidence. Organized play and drawing activities are used to reinforce weekly topics such as initiating & developing friendships, working cooperatively as a team, appropriate communication, decision-making, as well as appreciating one's own strengths and the differences of others, etc.

Register at www.townhall.westwood.ma.us/yfs

Questions contact: Nina Banozic, LCSW at (781) 320-1006 or nbanozic@townhall.westwood.ma.us

GIRLS GROUP

Who: Westwood girls in 4th – 6th grade

When: Fall/Winter, one afternoon per week from 4:00 PM – 5:00 PM

Where: Islington Community Center

What: This 12-week group will focus on navigating friendships and cliques, avoiding peer pressure, managing bullying situations, and improving body image, confidence and self-esteem. We utilize art projects, videos and games to help reinforce these important topics in fun and creative ways! Register at www.townhall.westwood.ma.us/yfs

Questions contact: Nina Banozic, LCSW at (781) 320-1006 or nbanozic@townhall.westwood.ma.us



For more information please call (781) 320-1006 or email us at youth@townhall.westwood.ma.us.

HIGH SCHOOL MENTOR PROGRAM



BODY SAFETY THEATER

Who: All high school students

What: Mentors rehearse and perform a series of skits for all Westwood 3rd graders, which teach basic rules about body safety and sexual abuse prevention. "Auditions" are typically held in January and no previous acting experience is necessary.

When: Mentors attend rehearsals one evening per week through the winter months. Performances are typically in early May.

BULLYING PREVENTION THEATER

Who: All high school students

What: Mentors rehearse and perform a series of skits for all Westwood 6th graders, which teach various aspects of social problem-solving and bullying prevention. "Auditions" are typically in September and no previous acting experience is necessary.

When: Mentors attend rehearsals one evening per week through the fall. The performances are typically in January.

FRIENDS NETWORK

Who: All high school students

What: Friends Network thoughtfully matches each Mentor ("Big Friend") with a student in the 3rd, 4th, or 5th grade ("Little Friend"). Pairs meet to play games, talk, engage in art activities, and have fun together.

When: The Big Friend/Little Friend pairs meet weekly on Wednesday evenings at the Council on Aging from 5:15-6:15 PM or 6:30-7:30 PM November – April. Friends Network Mentors must be able to keep this weekly commitment as their little friend will be relying on them to be there!

THURSTON AFTER SCHOOL ACTIVITIES

Who: Juniors & Seniors only

What: Mentors will assist TMS staff with after school clubs and activities such as homework club, open gym and math drop in. Responsibilities could include assisting staff with activities, games, set up, clean up and serving as role models.

When: Tuesdays and/or Thursdays from 2:30-3:30 PM

THURSTON MIDDLE SCHOOL DANCES

Who: Juniors & Seniors only

What: TMS Dances aims to provide safe, fun dances for 6th-8th grade middle school students. Mentors serve as chaperones and role models for the middle school students. Other responsibilities include helping with set up, clean up and facilitating structured activities such as basketball.

When: Teen Center dances occur approximately 4-6 Fridays throughout the year. Mentors volunteer on a rotating basis and participate from 6:30PM-10:30 PM on the Friday evenings they are scheduled.

TEEN SCENE @ THE LIBRARY

Who: Juniors & Seniors only

What: Mentors volunteer after school at the main library serving as positive role models to middle school student visitors. Mentors can play games, do homework and hang out with middle school students.

When: Short Wednesdays 1:30-4:30 PM or Fridays 2:30-5:30 PM

WESTWOOD EARLY CHILDHOOD



Westwood Early Childhood Council Seeking New Members!

Do you have or work with young children in Westwood? Are you familiar with all of the free programs and services provided by the Early Childhood Council? If so, the council needs your input and involvement! If not, attend a meeting to learn more!

