

# ***Westwood Recreation***

Brochure & Community Guide

FALL 2020





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Nancy C. Hyde

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Christopher Coleman

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Joyce Cannon

Mitchell Katzman

Sheila Moylan

Robert Phillips

Paul Tucceri

Elizabeth Phillips, Associate Member

#### RECREATION STAFF

Richard Adams

Interim Director

Susan Perry

Aquatics Manager

Joseph Bertone

Program Manager

Kelley Peterson

Program Manager

Samantha Packard

Aquatics Assistant Manager

Angela Lassig

Recreation Assistant

Brian Macdonald

Aquatics Specialist

.....

#### WESTWOOD RECREATION

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 + POLICY

## WHEN TO REGISTER

**FALL REGISTRATION BEGINS IMMEDIATELY UPON RECEIPT OF THIS BROCHURE**

## HOW TO REGISTER

**ONLINE:** www.westwoodrec.com

**Click Register For Programs (below hours banner)**> Click Account to log in using your email and password.

**-OR- Create an account** > Click Create a New Account > Enter email address and enter information as prompted for each family member.

**Click Register** > 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:** Public office hours at the Recreation Department.

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

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

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

**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.

## POLICIES AND PROCEDURES

**NON-RESIDENTS:** An additional fee of \$10 per program per participant will be charged.

**ENROLLMENT:** All fees must be paid in advance. A person is registered when his/her 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 due to 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.

+ Programs must meet the minimum number of participants seven business days prior to start date or the program will be canceled. To avoid this, register early!

+ When a program meets the maximum number of participants, you are encouraged to sign up for the wait list. Recreation will try to accommodate you if the program allows expansion. Westwood residents are given priority placement off the wait list.

**AGE/GRADE REQUIREMENTS:** Participants MUST meet age/grade requirement by the first day of the program or session. No exceptions will be made.

**REFUND/ACCOUNT CREDIT POLICY:** When you register for one of our programs we depend on your participation to make it successful. A full refund/account credit will be made only if: programs are canceled, the Recreation Department makes changes that prohibit your attendance, or if you have an unforeseen medical problem confirmed by a doctor's note. Program withdrawals must be made at least 14 days prior to the program start date to receive a refund (minus \$15 Administration Fee) or an account credit for the full program amount. Withdrawals occurring less than 14 days prior to the program start date will not receive a refund or account credit.

## Refund/Credit Policy

Department cancels program

Department changes prohibit your attendance

Medical problem confirmed by a doctor's note

Withdraw **14 days prior** to program start date

Withdraw **less than 14 days prior** to program start date

## Refund

Full Amount

Full Amount

Full Amount/Prorated

Full Amount minus \$15 Fee

**NO REFUND**

## Account Credit

Full Amount

Full Amount

Full Amount/Prorated

Full Amount

**NO CREDIT**

## 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 or go to www.westwoodrec.com.

**POOL FACILITY:** In the event of inclement weather please check the lap and open swim schedule updates at www.westwoodrec.com, or call the Recreation Office 781-461-0070.

Program and pool facility information will be updated as follows:

• Morning programs after 5 AM • Afternoon programs after 1 PM • Evening programs after 4 PM

All Westwood Recreation programs will be following the most updated health and safety requirements put in place by the Commonwealth of Massachusetts. Please refer the following documents on Mass.gov for more information:

Massachusetts Child and Youth Serving Programs Reopen Approach

Workplace Safety and Reopening Standards for Businesses and Other Entities Providing Youth and Adult Amature Sports Activities.



@WestwoodRecreation



@Westwoodrec



@WW\_Rec

PAYMENT TYPES: CHECK (PAYABLE TO TOWN OF WESTWOOD), MASTERCARD, VISA, DISCOVER (CARD MUST BE PRESENT) OR CASH

Head of Household : \_\_\_\_\_ First Name \_\_\_\_\_ Last Name \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Preferred Number: (\_\_\_\_) \_\_\_\_\_ E-MailAddress: \_\_\_\_\_

EmergencyContact: \_\_\_\_\_ Relationship: \_\_\_\_\_ Cell/Emergency Phone: (\_\_\_\_) \_\_\_\_\_

RECREATION PROGRAMS

FIRST NAME	LAST NAME	D.O.B.	GENDER	PROGRAM	WEEK OR LEVEL	DATES/DAY	TIME	FEE	OFFICE
		/ /	M F						
		/ /	M F						
		/ /	M F						
		/ /	M F						
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		/ /	M F						

POOL MEMBERSHIP

TYPE		DURATION		
_____ SINGLE	_____ FAMILY	_____ WESTWOOD SENIOR	_____ 1 MONTH	_____ 3 MONTH _____ 6 MONTHS _____ 1 YEAR

PARTICIPANT ALLERGIES/RESTRICTIONS

Participant's Name	Please list any allergies, medications, physical restrictions or conditions you are willing to share that could affect participation in activities.

CONSENT AND RELEASE

I DO HEREBY CONSENT to my participation, or my minor child, participation in recreation activities and/or use of pool facilities of the Town of Westwood. I am aware of the inherent hazards and the risk of injury of the activity/sport. I certify that I am in good physical condition and am able to safely participate in this activity/sport. I ASSUME all risks and hazards incidental to such participation, including transportation to and from activities. I AGREE to indemnify, hold harmless, and forever release the Town of Westwood, and all their employees, agents, board members, volunteers and any or all individuals and organizations assisting, sponsoring, or participating in recreation activities of the Town of Westwood ("the Releasees") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or minor children or property damage resulting from my participation in a Town of Westwood recreation activity. I AUTHORIZE the Westwood Recreation Department to reasonable use of any and all images and statements of/by/about the participant during any part of a Westwood Recreation Department activity for promotional purposes, including on the internet. IN CASE OF EMERGENCY, I hereby give my permission to the staff and medical personnel selected by the Recreation Department, to act as my agent to provide care when necessary, or in the event of a more serious accident, to be transported to an emergency medical facility to receive emergency medical treatment. I AFFIRM that I have read this Consent and Release and that I understand the contents. I understand that my participation is voluntary and that I am free to choose not to participate in said activities. By signing this form, I affirm that I have decided to participate in the Town of Westwood's recreation activities with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer during participation.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