Perhaps you've attended a parent workshop, STEM event, or a weekend session of Saturday Gym Play or Little Yogis with your child. Maybe you are an educator or care provider and have attended a professional development training session. Chances are if you work or live in Westwood and spend time with young children, you've heard of the Westwood Early Childhood Council. September is a great time to consider becoming involved. We're looking forward to a productive year and would love more members to help shape our programs and services. If you are new to the community or have taken on a new role that involves children, it's a great way to meet other people, make connections, and share resources.

The current Early Childhood Council is comprised of Early Educators from Westwood area programs, Parents, and Representatives from the Westwood Public Schools, Library, Youth and Family Services, Recreation, and Regional Agencies. Co-Chairs of the council are Michele Cooke, Early Childhood Educator, and Ally Fossella, a parent of a young child. Janet Lucey is the Early Childhood Coordinator.

The Westwood Early Childhood Council (WECC) acts in an advisory capacity to further the goals and objectives of the Coordinated Family and Community Engagement (CFCE) grant program. The council works to ensure local coordination and maximize local participation in early education and care services and programs to best service children and their families. The council coordinates and plans activities that benefit children age birth through age eight.

In addition to bringing your insight and ideas, you can play an important role in identifying needs of and resources for young children, and their families.

The commitment to attend a monthly one-hour meeting September through June is minimal but the impact of your involvement is significant. Meetings are held at 7:30-8:30 PM at the meeting room of the Westwood Public Library. All meetings are open meetings and all are welcome. We invite you to attend our meetings to find out more. Please join us on September 12th, 2017 for our first meeting of the year.

For more information contact Janet Lucey, Early Childhood Coordinator
(781) 461-9548 or jlucey@westwood.k12.ma.us or go to the website
<http://www.westwood.k12.ma.us/early-childhood-council/>

COUNCIL ON AGING



The Center offers many ways to keep you connected, healthy and informed! *Check out our regular and special programs in our Fall newsletter. We are adding some new regular programs like Pilates and Coffee Chatter! We also will begin a new bi-monthly briefcase breakfast for those who are thinking about retiring or are helping a loved one with retirement.* Our bi-monthly newsletter is sent to Westwood households (60 and older); this newsletter is available at the Center and around town with program listings that are unique and diverse. Outreach Counseling is offered four days a week and van rides to medical appointments are available most weekdays. For further information pick up one of our newsletters or check us out online at the Town Website.

The Westwood Council on Aging's mission is to serve the needs of its growing aging population. The Center and staff sustain a robust program schedule for anyone looking to stay healthy, stay connected and age well.

Transportation Services

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

Programs at the Center

- Watercolor Classes
- Aerobic Exercise and Mat Exercise Classes
- Zumba Gold & Low Impact Exercise
- Tai Chi and Meditation
- Yoga (chair and floor) and Pilates
- iPad Classes (beginners and advanced)
- Current Events Discussions
- Special monthly lectures and luncheons

Westwood Council on Aging

60 Nahatan Street

Westwood, MA 02090

Monday-Thursday 8:00 am – 4:00 pm

Friday 8:00 am – 2 pm

Phone (781) 329-8799

Fax (781) 329-5949

Social Services

- LSW Social Worker
- Bereavement Support Group
- Home & Office Consultations
- Friendly Visitor Program
- Fuel Assistance/Legal Assistance
- Housing & SNAP information
- Blood Pressure, Hearing and Podiatry Clinics
- SHINE Counselor/Meals on Wheels

Activities

- Special Monthly Lectures, Lunches & Programming
- Day & Overnight Trips
- Beginning & Advanced Watercolor
- Bridge, Mah Jongg & Movies
- Bingo, Movies, & Book Group
- Knitting, Quilting & Crafts
- Monthly Health Programs
- Men's Club, Women's Club, Garden Club & Memory Cafe
- Intergenerational Programs
- Waxing and Manicurist

BOARD OF HEALTH

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.

SAVE THE DATE-Annual Family Flu Clinic

Save the Date! The Westwood Board of Health will be holding the **Annual Flu Clinic on Saturday, October 21, 2017 from 9:00 AM-12:00 PM** at the Westwood High School gymnasium. More information will be available in September at which time we encourage you to please visit our website at www.townhall.westwood.ma.us or contact the Health Department at 781-320-1026/1027.

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 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 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.

LIBRARY

REGISTRATION

- **REGISTRATION IS NOT REQUIRED FOR ALL LIBRARY PROGRAMS UNLESS OTHERWISE NOTED.**
- All Library Programs are Free
- Main Library Programs, please call 781-326-7562
- Islington Branch Programs, please call 781-326-5914
www.westwoodlibrary.org
- **Library Programs are made possible by the generosity of the Friends of the Westwood Public Library.**

MAIN LIBRARY CHILDRENS PROGRAMS

WIGGLE AND GIGGLE STORYTIME

Who: All Ages
When: Tuesdays 10:30- 11:15
Sept. 5-Oct. 17
Nov 7-Dec. 12
Where: Westwood Public Library

Children will hear stories, songs, and dance those giggles out.

WONDROUS WEDNESDAYS STORYTIME

Who: Children ages 2-5
When: Wednesdays 10:30-11:00 a.m.
Sept. 6-Oct. 18
Nov. 8-Dec 13.
Where: Westwood Public Library

This drop-in (no registration) storytime will feature stories, rhymes, songs and participate in other fun activities.

BABY RHYME TIME

Who: Ages 0-2 and parent/caregiver
When: Fridays 10:30-11:00 a.m.
Sept. 8 – Oct. 20
Nov. 10-Dec. 15
Where: Westwood Public Library

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

CREATIVE KIDS

Who: Children in grades K-1st
When: Thursdays, 4:00-4:45 p.m.
Sept. 28nd- Nov. 2nd
Where: Westwood Public Library

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

MOTHER-DAUGHTER BOOKCLUB

Who: Children in grades 3-5 and female adult
When: Tuesdays, 6:30pm
Sept. 12th, Oct. 10th, Nov. 7th, Dec 5th
Where: Westwood Public Library

Share your enthusiasm for reading with other book lovers and join us for lively discussion, a game of pictionary, snacks and fun! September book will be *Another Day as Emily* by Eileen Spinelli. Books will be available at the Children's ASK! Desk. Email Lizzy @ ehmcgovern@minlib.net for more info.

MAIN LIBRARY TEEN PROGRAMS

JUST FOR FUN TEEN BOOKCLUB

Who: Students in grades 5-8
When: 2nd Early Release Wednesday of the month
Sept 27th, Oct. 25, Nov. 15, Dec. 20th
Where: Westwood Public Library

Take a break from homework and join Lizzy to talk about books & enjoy snacks!!! Books will be available at the library. More information to follow. Got questions? We have answers! Call us at 781-326-7562 or email ehmcgovern@minlib.net.

MAIN LIBRARY ADULT PROGRAMS

Author Talk: Jennifer Lin and Shanghai Faithful

Who: Adults
When: Thursday, September 14, 7:00pm
Where: Westwood Public Library

Shanghai Faithful is both a touching family memoir & a chronicle of the astonishing spread of Christianity in China. Five generations of the Lin family—buffeted by history's crosscurrents and personal strife—bring to life an epoch that is still unfolding. With its sweep of history and the intimacy of long-hidden family stories, Shanghai Faithful offers a fresh look at Christianity in China—past, present, and future. Jennifer Lin is an award-winning journalist & former reporter for The Philadelphia Inquirer. Copies of the book will be available for purchase. All are welcome!

Author Talk: Ted Reinstein and New England's General Stores; Exploring an American Classic

Who: Adults
When: Tuesday, September 26th at 7:00 PM
Where: Westwood Public Library

The general store is as old as America itself. It conjures a country-like place where kids come in to buy penny candy, and adults to buy everything from fresh vegetables to four-penny nails. It was a place to pick up mail, the newspaper, and perhaps tarry a bit on a chilly morning to chat over a cup of coffee and a warm wood stove. In profiling the colorful stories of some of New England's most iconic general stores, the long, ongoing story of this remarkable region itself comes to life. All are welcome to this lively talk!