# CONTACTS + CONTENTS

## COMMUNITY

**Boy Scouts Troop 3 Westwood** [www.troop3westwood.org](http://www.troop3westwood.org)  
**Boy Scouts Troop 1 Islington** [scoutmaster@troop1islington.org](mailto:scoutmaster@troop1islington.org)  
**Community Chest** [www.wcchest.org](http://www.wcchest.org)  
**Foundation Westwood Education**  
[www.foundationforwestwoodeducation.org](http://www.foundationforwestwoodeducation.org)  
**Hale Reservation** [www.halereservation.org](http://www.halereservation.org)  
**Lions Club of Westwood** [www.westwoodlions.org](http://www.westwoodlions.org)  
**Rotary Club of Westwood** [www.westwoodrotary.com](http://www.westwoodrotary.com)  
**The Arc of South Norfolk** [www.arcsouthnorfolk.org](http://www.arcsouthnorfolk.org)  
**Town of Westwood** [www.townhall.westwood.ma.us](http://www.townhall.westwood.ma.us)  
**Westwood Chinese School** [www.westwoodcs.org](http://www.westwoodcs.org)  
**Westwood Girl Scouts** [www.girlscoutseasternmass.org](http://www.girlscoutseasternmass.org)  
**Westwood Historical Society**  
[www.westwoodhistoricalsociety.com](http://www.westwoodhistoricalsociety.com)  
**Westwood Media Center**  
[www.westwoodmediacenter.tv](http://www.westwoodmediacenter.tv)  
**Westwood Public Schools** [www.westwood.k12.ma.us](http://www.westwood.k12.ma.us)  
**Westwood Walpole League of Women Voters**  
[www.lvwwestwoodwalpolededham.org](http://www.lvwwestwoodwalpolededham.org)  
**Westwood Young Women's Club** [www.wywc.org](http://www.wywc.org)  
**Westwood Winds Community Band** [www.westwoodwinds.org](http://www.westwoodwinds.org)

## YOUTH + ADULT SPORTS

**Over 30 Men's Softball** [soxpat75@gmail.com](mailto:soxpat75@gmail.com)  
**Westwood Boys Youth Lacrosse**  
[www.westwoodyouthlacrosse.com](http://www.westwoodyouthlacrosse.com)  
**Westwood Girls Youth Lacrosse**  
[westwoodgirlslacrosse@gmail.com](mailto:westwoodgirlslacrosse@gmail.com)  
**Westwood Little League Baseball**  
[www.westwoodlittleleague.com](http://www.westwoodlittleleague.com)  
**Westwood Track Club** [www.trackclinic.com](http://www.trackclinic.com)  
**Westwood Youth Basketball** [www.westwoodbasketball.org](http://www.westwoodbasketball.org)  
**Westwood Youth Hockey**  
[www.leagueathletics.com/?org=wyh.org](http://www.leagueathletics.com/?org=wyh.org)  
**Westwood Youth Soccer** [www.westwoodsoccer.org](http://www.westwoodsoccer.org)  
**Westwood Youth Softball** [www.westwoodyouthsoftball.org](http://www.westwoodyouthsoftball.org)  
**Westwood Youth Football** [www.dswyouthfootball.org](http://www.dswyouthfootball.org)

Registration & Policies 3  
 Registration Form 4  
 Contacts & Contents 5

## Fall Programs

Aquatic Programs 6-7  
 Aquatic Swim Lessons 8  
 Fitness 9  
 Arts 10  
 Adult & Teen 11  
 Youth 12-13  
 Parent/Child 13  
 Sports 14-15

## Community Services

Board of Health 16  
 Youth & Family Services 18  
 Council On Aging 19  
 Early Childhood 22  
 Library 23

## Westwood Day

Announcement 20-21

## Advertisers

Suburban HVAC 2  
 Skating Club of Boston 10  
 Merry Melody Music Academy 13  
 Northeast Security 17  
 Clean Portable Restrooms 24

# AQUATICS PROGRAMS

## PRIVATE/SEMI-PRIVATE SWIM LESSONS *ages 4+*

Certified Water Safety Instructors

\$185 Private (Five 30 minute lessons)

\$240 Semi-private, 2 swimmers (Five, 30 minute lessons)

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.

***Register online to REQUEST private or semi-private lessons. You will be contacted with lesson options based on pool and instructor 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.***



## AQUA FITNESS *ages 18+*

Susan Perry, Aquatics Manager

Tue, Thu, Sep 1-Dec 17 (No 11/26), 9:00-10:00 AM

\$80 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.



## LITTLE DIPPERS *ages 4+*

Session I: Wed, Sep. 9-30 (4 classes) 10:30-11:10 am, Fee: \$40

Session II: Wed, Oct 7-28 (4 classes) 10:30-11:10 am, Fee: \$40

This is an introductory program for swimmers who wish to explore competitive swimming. Swimmers will begin with swimming shorter distances while exploring the four competitive strokes. As the swimmers progress, distances will increase and swimmers will explore beginning diving. A skills check is required for all NEW swimmers. E-mail [sperry@townhall.westwood.ma.us](mailto:sperry@townhall.westwood.ma.us) to set up a skills check.

## WESTWOOD POOL PANDEMIC PROTOCOL

Out of an abundance of caution, during the COVID-19 pandemic, observation of all aquatic programs has been suspended until further notice.

Please enter the facility using Door #30 and exit the facility using Door #33. Staff will assist you. Please follow the signage. Upon entry into the facility all patrons will complete a facility waiver and wellness affirmation

PATRONS UNDER THE AGE OF 18 are to be checked in by a parent/guardian for all programs. Once the patron is situated with his/her program then the parent will exit the building and return at the end of the program to pick up the patron.

Face masks are required in the building. Face masks are prohibited in the water.

Please follow the single flow direction: Enter Door #30, Exit Door #33.



# AQUATICS PROGRAMS



## **PADDLE BOARD BASICS** ages 8+

Pool Staff

\$100 Private (One, 1 hour lesson)

\$150 Semi-private, 2 swimmers (One, 1 hour lesson)

Have you ever gone on vacation and wanted to try paddle boarding, but did not know how? This course is for you. You will learn the basics of how to paddle board in a controlled environment under the support and direction of an instructor. Course content includes: safety, set-up, launching, paddling, navigating, and disembarking. Sense of humor is helpful, but not required! (Inflatable paddle boards will be used for instruction) Participants must have Basic Swimming Competency.