Marjorie Feld, PhD presents *Lillian Wald*

Who: Adults
When: Wednesday, September 27th at 7:00 PM
Where: Westwood Public Library

Professor Feld will speak about Lillian Wald, American nurse, humanitarian and author. Lillian D. Wald (1867-1940) championed the rights of immigrants and women, workers and African Americans. Lillian Wald was known for contributions to human rights and was the founder of American community nursing. She also founded the Henry Street Settlement in NYC and was an early advocate to have nurses in public schools. All are welcome!

ISLINGTON BRANCH PROGRAMS

STORYTIME

Who: Children ages 2 and up.
When: Thursdays, 9:30-10:15 a.m.
Sept. 7-Oct. 19
Nov. 9-Dec. 14
Where: Islington Branch Library

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

PJ STORYTIME

Who: Children ages 3 and up.
When: 3rd Wed. of the month, 6:30-7:15pm Sept. 20, Oct. 8th, Nov. 15th,
Where: Islington Branch Library.

Children can come the Branch library in their PJs (and bring a favorite stuffed animal or two) to hear stories and songs.

LEGO- MANIA

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

Come and build Lego creations with library Legos.



Join the STEAM Program

Improve academic performance
Strengthen STEAM skills

Classes: Science, Mathematics, Computer Programming, Engineering, Robotics, English Language Arts, Chess, Drawing

When: 3:30pm to 5:30pm, Mondays to Fridays

Location: Westwood High School

Visit us: <https://ussteam.org>

Contact: Email: contact@ussteam.org

Phone: [\(781\) 888-6182](tel:(781)888-6182)



Upgrade to Local

Vegetables flash frozen and sent by freight, lack that certain crispness.

National news syndicates never quite capture the feel and true essence of local stories.

Bagels trucked in to the big coffee chain share more in common with edible cardboard than morning pastries.

There is something special about being here. Being able to connect. Being in the moment. There is something uniquely powerful about being local.

So much of today's world is driven by these packaged, mass produced solutions.

We believe in something different. We believe in local.



MEMBER FDIC | EQUAL HOUSING LENDER | MEMBER SIF



And the winner of the Westwood Day Logo Contest is...



Danielle Sutrich! Danielle is a Westwood High student. Her unique, creative design highlighting Westwood's zip code will be featured on all Westwood Day marketing and merchandise. Congratulations Danielle!



WestwoodDay.com



SNEAK PREVIEW

STAY TUNED FOR MORE...

VENDORS

ARCH Orthodontics
Athletic Republic Norwood
Blue Hills Bank
Boston Neuropsychological Services, LLC
Clean Portable Restrooms
Core Asset
Cutco Cutlery
Day Street Sports
Dedham Savings Bank
Dental Associates of Walpole
Dental Arts of Westwood
Encounter Church
Fidelity Investments
Field Martial Arts Academy
Finely Functional Home Organization
First Parish of Westwood
Folsom Funeral Home
Fox Hill Village
Gables University Station
Green World Vision
Guttershell of New England
Heritage Financial
Hale Reservation
I AM STRONG
Iviva by Lululemon
John Smith Sports
Jung's Taekwondo
Kassalty Balloons, Toys & Novelties
Knights of Columbus Dedham
Mass Sport and Chiropractic
Mass Sport and Spine Physical Therapy
Merry Melody Music Academy
Mind Body Barre
Needham Bank
Norfolk Sheriff's Office
Pedestrian Bike Safety Committee

Personal Best Karate of Medfield
Prime Motor Group
Promise Integrative Medicine Clinic
Re/Max Distinct Advantage
Roche Brothers
Re'vd Indoor Cycling
Rockland Trust
Rotary Club of Westwood
Russian School of Mathematics
S&S Novelty
Saulnier Family Chiropractic
Temple Beth David
The Real School of Music
The Westwood Montessori School
Tupperware
University Station
US STEAM Academy
Veterinary Services of Westwood
Wegmans
Westwood Artists
Westwood Dentistry
Westwood Family Chiropractic
Westwood Girls Hockey
Westwood High School PTO
Westwood Inclusive Schools
Westwood Indian-American Association
Westwood Land Trust
Westwood Lion's Club
Westwood Lodge
Westwood Winds Community Band
Westwood Youth Soccer
Westwood Youth Softball