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



**KEEP YOUR EYES OPEN FOR THESE  
UPCOMING AQUATIC PROGRAMS**

**MERMAID SCHOOL  
LIFEGUARD TRAINING  
LIFEGUARD READINESS  
WATER SAFETY INSTRUCTOR  
THE WAVE CLUB  
WATER POLO**

## Brochure Advertising

**GREAT OPPORTUNITY FOR YOUR BUSINESS!**  
**MAILED TO OVER 5400 WESTWOOD HOUSEHOLDS**

Contact: Rich Adams, Interim Recreation Director  
radams@townhall.westwood.ma.us

### Options:

Inside Front Cover  
Inside Back Cover  
Full Page  
Half Page  
Quarter Page  
Business Card

# AQUATICS SWIM LESSONS



**American  
Red Cross**

## ADULT AND CHILD - Ages 1-2 Years\*

The toddler along with the support of adult/caregiver in the water will explore many aspects of the water: safety, entry and exit, buoyancy, breath control, submersion, front and back float, rolling over, and arm and leg action. Adults must enter the water. Min 4/Max 8

## ADULT AND CHILD - Ages 3-5 Years\*

The preschool child along with the support of adult/caregiver in the water will explore many aspects of the water: safety, entry and exit, buoyancy, breath control, submersion, front and back float, rolling over, and arm and leg action. Adults must enter the water. Min 4/Max 4

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

## ADULT AND CHILD - Level 1 - Ages 4 and Older

With the support of a adult/caregiver in the water, participants who are already comfortable with going under and are ages 4 years and older 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 4

## ADULT AND CHILD - Level 2 - Ages 4 and Older

With the support of a adult/caregiver in the water, participants, age 4 years and older 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 4

**Adult/caregiver:** Individuals, 18 years or older will assume responsibility for the hands-on support needed by the child. Instructors will coach the adult/caregivers on how to properly support the child while simultaneously teaching the children the skill.

## LEVEL 3 STROKE DEVELOPMENT

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 8

## LEVEL 4 STROKE IMPROVEMENT

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 8

**Swim Lessons and Social Distancing:** Social distancing will be enforced during swim lessons. Masks are not allowed in the water. Masks are required to enter and exit the building. Class sizes will be small to support social distancing. Markers in six foot increments will assist all patrons to adhere to the safety guidelines.



SESSION A		SWIM LEVELS					
DATES (5 classes)	FEE	Adult & Child Ages 1-2 Years	Adult & Child Ages 3-5	Adult & Child Level 1	Adult & Child Level 2	Level 3	Level 4
Mon, Sep 21 - Oct 26 (No 10/12)	\$120	9:30-10:10					
Wed, Sep 23-Oct 21	\$120			9:30-10:10			
Fri, Sep 25-Oct 23	\$120		9:30-10:10				
Sat, Sept 19-Oct 17	\$120	9:00-9:40	9:45-10:25	10:30 -11:10	10:30-11:10	9:45-10:25	9:00-9:40

SESSION B		SWIM LEVELS					
DATES (5 classes)	FEE	Adult & Child Ages 1-2 Years	Adult & Child Ages 3-5 Years	Adult & Child Level 1	Adult & Child Level 2	Level 3	Level 4
Mon, Nov 9-Dec 7	\$120	9:30-10:10					
Wed. Nov 4-Dec. 9 (No 11/25)	\$120			9:30-10:10			
Fri, Nov 6-Dec 11 (NO 11/27)	\$120		9:30-10:10				
Sat, Nov 7-Dec 12 (NO 11/28)	\$120	9:00-9:40	9:45-10:25	10:30-11:10	10:30-11:10	9:45-10:25	9:00-9:40



# FITNESS



## **ADULT HATHA YOGA** *ages 16+*

Islington Community Center Hall  
Linda Margosian, Certified Hatha Yoga Instructor  
Thu, Sep 17-Nov 19, 6:45-8:15 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 yoga mat and blanket.



## **Recreation Staff**

Session A: Mon, Sep 14-Oct 5, 12:00-12:30 PM  
Session B: Mon, Oct 19-Nov 9, 12:00-12:30 PM  
\$45 (4 classes) Min 6/Max 20

A mid-day sweat break is great for managing daily stress and maintaining productivity throughout your afternoon! This tabata style workout (high intensity intervals) will include a wide variety of bodyweight and cardio movements, and is perfect for anyone looking to fit in a short, effective workout at lunchtime to boost energy and avoid the afternoon slump. In the event of rain, class will be held at the Islington Community Center.



## **BOOT CAMP** *ages 18+*

Westwood High School Multipurpose Field  
Core Asset Staff  
Session A: Tue & Thu, Sep 1-Oct 15, 6:00-7:00 AM  
\$175 (14 classes) Min 8/Max 25

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 cancelled



## **LUNCH BREAK TABATA** *ages 18+*

Morrison Park

# ARTS



## **POTTERY AT HOME** *grades 1-8*

Virtual (Zoom)

Lisa Walker

Fri, Sep 25-Oct 30

Grades 1-4: 3:00-4:00 PM

Grades 5-8: 4:00-5:00 PM

\$90 (6 classes) Min 5/Max 10

Pottery informs us about different cultures. In this class, students will engage in projects using air-dry clay and paper/mixed media to create a variety of two and three-dimensional artwork that show how civilizations through the ages and around the world have used pottery. We'll make pinch pots to discover Native American culture with air-dry clay; design Ming Dynasty vases using mixed media; build sculptures to explore Chinese dragons; learn about African mask-making with collage; and more.

Materials for students: White paper (some for sketches and some that will hold up to paint, pencil, marker), scissors, glue stick, a black sharpie, colored markers and/or colored pencils, construction paper, paint (acrylic or tempera), paint brushes, Crayola air-dry clay (5lb resealable tub – white), toothpicks, cup for water, brush to use with clay, paper plates.

## **ART OUTDOORS** *grades K-5*

Recreation Outdoor Patio

Lisa Walker

Sun Sep 13-Oct 4, 10:00-10:45 AM

\$70 (4 classes) Min 6/Max 10

The beauty of autumn in New England has inspired countless artists. Join us as we enjoy the fresh air and make some nature inspired artwork. Projects may include clay impressions, pinecone painting and leaf art. This class takes place in the great outdoors so it is weather dependant. In the event of rain, class will be made up at the end of the session.

## **MUSIC LESSONS** *ages 5+*

The Band Gig School of Music and Performance

66 Eastern Ave, Dedham

The Band Gig School Staff

September – December Session

\$148 (Five, 30 min lessons)

Ever thought about playing a musical instrument? Now is your chance to get started! The Real School of Music 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.*



**The Skating Club of Boston®**  
**SKATING ACADEMY**



# LEARN TO SKATE!

**Ice skating & Hockey Skills**  
**Age 4 to adult**

Sundays, 2:00pm & 3:00pm

**SIGN UP  
TODAY!**

**Dedham Campus**  
**Boch Ice Center**

**SkatingAcademy.org**  
**617-787-5283**



# ADULT + TEEN

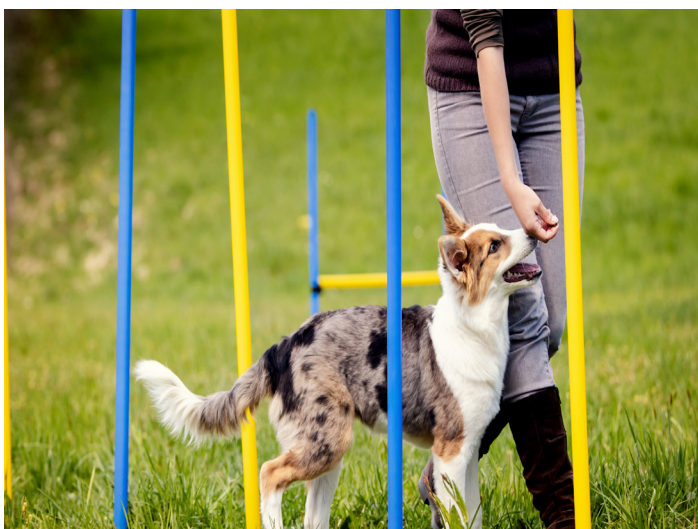


## FIRST AID & CPR/AED *ages 15+*

Islington Community Center  
 Juanita Allen Kingsley, W-EMT  
 Wed, Oct 28, 6:30-9:00 PM **or**  
 Mon, Nov 16, 6:30-9:00 PM  
 \$99 (1 class) Min 5/Max 10

With focus on children, this course will cover: CPR, AED, first aid, medical/injury emergencies, allergies, epipens, and asthma. Participants will receive a 2 year certification in Pediatric First Aid and in Adult and Pediatric CPR/AED.

Class designed to run in-person or virtual. If current state and local regulations permit, this class will be held in-person. Participants will be notified if the program must be run virtually.



## DOG TRAINING PROGRAMS *owners of all ages*

Pet Providers Headquarters / Islington Community Center  
 Susan Lowell, Pet Providers  
 \$150 (6 classes)

When registering please register your dog with their ages.

**Copies of shots must be provided prior to or at first class.**

This class will run in-person unless state or local regulations change prohibit in-person classes. Class will be held virtually if regulations change. Owners <12 years must be accompanied by an adult

## S.T.A.R. PUPPY *8-1 year*

### 8-20 Weeks Old

Session A: Sat, Sep 12- Oct 24 (NO 10/10), 9:00-10:00 AM @ Pet Providers

Session B: Sat, Oct 31- Dec 5, 9:00-10:00 AM @ ICC

### 20 Weeks-1 Year

Session A: Sat, Sep 12- Oct 24 (NO 10/10), 10:00-11:00 AM @ Pet Providers

Session B: Sat, Oct 31- Dec 5, 10:00-11:00 AM @ ICC

The AKC S.T.A.R. Puppy is an exciting program designed to get dog owners and their puppies off to a good start. Help your puppy become a well behaved member of your family and the community. This is the first step for dogs moving on to Canine Good Citizen.

## BEGINNER *7 months+*

*Prerequisite: Puppy Class*

Islington Community Center

Session A: Wed, Sep 16-Oct 21 6:00-7:00 PM

Session B: Wed, Oct 28-Dec 2 6:00-7:00 PM

Beginner is a good place for dogs to begin in obedience. Walking nicely on a leash, acting mannerly while being petted, performing a stay and coming when called are skills that will be taught in this class.

## ADVANCED *1 year+*

*Prerequisite: Beginner Class*

Islington Community Center

Session A: Wed, Sep 16-Oct 21 7:00-8:00 PM

Session B: Wed, Oct 28-Dec 2 7:00-8:00 PM

This class focuses on building your dog's best manners and confidence and introduces many of the exercises included in the AKC's Canine Good Citizen test. You will continue to improve your own training skills as you help your dog problem solve and learn new skills. Fun and challenging!

## BEGINNER DOG AGILITY/TRICK *6 months+*

*Pet Providers*

Session A: Sat, Sep 12-Oct 24 (no 10/10), 11:30am-12:30 PM

This class is for beginning agility level 1. Dogs and owners learn the basics of dog agility equipment and exercise. This course covers the foundation skills to navigate the equipment as a team.

# YOUTH

## CODE WIZ ONLINE CODING CLASSES *ages 7-17*

Virtual (Zoom)

Code Wiz Staff

Session 2 - Thu Nov 5 - Dec 17 (No 11/26) or Mon Nov 9 - Dec 14

1 Hour Classes

\$195 (6 classes)

CLASS	AGES	DAYS/TIMES
Drag N' Drop Coding	7-9	Mon or Thu 4:00 PM
Game- Based Python	10-12	Mon or Thu 4:00 PM
Animations with Javascript	10+	Mon or Thu 4:00 PM
Intro/Advanced Python	13+	Mon or Thu 5:00 PM
Intro/Advanced Java	13+	Mon or Thu 6:00 PM
Minecraft Coding	8-12	Mon or Thu 5:00 PM
Minecraft World Builder	7-12	Mon or Thu 4:00 PM
Code Your Own Roblox	7-9	Mon or Thu 4:00 PM
Code Your Own Roblox	10+	Mon or Thu 5:00 PM
Game Development w/ Unity	10+	Mon or Thu 6:00 PM

*Class descriptions available online on westwoodrec.com registration page*

Code Wiz is passionate about inspiring the next generation and helping kids unlock their inner genius. Code Wiz aligns its curriculum with the MA K-12 Computer Science Framework representing a vision in which all students engage in the concepts and practices of computer science. They maintain a low coach:student ratio of 1:3 for kids ages 7 - 9, and 1:4 for kids ages 10+. Classes require a PC, Mac or Chromebook. Select classes don't work with a Chromebook and must use a PC or MAC, please see class descriptions online for details.