ACTIVITIES

5K Road Race and Fun Run
Transportation Show & Touch a Truck
Animal Craze
Pumpkin Decorating
Inflatables
Valve Car Racers
Hockey Shoot and Score
Soccer Kick Fest
Eye Mobile
Rock Climbing Wall
Roaming Railroad
Face Painting
Basketball Shoot
Jumbo Connect Four

FOOD COURT

Bibi Café and Bakery
Capriotti's
House of Lo
Captain Marden's
Poncho's
Not Your Average Joe's





Saturday, September 23, 2017

Westwood High School Track

5K ROAD RACE 9:00 AM

- \$15 Online Registration (Closes Sept 21)
- \$20 Day of Event Registration 7:30-8:30 AM
- **Free 5K T-Shirt for those who register by Sept 7**

1 MILE FUN RUN 10:00 AM

- Free On-line Registration All Ages Welcome (Closes Sept 21)
- (Parents are welcome to run along with their children)

- Westwood Day School Spirit Trophy.
The Westwood Elementary School with the largest number of participants and school spirit will be awarded with a trophy to be proudly displayed at their school until Westwood Day 2018!



Register online: WestwoodDay.com/activities



WestwoodDay.com



TRANSPORTATION SHOW & TOUCH A TRUCK

Saturday, September 23, 10:00-3:00

Westwood High School

Spectator Voting Begins at 10:00

Trophies Awarded at 2:30

Trophy Categories: BEST PAINT, PEOPLES' CHOICE, BEST IN SHOW, MOST UNIQUE, BEST ENGINE



Name: _____

Address: _____

Contact Number: _____ Email: _____

Transportation Description: _____

Year: _____ Make/Model: _____

FREE REGISTRATION

PRE-REGISTRATION REQUESTED BY SEPTEMBER 20 OR REGISTER DAY OF THE SHOW

MAIL: WESTWOOD RECREATION, 240 NAHATAN STREET, WESTWOOD, MA 02090

EMAIL: tcrocker@townhall.westwood.ma.us



WestwoodDay.com



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NEW THIS YEAR!

WESTWOOD DAY SHUTTLE BUS

Park & Hop On the Shuttle Bus Loop to Westwood High from the following locations:



St. Margaret Mary's Church, 845 High Street
First Baptist Church, 808 High Street
Thurston Middle School, corner of Nahatan & High Street
Town Hall, 580 High Street
Deerfield Elementary School, 72 Deerfield Street



Shuttle bus or carpooling highly recommended

**VOLUNTEERS
NEEDED!**



September 22 & 23

Fun-filled community celebration seeks friendly volunteers!

Westwood Day depends on the help of many volunteers to assist with set-up, parking, monitoring activities, greeting visitors, clean-up crew and more. Volunteers sign-up for 2.5 hour shifts and receive an event t-shirt and a good time!

Help is needed for:

- Event set-up on Friday afternoon
- Event set-up Saturday early AM
- Saturday Activities between 10 and 3
- Saturday Clean-up after 3 PM

Sign up at www.WestwoodDay.com or contact Erika Schaad at
eschaad@townhall.westwood.ma.us / 781-461-0070



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Roche Bros. Supermarkets
Rockland Trust
Wegmans Food Markets



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Westwood Recreation Department
240 Nahatan Street
Westwood, MA 02090

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FALL POOL SCHEDULE September 5 - December 31

Closed: Sept 4 & 23; Oct 9; Nov 23 & 24; Dec 24 & 25

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	Six Months	One Year	Daily
Single	\$30	\$75	\$135	\$235	\$7
Family	\$45	\$115	\$210	\$370	
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