## VIRTUAL WEDNESDAY CLUB! *grades K-5*

Islington Community Center

Recreation Staff

\$400 (6 classes) Min 10/Max 20

Session A: Wed, Sep 23-Oct 28, 8:30 AM-3:00 PM

Session B: Wed, Nov 4-Dec 9, 8:30 AM-3:00 PM

Virtual Wednesday Club will provide students a safe and supportive place for remote learning. Recreation staff will supervise and assist students as they learn, and provide engaging and fun activities for students when they have breaks from lessons.

**Please bring peanut/nut free snacks, lunch and a water bottle**



## DIG BIG! *grades K-1*

Islington Community Center Hall

Wicked Cool for Kids

Mon, Sep 21-Nov 2 (NO 10/12), 3:00-4:00 PM

\$165 (6 classes) Min 6/Max 14

Paleontologist? Geologist? Archeologist? You'll dig our most dino-centric class yet. Unearth the secrets of ancient Egypt to see how Pharaohs were buried and then make your own mini mummies. Create colossal fossils and learn about your favorite dinosaurs as we travel back in time. Dig up a cool crystal collection to take home as you excavate Earth's buried treasures.

## LEGO ENGINEERING CONCEPTS *grades 2-5*

Islington Community Center Hall

Wicked Cool for Kids

Fri, Sep 25-Oct 30, 3:00-4:00 PM

\$165 (6 classes) Min 6/Max 14

In Lego Engineering Concepts investigate simple machines including gears, pulleys, cams, inclined planes, and ratchets. Challenging STEAM based projects include a measuring car, a fishing rod, and a balance. Through the building process learn about force and motion, gear ratios, and friction. Turn a hammer into a dancing clown and work with your partner to create the best street sweeper!

## DEEP BLUE SEA *grades K-1*

Islington Community Center Hall

Wicked Cool for Kids

Mon Nov 9-Dec 14, 3:00-4:00 PM

\$165 (6 classes) Min 6/Max 14

If you've ever wanted to be a marine biologist or an oceanographer, come take the plunge into the Deep Blue Sea! Create models of ocean invertebrates and a dazzling coral garden. Dive deep with dolphins and find out about fish that bioluminesce (emit light). Tame the tides and ride the waves in this wicked cool oceanic adventure.

## LEGO ENGINEERING MACHINE POWER *grades 2-5*

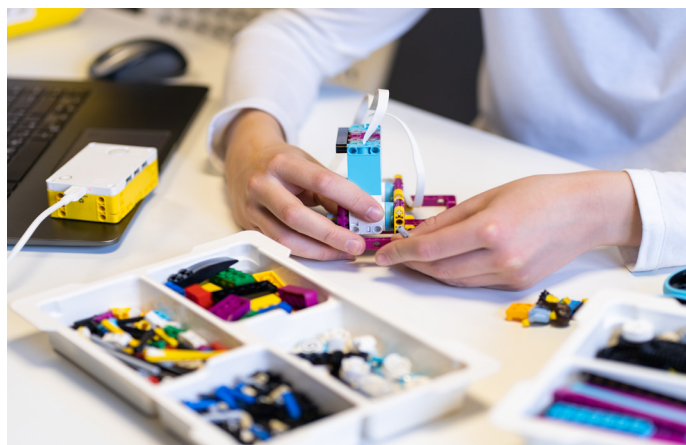
Islington Community Center Hall

Wicked Cool for Kids

Fri, Nov 6-Dec 18 (NO 11/27), 3:00-4:00 PM

\$165 (6 classes) Min 6/Max 14

Machine Power looks at the uses of energy to power machines. We'll use wind power, mechanical energy, and chemical energy to propel our drag racers, dogbots, and land yachts. Find out which leg design will help your bugbot win the race. Determine what gear combo will let your car pull the heaviest object. Test wheel sizes to see which can help get a power car up a steep hill the fastest!





# YOUTH + PARENT-CHILD

## YOUTH

### HOME ALONE SAFETY *ages 8-11*

Islington Community Center  
Juanita Allen Kingsley, W-EMT  
Wed, Oct 28, 2:45-4:15 PM or  
Mon, Nov 16, 2:45-4:15 PM  
\$65 (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. Class will be held in-person if state and local regulations permit. If regulations change, class will be held virtually.

### BLAST-BABYSITTING SAFETY *ages 11-15*

Islington Community Center  
Juanita Allen Kingsley, W-EMT  
Wed, Oct 28, 4:30-6:30 PM or  
Mon, Nov 16, 4:30-6:30 PM  
\$65 (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. Class will be held in-person if state and local regulations permit. If regulations change, class will be held virtually.

## PARENT-CHILD

### MESSY MASTERPIECES *ages 2-5*

Islington Community Center  
Recreation Staff  
Tue, Oct 6-27, 10:30-11:15 AM  
\$50 (4 classes) Min 6/ Max 10

Tired of the typical craft activity? Want to foster creativity and a love of art? Join us for a class where kids create unique and original art projects. This class focuses on the exploration of materials and techniques including 3-D projects, collage, sensory art and more. Children will be guided on a creative journey to make art that is entirely their own.



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***Contact Us For A Free Trial Lesson Today!***

# SPORTS

## FUN AND GAMES *grades 2-5*

WHS Softball Field  
Coach Perry + Recreation Staff  
Wed, Sep 16-Oct 21 2:45-4:00 PM  
\$95 (6 classes) Min 10/Max 20

Who says fitness can't be fun? We are going to get our blood pumping and break a sweat with fun group games such as Non-stop Capture the Flag, Chaos and Flag Tag.

## SOCCER *grades K-2*

Morrison Park  
Coach Perry + Recreation Staff  
Thu, Sep 17-Oct 22, 2:45-4:00 PM  
\$95 (6 classes) Min 10/Max 20

Through group activities, games, and drills this program will teach fundamental soccer skills and promote sportsmanship. Shin guards are recommended. In the event of rain, program will be held inside at the Islington Community Center hall. **Bring a water bottle.**

## BASKETBALL SKILLS AND DRILLS *grades K-5*

WHS Outdoor Basketball Court  
Coach Perry + Recreation Staff  
\$65 (4 classes) Min 8/Max 10

Class	Grades	Day	Dates	Time
Beginner Ball	K-2	Tue	Sep 15-Oct 6	2:45-4:00 PM
Winter Warmup	3-5	Tue	Oct 13-Nov 3	2:45-4:00 PM

### Beginner Ball

Focus will be on the primary skills of basketball; dribbling, passing and shooting. All abilities welcome. **Bring a water bottle..**

### Winter Warmup

This class is for anyone interested in improving their basketball game. Drills, skills and game play will be utilized in getting every player ready for the winter season. **Bring a water bottle.**

## AFTERSCHOOL TENNIS *grades K-5*

WHS Tennis Courts  
Coach Perry + Recreation Staff  
Mon, Sep 14-Oct 26, (NO 10/12) 2:45-4:00 PM  
\$95 (6 classes) Min 10/Max 20

This class focuses on the basic FUNDamentals of tennis through fun games, drills and team building. Children will leave with a LOVE of tennis. Racquets will be provided but you are invited to bring your own. **Bring a water bottle.**

## DODGEBALL *grades K-5*

Morrison Park Basketball Court  
James Perry + Recreation Staff  
Fri, Sep 18-Oct 23, 2:45-4:00 PM  
\$95 (6 classes) Min 10/Max 20

There are oodles of creative and competitive dodgeball games to play. Participants will work together, strategize and exercise without even knowing it! Using their creativity, teams will create their own Dodgeball game. **Bring a water bottle.**



## PRESCHOOL SPORTS *ages 3-6*

School St Field  
Coach Phillips  
\$105 (6 classes) Min 10/Max 16  
Mon, Sep 14-Oct 19  
Tue, Sep 15-Oct 20  
Wed, Sep 16-Oct 21

Day	Ages	Time
Mon	ages 3-6	1:45 PM-2:45 PM
Tue	ages 3-6	1:45 PM-2:45 PM
Wed	ages 3-4	1:45 PM-2:45 PM
Wed	ages 5-6	3:00 PM-4:00 PM

Participants will be taught soccer, baseball and 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 cancelled and made up at the end of the session. **Bring a water bottle.**

## MULTIPLE SPORTS *grades 2-5*

Downey School Field  
Coach Phillips  
Thu, Sep 17-Oct 22, 2:30-3:30 PM  
\$105 (6 classes) Min 10/Max 16

Soccer, Baseball, Basketball and Touch Football games will be played. Participants will be coached during game situations. Program promotes sportsmanship and teamwork. In the event of rain, program will be cancelled and made up at the end of the session. **Bring a water bottle.**



# SPORTS



**GIRLS LACROSSE** *grades 2-3*  
 WHS Multipurpose Field  
 Recreation Staff  
 Sun, Sep 20-Oct 25, 4:00-5:00 PM  
 \$100 (6 classes) Min10/Max 25

This program will focus on teaching the game of girls lacrosse in a fun no-contact environment. Players will be introduced to basic skills including; throwing/shooting, scooping, cradling and running with the ball through a variety of fun drills. We will also use a portion of the session to scrimmage with each other and learn the rules and positions of the game. Sticks will be provided. Participants may bring eye protection but are not required to. Bring a water bottle. In the event of rain, class will be cancelled and made up at the end of the session.



**SOCCER TOTS** *ages 2-5*  
 Morrison Park-Softball Outfield  
 SkyHawks Staff  
 Sat, Sep 19-Oct 24  
 \$100 (6 classes) Min 4/Max 8

Class	Ages	Time
Koalas	ages 2-3.5	10:00 AM-10:45 AM
Bears	ages 3.5-4.5	11:00 AM-11:45 AM
Grizzlies	ages 4.5-5	12:00 PM-12:45 PM

**Koalas ages 2-3.5 10:00 AM-10:45 AM**

Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. We use a variety of fun games to develop balance, movement, motor, and soccer skills as well as listening to instructions. Very active and fun! **Parent participation required.**

**Bears ages 3.5-4.5 11:00 AM-11:45 AM**

Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to get into. The goal of this class is to develop kicking, running control, and dribbling. It also teaches listening and following instructions. The class uses a variety of fun games with lots of physical activity.

**Grizzlies ages 4.5-5 12:00 PM-12:45 PM**

These soccer-themed motor skill classes are very easy for youngsters to get into. This class develops kicking, balance, dribbling, foot-eye coordination and running control by playing fun games.



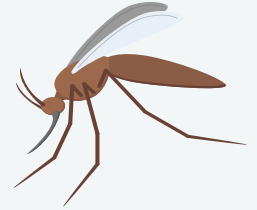
**DISC GOLF** *grades 3-8*  
 WHS Fields  
 Recreation Staff  
 Wed, Sep 23-Oct 28, 3:00-4:00 PM  
 \$95 (6 weeks) Min 8/Max 10

Disc Golf is a rapidly growing new sport in which you throw Frisbees or "discs" toward a chain target in an attempt to hit the target or "hole" in as few throws as possible, similar to golf. The perfect sport for the current times, Disc Golf allows for social distancing outside, has no shared equipment and the whole family can play! In the class, we will cover the fundamentals of disc throwing and spend the second half of every class playing a fun round of Disc Golf implementing what we learned.

# BOARD OF HEALTH

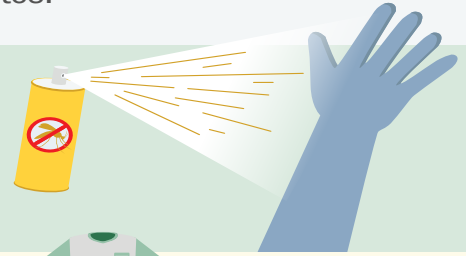


## Protect Yourself from **Mosquitoes**

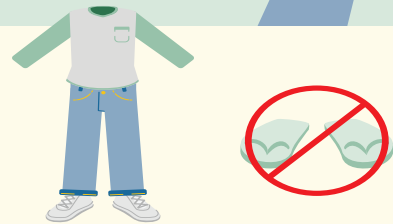


Mosquitoes can spread diseases that make you very sick.  
Take steps to prevent mosquito bites.

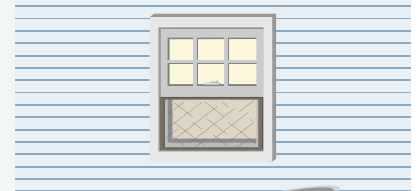
**Use an EPA-approved repellent anytime  
you're outdoors.**



**Wear long pants, long sleeves and socks  
to reduce exposed skin outdoors.**



**Repair torn screens early in the season  
to keep mosquitoes outdoors.**



**Remove standing water around the house  
to prevent mosquitoes from breeding.**



**Dusk to dawn is peak biting time for  
mosquitoes that carry disease.**



**Know your risk: stay informed throughout mosquito season.**

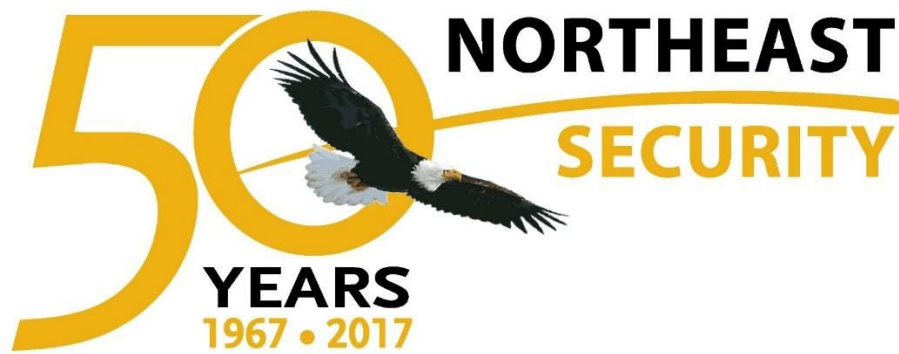
**For more information about each of these important steps, go to:  
[www.mass.gov/MosquitoesAndTicks](http://www.mass.gov/MosquitoesAndTicks)**



Massachusetts Department of Public Health  
Bureau of Infectious Disease, Division of Epidemiology and Immunization

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# YOUTH + FAMILY SERVICES

## Get Connected to a Therapist Over the Phone with the INTERFACE Referral

The William James College **INTERFACE Referral Service** is free for Westwood residents of any age at any time, but during this COVID-19 public health crisis they are able to connect residents with therapists who can conduct sessions over phone or video to address anxiety, depression, grief and loss or any other mental health concerns.

When you call the INTERFACE Referral Service, a representative will ask you about your specific needs and insurance. After the initial phone call you will receive a follow-up call from INTERFACE with contact information for a mental health professional who meets all your needs and is available to begin meeting with via phone or video while social distancing is in place.

It is also important to note that at this time the Commonwealth has mandated insurance companies to waive copays for mental health phone and video sessions that are related to COVID-19.

To use the INTERFACE Referral Service, simply call 1-888-244-6843 between 9:00AM-5:00PM, Monday through Friday, or go online to <http://interface.williamjames.edu/>.



## Westwood Youth & Family Services – Fall 2020 Update

Westwood Youth & Family Services has been supporting and advocating for the children and families in our community since 1986. We are a municipally funded agency providing clinical and supportive services designed to foster the healthy growth of children ages 4-18.

During the COVID-19 public health crisis the Y&FS department continues to provide remote counseling services and community programs to residents at no cost. This summer, in partnership with the Westwood Public Library, we held two well-attended weekly sessions of a virtual Creative Craft Club with themes that supported mental health and well-being for children in first through sixth grades.

In fall of 2020 we will continue to run as many of our programs as possible within current safety guidelines. Our popular *Friends Network* program will take place, with a hybrid model of in-person and remote sessions, and other Mentor programs will also be available to school-aged residents. We are looking forward to launching new and innovative programs that meet the evolving needs of youth and families during this time. One such program that will begin this fall, in partnership with the Council on Aging, is *Westwood Writes: An Intergenerational Pen Pal Program*, connecting Westwood High School students and Senior Citizens.

For more information on any of our services including counseling, mentor programs, community programming and other resources please contact us at [youth@townhall.westwood.ma.us](mailto:youth@townhall.westwood.ma.us) or (781) 320-1006. If you are interested in joining our Advisory Board please contact us for more details.

[www.townhall.westwood.ma.us/yfs](http://www.townhall.westwood.ma.us/yfs)



# WESTWOOD COUNCIL ON AGING

*We hope you are staying safe during this health crisis. Although the building is closed to the public, the staff is still working at the Center (or remotely) and can be reached by telephone or email. Meals on Wheels continue to be delivered daily; if you are food insecure, please call us and we will connect you with HESSCO. We now have many of our regular programs on cable or through ZOOM.*

*The Westwood Council on Aging's mission is to serve the needs of its growing aging population. Check out our special newsletter (on the town website) for further information and updates on all of our regular and special programs. Once we are opened, please come back as we miss you all!*

*Stay healthy and stay connected ... we will get through this together!!*

## **Transportation Services**

*We are starting to schedule transportation with our vans. If interested, please call the Center for details.*

- Medical Appointments - Mondays only
- Supermarkets - Roche Bros and Shaws on Tuesdays and Wednesdays only

**Westwood Council on Aging**  
**60 Nahatan Street**  
**Westwood, MA 02090**  
**Monday-Thursday 8 AM – 4 PM**  
**Friday 8 AM – 2 PM**  
**Phone (781) 329-8799**  
**Fax (781) 329-5949**



## **Programs at the Center**

### **CABLE CLASSES**

- Aerobic and Pilates Exercise Classes
- Low Impact Exercise
- Tai Chi and Meditation
- Yoga – both chair and floor

• Line Dancing

• Music Programs

### **ZOOM CLASSES**

- Weekly Drawing Classes
- Weekly Tai Chi and Meditation
- Bi-Monthly Current Events Discussions
- Monthly Cooking Classes
- Bi-Monthly Bereavement Program
- Weekly Pilates

## **Social Services**

- Bereavement Support Group (via Zoom)
- Friendly Visitor Program (via Zoom)
- Fuel Assistance/ (via phone)
- Housing & SNAP information (via phone)
- Blood Pressure, and Public Nurse  
*Hours (every Tuesday 9-12noon)*
- SHINE Counselor (via phone)
- Meals on Wheels - call to sign up



**WE WILL CLIMB OUT  
OF THIS TOGETHER**

**SEE YOU AT  
WESTWOOD DAY  
2021**









**2020**

**Sep**  
**Sun 20th**  
**8:30AM-**  
**5:00PM**

## Location

Sen Ki Trail,  
1255 High St.  
Westwood  
(between Sheehan  
School and Sunoco  
Station)

# Portraits in the Park



Your support allows Westwood Early Childhood to continue to fund monthly activities, special events, and scholarships to Westwood families.

Westwood Early Childhood Council

## Annual Fundraising Event

### Register and pay for a sitting:

<https://tinyurl.com/weccpip2020>

**Safe social distancing protocol will be followed**

For more information:

**Westwood Early Childhood Website**

**Email :** Jlucey@westwood.k12.ma.us  
**Phone:** (781) 461-9548

### The Details:

- Brief sessions
- \$60 for sitting fee and digital file
- Digital file will be emailed from photographer and prints can be ordered from photographer and any photo printing site or store.
- Cancellations will not be refunded.



# LIBRARY



## Westwood Public Library

Library Programs are made possible by the generosity of the Friends of the Westwood Public Library.

All library programs are free. Check [www.westwoodlibrary.org](http://www.westwoodlibrary.org) for an up-to-date schedule.

### Main Library Children's & Teen Programs

#### Virtual Storytimes:

- Storytime @ Home: Tuesdays, 11 AM  
Sept. 8-Oct. 13 and Nov. 3-Dec. 8
- Wiggle and Giggle: Thursdays, 4:00 PM  
Sept. 10-Oct. 15 and Nov. 5-Dec. 10
- PJ Storytime: @ 6:30 PM, 3rd Wednesday of the month

**Stay @ Home Virtual Book Club:** For kids in grades 3-5. Join Kristy and Lizzy for a fun book discussion Email Lizzy at [ehmcgovern@minlib.net](mailto:ehmcgovern@minlib.net) to register or for more info. Wednesdays @ 4:00 PM

Sept. 23: *The World Ends in April* by Stacey McNulty

#### Choose Your own HARRY POTTER Adventure:

Choose your own path through Hogwarts with this exciting virtual trivia experience, created by the Trivia brothers. Perfect for families. Wednesday Oct. 28 @ 7PM

**Baby Sign and Play Workshop:** Join Sheryl of Baby Kneads for a 6 week course on baby sign. The program is 30 minutes of language building through signs and play for ages 8 months and up with caregiver.

Thursdays @ 9:30AM Sept. 10-Oct. 15

#### Middle School Book Club:

For grades 6 - 8.  
Join Felicia for a book discussion! Tuesdays at 7pm.  
Sept 29- A Very Large Expanse of Sea by Tahereh Mafi  
Oct 27- Scythe by Neal Shusterman

#### QuaranTEEN Book Club:

For teens and tweens in grades 9 - 12. Join Felicia for a book discussion! Wednesdays at 7pm.  
Sept 23, Oct 21, Nov 18

## Take and Make DIY Programs

**Take and Make Preschool Crafts:** Each week stop by the library and pick up a new craft kit!

Fall session is for 6 weeks starting Sept. 8th. Supplies are limited.

**Book Explorers:** For kids in grades 2-3. Sign up for this DIY book club in a box! Kids get a library book, activity sheets and craft to pick up every month. Register with Kristy at [kpasquariello@minlib.net](mailto:kpasquariello@minlib.net). Supplies are limited.

**Creative Kids DIY Kits:** Sign up for DIY Creative Kids! For kids in grades K-1st. Children will receive a script based on a picture book for acting out at home and a themed craft. Supplies are limited so please register via library website. Registration is for 6 weeks at a time. Kits available starting Sept 8th.

### Main Library Adult Programs

**Adult Storytime:** Sometimes we just want to listen to a good story- tune in to hear a short story. Last Wednesday of the month @ 7 PM: Sept. 30, Oct. 28, Nov. 25 & Dec. 30

**Book Share:** Join a friendly group to chat about books.  
3rd Wednesday of the month @ 6 PM: 9/16, 10/21, 12/16

**Friday Morning Book Club:** Join Molly for a lively discussion group! Check our website for titles & meeting format.  
Fridays @ 10:30 AM: Sept. 18, Oct. 16, Nov. 20 & Dec. 11

**Historical Fiction Book Group:** Check website for titles.  
1st Tuesday of the month @ 10 AM: Sept. 1, Oct. 6, Nov. 3.

**Islington Branch Book Club:** Check website for titles.  
2nd Wednesday of the month @ 6:30 PM: Oct. 14, Nov. 11 & Dec. 9

**Hygge & Homebound Well-being** Self-care workshops revolving around the Scandinavian concept of hygge - coziness and comfortable conviviality with feelings of wellness and contentment. Dates TBA

**Literary Film Club:** Which was better - the book or the movie? Join Erin in discussing adaptations of classic and contemporary books!  
3rd Tuesday of the month @ 7 PM: Sept. 22, Oct. 19, Nov. 16 & Dec. 21

**National Novel Writing Month:** NaNoWriMo is an annual Internet-based creative writing project that takes place during the month of November. Join the challenge to write a 50,000-word manuscript between November 1 and November 30.  
Dates TBA.

**Nature Watching from Home:** Discover new ways to enjoy nature from the comfort of your home! 2nd Mondays @ 7 PM: Sept. 14, Oct. 12, & Nov. 9

**Non-Fiction Book Club:** Join Molly for a lively discussion group! Check our website for titles & meeting format. First Wednesday of the month @ 7 PM: Oct. 7, Nov. 4 & Dec. 2

**Sit & Knit:** Join a friendly group to knit and chat. Weekly on Thursdays @ 10:30 AM.

**YA for Adult Book Club:** Join Lizzy for a discussion of YA books for the young at heart! 9/22, 10/27 & 11/24 @ 7 PM. Check website for titles.

Curbside Pick Up! Available Mon-Fri 10AM-4PM



## Construction – Special Events – Weddings



Photography: Damianos Photography

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# Westwood Recreation

The Westwood Recreation Department is pleased to be running programs again with an emphasis on safety and fun! All of our programs have been designed to meet state and local health and safety guidelines, while also providing opportunities for children and families to socialize and connect in a fun and safe way!

Additional programs may be added after the receipt of this brochure. Check our Facebook, Instagram and website throughout the fall for additional offerings.

[www.westwoodrec.com](http://www.westwoodrec.com)